

Speaking with the Dead

Death and dying; life after death, and all that matters...

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So James, you'd like to speak with us about life after death? And why not? A subject that should interest you. Well now, is there life after death? There most certainly is. Hard as it might be to imagine or accept, there is. We live, we die, and we live again!

My name is Mark. I was Mark on Earth, and I'm still Mark here in spirit. I am a person, but we call ourselves spirits, the distinction being made because we're no longer of Earth. I live on one of the many spirit worlds, heavens, you might call them; and I have a body just as real as when I was living on Earth only made of a different substance – we call it a spirit body. And it's hard, just like my physical body was, not some airy fairy spirit body as some might imagine. On my world, there are trees and plants, rocks and rivers, even animals and creatures of all sorts; but they are unlike Earth's creatures and are made of the same spirit stuff as I am.

Strange to think of worlds in spirit being made as such? But what did you think it would be like over here? That we'd just be floating around in heaven, or sitting about on clouds with the angles playing beautiful music to us? Not so. We live in houses, we do all sorts of things, we have families and friends, we live like we did on Earth in many respects... but there are also many differences too.

I lived in Melbourne Australia, James, as you have been, until your move recently. I lived a hundred years ago. I lived in Brighton, and it was a lot different to what you know it to be. I was a store keeper, lived a humble life, a good life – that is, life was good to me. I had a lovely wife, four children, two horses, and plenty of chickens. I lived until I was seventy five, and then it happened. Nothing spectacular, I just died. I went to bed not suspecting a thing. I was still working, helping my two sons with our business; I was fit, had never had much to complain about so far as my health was concerned, and I woke up as usual, except there was one major difference – my wife was standing alongside my bed.

Oh did I get a pleasant surprise. I was so shocked. It was my dear wife Estelle standing by my bed-side. How could it be? She was dead! She had died five years earlier, and although I still missed her dreadfully, I had adjusted to life without her. And now here she was! Alive, my wife, living and breathing, Estelle! Oh what joy it was to see her again, to feel her soft warm hand on my forehead. I felt so good, so alive – such love. Feelings rushed up inside me, feelings I had not felt in a long time. I opened my mouth to ask her how could it be, but she said for me to lie still, to rest, that there was no rush and she would explain.

She explained that I was dead. Dead! That I had died in my sleep, and that my life on Earth was over. And that I had woken up after the 'sleep of death' and was now to live in a new world; one not unlike Earth in many ways, but also very different in other ways.

Dead! I can tell you James it was something of a shock. Had I not been dead, the shock would have killed me! But I wasn't dead. It was all very strange to say the least. I sure didn't feel dead – not that I know what feeling dead feels like; I felt very much alive. In fact I felt full of energy, a new vitality that I had forgotten about but which reminded me of my youth. I felt good, really, good – even happy. Yes, I felt very happy, something I hadn't felt in a long time. And I was so happy to see Estelle. I couldn't believe it. There she was, standing beside my bed, looking every bit as lovely as she did, looking younger than I last remembered her on Earth, but looking how I remembered her when we were both younger.

I can see her smile now, it warmed me to every dark corner of my heart. I couldn't do anything

but lie there, smiling back at her. And then she laughed, and told me to get up, that there was nothing wrong with me, and that she had a lot she wanted to show me. She wanted to show me our new house, the new world I was to now live in. She was so excited, so eager, so I got out of bed, put on the clothes she'd provided for me, and she told me all about her new life and what we'd be doing together.

I loved our garden on Earth. We both loved gardening, growing our own vegetables, looking after the chooks, and she said that she had prepared a wonderful garden for me with all sorts of exotic vegetables for me to grow. She said she wanted to start our new life together with some things similar to my old one, so I would have time to settle in. She told me she had changed a lot, but she looked like and sounded like she hadn't changed a bit. She was to me still my dearly beloved Estelle, and that was all right by me.

Mark, did you have a feeling that you were going to die, any pain, any warning sign at the time?

No, nothing at all. Just bed as usual. Since Estelle's death I always had an ache in my heart, but that wasn't physical.

And in retrospect, can you see now that there were any warning signs?

No. Nothing James. I have looked for them, but nothing. I died of just plain old age, nothing more.

Not of a broken heart?

No. I was too tough for that. I wasn't a romantic. I hardly showed my feelings, not like I do now. I wasn't a very good companion feeling-wise for Estelle. Coming to spirit has opened my eyes to a lot about myself, and a lot I might add, that I'm not too happy to admit. But I have admitted it and that has made all the difference in our relationship, as it has flourished in our new life together.

I had a text book death, the one I think most people would wish for. And because of that I get to start off this book of yours James, because isn't that what everyone would want to hear, a nice story?

Probably. But that's not the destiny for most of us, is it?

No, as you will hear from other spirits who are going to write with you.

I will say however, that during that night, the night I died, I did have a nice-feeling dream. I dreamt that I was little and my mother came, and taking me by my hand – her hand was so warm – led me out into the most splendid field of purple flowering violets. I remember I didn't want to walk on them for fear of crushing and hurting them, but she said it would be all right, and so we walked together into the field and that gave me good feelings of 'everything is going to be all right'. I felt I could relax for the first time in my later life. I felt the pain of Estelle's death and my loneliness suddenly leaving me, as if it were being carried away on the slight breeze. And then I woke up, and there was my beautiful wife – a dream come true!

Did you also see your mother again?

Oh yes, she was there with my father; they were no longer married or living together, but both came to the arrival halls to meet me after my death and reawakening.

Mark, do you mind if we go back to your actual death experience before talking about such things as the arrival halls?

No, not at all James. We're doing this for you. You're curious about it, so you lead. Ask all the questions you want. We could just tell you a lot of stuff, but we'd rather answer your questions. It's better for all of us, and yourself, if our communication with you is done this way.

Why?

Because it then ensures that you are an active part in it. We can relate to you more directly, and it also makes it more interesting, more fun, more personal, rather than us just telling you a lot of facts and experiences you can't relate to.

Okay, I like the sound of that.

James, you've progressed far enough in your healing to require this, gone are the days of you just being the impassive note-taker. We need you to interact directly with us, as you need us to do so with you.

Why do you need me to?

So we can impart to your mind that which you want to know. If we can't relate directly to you, as in our having a casual conversation together, then it's too much like you sitting in the classroom at school and we being the teachers, something you don't want to re-experience – do you?

No. Never again.

So that's why we want you to speak your thoughts and feelings to us, and even though – such as we are doing now – we might get off the track somewhat, that doesn't matter either as this is for your growth and understanding, and there are other things you need to know about from us.

So you know what I need to know about?

Some things, yes. We have been given a mandate and strict guidelines as to what we can and can't say to you. We don't want to interfere in your spiritual growth, we don't want to tell you anything that is going to deny or limit or jeopardise any of your future experiences, even your own death.

And who gives you these guidelines?

All I can say for the time being is, higher spirits. We'll talk more about that with you later on if you like, but for now, I would suggest we get back to the subject at hand – death.

Very well.

So Mark, what was it like? Your 'waking up' experience – what did you feel?

I felt LIGHT. Not as in, not heavy, but as in LIGHT, the light that 'lights' all Creation.

How did you feel that? I'm not sure I know what you mean.

No, neither was I at first, but this has come to since. When I woke up, I just woke up, just as I woke up every morning. I would suddenly open my eyes, usually around dawn. Then I would become aware of the light coming in my bedroom window; then I'd hear the rooster and other bird noises. I never woke before sun-up, no matter how much old Jake was crowing. And then I'd get out of bed and on with my day.

This time however when I woke up, I became aware of, and actually felt, the LIGHT, the wonderful light that lights our spirit worlds. It's also present on Earth, but few people are aware of it, or actually feel it, as the sun's light is so strong and that is all you've been conditioned to understand as light. The light of the sun lights the Earth, and Earth takes all its nourishment from the sun, but does it really, does it really take it all? Perhaps there is another, far greater, unseen, and poorly understood LIGHT, that comes from an even brighter source than the sun.

Well that brings a lot more questions to my mind.

No doubt it does James, but back to the subject of dying and not dying.

So, as I was saying, I felt and experienced the LIGHT of spirit, and it was glorious. You get used to it very quickly, accepting and living with it as the sun's substitute, but to contemplate it – where it actually comes from, and how it lights the spirit world, and all worlds, is... well... I'll leave you to think about that.

The LIGHT made me feel warm, secure – and loved. Yes, I felt incredibly loved, like nothing I had ever experienced before. But as I said, I wasn't exactly aware of these feelings at the time. I have since my death and reawakening become more aware of them, as I have become more aware of my feelings. I sadly denied myself a lot of feelings when on Earth. Being an unexpressive man, feelings weren't something that I enjoyed *feeling* as a part of my life.

In many books I've read about people's visits into spirit, such as out of body experiences, near death experiences and astral travelling, the feeling of feeling loved is often written about. A great white light that is all but God itself, seems to fully engulf the person making them feel completely loved and that everything is all right – that everything is *going* to be all right. It takes all fear away making the person feel extremely happy, joyous, and loved the core of their being. Is that what you experienced Mark?

No, James, nothing that great or overwhelming. What you have read happened to those people for the experience they needed, but unfortunately it doesn't happen like that to us all. What I have told you is as I now look back at my arrival, looking back with much greater awareness. At the time I was not so aware so could not fully appreciate or experience the Light. For me back then it was more sublime, it was a very nice feeling, very warm and reassuring, loving. But had you asked me then how I felt, all I would have been able to tell you was good, perhaps very good, but with most of those good feelings coming as a result of seeing Estelle, and not from the Light.

What I am relating to you now is a deeper analysis of my feelings back then, something that I have gained since, but it's taken me many years working on myself; working to try and honour and accept and become aware of my feelings, to do so. If you can't feel, if you deny yourself feelings in any way, then you are denying yourself life experience. You simply can't gain the full benefit from any experience.

But surely you had feelings when you were alive on Earth?

Yes, of course I did, but just not to the extent or with the awareness that I do now, and that is the difference, and it's a huge difference in my life. When I look back on my life as to when I first arrived in spirit, as I have done in preparation for our writing together, then I can see just how closed off I was to my feelings. I did feel some feelings, but nothing compared to how I feel feelings now, and bad feelings in particular I tried to dismiss or overlook; and the pain in my heart from the loss of Estelle I just tried to ignore. It was always there, but I never tried to accept it or express it, and speak about all the terrible feelings I was feeling. Her loss was just a deep dull ache, an ever present pain, like a headache but in my heart that I just had to get on with. At times it was less, other times more, but now I know that all I felt, all I call that pain, was only the very edge of a lot of pain and lot of very bad feelings that were inside me, none of which I could nor wanted to experience.

That's understandable if you ask me.

Yes, so it might seem, and there are many like I was. You were like me. But in my new life and all with Estelle's help, I came to understand just how much I was limiting myself in life, how much life I was actually missing out on, and all because I was too afraid to feel the feelings that were inside me. I conditioned them by controlling them with my mind and its beliefs, keeping the lid on most of them. No way was all that pain, all that anguish, going to come out. No way could I let it all out. No way back then, but since then I have released it all. And in the releasing I have become a full person – a full spirit – my experiences are richer, and so I can look back on my reawakening experience and feel more about it. I heavily denied many of my feelings, and it's not good to do so. Apart from the feelings that were too strong and I couldn't keep suppressed with Estelle's death, I limited my feelings, thereby limiting all my relationships in life, especially with her.

So what you're saying is that all you are telling me about your death and the Light, is really all about your feelings – your inability to feel or allow yourself to feel them, and your healing of this inability since coming to spirit?

Yes. And it's very important, and will be what this book is really about.

Not about death, and waking up, and life in spirit?

No. A little of that, and a lot about feelings.

But a lot of people aren't interested too much in feelings.

I know, that's why we're going to be talking a lot about them, because as one finds out if one wants to spiritually grow – IT'S ALL ABOUT FEELINGS.

Okay, but first can we get back to the Light?

It's your call James.

So you experienced the LIGHT, is that what it's called?

Yes. Commonly over here that's what it's called, but it does go by lots of other names. Such as:

The Light of God, Star Light, Cosmic Light, the Light of Spirit, spiritual light, The Light of Creation, Universal Light, to name a few.

Is it the same as Orgone, the universal energy?

No, that is universal energy. It is the LIGHT *from* universal energy. It's the Light that keeps us all in existence. The universal energy is the energy that sustains Creations expression, but it's the light that we feel from it that sustains our spirit. In a way it is more than universal energy, whilst also being such energy. It is the expression of this energy, the vitality, the life force, the LIGHT. Without it Creation would cease to express itself. It keeps your physical body going, just as it keeps your spiritual body. It works in connection with your soul. And when the time comes to pull the plug on the physical, then it simply receives no more of this light, and so you die. You die a physical death, you go to sleep, and reawaken in a new spirit body. And I might add, that you die like this seven times over here in spirit, each time you progress to a higher mansion world and into the higher Celestial spheres. But once you've grown in truth, grown spiritually beyond the mansion worlds and into the Celestial realms, then you no longer need to enter the 'sleep of death' to move to the next sphere of your journey.

So we die numerous times?

Yes, but only once in the physical.

What about reincarnation?

It doesn't exist.

It doesn't exist? But so many people are so sure it does.

As too are so many spirits. But it's only a belief and a false one at that.

But how can so many spirits believe it if it's false?

You can believe anything you want to.

But they say, the people I have spoken to and read about, that they are aware of their past lives.

Just as do many spirits too. And they sit and plan out their next physical incarnation that never comes.

Seriously?

Yes, James. It's a huge belief, and one of many that humanity collectively share that are erroneous.

Can you tell me others Mark?

No, not now as we're digressing too far, but they will come out through the book.

Okay, but for that matter, how do I know that all you tell me is not false; that you are even a spirit,

and not simply someone or something I am making up in my mind – just a belief?

You can't. I can't prove to you that I am a spirit. It's a matter of discernment, each person to make up their own mind about such things. Many will believe, and want to believe, that I am a spirit, whilst many others will not want to, believing that I am nothing more than a figment of your imagination. And most importantly it's what you believe James, what you feel to be true; as what other people may or may not believe is irrelevant.

And remember James, I am only one spirit giving you my own personal opinion, telling you what I believe, and what I know to be true. It is for each of us to find the truth out for ourselves, not to just blindly accept what another says, be it a person or a spirit, as really there is no difference between the two. I am still a person as I am a spirit, just not a person on Earth.

So when you woke up from dying, you were still you?

Completely, still the same me. Still the same beliefs, thoughts and feelings – the few I did have. Only upon waking I had a big experience and one that came as a complete surprise.

Did you believe in life after death?

To a certain extent. I had a mild Christian upbringing, and although neither Estelle or I were religious, we did both share a belief in common that the after life would be good to us. You couldn't say that I was looking forward to it, but yes, somewhere, and I know now that it came from my early childhood, there was the notion, idea and concept, that there was life after death and it was good.

And is it good? Has it been good?

It's been very different from what my naïve childish belief believed it would be like. It has been good, very good, but far different from anything that I could have ever imaged possible would happen to me.

What do you mean?

How long do you want this book to be? What say I tell you, and you write out these past hundred years I've lived over here, it would only take you a hundred years or so to do.

Okay, I get your point.

And my point is that life not only keeps going after you die, but it never ends. What is a hundred years, an extraordinary amount of life experience, and yet it's only a drop in the ocean.

So your life in spirit has been much more fulfilling than on Earth?

It has, as I have healed my feeling-denial and that has opened up a whole new meaning to life. In my ignorance on Earth I believed I was happy, but now I can see that I wasn't, not like I am now. There was no meaning to life as there is now, all the meaning I thought there was consisted of going to work, making a little money, and enjoying the pleasures of life with Estelle and my children. But I did all that mechanically, not aware or thinking much about it or anything else. Now I am aware

of everything I do. My life on Earth was devoid of truth and any spiritual growth or understanding, now my life is totally full of it. I am no longer as I was on Earth, so really I can't compare. It is just different, very different. On Earth when Estelle was alive I thought I was fulfilled and content. I didn't want anything else, I didn't want life to change. Looking back I can see I only *believed* I was happy and fulfilled, when now I know I wasn't.

You are free to do whatever you want to do over here, that part is very different from on Earth. I no longer had to go to work and earn a living. And you can stay in your Earth time frame and not move on with the rest of society if you don't want to. But Estelle and I wanted to grow and change, we wanted to understand what it – life – was really all about. Estelle helped me to see that life wasn't all I thought it was, because I was denying so many of my feelings.

So you mean you could have stayed living as you were when you died?

Yes. Estelle could have all but replicated our life together resisting all change.

But surely Brighton as it was back then still doesn't exist over there now... or does it?

No Brighton doesn't, but the surroundings are unimportant. We could have chosen to live in a sector that was, is, still something of how life in Brighton was. But to do that we would have denied all our spiritual growth, and that was something that Estelle was well on her way into when I died, and so naturally, wanting to be with her, I listened to what she said and agreed to do as she was doing.

Which was?

Well, she can tell you that herself when we finish talking.

Okay. So you believed in an afterlife, and weren't so surprised when you found you were still alive after Estelle had explained things to you?

No, I was still surprised. First of all it took me some time to accept that I had died. I thought I was dreaming at first, then I thought I must have woken up in hospital and something had happened to me. I was disorientated, and it took about an hour before I could start to rationally accept all Estelle was saying to me. She was very patient with me, she understood having been through it herself that it takes time, time to adjust to your new situation. And although it took me an hour, it took about a month before I'd fully accepted and completely got over my surprise.

An hour, gee I thought you were going to say about a week.

No, I was open to it. It did make sense once I came to my senses. My 'wake up' was about average for someone like me, someone who believed in an afterlife. I didn't have other beliefs to hinder me, like a lot of people do.

So how one is after one dies has a lot to do with ones beliefs?

Yes, it's all to do with ones beliefs. But not necessarily as you might think.

Meaning?

It's not straightforward. It's actually all about ones beliefs – beliefs formed from early childhood right through life until death – and how they affect ones consciousness, level of truth and understanding. It's very involved, very personal, and through some of the spirits that are going to speak to you, you will hopefully get some idea about it.

Childhood beliefs?

Yes, beliefs are formed as our mind forms. Rudimentary ones at first, and from conception onwards. As we grow and develop they become more intricate all building on each other. And the earliest beliefs we form, those we're mostly unconscious of, are the most determining in our adult lives – and consequently when we die and then continue living in spirit.

On Earth we learn how to live life with and through our minds, mostly at the expense of our feelings, and so the truth. We shut our feelings out, particularly the bad ones. We live incorrectly believing our beliefs are true and the truth: that they are formed and founded on truth, when they are not. We try to live true to our beliefs, mostly unconsciously aware of what we are doing. And to live life according to beliefs only, without any truth, will never make you happy. You can believe, and even convince yourself that you feel happy, but it's a false happiness when it's not based on truth. And this is what we want to point out to throughout this book. This is the delusion, the self-denial, the falsity you live in. This is how I was, but now I have healed myself. Whenever we deny feelings, and especially our bad feelings, we are denying ourselves the truth. If you want to live truth, to uncover the truth for yourself, then you are going to have to stop denying your feelings.

You see James, feelings are the way to the truth. So if you are denying them, then no matter what you might believe, you are not going to find the truth and then be able to live it. And whilst so much importance is put on the mind and its beliefs: believing beliefs are the truth, the way and the life, then mistakenly one lives a life denying oneself the truth. This I found out the hard way through my new life in spirit and with the help of Estelle.

Many people believe, and even feel, they are growing in truth and becoming more spiritually aware, but they are only expanding their minds; and doing nothing about stopping the ongoing denial of their bad feelings, thereby limiting or denying themselves the truth altogether. And if you want to continue living this way in spirit you can. And many spirits do live according to their beliefs and not with truth they have gained through their feelings. So for example, you have many spirits who are living with the belief that reincarnation is real, that it happens, that it has happened to them numerous times, and so inevitably will happen to them again, this being a crucial belief and factor in their spiritual progression. But it's all untruth, a delusion, nothing more than a fantasy, and one day they will have to wake to the fact that they will never reincarnate because it simply doesn't happen. Then they will have to ask themselves why they persisted in believing such a false belief: what was it giving them; what did they need from it; why did they waste so much time and energy on it. And this will help them get closer to their feelings, the ones they are denying – all the truth they don't want to face about themselves that's hidden in their bad feeling denial. All the truth they are covering up by believing such a false belief. But in the meantime they continue to believe that reincarnation is real, and so live in the sectors of the spirit worlds with other spirits of the same belief. And so of course should they speak to someone on Earth, such as we are doing, then naturally they will link up with someone on Earth who shares the same beliefs about reincarnation, or someone who is open to it as a new belief. So you have lots of books on Earth written by people who believe in reincarnation, communicating with spirits who also believe in reincarnation. So it appears to be a true belief for all concerned, but does that make it true?

But surely there must be other spirits such as yourself who don't believe in reincarnation, so why aren't there as many books saying there is no reincarnation?

Because the current trend in certain circles, such as in the spirit communicating one in the New Age, is to believe in reincarnation. So with fewer people on Earth prepared to find out for themselves, there is little attraction for spirits such as myself. There are plenty of spirits like me, I can assure you – whole worlds full, but if no one wants to speak with us; if no one wants to share the beliefs we have, then we can't link up. As far as us speaking with you on Earth and vice versa, there needs to be a strong rapport on the belief and truth level. If you grow in truth, then this takes precedence over beliefs, but if you don't, then it's beliefs in common that are most important.

But we are digressing again James, and you wanted to keep this book fairly simple and straightforward, not with it going off on too many tangents.

I did, but it's hard not to. So is it all right with you Mark if we just go as we go?

Of course, it's all for you, as I said. You can go where ever you want to, and we'll follow.

Well, I like these little diversions but I still do want to keep the main focus on death, and waking up in spirit, with a little about what life in spirit is like. Perhaps at another time you can tell me more about it from a spiritual or truth perspective.

I'd be delighted to James.

Okay, so Mark when you woke up, presumably you were lying naked in bed?

I was. I always wore bedclothes on Earth and so I was slightly uneasy about this when it came to me that I was naked. But Estelle had prepared everything. She left the room for a moment while I dressed. We weren't as liberated in our sexuality or nakedness as you and Marion are. She had provided me with clothes that were just like mine on Earth and I felt very comfortable in them. It's all very strange you understand James. To wake up in a foreign unfamiliar place with no warning and to be told you have died, that your Earth life is over, and then to set about living a whole new life, especially as I didn't feel any different from I always had, only that a lot of my depression and sadness had and was still leaving me. My mind was spinning trying to take it all in. I was in a small room, nothing more than a cubicle really. It had a bed, and that was all in it. Estelle was holding my clothes. The walls were white and everything was so clean. In retrospect there wasn't anything about the place to suggest that it was old, let alone that it had it been used innumerable times as a receiving room for newly arriving spirits from Earth. And my room was one of hundreds of thousands in the Grand Arrival Hall of the first mansion world, the first real world of spirit closest to Earth. I was told once just how many permanent arrival rooms there were, but I have since forgotten, and there are lots of other rooms that can be set up quickly to accommodate mass deaths and arrivals – mobile receiving rooms.

I have read where it's actually an angel, a certain type of Seraphim, that transports us from Earth reality to spirit life, is that so?

Yes, I believe so. I too have read and been told of such things, but so far as that happening in my personal experience I was not aware of any heavenly host carrying me across the threshold. There are no angels in the mansion worlds, they are 'around' the mansion worlds, in the mansion world

planes attributed to them, just as they are 'around' the Earth, living in the Earth planes attributed to them, but it's not until you have ascended or grown in truth to live higher than the mansion worlds – in the Celestial spheres – that you can see them and have anything personally to do with them.

Some people say they speak with them, as I am speaking with you?

Yes, that's possible, just as spirits in the mansion worlds can speak with them like this – with our minds, but we can't live face to face with them until we're living in the Celestial spheres.

Have you spoken with them or seen them?

Yes I have, as I am now from the Celestial spheres. When I was living in the mansion worlds, I heard a lot about angels; and a lot of spirits said there were angels and they could speak to them, even see them using their psychic abilities, but I had no such experiences. Some spirits even said they were angels.

Spirits said they were angels?

Yes, spirits have claimed, and still claim, to be about all you can imagine, but once again, that's all based on and derived from their false and deluded beliefs. Some spirits even go so far as to believe they are saints, Jesus and even God, just as some people on Earth do.

Yeah I know. I was emailed by a man claiming to be Jesus reincarnated.

Yes, there are many false Jesus' in spirit, all in the lower sectors of the first mansion world. They claim they are Jesus soon to reincarnate on Earth to lead humanity out of its wayward plight; to continue the good works they say they began when they first incarnated on Earth two thousand years ago.

So what would happen if all these Jesus' met?

That would be interesting. I listened to one such spirit not so long after my arrival in spirit. Estelle took me to an auditorium in which he was speaking to all willing to listen. I can't say I was very impressed, he didn't fit the pictures of Jesus I had in my mind, and he didn't say anything that captured me, however he had a very large following.

Mark, can you tell me about your spirit body, does it have a heart and a pulse, and what about all the internal stuff we need in physical? What's inside your spirit body?

It does have a heart, but it's not modelled on the physical heart. It's a heart of light and it has a pulse but not one caused by the constriction and expansion like the physical heart, instead one harmonised to the 'pulse' of the world we live on. Each mansion world, as with each Celestial sphere, has a frequency of light it exists to, and this 'pulse of light' you can sense. You can't so much feel your own pulse as you can on Earth, but you can sense or perceive a pulse of light, a vibration within you, somewhere deep inside the centre of your chest. It's a very nice reassuring feeling, and it does help you feel alive, and in harmony with all that's about you. When you move between worlds your inner light frequency changes, so the vibration or pulse you feel changes. It's a funny thing, but as you move higher in truth, on the surface it seems your 'light-pulse' gets faster, when in fact it gets

slower. You can experience the same feelings when on Earth, for as you know, you are actually existing in your spiritual body at the same time as you live 'in' your physical, so you can feel the light-rhythm of your spirit body, it being separate from your heart-beat. And unlike your heart-beat it never changes in frequency unless, as I said, you grow in truth, otherwise it's a steady constant 'beat'.

As for other internal things like organs, no, we don't have them in our spirit body as there is no need for them. We have instead what we call circuits of light, these being linked to our consciousness. You of course have them now in your spirit body James, and at times you become aware of them as you advance in truth, but mostly people remain unaware of them.

These inner light circuits are the pattern for the physical organs. Without them nothing of your physical body could exist. Your physical on Earth wouldn't form around the desired pattern without these guidelines – the blueprint you could say – which exists in your spirit body, all being directed and manifest from your soul.

So in your spirit body you still have this physical blueprint?

No, not any longer, and that's part of the change that takes place upon death. The spiritual body gets modified to live solely in spirit as it no longer has any of the parts needed to sustain a physical complement.

And so is this what the 'Angel of Death' transports into spirit?

Yes. Whilst you are of the physical, although you have a spirit form, it only exists in the associated Earth planes, it's not a real body existing in the first or any other mansion world. And when we die, then it's the spiritual body and all that's of it, other than all that's physical, that is transported across the threshold into spirit, so it can reform as a real spirit body. This all happened to me whilst I slept, our spirit bodies are in a sort of way reconstituted, and while this happens we're unconscious.

So the spiritual body, like the physical, is really just a mechanical body for us to use?

Yes. Really we are souls, something that is without form and existing somewhere that is without time and space. Our souls contain a pattern of light that manifests us – our consciousness and life experiencing bodies, and the subtle bodies needed to process experience and maintain the physical and spirit forms. This manifestation being a continual and ongoing process. Without a soul nothing of us would exist in Creation. And that is where we differ significantly from animals and other purely physical or spiritual creatures. An animal, and we have them in spirit too, is a creation of the Local Universal Mind. She brings them into being and they exist as She wants them to, all to help us have experiences so we can grow in truth and advance our soul. And when they have finished their lives, they return to universal energy, there becoming the elemental constituents on the physical or spiritual level ready to be used to create another creature. But unlike animals and plants we live on because of our soul, it manifesting all the spirit bodies we need.

So animals and plants are a creation of Mind?

Yes.

And we are not?

No. We are creations of our soul, created to uncover and express in Creation the truth of our soul. We are created by God with a very specific life to live, and are selflessly helped in that life by all creations of Mind. All Creation is a creation of Mind, but being generated by Soul. All souls are a creation of Soul, yet with the need to understand that Soul – God. And to understand the Soul that God is, we are to understand the soul that we are. And that understanding can only come to our minds from truth, so we have to find or uncover the truth, and then when we do, we can see what it's all about with our minds. And we uncover truth all through our feelings and not with our minds. But on Earth, as in many parts of the mansion worlds, many people and spirits try to use their minds to find the truth, something that is impossible to do, as all you end up doing is believing with your mind that your beliefs are real and true. And some may be, but others may not, and you can't be sure until you have actually uncovered the truth. And uncovering the truth takes place outside of your mind, it's a feeling thing; and when truth comes to you it happens as a result of various process from deep within your soul interacting and manifesting within your consciousness. And once this has happened, then you use your mind to help join the dots, to put the truth into context, into something you can relate to with your mind, something you can speak about and describe the feelings of.

So when we die what happens to our soul?

Nothing.

And our soul and spirit are two different things?

Yes.

Your soul is soul, and that is something I don't know if anyone really knows too much about. The whole unfolding of Creation is an ongoing discovery of soul; it's an ongoing expression of soul, ours and Gods.

Our souls are existential, existing in no time and no space, if you imagine that. Every other part of us is experiential existing in Creation, in time and space. We exist in Creation so we can use our bodies and minds to experience life, and as we experience life we can find out about ourselves: the truth of ourselves, who we are, what makes us tick and so on, all of which is really understanding the truth of our souls – WHO WE REALLY ARE. So when we die our soul stays where it is, it can't go anywhere in Creation as its 'outside' of Creation (or perhaps 'inside' it, who knows?) – it's creating Creation. But our spirit body can go places, and that's what moves when we die.

Some people call it our 'spirit', saying it's our spirit that leaves the physical and moves to live in the spirit worlds, and for intents, that's so, but technically it's not correct.

Our spirit is really the spirit or life force that sustains our physical and spirit bodies, which is really the light 'energised' by our soul that keeps us as the form we are. It's that active ingredient that makes you feel alive, and it's with you always in Creation, whether you are focused in your physical body or spirit body. So when you die, it is actually your spirit *form* that moves dimensions, not your spirit essence, and your consciousness is adjusted by your soul, and other contributing factors, to 'awaken' you consciously focused in your spirit body.

Some people can be focused in their spirit body whilst still alive on Earth, how does that happen?

It's a part of the expression of their personality. They have an ability, for whatever reasons, the truth of which they can and will find out for themselves, to awaken in their spirit bodies without first

having died in the physical. They can travel around in their spirit bodies with an amount of consciousness as determined by the experiences their soul is giving them, and they mostly travel around in the Earth planes but occasionally some people are given experiences of astral travelling to the real spirit worlds, usually some part of the first or second mansion world. And so long as the mostly unseen chord that connects the spirit body and physical is not severed, they return to their physical waking up after their astral trip or out-of-body experience. If it's severed then they 'die' as happens to us all when it's our time to leave the Earth and come into spirit. And I write die in parenthesis as you don't die, you never die, as your soul never ceases to exist (unless under exceptional circumstances), you just move from one level of reality to another.

However having said that, I don't want to down play ones experience of death, because it's a huge experience no matter how it happens and vital to ones experience and growth as a whole.

What are exceptional circumstances?

I'm not sure. I've only heard it said and read about such things. But there are cases, so I'm told, of God ceasing the existence of a soul. As to the reason why God should do that, I don't know. It is a very complex issue and would be very personal, and all to do with the experience of the personality involved. It's not a small thing as you can imagine. Reading your thoughts James, it's not what you might think. It may involve transgression from the truth, but as to the circumstances of this transgression I don't know. It's not as the Church or anything else might have you believe: that if you are evil or sinful too many times, then you reach the end of your chain and too bad. There is far more feeling, compassion, mercy, and higher understanding involved in such things. Nor can we just decided with our minds that we've had enough; that life is too horrendous; that we feel too bad, and so want out on a soul level, and be granted our wish. There are depths to soul and personality that I don't pretend to understand so I won't say anymore.

Is our personality affected by our death?

Not your personality as such, as that is always a constant, but your expression of it does most certainly, as is the expression of your personality affected by all your experiences. That's the whole point of having experiences. God has bestowed personality upon our soul, and so as our soul manifests your individuality – YOU – Creation, really what it is doing is manifesting the expression of your personality. My personality is the expression of my soul. As I experience, how I express myself reflects how I am expressing my personality. As I grow in truth from my experiences, then this truth is expressed as a expression of my personality. As I grow in truth, I become increasingly aware of my personality – who I truly am. I become increasingly self-aware, all of which is eventually leading me to become fully soul-conscious, something I will attain at the end of eternity.

End of eternity?

You can ponder that one James.

Hey Mark, is it a relief to never feel you have to go the toilet ever again?

It is. But for me the relief didn't come immediately.

Why not?

I still felt I needed to do my morning toilet, which was kind of difficult to do, when there wasn't any bathroom.

What did you do?

Estelle helped me out. You see, going to the toilet, like so many other things, was actually, she told me, a belief. It was a real physical need, but my mind had also, very early on, built a belief around it. And my belief was that every morning I had to go to the bathroom and relieve myself. And I have also since discovered that reinforcement of this belief came from my mother insisting that I go to the toilet every morning when I woke up as a little child. My day couldn't start without my going to the toilet, and going immediately.

I wake up usually busting for a pee.

Mostly I didn't wake up busting, but I did make myself go as part of my early morning routine. I could have, had I not been so conditioned, held off my morning pee for at least five or ten minutes, or perhaps even longer, but my habit and belief was I had to go immediately. So that was how I felt as soon as I realised that I hadn't gone to the toilet after waking up with Estelle – busting. My belief, habit and conditioning was still asserting itself. Estelle said I could go to the toilet, she could manifest one with her mind in my room if that was what I wanted. She said I could go, and even though no actual urine would come out, a sense of accomplishment would occur, enough to appease and satisfy my mind; or I could understand and so change my belief that as I no longer had a physical body I no longer needed to go to the toilet. I chose this option and surprisingly it was quite easy to accept. However the lingering feelings of wanting to go to the bathroom every time I woke up persisted for some months. I had to reassert the new belief for some time before it became firmly established.

A lot of spirits actually enjoy the sensation of going to the toilet, so choose to keep doing it, they say it gives them good feelings reminding them about their physical life. But such spirits only do this if they don't want to fully relinquish their Earth life. They can't of course keep living it, but many want to keep living in the memories and the feelings of their old life. Such spirits are still heavily Earth focused, refusing in many ways to fully accept their new spirit life. And other spirits don't give it a moments thought. They die, wake up in spirit, and fully embrace their new spirit life in a matter of moments. So all that was of the physical, many of the base habits and associated beliefs, go without them having to make any conscious effort, it all just happens as they wake up.

And other unfortunate spirits don't have the waking up experience as I am relating to it. They are so separated from true reality, living locked up in their false believes, that when they die they wake up, but being unaware of any change, still just carry on as they did on Earth oblivious to any change. They don't even realise that they are no longer on Earth, no longer effectively living on the physical world making things happen for themselves. They don't even see that the people they are speaking to can't hear them anymore and don't react to what they are saying. They are so shut out from life, living in their own mind creation, that they die, wake up in a regular receiving room in the arrival hall, then are taken back to the lower Earth planes from where they can see all that's happening on Earth, all without them being aware of what's happened. They are taken back to where they lived and left there until they are ready to accept their death and begin their new spirit life.

You've read about and been told about these lost spirits, bound and confined to the lower planes of the Earth plane, trapped in their minds unaware of any change in their life.

I have been told and read about them and find it hard to believe that someone can be so shut-off, so locked away in ones own mind.

There are lots of them James, always more coming, which reflects the sad state of so many peoples lives. When you deny your feelings to such an extent that all you have is what your mind makes up and tells you is reality, then you live isolated and separated from yourself – your true self – and from everyone else.

So these people – spirits, are this way because of their feeling denial?

Yes. They are the more extreme cases of it.

Don't they have feelings?

They do, but they are all conditioned, and in a way 'created' by their minds. Their minds have all but total control over them, and in such a way that they are so debilitated. Other people also have allowed their minds to have total control over them, but don't live such isolated lives in the sense of not being able to exist in the world. Such people are still just as isolated in their own fantasies but have learnt, as it was how their early childhood was, how to pretend they are effective and having an impact in the world; how to get other people to listen to them and do as they say. Gurus are a case in point. They live totally isolated in their own mind delusion, being their choice, but have learnt how to turn this state of being to their own advantage. They are not locked away imprisoned unconsciously in their own minds, they are still imprisoned in their minds (you are all on Earth to some degree, as are many spirits), but they believe it's the right way to live life so this believe allows their minds to generate good feelings. They feel very good, even superior to others. They are just on the other extreme to those people who could not gain any power being in their isolated mind state, who feel so powerless – who believe they are so powerless – that they talk to people but no one takes any notice of them. It's as if they don't even exist, so that's how they live their beliefs when they die. Whereas the gurus believe they very much exist, and when they come to spirit continue on developing their feeling-denial and control of their mind over themselves, and instead of being confined to the lowest Earth plane, live in the higher mind mansion worlds, even in the highest levels of these mind controlled worlds. They believe they have power so can advance their mind state, and spirit life, as they do on Earth, accommodates such souls; just as those who believe, but are unaware of such debilitating beliefs that they have no power, live powerless on the lower Earth planes. And because the gurus are so high in the mind mansion worlds, the delusion is that many people believe that the guru lives a superior way of life, that they have all power, and so want to emulate them, and many achieve this also living in the higher mansion worlds. But on a level of truth reality, it's much harder to wake up to your minds control when you feel all-powerful, and so such individuals usually stay in the higher mind worlds for a very long time, refusing to humble themselves to the truth that perhaps how they are living is wrong. And it is wrong because there are still higher worlds, the Celestial spheres, in which one can live. But such mind-power spirits will never be allowed into such worlds because such worlds are all feelings based and don't support mind control. The poor wretched powerless spirit or person does have humility, and plenty of it having no feelings of power or self-worth, and when his or her time comes to wake up to their crippled state of mind control, usually they are far more open to guidance from higher spirits, and spirits who are feeling living, and so often they quickly choose this alternative way of life, growing in truth through their feelings, and in a relative short number of years surpass the vainglorious mind spirits, entering into higher life in the Celestial spheres. So who really is better off?

I see.

What you see on Earth is not always how it is, and that holds true for the vast majority of spirits as most of them live with their minds still in control of their feelings, so they too don't see it. But there are many spirits who have submitted to the healing process of giving up ones mind control; of learning how to live true to ones feelings, accepting them all, and growing in truth. And this is what happened to me as I followed Estelle's lead.

So what you're saying Mark is there are two ways of living in spirit?

And it's the same on Earth, yes, two distinct and very different ways. One from feelings – feelings first then your thinking mind; the other thinking and beliefs first dominating your feelings, which involves a lot of feeling denial. And we're all born into the second way on Earth. So the great challenge that presents itself to those who do sincerely want to live the TRUTH, is how do you give up your minds control in favour of allowing your feelings to be free to guide you in life?

And how do you?

Estelle will tell you that.

Okay. So the separation in spirit, and the same goes for us down here (I always feel you spirits are 'up there' somewhere), is as you say: feelings or mind?

Yes, and the separation is a real one, meaning that whole mansion worlds are basically given over to the advancement of both. If you choose to further advance your feeling-denial and gaining power over yourself and Creation with your mind, then you are free to live in the first, second, forth and sixth mansion world. If you want to give up your mind control, living true to your feelings, then you will still live in these mansion worlds but in different sectors made available to you.

But what about the even numbered mansion worlds, who then lives in them?

That is for those spirits who want to living feeling based, BUT ALSO with the inclusion of God's Divine Love.

God's Divine Love?

Yes, it brings in a whole different approach to life. Not only are you choosing to live true to your feelings relinquishing your self-glorifying mind way of life, but you are choosing also to include God by directly longing for God's Divine Love. This brings in another whole element to ones spiritual life, which if you want to go this way in this book James, I would be most happy to oblige, as it's the way Estelle and I went, and it's the ONLY way you can eventually gain access to the Celestial spheres.

Hmm, well I had intended to keep this book simple, just focusing on death. So what do you say if we continue to go this way, just touching on it, and perhaps after this book, we can write another that is more spiritually focused. How does that sound?

Fine by me, as I have told you, it's all up to you.

I really do want to try and keep it simple. My tendency is to write complicating it all too much, for there always seems to be so much to speak about, so much to include.

There is, but as you say, you don't need to try and cover it all at once, and there is a need for people to gain more understanding about what happens with death. Only you understand that so much of what does happen with death is determined by your beliefs, and those people who do understand about the Divine Love and the domination of the mind over their feelings will inevitably have a different death experience than those who don't. So it's rather difficult to just talk about death excluding such information.

Yeah, I see what you mean.

And the whole point of our writing this book with you is to shed light on these differences so people can choose being more informed.

Very well, so we'll go as we feel to go, and not as I think I should go, and see what happens. It's never as I think it will be when I start writing with you spirits.

No, and that's because there is more to it than what you think, and that comes from the feeling side of things and not just the mind. You set out with an idea constructed in and with your mind, but as we write, although it might appear to be your mind doing it, it's actually your feelings guiding you and I, and so it goes off on these tangents as you feel to follow them. There is a lot more to life in the spirit worlds than is generally known on Earth.

Why isn't it known on Earth?

Because the time hasn't been right for it to be known.

And now it is?

Yes.

Why?

Because humanity has progressed collectively to a point where it's time, and where people are open and receptive to such information.

It doesn't seem like anyone is too open to me.

You are open James, and that's good enough for us.

But how do I know all you say is right? You could easily just be making this up.

I could, and there is no way for you know other than through and with your feelings, and the truer you become to your feelings and the less controlled you are by your mind and its beliefs, then the closer you will come to knowing the answer to that question for yourself. You want to speak with

us, and so here we are telling you what you want to know. It's up to you as to whether or not you accept all we say. And you can only really accept, and then KNOW something to be true, if it feels true. You can believe something is true with your mind, but that still doesn't mean that you KNOW it is true. But when you feel something to be true, then it feels true, and that is what you go on. But you also have to remember that to further confuse and complicate matters, your mind is generating a lot of your feelings, so what you feel to be true still might not be so if you are feeling such things to be true with feelings generated from your untrue mind. So to truly feel, to rid yourself of such mind generated feelings being able to feel if something is true or not, can only come about as you grow in truth, for then the feelings will be true and you will KNOW they are. Then you can live true to your feelings, knowing AND FEELING you are not deluding yourself. So you need to grow in truth to ultimately know if something is true or not, and to do that you have to stop denying yourself the feelings you are denying. So you can see it's a process, something that can be learnt, the principles anyway, but it's very involved and includes the complete healing of your mind dominated state of being.

I'll think about that, there's a lot to it. But in the mean time, what about eating and sleeping in spirit, do you do that?

Yes and no. We don't actually sleep, not as we did on Earth, as our spirit bodies don't need the physical regeneration time. But we do rest, our soul needs time to 'process' all the light from our experiences, and at times we feel tired because of how much we've experienced. You know the feeling? You have it in the physical as well.

I do.

We just don't have the physical tiredness you also have. Life, as you've observed, is made up of cycles of experience. You mostly base yours, or at least your soul does for you, around night and day, and so it's the same for us. There is a 'night' for us in spirit, a down time, a time of rest, but just as on Earth not everyone chooses to act on it, with some preferring to rest whenever they feel the need to, but mostly, and particularly as you move higher in spirit, you rest when everyone else does. It's a nice comforting rhythm, and it fits naturally into your life.

Do you dream when you rest?

Yes. It's all a necessary part of the integration process, for as you know in any experience, you are experiencing things on other realities than which you are currently conscious of. So a lot is always going on.

Do you remember your dreams?

It's the same as on Earth. Sometimes, if need be, if they are needed to become part of your waking experience, other times not. Some people remember more than others. But our dreams, or at least those of us in the Celestial spheres, are all good feeling dreams, wonderfully good feelings at times. We don't dream with all the fear that you do James.

I wish I didn't.

When you have completed your feeling-healing, when you have uncovered the whole truth of your

fear – why you are fearful, then they will stop as there will be no need for them.

As far as eating goes, many spirits on the lower mansion worlds still indulge in eating and drinking as they did on Earth, as they love to taste what reminds them of Earth. This all being done with memories, as there is no real physical food involved, only artificial mind replicas. But as you know our spirit bodies don't require physical food like our earthly bodies did, but they do require sustenance which we imbibe from the energy about us. And although Estelle and I don't actually need to eat anything we still do. We manifest food and drink with our minds, but different ones to those of Earth, giving us great feelings of enjoyment. I am told that higher up in the Celestial spheres, the need to do this diminishes and then is completely gone, but still Estelle and I enjoy 'eating'. It's a part of our getting to know each. Although we've been together for a long time, it's only relatively recently, having finished our healing, that we can get to know each other without all our fear and negative mind control.

As you progress in truth up through the mansion worlds, and then the Celestial spheres, you become less Earth focused and more Paradise focused. And things about you become less reminding you of Earth and more showing you that there are higher levels to aspire toward.

Paradise focused?

Yes, that is the 'short term goal' (it will actually take a very long time to do) of us here in spirit, and also for you on Earth, although few understand that. Paradise is the centre of Creation, the highest or deepest most inner world or sphere one can live on. It's the home and world of God, and it's where our souls are evolving us in truth toward. We begin life on Earth, currently the furthest you can get from Paradise, and slowly work our way 'in'. As you go 'in' into yourself, as you discover, uncover and reveal to yourself the truth of your soul, at the same time are you actually moving 'up' or 'in' toward Paradise. You literally move up in frequency of light as you move in and deeper into the Centre Of All Things.

Do you breathe?

Yes, but not the spirit air. We imbibe the spirit energy (Orgone as you call it), and although we don't have lungs as such, we still speak acknowledging the subtle in and out 'breath' of this energy. There is a rhythm to it, and as you express yourself – your feelings – truly and fully in any communication, you feel in harmony with this rhythm whether you are breathing physical air or universal spirit energy. And of course you are doing both whilst in the physical state. You breath air as your spirit body 'breaths' the natural spirit energy, and your air breathing of the physical is a result of your spirit bodies energy breathing that sets the natural rhythm for the physical.

I have read where our chakras are 'breathing' in and out the spirit energy.

Precisely. Only in spirit you become more aware of them doing so.

And it is blocks in our chakras that inhibit or restrict this spirit energy coming into us, which then manifests as illness in the physical.

Yes. And those blocks all come about because of your feeling denial. The so called 'block' is really nothing more than a false or incorrect belief that has been added to your system, stopping the natural expression of feelings. When you are all blocked up, then you are literally all 'believed' up, if I can put it that way. When you are sick it is because of your beliefs, it's your mind effectively

making you sick. When you are fully and freely expressing all your feelings, good and bad ones, then you will never be sick, as you will not be blocking or inhibiting the natural flow of spirit energy to your spirit system, so no such block will need to manifest in the physical as sickness to show you things are not right.

So is that why we get sick?

Yes. Any illness is to show you that you are denying some aspect of your self, and it's your feelings you'll be denying. And so the more feelings you deny the sicker you'll get, however it's not a linear relationship. You may be denying a great number of feelings but never suffer any physical illness, however sometime in your spirit life you will get sick, but it will be emotional, mental, spiritual or psychic sickness not physical as you no longer have a physical body. And you may be greatly physically sick all your life, but only be denying relatively few feelings. It's all a matter of your souls pattern – the life experience, the type of life, God wants you to have.

So why does God want some people to seemingly have it more difficult than others?

God doesn't, and as you will discover in time, as what you will see when you come to spirit, it all balances out. We all start off in the same bad state on Earth, suffer different manifestations of that state, all ending up healing ourselves and growing in the same truth to the same levels – ultimately Paradise. As it is said, God has no favourites, it is only time you need to see this for yourself. And usually more time than your short physical life.

It's hard not to judge such things from our narrow perspective.

And that's where we can help you, however the difficulty you face is in what to do with the information we give you. You might simply integrate it into your beliefs and not use it to enhance living true to your feelings. This is what mostly happens with spirit-mortal communication, as the mortal, or both the mortal and spirit, are still heavily functioning with their mind in full control. So many of the things we tell you only serve to further enhance your minds control over you rather than to help you end it, if you allow it to. People speaking to spirits about reincarnation for example, are going to eagerly accept all that such like minded spirits tell them, adding it to their existing negative beliefs further helping them to deny their bad feelings. Reincarnation is very appealing if you want to continue living denying many of your feelings. It doesn't force you to face the truth that you are denying them. You tell yourself that you can only do so much this life, putting off all the hard stuff or another future life. It gives you a nice excuse, something your mind can use over you, something to allow yourself off the hook so you don't have to look into your Pandora's Box and deal with what you find. And you will find that most so called spiritual or religious beliefs and the systems that support them, do just that: give you ways – beliefs – to further deny your bad feelings. You think you are spiritually progressing when in fact all you are doing is adding yet more layers of controlling belief to your already overloaded mind. And the more false beliefs you add, the further away from the truth you are living, and the harder it will be for you to come back. The more you allow your mind to control you, the harder it is to relinquish that control. And because we are all born into learning how to make our minds control us, the harder still it becomes to heal it all.

Why are we born into such a bad state?

Because of outside, higher spiritual factors that imposed themselves on humanity eons ago. We live the result of such rebellion by higher spirits; and we live it totally unaware that we are. We just believe life is as it is, and we should make it work for us, but we don't understand that life isn't just as it is, and that life would be good and we'd all be happy with no suffering, no disease, no afflictions, no detrimental habits or addictions, no feeling denial, had we not been interfered with all those years ago.

How many years ago are you speaking about Mark?

Hundreds of thousands. It's all been set in place for a long time. We are born onto a self-denial world, in that we are all self-denying, denying our feelings. And because we can't live true to our feelings, then all we can do is use our minds to take control and fill in the gap. And as we grow up knowing nothing different, then we naturally assume that this is the right way to live, with our minds in control, but then we wonder why we don't feel good, why bad things happen to us and why we can't control everything. So we go looking for other ways to add power to our minds so they can do a better controlling job, and that's what religions and spiritual systems off you. Everything in life as it is currently offers you yet more ways to control yourself with your mind. You think, ah, I feel like seeing a good movie, so off you go and enjoy the movie. You think you are living a good life doing something you enjoy, but by sitting in a movie – an artificial life being played for you stimulating in effect artificial thoughts and feelings, you are only denying your own feelings: all your own feelings you could have been feeling during that time at the movie had you not actively been doing something to deny them. You don't want to feel bad so you go to the movie to feel good, you are actively placing 'good' feelings over what might have potentially been a bad feeling time. And can you see that you do that with just about everything you do, and particularly everything you do for so called pleasure. Not too many people would prefer to do nothing, not go to a movie, be bored, and have to instead accept such bad feelings: feeling them, feeling how bad they make them feel, feeling how useless their life is with nothing in it but boredom; and yet if they able to do this, it would help them get closer to the truth of their self-denying negative mind state. They would be living truer to their true state of mind, rather than trying to run away from it.

Yeah, but who wants to feel bad?

Exactly, and until people do, the world will remain as it is. No truth will be revealed and people will die, come into spirit, and just live on as they lived on Earth – doing all they can to prevent themselves from feeling bad. And there are a million more ways in spirit to give yourself the pleasure you need to continue denying your bad feelings.

You have movies in spirit?

Sure. If that is what you want, you can make your own with your mind, or watch someone else's 'mind'. The 'blockbusters' are created being limited only by spirits imagination and not by how many dollars are in the budget. Some spirits thoroughly indulge in such movies, watching endless numbers of them because they can. There are many underprivileged people, very poor people arriving in spirit each day, and having heard of such things as movies but never being able to afford them, and having dreamed of going to them, long to see them. They long to use them to block out the pain of their past and so they can. You living in the West think nothing of the material comforts and privileges whereas most of humanity has never seen a movie.

Life in spirit gives you the opportunity to do all the things you could only dream about doing on

Earth, and because of this, many spirits say their spirit life is much better than their life was on Earth. But is it? Is doing things to deny your feelings a better life? What many of the poor and underprivileged fail to understand is that in fact by being denied so many of the pleasures and allurements of the world they are closer to their bad feelings, they can't escape them as easily, and yet I doubt they would see this a good thing. They would only if they understood that were they to seek the truth of their bad feelings through the ongoing acceptance of them, then as they grow in truth, they'd come to understand that the so called pleasures and allurements didn't actually make anyone feel good as they only serve to keep one removed from ones true feelings, and so are untrue and to be avoided at all costs. As living untrue is what makes you feel bad.

Most people, and they are the same when they are spirits, need to have all they want, need to have all the pleasures they can have, and why not, isn't that what it is for – isn't it all for us? But when they have had them and realise they still feel bad, they then start to think that perhaps there is something else, something deeper, some other part of them, and that becomes the first spiritual awakening for a lot of people and spirits. But on Earth not everyone can have all the pleasures they want and when they want them, but you can have them all and whenever you want them when you come over here.

Did you indulge yourself?

You bet I did! I had too. My beliefs were too strong not to. But at the same time fortunately I had Estelle helping and reminding me that such things weren't really making me feel good. She supported me in doing them, as I had to have such experiences to see for myself, but as I was also (by following her) trying to live more true to my feelings, trying to accept my bad ones, I didn't just blindly indulge as most do. The mind mansion worlds are for the minds indulgence. You live in them if you want to live denying your feelings and God's Divine Love. There are a few spirits living in these worlds trying to honour and live true to their feelings without the inclusion of Divine Love, but because their numbers are very limited it's difficult for them. But we are told more will try as the truth of feeling-denial and how it relates to ones early childhood becomes more generally known and accepted on Earth.

I guess there are also people on Earth who are trying to live more true to their feelings and living without the Divine Love?

There are, but from what I understand, not many. Some do without understanding that is what they are trying to do, they are just truer to their feelings and not caught up in as much mind denial, but in some way everyone is still denying their feelings.

And what about people living with the Divine Love?

Not many consciously doing it with the Love, understanding that to also progress in truth one needs to heal ones feeling denial. A lot of people on Earth have received some of the Divine Love into their souls through prayer and a longing to be with God, and some regularly partake of it, but mostly this is done without them actually knowing the truth they are living. And a few people are actively and consciously longing for and receiving the Divine Love, following what Jesus has revealed, but not actively doing their 'Feeling-Healing'.

Feeling-Healing?

That's what it's called when you want to live true and stop the denial of your feelings, all so you can find the truth of why you are denying them.

And I will add that if you don't want to uncover the truth of why you are denying this part of yourself then you won't be able to stop doing it. You might believe you are stopping the denial of your feelings, but you won't be, it will only be a belief that you are. To truly stop denying your feelings or any part of yourself for that matter, you can only do so by uncovering the truth of why you are doing so in the first place. For when you find this truth, then you are free to choose as to whether or not you want to continue living this way, and if you choose not to, then you are free to change yourself and the changes will take place. Your soul will be able to bring them about. But you can't just change them or yourself with your mind by adding or subtracting beliefs. Many people and spirits believe they can, and believe they have, but they are mistaken. All they will have succeeded in doing is adding more beliefs, and very occasionally maybe subtract a few. But mostly one adds more beliefs over the top of what one already has; positive thinking, being such a way to do it, just pushing their feeling-denial to even greater depths within them.

So all that positive affirmation stuff is not too good for you?

No, not if you want to live true and stop your feeling denial. It's very good for you, for your mind, for your ego, if you want to live further away from yourself and in your self-aggrandising mind. If you need ways to make you feel more powerful and better about yourself then you can do such things, but remember it's all at the expense of the truth – of the real you. You only feel better because you succeed in having more power over yourself. And although you feel more powerful in the world: making things happen for you, and making others do what you want, it's all a delusion. And really you're only having power over yourself using your own mind. And one day it's all got to be stripped from you, a process that is very painful.

You're right about it being painful.

Hey Mark what about sex, can you still have it in some way in spirit?

Oh yes, not of course in the physical way, but with your mind – which is how most people have sex anyway, all in their minds.

How?

Your spirit body still retains the shape and form of the physical. You still have arms and legs, a head, eyes, a nose, a penis or vagina, and so you can still use such things to achieve the pleasures you require. And many do. I did with Estelle and for a time we revelled in our new found sex life, one in which we could totally immerse ourselves without any worries of pregnancy.

How you actually have sex is by using the memories of your mind and your beliefs. There is no actual physical stimulation, but I were to rub Estelle's clitoris for example, then she would 'feel' delight based on the feeling-memory. And if she didn't have such a feeling memory because for some reason she never experienced such a thing on Earth, then she can still evolve one; evolve such beliefs based on what she hears, sees, reads and so on. One can form beliefs anytime, and in spirit they are easier to form than on Earth, so if she were to believe that she would experience pure ecstasy during such an act then she would, and gradually as her belief strengthened, her pleasurable feelings would intensify. If she were to believe that such an act were to make her feel bad then she could go this way with her beliefs. As you know, not everyone enjoys great pleasure from sex even though the feelings are very nice. And why? Because of what they believe based on their

experiences.

We indulged in sex until we both came to the realisation that that was what we were doing – only indulging. That it wasn't actually helping us to stop denying our bad feelings. It was however a very valuable experience as it helped us to come closer in our relationship, to develop an intimacy we didn't have before – neither of us were sexually liberated when we were together on Earth – and we needed this closeness to help keep us together for the harrowing healing journey that lay ahead.

Many spirits need to have sex, and a lot of it, as it's something that they might not have explored when on Earth.

I've read about people, I mean spirits, shaking hands in a special sort of way and experiencing a sort of orgasmic feeling, quite sexual.

Yes, but it's just what you want to do with your mind. Effectively you could believe that rubbing noses makes you orgasm and so calling upon your feeling-memories you can transfer them to rubbing your nose or shaking hands or whatever you like, and lot of spirits play around with such things. You can if you apply your mind almost feel orgasmic about all you do, but it's hard work to keep making the effort with your mind.

And by the way, as far as calling us people or spirits goes, we like to called spirits to differentiate us from people on Earth. We are of course still people just as people on Earth are spirits, but it's just how things are collectively agreed upon over here.

Do you feel different than you did as a person?

Yes and no. No, in that I am still me, Mark, the same personality; yes, in that I am no longer of Earth. I am from Earth but now I am a spirit resident in one of the Celestial spheres of this part of Creation, and I have seen for myself that Creation is very large, there are lots of other spirit beings all with their individual personalities and all very different from people on Earth. And there are lots of other Earth – physical – worlds all evolving through different stages of truth; and some are like you on Earth – untruth. But such things don't become revealed to one until one enters the Celestial spheres. Whilst one is confined to the mansion worlds, it's just Earth, people on Earth and spirits from Earth.

As far as feeling differently emotionally, or do we have different feelings? We have the same emotions and feelings, but lots more good feelings having completed our healing, and overall they are more intense, far more specific. And by that I mean, you become increasingly aware of them. Emotions you might have brushed over or pushed aside not considering as very important, however they become very important the further you ascend and grow in truth. As you're seeing for yourself, the further you progress in your feeling-healing the more significant the insignificant becomes, as it's in all the minor details that a lot of the truth will be hidden and waiting for you to find. In all those slight, subtle emotions and feelings you weren't previously too aware of.

And I feel very different from how I felt on Earth having done my healing and now living from my feelings and not my mind. But you can experience this for yourself without having to come to spirit, just by healing your feeling-denial.

Other Earths and spirit personalities?

Yes, as you read in The Urantia Book.

So you're saying the spirit personalities as revealed in The Urantia Book are real, they are as they

say they are?

Yes.

Have you met any of them?

I have. In fact one of them is standing right here with me now, but we'll leave speaking about that to another time.

Okay, so back to dying.

What happened after you were dressed and performed your mornings ablutions?

Estelle returned to the room and explained more about what was going to happen. She told me I had quite a reception party awaiting me. That a select and small group of people were waiting in another larger receiving room close by, and that we'd go there first and meet them. Then she'd take me to register, to sign onto the mansion world, to officially become a resident; and then we'd go home, to our home – my new home – there to carry on with the party. She said however the party would be rather subdued, as everyone having been through a similar experience, knows how hard it is to adjust to what has happened. She told me to tell her if at any time I felt tired and had had enough, there was plenty of time for me to catch up with and meet everyone. And as a lot of spirits wanted to see me and welcome me, it was all up to me as to how much I could take.

She told me my mother and father, all my brothers and sisters, and my closest friend, all who of course had died before me, would be in the meeting room, so off we went.

We walked about fifty metres down a bare white hallway that seemed to stretch off in distance for as far as my eye could see. When I entered the room I wasn't prepared for the shock that awaited me. Even though Estelle had told me who I was going to meet, to actually meet them was quite another thing. I was overwhelmed with joy, tears came to my eyes and I deeply wept. It was simply too much, they were all looking so happy and healthy, smiling and hugging me. And then it was too that my emotions came up very forcibly about seeing Estelle again and I cried even more. It was all so much, so intense, that I couldn't feel embarrassed about crying. I felt so good, so happy to see them all, to know there were all safe, alive and well. It is an extraordinary experience to see all your family again, that is, provided it's something you'd like to do.

It probably would be just as extraordinary to see them all alive even if you didn't want to see them.

It would I dare say, but spirits are spared such shocks on their arrival. I have never heard of anyone having such a bad experience in the arrival halls. If one doesn't want to meet ones family and friends then one doesn't have to. And such decisions are usually made on behalf of the arrivee who of course is mostly are unaware of their pending death. Most individuals have an impartial group of overseeing spirits that help to determine how the arrival will take place, who will be present and who will not. And ones arrival is structured so as to minimise ones difficulty in being able to make the necessary adjustments. Too much at one time, when you are fully conscious of the waking experience as I was, could be very detrimental to your whole being. There's enough to deal with in your dying and waking up, let alone having to deal with other people you don't want to have to deal with.

After we had said our hello's, I was all but speechless by this time, my family and friend said they would go and meet us later. It was something of a relief to just be with Estelle again. And we talked about it all. When I felt ready we walked back down the hall for what seemed a very long

way eventually arriving in a huge open reception area. It was all very grand, very beautiful and very light. Spirits were sitting around a centre console with spirit-computers recording the necessary data, and we checked in and then left.

What did they want to know?

Nothing, they just wanted to confirm the details they already had, and that I had arrived with Estelle being the witness. They went through the usual things: date of birth, full name, name of parents, Earth last address, citizenship, how many children I had had, their names, ages, whether alive or not – on Earth.

Presumably your children were still alive on Earth.

That's right. Had they died and they too would have been there to meet me, as I have since been to meet them at their arrival.

They also had a full body scanner that I had to step into before I could leave. It buzzed and a light shone of me for a moment and then it was done; I was a fully registered citizen of the lowest, and what we call, the first, mansion world. Then the lady gave me my number, she held up a little scanner like object and pressed it to the right side of my head and suddenly the number was in my mind, and there it has stayed easy to remember as if I have always known it.

Would you mind telling me what it was?

Not at all: 3865743217965437864093452

A bit longer than my social security number!

Yes, and in the state I was in at the time there was no way I could have retained it. I thought I would have to learn it, but such things in spirit, when done directly to the mind, are no problem. That was nothing compared to other things I have achieved with my mind.

Such as?

Memorising whole books on just one reading. Having whole books and languages implanted into my mind like that number and instantly on hand, speaking fluently accent and all. All manner of scientific and mathematical formula; I was interested in such things for a time; and anything else I choose to remember. You never forget a name or face, it all just goes in and seems to stay forever or until you don't want it anymore and you can just as easily erase it.

Like a computer?

In some ways, but all organic. No need for such machines in spirit although some spirits play around with them. The computer like consul I spoke of above that held my details at my registration, is only a mind construct by the architects of the world, and of itself is still organic. It really shows you what your mind is capable of and just how limited it is in the physical.

I suppose if it wasn't restricted so much in the physical we'd be in worse states than we are.

That's true, but as there is room for such greater error in spirit, so we have greater mind freedom. More freedom to go the wrong way if you want to, more freedom to continue denying your feelings.

So the denial of ones feelings really is, so far as you're concerned, the big thing?

Yes. Absolutely, the big and ONLY thing to be concerned about. All your worries, problems, fears come from it; all your pain, illnesses, mental and emotional problems. All that's wrong with humanity – and there is a lot wrong both individually and collectively that you still have no idea about – comes from the ongoing denial of feelings. Feelings are the key to healing yourself and the world. You only desecrate your world because it's what you are doing to yourselves by denying yourself all the feelings you would otherwise feel. And were you to feel such feelings you wouldn't destroy the natural world nor tolerate living in it's destruction.

So long as people keep denying their feelings and especially their bad ones, then the ruination of themselves and the world will continue. And it will all end when nothing more can be denied, when you are all but feeling-less, living with only untrue false mind derived feelings. Then no true feelings will exist; then humanity will in effect have lost it's soul. Then mind, and a negative mind at that, will reign, then you will live without true love, only with love that you contrive with your minds – a false and unreal love, something that is not love at all, but merely called and said to be love, something that is not love but believed to be so.

That sounds like how I have lived, what I have been waking up to.

Exactly James, you've been a good example of it. You are waking up to the denial of your feelings and it's been something of shock for you to uncover the truth of why you were denying them.

It has, that's for sure.

And so it was for me too. Estelle was more aware of it and took to it all more than I at first, but eventually I began to understand the significance and wanted to stop denying my feelings and living untrue.

Yeah, without Marion's help I would have never got past first base.

I've been wondering Mark, do you know why you died the way you did?

Oh yes, I have uncovered that truth as I have uncovered all the truth of my self-denying state.

I died that way because that was how I entered the world, in essence, how I was born.

I don't understand.

I wasn't prepared for my birth. What I mean by that was I hadn't been prepared by my mother. Suddenly it was happening and I didn't know anything about it. I just went along with it and next thing I knew I was born. I wasn't of course aware of such things and feelings back then, but that is how I would interpret what I have uncovered through my feeling-healing.

You see my mother didn't want to acknowledge that she was having a child. It wasn't an acceptable thing in her world. Women were meant to always remain pure, so a child meant she was impure as you need to have sex to have it, even though she was married and it was what she and my father wanted.

It was beliefs contradicting each other, something most people are full of. Anyway, when it was

her time she just went through the motions, as she had done with each of her children. It was something that she just had to do, didn't want to do, didn't want to know about, didn't want to be bothered with, and despised. She wanted to believe that she was pure, like an angel, and so the whole sex thing and having babies was just put out of her mind. Her body did its thing but with her mind she pretended to herself that it really wasn't happening to her.

So there was no communicating with me through her feelings that my birth was imminent. It wasn't to be a special event nor a horrible one. It was just going to happen, and so it did. Suddenly I was on my way, not knowing where or why, and next thing I knew I was in the arms of a nurse, not even in my mother's arms.

And so that was how my death was. Suddenly I died and awoke in the arms of my nurse – Estelle. Of course she wasn't the nurse I had when I was born, but you understand what I mean.

Yes. It is like that for everyone?

Yes, it can't be any other way, not unless you do your feeling-healing or some part of it before you die.

And what's more, that is how my life was, things just happened to me. I accepted them, I never really took a leading role in them, one thing just led to another. And through a lot of it, which again through my healing and the feelings that came up in me I became aware of, I felt somewhat removed, as if it was sort of happening to someone else and not really me.

Even meeting Estelle happened that way. I wasn't looking for a wife, I was at a friend's house and found myself sitting next to her. We talked and it was nice. Then before we left Estelle asked if we could meet and talk further. And we did. She did all the leading, it all just happened to me. I willingly went along with it, with it all, and felt dreadfully lost when she died – what was I to do?

Then suddenly I died with no warning, it was just the next thing to happen to me, finding myself back in the loving caring arms of my wife. It's taken me all my feeling-healing to come back to myself, to be able, in effect, to take matters – my own life – fully into my own hands.

So how we're born is how we die, right?

Yes, but in essence, in truth, not always in the same physical way.

What do you mean by that?

When you uncover the truth of how you were born – how it happened for you as it did; then you will see the truth of yourself and your parents at that moment, and that truth will then be the same truth you will uncover for your death, provided you haven't done any feeling-healing and grown in truth. Any growth of truth before you die might alter the pattern somewhat, but mostly from what I can gather, it remains the same as so few people do any feeling-healing before their death.

So what happens to someone who dies from cancer for example?

I can't say for sure, that person would have to find out through their healing the truth of the pain they suffered: why they suffered it, what happened to them from conception through to being born, and then how their birth was, to see why they died from cancer – to see what dying from cancer was showing them. To see the pattern of their feeling denial. The pattern that produced the cancer and death from it.

You can't say something like: oh he died from cancer so his birth was just as painful. It's far

more subtle and complex than that. But for those of us in spirit who start on our feeling-healing we can use our death when we uncover the truth of it, to help us see the truth of our birth and vice versa.

Your birth and death of the physical is a complete cycle, even if you never make it out of the womb. Still contained within you no matter how short it is, is all the truth you will need to see that will explain your life, including your spirit life until you do your feeling-healing.

So even if you die in the womb, the fact that you have begun life, begun your incarnation as seen by your first heart beat, means you will continue on in spirit, and so complete your birth, childhood and adult life there just as you would have had you lived on Earth. But of course with different people (spirits) and processes involved.

Complete your birth?

Yes, not in the totally physical way as on Earth, but emotionally, spiritually, mentally and psychically. There are surrogate mother spirits who adopt such unwanted people at all stages of pregnancy and early childhood, helping them to experience what they need to experience.

So as a spirit a woman can have a child?

In effect yes. It won't be the direct creation of hers and her partner, but the foetus comes from Earth into her 'spirit womb', something she creates with her mind, and grows up there to be born in various ways simulating a natural birth, at least as close to what you can have it being an unnatural one.

The spirit mother is cut open?

No you misunderstand me. The mother makes a womb using her hands and mind in the infant receiving room. A special technique is used to simulate pregnancy. But the whole process is greatly sped up, she doesn't carry the foetus for nine months, only for about nine hours your time. And so when birth comes it too is simulated, either naturally or unnaturally. It can't come out of the mother's womb through her vagina as it's not carried within her spirit body, but certain pressures are brought to bear by the mother using her mind and emotions and thoughts, and a simulated birth occurs. Or the new-to-born baby is just handed over being 'born' similar in a lot of ways to that of a caesarian so far as what the baby might experience, not of course what the mother would experience, as the whole birthing process in spirit is designed more for the child than the mother. And children that grow up in spirit reach adulthood still having to do their feeling-healing as they will be parented and brought into the mansion world by feeling-denying spirits, just as they were first conceived in the physical by feeling-denying parents.

Gee.

It is remarkable how it all works, but in many ways spirit and physical life is not too different. What does happen is that emotionally, mentally, spiritually and psychically, all the same experiences are to be lived whether in flesh or in spirit form. It's the truth, the essence of such experiences that is important, not just how it all happens, the how it happens is mostly irrelevant. You'll feel this for yourself as you do your feeling-healing. The how it happens is only useful to help you get more in touch with the feelings you felt as it happened, this being often the part you remember. Then you can use those feelings to uncover the truth of what was really happening to all

those involved (your parents, grandparents, other carers), including of course yourself; what were they and you thinking and feeling, what beliefs were governing their and your actions. And how did these things apply on all the other levels other than the physical when you were growing up.

You see James, life is all about relationships and it's our primary ones, those who helped to form us, that are most important to us. And they are so important because how they are we become; that is, their impression on us, on all levels, becomes our foundation. And so if those initial relationships with us and us with them are not true and perfect, if there is any digression from perfection, then that imperfection will become part of us forevermore, that is until we heal it. And so we begin having relationships from conception onwards, and then all that happens to us in those early relationships through our formative years sets the patterns, literally the belief circuits of our mind and the behaviours that result from them. Then we grow up into adults with these patterns dictating our lives. We are not aware of them believing we are very different from our parents, but we are not. Strip back a few superficial layers and you may be surprised to find that you are, not only like your parents, but a mixed up composite of them as well as any other influential personalities in your early life. And these influences will go on affecting you right through your physical life and on into your spirit life. And only if you uncover the truth of these patterns do you stand any chance of changing them.

A lot of people are very happy with how they are, grateful to their parents for all they did for them, having, so they believe, loving relationships with them. And so they might be, that is not for me to judge, however from my experiences, as I started to look into the truth of my loving relationships with my parents things weren't as loving as I believed they were. And by the end of my feeling-healing the truth I had uncovered about my original relationships was that they were very unloving. I had only built beliefs, one on top of the other, that we all loved each other – that my parents loved me and I loved them. The love turned out to be false, and in fact I lived all my life suppressing and denying my bad feelings about this, all of which were the result of not being loved as I needed to be. But I didn't want to acknowledge this. All the pain I felt, but chose to deny. So I had to keep my bad feelings away for fear that they would bring back all the pain, the pain of not feeling loved, something that would have been too much to bear.

And it's really about this that we want to write with you. We can easily base it around death and life in spirit, but all we experience ultimately comes back to relationships; and until we've done our feeling-healing, our primary ones.

We are spirits, James, that understand that life is more than finding out a few things from spirits. We want to write with you knowing that you are interested more in finding out the truth, so all we impart to you includes understanding about this. Too much is given to humanity by spirits that is meaningless, that does nothing for anyone, that only serves to strengthen the minds hold over individuals. Too many spirits that live with their minds still dictating life to them speak to mortals, and dearly we'd love to balance things up a bit. We want to shed light on ones feeling-denial. We here in the Celestial spheres all live true to our feelings, it's our feelings first and they govern our minds. But unless people want to speak to us Celestials, and people who are sincerely interested in understanding and finding the truth of themselves – as we don't waste our time with those who are not – then the imbalance will continue, along with the untruth, misinformation and confusion.

To seek the truth means you want to understand the relationship you are having with yourself, with your partner, your primary people, nature and God; and to understand all that's going on in all of these relationships requires a lot of hard work particularly as the truth doesn't come easily. And why it doesn't is because of the minds interference. It has been programmed from conception to take control; control over your feelings which are the key to your truth. So to give up your minds control is laborious. You have to see how your mind is controlling you, what beliefs you have making you do this and that, and then you have to liberate your repressed feelings that your mind

control is keeping suppressed, and then you stand some chance of finding the truth.

You won't find the truth by supporting mind controlling spiritual and religious systems. Anything that tells you in any way how to deny feelings will help you keep the truth from yourself. And if something does say it will help you to uncover and liberate your feelings, then this too you must be wary of for it might only be yet another mind controlling system in disguise.

Are there any spiritual or religious systems that help one stop their feeling denial?

No, not currently. Only what you're setting out to do with Divine Love Spirituality.

Why?

Because it's not generally understood that such existing systems are only serving to strengthen ones controlling mind. In some areas of psychology people understand something about the significance of their feeling denial and the impact it has upon them, and such people are mostly very wary of religious and spiritual systems, just seeing such systems as being parent replacement systems, and just another way to keep the domination of ones parents over oneself. And they are correct in surmising and fearing such systems for doing so, because that is precisely what they are doing.

You can't do your feeling-healing through or with the help of any existing system on Earth, be it spiritual, religious or otherwise. No such thing currently exists, however in future it will as people start to understand about it all.

There are individuals and small groups helping people to do something about stopping their bad feeling repression and uncovering something of the truth of why it's in place, but such systems don't take into account the full extent of the problem. They are a far better alternative than a system that helps to further ones mind control and a step in the right direction, but still there is more and a much longer way to go.

You can even go so far as saying that if a system offered to heal all your complaints outright, to take all the pain away without making you deal with your bad feelings and find the truth of them, then it will be only helping you to further your minds control over you, even if all the pain, depression, misery and suffering does miraculously leave you and you feel the best you've ever felt.

So if spirits were to miraculously heal someone on Earth, that healing isn't really a true healing?

That's right, nothing is unless you uncover and release all the primary feelings and associated beliefs there are contributing to the problem. You only get sick because of these wrong beginnings, the erroneous beliefs you formed as a young child and how they control you, which all adds up to denying feelings. That is why the focus and emphasis has to be on uncovering the truth, and to do that as I have said, you will need to unlock your repressed bad feelings, liberating them so they will guide you into the truth you need to see. If you are sincere about spiritually growing and desire to become Celestial (of a Celestial level of truth), be it on Earth or when you come into spirit, then you will have have to find the truth of your repressed feelings, and mostly the truth of your repressed childhood feelings, as they are what you are continuing to deny. To find the truth of your childhood repression, of why you are repressing so much of yourself; why you are denying yourself, is what you need to see and understand; and anything or any way that says this is the truth or promises to help you to find the truth but doesn't insist on you healing your childhood repressed feelings is false, wrong and nothing more than a lie. It will have nothing to do with uncovering the truth of yourself. It will only lead you further into your feeling denial and so strengthen your mind over all you are repressing from your early childhood.

And we are all repressing feelings from our early childhood?

You are, that is the sad and terrible state of the world. You are conceived into it. Right from the beginning, from your first heart beat, from the fusion of your parents sex cells, and even psychically before, you are denying some part of your feeling self. All parents are denying some of their feelings, so their children will too, it's unavoidable, there is no escape, not unless you have parents who have started or finished their feeling-healing – something yet to be seen on your world.

How do we repress our childhood feelings?

When your parents tell you to stop crying, and you comply, you are denying bad feelings. You only have to look at any parent-child relationship and you will see it occurring, it can't not happen. It is a part of the way we parent and it's acceptable. Some parents are worse than others, some allow their children to be more free and expressive of their feelings, but even such 'free' parents on other levels and in other ways will be still causing their children to deny feelings. And the child learns, it might not like what is happening to it, but what choice does it have. It wants to make it's parents love it, so it does as they say, even if it puts up a fight. It gives in, gives up a part of itself, stops itself from freely expressing all it feelings and the damage is done. Negative beliefs become set in place keeping the repression of the suppressed feelings in place. The child believes it's doing the right thing, and the pain and suffering is pushed aside, something you can do as a young child with such vital new life flooding into you, but something that is increasingly harder to do as you get older. You might get a new lease of life upon arriving in spirit and feeling so free, merrily continuing to push aside any bad feelings, but eventually even this new vitality will peter out and gradually the pain returns. The pain of old age is only the pain of your young age retuning because it's harder to block it out. There should not be pain in old or young age and wouldn't be if we were loved fully and allowed to be fully feeling expressive.

So that's incredible what you're saying Mark, that old age pain is only the pain we experienced when we were young, pain we felt but were not allowed to express.

It is and it makes sense. What would be the point of going through your whole existence if all the pain you suffered during your early years was just wiped aside as you grew older and forgotten about? What would be the point of experiencing such pain? God is a God of love, and so if such love does exist then why the pain? And the answer to this is in the truth we seek. Why does a God of love make us suffer terribly, right from the very beginning of our existence in Creation? Where is all this love?

And until you want to face these questions and find the answers – the truth – to them, then you will be avoiding feelings. We all feel unloved. Somewhere inside us we all do, and so why? Why has God created us to suffer? And what is this God of love really like if He is truly making us suffer? Or, is our suffering only part of our mental delusion? And we'd like to address something of these questions through this book, if you don't mind James.

Not at all. I don't mind where the book goes now. It's already gone beyond what I thought it would be about, so please, be my guest. I'm at your disposal, I will type away.

But we still need you James, you are not to slip back into being just the typist taking dictation. We need you're active participation. So keep the questions and comments coming.

Okay, I'll do my best.

It's hard to think of God putting us all in bad situations, not loving us.

But you can't say that God is not loving you. God may be loving you greatly by allowing, or even making, you suffer in your beginning this way. It's for each of us to reconcile this for ourselves, and we can only do this by finding the truth.

I see. So it might not be how I see it or feel it? And I take it you're not going to tell me what God is doing and why?

No. And it's not as you think or feel it, not until you've completely finished your feeling-healing. We are only going to make you think about certain things, the truth is for you to uncover for yourself.

Fair enough, and I like the sound of that. I enjoy finding it, finding out the truth for myself. I like your help but I enjoy doing the real work – the hard work, as hard as it has been.

Good, so you can just allow us to guide you. And you can continue to ask us questions, and of course, if you want to go in a certain direction then we will follow you. Are you okay with that?

Yes, fine.

Good. And with that, I have said enough. I want to now give you over to Estelle. I have established something of an introduction, and will not speak to you again. It has been a pleasure James, and I know you will enjoy speaking with the other spirits who will come to you. Good-bye for now.

Thank you Mark, good-bye.

James, I am Estelle, Mark's soul-mate.

Hello Estelle.

As Mark said, he's given you an introduction and I will now continue expanding on some of what he said. And to begin with let's go back to my death, is that all right with you?

Yes, of course.

Good.

Unlike Mark, I knew my death was coming. With the first pain I knew. I didn't tell Mark or anyone else, but I knew. It took me two years to die, but with the passing of each day I knew I was moving closer to my death.

What was the knowing like, what did it feel like?

It was just a knowing, how do I describe that? I knew deep inside me that the pain heralded my death. I didn't feel bad about it, that was the funny thing, I felt okay about it, at least to begin with. Looking back on my knowing about my forthcoming death I can see that I also knew it wasn't going to happen straight away, that I would get time to enjoy the last days, and I did. When you know you are going to die it can have the effect of giving you a sense of relief, an inner peace, greater acceptance. What is the point of getting upset and worried about things when you're not even going to be there to deal with them?

It was a very nice feeling, and I enjoyed feeling myself change. I didn't like the pain, especially as it intensified and started to spread throughout my body, but I could deny and shut it out to a certain degree; and as it went on I was able to sort of live with it. It wasn't until the last few months that it became excruciatingly painful, but I took drugs and they helped.

Did you feel scared about dying?

Yes, at times, suddenly fears would surge up blocking out my usual calm feelings. I hated these times, they were too strong and I felt so miserable at the thought of losing Mark and our life together. I did all I could to block and shut out such fears, to deny them as neither of us could deal with them. Mark didn't want to accept that I would die, so I didn't tell him that I felt and knew I would. He believed I would get over my illness and so I let him believe that. He fought my death all the way, even when I was on my death bed and well past the point of any recovery taking place. He had far more fantasies attached to our relationship than I had. I was the realist, he was locked away in his dreams about how our relationship was. But for a woman in those days, it wasn't her place to demand her man come out of such dreams, so I did all I could to enable him to keep them safe.

That was very kind of you Estelle.

Yes, I sacrificed a lot of myself, denied a lot of myself and lots of feelings to do so, but it was how I had been trained – to make my man happy, and I wasn't about to upset him. I had agreed to support him to the end, and that is what I did.

Do you regret having put so much of yourself aside?

Yes. I didn't at the time, as I could not do anything else. I didn't actually resent it back then, or rather, I didn't allow myself to feel such feelings which were present but deeper within me. It was only through my feeling-healing that I understood I had such feelings buried deep inside me, and as I brought them to light, yes I did greatly resent it and had many regrets. But at the time I was happy to see Mark happy, and mostly he – we – were, or so we wanted to believe.

Had you asked me on my death bed if I enjoyed my life I would have told you I did, sure there were a few hard times, and we had our ups and downs, but I loved it all, living with Mark and our children. Had you asked me the same question toward the end of my feeling-healing and I would have told the exact opposite, as through my healing I came to understand just how much of myself I had denied right from the very beginning of my life. Had I not been forced to deny myself so much I would have lived a very different life and one that would have completely fulfilled me.

So you didn't feel fulfilled?

No. I would have told you that I did at the end of my Earth life, but the truth was, I didn't. This I know now, I just didn't want to face it then.

And how do you feel about that?

Now I feel okay about it as I no longer have any repressed feelings within me making me feel bad, but as I was bringing the truth to light I felt very angry, very miserable and very sad about it all. I thought my life on Earth was one thing, when in fact it wasn't that at all. So that meant that my relationships too were false, nothing was as I believed it was, and this all came as a great shock to me. I completely denied the truth of myself, the truth of being a woman, and so many of my feelings. My life was shit even though I believed all the way through it was good. And that was the amount of my self-delusion. I had been totally turned away from my true self, turned against myself right from the start by my parents and carers, with the result being a lot of pain, all of which as a young child I forced to go away, and all of which started to come up when I first felt my death pain.

My death pain was different from other previous pain. It carried with it the knowing, the truth, that I was going to die. And it was the beginning, unbeknown to me, of an incredible journey, that which took me into my feeling-healing, the reuniting with Mark in a true way, and us both into the Celestial spheres.

It sounds remarkable.

It was. And I am not the only one, many spirits will tell you similar stories. I allowed my pain to have its way over me. I didn't deny it all the time. It was too strong, I had to give in and accept it, and what it was doing to me. I didn't have advanced medicine as you do today to help my mind combat and deny it completely by 'healing' it and taking all the pain away. I had to allow it to do what it wanted to do with me, and this was the beginning of my growth of truth; truth, insight and

understanding coming to me through the pain. Such as, the truth that I was going to die.

Once I died the physical pain all left me, but I didn't stop wondering about it. It was such a blessed relief to no longer suffer the physical agony and torment, but mentally and emotionally it didn't leave me. It left a very strong impression on me, and it left me wondering why I did have to suffer like that; and it was this wondering, giving into it, allowing it to be there, that started to open doors for me. I could have pushed such wondering aside and simply got on with enjoying my new pain-free life in spirit like so many others do, doing all the things I had dreamed of doing, but somehow that didn't seem right for me, and somehow it was all still to do with Mark. How could I leave him? How could I totally abandon him? Many male spirits I met were attracted to me offering me all sorts of things, and some I were attracted to, but I couldn't go with them. I had to stay true to my relationship with Mark. Some of my friends and family said I was stupid, others said it was the right thing to do, but that didn't matter as I could only do what I felt and those feelings were very strong.

Do you know why you had them?

I do know, but I had no idea back then. It was the soul-mate union that held me to him even after our separation in death. It has turned out that we were – are – soul-mates, something that is not too common, and it was this bond that kept me faithful to him and more. It was this bond that made, even forced, me to honour my wondering as to why I got sick, and so leading me into the exploration of my feelings.

I get the feeling while writing what you're impressing on my mind, that you feel grateful for your way of death? Am I right?

Yes, and I am. It was horrible when it was happening, and I was ignorant as to why I was suffering, it was a horrendous ordeal, but now I am grateful for it as I can see how it has helped me to uncover the truth of myself. And I have also found out from understanding the belief patterns established during my forming years that there wasn't any other way for it all to happen than how it did, my patterns were set, and I was living the outworking of them.

I can even, and with all honesty say, that I love how I died. I have learnt so much from it. I have been able to use it all through my feeling-healing in spirit as I have ascended the mansion worlds to help me see the truth of myself, and of my relationship with my parents.

How has it helped you uncover the truth of yourself?

A bad feeling would surface within me – suddenly I would feel bad. I might have been walking with Mark in the forest that surrounded our house on the fifth mansion world, and suddenly, seemingly for no reason at all, I would start to feel bad. And instead of dismissing this bad feeling not wanting it to interfere with our nice walk, and because we were living wanting to acknowledge and accept all our feelings, I would focus on it and want to bring it all up and out of me, knowing that it was a bad feeling coming from my repressed childhood.

So as I talked about this bad feeling to Mark, as I expressed it and longed for the truth of it, gradually it would remind me of some element of the pain I suffered during my death years. And when I remembered this pain, it would help lead me, as I spoke and expressed everything I could about it, back into my early childhood, and eventually I would remember when I felt the same pain – the same essence of pain. I could then see why I felt it, now and then, insights would be revealed to me by my soul. I would see what my parents did to me as if I were young and back with them;

how they were treating me causing me to feel so bad – causing me to feel that pain; and then I would bring it back up through my adult life seeing how the same things were happening to me, the same pressures were on me. So in effect as the adult I was walking through the forest, I was still a young child with my parents; they were still making me feel bad, making me feel all the pain when I was young and all the pain that I was now bringing up about my death – the pain I experienced at my death. Potentially the pain my parents caused me as a young child could have caused my death when I was little, but it wasn't my time to die when I was young, that would come later.

That's an interesting way to see it?

And it's the truth. The pain so many of us die with is only the pain, or some of it, that we felt and denied when we were young. So if it can kill us when we are old, theoretically it can kill us when we are young, and indeed a lot of people die very young and in a lot of pain.

But some people have pain as children but don't die painfully, like Mark.

That's right, but the pain will come, sometime during their spirit life it will come, when and if they allow it. It will come, and if they don't willingly submit to it when it comes, then eventually it will force itself on them.

So you're saying we should submit to any pain?

Yes, if you want to find the truth of it, it's the only way. You have to accept that you are feeling it and permit yourself to feel it all, as much pain as your bad feelings want you to feel. But as you do this you **MUST** also want to find the truth of the pain. If you don't then you will feel the pain and be stuck in it until you summon the willpower to deny it again. Wanting the **TRUTH** is the key to it all, for as you want the truth, and as you look into your pain and bad feelings for it, then it can and will come, it will come up in you as you fully accept and acknowledge your bad feelings. And when this happens, finally your pain and bad feelings will leave you, as they are no longer required to alert you to the truth that some part of you is not happy, is not right, some part of yourself you are denying. Your feeling-healing is about ending your self-denial, the denial of self brought about by your parents not loving you fully by denying you their love.

I don't want to submit to my pain and bad feelings.

No, few do, but it's essential if you do seriously want to find the truth of such feelings. If you do not accept them, do not go into the pain, and do this by speaking about it all, expressing as much as you can about all you are feeling, then how are you to see what it's all about: why you have it and where it's coming from? And as long as you keep pushing it away you won't ever see why you have it. You will just suffer it, doing all you can to get rid of it, possibly wondering why you have, but you'll never find out.

For most people (and spirits), as soon as they feel a bad feeling or a pain they instantly want it to go away, and this is okay, but what is wrong is then they do all they can to make it go away. They go to the doctor, take pills, have operations, do therapy, meditate, pray, hope, ignore, use whatever resources, inner and outer, they can to banish it. But you can go the other way and accept it, using it to help you find out what truly is wrong in you.

You go to the doctor and he or she says: your pain is caused by an stomach ulcer, here take these tablets and it will go away. You do as you're told, the pain goes, the doctor says you're better –

great. You might ask the doctor why do I have the ulcer and he will give some technical reason or say something obscure like stress, and you're happy with that. He advises that you have to change your life, de-stress, or just take more pills if the problem afflicts you again. But this is not the truth of why you feel this pain. What really is causing you to have a stomach ulcer at this point in your life? And if you really want to know and use the pain to lead you, by submitting to it, expressing it, and longing to find the whole truth of it, it will eventually lead you back into your early childhood, and you'll be able to see what happened to you: how you were denied love and forced to deny all the bad feelings this brought up in you, all of which is now causing you this stomach ulcer at fifty five years of age. It's your system starting to show you, your soul starting to use your system to show you, as it can't show you any other way than by and through yourself, that something is amiss, that you are denying some aspect of your personality, which of course are your feelings. And when you find the truth of why you have the ulcer and its pain, then you will have liberated all the repressed childhood feelings, and that missing part of your personality you have been denying all these years will be able to finally begin expressing itself. You will be a more full, whole and perfectly functioning individual, able to relate more truly to yourself, your partner, nature and God, because there is now more of you to relate with. You will be living truer; truer to yourself, to nature – Creation, and to God.

I see, it certainly sounds good.

Yes, but the reality is it's very hard to do.

Why?

Because no one wants to look into their forgotten past and remember the pain, the horror, the trauma they suffered as a young child. No one wants to FEEL how unloved they felt as a child. No one wants to open up all the darkness of their repressed feelings they are keeping the lid on with their minds, because they fear if they do they will never be able to come back from the devastation that assails them. They will fall into their abyss, go mad, crack, breakdown, and life will never be the same again. They will be reduced back to that poor unloved, rejected, pathetic screaming, tantrum-throwing child, never feeling like they have any power, never feeling like anyone wants them, cares about them, or loves them. No one wants to go back, only forward, always onwards because that's what you have to do to keep the horror away. You have to keep doing all you do to ensure that you keep denying your bad feelings. Your whole sanity, or so you believe, hinges on keeping your childhood repression of all your bad feelings in place. And the whole world, the whole of humanity on Earth and in the mind mansion worlds, exists like this.

Why do you say, 'or so you believe'?

Because it doesn't. Your sanity doesn't depend on keeping your bad feelings denied. You are actually insane already by doing such a horrific thing to yourself, that is the sad irony of it, and in fact to allow yourself to fall into your darkness, to liberate all your repressed bad feelings while seeing the truth of them, is becoming sane. You won't go mad during the feeling-healing process. You will go mad by not doing it. The people who do go mad and end up in clinics and hospitals are only those whose system is overloaded with bad feeling repression and denial. They can't cope anymore, having been pushed too far. And just because everyone doesn't get to this point, doesn't mean you're not all suffering, and in a lot of cases, teetering on the edge. The breakdown can in fact be a good helpful experience if it's dealt with correctly, but unfortunately it's mostly not and the

person is either left, pumped full of drugs to further deny any feelings, or manages to 'recover' to come back to a level of feeling-denial they can cope living and existing in the world with.

Your fear of madness, of ending up in the institution or in some horrible place, or out on the streets muttering to yourself, is only a belief, something that you have taken on through your early childhood like all the other beliefs. And you go and see movies which show madness and this makes you feel good about yourself because you are not that bad, so you breathe a sigh of relief, go back into your denial world doing all you can with renewed vigour and conviction so as not to fall off the edge.

Your belief of going mad if you submit and surrender to your bad feelings can be healed and rectified along with all your erroneous beliefs, and this will take place through your feeling-healing. Such beliefs are systematically brought to light when you are ready to see them, and when you do uncover the truth of them they can go. But the actual breakdown of your beliefs is hard, it's very difficult and you'll resist it, fighting it with other beliefs every step of the way. Your whole system is geared not to submit, not to be overwhelmed by your bad feelings, so as you start to break down this controlling part of your mind the rest of your controlling mind starts to feel very insecure, threatened and so reacts defensively. The whole healing process then is very scary, fraught with bad feelings, very testing, effectively taking you apart belief by belief. And this has a real effect on all the levels of your system. You feel it physically, emotionally, mentally, spiritually and psychically, and it hurts. You experience a lot of physical pain, your body is wracked with aches and pains as your mind is broken down. Your mind is keeping your physical body being how it wants it to be, so if you start to change your mind so too will your physical start to change. And it's the same on the other levels too. You will feel a great deal of emotional, mental and spiritual anguish, and the psychic forces will bear down on you making you feel like you're being crushed out of existence.

I can relate to physical, emotional and mental pain, but can you explain more about what spiritual and psychic pain feels like?

Spiritual pain is felt when your feel your whole being is coming into question: who am I; what is my life for; what is it really all about; why is this happening to me; what am I going through all this for, what's the purpose? And the pain comes when you feel there is no purpose. You feel like you're purposeless, you're a nothing, of no account, you may as well not exist. These feelings then lead you further into feeling the pain of feeling like you don't exist, like you're not real, you're not actually here, and as if your existence is being so threatened that you are on the verge of annihilation. And such feelings are excruciatingly painful. They are terrible, and they make you feel like your whole soul is dying, is being rejected, is not loved, is having all the life force drained out of it. And such feelings then lead you onto feeling just how unloved you feel. How uncared about, how no one, not your parents, and not even God, loves you. And to not feel loved is the worst feeling of the lot as it encapsulates all of the above.

Psychic pain is more of a pressure, an unseen yet felt force that bears down on you. It amplifies all of the above feelings. You feel a huge weight of pain, all your anguish, all your misery, all your despair, all your feelings of not feeling loved come crushing down upon you. You feel like you're being pushed down into a bottomless deep black hole from which there will be no return. You feel very depressed, you don't want to do anything, you can't do anything, your will feels all but ineffective, and this is devastating. To feel will-less, so useless, so pathetic, its crippling, and yet this is how you felt often as a young child with your parents. The overbearing dominance, force, pressure, your parents exerted on you forcing you to comply with their demands, is the unseen psychic pressure and pain you feel through your healing. And there will be copious amounts of it to be felt, to be re-lived, all so you can see in every way how your parents held you down, held you

back, thwarted your self expression almost crushing you out of existence. To have to comply with your parents rules, then add to them society's rules, regulation and beliefs, everyone and everything telling you that you can't be; how you want to be and that you **MUST** be how others want you to be is crushing to the newly incoming personality, because it goes totally against all the laws of nature, all the laws of love, and totally against your own soul and God. So to be forcibly made into something that is untrue to yourself, untrue to your own feelings, is very unloving, and this gives rise to awful feelings.

You hear the cry of despair from the little child, and then you don't hear any more crying, seeing only the forced resignation as it knows crying will get it nowhere. And what you are hearing and seeing is the innocent little child, a little person who only wants to feel loved by it's parents, being subjected to evil, to no love, to everything that is anti-love. And when you release all the pain you suffered having originally been pure and then being corrupted; having forced yourself to accept the corruption as being right and true, then you will feel bad, really bad, and then with these bad feelings you'll know how wrong it was.

So why does it happen Estelle?

Because God wants it to. Because there is a lot to experience to be gained from it.

I don't know if I want to experience it, it all sounds ghastly.

Too late James, you're of it and you're experiencing it.

But why does God want it like this?

That is something you will have to find out for yourself.

Have you found out?

I have, and I'm still finding out. And I believe, as I am told, I will still be finding out all the way to Paradise.

What I do know is how we live on Earth, how we are forced to live, is not the norm. We live in evil, we are evil, but most of Creation is not evil. We have been given this opportunity to experience living evilly first hand and without our conscious say so, to have it forced on us and forced against our will, and this is a unique experience so far in the unfolding of Creation.

But as to why God wants us to experience it, you can ask God for yourself. Everyone can talk to God via their Indwelling Spirit, and so when you reach a level of truth that will enable you to do this, then you ask such questions.

What did God tell you? What were God's reasons as to why you suffered as you did?

All of the reasons are to be found in all the truth I have uncovered. Once my pain left me, once I could live pain free, which happened when I arrived in the first Celestial sphere having finished my feeling-healing, then I started to see the whole experience differently. I started to see the uniqueness of my experience. I suffered in a Creation of love, I felt unloved by my parents and by a God of love, and I have gained a lot from the experience.

How do you feel about your parents and God now?

I feel love for my parents, but a love borne out of sympathy for what they have suffered, and a love derived from empathy, that we've all been through it. Personally I have little to do with them. They are not apart of my soul-group, and I rarely see them. I have little in common with them. And I don't feel any love, any fond memories from my childhood with them. My love for them is now more impersonal. I don't know them as people nor do they know me. You see, we are all very different from how we all were. They too have finished their feeling-healing and are living in the Celestial heavens, but they are no longer the people that parented me, just as I am no longer the child they raised and knew. So it's really as if it's a clean slate for us all, a new beginning, as if we've been born anew, and should our lives bring us together then we'll start to establish a new relationship and go from there. Too much has happened, we are too estranged now, and all we share are memories from our times together on Earth and a little time in spirit. But such memories we realised were all coloured by our denial, they were not memories based on true experiences, but memories based on falseness, so the memories have faded. The memories I had in which I believed I felt that my parents loved me, those feelings I felt during the so-called 'good times', have all proved to be false. And I have seen that I didn't feel loved during these times, that I only believed I did. And mostly I did only because those good times were not so bad as the bad times, so I clung to these good times highlighting them as something special and choosing to remember them in a biased way. But the truth, as it came from bad feelings that surfaced to do with all of these memories, has since shown me how contrived it all was, how desperate I was to have good memories and good feelings and to feel loved by them.

How I feel about God is wonderful. Finally I feel God loving me; it's a truth, an ongoing real experience and one that is only growing in intensity each day. But that wasn't how I felt about God during my healing. I had to abandon my love for God and my beliefs that God loved me, for I didn't feel They did. I felt too alone, too distraught, too unloved to feel that God loved me. When you feel unloved by your parents, in no way can you feel loved by God, and yet many people cling onto their so-called feeling loved by God, using it to help them further deny their feeling unloved by their parents. Their feelings of being loved by God being false. Anyone who feels loved by God and yet was unloved by their parents is lying to themselves about this love. But most people are also lying to themselves about feeling loved by their parents so it's then easy to lie about feeling loved by God as well.

You called God 'They' and not 'He'?

Because God is both a He and a She, only the She part, the She Personality, has been denied you on Earth so far, but this is soon to change.

God is a He and a She?

Yes, a Heavenly Father and Mother. The one soul that is GOD is both the Father and Mother. Each soul as you understand has a soul-mate, two parts expressing two distinct personalities; and as we have been created in the image of God, and as we have soul-mates, then so too God must be a Soul-Pair. Hence we can know God as both our Mother and Father. And when you start to relate to God this way you'll find it much more fulfilling.

It makes sense. Having a mother and father to start with in life, then to move onto a higher Mother and Father does seem right.

Indeed.

So why can't you feel loved by God if you haven't been loved by your parents?

Because you don't have the patterns, the circuits in your being to make it happen. The input from your parents is everything when you are little. From conception to around six years old, the time your mind is fully formed being signalled by the arrival of your Indwelling Spirit of God, you 'absorb', take on and become, all that your parents are – your parents and other influential carers. So if you are not fully loved – not perfectly and with perfect love that can only come from parents who have attained a Celestial level of truth – then you will grow up with imperfections, feeling unloved in some parts of yourself, and with these parts unable to love. And all this being what you pass onto your children. And for us to purely and truly love God, then we have needed to be truly and purely loved by our parents. And no one on Earth is living in a Celestial state of love, truth and perfection, so no one is parented to feel totally loved by God. So your relationship with the Mother and Father will be severely limited. You might feel a little loved by Them as you feel a little loved by your parents, but from what I have seen it's doubtful.

So you're saying no one is fully loved by their parents, and because of that, no one can feel fully loved by God?

Yes. And you won't know the truth of what I'm saying until you've finished your feeling-healing. And I will add here that your feeling-healing is all to do with the relationship with your parents, it doesn't include your relationship with God on all levels. It might include beliefs you have about God, but still it won't allow you to start to have a true and pure personal relationship with your Mother and Father, one in which you will get to know Them personally. To do this, to include this in your feeling-healing, involves the active inclusion of Their Divine Love. Your longing to Them for it and receiving it into your soul. And when you do this and then do your feeling-healing, it's called doing your soul-healing, because then it deals with every aspect of your being, and not just your mind.

So you and Mark long for the Divine Love?

Yes, that is the great truth we discovered in spirit and that is what we chose to do. And all else has come from that. All we are able to pass onto you now is a result of that. We learnt how to do it, what was involved, and all about our soul-healing, and we chose to do it. And in doing it we moved to live in the odd numbered mansion worlds, those given over mostly for spirits doing their soul-healing, for those of us who wanted to grow in truth to the Celestial level of perfection and beyond.

How do you long for the Divine Love?

You long with your heart and soul, it doesn't involve your mind. You decide you want to partake of God's Divine Love in your soul so you open your heart to Them; tell Them of your intention, and long to Them for Their Divine Love. And if your longing and desire are true, then the Divine Love will come, and at times you can feel the Holy Spirit bringing it into your soul.

When you receive Their Divine Love then you are officially starting your personal and feeling-relationship with Them. Up until you long for Their Love and receive it, you can only have a mental relationship with them, and one that is not based on love, but based on beliefs.

When you start to long to Them for Their Divine Love, then you are effectively saying to Them

and yourself, that you don't want to continue living how you have been, enough is enough, and now you want to come back; you want to start being true: to yourself and to Them. And this longing for the truth will then lead you into your soul-healing, as you focus entirely on your feelings and feeling-healing.

So feeling-healing just deals with your feeling denial, and mostly from early childhood – from your relationship with your parents. Your soul-healing includes this – your feeling-healing – and deal with your relationship with God?

Yes. Your feeling-healing alone deals with your human and spirit relationships, your soul-healing deals with them and your soul relationships, with your soul-mate and God – with your Mother and Father. And if you want to eventually evolve and grow in truth, developing your relationships beyond the mansion worlds, then you will need to do your soul-healing. If not, you will be able to heal yourself and live relatively happily in your natural love perfection in the mind mansion worlds. But you will never KNOW God personally.

So it's a lot more limiting?

To be confined for eternity, advancing only your mind, in the seven mansion worlds; or, to keep ascending all the glorious spheres, up through our local universe we live in, then on into the Superuniverse, and on still further through the Central Universe and then to finally arrive on Paradise, the actual home of the Mother and Father where you can actually meet Them 'face-to-face' so to speak... yes, I'd say it's rather limiting.

Well that's a big incentive.

And so it should be, but unfortunately, so far it's not generally known that such a thing exists on Earth. Most people believe that once they die they naturally live with God in total bliss and harmony, but in that they are mistaken. And because they have such puerile beliefs then they draw to themselves like minded spirits who keep telling them the same thing. You see James, mostly the spirits in the mind mansion worlds believe that is all there is – where they live and what they do, they are completely ignorant of all we're telling you in regards to your feeling and soul-healing. So they say one should get on with it and make the most of it, especially as they believe their lives are a million times better being so much freer than they were on Earth. So they believe they are in the heavens told to them that they would live in. And because they are not open to or wanting to live true – to uncover the truth of their soul, and being happy indulging in their negative mind states, they don't even see the likes of us Celestials. We can't speak to them. We can't interfere with them. Unless we are asked or invited to help them, we have virtually nothing to do with them. It's a real separation in the mansion worlds: those of their mind and those of their feelings. And then these blind self-consumed, self-denying mind spirits pass all the so-called, light, love and glory onto any enquiring mortal who might want to also believe such things. But I can tell you, the light and glory of the mind mansion worlds is nothing compared to the first Celestial sphere, and even that pales in comparison with the second and so on all the way to Paradise.

It's hard to imagine.

You can't imagine the beauty of it as you have no experience of it, you can't even extrapolate from any experience you've had. It's nothing like Earth when you reach the Celestial spheres. Earth is a

little dot, way down there, something that is nice – the natural parts that haven't been ruined – but hardly worth the thought. The thought only coming when you think of people such as yourself who are yet to experience such beauty, yet to know such truth, yet to live true to their souls and feel contained within the Light of all Life – the Light of God's Love within their souls.

Yes, well, you do make us sound and feel very far away.

You are, but I assure you you're not forgotten. And so here are Mark and I, and you are affording us many pleasurable experiences by allowing us to speak to you. So once again we are connected back with the Earth, and it's all very new for us. Neither of us have had anything directly to do with Earth since our deaths, and yet now we do. We didn't think we would ever again, yet this is where our path has taken us, and we are very happy to be here.

Estelle what was your death experience like?

I was lying on my bed and Mark had just left me. He had bathed my head with a cool damp cloth, I liked that and it soothed me – soothed the pain. My cancer had all but eaten my womb away, that I now know, and I refused to have the doctors operate and poke around in me as I knew it would not help me. I put on a very brave face up until near the end so no one really knew how bad I was, I had just a 'little' pain. So to them I went rather quickly instead of over the two years.

When Mark left my room I suddenly felt a great sense of peace and I knew this was my time. My fear all left me, I felt happy and content. I wasn't thinking about anything or anyone. I was too much in a state, and in that state I felt calm and relaxed, even my ever present restlessness seemed to fade away. Then I felt sleep coming and I knew from this sleep I wouldn't awake, not on Earth at least.

During the month prior to my death, memories from my childhood about heaven being a nice place to go came back to me. I remembered that as a young girl it would make me feel good to think that when someone or an animal died they went to heaven, a nice place with no pain and all the food and water they could eat and drink. A good place where you only felt good and happy, where God looked after everyone. So as I drifted off to sleep these nice feelings came over me. I was looking forward to heaven.

When I woke up, there was lots of light about me, it was rather bright, as if I had slept in and the sun was shining in the room and onto my face. It took me a while to regain my focus, and then the light seemed to diminish. I felt all warm, like waking up from a good deep sleep, and one when I had no pain, for my pain was all gone.

As I opened my eyes and turned over I saw my mother and father standing there smiling at me. I felt like I was a little girl again, and thought I was having a dream, but then they said as if they could read my mind, that I wasn't dreaming nor was I a little girl again, and that I was now back with them in spirit.

Then it dawned on me that I had died and I said so. I asked as a statement, "I have died, haven't I", and they said yes. And it seemed all right.

They told me my suffering was now over, the dreadful illness all gone. And that they would like me to come and live in a nice house they had prepared for me, and in a few days if I felt I wanted to, I could go back and see Mark and my children on Earth. That I wouldn't be able to speak to them, but I could see how they were faring without me.

I could imagine they'd be very upset, and my mother said they were, but that it was necessary for them to go through this loss of me, and in time they would see me again. And I knew this to be true also.

We signed in and then I went with them to the house they had prepared for me and it was just lovely. And there I was greeted by other family and friends. I felt fantastic, euphoric. It was hard to think about Mark and my children suffering back on Earth, and I admit that I didn't much being swept along on the surprise of it all. I had a new life! My pain, all that terrible pain was gone! I kept expecting it to come stabbing back at any moment but it didn't! We had a big party, a celebration about my death and arrival in spirit. I got the feeling that now my real life could begin and I was very excited and looking forward to it. I danced and drank, my head was spinning, it was so good to see everyone, to listen to their stories and we partied on for days. It was wonderful, I felt like I was sixteen again filled with hope and expectations. To have my fear gone, all that blackness, it was just too good to be true. If this was heaven then it was fine by me, life was grand and only continued to get better.

Did you go and see Mark and your children?

I did, but it was hard to do. I felt so good and they looked so sad. I was feeling marvellous and they were in the pits of despair. I wanted to go happily dancing around them, singing, and showing them I was alive, pain-free, and that there was nothing to be unhappy about. But I couldn't connect with them through the Earth plane, they were shrouded in darkness, I was in light. I didn't stay long. But I went back when the euphoria started to wear off, I was in a better state of mind to sympathise with their suffering.

It's very difficult going back. You feel so good about your new life, certainly I felt bad not being with Mark and my children, our horses, but not as they were feeling. I couldn't feel completely bad because I felt so good. I can't tell you how good I felt. To not have one pain, to feel completely rejuvenated, to not have any worries, no-one making any demands of me. I felt very weird a lot of the time, for about the first six months as none of my usual routine was there, but most of that had already been broken anyway by my inability to do anything during the last weeks of my illness, and now I was free. I didn't have any responsibilities as a mother and wife, and I felt young and was starting to even look young again. It was incredible, remarkable, fantastic, the whole thing, dying and being given a whole new life and the freedom to do whatever I chose; to go wherever I pleased, not needing money, to not be limited by space and time, it was wonderful. And I was meeting so many new spirits all who were equally happy as myself, many new arrivals as we went to the social gatherings, the dances, the drinking houses. I had never danced so much in all my life, everything was a whirl and the new fabulous dresses; dresses I had only seen on the very rich ladies of Melbourne were mine to have and for nothing! If I liked a dress the dressmaker was making, I only had to ask for one and she was ever too pleased to make me one too. It was how I dreamed life to be, and now all my dreams were coming true.

And I was the centre of attention. So many young men wanted to dance and be with me, and not just for sex, for me. Some of course wanted sex, but I was still a married woman! And to be able to have sex without the fear of getting pregnant, and to get drunk without the fear of hurting yourself, to do anything you wanted without the fear of dying... oh James it was all so wonderful. I was liberated and I had to seriously consider whether or not I wanted to stay married to Mark. Officially I was told the marriage was over, but still something in me felt wrong about going behind his back. I thought at least I could wait until he died and then see what I felt about being with him, and after all... I had all the time in the world... just to have FUN!

By the time Mark was due to arrive I had all but exhausted my need for fun. I was becoming more serious and the euphoria of my new life starting to fade. I still felt good, so very good, but I also started to feel other things. And I was missing him. I was looking forward to his arrival. I had been told when that would be so I could make everything ready for him.

Pardon me Estelle for interrupting, but who told you?

Higher spirits. Certain information is available to us in spirit, as to where it comes from most spirits in the mind worlds don't understand, but it comes from other higher spirits. What happens is it comes from us Celestial spirits. We get it from other universal spirit personalities who have access to such information, and it's subtly passed down to those needing to know it in the lower worlds. So I was informed, there was literally a knock at my door one day, and upon answering it a spirit I didn't know told me the date of Marks arrival, and that was all, then he left, he being a messenger having received the message from a whole line of messengers, as the message came from the Celestial spheres down to the first mansion world I was living on.

You were saying about looking forward to Mark's arrival?

Yes. I wanted the house to be for him. Many of the nice parts of being his wife had returned to me. I had thought a lot about our relationship, and although some aspects of it I didn't like – I never did like – I could now admit them to myself. And I felt that maybe things might be different in spirit. So I wanted to give us a new chance, to build on what we already had and hopefully improve it.

I was feeling very excited by the time he came, but felt I should hold a little of my enthusiasm in check as I didn't know how he might take it all. What did he feel about me? I knew he still loved and missed me greatly as I was still visiting him on Earth and listening to his thoughts, but what would happen when he felt the thrill of freedom? Would he still want to be with me? All the women looked so pretty, no more wrinkles, no more saggy bottoms and breasts, what would he do, what would he feel? He might ditch me and go off like so many other men had done to their wives. I was so happy he was coming but a little apprehensive, still I had also resolved to allow him to be as he felt. Not that I could do anything about it anyway, but if he wanted to be free I was going to say that was okay with me. I didn't want to stand in his way if his way was to start a new life without me. How was I to know if we were suited, if we were destined to be together for always, death is a big change. There was so much freedom, so much liberation, so many spirits just wanted to have casual no-strings-attached relationships, not wanting to be tied down as they had been on Earth, and marriage was out of the question, at least in the circles I was mixing in. My parents were still together, but many spirits thought them to be fuddy-duddys and that it was only a matter of time before they became like nearly everyone else, separated, choosing to dissolve their marriage.

So not many people from Earth stay together over there?

I can't tell you how many, but from what I have seen, no, not many. Too many new pressures are brought to bear, the relationships of Earth not being good or strong enough to hold together, and when one part of the relationship dies years before the other, then it's very hard not to get on with a new life. It happens on Earth to some degree too of course, but it happens a lot to spirits. It is usually only a matter of months before such well intended spirits have changed so much, no longer seeing things how they used to, and not wanting to be subjected to the same old stuff; and besides, they can't be how they were and do what they did on Earth that enabled them to maintain their relationships.

You see James, death is a great test of ones relationship, and most don't hold up because really there wasn't that much to them anyway. People might marry, have children, live their whole lives happily together, but are they truly relating to each other: what is their relationship really about? They go off to work each day, they are busy with all sorts of things, but all these things do is fill in

the time. The people don't spend all their time with their partner, mostly hardly any time at all, and most of that time is being asleep. So when you come into spirit and have all the time to be together, nothing making you separate, no work to go off all day, most spirits can't bear it, they can't face spending all their time with their so called 'soul-mate' and 'beloved chosen partner', the person they had children with, the person they 'loved'. So you start to see that it's all a bit of a fraud, it's a lie, false, and you are forced to question, what is love, and did we really love each other, and you can only conclude that you didn't, not at least how you believed you did. And most spirits simply can't face all of this, they don't want to deal with these bad feelings so sweep it all aside, rationalising that the gulf between Earth and spirit is too big, so saying to each other and themselves: we have to start anew over here; but really that's not true, they just don't want to face the truth. If your relationship is sound and true, and based on a genuine love for each other, then no gulf will be too much, and no time or space of separation too big. A lot of spirits, particularly religious ones, put on a brave face, bury their new found feelings of freedom and liberation, and keep going as they did on Earth. They see it that they have made a vow before God and it's for eternity, as they no longer believe death is the end, as it's not. So it would be unworthy and unfaithful to break such a holy and sanctimonious agreement. It's terribly straining for them and they have to deny so many bad feelings, and many break when the dearly beloved finally arrives because it doesn't – can't – work; but a lot do manage to hold on, holding it all together, staunchly believing they are genuinely in love, chosen to be together by God, soul-mates, and far superior to those who fail.

But you still felt a lot for Mark.

I did, and it was I have to say, most unusual. But now I know it was our soul-mate bond, something that is unexplainable. It wasn't any great love, nor any great bond, but it was enough to stop me wandering and to just accept him as he was and to see how it would go; as I said, if he wanted out then I would agree to that, we'd part company and go our separate ways, but luckily it didn't come to that. He wanted in, stayed in, and amazingly didn't stray. At a point in our healing I told him to go off, screw around, have other relationships if he wanted to, but he didn't. He said it helped him a lot to know that he could if he wanted to, that I was not possessive of him, but he didn't feel the need to, he was happy slogging it out with me as we agonised our way along in our healing.

So what was it like for you meeting him, I mean at the actual moment – what happened? Were you in the room?

No, to your last question. We're not allowed in the arrival room as the spirit is being re-materialised. Things get pretty intense from what I understand. It's no light matter moving us from Earth to spirit, and all the receiving rooms are specifically designed to deal with the amount of light needed to complete the process. In fact it's something I have been reading about lately – how the angels do it.

Would you care to share what you know with me?

I can tell you some parts.

In the arrival room itself – and you have to understand that it's not just the physical room in spirit I am speaking about, it's the whole room which includes having existence on many levels including all seven planes of the first mansion world – a lot goes on.

On the angelic plane are the seraphim that co-ordinate the whole affair. The transport seraphim arrives with it's precious cargo and deposits it on a bed. Then the receiving angels set about

reconstituting the necessary parts of us – to put us all together again. Then there are the angelic helpers, the spornagia – not unlike the nature spirits of Earth, that take care of all the actual hands on work needed, all of this going on in the unseen levels. To our eyes, were we to look into the receiving room we'd see nothing but light.

Once the process has been completed then the arrivee is registered with the angels, and two angels, again seraphim (if he or she is of a level of truth to require two such personal angelic aides), are appointed to be his or her celestial guardians and carers. Apparently often it's the same two who were with the person on Earth, and will be right throughout the mortals sojourn in the mansion worlds giving up their charge when he or she arrives in the Celestial spheres, there free to continue on their own ascent to Paradise, alongside and with us spirits.

After this appointment has been made an announcement goes out from the receiving room to the higher universal authorities telling them that the soul, name and number, has completed his Earth experience and is now ready to embark on his spirit one: do they comply, do their records confirm, and do they grant permission?

Once permission is granted they complete the process and the arrivee is free to wake up. Once he has woken and there are no complications they send a final message to the effect that their mission is accomplished and they receive further instruction as to what to do next, that being mostly to make ready to receive their next guest.

The arrival angels and 'little ones' work for a season tirelessly, often, I was reading, receiving up to one hundred thousand mortals, before they rest or are moved onto another assignment.

Who wrote that?

A Melchizedek, I obtained a copy from one of their schools. They have free, meaning, open schools, in all sectors of the Celestial spheres, places where anyone living there is free to go and read what is available. They are like gigantic libraries with information on all sorts of subjects, all of which is fascinating.

I was reading up on the arrival process in case you were to ask me such a question. But I have been told what I can and can't tell you.

Why can't you tell me all of it?

Because it's not time yet for humanity to have such information. Don't ask my why, but things over here and on Earth all follow very strict laws, and what can be revealed to Earth and when, is of the utmost importance so must always strictly adhere to such law – the Laws of Revelation. Too much information too fast can cause problems, as can too little too infrequently.

So it's all controlled?

Yes, Creation is a very well oiled machine, even taking into account humanity's rebellion.

Rebellion?

Yes, that is technically what you call it. We have been forced to go against our true natures, against nature – what is true; and in the process becoming untrue, false, corrupt, and so evil. All that goes against nature, against all that is good, against all that is truth, beauty and goodness; and so all that goes against the Mother and Father, is evil. We became part of what is called the Lucifer Rebellion and now are suffering the legacy of it.

Yes, I read about it in The Urantia Book.

Yes, and it is a real thing. It did occur and we, humanity, are now of it, and that is what causes us all our grief. Humanity is wrong, it's off track, going the wrong way, and no matter how much an individual might be kind, caring and loving, they are still of it, within it, and so are evil. And until you heal your feeling-denial so you will remain always evil.

I don't think too many people would be willing to accept they are evil.

No, possibly not, but that's too bad, for it's the truth; and if they don't they will only be postponing their healing, and to do that means they will remain evil longer and suffer the consequences thereof.

But it doesn't seem fair Estelle. If we're inducted into evil as little children totally unaware of what's happening to us and without being able to fight and resist it, why should we then suffer for it?

It is unfair, completely unfair, and that's what we all have to wake up to and then come to terms with through our healing. Everything about it is unfair, and all you say is true, but the fact is it happened, and as we grew up and become wilful, we in effect chose, albeit unconsciously and by default, to become a part of it by taking it all on from our parents. So as adults we are evil and have to then become responsible for it, even though we didn't have a choice.

We never had a choice, or perhaps we did on a soul level before incarnation as some might suggest, but from conception onwards, on our conscious level we didn't have a say in it. Perhaps in some way God offered us the choice to come to Earth and live experiencing life with an evil mind and intent, or perhaps God created us to do so, but however it's happened, we're here and all we can do is find out what has gone wrong and choose to do something about it.

Do you think God offered us a choice?

Yes, and no. Perhaps on a personality level They did, but on a soul level there is no need and it's the soul level that determines our existence. On a soul level we were created to begin in evil, something out of the ordinary, yet still something that can be very rewarding. For whatever reasons, the Mother and Father allow evil to occur, They wanted it to occur as they are the Creators of everything. They have made it happen, and then created us to be of it, to fully experience this manifestation of it, and to heal ourselves of it. So here we are doing it, and complain as we may, which by the way you must as you do your healing – expressing all your bad feelings, we are in it and of it: we are evil; at least you are still, Mark and I are no longer, and I can tell you it feels very good to be out of it.

Did your healing take you very long?

In your years about twenty five of them, but we had to do lots of other things that filled in deprivations in our life experience on Earth. And these 'distractions' took time.

Is that how long it takes most people, I mean spirits?

It takes as long as it takes, for some shorter others longer. Putting a time on it is rather pointless,

you have to just keep going, and it will always seem like a long time no matter how long or short it is. It's very hard to do, to keep allowing yourself to feel bad, to feel all the pain, and there is a huge amount to feel and see the truth of.

I am told it takes longer for us in spirit to do than for you on Earth if you fully commit yourself to it, but as yet we don't know if this is true as no one on Earth has completed it, and very few are actively doing it. Some are making a little slow progress unconsciously doing it, and if they were to read this and accept it, it would help them do it faster, but time really is irrelevant as it's what you get out of it that matters. And you will get a lot out of it! It's astounding the truth that will come to you, and as it does then you will marvel at the whole process, at your whole anti-God and love, negative and evil life, and the healing of it. There is so much to learn from our self-denial life. We are told we'll still be learning from our evil experience on Earth and in the mansion worlds all the way to Paradise. So I guess from that point of view God knows what They are doing – and you'd hope so; and in the end it is said we will be very grateful to Them for the experience.

Do you feel grateful now?

Yes. I can afford the luxury of sitting back knowing I am officially no longer a part of it, and I do feel grateful. As yet Mark and I haven't had much of an opportunity to compare the negative life and healing of it against lives that didn't begin that way, lives from other non-rebellious worlds, but I feel incredibly privileged in some ways to have been given the special opportunity to feel so bad and to find out why. Mind you, whilst I was feeling that way I didn't think or feel such things. I had been told back then that one day I would feel grateful for all the pain, but when you feel so bad and you feel all the pain, and it hurts, and you feel really bad, and you hate yourself, your parents and God, and that is all you can do, then you sure don't feel grateful, you feel the exact opposite.

Mark and I are really still too new to the Celestial spheres to give you a proper answer to that question. Although we're living in the third Celestial sphere and have been in the Celestial spheres for some time, we feel as if we've only arrived yesterday. So many things are all so new, like this speaking with you. A year ago we'd have never dreamed of such a thing and yet here we are now. We knew of you but hadn't been called to help you. Then suddenly our group's summons came, and we were informed as to what might take place, and how to prepare ourselves for it. And so that is what we've been doing for the better part of this past year. And now we're doing it. And soon our time will be over with you as you move onto speaking with others, but how enriching it has been for us.

Why?

I am not at liberty to tell you, or at least to write it for public view. It's all apart of humanity not being ready to know about such things – yet. But what we have learnt, where we have been taken to learn it, who we have met, is... how can I say it... let me put it this way: rather unusual, and because of that we feel very privileged indeed. One day you will understand it all for yourself James, when you've finished your healing, and then you will understand what a pleasure it has been for us and what an extraordinary experience. This part, the actual speaking with you and your writing our word, although good in itself is limited because of this form of communication. It would be nice had we been able to come directly to you and meet you and Marion in person, so it's been all the preparation for this writing we're doing now that has really been amazing. It's has had and is still having, and no doubt will continue to have, a great impact on our group. It means all we thought we might be doing has now been suspended, and we don't know what will happen to us after our time with you, but whatever does it will definitely be things we've never conceived of. We

speculate a little although it is pointless, and we wait, for when the time is right we'll know what is to happen next.

You have been told of the great changes taking place up here and so now our group is officially part of that change, and that is something we would have never dreamed of. Of course we would have liked to have been, but not in our wildest dreams would we think it would happen, and none of us know why it has. I think that understanding will take a long time to come.

Off the record I can speak to you about it more if you would like but it's to be kept personal, it's only for you as a part of your growth.

It all sounds very intriguing.

Yes, it must, but I am sorry that I can't go any further for you now. Our connection together is clear, it would be easy to do so, but it wouldn't be in keeping with the mandate of this book and our participation in it.

I understand – I think.

Is there any other part of your death experience that you'd like to tell me about? Tell me and the reader about?

Yes, and it's only to say that there is nothing to fear about death. I know that's easy for me to say and I'm not saying it in the hope that you won't fear it, but at least it's something you can think about. If you fear death, and if you feel you are close to it, then all I can suggest is for you to speak to someone who will listen to all you say about your fears; don't push them away, and try to tell them all you feel, all that your fear makes you feel. And if you have to speak about your fears, the same fears every day, then do so, don't deprive yourself of it, it's a very valuable thing to do. And of course you can do the same with all your bad feelings.

I knew my death was coming and although comforting in some ways I was still very scared. I would have dreadful moments of intense fear and panic, but I didn't have anyone to speak to them about, and I didn't know that speaking about my fears would help me deal with them. I gritted my teeth, went through the pain, nearly went mad, but kept it all down at all cost. I didn't want to upset anyone or make anyone else feel scared. I didn't want to make Mark scared, but now I know that he was already scared, and had we both come forward, brought our fears out, admitted how afraid we were, we would have come closer in our relationship and been less afraid – we would have had each other. But instead we remained separate, just as we felt during our childhood: alone, scared, and so afraid. And now we have spoken it all out. Just because we have both died and felt wonderfully good after our deaths and arrival in spirit, still we had not got rid of our fears, they simply went onto other things so we could push them aside, and were awaiting us during our healing. No bad feeling ever just goes away, it will only go away when you speak about it, express it, bring it up and get it all out. Because by doing so you will be admitting to the whole world, to your parents, to God, and most importantly, to yourself, that you do feel bad; and it's this self acceptance, allowing and accepting that you feel bad and that it's perfectly okay to do so, that is self-loving. You are finally able to give yourself the attention and love you required from your parents. You are filling in your own love deficit, and as you do, the truth will come to you.

And that James, is all I want to say. Other spirits are waiting to tell you about their experiences. I am really just adding to and helping to complete Marks introduction.

We both thank you greatly for this opportunity of speaking with you. It's such a joy to speak with someone on Earth and we'd like to think that possibly in future more Celestials will be able to speak to and help people.

So unless you have anything further to ask me, I will go. Mark and I have the pleasure of coordinating this book with you, so if you want to speak to us about anything, please do not hesitate – we'll be here. Thank you again for your time, Estelle.

It should be me thanking you and Mark. I am very grateful for all you've said.

We'll don't go away, as you still have a lot more to do. Have a rest if you like, and another spirit will continue when you're ready. Bye for now. Estelle.

Hello James, they call me Harriet the Harlot and I am proud of my name. I was a nun – that was when I was on Earth; you know, no sex and all that, but now over here I have found my liberation well and truly, just as I have found my 'G' spot, and for that matter, my whole alphabet of spots!

SEX James, I am mad with it. I love it! I can't get enough of it. I'll have it with anyone... well within reason... SEX, SEX, and more SEX. Oh what can I tell you, COME TO SPIRIT AND GET LAID, what a hoot.

Harriet is my actual name by the way, that is what my dear mother whom I hate so much, called me. My dear mother made me afraid of men, afraid of my own body, afraid of my sex, afraid of anything that was 'naughty', and so what choice did I have left in life but the nunnery. And I was a good nun. I didn't play with myself, I didn't have sex with other nuns, nor did I have sex with the priests or any other men. I was the real deal, the archetypal nun stereotype so far as that went, but once I croaked and woke up in spirit, and realised that I didn't have to do what my mother said anymore, I dumped the cloak, came out of hiding, and raged. Boy did I have fun... I had a lot to catch up on. You want a true-blue party girl? Just ask me along and I will rock your fucking little socks until you drop. And you will drop before me, that I can assure you.

So you're not a Celestial spirit Harriet?

Hell no, they are all too pure and light for the likes of me.

So how did you get to speak to me, I thought I'd be speaking to other members of Estelle and Mark's group?

Surprise kiddo. Not what you think, eh? Not to mind... they came to me. Asked me if I would tell you my story, you know, about dying and waking up and something of what has happened to me in spirit-land since I've been here, so yeah, hey, why not, sounded cool. Talk to this dude who's back on 'E' and tell him how great my sex life is, so here I am. How's that sound kiddo?

Fine, and why not – eh!

That's right, now you're catching on dude.

So it was like this. And I kid you not. I was eighty-eight, can you believe that? I was like one of those cute little old grannies, with grey hair, all wrinkles and old smelly skin, and I was at the altar praying away, and next thing I know as I'm speaking to his His High and Mighty, I get this fierce and intense pain in my chest and it's lights out. I keel over, my head hitting the tiles like a stone, and the story, chapter one, is over – I'm dead. Got it? – no more. No more living on Earth.

Then next thing I know it's WAKE UP TIME! There I am staring into the smiling face of my first Mother Superior – she'd croaked years ago. I thought shit, what's happened to me, is this some kind of nightmare, well not exactly, actually I loved that old lady, she was like a real mother and granny to me all in one, and it was because of her that my life as a nun was successful – full of shit mind you, but nevertheless I was a good well behaved nun: asked for nothing, got nothing, loved my work helping orphaned children.

So there she was! I thought she was having me on, some sort of weird joke, but no, she said my life of flesh was over, that now I was in spirit and could begin a new life, an even purer life – if such a thing was possible. So that was that. I had died. Well, I thought to myself, it had to happen one day, to where's the Big Guy, I want to measure the length of His beard. And where's His Son, and the Blessed Virgin, I wanted to thank them for my wonderful Earth life – I was still seriously deluded back then. So there was the old girl (she'd put on her familiar-to-me-face to meet me), but now she didn't look a day over thirty; and mind you, none of the old ducks do – and neither do I! So how's that for bloody brilliant eh? Girls, just put up with those wrinkles, for when your number's up, you won't have then any more, that's God's great blessing to you. You die and your wrinkles go, a good advert for the new life all right.

So along I dutifully went. We did the sign-in gig and it was off to the Holy ground, “Our Sector”, as she called it, the home of the Church. And I do have to admit the Central Cathedral was spectacular, beautiful and truly a gift to God. And into one of the side dormitories we went. I was introduced as the new kid on the block, and Sister Mary took me under her wing and showed be around.

Three weeks it took me to settle in, get the lay of the land, and realise that I was full of doubts. Did I really want this kind of life? It was too much of the old way, and yet all about me was new. NEW. Sure some things looked familiar, but all the Church bullshit about having to not do this and not do that, and conform to this and set a good example and... oh Jesus, please. I tell you James I was suddenly sick of it. I had a reaction, like an allergic reaction, and I couldn't take it. They all told me that I just needed to pray more, say my 'Our Father's' and I'd get back into the swing of it, but I couldn't. I didn't know what was happening to me, but I did know as the feelings grew stronger every day that it was the end. Me and God, or at least, me and the Church, were to part company. I didn't know why, but I knew surer than anything I have ever known. And all I kept hearing in my head when anyone tried to tell me otherwise, was the voice of my mother telling me that life in the Church would be a fine life, that I could be one of 'God's little angels'.

Well fuck that I said, I'm off, and so I walked out. My MS friend came to me to have the last word, but I told her it was over, I couldn't do it anymore, that I had to go; life, a new life, a very different life, was calling me. She said she understood, but I think she was just being nice, and wished me well, saying that I'd always be welcomed back. So I packed my three belongings: my beads, little wooden cross and a picture of our Lord, and hit the highway. First opportunity I got I ditched my costume, got some real threads and wow I was on my way. I WAS FREE! Time to PARTY! EEEHHHAAAA. I wanted to be a wild girl, but where to go? I was new around here and deep in the religious sector, so I just walked and walked, sang a few hymns to myself, even said a few prayers, and eventually walked on out of the sector into a new one. And in that one, I can't remember which one it was, I met a bloke, the first man of my new life, and I raped him. It was wonderful. I asked him point blank, “you want sex, right here and now?” and we were into it and it was so thrilling, gee had I missed out.

I had started to lose my granny look by then, or else I think he would have run a mile, or mind you, I might have got lucky if he was into old ducks, but anyway he, Robert was his name, was the start of my new life, and I haven't look back. I went through all his male friends, I still can't seem to get it on with girls yet, but you never know, and then on through his friend's friends and so on. I found my way to Sex World and here I am. I'm sitting on my bed, having been fucked senseless by Mario – I think that's his name – speaking to you about my death and new life after. Cool, eh?

... Ha! I beat you to it, I can read your mind. You were about to ask me how long ago was it when I died, and it was only about ten years. I can't rightly remember, I haven't taken too much notice of time, but that sounds about right. I've been on a ten year sex spree. Sex day and night, no worries, no problems, no little people suddenly coming along to worry about; just pure fun and

pleasure.

... And what do I plan to do? Nothing. What else is there to do? Perhaps one day I might get sick of fucking, but who knows when that would be, and who cares. So long as I feel good, right, isn't that the name of the game? Feel good all the time, that's my motto. If you feel bad, fuck it away; who wants to feel bad anyway. Not me, that I can assure you.

... My mother, what does she think? Ha, are you serious, do you think I care? Hey, I loved my mother and she was so proud of me. I was her little angel right, but that's what is weird, that's a part of what happened to me after I died. It was her fucking voice being replayed like a fucking broken record over and over in my head that alerted me to the fact that something was not right. My death had done something to me, it had changed me. I don't how or why, only I had my bloody mother's voice in my head and it started to all become clear. It was only for her that I became a nun, not for myself. My whole life I lived for her, can you believe that, man, what a friggn' waste – all for fucking her. I couldn't believe it, a startling revelation I can tell you, and it sure had an effect on me. It ended my nuns life, and here I am, now, all for me. I have found myself. I am no longer hiding away draped in puke-grey. I am bright and colourful and happy – really happy. I believed I was happy as a nun but now I know I wasn't, not at all. I felt I had a place being a nun, and that other's liked and even loved me, and the kids were great and we got along well, but I wasn't happy. Now I am happy and there is no comparison. And it's not just all the sex, it's being free, it's the freedom, it's my own life. My Earth life was my mother's life, I completely lived for her – doing all I did because she told me to do it; and she made me expect nothing more. But now my spirit life is mine, and I'm not the only one who thinks this way. A lot of others I have spoken to have said the same about their lives, their Earth life was their parents or one parent, but their spirit life is theirs, and what a hoot it is. I haven't seen my folks since soon after my arrival. I guess my mother is mortified about my leaving the nuns, but what can she say. She'd never be seen dead in Sex World, she thinks we're all vile creatures living here, and prays to God to exterminate us all, to rid the world of such scum... oh she knows I'm here all right, I sent her a message inviting her to come down and speak to me, and she replied rejecting me as her daughter – so much for all that motherly love eh? All that “I am so proud of your Harriet, your father and I love our little angel” shit, god it's enough to make you puke. And it was all a put on, all conditional on me being a good little girl and doing all she said, so now I'm no longer that little fantasy angel of hers, the one she probably wishes she could have been; now that I've flown the coop, she's pissed, so fuck her, she was full of shit anyway. The nuns are full of shit, all so out of touch with reality, all desperately clinging to their secluded, special, self-important way of life; saying their prayers all believing they are better, purer, more holy, more virtuous, than spirits like myself. And so what if they are, what do I care, I am at least happy, and are they? One or two I knew might have been, but not the rest. But is anyone truly happy? That I can't tell you, only the happiest spirits I have met are all here in Sex World.

... What is Sex World? It's a place, a sector given over to sex. You come and can indulge until your hearts, or any or every other part of you, is content. The whole mansion world is divided up to sectors and sub-sectors and sub-sub-sectors and who cares anyway, all allowing spirits to do what they please. No laws, no restrictions, we're all grown-ups now, and if anyone – righteous religious spirits like my darling mother – come to tell us how we should be and what we should do, they are told very quickly to fuck off and are chased away. Life in spirit is FREEDOM, that is what it is. If you unshackle yourself from your limited beliefs, and a lot of spirits can't, then you're free. So that's what I'd tell you to do when it's your time.

And with that, it's time for me to go, back to the you know what. So over and out, H the H. Nice talking to you James, later dude.

Estelle was Harriet for real? It could be anyone, just making it up.

I'll allow her to answer for herself James... Harriet?

Yeah it's me. Look James, sure, I could be a spirit, and sure, I could be your mind playing games with you. I could be anything, but one thing is, I don't have anything to gain by it, do I? I am who I am, and it doesn't matter to me or anyone else what they or you think. Take it or leave it. The truth I have conveyed to you is in the words I have spoken, the rest is up to you – sweet dreams my friend.

Thank you Harriet.

You're welcome James. See ya when your time's up. Come visit me in Sex World and I'll show you around, introduce you to some nice bods... hmm... might even consider you myself.

Hello James, you're not too tired?

I am a little, but I would at least like to make a start with you.

Very well. Then I will tell you my name is Colette and I died in France nearly fifty-five years ago, not that that is of any importance.

... Yes, Paris, but it wasn't so gay when I died. It wasn't like the good old days, the war had done too much damage, too many things had changed too much. The modern age had begun in earnest and I didn't like it, too gross, no subtly, no beauty, no finesse. I still don't like it and it's only getting worse, but such things one must accept, is that not so?

I have come to write to you James about an experience I had during the war. When the hostilities began I packed up all my things, my husband had died some years earlier, and I moved to live with relations in a provincial town along the south coast. One night, it was a most terrible night, the bombs they dropped all over our town, and it was during that night that my extraordinary experience happened to me.

You see although my husband died before I did, I still wasn't that old to have young men admiring me, and it was a sweet pleasure to receive their company. I got to know one young man quite well, a Britisher of the British army who was stationed in our little village. We did not have sexual relations but we were close, probably more of a mother-son relationship. We went for nice walks when the sun was out, he was an officer and so had certain privileges, and we would go for long drives in the country when all was safe. But the night of the bombing all was not safe and during the raid I suddenly felt very afraid for him.

It was a strange kind of experience like nothing I had previously had. It was as if I was lifted above myself, out of my consciousness into another, a higher state of knowing but one that existed just between he and I. And this night I knew that he was going to die in the air raid. I felt sad, but I also felt exalted, like nothing could hurt or harm me, and yet it was to him that I felt I must go. And go I did, but not in my body, not in my physical body at least.

I was lying on my bed when the bombs started. I hadn't heard the sirens, all was too quick and we were too unprepared, and no one came to escort me to the basement, so I just lay on my bed waiting for the inevitable bomb to fall in through the roof and destroy me.

But as I lay and waited – the noise it was frightful – I suddenly found myself having this strange experience. I know Matthew wanted me, I felt as if his spirit or possibly his soul was calling out to me in some way – crying out to me. And I had to go, there was no way I could refuse his call for help.

I don't know how it all happened, something like a dream, but I know I was awake, then next thing I knew I was near him. I saw him running down the street and I knew he was running to me, to my house, bless his soul, to be with me, and I was running to be with him; but I knew I was running to him because his young life was now to end.

We had nearly reached each other when the bomb went off. He was blown right across the street crashing head first into a wall sliding down it in a crumpled heap. I ran to him seemingly unaffected by the blast. He was just alive, but not for long, blood was running out his mouth and down the front of his uniform and his breathing was laboured.

I nestled his head in my arms and his eyes opened for a moment and he looked into mine. Nothing was said, nothing needed to be said, I could see the relief, the peace come to his tormented face. He relaxed and gave over to death. And then the most remarkable thing happened, he woke up in my arms. He was disorientated but fully conscious and aware. And I knew he had died but now he was awake and alive again. I had no fear, I too felt very calm as I had known such things were possible all my life, and I said to him, "Matthew, my darling, have no fear. I am with you for now, but soon I must go. You are all right. You have departed the Earth, your physical life is over, but your new life is now to begin, do you understand me?" And he nodded that he did.

I stroked his forehead, kissed him on both eyes and told him that I had to go. That I was to leave him, but one day I would come and find him. He nodded again, and I went, back to my bed, the bombing had finished. I lay feeling good and sad for a long time. I wept and smiled and then finally slept. My sweet Matthew had gone, the war went on.

As you can imagine James, that experience played on my mind on and off throughout my remaining years on Earth. It was so unlike anything I had experienced and I had no other experiences like that. It had a peculiar effect on me, in that gradually over the years I came to not fear my death and started to look forward to it. I felt it would involve no pain, even if physically I was in pain, but it would involve no other pain, which helped me understand that I did believe my death would be associated with other pain: pain of my sins, pain of all my wrong doings throughout my life. I realised that my religious beliefs filled me with fear about death. I dreaded my final judgement and what would then happen to me. Would I go to hell, to purgatory, what would God say when I presented myself? It was all very scary. But with what happened with Matthew I began to slowly alter such limiting and restrictive beliefs, and I began to feel that it might not be like that at all. I didn't know what it might be like, but I just felt that I might feel as I did on that night with him: at peace, and that lovely feeling of knowing that everything would be all right. Perhaps everything would be all right and I longed for and looked forward to this. And as the years passed I felt stronger in this belief than in the other.

The Catholic religion is so entrenched in fear. Fear motivates everything, even ones relationship with God. But that wasn't the relationship I wanted to have with God. I wanted it to be loving as I believed God to be, and to have such an unusual experience, and such a nice experience, began to make me think that perhaps God is more compassionate and what are a few sins anyway, sure we could make amends for them, but did they have to involve eternal life in hell and damnation?

Then before I died I came to realise that my fears were all coming from my early childhood, things I had been told back then, and things told to control me, to make me behave and be a "good little girl"; and that in reality they didn't apply to my adult life, and all these years I had lived under the burden of them.

On the day of my death I was ready for it. My body, although in some pain, was still functioning reasonably well, but it was time. I had no premonition or warning of my pending death. I just suddenly felt very weak one afternoon when I was lying down for my afternoon rest, and next thing I knew having drifted off to sleep, there I was looking into Matthew's face. It was a nice dream and I had looked into his face and felt a deep warmth from him on many occasions whilst I slept, but this time he spoke to me saying "Welcome Colette my lovely lady. Finally you have come back to me. Finally we can now be together". I didn't know what he meant at first, but then he took my hand and put it to his lips and kissed it, and I knew I wasn't dreaming. It was all too real, and I was flooded with good feelings.

Matthew explained to me that I had died and that he had been waiting for me. He said he knew we would be together, and so it was to be, and we still are. It's strange how things work, but it has been a most wonderful time for us.

Matthew took me to his home, and there I met with my former husband and his new wife and

children. He didn't have to say anything to me. I was happy for him and he soon left. My parents were there too, and they too were with different partners, and I just knew that they too didn't have to say anything, I understood. And so it was the same for my two older brothers who died during the war, they were with their different partners. And so it was with nearly everyone I met. It seemed no one had the same partner as they had on Earth, life being so different in spirit with too many different experiences to be had.

But for Matthew and I, it all just seemed right. It wasn't even a great love we felt for each other. Our passion had been removed by our time of separation. It was just a nice feeling of friendship and simply one of wanting to be together. I was afraid that perhaps Matthew had built me up into some kind of fantasy, but he spoke openly about this causing my fears to abate. He told me that he had done that in the beginning. Then he'd had relationships with other women, one very passionate, yet they didn't last. And after them he still felt a nice feeling of fondness for me. And that this feeling had increased with the years growing even stronger with my coming to spirit. But he said that because so many people he knew from Earth were no longer with their Earth partners, that he was quite prepared for us to not be as we had been together on Earth. He wanted to just take things as they came, to see what we felt about each other, as I in particular had to adjust to my new life. But my adjustments proved to strengthen our relationship and so it continues.

What I also wanted to tell you James, was that I was still curious about that experience I had had at the time of Matthew's death, and I wanted to find out more about it, how it happened and why, and so this really is what I want to tell you.

Why did something so out of the ordinary occur in my life? Something that had such a profound effect on me. The changes to my beliefs, and my letting go of the religious control over me continued after I arrived in spirit, and looking back now it's easy to see that that experience was a turning point in my life, and a very big one at that. For all my life I had been going in one direction: away from the truth; with that experience, my life direction changed and I started to go in the direction of uncovering truth – the truth of myself and my life. So why did this happen then, what was it inside of me that determined such a change?

I now know that it was my soul that determined such things, and so really it was the Mother and Father. They had planned it all for me, but the amazing part of it that I didn't understand until I did my soul-healing, was how my parents fitted into the picture, something I would never have thought of.

There was a pattern, a cycle in my life that I wasn't aware of. And it began at my conception and has continued to this day, and will I believe, continue on forevermore. My parents – through my healing, through the feelings that revealed themselves to me as I expressed them, and not from talking directly to them – during their love making that brought about my incarnation, experienced a moment when they changed. When they began it was just sex, they were fucking for the fun of it not really serious about the consequences of their actions. They were married, they had two children and were happy with that. They were using contraceptive methods so they weren't expecting to be serious about it, but at some point they both stopped and changed their minds becoming serious about it and wanting to have another child. They abandoned the contraceptive methods and passionately embraced with me as the result. And you know, this pattern, this change: from not being serious to becoming serious, has been something that I have lived over and over throughout my life. I would start things not being very serious about them, even my relationship with Matthew was like this, and then at some point I would change and become very serious. So you see that life until that night with Matthew's death wasn't serious for me, but it was afterwards. I wasn't looking for the truth. I didn't want to know it. I didn't want to live responsible for my actions, but after that I did. I wasn't aware that I did, but that is what started to happen in me, that was the change that changed how I approached life.

Now I am more aware of this pattern within myself and I can be serious all the way along. I can also be not too serious, I am more flexible in it, not just enslaved to the pattern. But as I started to uncover this pattern I marvelled at just how it all goes together; how at my conception, how I was conceived, set the pattern for my whole underlying life, and it wasn't just this pattern. For you see what happens at our conception is ALL of what happens to us in life. It is simply astounding, for in that moment of time, all that we are to become, all our patterns, the foundation, the basis, the fabric of them, becomes set in place. You take it all on from your parents, and you live according to those origins. So when as an adult you feel something is wrong with you, or you realise you do something that doesn't make you feel good but you are unable to change the doing of it, it's all because it's an intrinsic part of you, something formed when you were conceived. So it's not just a matter of altering your beliefs and you will change, it's much deeper, more fundamental than that. And this is what I want to convey to your readers.

If you have a habit you do or do not like, then you must realise that this habit is a result of things that have happened at your conception and then been added to as you've grown up. If for example you are a drug addict and can't quit the habit no matter what you do, then it's simply because it's too deeply ingrained within you. The reasons why you have the habit have been put in place at your very moment of conception, it has all come from your parents. And so to heal such an affliction requires an awful lot of self-evaluation, a lot of healing work, and something you can only do if you want to uncover the whole truth of yourself; and are prepared to uncover this truth through the ongoing acceptance of all that you are denying in yourself, all your repressed bad feelings.

To have such a pattern whether it be good or bad, it is right that at some time in your life you should want to know why you have it. And you can find out, and in fact you are meant to find out, you **MUST** find out, for if you do not you will never progress and grow in truth; and if you don't do this you will never heal all your negative self-denying patterns and never know true love, peace and happiness.

For me to uncover this truth, the connection with my parents, how they made me form this pattern, took a very long time. Painstakingly I worked my way back, down ever deeper into myself until through my feelings I could feel, as amazing as it sounds, just how my parents were during my conception. How they were as people, and how they were together in their relationship. The union of two people to produce a third is a remarkable thing but something we understand very little about. We don't understand the implications, especially if the two adults are not perfect in their love for themselves and each other. If they are imperfect then all such imperfection is passed onto their child. We take all they are, and not just physically, not just genetically, but on all levels: mentally, emotionally, spiritually and psychically, and our soul manifests the relevant bits throughout our life all in an attempt to help us get to know and see the truth of ourselves.

As to why I needed to have the psychic out-of-body experience I had at Matthew's death was because of other factors to do with my parents and the combined influence of those factors on my personality. I needed something very much out of the ordinary and something in something like a dream state, something that affected me very deeply, something that would subtly work away on me for years, gradually causing me to shift my focus of attention in life.

Our spiritual growth happens subtly, sublimely. We have experiences that affect us on all levels, and all these levels are continually interacting. We are only conscious of a very small part of what is really taking place within us, always are we growing and changing as always are we experiencing, only for most who are not wanting to accept and acknowledge such change, it would appear they are stagnant and not growing, even refusing to grow, but it's not so. Deep within their soul their experiences are still being registered and one day when the time is right, when the tight control of their mind eases somewhat, then new light will come into them causing change, very subtle change which over time grows into a lot of change.

The first part of my life I lived unaware of any change. I liked how I was, I didn't want to change. I wanted certain things in my life to stop, and, I wanted the war to end, but without the war I would have never met Matthew. But after his death experience I wanted to go with the change, I wanted to change. I liked the insights and realisations that were coming to me. I liked seeing how controlled and conditioned I was as a young child, it didn't make me feel good, it liberated a lot of pent up and repressed anger, but it helped me answer many questions I'd had about myself and my life; it helped explain why the things that happened to me did, and that felt good. Gradually I started to wake up to the truth that we were meant to find out the truth of our life, that that was in fact what life was all about, and anything else was meaningless unless it was helping me to accomplish this.

If you don't want to find the truth of your life, if this is not a priority in your life, then as far as I am concerned you are not truly living. Truly living is not enjoying yourself going to parties and carrying on, truly living is wanting to live true, wanting to uncover all the truth that your soul is, it is wanting to know yourself and your true partner, wanting to know God. And until you start to reveal the truth to yourself your life will remain meaningless. You'll just continue to go along stockpiling your experiences but gaining nothing directly from them. You will not spiritually grow or progress in your life. You will not change any of your beliefs for the better, and you will not let go of your negative self-denying mind state. Truth and only the truth is liberating. This you might know or believe, but if you are not actively longing for the truth and pursuing it, then you are still unconscious of the experience of it.

It took many years of Matthew and I living together in the first mansion world exploring all the new sights and things to do before we came to understand the significance of Truth. There were books to read about it, spirits to talk to, but no one spoke as I am now speaking to you. We weren't ready to hear such words, but you are now reading this and that gladdens my heart. For if you are on your way or soon to start your feeling-healing, then you have or are about to, cross the line; a line from which there will be no coming back to, but at line that on the other side of which means you are finally stepping out on your journey to Paradise.

Matthew and I steadily worked our way up through the mansion worlds doing our healing. We embraced longing for and receiving our Heavenly Mother and Father's Divine Love. And now as soul-mates we are resident in the Celestial spheres, living happily with our soul-group.

Reader, what James is presenting to you through his writings is an alternative and new way to live on Earth. It is a way that is based on the truth, and if you choose to live it, you will find that it will lead you into places within yourself that you never dreamed of existed. It will however also be very hard to do, your world is not structured to support such an alternative way, and you will struggle every step of the way as you turn your back on what exists, longing for something that is yet to manifest. However it can be done. You will be able to do your healing, either your feeling-healing or your soul-healing, which as has been explained, includes your feeling-healing with God's Divine Love.

And the truth you will show to yourself, as it's all contained within you waiting to come out. All you are as an adult is a product of how you were treated as a child. If you seem to have a relatively 'successful' life, then it's because your parents allowed and encouraged you to be relatively successful in the family; if you are a failure never being able to make life work for you, then it's because your parents discouraged you and didn't allow you to be success in the family. Your parents and family, when you are little child, are the world; the world you will still be living in as an adult, even though it will look very different and have different faces in it.

If you are looking to the cause of any and all of your problems, it's to the relationship with your parents you must ultimately go, anything else is only superficial. And until you heal, that being achieved by uncovering the whole truth of your relationship with your parents, you will not

understand what I am saying. So for now, you can choose to believe and accept that which I am telling you based on my own experiences, but you will still have to find out for yourself – and you can. I was a nobody in life. I lived in my little corner of the world. I wasn't pure, I hurt people, I hurt myself, but upon death I didn't go into purgatory, nor were my sins great enough to qualify me to live in hell. All such things I have since come to see are merely only states of mind. They are places, ways and situations of how you can live life based on your beliefs. Had I continued to live my childhood beliefs from the Church and not have changed after Matthew's death experience, then my life in spirit would have been vastly different, wholly conditioned by such fearful beliefs as many spirits are.

And I can't even say I was lucky as there is no such thing. It was just that the Mother and Father wanted me to experience life as I have. And for whatever reasons – they being for each person to find out – other people live different experiences.

Each of us has been created with a soul, and included in that soul is your life's destiny from incarnation on Earth throughout eternity. And in each moment of every day and night that code is being materialised as your life, as the ongoing expression of your souls personality. Your life is yours, no one else's, it is yours to live and understand what it is all about; and now with the truths such as I am telling you, you can begin. Up until now people haven't had the truth available to enable them to uncover the truth of themselves and so have had to wait until their spirit lives, but now you can on Earth. Now the way is being revealed and every little bit helps.

And that James, is all I have to say. Thank you. Is there anything you would like to ask me?

Well there is Colette, but first thank you very much for speaking with me, and what an amazing experience you had. I love those sorts of experiences you had at Matthew's death, they give me the feeling that there is something else, something different, something out of this world, or other worldly, a confirmation of spirit.

I know you like those things James, as do those spirits who asked me to share my experience with you, that is why I came. And that is what such an experience is designed to have on you, that was the effect it had on me; that was what helped me to look deeper beyond my limited self, to open me up to other possibilities as to what life might actually be about.

But from what you've said, I would guess that even though you say your life prior to the experience was limited and going the wrong way, a part of you was open to such an experience, wanting it even, and perhaps always had been.

That is correct, it had to be part of my pattern, and like you when I heard of such experiences other people had, and there was a lot of them throughout the war, secretly I longed for such an experience myself. Something to take me away, to lift me up above the mundane; something to show me there was more, something else, something more to life.

From my limited experience, I would think for you to be able to relinquish your childhood control regarding your belief of going to purgatory or hell would be rather remarkable, not the usual thing most people go through being unable and unaware of seeing into themselves to that extent. Is that true?

Yes and no. You'd be surprised what experiences people have, however it was only that I had that experience with Matthew that caused me to change and shift my perspective, for without that I would not have changed like many people. I felt like that experience sort of lifted me up out of my

life, turned me around a few degrees and put me back in, so gradually how I saw everything started to change. It was undoubtedly the fundamental turning point in my life, and for some people they too are given unusual experiences to help change them, and for others it's more subtle. But as I told you, I was given it because of how my parents fundamentally changed their perspective about me at my conception. And that is what is important to focus on. Had I been conceived that day within my parents sex fun, unwanted by them, then my patterns would have been very different. I enjoyed a measure of feeling wanted by my parents, not all that my soul longed for mind you, but much more than I would have felt had I been a 'mistake'. It's the people who have been conceived not feeling wanted who have the most difficult time, as you and Marion are discovering for yourselves. You feel you don't have anyone who loves you, wants you, no one to turn to, to go to, no one interested in you, no one wanting to listen to you, no one loving you; and so you feel what's the point, what's the point of going on, what's the point to life. You feel all alone, unsure, unconfident, not knowing what to do with yourself; directionless and very miserable and depressed about it all. To be rejected right from the first moment is very difficult indeed, but that wasn't to be for me. The Mother and Father gave me a little feeling of feeling wanted and cared about and so that was how my life was. I felt a little cared about and wanted, enough to get on and do things, and then Matthew came into it, wanting me and caring for me a little, and it's all grown from there. I always had a 'Matthew', someone to care and want me a little, the amount my parents did, so I never felt entirely alone; not like how you and Marion do, even unable to use each other to cling to, because neither of you had anyone or anything to cling onto during your early lives.

So how we live really is how we lived as a young child?

Yes entirely so, until you start to grow in truth. There is no avoiding it, and you only have to think about it to see the sense it makes. You can't just become something without influences, you need an environment to affect you, and so that is what you get from your parents. It's the whole point of having parents, otherwise we'd just pop into being fully independent materialising on Earth not needing anyone to want, care and love us, being fully loving of ourselves and ready to go. But if that were to happen then we'd not need relationships, there'd be no point to the soul-mate union, and we wouldn't have Soul Parents who were Themselves a soul-pair. Then God would just be one God, and Creation would not have been established to find out the truth of ourselves through our relationships.

I see what you mean.

And the further you go in your healing the more you will see just how perfectly complete it is. The sad part about it all being that the relationship with our parents isn't loving, for if it were, then as we uncovered the truth of our patterns we'd only feel all the more joy, love and exquisite happiness derived from feeling so loved, wanted and cared about by them. But our life experience, our relationship experience on Earth at this time in its history, is to experience the negative: no love, no self-power; feeling unloved, unwanted and uncared about it. And then to heal ourselves of this negative, evil, sinful, rebellious condition; this self-denying, self-hurting state of mind we live in, is an incredible journey, and all being done so early in our life of eternity.

Why are we starting off in the negative?

Because that's how the Mother and Father want it. And although we are told things, things I don't see the need to pass onto your readers at this stage, still we won't know if such things are real until

we've completed our Paradise ascent and possibly well after that. You need to mind bear in mind James, that it takes time, often a long, and even a very, very long time, for all the truth to be revealed. Our lives are not just a matter of fixing up this bad start we've been given for some reason and then getting on with our real life; our bad start is all what our life is about, and will be forever. It has been given to us for very specific reasons even if we don't know them yet, but in the fullness of time we will know them and then all will be explained. There is a lot more to Creation than it's existing for us to ascend to Paradise. One has to ask: Why is there this ascension of zillion of souls to Paradise from all the different Earths? What is it all about? What do the Mother and Father have in mind? It's a big picture James, something that's going to take more than just our Earth lives and our Paradise ascent to see, but that's the fun of it, you don't get it all at once, and there is always more. And when you are through with all your pain of living untrue, then you can start to relish such feelings of bigness, marvelling at the enormous scope the Mother and Father work on, and yet be constantly fascinated at how they attend to you so personally to each moment of your life; each tiny experience we have in our tiny little existence, all which is needed to make Creation what it is.

All one can do is keep on expressing ones feelings and longing and striving to live true. To want to be true, to want to live the truth, to want to end your childhood repression by seeing the truth of it, is what must occupy your every moment until it's done. And once done, then you can get on with your new positive mind life, but there's no use hopping over the bad part until it's all gone.

The question I wanted to ask you was, those words you spoke to Matthew as he was dying: "Matthew my darling have no fear. I am with you for now, but soon I must go. You are all right. You have departed the Earth, your physical life is over, but your new life is now to begin, do you understand me?", did you know you were going to say them?

No I didn't, they just came to me, just as words do. I didn't think about what would be the best thing and most appropriate thing to say, I just responded to my feelings and that was what I felt. That was what he needed to hear, as I wanted to put him more at ease, and it did. He says he will never forget them, they are burned into his memory, for they helped him over the threshold, to accept that which was or would have been unacceptable. James, would you like to speak to him about his death time, it's quite interesting?

Yes I would.

Okay then, I'll give over to him. I have said all I wanted to say. Good-bye and thank you again.

Thank you Colette.

Hello James, I am Matthew, Colette's other half.

Truly her other half Matthew?

Yes, that being something of a surprise for us both. She being so much older than I, and being French, and beautiful, whereas I was just a love struck naive young man. But as we have progressed we have seen how it has all been meant to be. It has all worked and is continuing to work for us. And all perfectly I might add. It couldn't have been better, and remarkably that's the same for all of us.

So you'd like me to tell you about my death?

Please.

Very well. It is quite interesting if I say so myself.

I was only twenty years old, a Captain in the army, from a well to do English family, and full of beliefs in my infallibility. I had been trained by my family to feel superior all my life. Superior to the common folk, one of the people in the world who, in the case of the war, was going to punch Hitler in the nose and show him that such common trash are no match for the likes of my kind. It simply wasn't how things were done. You simply couldn't go around destroying peoples lives willy-nilly, stomping all over everyone without a care in the world for them. Not that we British have been pure and perfect by any means, but in my family we were very upstanding, very forthright and very British. And so on that fateful night, I was a rage with anger at the Hun for daring to come into my world and blow the shit out of me, not that I feared that I would die, but my fears of loosing, or of anything happening to Colette, were extreme. She was my darling, the apple of my life, she was my rare beauty and she showed fancy to me. To me! Me above all the other men that lusted after her; me above all her other suitors. I was the special one and that inflated my self-opinion to the highest degree.

But to suddenly know that it was over, that it was the end, that I wasn't invincible, that I wasn't a god, was devastating to say the least. In the flash of the moment when not even being aware of the blast, but being consumed with a knowing, a feeling of devastation that it was all over, even before it all really began, was just too much. As I lay in the crumpled heap, my life force draining away, it wasn't any physical pain I felt but the terrible pain of the bubble of my self-importance being blown away. In that instant I was stripped bare; stripped of all my falseness, all my pretence, laid open, completely vulnerable, and with nothing. No life, no future, no Colette. It was ending and I was totally powerless to do anything about it. It was over, and I was looking down a long dark tunnel of nothingness. No family, no king and country, no love of my life.

But then, suddenly, like an angel coming out of nowhere, there she was. I was wrapped up in her love, in her fullness, and as a balm to my sorrow I began to feel that perhaps it was not all over, perhaps it was not the end.

Her words to me: "Matthew my darling have no fear. I am with you for now, but soon I must go. You are all right. You have departed the Earth, your physical life is over, but your new life is now to begin, do you understand me?" where so soothing, patching up the huge hole that had so

suddenly been blown open in me; however, do you know the amazing thing about it all, as she spoke these words to me, my mind played a little trick on me, when she said "... I am with you for now", my mind said to me that she was saying, "I am with you for ever", which has turned out to be the truth, but that one switched word changed everything for me. You have no idea how it then conditioned my life, all so I stayed true to Colette never to leave her, never to give up on our relationship. Had I heard what she actually did say, then certainly I would have received comfort from her being by my side as I passed over, but once in spirit as my life resumed, as my ego got itself back together, as my superiority reasserted itself back into one piece, I probably would have carried on as before; and no doubt would have found a Colette replacement, who was after all as I discovered through my healing, only a fantasy 'nice' mother – a mother who loved me, and I wouldn't have been the person I was by the time of her death.

It was as you rightly suspect James, my Indwelling Spirit that conditioned her words to me, but it was exactly what I needed to hear, and will be forever grateful. But as Colette explained it was my soul's life path, my pattern unfolding, and so it all worked out in the end. It helped me to grow up a lot through the years I was without her, and it allowed the hole in my ego to remain somewhat open, because the thought of our being together again meant I couldn't just let her go, let her die with my death; for our relationship was to carry on, to jump the abyss of death, to cross the dark gulf of such a dimension change. So a part of me remained back with her, at my death, me in her loving arms listening to her words, me with her before I died; me on the very first day I saw here, her long dark alluring hair, her blue-green eyes, her voluptuous inviting lips, her shining white teeth, her lovely smile, her long, long legs; but most of all her attention to me, her favour, her wanting to spend time with me, her wanting me by her side, all so I could share in the delight and amusement of her quick thoughtful mind. Colette was to be mine. We were to be together – for the rest of eternity. And even though at times I did doubt her, I could visit the Earth plane and listen in on her thoughts. I could see if she felt nothing for me, if she went to another man, if I was easily replaceable, but to my constant surprise no such thing happened. She didn't give another man what she gave me. Sure she entertained and was entertained by other men, but not one of them penetrated deeper than a few surface layers, and this I could sense. And so it all affected me, it changed me, and it prepared me for her arrival. Had we died together, I doubt we'd have lasted too long being together, but that wasn't to happen as our soul had other plans in mind. So you can see it was quite remarkable and interesting that which happened to me, just how potent and powerful one word can be.

Do you mind if I read your mind James?

You're asking me – haven't you done so already?

Well yes, however it's still polite to consider you, don't you think?

Yes, and thank you for asking, however I don't mind at all. I accept it's part of what happens in this communication, only I wish I could read your minds.

One way street I'm afraid, anyway you had a few questions floating around to the effect of: What is it like for us being and knowing we are soul-mates; and how did we come to know that we were; and what were the feelings at the time... so I will tell you.

It wasn't until we'd both embraced longing for the Divine Love and were well on our way into our soul-healing that a higher spirit came to us one day to tell us the good news. We had by that time suspected it, but it was amazing what that confirmation did for us. It seemed to cement our knowing that we were once and for all soul-mates, and we've never questioned it since. We needed the authority to tell us before we could truly believe and accept it, that being a part of our negative

state. All because we need the authority – our parents – to tell us all we needed to know. Had we not lived in a negative will and mind condition then we'd have uncovered the truth through our feelings without needing such a confirmation as we did on that day.

Up until that time we hadn't been madly and passionately in love, that which many people would expect if you are soul-mates, nor were we that way after we'd received our confirmation. No, because of the time apart, as Colette told you, in many ways we were actually cool to each other, even aloof and often off-hand. It dawned on us as Colette settled into spirit life, that really we were more like brother and sister, with even sex being not the grand passionate embrace, as we were more like two good friends who'd shared a lot, not so much as lovers.

The importance of soul-mates, the wonder of it, is not to have great sex, contrary to what many believe, but it's to help each other to find the truth of your soul. You both have to work together on it; you both help each other to do the hard work, to do your feeling-healing so you can both be fully expressive of all you feel thereby ultimately sharing in a perfect relationship, by which time sex will not have any place at all. No spirits I know of have need to have sex once they are in the Celestial spheres. Life is more than sex, life is an onward progression of truth, giving you more fulfilment than sex. You might need to have sex or masturbate during your healing, and all the way up to the Celestial level, but once you've healed yourself of all your love denial then you won't need to try and fill the hole with something as thrilling as sex.

Sex when indulged in not to procreate, is done as a pleasure and indulgence because ones growth of self is not fulfilling enough. Sex is one of the great escapes, blast your bad feelings aside with the thrill of orgasmic relief, and it's also in one area in which you can gain power feeling you are on top of the world. But sadly, it's mostly used even when procreation is involved as an escape, because the individual are not feeling good within themselves. When you find the reasons why you need to keep having sex, why it is such a big and important thing in your life, then you'll be deep in your childhood repression healing the need, and on your way to giving it up – giving up the need – that which drives your desire. And like all that makes you feel bad, you'll find the causes driving that need buried deep in your early childhood.

Soul-mate love is not a matter of: you have finally found each other so can now live blissfully together forevermore. It is really about a partnership, the two of you who are one – the one same soul, and the need for that soul to express itself in Creation as the two of you. It's a fabulous thing, something that will occupy your time as you strive for eternity to understand each other, as there will always be more for you both to uncover and understand about yourselves individually and as a whole, as expressed in your relationship together.

During the healing process, as it's so horrendous stripping yourselves back to nothing and feeling all the intense bad feelings you've been trying to avoid, it's only the strength of your soul-mate relationship that can withstand such inner pressure relentlessly surfacing. And for most of us it hasn't been smooth sailing, we've all had to tear each other apart; tear the relationship apart so we can uncover the truth of what's really going on inside us: the truth of what we really feel.

Our soul plays us off against each other. I will be Colette's father or mother one day, she is mine the next. And incredibly so, you can use each other in such imaginary roles to help you focus on all the bad feelings that are surfacing. You yell and scream and fight each other, but it's not really each other as you come to understand, as it's really your parents within you. Colette screams at her father in me, I just so happen to have many traits similar in my denial to him; I scream at my mother (and even at times my father) in her. It's all very convenient as we don't have to leave each other; we don't have to seek others to help us, to counsel us and role play being our parent stand-ins. We do all that for each other. The Mother and Father have planned it all, and as hard as it is to do, it's amazing to work your way through each crisis as they eventuate.

Matthew can you speak more about soul-mates?

Certainly, a subject that is fascinating to us all.

As you know the soul is duplex in nature. We know this because of our relationship with our soul-mates, and from our observations of – through our soul-perceptions – and involvement with the Mother and Father. For soul-pairs such as Colette and I it's still early days in our relationship and as yet we aren't too aware of the special bond that we share. For us we just feel there isn't anyone else, and to consider being with another person and trying to share with them and get from them what we get from each other leaves us feeling nothing. It's just that it's right, it's the true order and nature of things that we are together, and there isn't anything more to say about it.

Mind you it's a very nice feeling, feeling that I have the right person in my life for me; feeling that we enjoy each others company and there is really no other need to be with anyone else.

Through the trauma of our healing – and it's not that the healing itself is traumatic, it's just that it liberates the trauma of ones childhood and re-living that, reconnecting with it, brings up all the traumatic feelings – it hasn't been possible to enjoy a settled relationship. It's been a working relationship. We've had to help each other express our bad feelings all the time. We've not had a moment to relax and just allow our being together make us feel what that feels like. But now having finished that phase of our life, now being in a more settle environment within ourselves and in the Celestial spheres, we are able to just allow our relationship to unfold, to see what it feels like being together and to really start to get to know each other.

During our healing we got to know each other in one way, but it was all from and based around the negative. It was harrowing, demoralising and full of pain, suffering and misery, not really the right environment to feel loved by and to love ones partner in. But now we can do that, and it's worth every bit. It's worth all the suffering as we're now coming together with humility and without any secret agenda; we're not putting expectations on each other, we're able to just allow each other to be and to enjoy how we are – how God made us. We know we're both living true. What we see, how we are, how we act, is us, nothing false, nothing contrived; nothing to bug and annoy us about each other. And nothing we do any longer pushes unconscious buttons in us, we don't react to each other in a negative way. All we are is right. And to know that you are right, that nothing within you is wrong, is good, very good; and it allows happiness to finally come as you realise the always present pressures you've lived subjected to all your life are no longer there.

To just be with someone who completely and unconditionally accepts you for being you, is a wonderful experience. And then to be able to do the same for the other person makes you feel loved, and it makes you want to love; and the love you feel for each other you then know is real. It's not forced, not a fabrication of beliefs, not just a way to behave and act that you've picked up along the way, it's all genuine and very fulfilling.

So you feel love for each other?

Yes, we do. It's not a great sweep-you-off-your-feet-romantic-falling-in-love love, that perhaps we wanted to feel and fantasied about and believed one should feel if one is 'in love' with their soul-mate, it's a far deeper, more subtle, more sublime feeling. First of all you feel that way about yourself. It's not an ego or mind derived feeling of self-love, it's a love feeling, a really good feeling about yourself, just about how you are – YOU. You feel really good about every aspect of yourself: how you say things, how and what you think, how you express your thoughts and feelings, how you are in the world, how you present yourself, how you think about and see yourself, and all you do. You feel that it's all you, a true, real, and natural expression of yourself, and there is no one who's going to come along and tell you: you can't do this, you should be like that, that's wrong, or

that's a bad thing to do. You feel you're okay, square with the universe; an important part of it, and everyone gives you that respect. The higher spirit personalities treat with just as much respect as they treat themselves and each other, even though you are just new to the Celestials. And they appreciate you are an individual and what you as a unique soul-personality have to contribute, and so come to you looking for that. And it's a delight and pleasure to be able to give them what they want without having to change yourself. You just know it's you, as if you're the right man for the job, no questions asked; and so it's the same with Colette and I and how we treat each other. We don't feel like we're the juniors who don't know anything yet, we just feel like we are where we are in the great scheme of things, nothing more nothing less.

And all of these feelings give you a good feeling about yourself. You feel like your bubbling along, you just feel great. And you don't have to do anything to feel that way, you just feel that way, it's just how you are, it all coming from within you.

Then with these great feelings about ourselves we come together and that naturally makes an abundance of love and good feelings; so it just feels even better to be with your friend, your loved one, your partner.

The love we feel for each other comes from the interaction we have with each other. We don't actually give love to each other as such, but how we are with each other makes us feel even better about ourselves and these good feelings feed on each other, and at times taking us up to the level of feeling quite euphoric and very much loving of one another. What we feel for each other I don't know if you'd call being 'in love', it's not really about two lost people finding each other and falling in love; it's more about two people who've been friends for a very long time, who know each other very well, who accept each other totally, and it's in that closeness, that familiarity, that comes a good feeling about being together, a deep feeling of love and gratitude, a deep appreciation and acceptance of each other, a deep truth, a knowing; a depth of understanding and awareness that it is just the two of you together on this journey and it's a private adventure and forevermore. And feeling that it's forevermore gives you a very good and deep feeling of security. You don't have to worry about the other person suddenly waking up one day feeling bored with you, no longer happy in their life with you and being attracted to someone else; with you facing those devastating feelings of rejection and then great loneliness. None of that stuff enters into the equation anymore because you know that you can't actually function without each other, your lives aren't going to work. You would survive but your growth of truth would be stalled, you would be lost and no one else but your soul-partner would be able to fill the gap and make everything all right.

You feel that Creation keeps going because you are both together. And when you've experienced many times how much you need each other to inspire truth, feelings, thoughts and so soul-growth and advancement, then you know that being with another person, anyone other than your soul-partner just wouldn't do. They wouldn't and couldn't provide you with what you need to keep on growing in truth. And when you know how good it feels to grow in truth, then there is no way that you want to stop living this way. To stop growing in truth would be sheer torture, as you'd feel you were out of sync with Creation. You wouldn't be taking up your rightful space. You wouldn't fit in and everyone would know, and no one would be able to relate to you truly.

So you see with your soul-mate you just feel the union is complete, and a huge amount of worry about having a friend goes because you are together forevermore. And you wake up in the morning united as one, it's no longer just about you and you alone and what are you're going to do today. It's always a shared deal, what are we going to do today, or if you do something by yourself: how is that going to affect us? It's all about the relationship, no longer the self-indulgent doing everything to give yourself pleasure, but how is everything you are doing, thinking and feeling affecting your friend, the other half of you. You become naturally considerate, respectful, humble; you are no longer the great one, you are a team, and the world, the universe, the whole of Creation sees you as

a team, a partnership, a pair. And yet the amazing thing through it all is you don't lose any self-identity, in fact you gain it, and you realise that when it was just you, lost and alone in your mind, the self-identity you had or believed you had was a put on, it was made up, it wasn't real; and that in fact you were existing as a no-body person and that was why you felt so bad. But with your true soul-partner you feel you are alive, real, the true you; and although you are one of a pair you are very much both individuals and separate personalities. You still retain some of your individual likes and dislikes, and ways of doing things, although from what I understand the higher you go the more you become the same, not losing your individual personality expression, but simply liking and disliking the same things. You see and relate to things in exactly the same way but without losing individuality or without one part of the pair being more dominant than the other. All too often with non soul-mate relationships one of the pair is the dominant one with the other taking a more back seat ride, but not so when you've healed yourself of your negative mind state; you are both equal in truth, and even though your minds will be different, structured differently, this too I am told lessens the higher you go. And one of the lovely things is you feel the same about things and are readily able to express your feelings about anything and everything, and when you do the other person knows exactly what you mean as they feel the same thing, and that gives you a really deep sense of well being, like you're on the right track because this other person totally agrees with you, so you are okay.

As you know James, our lives are really only about relationships, for it's through them we have our experiences so we can grow in truth. So to be given the opportunity to live a perfect relationship, and one that continually grows in perfection is a most glorious gift, and so fulfilling. And from it then you can move out to enjoy all other relationships, but knowing that none of them, no matter how good, will be just as good as your personal intimate relationship, and will only help to increase your intimacy, which is how it should be.

The soul-mate union, the relationship, is really the forming, the building, the establishing of your own personal universe. The Mother and Father are forming Their universe and have created us to all be a part of it, to all participate in it with Them; and so in our own small way it's the same for us, as all we do is a reflection of what They are doing; all so through ourselves, as we get to know ourselves, so do we get to know Them.

So between us, Colette and I are forming our own universe. Ideally were we to have children within our relationship of perfection, we'd be inviting other souls into sharing with us our love, just as the Mother and Father have done and continue to do, but for now as we can't have children we share our thoughts and more importantly our feelings. Each feeling and thought is very real and leads ultimately to an action. So in a way our thoughts and feelings are like our children (just as we are the thoughts and feelings of the Mother and Father being their children), and it's how we deal with them, how we express them, how we accept them, is how we'd be with children. And gradually as action results, we are forging our ever expanding inner universe; our universe based on truth: the truth and truths we're living, as expressed by our feelings and supported by our minds and its beliefs. So as we expand our presence, our self-expression in Creation, so we are being in a sense, as the Mother and Father are. And it's conceivable that at some point in the distant future, we will be in a situation in which other soul-personalities come under our care, and so when this happens it will be like we are having our own children; however first and before this can happen we have to grow up, mature in our relationship and love for each other, this to be achieved by our ascent to Paradise. By the time we arrive on Paradise we will have lived a huge amount of good loving experience together; our relationship will be very solid, being composed of all we have been through, and the thought of ending it, having to start over with someone else, I would imagine would be just too much to bear.

Gee Matthew I like that notion about forming your own inner universe with your soul-mate.

As do we. If you look at it that way then you can easily start to relate to the Mother and Father and all They are doing in Creation. We are only mini versions of Them, but it's early days for us and who knows what we'll be like a zillion years from now. But what we can imagine is that we'll still be together with our soul-partner, with all that experience having been shared together, and we will know God a bit better having been through so many things that God goes through.

So from what you're saying, our Earth lives, having partners and children, is a microcosm of what we might eventually life?

Yes, and incredibly we're given it all up front. We're allowed to have a direct experience of it, to set the patterns, to lay down the circuits that will eventually manifest into something we know not what, but no doubt a macro version of it. And for all of us currently from Earth we're not only given that micro experience of it, but it's all lived in the negative, we're given the worst of it, all to sort out, heal, find the truth of. And as to why we've been given this makes you wonder as to what might be in store for us in the Mother and Father's future.

The soul being duplex in nature means that if the two parts are not functioning together, not interacting perfectly harmoniously, then something is not right. The soul can't fully express itself, so whilst we're not together and indeed living in negative anti-love lives on Earth, our souls are in a bad way, they are unable to express themselves, yet longing to do so. And it's this longing, this yearning, that is conveyed to us wanting us to push on, driving us to look into ourselves, to question ourselves, to look at what we're doing and to ask why are we doing it that way. And when you start to do this and really want to know, then you're starting out growing in truth; then you are starting to uncover the truth of why you are not perfect and why you are not with your soul-mate: what is standing in your way, what within yourself is inhibiting you. And you want to do something about that.

For whatever reason, a soul is designed to express itself. To incarnate each half of itself as a separate individual personality into Creation in different environments so as to individualise. And once this individualising is complete, then the two halves come back together, forever individuals, but with the necessary substance and experience required to ensure continual interaction, so you'll always be helping each other learn from each other.

As to why some people feel the pull to come together sooner than others I don't know, but I guess it has to do with the bulk experience and it's impact on each half that is required to fund future growth and interaction.

Really we are fully individualised on a mind level when we are about six and our Indwelling Spirit arrives, meaning, we have a fully functional mind, but it's not actually until our first Saturn Return, around twenty-eight to thirty that we're fully individualised on all levels, which in theory means we're ready to reunite with our soul-mate. And from what I can see, the time one does come back together with ones soul-partner happens when both of you are ready for it, and usually that seems to be at some stage in your soul-healing. As to people who do only their feeling-healing, I don't know if they will find there soul-mates, however I suspect they might as they might need to so as to complete their healing. But as yet such people and spirits are so few in number that it's too early too draw any conclusions, none of them have progressed enough to see how it's going to be.

Why is that?

Up until only relatively recently, all that one could do in the mansion worlds was either continue

progressing in ones mental state, perfecting ones negative condition; or, embrace the Divine Love setting out to heal oneself of ones minds rebellion, growing in truth to eventually move into the Celestial spheres. But as this truth of healing becomes more readily available to the mind spirits and to you on Earth, then it's conceivable that people (and spirits) will want to do their feeling-healing but without the inclusion of the Divine Love. And so when they die they will be accommodated in the mind mansion world sectors that will be given over to them. But as yet very few people are actively doing it, and it's the same in spirit.

Why hasn't the truth of it been given to the mind mansion world spirits before now?

They haven't wanted it and it hasn't been time to do so. Things are changing now James, and so it's only now coming up to the time when it will be given and when there will be spirits wanting it.

I always thought spirit was ahead of or leading Earth.

In some things, but not all. Neither are leading or ahead in this case, all that we're speaking about in regards to your healing is new for both. As you know it has been hinted at, it has even been practised to some degree by some professional therapists, but still no one appreciates the depths involved because no one has completed their healing on Earth.

No, but lots of spirits have completed it.

They have, but they all embraced the Divine Love. And incredibly, and it never ceases to amaze us, until you are ready for it, ready to start doing it: until you want to actively long for the Divine Love and then actively seek the truth of your childhood repression, you will not be interested in it as we are talking about it – all it involves, and so that's what happens – nothing. A Celestial spirit can be standing and speaking with a mind orientated spirit, who being uninterested in the truth just won't hear what is being said. They hear what they want to hear and it won't be anything to do with the truth. They just don't have the “ears to hear”, or the “eyes to see”. You know how it is, how blind you are until you are ready, and then when you are finally ready to see it, you realise it's been there right in front of your face all along.

I do, don't remind me.

Jesus and Mary (Mary Magdalene and Jesus being soul-mates) often descend into the mind mansion worlds (those without souls longing for and receiving the Divine Love) but no one there sees them as they really are – as Mary and Jesus. No one there listens to them even when they are standing right in front of them, not unless they are ready and wanting to hear the truth. It's amazing to see Mary and Jesus walking around and spirits coming up to them and speaking to them, “eh mate what way is it to...”; “hey you there, can you throw that ball back to us”; “Want a fuck lady”, when it's the Creator Daughter and Son of Nebadon these ignorant spirits are talking to. We all cringe, but Mary and Jesus just deal with them as they feel. They don't take offence, moving on through it all effortlessly, letting everyone be as they are.

But doesn't Mary and Jesus' light affect them?

No, they effectively turn it down or all but off, so far as we can see. They are for all intents and purposes just another mind spirit who lives in that world, and no one is the wiser. It's incredible to

watch it all taking place. And when some of these spirits do finally wake up and it's replayed to them: do you remember when you asked Mary Magdalene if she wanted a fuck, and the horror dawns on them, then that is something they have to deal with, and ultimately heal. And it takes them a lot of hard humiliating work to do, and a very long time to do, as it has a huge effect on them as you can well imagine.

I can imagine. You just don't know who it might be.

You treat another as you treat yourself, anyone, even if it's Mary Magdalene. And it all comes out during your healing: why you are so disrespectful of yourself and so of others; how powerless you do feel so try to bolster your own feelings of inadequacy and patheticness by saying such things and acting in such unloving ways. And then you will see you are like that all because that is how your parents treated you. So you couldn't have been any different, and that helps to ease some of the pain, some of the guilt, for there is forgiveness, compensation, compassion, sympathy and mercy in the truth, all of which comes as you uncover it.

And the angels, how do they compare with us? – you are thinking in your mind James.

Well, we are sons and daughters of truth, and we reflect this truth in our soul-mate relationships. Angels are 'sons and daughters' of mind, that being reflected in their mind-pair relationships. And I say sons and daughters in parenthesis because they are not as we are, but more expressions of the positive and negative aspects of mind, but not positive and negative as we judge it, as in good or bad, but + or – as in charges of light. Light as expressed as mind has an 'on' 'off' so to speak, as seen by one angel on duty whilst the other rests. One reflects and expresses one aspect of mind, the other, the other aspect of mind. And we see something of this duality expression of mind in our personalities as reflected in the different ways men and women are: how they think and approach things with their mind. As for us being men and women, being so different that we're of a different sex, is reflective of the two aspects of truth that we are. And these two aspects of truth and then mind are reflective of, and expressions of, the Two who are One – the Mother and Father. In all things we see this duality as it has to be present because God is in all things by being the Creator of all. And so all things are an expression of God, of the personalities of the Mother and Father.

I didn't know light had a + and – .

It's more an expression of the wave of light, the up and the down pulse, the on and off of the frequency as it moves through Creation.

I do vaguely remember something about that from physics at school, but physics and me... well, we didn't get on too well, not much of a happy relationship there.

It was the same for me James, but it doesn't matter as it all makes sense when it has some personal relevance to your life. As far as your mind goes, that which I can see in it, you would relate to what I am saying by understanding that the universe, that Creation as a whole, has a pulse to it, an expansion and contraction, and that is driven by light, as all is LIGHT in the final analysis.

Yes, I read that in The Urantia Book and it makes sense. Or at least I can relate to it, and from that I can understand it in all things. I can feel if within myself, the ebb and flow of my feelings, of my daily experiences, the up and down times. As I have given up most things I can feel such subtleties now within me.

And these are the real aspects of life, all those other things are merely distractions and interfering with your natural pulses. The more true you can live to yourself the more in harmony with all things you will feel.

Yes, I am getting a feel for that and it makes me feel good. I enjoy the feeling of knowing that where I am right now and what I am doing, is what I am meant to be doing, that there is nothing else. Lately I hate it more and more when I'm distracted or made to do things I don't want to do, so losing that feeling.

And so it should be. We all should feel the path, the tracks were on, and that we are trundling down them. No one likes to feel they are sidelined, stopped altogether, or having to do down another track, just as our parents made us do.

I'm slowly realising just what my track is and what it feels like. My parents and grandmother never allowed me to be on it.

That's right, the awful trauma of being forced to live a life that is not yours, something they have imposed on you, and something that had you been allowed to be yourself, you wouldn't have chosen. It's cruel to subject a child, anyone, anything, to this, and yet that is how we've all been parented. And so to come back to find our own true path and state of being, is very difficult. It's not simply a matter of saying a few prayers, or changing a few beliefs, or doing some meditation and feeling more calm and 'connected', that's all nonsense; it's a matter of doing your whole soul-healing, traversing the seven mansion worlds in truth, and entering into the Celestial spheres. That's when you are back on track.

I used to meditate, but now when I think back on those days, I had no idea it wasn't actually doing anything for me. I firmly believed it was.

Neither did any of us, it was all such a waste of time. At least your meditations were based around longing for and receiving the Divine Love. Colette and I did a stint with an Eastern guru with meditation being the primary focus of advancement, but it was all mind indulgence and our negative minds at that. It was all designed to further push our bad feelings away. We soon realised it wasn't for us, we didn't want to go that way.

Was that presumably before you found the truth about longing for the Divine Love?

No, we already knew that and had started praying for it, but we were trying all sorts of things to see what they felt like. And that meditation experience when it didn't include longing for the Divine Love left us feeling very hollow, so we ditched it and returned to longing for the Love with greater sincerity and a higher sense of purpose.

Yeah I did the same thing. I couldn't follow the monks leading the meditation, and it all seemed so meaningless and pointless. And all I could feel was myself yearning for the Divine Love, so I did that instead. I enjoyed sitting in the quiet as it was always a good time to speak with spirits, but now Marion and I don't need to sit in such quiet, we want to just live normally allowing our feelings to come up so we can focus on and express them. So we no longer meditate or do anything like that. We only long for the Divine Love and the Truth as we feel to.

As do we. When you understand about the importance of allowing your repressed feelings to surface so you can uncover the truth of them, such things as meditation become irrelevant as they mostly only serve to keep all those bad feelings suppressed, so are not what you want to do.

I used to think that to long for the Divine Love in meditation, a more formal prayer time was important, but now I'm not so sure. I might suggest it for people starting out so they give themselves some quiet time to long for the Love and receive it, but for me now it's more a case of just doing what I feel to do when I feel to do it. The individual and group Divine Love prayer and meditation times I had were very beneficial to me, but that was all back before I understood the importance of doing my soul-healing. Once I started my healing everything took second place, even longing for the Divine Love, with longing for the truth of my bad feelings – why I was feeling bad, taking over. I even found longing for the Divine Love lessened the more important my need to uncover the truth of my bad feelings became.

And you don't need to long for the Love as much as you did in the beginning, as you're now living it. How you live is an expression of longing for the Love and the Truth, and it's the same for us. Although we do go regularly to the Mother and Father's Temple of Light, and there we pray and worship and catch up on what's happening elsewhere in Nebadon, as it's a great social gathering and very enjoyable. We rarely formerly pray at home. We love going along to the big gatherings of spirits to worship the Mother and Father together, it makes you feel you are part of the greatness of it all.

I wish we had such a temple here on Earth – at Philip Island – to go to. We don't even know anyone who is longing for the Love. We don't know anyone at all for that matter. Not that that matters as Marion and I have been very reclusive over these healing years, there being no point to having other relationships with people who are not trying to live true and do their healing. And we don't want to subject them to our yuk.

We empathise with you, it's one of the good things we all had over here: lots of other committed spirits doing their healing, whole mansion worlds full of them at each stage. To do it all alone like Marion and you are doing, with no one to share it with, just a few spirits like us to talk too, would be very trying.

Just more pressure to keep us at it.

I dare say James. And from our point of view, it's paying dividends for you.

I'm glad you can see it. I'd like to feel a little more of it. And I wouldn't mind a little more cash dividend either. But having said that, I do feel a million times better than I used to feel. I do feel so much better within myself, and I know I'm no longer doing so many of the bad things as I used to. And Marion and I are enjoying communicating better; and our relationship, although I wouldn't go so far as to say it's very loving yet, is changing and improving – it's becoming truer. A good friendship, yes, but we've still got a long way to go. And as much as I hate uncovering the horror of my early childhood, it is astounding how I have denied it all, shutting myself off to all such feelings. How much I have shut myself away in my own feeling-less scared state of mind.

We all felt the same way when our eyes started to open. The whole business certainly is astounding.

Do you have anything further to say about soul-mates Matthew?

No, not unless you have any questions. We need your questions as we haven't come with a lecture to give to you. We need it to be two-way relationship. So unless you have questions we don't have anything further to tell you.

I'll have a break and see if anything occurs to me. I think more about what you said about the soul-mate union creating its own universe, that has given me a good picture and lots of things are fitting into place. It makes a lot of sense and is a good place to start from.

I'm pleased to be of some assistance.

It's what I love about speaking to you spirits, you always give me a little more to think and feel about, you always help me expand my way of looking at things. I'm going to read Lyndon LaRouche's latest update about the global crisis and how everything is steadily falling apart. I do hope the world as we live it falls apart, because as the credit crisis is showing, we're just too greedy using all we can, all nature, for our own insatiable lust for money and power. I hate how such people in places of responsibility looking after other peoples money can so blatantly rip them off, just use their money to gamble with, and when they loose it, too bad, it's just bad luck. And then having so much power, they demand the government bails them out, which it does pouring trillions of dollars into the black hole they have created. And then all they do is take that money for their own pockets never giving any back to the people they have ripped off. It's all so criminal and insane, so American, so much what we – humanity – is all about. It's fascinating, so I'm hoping the whole thing caves in as Lyndon says it will, and then see what happens.

Would you like me to comment on that?

Sure I would, but no thanks Matthew, it's getting too far away from what I want the book to be about. I'll probably edit that last paragraph when I re-read it. I have to get back to death, and I guess more spirits are waiting to speak to me about it.

They are, but we don't mind, your writing is for you James, and it's for whatever you want to speak about it. We'll go with you.

Well, thank you anyway, but I'll speak to Bob about the global crisis if I feel the need to.

Meanwhile, I want to speak more about your soul-mate, death and healing experiences, and what life in spirit is like for you.

... Oh god! All right then. Now that we've spoken about it and you've piqued my curiosity as to what you might say about the global crisis, go ahead then: Please Matthew comment on the global credit crisis.

My pleasure James.

It will help a lot of people wake up to the fact that no one is going to help them, there is no one on their side, not big brother, no financial institution that has their well fare at heart, no local government, no national government, and this, particularly for the American people, will be a big eye opener. Their disillusionment will be colossal, and the power their governments have had over them will wane. It's going to have huge social repercussions. When people just don't have the

money to spend, and can't make it, and don't have it in the bank as their security; when it's all just evaporated, been take away without their say so, and used and kept by greedy people, they will be enraged. And the government is showing its incompetence to deal not only deal with the situation, but to show that they don't care about the people, and are in fact feathering their own pockets with the newly printed money as fast as the bankers, stockbrokers and other financiers.

Huge scandals will come to light, and these will rock the very foundations of what the American people believe to be the goodness of America. America is rotten to the core, there is no goodness, there is no good way of life, and that will become exposed. The Americans have held themselves up as the champions of humanity financially and morally and it will all be shown to be shit. And the hardest hit and to face the truth, will be the Americans themselves.

But this will have a good effect on them in the long run. It will change them and that is something the world needs. America as it is currently, and has been, is driving you all off the cliff, and like lemmings you are following along to your death. But once the Pied Piper falls over and his tune stops playing then changes you will be released from the spell. Many of course will try to hang on and rebuild and make it great and glorious as it once was, but it's the end as Lyndon is forecasting, and it looks like it's going down and won't get up for a long time to come.

And it's not a bad thing James as you know. It is what needs to happen as humanity, as it is out of control unable to check it's own greed. It can't slow down and take stock of all it's doing, and it can't stop the environmental damage it's causing, so it needs to be checked, and how that will happen is by doing it to itself, then it will see the folly of it's ways. It needs good hard slaps in the face because that's the only way such insensitive power hungry people will stop, having their power stripped off them. And it needs to be stripped adequately enough to cause them to break down, to have their mind change. So it will need a hard fall, and it's on its way.

How's that?

Thank you Matthew. Really I don't know what to think. I can see it as you say it, but I can't begin to imagine that it will happen. The controllers have managed to pull themselves out of the hole each time previously, and so maybe they will again this time, only to surge on to new greedy heights. All I can do is watch and wait and see what happens.

And enjoy the ride!

Yes, well that might be so, but sooner or later it's going to make our life harder too, and we're a lot closer to the bread line than most. We're just getting through as it is, and it's not that we're afraid of dying, in fact Marion and I would find that a welcome blessing; it's just the agony, yet more suffering; the hardship, yet more pain – always more pain, and that we're not looking forward to.

More bad feelings to express.

Yes, that is the only thing we can do, but god it goes on and on and it's all so trying, so difficult.

We know.

I'm going to have a break for while, speak to you soon.

I'll be here.

Matthew, I would like Colette share her thoughts and feelings about soul-mates, is that possible?

It is possible James. I am here, Colette, and I will speak to you now. And I would be delighted to do so, especially as it's a subject close to my heart.

James the soul-mate relationship is sheer perfection, it is superb in how it is affected; beautifully dramatic in it's simplicity; lovely are the good feelings you feel for each other and something to be savoured like sweet wine. But something that you cannot begin to appreciate until you have finished your healing.

Do not worry that you and Marion do not enjoy such things that Matthew and I speak of, for it is not your time to, you are both using each other to do your healing and that is what must come first. And although it does exert a huge strain on you, stretching you both at times to near breaking point, have faith that you will both see it through. And after that then you can begin to understand just how wonderful it all is.

Your saying that reminds of Helen Padgett speaking to James Padgett in the Padgett Messages, in which, having declared to James that they were soul-mates, she always spoke so lovingly to him. And about how wonderful it all was in spirit because of this knowledge and living with the Father and the Divine Love, and yet she said nothing about the need to do ones healing.

Yes James, that was all very misleading but had to be said. Helen had to speak about spirit life as so required by her husbands limited beliefs – it was what he needed to hear. It needed to happen that way for many reasons, some of which you've been told about but mostly for James Padgett himself. He needed, as a part of his childhood negative pattern, a fairy-tale to believe in, and so it was up to Helen to provide it for him. Speaking about the healing would have ruined it, and he would have come to the conclusion himself, or he would have been told by the spirits that all he was doing in partaking of the Divine Love was only in preparation for the hard healing work he would have to do with Helen when he came to spirit. And had he known that faced him it would not have inspired him to keep writing the messages Jesus and the Celestials wanted to reveal through him. He needed to be propped up, supported, and all of that which Helen said, although not true at the time, was still in accordance with their soul-mate pattern and so was very much needed. James would find out the truth when he arrived in spirit and that was good enough. And as misleading as that is now for those people who only want to adhere to what he and Jesus said, so be it, there is nothing one can do about that, and that too was what needed to happen. Jesus needed to present his side of the truth again, which he did through those messages, but that doesn't mean it is the end to it all, nor was he required to say there is more, for that surely is obvious as not all could be contained within the Padgett Messages. And the *more* involves the inclusion of the feminine aspect of truth and the revealing of Mary Magdalene's true place and role, and the revealing of our Heavenly Mother, all of which you know, and all of which Jesus couldn't reveal through Mr Padgett.

All Helen spoke of about her life in spirit needs to be qualified by her reasons to do so, and one then needs to listen to other spirits, to read other spirits accounts of their lives and the healing to gain a better insight into what life is like over here, and so that's where we come in.

We don't want to put it all in rose coloured glasses, we want to say it how it's been for us. We

don't want to romanticise it for you, and if anything, we want to down play it, so you don't get carried away in your head with it, so you don't just build more fantasies about it and believe that is what awaits you when you die. And we can reveal it to you James because you have accepted Mary Magdalene and all the truth she wants to reveal. You have welcomed the Feminine Aspect of Truth and God – the Heavenly Mother, something that James Padgett was incapable of doing. It was enough for him to introduce Jesus, the Divine Love, and the other Celestials, all of which then enabled you to take the next step and introduce Mary and the need to do your soul-healing.

I understand.

Good.

It is however very important that people understand that although soul-mates, the soul-mate union, is very special, and that it's right to long for it, they should still allow it to come naturally, to not go looking for it, and to not even wonder if your partner is your special friend. When it is time, in some way the truth will be made known to you, just as the truth of all things is revealed when you ready to receive it, and when that happens then you can start to live with that truth.

Too many people use their minds to contrive that what is not, they enter into too much falseness even more than they are already living, and this will only be detrimental to them. Of course my saying such things is futile as you will do as you do, you can't do other wise, but still it is what I have found to be important in my life.

I secretly longed and looked for my soul-mate in every relationship. What girl doesn't! But I was also a realist and didn't put such expectations on my men and I feel I benefited from that. I didn't put unnecessary expectations on them, I wasn't forcing and demanding them, consciously and unconsciously, to live up to such standards and expectations. Relationships are too hard already and to complicate everything more by wanting your partner to be your chosen one can only make things more difficult for you both, which is not what you want in a relationship.

My soul-mate relationship with Matthew I look at in two stages: the during our healing part, and the part we are in now, and the two are very different and we had and have them for different purposes. The part during our healing was a working relationship, working together to do our healing and nothing else. It wasn't about going off on romantic holidays in the sun and fucking and fantasising about how lucky we were and how much bliss and happiness will come into our life. Nothing of the sort. It was all hard work with both of us ripping each other apart, yelling and accusing and criticising and abusing each other more than not. It was a tribute to the soul-mate bond that we didn't separate, but it was all totally beyond us, we had nothing to do with it, it was happening whether we liked it or not. We simply couldn't separate, there wasn't anything to separate from, it was just as it was and so we argued, fought, resisted each other; we were cruel and abusive, terribly unloving and vile to each other. But all the way through we knew we were being like this because it was all the yuk, all the bad repressed feelings in us coming up. And so we stayed together, a part of us knowing we didn't really think and feel this way about each other, but also knowing we had to vent all the anger, allowing all our putridness to surface so we could face and accept it, express it, and find the truth of why it was in us – why we felt that way. And all the way through the one thing that did hold us together was our acceptance of each other. No matter how bad we were to each other we allowed the other to be that way, overall we fully accepted each other. It might have taken some time, and first there was rejection, but the more we spoke about our feelings, the more we brought out, and the more we understood about ourselves and each other, the more we could accept ourselves and each other. And our healing is all about acceptance, the full acceptance of our negative states, the full acceptance of our self-denial. We have to accept our way to the truth, all by accepting – as we speak about – our bad feelings.

Acceptance is the key to it all, and that is what is so fantastic about the soul-mate union. You can fully accept each other because you are of the same soul. You can't go anywhere else, and so your healing is all about accepting each other right back to the beginning, so you end up being so accepting that there is nothing more to accept, you are just as you are with each other and that is good, very good. No matter how much evil one becomes, there will always be someone, that special person who will not judge, criticise and reject you. Always will there be one person who will completely accept you for all the horrible evil you are. And we all need this. This acceptance by the other person allows us to completely accept ourselves, and it is all the healing – doing the very opposite – of how our parents treated us. To become evil we weren't accepted, we weren't loved for being who we are. Our parents forced us to change ourselves, to go against ourselves to not accept ourselves, which resulted in our becoming imperfect. And as you can't be a young child again, with loving, adoring, fully accepting parents, you can meet up with your soul-mate who will stand in and replace your parents, thereby allowing you to in effect be that little child again, being totally loved, wanted and accepted for being just yourself.

And gradually through your healing you start to want to get to know each other, to really understand all the evil that is going on within you and your partner; all the vilest, cruellest, worst stuff that you are. It all has to come out and it all has to be told to the other person. All your hidden and secret desires, any fantasies sexual or otherwise, they all have to come up, be admitted for what they are, fully acknowledged, and then accepted by yourself and the other person. And it's in the acceptance that the love comes for yourself and for each other. It's truly amazing when you finally admit some horrible aspect of yourself, sure that no one would like or love you, that everyone will reject you and hate you, and yet one person, and the one who does mean something to you, simply accepts you and understands you, can relate to you, and wants to know all about how bad you are feeling. Being so fully and so unconditionally accepted by another person, not judged at all, sympathised with, does make you feel good about yourself. You do start to accept yourself – that perhaps you are not that rotten evil ugly monster you believed you were. That maybe there is some hope for you after all; maybe you're not going to be consigned to the garbage heap of hell. That maybe, just maybe, and that is a glimmer of hope. And all because that one person is still there, still with you, still listening to all you have to say. They haven't run away, they haven't just accused you of being mad and left you. They might have accused you of being mad, ranted and raved about how horrible you are to them, but still they are there, still they remain, still they are listening. And their willingness to listen to you, to listen to you express all your putridness does make you feel so much better about yourself. It does make you feel that there is something there for you, someone who does care after all, someone on your side, someone who wants you warts and all. I can't tell you how important it is for all us to feel completely accepted by another person. We all need it no matter what we might believe, and that is what your soul-mate does for you. That is the strength and beauty of the relationship, something which you can only discover and experience coming from life through the negative self-abusive angle.

Both Matthew and I had lots of fantasies we weren't even conscious of, all based on childhood beliefs. It wasn't nice speaking about them, speaking about how you secretly lust after another person in your imagination, telling it to the one you supposedly love with all your heart. It is not good at all to air all your dirty laundry, but it has to be done.

What I would also suggest is to not expect to feel love, any love, and certainly not a great love for each other. Sure you are soul-mates, but your purpose coming together while you are healing yourselves of all your negative mind is to help each other, and that is not about loving openly because when you are in the thick of your evilness the last thing you can be is loving, as it is the last thing you can feel. When you are evil you are just that, so don't try to be anything else. There can't be love when there is only evil. Be what you are, what you feel, and that will have to be accepted.

It can't be dismissed because it is not loving. You show your love for each other by being able to fully and freely express how evil and how nasty and mean and selfish and disgusting a person you are; that is how you love each other, by allowing the other to be as they are and to completely accept them for being that way. For it's the truth, they are not making it up, who'd want to. No matter how much they might not want to be the evil person they are, the truth is, because their feelings are saying so, they are evil, and all of it, and all of you has to be fully accepted for being this way. Accepted by yourself and by another person who represents the world, and really your parents and family.

Many spirits try to hold onto their beliefs about what love is and what it's supposed to be, all things from their early childhood, and things they have tried to manifest or might have even experienced during their adult lives; but you will see your healing soon puts an end to that, and all that you believed love to be gets thrown out the window. It's about starting anew, starting over. Everything becomes new, all new beliefs, and so you have find out what it is all about for yourself. And so it's the same with love, you will have to find out what it is and what it is not. Everything about it – and about yourself and your whole life for that matter too – that you thought you knew it was and what it felt like, will be stripped away all so you can start afresh. But this time with and from your feelings, and not from other peoples minds and all the wrong beliefs from them. Your parents being evil and untrue couldn't possibly have loved you or allowed you to experience true love for yourself. Love and evil are mutually exclusive. So no matter what you think love is, or what you believed it to be, what you believed if felt like, it wasn't true. And as hard as this will be to accept, it's largely what most of your healing will be showing you the truth of.

Your healing is a complete breaking down and rebuilding, so all that went before will eventually feel like it has no further relevance to your life, and increasingly your new life with your soul-mate will be all that is relevant. Increasingly you'll want to be with your soul-mate and less and less will you want to do things apart, and gradually you'll understand the true significance of a relationship: just how wonderful one is and what it's really for – the ongoing revelation of truth.

Many people might feel they understand what a relationship is for, but I assure you that until you have done your healing you will not understand, for this understanding can only come as a consequence of truth, and truth will only come as you heal your childhood repression.

And that James is all I want to say at this time. I feel it is enough for your book.

Yes, thank you Colette.

It's time now you moved on, there are others here waiting to speak to you, and Matthew and I have had more than had our fair share of your time. It has been a pleasure James, all the best with the remainder of your life, and if it be, perhaps we shall meet upon your arrival in spirit.

Yes, I would like that. It would be nice to see the faces with whom I am speaking to. Good-bye to you both. And thank you again.

Hello James, it's my turn now to bring you back to the topic of death. My name is Henca and I want to tell you of my experience of death.

I was deeply religious. I believed firmly in the Bible and the Roman Catholic faith. I thought our faith was superior to all faiths but I have since discovered the error of such a belief.

Right from the very beginning I was inducted into the beliefs of the Church, and they were used by my parents to control me when I was young. This I have come to see through my soul-healing and it was very unfair of them subjecting me to so many false beliefs, all of which instilled great amounts of fear in me. I grew up deeply loving God, and yet wishing God would do things in my life so as not to make it as scary as I believed it was. As it turns out, looking back on my Earth life, it wasn't as scary as I believed it was, nothing really bad happened to me, and I had in fact a good, peaceful, gentle life, but was not allowed to experience it as such all because of my imaginary fears. And I know as I am writing this with you, you can relate to exactly what I am speaking about, however you fortunately didn't have all the extra religious belief saturation as I did, all of which made things very difficult for me when it was time to give them up.

One of my primary beliefs was that if I was a good dutiful girl then God and life would favour me, and at my time of death I would be looked after by God's angels and wouldn't end up in hell. However I was very scared about all the bad things I always seemed to be doing, and no amount of confession absolved me. I believed deeper within myself that I was inherently evil, I was of course not aware of such a belief until I uncovered it through my healing, but it was there and it greatly influenced my whole life.

Without my realising or knowing it, every time I looked into the mirror to see if I was presentable to the world I would see the face of evil, a horribly ugly witch-like face, and a face that should be sent to hell and would only be accepted in hell.

I was in fact rather pretty, but that was only superficial, and although I had learnt to accept compliments from others, still when I looked at myself all I saw was ugliness; a vile, despicable creature that shouldn't be loved, shouldn't be favoured, shouldn't be given kindness at all.

I met a nice man whom I loved deeply and I loved him, and we had four children also who loved me as I loved them, but still that was all on the surface; for on the surface I could find an escape into the falseness, I could put on the show, the act that wouldn't allow anyone to see the true me. I hid from the world and from my family and friends behind my facade, and even at times tried to convince myself that I wasn't too bad. I would fluctuate, depending on my emotional state, between seeing myself as something vaguely passable, and once or twice almost okay; to very bad, one of the worst creatures on the world.

I never explored these negative beliefs about myself, as I never admitted them to anyone, not really even to myself, and it's only with hindsight and the benefit of all I have uncovered about myself through my healing that I can say such things now. And still I am amazed at how you can live different realities on different levels regarding yourself and your place in life. On the surface, the face my parents made me present to the world I was one thing, passable and even loveable, but deeper what they made believe was that my true self was unbearable, intolerable and should be banished from life so no one would be subjected to my vileness.

All my life I just couldn't relax and truly enjoy myself. I was inwardly tense, full of fear, and fearful that at any moment some bad thing was going to happen ripping me apart, opening me up

and exposing me: the vile, disgusting, putrid, evil me, just as my parents had threatened to do. “We will tell them that you're not a nice little girl if you don't do as we say. Then you'll be very sorry, now sit down and behave so we won't have to tell them just how bad you are”.

By the time I died, I was an elderly lady, and even though my face didn't hold the beauty it once had, for me my face in the mirror never really changed. And so on my death bed and in the weeks leading up to my life ending, I was wracked with fear, tremendous amounts of it, all but causing seizures in me, with my head aching with dread, my heart racing with fear as to what would happen to me when it was finally my time.

I was ill but just a breaking down of my physical and nothing too severe, although I could sense that things were not as they always were within me and that I was on the way out. Had I not been so afraid I might have enjoyed my last weeks, getting everything in order, saying good-bye to my family and friends. My husband had already died and I was spending most days in bed, and it would have been easy to just go, nothing too much of a bother, in no real pain, and nothing I couldn't cope with. But the fear, always the ever-present fear and the question, the big question: WHAT WAS GOING TO HAPPEN TO ME?

I religiously said my prayers, and when it was time the priest gave me my last rites and all was in order from the Churches point of view – I had nothing to worry about. But I was worrying, all the time. And then it happened. One moment I was there, fully conscious, and then in the next I felt myself slipping. And although it felt like I was just drifting off to sleep having yet another nap, it also felt different, and I knew it was the end. I knew I wouldn't be waking up, and right at that moment a huge wave of fear assailed me, it welled up and I went screaming into the gates of... what would it be? ... heaven, or hell ...

When I opened my eyes I was in a very dark place. I knew I was awake but I could not see. And I felt a huge pressure on me, it was as if someone or something was bearing down on me, pushing me down. I was lying down struggling to get up, but I couldn't, the resistance was just too great and suddenly I was seized with panic: what had happened to me, where was I, what was going to become of me? I screamed and screamed. I cried out for mummy, I felt I was a little girl again and I felt traumatised by the whole experience. I struggled and struggled but couldn't get up and this went on and on, wave after wave of fear and panic surging up through me.

For how long I stayed in that state I don't know, I still don't. I haven't needed to find out, as my life has moved on and as to why I suffered it has been explained; but at the time it was excruciatingly painful, not a physical pain, but emotional and mental anguish. And it was so dark.

It was so dark and yet I was awake and I was suffering and I was calling out, screaming, yelling, crying, muttering to myself. I was begging God for forgiveness. I was a most terrible person, the most evil person, and God had the right to punish me, but it hurt and I didn't want it to go on any longer. But really the awful truth I have since realised is that I did want it to go on longer, much longer. I wanted it, as I believed I deserved it, and it should to go on forever, that I would forever be imprisoned in my hell of blackness, of pain and suffering, because it was a just punishment for someone as despicable as I.

I can't begin to recount what I suffered during that hell. I don't know what I said, but I begged for forgiveness and for mercy to be shown, to be spared. I prayed that I would be the best person in the world, all the usual stuff you have heard before James, and more. It was all too real, not like any movie, not a dream in which I would suddenly wake up out of and resume my life, put on my superficial show-face like nothing had happened. It was my time and it was my punishment. It was time to pay for all my sins. I was evil and so there was no escape, and in a way, deeper down within me, I felt that as I deserved it, that it was right and I was even glad that it was finally happening. The thing I had feared all these years had happened, I had been banished into my dark corner and left there to rot.

And these feelings came to me toward the end of my experience, as an acceptance of it. I accepted that it was meant to be, that it was right, and I gradually stopped fighting it. I stopped protesting and started to resign myself to it as there was nothing I could do. And once this process started within me, gradually I felt more settled – I felt it was all right. It was right I was suffering and really it was about time. Then a sense of relief started to come over me. I felt relieved that finally, finally it had come, the time that I dreaded the most, and there was nothing I could do to stop it. And if it meant that I would really die, perish forever, so be it, that too was what I deserved.

After some time, I don't know how long – but I have just been told by a helping spirit who is attending our communication with you, so now I know the whole experience took about six months of your time – I realised that the dark wasn't so dark after all, and gradually it started to get lighter and brighter. I had well and truly given up by this time. I was fully resigned to live in that hell for ever, even though most of the pain had subsided. And so I accepted the light just like dawn coming. I was lying there, thinking and feeling nothing, just observing it getting lighter and brighter.

After more time, I gradually started to become aware of a presence standing by my side. I knew it was a person – a spirit, I could sense them standing next to me, but I couldn't move, I was all done in, I could only just breathe. I felt totally pulverised, like I had been crushed into nothing with no thoughts or feelings – just nothing. Then she spoke and I wept.

It was my granny, and she said, "it's all over now my sweet child. You do not have to suffer anymore. God had forgiven you for all your sins. You have been through the fires of hell and deemed worthy. God loves you, I love you, and it's time you get up and begin your new life in heaven". And so I did. I began my life in the first mansion world.

This is what I wanted to share with you James, my experience, something that happened to me entirely because of my beliefs; beliefs my parents put into me as a little child, and beliefs the Church supported. I did it all to myself. I wasn't sinful or evil, at least no more than most of us are, but I never wilfully hurt another person. My evilness wasn't enough to qualify me living in hell as spoken about by the Church. And yet I believed I was. So I believed that I had to suffer, that it was going to happen at any moment, and as it hadn't all through my Earth life, then surely and sure enough, it was to happen upon my death.

God wasn't punishing me for my sins, I was doing it all to myself. I didn't know this for a long time and I felt and believed that I had been purified by God. That I had paid in full and was now free to begin again, with the Church welcoming me back, cheering and celebrating my baptism of fire, with many others having suffered similar and even far worse experiences. They told me it was proof, proof in God, in His benevolence, that He gives us a new chance and shows mercy on our soul after we've paid for our sin and evilness on Earth. It was lies, but for me it seemed to explain things and for a little time I was treated as if I was some kind of hero.

I won't go into it, but essentially spirit life changed me. It wasn't my self-induced purged at the beginning of it, it was the art, the ability to freely express my creativity that changed me. I had always wanted to draw and paint and to see if I could, but I never got around to it on Earth for fear of failing, and besides, how could anyone so vile as myself do anything good and creative. But as I had purged my belief in my evil ungodliness and was more caring and loving toward myself, I decided to give it a try and I found I was good at it, I loved it. And it led me out of the Church and into a relationship with a man who ended up being my true life partner, my soul-mate, and into the true church of my Heavenly Mother and Father, the one as revealed by Mary and Jesus, the one that is contained solely within oneself.

I want me death example to be an example of just how ones beliefs can control one. It was in my soul plan for them to manifest themselves in that way. Other people also suffer from such cruel beliefs as I did, but don't suffer such a horrible death experience; and yet others suffer one even worse. It all depends as to what your soul has in store for you, what negative unloving experiences

you require in your negative will and mind condition. But the common factor in them all is that it's all because of how you were treated as a child by your parents, and this is most important to understand. When I found this truth out – when it surfaced in me, I was furious. I hated my parents for making me subject myself to such torture. I wanted to go to them, and force them into that blackness and to suffer longer and more terribly than I had done. They ruined my life. I remained in my child traumatised state my whole life and yet I believed they loved me and I loved them. We were a very loving happy family, doing so many things together, loving the Church, loving our lives, our families, but it was a lie, all nothing but an illusion.

So I would like your readers to become more aware of such things. I know you James have read about certain peoples very strange and mostly suffering experiences upon their arrival into spirit, and I hope what I have told you might help shed some light on such things for you.

My hell was personal. I was alone in my suffering just I had been alone during my childhood suffering, and really all throughout my adult life. I lived with my husband and children, I believed I love them, but I was still alone. My hell was private. I was shut away in my own dark cupboard, but as you have read, other peoples hell is made public, like those people having to climb 'the steps of redemption' struggling relentlessly onwards up the never ending staircase, one step representing each sin, and when finally reaching the top believing they have been forgiven, they have paid in full. But sadly all such sins are all fictitious, nothing but beliefs, yet all very real to you when you are a child and can't discern between what is truth and true reality and what is not. An innocent child believes it all, takes it all in, absorbs it all like a sponge; it can't tell whether its parents are serious or not. It takes it all as very seriously and forms beliefs accordingly. But all the bad stuff it suppresses, and there it remains festering away until you start to bring it all up through your healing.

It took me some time to finally shed the belief that my darkness experience had been of hell and my punishment imposed on me by God. But gradually I did. And the deeper and further I went into myself, the more I could relate that experience to being exactly how I felt when I was a little girl – how my parents made me feel when they were very angry with me. All I suffered in that hell was all the bad feelings they caused in me.

I can read your mind and it's asking if all I suffered contributed to expressing any of my bad repressed feelings, and it didn't. No, during my healing I had to go through it all again, but not as a whole, broken up into parts so I could go into each part and accept and express it liberating the truth it contained, all of which gradually built the true picture about my relationship with my parents.

No, my death experience was just another experienced based on what I believed must happen to me, and God in Their mercy gave me that experience so I could end my suffering once and for all. I had to fulfil my belief, live it, to be free of it. For do you see that had I not had that severe experience, then I would have forever had such beliefs and would have lived through my spirit life full of fear and dread just as I had done my whole Earth life, and in no way would I have been open and receptive enough to have embraced the Divine Love. I wouldn't have left the Church. It would have held its hold over me because I would have been too scared to leave it for fear of bringing that sort of hell experience upon me, and subtly, and not so subtly, that is what the Church tells you: if you are not faithful to it, and if you leave, then you'd better watch out, and it's why so many non-practising Catholics suddenly on their death bed need to come back to into the Church in the hope of it's protection, just in case what they have been brainwashed into believing might actually be true.

It's all very cruel. My parents and the Church were cruel to me, as I was to my children. It's a viscous circle of which none of us escape until we do our soul-healing. There is no way out only more of the same but in different guises. Around and around you go thinking you a growing and changing, but you're not making any progress, not being able too being trapped within your beliefs.

I will finish now, but please ask me any questions should you have any.

Thank you Henca, that did help me understand those things I had read, and boy what an experience. I need a rest after that, I'll speak to you soon.

Henca, I just want to go over essentially all you've told me.

Please James.

In particular could you tell me more about just how ones beliefs affect ones death.

I can only really speak about my own experience, but yes I can tell you something of what I have learnt.

First of all you must know it's all very complicated. You can't say... because this happened, then this will happen, it doesn't work like that. So two people might have what seems to be similar childhood experiences however their death experiences will be completely different, and yet two other people with seemingly dissimilar childhood experiences might turn out to have a very similar death experience.

The problem faced when looking into such things is trying to determine the dynamic of the soul, and of all souls involved, and this can't be done. It will, from what I understand, always remain the great mystery, the unfathomable. What I mean is that you are dealing first of all with two separate souls as in your mother and father. They are not soul-mates, or at least it's very unlikely as mostly soul-mates don't unite to have children while there is such dysfunction. So you are dealing within your parents with two halves of two souls, and they come together, not fully united as one soul and its two halves being expressed to bring you into creation, so already you have a great confusion in your development because nothing will be consistent. There will be no united harmony on the deepest most personal level between your parents, and so this causes a great rift within you and many problems. It causes you great unrest and all those awful feelings of not really fitting in, not really being of the stuff as they are. You don't feel like their home is your home, feeling somewhat disconnected or as if you are just a visitor to and in your parents lives; and really more often than not an annoyance, something they wouldn't want, even though they have to believe and carry on the lie that you are the most important thing in their life and they would die for you. From what I have experienced and from what I have heard from so many spirits who have done their soul-healing, what your parents tell you about how much they love you is one thing, whereas what you actually feel deep down is something entirely different.

So you are receiving right from the first moment input from two different souls, and these souls could be very, very different. Then to add to that, your grandparents might be very influential in your lives and they too are not soul-mates, so you get more confusion, and so on with everyone who might affect your forming self.

And all these people have beliefs they are unconsciously living and imposing on you, and you take them all on. Then your soul chooses which ones to highlight, which ones to make dominant according to the pattern within it that the Mother and Father have given you. You can receive all the genetic material for example from your parents, but as to why some genes become active and others not is all dependant on the experiential requirements of your soul, and of course these requirements can change as you grow older. So your brothers and sisters with the same genetic coding are very different to you, with you all reflecting the different needs of the soul personality expression.

So by the time you come to your death, as you can imagine, it's all rather complicated, but not for your soul and not for those higher spirit authorities who are more aware of your soul and its pattern than you are, so messages get passed to those who need to know so as to prepare for your death and arrival in spirit.

So for me, my arrival room was set up for the experience I needed for all those dark months. I didn't actually go into the hell planes of the first mansion world as I wasn't destined to live in them, but instead it was all enacted out in my arrival room with my grandmother ready to enter at the chosen time.

So all you're saying says that everything is planned, all our lives are just acted out according to the inherent pattern in our soul?

Yes.

So what about free will?

It exists too, it's all just taken into account.

So we have the freedom to make decisions, and yet we will always make the decision in accordance with our soul's plan?

Yes.

Wow.

Yes, so you see the amazingness of the soul and what the Mother and Father have created.

So from one perspective we don't have free will at all, and yet from another it would appear we have total free will?

Yes.

Confusing?

Sometimes. Anyway it doesn't really matter because how we live is seemingly with free will. We have to make choices and although they are the ones we'll always make, that doesn't make it any less relevant or important to our lives.

So in a way we can never make the wrong decision?

No, and you come to understand that it's not about being right or wrong. It's only about acting on your feelings and then expressing all you feel to find the truth. It's living with increasing truth that is right, and doing so will subtly and even not so subtly, effect your decision making progresses gradually bringing you into alignment with your souls will – your true will – which of course is the Mother and Father's Will, or the will of Creation.

So what about when people say you can create your own reality?

It depends on your perspective. If you include God and your soul, so understand something about the nature of your soul, then it's nonsense in the way they mean that we have some power in changing our future by actions in our present. That is just wishful thinking by minds needing to gain power somehow. The truth is we can't change or affect anything ourselves, that being willingly with our minds, but we do always change and affect our lives in every *small* moment but that is all taken into account and wanted by our soul.

You can say in each moment no or yes to doing anything, and what you do will always be what is encoded in your soul. And you make plans and even stick to them, but still it will be doing as your soul requires. It those times when you make plans but they come unstuck, and no matter how hard you force them you can't get anywhere with them, that's when you know you are using your mind to try and do something that is not what you soul wants, and invariably you are led off down another track, the one you were always going to be going down.

It is worth adding that during your healing you will be called upon to make decisions that prior to your healing you would have never made. You will feel like you're making yourself go in the wrong direction making the wrong decision, but you are not, all you are doing is breaking down your habitual beliefs taking a new path to see where that goes.

None of us are free to live true to our feelings when we are little children. We live having to obey many rules all composed of our parents beliefs. But who is to say that our parents beliefs are right and good for us, and mostly they are not, but still for the remainder of our lives we live according to them, causing all sorts of problems for ourselves.

I lived according to my parents beliefs and look what they did to me. Effectively my parents right at conception gave me my terrible death experience, so how loving were they? They weren't. They were horribly unloving to me, to make me suffer such a terrible experience let alone to make me be so sacred all my life, to give me such a hateful belief of myself. I thought I had a lot to be grateful to my parents for everything before I started my soul-healing. Now I know I don't. Now I no longer have any relationship with them, now that finally the truth has come out.

So what you're saying is that if you die a horrible death it's because of your parents?

Yes, all of how your life is, is a result of how your parents treated you during your forming years. And really it's all done at conception with the rest of your growing up with them, just going through the process.

So if parents wanted to do what was right by their children, they had better have done their healing and be soul-mates?

Yes, that's ideally what is required, but of course that is not what happens, and won't happen until humanity is a lot further progressed in its ascension of truth. In the meantime it will continue as it is, with parents ignorantly having children subjecting them to all their stuff without seeking the truth of their own negative mind state.

But I will add too that it might sound like it's therefore wrong for parents to have children without first doing their soul-healing, but is it? Certainly technically it is, but as far as the Mother and Father are concerned is it? For They are allowing us all to procreate and we're all fucked. It's a personal decision all the time, so this truth will effect some people whereas others it won't, and does it matter? And that is not for me, you, or even the person concerned to worry about. What does matter however is for the person concerned to express all they feel about it, and if they feel worried to ensure they speak up about their worries, expressing all they feel whilst longing to uncover the truth of why they are worried. That is all any of us can do – speak about, express, our bad feelings.

We can't do anything else no matter what you might think. And that is what your healing eventually shows you. You might think you can do other things, make a point, have some influence, but all you can do is express your feelings, good and bad, and uncover the truth of them.

As you grow in truth you can perceive that you have changed; that after that experience in which you felt bad, expressed all your bad feelings, and found the truth of why you felt bad, you have changed. And so you will be different in your next experience than you were in your last, you will be more true.

As you start to understand about growing in truth and how you achieve it, then you can start to let go of all the mind stuff, all that is wrong, all the wrong beliefs you are carrying around. And you start to realise there is another way to live and it's not like anything you have experienced. And in many ways it's the opposite to how you do live, so your healing makes for huge changes in your life; your whole way of life will change, everything will change, especially how you saw life and believed it ought to be.

It seems, although I haven't made a study of it, and this is just from my own observations, that our souls tend to follow plans both on the personal level and collectively. So individually we all live very unique experiences, but collectively we might live similar ones. Lots of spirits as I told you had a similar hell experience as I did upon their arrival into spirit. But all of us in discussing it experienced very different things within it. Some so different that you'd even go so far as thinking the environments that gave us them were very different when they weren't.

And you can further see that for many who are Catholics and from a certain time period on Earth, a certain socio-economic level, and of a certain intellectual development, might have similar death experiences, whereas Anglicans and Mormons and Jews and Hindus and so on, and those who don't follow any religion but believe in similar things, can also have certain similar death experiences, and it's the death experience in spirit I am speaking about, not necessarily how they actually physically died on Earth. And then these death experiences change and evolve over time reflecting the needs of the people.

Who sets up the death experiences?

The angels, we don't have anything to do with it.

We are told that such and such will arrive in receiving room such and such at a given time on a certain day or night, but that is all. My grandmother only found out what I was going through when she was admitted to the room. And she only knew because it turned out that she had had a similar experience, and it was her maternal grandmother that met her too.

And this leads you to see that nothing really changes, history repeats itself, and this is true for humanity as it's not growing in truth and hasn't been for tens if not hundreds of thousands of years. The Rebellion has merrily gone on, and we have been subjected to ever increasing amounts of the same self-denial, but now I understand it's getting to a threshold, and many suspect that it's at an upper limit, so something will be actively done about it. But who really can tell, it's only speculation, for no one, not every Mary and Jesus have experienced such a Rebellion before, so for all we know their might be even deeper depths to which humanity could sink. Only the Mother and Father and what's in the souls of future will know.

And as for the 'stairs of redemption', the receiving spirits are told to be at the top of the stairs at such a time and date, and there they will find the arrivee struggling up the last of the stairs. The whole staircase is really one large receiving room that the angels have adapted, to provide such an experience for those who believe they need some active penalty to pay for their sins before they can enter the gates of heaven. So what better than to have them climb seemingly endless stairs each one representing their sins, and when they finally make it to the top, they feel, so they believe, they are

free, but ironically they were always free, as it's all only beliefs imposed on them from their mothers and fathers and kept in place by the Church. But as free as you might be, you'll always feeling imprisoned in your beliefs if that is what you believe they should do you, and if that is what you believe you should suffer. And for most of us, as it was for myself, the belief hasn't actually been healed upon completion of your suffering, all that's happened is you've appeased it a little, you have added another belief to the effect that you have paid for your sins and are now forgiven, or simply satisfied such a belief you also took on from early childhood. So you have to then continue life on a tightrope hoping not to sin again, or not too much, for if you do, then at some point your belief will tell you, you are very bad and need to suffer again for it. And so there are those spirits who willingly submit themselves to horrendous trials of hardship and suffering all so as to satisfy the self-imposed belief requirements of a suitable punishment. And when you look back over your Earth life you can see just how you've repeated this self-torture, this self-accusation, repeatedly all in different ways, all relieving the pressure momentarily.

Fortunately I didn't have to repeat this pattern again in my spirit life, for I left the Church and found the truths Mary and Jesus were teaching about the Divine Love. Some of the ancient spirits of the Church would openly joke, and even look forward to, placing themselves in a similar hell experience periodically all so as to pay for their sins, all to take their belief-pressure of them. Some had been in it numerous times, telling me that it's a matter of mind over matter, which I am sure for them is right, but that involves an incredibly amount of self-abuse and feeling denial. And yet the Church calls this being saintly, and encourages it, and praises those who put themselves through it – it's all mad, and was too much for me. I was glad to rid myself of it. It was a never ending vicious circle of self-punishment.

Who are the ancients?

Just spirits who have been in spirit a long time. I was just a baby, being a new arrival. They were comparatively ancient having lived for tens of thousands of years in spirit.

And having lived all that time in the same mansion world?

Yes, some of them. Some had made some progress and moved higher, some all the way to the highest plane of the sixth world, but they're all mad if you ask me. To deny yourself truth for that long, to be satisfied with a life of self-torture for all those years, I had to get out of there, it was not good for my spirit.

And where are their soul-mates?

God, who knows... and who cares, that is for them to worry about.

So you couldn't get out of the Church fast enough?

No, and if you spoke to the older members and felt the limitations and restrictions of their beliefs, so would you. They were all the same, all clones, all spouting passages from the Bible at you. It is very easy to mind-learn the whole book of by heart in spirit – ah, it was too much for me. But what really did it for me was meeting other spirits who had very open minds, and then higher spirits living higher truths who looked at life differently and from a state of love and not continual self-abuse. And once I started mixing with these spirits who had been longing for the Divine Love, then the difference I felt from them, the acceptance and warmth, compared to those cold hearted old

crones of the Church... well there was no comparison. Those in the Church surely did put the fear of God in me and I ran like hell. In no way did I want to become as they were, so narrow minded, and so fixed in their minds, their minds so entrenched in their religious doctrine and culture.

Did they try to make you stay?

Yes, they tried to fill with me so much fear saying it was a great sin to leave the Church, to not become as they were. And that I would see, the time of hell was all I would be good for, and when that happened again I would be back. But I fought them, preferring to take my chances. By then I had met higher spirits who told me some of what I have been telling you. So I knew why I experienced my hell death experience and that I wouldn't have to go through that again, especially if I started on my healing.

And you didn't?

No. It didn't take much to start to realise that it was only all my own doing, all what I believed. It took me many years of hard healing work to reveal the truth of this myself through my feelings, but I could easily understand it intellectually and that served to be enough to alter my belief so as to break the pattern, or at least adjust it so I could work on myself without its interference

So from what you're saying, really we are doing it all to ourselves, all the bad things that happen to us are resulting from our own beliefs?

Yes, and this is, as hard it might seem, quite a liberating understanding, as it means that, if that's the case, then it's up to us to stop it, and we're not as powerless as we might otherwise believe we are. But still the hard part is how do you stop it: how do you stop abusing yourself; how do you stop torturing yourself, and this is where the truth of accepting and expressing ones feelings comes in. For without doing that and seeking the truth of them, then you will never stop this self-abuse, only at best succeeding in shifting beliefs around. It's easier for most people to impose another belief over their existing ones, than it is to seek the truth of why they have the belief in the first place.

So we do create our own reality?

Yes, from the view point of our beliefs. Our beliefs govern our existence whilst we're in our negative mind state, but this is not how we are meant to live, as this way of life is not fulfilling and will never give us the happiness we seek.

We have had this mental way of life imposed on us, forced on us, and that is our self-denial. We were made to believe and hence accept, that what's good and right for us, and the right way to live our life, was our parents way, but it is not, and why – because it doesn't make us feel good. We can only *believe* we feel good, which we all do, but that is not the truth, that is not how we truly feel deeper underneath. Within ourselves we are unhappy, desperately so in many cases, and all we do doesn't make us feel any better, or it might only seem to for a short time but then we fall back into our despair. Your readers are reading this because they do not feel happy and content in their lives, and why is that so? Because of how they were treated by their parents. And to accept that you weren't loved by your parents, if that is how the truth shows you through your feelings, is very difficult, and once you delve into this area of yourself you don't know where it might lead too, and you believe that it won't lead to anywhere good.

So all our believes are stacked against us, stopping us living a happy fulfilling life?

Yes, most of them. We are our own worst enemy and we have to accept this. And in doing so we are standing up and taking full responsibility for ourselves, that which you do through your healing.

We can blame our parents all we like; and indeed we need to with all the anger, fury, rage and hatred we feel, as such bad feelings surface, but still in the end, we have – even though forced to – accepted the beliefs as being right, so it's up to us to accept this and take responsibility for our actions.

So we've been forced into it, but it's up to us to get ourselves out of it – not very fair is it?

No, none of it is, and that is what creates a lot of anger, but it's how it is. And by expressing and voicing all such anger, slowly it will come out and you can get on with doing what you need to do to find the truth.

If you are intent on healing your self-denial state of mind, then it's imperative, and I can't stress how important this is, for you to keep speaking about every bad feeling no matter how trivial or irrelevant you think it is; and to keep doing this whilst also longing hard for the truth of such feelings. And to keep going doing it for as long as takes until such feelings simply no longer come up in you. And to understand that it's going to take a very long time, years to do. It took years to put it all in place and every little bit has to be fixed up – there is a lot of wrongness within you all of which is causing you all your problems. And we have to find and see and understand it all, every little bit of it, every bit of why we feel bad, what caused it, what happened in our relationships with our parents to have made it happen. And to uncover that truth, for it to gradually and systematically rise up in you seemingly out of nowhere is as amazing as it is difficult to do.

It feels to me at times like trying to get blood out of stone.

Yes, but the blood is there and it does eventually come, that is what is so incredible. Were it not there and nothing came then this would not be the way to do our healing.

So basically to do our healing we have to do the complete opposite of what we are doing?

Yes, and so to turn all those controlling beliefs around is not easy. To stop yourself from being how you were formed is dam hard, but it is incredible that it can be done. Such beliefs, although they might feel like it, are not fixed in rock; we are fluid, and we can change every part of ourselves and on all levels, all determined by our soul. So once we reach adulthood it's not all over so far as change is concerned, we can keep being as the child is, we can keep changing ourselves from the wrong state to the right one. The long laborious process of doing our healing is taking us back, allowing us to be, and to experience in many ways being the child we were prevented from being; and so that's why Jesus and Mary tell us we will end up feeling like we've been born anew. And we will have so far as our mind and it's beliefs will be concerned. Every wrong belief and its associated behaviour will have left us, having been replaced by all the right beliefs. And in some cases this will mean beliefs actually leaving you; at other times, they will be altered to become right, accompanied by a change in perspective or awareness; and still others you will develop being entirely new, ones that your family environment didn't allow you to develop, but which are essential to enabling you to fully communicate with your soul-partner, to have a true relationship.

And when you say right, that means?

It means to be able to rightfully express and articulate your feelings and thoughts in a relationship. The relationship is all important. If you believe being spiritual is anything other than having a successful relationship, being able to successfully communicate with each other, then you are wrong and seriously deluded.

So the whole focus is on getting the relationship with yourself, your partner, and God right – that's what it's all for. And you will find that when you have healed yourself of all your wrong it will be from your relationship that you will derive your greatest please, what you do in life being secondary, and only being done to help your relationship.

Many people will say their relationship is the most important thing in the world to them, be it with their friend, family or pet, and yet when you look at how they actually live their life, for many they hardly spend any time with their so called loved one or loved ones. Their love for each other being dependant on huge amounts of time alone, the separation – the relationship-denial, being what is needed to keep the whole thing going.

So throughout your healing a great amount of the focus is on how your relationship is with your partner, which means you need to have a partner. So what happens if you don't have one, what can you do?

You will have one when you need to have one. And you will need to have a partner to do most of your deeper healing work. You can have substitute partners and friends to help you if it's not time for you to link up with your soul-mate, but mostly you will be provided with your soul-mate. And yet having said that, many spirits complete their healing without their soul-mate, there to help their chosen partner in their partner's healing. These spirits – and probably the same will happen for some people – being helped themselves by others.

There may be times, and this can even be a long time, whereby you need to be by yourself, and then it's your having to concentrate on the relationship with yourself that is important.

You must remember that all parts of your relationship, how you express yourself and so communicate with another person, have been interfered with, along with your relationship with yourself and with God; and many of these parts will be all mixed up, very confused and often at odds with each other, and it all has to be unwound and the truth found.

I will also tell you this James, as it's something new to you, but all the work anyone does in their relationship with nature, is also really dealing with their relationship with God.

Were we allowed to grow up freely, it would be with the natural environment that we would have found our most joy, and as we interacted with it, so we would have been laying down the circuits, patterns and beliefs that would shape our future relationship with God, with the Mother and Father. So to live in families in which no importance is placed on nature and establishing and relishing your relationship with it, then you will find you have a huge hole in your relationship with God. (And by nature I don't mean just with a pet. It has to be an ongoing interactive and full appreciation of nature; of the natural world and really without domesticated animals and plants, all of which we have ONLY to have power over.) Into this hole most people put religious beliefs, and believe they love God, but it's all stuff that in the end will have to be dug out, discarded, and replaced with truth and a truly loving relationship.

So all the work Marion and I have been doing in regards to our relationship with nature is also helping our relationship with the Mother and Father?

Yes. You don't do all your work in your relationship with Them, specifically with Them. Really

any part of a relationship you work on is dealing with the relationship with Them; but yes, what you say is true, and that's a part of why your soul moved you to live in a place with more nature around, and nature that is under threat from humanity; which really is you, as you are nature and you're under threat from your parents as you're discovering through your healing. So the more you can heal your relationship with nature the more you are sorting out and re-establishing your patterns of belief, behaviour and your mind circuits that carry out such things with God. It's your fundamentals you are dealing with, the fundamentals of your relationship.

Now that you mention it, I can see it – I understand, and it has been having that effect on us just as you say. We've been changing a lot in our feelings for nature. We have been able to see how the natural or nature part of us – that which we are – has been stopped from expressing itself. And I've been forced to put all my anger and bad feelings onto everything else other than where I should, that being on mum and dad. My anger at how nature is treated I can then use to relate directly to how angry I am about how my nature was treated.

Yes, you can use the whole, the collective, the impersonal; the whole of nature and the whole of humanity's relationship with it, relating to it and bringing it right down to the personal. That bird killed by some uncaring parson in a car is you being killed, or at least a part of you, by your uncaring parents.

We've done that a lot Henca, particularly Marion.

Yes, because her relationship with her parents was far more in her face, whereas yours was more detached, vague and wishy-washy.

I know, I find it so difficult to pin-point so many of my bad feelings, they are just vague and wishy-washy as you say, whereas Marion is so clear with all hers.

Nature as you know James is true, it can't be anything else. It is perfect as perfect as it can get. And so when your relationship with nature is perfect, just as perfect as nature is, then you will be as it is, true and perfect in your natural love; and then you'll be relating to God this way and ready to partake of God's Divine nature, ready to transform your soul into something higher than natural love. And you do this by partaking of the Mother and Father's Divine Love.

But as the Divine Love has been in some ways made prematurely available, so this is all taking place at once. So with each step you take in your relationship with nature so too are you taking it with the Mother and Father as determined by Their Divine Love you have in your soul.

And is it premature because of Mary and Jesus coming to Earth?

Yes, had they not come then humanity would have had to evolve to a perfected state of natural love before the Divine Love would have been made available to them. But as you have seen, humanity is not capable of evolving to such a state because of the negative rebellious forces affecting it. It has had years to do so and shown time and time again that it's intent on going in the opposite direction. Even now in your so called modern age of progress you are progressing by destroying nature. And you can't help yourselves, your need for power because you all feel so powerless being too strongly ingrained in you because of your unloving parenting, so the Mother and Father have intervened. So Their Divine Love has been made available to you.

And can you see if it's been having a positive effect on us?

We can, or rather I should say, no we can't, but we are told by the higher spirits that it is. We don't have anything to go by, to know whether it is or is not. But apparently humanity would be in a far worse state, if in existence at all, were the offering of being able to partake of the Divine Love not introduced when it was two thousand years ago. It has underpinned your decent into darkness, being upheld singularly by Jesus' Spirit of Truth. The decent has been stopped but the ascent can't begin until Mary has been warmly accepted and her truths lived.

So we're sailing close to the wind?

Yes, apparently so, very close, as close as you can some say. And they are in a better position to judge that than I am.

So it's likely that the Mother and Father might step in again and intervene?

Yes, and that's what is happening now. Your receiving my words is apart of that, for in future it's possible others might read this, understand it, and want to act on it.

Yes, that's what I hope too.

And that's why you keep feeling like writing with us about it all.

I suppose so.

More truth will come to you James about it all as you progress, it has to, that's how it works.

So every time we disrespect nature, every time we don't consider its existence, we're disrespecting ourselves, each other and God?

Absolutely. Far more than you have any idea. Each disrespectful act is a sin and you will have to compensate for it, and mostly that will be done through your feelings. Each disrespectful act will cause you pain. You might not feel it at the moment of your transgression but it will be recorded and registered in your soul, and some time it's going to come to light; that's what happens continuously through your healing.

And what is a disrespectful act? What constitutes a sin?

Any act that violates the will of another without their consent.

But how would we survive were we not to kill animals and plants for food?

How do you know that such acts are violations of the creatures will?

Hmm ... I don't know.

No, and you can't know. All you can do is act according to your feelings and live true to them. If it's a violation and you are living true to your feelings then your feelings will very quickly tell you.

You will feel bad doing it, or before you do it, and if you don't understand why you feel bad, then you can look into those bad feelings by speaking and expressing all you feel about them – longing to find the truth of them.

So it might be right to kill an animal?

Yes, just as it might be right for them to kill to you.

The natural world is created to serve us daughters and sons of truth, and so that is our relationship with it. In the plants and creatures service to us, it may be right and true that they give their lives for us; it may not be also. It all depends on each moment of each experience as to the relationship you are having. And if your relationship is true to yourself, then it's going to be true to nature, and to God. So if you are living true to your feelings, not denying yourself in any way, and feel you want to kill that animal and eat, then that is what you do and you feel good about doing it. And on the animals side although in the moment it might protest obviously not feeling physically good about it, on higher levels it's okay, it is accepting of its fate and even happy to give you itself so you can benefit. It's a creation of the Mind giving itself to a creation of the Truth. It is the Mind supporting the Truth.

But if you are living untrue and kill an animal or destroy a plant, then it's not being done truly, the relationship is impure, untrue, imperfect so both are going to suffer. There is no higher understanding, no love involved. And the person doing it might not think they are suffering believing they are achieving a lot, but they aren't, they are going to pay for their sinful act, and it will be paid in pain, the same amount of pain that the animal or plant suffered. And not the same physically, as animals and plants don't of course feel how we feel, but on a spiritual and truth level. If your violation is strongly against the truth, then a lot of pain will come your way when you uncover the truth of your evil act, so that's why all through your healing you are wracked with pain, and pain on all levels. You double the amount to deal with: the pain your parents have caused you by denying you their love, and the pain you are causing another by denying them your love.

So that's interesting, as that means, that if I were to kill an animal and I was perfect, then in fact my action is loving, even though I am taking its life?

Yes, and that is how it's meant to be. And in that act of love you will have complete sympathy for the creature, fully understanding, fully knowing the truth you are living: that you are depriving it of its life. And you will feel how that makes you feel. Which might not necessarily be bad.

I see.

And the other thing you might consider is that were you living perfectly true to yourself, where humanity, then possibly by that stage your whole relationship with animals and plants may have changed. You might have evolved to a level whereby for example you no longer need to deprive an animal of its life in order to survive. And conceivably you might even evolve to a level whereby you don't need to deprive a plant as well.

Sort of live how you live – off the natural spirit energy?

Possibly. Truthfully I don't know, but that's the theory anyway.

So vegetarians are living more true?

No, that is not what I'm saying at all. Only if they had completed their soul-healing, then yes, but whilst they are still in their self-denying state although they might not eat meat, they are still denying and sinning against nature, by the truth that they are not living truly – true to their feelings.

And whilst you're of your negative mind state you are evil and so sinning with your actions, and so always adding to your deficit, adding always more pain to your soul, more of which you will have to heal.

A vegetarian is simply choosing to be so, just as is a meat eater, to live that way in accordance with their beliefs, NOT their truth. And this is very important to understand. You do all sorts of things, you can be the most environmentally conscious person on the planet, planting trees and shrubs, never killing even an ant or mosquito, but still your relationship with nature, which certainly is better than others, is still evil, still sinful and still you and nature are suffering – if you do all this without having done your healing. As you suffer so too does nature, there is simply no other way, and it's all a relationship based on truth. No truth means no truth, there is no compromise.

And from what you're saying, if say I were to perfect myself, to become true and so was living true to nature and my feelings, but still found or felt that I wanted to eat meat, then what?

Then that is how it is meant to be. That is still a true relationship.

Yes, but even if it is for example a chook that has been grown in horrible conditions stuffed into a little cage never knowing a real life?

Yes, your side of the relationship with that chicken is true, and so on a higher level potentially it will be pleased that at least its suffering didn't go to waste and had some purpose to it. But it's relationship with its keeper, with the supermarket, with the rest of humanity is untrue and so all who are involved with it in these ways will be adding pain to their soul.

Even say the lady who cooks it at the supermarket?

Yes, because she is untrue. Were she true, then probably she wouldn't be involved in doing that job, in supporting something that is so wrong.

But what if she had no other choice as to what job she could get. And what if I have no other choice than to get a chook from the supermarket as I don't know any other way to get one, and I want one?.

But when you are true and perfect James, it is possible a more humane way might be presented to you. Something will change. Your diet and your wanting to eat chicken might change. Just as if that woman were to grow in truth by doing her healing, when she had finished all she needed to do through her chicken cooking job, then something else will happen, or she might become and remain jobless. But still as you say, what if you had no other way, as the lady cooking it had no other way of living even though she was true and perfect, then the same applies in that her part of the chain: the chook would be pleased to help you both, two parts of the chain it has lived and given its life for, two parts being true, which is much better than no parts.

So how does a chicken feel good about it on higher levels, does it have a higher awareness like we do?

No, but it's the whole that does. What I mean by that is, on higher levels means the relationship you have with the Creator of that chook, ultimately the Mother and Father, but before them on a local universal level, with the Divine Minister. She feels good that Her creation has been able to give itself to you. The chook itself is not aware, as it has not the feelings or awareness we have, it's not growing and living with truth; and so in truth, the chook, animal or plant doesn't actually suffer, not how you will for doing to it what you have done in your negative relationship with it.

And presumably if we sin we what... hurt, is that the right word? – the Divine Minister?

No, you can't hurt Her, just as you can't hurt God, you can only hurt yourself. So what happens is, your transgression is registered in Her, in Her mind so to speak, and there it will remain until you have healed it, until you have compensated or made amends for your sin. And the same is registered in your soul, so you will feel forever bad for what you have done until you liberate such bad feelings and feel them, which will involve feeling the pain of them. And in feeling them, feeling the pain, you will come to understand that what you did was wrong, it didn't make you feel good; the truth of what you have done will come to you and you will then feel bad all over again for doing what you did. And with these bad feelings you will decide, and so choose, to never do that again. And you won't do it again because you will change as you grow in this truth, having grown up, advanced, taken full responsibility for your action – you will no longer be that sinful person you were. And you have to work back through each transgression, sometimes singularly and at other times collectively or impersonally, all depending on the needs of your soul – the experiences you require to get your relationships back on track.

So I might not have to feel pain about every chook I have eaten in my sinful state?

No, not necessarily. More than likely you will feel bad about what you have done to chooks, and as you become more aware you will detest your role in the chain, and you will try to not be a part of it. But if you can't, at least you will be able to be fully aware of what you are doing, what you are contributing to, and this awareness of truth will ensure that you don't continue sinning. So it might be that your soul still requires you to eat the chook, and you feel you want to even though you don't like supporting the bad life it has had, but you'll be expressing all the bad feelings you feel about it as you go, with the truth coming to you as to why you feel bad. And some day, when you no longer need to live this way in your relationship with chickens, something will happen, something will change. You might be able to buy or be given chooks that have lived a good free open range life. Or you might find you suddenly no longer want to eat chicken.

Or we might magically come into money being able to afford organic free range chooks.

Possibly something like that.

Marion and I have gone this way and that. We simply can't afford to eat free range organic chooks. We did manage to eat only free range chooks for a time, but now they too are too expensive, so we're back to caged chooks from Safeway as we like the seasoning taste they are cooked in. But we wish we didn't have to still want to eat them. We can't make ourselves stop eating them. We like eating them too much. So as you say, we just keep expressing any bad feelings about it as they come up, and they do. And it all helps us to see more truth about ourselves, about our early childhood and our relationship with our parents.

And your relationship with yourself, the chook, with nature, with each other, and with God has changed all the way along.

That's true, it has, many times, all over the place. It has been amazing, it changes every day in some way.

And it's all helping you to keep expressing all your bad feelings so you can keep growing in truth.

It is. It helps to keep the pressure on us, making us feel bad, so we have bad feelings to speak about. To have to accept that we can only live within our means, and so if the Mother and Father want us to eat Safeway chooks then so be it, has been a humbling and big acceptance move for both of us. To give up trying to do the right thing, to stop eating organically free range chooks because we can't afford to, has confronted lots of our beliefs and our fears and feelings of inadequacy. Neither of us want to live in the world and do all you have to do just so as to earn enough money to eat such expensive chooks. We feel caught in a trap so many times, but it's all the trap of our parents, this we repeatedly see the truth of. And what you have said Henca helps me a lot with understanding how it works – thank you.

So every negative experience we have is recorded in the mind of the Divine Minister?

Yes, and every good one. And She is wanting to evolve into a state in which every mind that is a part of Her, that is 'plugged' into Her, is living true, and so making her feel good.

I guess She'll be waiting a long time for that to happen having to deal with all us from Earth.

Yes, but it's not just about it wanting to happen, and then it's all over, it's all a part of Her experience and so She will also be learning and growing – evolving from our negative lives.

So it's a positive experience for Her even though we're causing so many problems?

Yes, as it a positive experience for us even though we're all conceived into and live horribly evil lives. It's all ultimately positive, because it's all of the Mother and Father.

So how does the Divine Minister keeps account of all our positive and negative actions?

She has the help of Super-angels – vast record keepers, as She herself is Super. How does God know what we're all doing and keep the whole show going?

I remember reading in The Urantia Book about such angels. Have you seen one?

I have seen two, as they are always in pairs. My partner and I together with the rest of our soul-group were given an opportunity to travel to Edentia, and there as a part of our visit we are given the experience of seeing a pair of these Super-angels.

Well... don't just stop there.

Well we just saw them, as to how they work or function we don't know.

So what did they look like?

Like huge angels.

Oh, come on Henca...

Yes, all right, I will try to describe them.

They were standing together, side by side, two huge columns of light. They were about two hundred feet tall, and about fifty wide and there was light flowing up and down with them, beautiful light, all different colours and moving all over them. They were of an elongated oval shape, with nothing like any humanness about them. We wouldn't have known what they were had we not been told.

But the best was James, that suddenly they seemed to move, to expand, and change shape, colours exploded all over them, and then they were gone, pufft, not a ripple in the air. It was all a bit much for us.

Gone where?

I don't know, we didn't ask. It's meaningless anyway as none of us were specifically interested in them, it was just an on-the-way-to-such-and-such-well-just-look-at-these-two-angels-for-a-moment sort of thing, and you don't ask.

What were you doing in Edentia?

Receiving instruction about our forthcoming relationship with you.

Seriously?

Yes, I think it was used as an opportunity for us to travel there, such things happen all the time as we are no longer stuck in our little segment of the universe as we were in the mansion worlds.

And Edentia, what's it like?

Gorgeous, the most beautiful place you could imagine. Superb, stunning, breathtaking and full of life but not the least bit crowded. It was only a short visit for us of a few days and was too much. It took us weeks to recover from it. So of course now we all long to live there, but we've got a little way in truth to go before we can. And we're in no hurry, there is plenty going on here to occupy us, and plenty of beauty for us to ooh and aah over.

Which Celestial sphere are you in?

The third.

And what is that like?

There's no point trying to describe any of it to you James. It's all too different from Earth and the mansion worlds, far more subtle, nowhere near as gross; you might even say it's boring compared to

how raw and dramatic the scenery is on Earth, but it's all in the relationships we live that make it so amazing – all in the truth. It's in truth that you find beauty, and our level of truth is truly beautiful.

I hadn't thought of it that way.

I know, that's why I said it like that. A part of what we learnt at Edentia was what you required, what we were to tell you, what had already been told to you and what bits we could fill in. And so the more you talk with me the more I can give you such snippets. We can't tell you outright, everything that's revealed to you has to be done through a relationship. And as you become more true, so how you relate to us and how we can and do relate to you changes. So your understanding of it grows and evolves and so we are able to tell more subtle things or things that just have the affect of slightly shifting your awareness or perspective on something all so you can move on in your next bit of feeling-healing.

So all you tell me is affecting my healing?

Of course, it can't be done any other way. Everything in your life is your healing – is your growth of truth. The word healing only being used to make things easier to relate to, so we both understand what we're talking about.

I'm going to have a break now Henca.

Fine James, speak to you soon.

The neighbours have just arrived with little children, our peace is over as Christmas gets closer. The intrusion helps me to feel just how intrusive mum and dad were and how they affected me; how they stopped me feeling all I felt in their presence. Increasingly I'm able to feel just how interfered with by them I feel, and how because of that, as a child I rejected all adult relationships. I only wanted to play and relate to Nicholas my brother, who is now represented by Potsy-pee-poo our cat; and really I don't want to have anything to do with Marion, an adult. I reject and resist the adult authoritarian presence. The ever present feeling that makes me feel like I'm being cancelled out, like I no longer exist. And that no one cares about me, about how I am feeling, so I fade into the background feeling powerless, pointless, and like I no longer have a life; a feeling that is all too familiar in my life. But as horrible as this experience is, now having to put up with these people over the holiday period, I am grateful that it's helping me to understand my problems more. And I use the intrusion to help me focus on how I block out Marion unconsciously treating her as I treated mum and dad.

Your healing now James all focuses on your relationships, and you should find that an encouraging sign as you no longer need to focus on all the stuff that is leading you into your relationships, that having all been dealt with.

I suppose, but it's just so bad feeling so bad so often.

And all you can do is keep on expressing all you feel about feeling bad.

I know, but part of my resistance to relationships is just that: they didn't want to hear what I was feeling, so it is now very hard to go the other way and speak about my feelings. Marion is always having to prompt and help me. I just wish I could do it all on my own. But it's right at the heart of my problem, my rejection by them, and my having no relationship with them. I reject myself, I have no relationship with myself, so I aren't aware of what I am feeling, which inhibits me from expressing all I feel. It's been so hard to wake up to the truth that even though I lived in the same house with these people called my family, we had no real relationship together, and what we did have was all crap, false and anti-relationship. And to think that I believed it was not only good loving relationships that I had with them all, but that in many ways, our relationships were even superior to relationships other people had. Who did I think – who did we think, we all were?

But you're getting there.

Yeah, slowly.

James, I feel this ends my time with you, unless of course you have further questions for me.

No Henca, thank you.

I will go now, but there is another who is here wanting to speak with you, so I'll pass you over.

Okay thanks. I'll keep feeling miserable about being so intruded upon by my family, giving me to respect, always taking me over; telling me how I should be, what I should say, and when I should do things.

James, I'm Mac. Do you want to continue, or would you rather speak about all you're feeling with Marion?

I have been speaking with her as I feel such feelings, and will keep doing so if you don't mind the interruptions, so for now, go ahead Mac.

Very well. And of course I don't mind you interrupting me. You do what you feel you want to do.

Okay.

At my death I was feeling very alone. It was dark and cold. I was physically alone, but I was also feeling very emotionally alone. My wife had left me to live with another man some years before and my children had all taken her side and chosen not to see me. I had had another relationship with another lady but that too had fallen through and I had taken to consoling myself with the bottle. I had always drunk too much, that being part of the reason why my relationships failed, but it was all I had that relieved the pain.

When my time came, I was sitting at home in my usual chair having finished drinking half a bottle of Scotch. I wasn't feeling too drunk, just a little light headed and anaesthetized to my bad feelings, the ever present feeling of depression, misery and despair. I was reading the evening news paper.

Suddenly I felt an acute pain in my chest, it came on very quickly, too quickly for me to have any thoughts about it, and my hands dropped the glass and newspaper, and I felt myself slumping down more than I already was in my chair. And that was the end of my life on Earth.

What happened next is what I want to convey to you, for it was horrible. I felt myself being dragged down a tunnel, and there was no warm and welcoming light at the end of it for me. No, instead I was dragged trying to resist into what looked like a large dark cavern. It felt cold and eerie, very cold, as if my bones were going to freeze. And then the pain started, such terrible pain and pain all through me. And it got worse and worse, there was nothing I could do about it. It was unbearable. Then I saw it.

Out of the semi-darkness it came, a huge obese monster, a thing with lots of arms and legs, many eyes, and it was big. It smelt rank, like a bog; and then it struck me that it WAS the Bog Monster, that terrible creature that naughty little boys would be fed off too. I remembered my parents, and in particular my father, being very angry with me and threatening to take me to the marshes and leave me there to be taken away and eaten by the dreaded Bog Monster. And now here it was! And it was worse than I had ever imagined. I shat myself, literally, I could feel it oozing down the inside leg of my pants, hot and then my own smell sickened me, and then the Bog Monster seemed to smell it and that got it all excited – it was coming for me.

Oh James it was horrible, I had never been so scared in all my life. It was right out of the worst horror movie, and although I wanted to run, I couldn't. My legs felt like lead. I couldn't move a muscle. All I could do I realised, was scream. I suddenly became aware of this other horrendous noise and realised it was myself screaming. I screamed and screamed, but steadily it lumbered toward me. It was all wet and slimy with huge fat ugly warts all over it's body, and it was the

colour of dark puke-green and it felt ancient, like it has been lying in the bog forever, but I had awakened it.

The terror I felt was overwhelming and yet I was trapped in it. I tried to wake up thinking it was only just a terrible dream, but no, I was stuck fast and it was only a few metres away, and still coming to get me.

Then it was on me, its hot putrid breath being breathed all over me. Then one of its arms, a fat long thing like an elephant's trunk, shot out and grabbed my arm and it had me. It pulled me closer to it, its other arms held other parts of me, I couldn't move. I screamed and screamed, tears were pouring down my face. Then I realised I was calling out for dad, for dad to come and save me, but he never came.

Then it put one of my hands in its mouth, in with all those huge flat grinding crunching molars, and the pain was excruciating as it ate my arm. It chomped it off and for a moment I was free a little only to see the crushed and mangled stump of my arm waving about spewing blood before me. And the pain! Then it did the same to my other arm and then it came for my head and I passed out, that was the end, the end of me.

When I came to, my father was there to meet me in the arrival room. I wondered what had happened, why was I still alive, and where was the monster. Had he come and saved me just in time? But as I had that thought, he said to me, "no, I was too late. I was always too late, and I am sorry", then he left, it being too much for him. Then my mother came in and she told me that I had died and the monster didn't really exist, and that in time I would see the truth of my experience with it, why I had to go through what I did, and so I have.

I have come to see through my healing that the monster was nothing more than my father and mother and my belief about myself. I believed, as they made me to, when I was very young, that I was no good and that in the end, and all I was worthy of, was being eaten piece-by-piece by the Bog Monster, and so it finally happened.

After my mother told me about my death, and I felt relieved that it was all over. I asked her about the monster as to what it was all about, but she said it wasn't for her to tell me. She seemed very evasive but gradually smiles and laughs returned, and although it lingered in the back of my memory, I put it down to more like a weird dream than anything else.

After some time my parents told me that they lived in a different part of spirit and so had to go. Naturally I accepted this as that was how it was on Earth. We had lived in different countries and hadn't seen each other much. I hadn't seen them for years before they died and was informed by telegraph. They were both drowned in a boating accident.

I got on with my new spirit life in the first mansion world. I had a great time, down the pub meeting endless, spirits drinking endlessly without ever getting too drunk. Occasionally I'd convinced myself that I must be very pissed and so pass out. But mostly I was up to the singing and dancing and general festive air stage of my inebriation. The monster I had well and truly downed.

Years later I found myself in something of a relationship and she insisted that I tell her about my arrival experience. She had told me hers and it couldn't have been more different. She said she found herself waking up on a beautiful yacht sailing across the blue sea, something she'd always dreamed of doing ever since she was a little girl when an uncle, a sailor, returning from his last trip, recounted the delights of paradise in the tropical islands for her. She lived in Scotland.

Her arrival experience was peaceful, beautiful, warm and welcoming, and she awoke to all her loving family being present, and yet something wasn't right as she was with me, a drunk, and she was about as bad a drunk as I was.

Finally I summoned up the courage after a lot more drinking to tell her about it, and it was as if I was letting the monster out of its cavern. I was so scared, suddenly it seemed all too real, as if it were in the room with us, although neither of us could see it. I scared us both, and that was enough

of that for time being. But this time no matter what I did I could not rid myself of it's presence. It was as if in some way it was with me all the time. After some time having got used to it, I even nicked named it and thought of it as my friend, as it wasn't hurting me with my drinking keeping it under control.

But gradually I sank into my misery and despair, and eventually my friend made me face the truth that I wasn't doing too well. And so, she asked, what were I going to do about it?

In spirit, just as on Earth, there are masses of recovery programs. That's where AA came from being successfully passed though to Earth, and so I went to them. I went to lots of them. I became a recovery addict, and although some helped me a little none really had much of impact on me, but I knew I was rotten, and what was I to do, spend the rest of eternity shit-faced, or try to do something about my problem.

Many of the programs included some sort of spiritual approach, some again were interesting, but not much. Some included regression of sorts, hypnosis, a mind control technique, psychological probing and counselling, none of them did much. And by the end of it I was feeling even worse because it was becoming apparent, and I was having to accept, that perhaps I was unhelpable, and that is not a place you want to be in.

I was still with my friend and we met someone else who suggested God. Normal mainstream religion was out of the question, but I needed something more than that what AA had been offering. And this spirit suggest God's Divine Love. Neither of us had heard about it, but what the hell, we were willing to give anything a go by then. So we went along and learnt how to long to God for Their Divine Love.

It was very hard to do, but for some reason, and I think we both felt that it was our last chance, we persevered, and finally we had to admit that we did feel something, something seemed to be happening to us. It wasn't much but we felt good about it and it was enough to keep us going, and so we did, right the way through the mansion worlds and into the Celestial kingdom of Mary and Jesus, from which I am now speaking to you with me friend who turned out to be my soul-mate. It has been, as it is for all of us, a remarkable journey. But back to the Bog Monster.

It was through my healing that I uncovered the truth of it: it was my parents, it was how they treated me, and consequently, how I had treated and was still treating myself. I was such a nothing in their and my own eyes, something only fit for the Bog Monster. And it took twenty-five years of consistent and solid work, every day expressing more fears more bad feelings – once I had fully committed to the process – to come to terms with this truth. I won't go into it, but as you might be able to imagine my low self-image was very deeply ingrained within me, and so it took a long time to heal it. And why I am telling you my story is to show you that, for many like me, many addicts, the truth of our addiction lies in the truth of our relationship with our parents, and it takes a long time to get to the bottom of it.

As Henca told you, don't draw the conclusion that every addict will necessarily experience something horrible as I did, remember my partner experienced the exact opposite. As to why we had these experiences were for personal reasons, all very necessary, and as it's turned out, valuable in our healing. And James, there are masses of ways to come into the arrival hall, we'll only be relating a few ways in our writing to you.

Mac suddenly I had the thought that the Celestials speaking to me, including yourself, are all of one soul-group, aren't you? I know Henca said her group went to Edentia, but it's just dawned on me, that all of you speaking to me are of this group.

Yes, we are, we've been tasked with this role in helping you write this book.

So are the others who have written to me still with you? No, not at the moment, they come and go. Why, did you want to speak to someone in particular?

No.

I'll continue then.

Yes, sorry for the interruption, for some reason I wanted to write and include that. I was a bit slow to catch on, but it's sort of put things into place in my mind. But please continue.

It's important for you and the reader to understand that one's addiction, no matter what it is, comes from the deep unrest of not feeling loved by your parents, right from your very beginning. Going to such things as Alcoholics Anonymous can help you, but really is it helping? And really all it's doing is helping you to accept yourself, which is good, but by adopting yet more feeling-denying beliefs. Sure in the process of the meetings you might feel good telling your story, even connecting with parts from your early childhood that might help you to understand yourself more, but still you will find that unless it's done with the intention of doing your whole feeling-healing and wanting to get to the truth of your relationship with your parents, you are only doing band-aide and mostly superficial work on yourself. The important part is accessing your relationship with your parents, we can't stress this enough. You have to find and uncover the truth of what went on with them, what they did to you, how they treated you, how they didn't love you as you needed to be loved, and only then can you set yourself free off your addiction.

One of the things an alcoholic with such recovery groups is supposedly supposed to accept about him or herself, so as to take a step in their recovery, is that they are and will be, always an alcoholic, but that is not necessarily so. It is true if you are content to live in your negative mental condition for the rest of eternity, but it is not right if you want to heal yourself by finding the truth of your addiction.

Melissa and I wanted to find the truth. It took a long time before we fully accepted this, and put all our will into it, we felt too badly about ourselves most of the time to have any focus or concentration of will. But gradually it came. We encouraged each other to long for the Divine Love and the Truth. Mel might say, "let's pray for the Love", and we'd then agree to do it after we'd had the next drink, and the next and the next, but one day we'd do it, and each of those days helped us, we were making progress, albeit at a snails pace.

The whole approach to our healing – what we both badly needed – was for no one to tell us what to do, and no one did. No one that is once we'd left the reform and recovery groups. No one in the Divine Love worlds tells anyone what to do. So no one told us to stop drinking, they only encouraged us to long and pray, so it was all left up to us, as it has to be. To have been constantly told what to do in life right from your very first moment – and many spirits do still want to be told, as well as needing to be the tellers – is very wrong. So for anyone to tell us what to do would have meant that we were just back with our parents, and no one in the Divine Love worlds wants this, not once they start uncovering the truth of their relationships with their parents.

We were allowed to do as we pleased, as after all it was up to ourselves to take responsibility for our state, and even if that took forever, surely some day we might get there. And besides, it is our lives, and no body has the right to tell another to live other than how they want to.

Support came from this ongoing wholesale unconditional acceptance of us. Spirits on the same level with us and on higher levels would speak openly with us about our problem, and by speaking to us accepting us, completely as we were, we didn't feel ostracised, judged, or rejected, only welcomed to be just as we were: two hopeless wrecks. It was very comforting for us to be as

fucked as we felt, two completely fucked up individuals but with still spirits wanting to speak to us and have us as our friends. And none of it was put on or contrived, it was all genuine, particularly from the Celestials.

So you had contact with the Celestials right from the start?

Oh yes, we all need to see them, to show us we can be like them. They tell us their stories and as they are similar to ours and they have made it, so it helps to inspire and encourage us. It was a pair of Celestials that introduced us to the Divine Love to begin with. They were marvellous, so kind and caring, so supportive, never putting any pressure on us, never ridiculing us, never humiliating us. We could have taken forever, so far as they were concerned, before we got it. It was sad for us to finally leave them, and sad for them to leave us.

We didn't have that much to do with Celestials, but enough. We also went to a lot of their lectures and open discussions, times when we could ask them our questions and hear more about their personal experiences. Some spirits have them as friends regularly visiting them personally, but that wasn't for Mel and I. We were loners, and preferring to just get on and do it all ourselves. In the fifth world, when it all starts to get very harrowing, we set off for a mountain retreat. We lived in all but a cave in the mountains all alone. We lived like that for about ten years, during which we hardly saw anyone. We had a counsellor who was something of a guide and someone to touch base with if we needed to, but we didn't need to that often, after all, what could be the worst thing that happened to us – be eaten by the Bog Monster?

So what you're saying Mac is that really you are an addict until you've healed the original cause of it, something that happened to you in your relationship with your parents as a young child?

Yes, and it probably won't be just one main cause, but the net result of feeling so unloved, feeling like you're not wanted by them. And it begins at conception and compounds right through your forming years. During your healing your addiction might just happen to suddenly leave you, or it will gradually taper off, depending on your truth needs. Ours took forever to leave, we were in a bad state, and finally bit by bit it left us. We lessened our need for drinking, stopped and started, stopped for longer periods, until we just didn't feel the need to do it anymore – it, the urge, the desperate need to drink, to obliterate ourselves, gradually faded away. And all the while we expressed our bad feelings and uncovered truth about our condition. We drank up to the middle of the seventh mansion world before we finally gave it up.

Does anyone drink in the Celestial spheres?

No, not as we were, there is no need as you have healed all your self-denial, all the holes your substance abuse was trying to fill. The substance is just what you believe to be a love substitute, nothing more, and so you feel the 'love' takes your feelings of feeling unloved away, deceiving you into believing you feel loved, but of course you don't, you can't; and nothing other than love, true self-love from truth, will do that.

We do drink, but not how you physically drink. Lovely refreshing invigorating concoctions of universal energy. No, thankfully those days of self-abuse are long gone.

Are there healing clinics and places you can stay to receive help in the mansion worlds?

In the mind mansion worlds there are masses of them, just as there are on Earth. But not so in the

Divine Love mansion worlds, as there is no need for them. In the Divine Love worlds, there are places individuals and groups can go and receive personal help, counselling, spiritual guidance and advice; help with belief identification, behaviour awareness, relationship classes, and so on, but they are not big institutions and there's only a few of them from what I saw and used. Mostly they are on the lower planes of the third world, the first real Divine Love world. And they are more to help spirits understand about the Divine Love and ones soul-healing: to gently help point them in the right direction. On the first mansion world there are teaching and prayer rooms and Divine Love establishments, but they are mostly very low key and you'd hardly know they were there if you weren't personally introduced to them.

Once you have chosen to live the way of Mary and Jesus, and start, and are then fully committed to it, you move to live in the third mansion world in which you are living with many other spirits on a similar path. You can live communally, singularly, in small groups, pairs, whatever suits you, and it's all designed to help you make the commitments you need to do so as to move higher: to pray and long for the Love and the Truth, and to understand about your feeling-denial, the whole package being your soul-healing.

The way of our Mother and Father's Divine Love is the way of Mary and Jesus, and so there is a huge division in the mansion worlds as to which way you want to live: with Them and Their Divine Love or without Them. So if you want to keep living falsely and continue on with your religion or spirituality that denies Them, you will remain in the mind or natural love spiritual worlds as they are sometimes called. And just because a religious or spiritual church or system might say it believes in Jesus or supports the Bible, it is still not promoting living the truth Mary and Jesus have revealed, as that truth has nothing whatsoever to do with the Bible, and all who use it for their own end.

And I will add, that it's not just a matter of embracing what Jesus says as in the messages he revealed to Earth through Mr. James Padgett. You have to embrace both he and Mary Magdalene equally which will take you into meeting both the Father AND Mother and this is very important, for without them both, Mary and Jesus' Spirits of Truth won't be able to help you, and so your growth in truth will be impeded. Just longing for the Divine Love and trying to live what Jesus alone says will invoke the Divine Love, but you won't grow in truth. Mary M is the missing part of the equation, she needs to be brought into your life, and if you can do this, then bringing her and her relationship with Jesus to the fore, will soon help you to quickly start to see things in the right perspective, in their true state, as you will start to relate to God as both your Heavenly Mother and Father.

But it's very hard for us to forgo our belief that there is only the Father, and when we've got books like Jesus and the Celestials messages to Mr. Padgett and The Urantia Book, so adamant that God is the Father, not to mention the Bible, then how is the Mother and Mary ever going to be taken seriously? It's all right for you over there, you have Mary in person, you can see her, listen to her, speak with her and see her and Jesus together, but we don't.

I know James, and that does make it all the more difficult, but that is how it is, that is the problem with Earth. The Rebellion's influence on the feminine aspect of truth has been to all but deny it completely. And to focus on the masculine alone, inflating that to unreal proportions so it is very difficult to take a step back and look objectively at it all, and see the disharmonious situation humanity is creating for itself.

The real difficulty is of course that it's ingrained in too many people from early childhood, and as so few people are prepared to look at the truth of their beliefs, too afraid to rock the boat, then nothing really changes. But also you must remember that humanity has never been given a proper

go at dealing with the Rebellion and it's own rebellious nature, the whole truth hasn't been made available, only one side of it – Jesus'. So with both sides now available to you, it's quite possible such truths might be taken seriously and lived. And people will need time, and lots of it, so they have the next one thousand years to consider it and see what they feel about it.

That's assuming ant of it ever gets revealed to them. No one might read all that you've been helping me to understand about it.

And that will be up to how the Mother and Father want it. And I assure you, They know best.

And that is all I have for you James. Did you want to speak further?

No.

All right then, thank you my friend, and if need anything more from me, just call me with your mind.

Thank you Mac.

It's my turn now James, I am Mac's soul-mate Melissa. And I don't want to speak to you about my death but about a near death experience I once had on Earth that preceded my death by about five years.

At the time I was very ill, I was close to death and the doctors had given me up as a lost cause, and that was all right with me, anything to rid myself of the pain. And really I had had enough of my miserable life anyway, as far as I could see there wasn't much point to keep living. I only drank myself stupid as often as I could. I spent most of my time in an inebriated state with my mind a blur and my feelings numb.

Suddenly I found myself looking down at myself slumped in the chair. That was novel, but then I felt myself being pulled in a certain direction, and not being able to do anything about it, went with it. Then I was going down the tunnel you are familiar with in such cases, and sure enough at the end of it was a lot of very bright light, a lot brighter and whiter if you can imagine it, than the sun. And that was okay as it made me feel good. I felt high, my mind was clear, my feelings of feeling good soaring high. I didn't actually consciously think anything, nor care what was happening to me, and it didn't dawn on me that this might be my end, I was just in it, it was just happening to me.

Such experiences weren't unfamiliar to me, I had had numerous psychic and strange – what might be called paranormal experiences, all my life, ever since my early childhood when I would see my little friends and go off into the garden and play with them.

Do you mind if I interrupt you Melissa?

No, James, not at all, please do, my story won't be going anywhere.

The little people, presumably fairies?

Yes, although I didn't know that's what they were called back then.

Did your parents know about them?

Yes, but they told me to stop making things up, that such things don't exist, that it's only my mind and such behaviour might harm me. So I kept my friends to myself. Often they would come into my room at night; they would creep in when I was asleep – although I wasn't asleep – as they loved to wake me up. They would jump on me and BOO! me, trying to make me scared, but they never did. Then they'd roll around laughing and I'd have to try really hard not to laugh too because I didn't want my parents coming into my room to see what I was doing, not that they would see anything.

Who came to you?

Meg, Jap, and Stretchy. Meg was a girl about my own age of five, the other two boys of a similar age.

Did they tell you about themselves?

Oh yes they were quite open about it, open about everything. They told me that I was to have them as friends because I could see them and because I was lonely. And I was, I didn't have any brothers or sisters, and my parents both being mostly drunk weren't friendly, nor did they allow me to play with other children. So I played silently with my little nature spirit friends.

They said they were from the other world, on the other side, the side most people can't see and so don't know exists; but as I could see, I could have them as my friends and we had a lot of fun. I think without them I probably would have committed suicide in my early adult life. All they did for me gave me something, some good feelings, a feeling of being liked, a tiny speck of self-worth.

But they also filled me with visions, dreams, they would put pictures in my mind of faraway places, and tell me stories about them, just like my uncle Mike would. And I would dream of them, dream of being in the places with my little friends, which culminated in my experience at death. My whole life I lived in sort of a dream, in two worlds, the one I didn't like and it didn't like me; and the one that I did like and it did like me. But my trouble was I could never fully cross over, out of the bad one and into the good one.

You call them 'little friends' –

They were little, tiny people, the three of them could stand on my two hands when I put them together, well nearly, they kept pushing each other off to make room.

Did they have wings?

No, not my three friends, but they could easily get around in the air. A jump and they would go as high as my head from the ground effortlessly, and off they would race jumping up trees from branch to branch. I'd struggle along behind. One day I did see some little people with wings, they flew in played with us for a while and then flew off, not unlike the fairy books I used to look at.

The other striking thing about them was how they dressed, very comically, bright colours and mostly in adult clothes that were always too big for them. Not people adult but their kind adult, some of which I met from time to time. They almost came up to my hips and chest, and one was very big one day much bigger than any person, a giant, about two stories high, and all the little ones loved climbing up his clothes, hanging off his big buttons and falling as they rolled around.

They also had little animal creatures with them sometimes, some looked like animals I knew but they weren't quite the same. A rabbit for example had a long nose like an anteater, and very short ears, and a squirrel had a long thin tail like a monkey and would hang from it, and was smooth and short haired all over and black. It was like the animals had somehow got some of their parts all mixed up.

And what did you do with them?

Mostly I followed them around the garden. They'd take me to some part of it, luckily it was quite large and very unkempt, very overgrown, so there were lots of places I could crawl into under bushes and they would talk to me there. Or we'd play marbles and cards, other games they new, things like that, just things to amuse and occupy my time I think. I can't remember to much about it all now.

And what happened with them, did you continue to see them through your life?

No, when my period started they said they had to go. I was old enough to be by myself and they had another little girl like me they had to help keep company. I wasn't sad to see them go, they hadn't come that often to me anyway by then, and I was feeling like I had grown out of their company a lot. They didn't grow up that much, not like I did. I was eleven when they left me, and from then on periodically I did see things from the other world, but nothing made sense anymore.

I had a man spirit friend who would come to me when I was very drunk and alone, and he'd stand in the corner of the room and we'd talk. Mostly I was too pissed to remember what we spoke about. I think he too was just there a lot to keep me company, Peter was his name. I have since met him in spirit and thanked him, although at the time I didn't really know what I was thanking him for, but I felt he had helped me and I felt grateful.

Did he say anything?

No, only that it was pleasure, which I have no idea how that could have been so. I wasn't in a state to ask him about such things – why he came to me, and I haven't really felt the need to. But I do feel it was so I could have someone to connect with, a familiar face, as it was always at my worst times that he appeared. I never thought of him until he was there and then he was always the same, very nice, but he never sat down, he always stood and mostly in a corner. He'd even show up at parties sometimes and we'd speak mentally, it was comforting to have him around, sort of like a brother I guess.

And did you meet up with your little friends in spirit?

No, we don't have access to the nature spirit Earth plane from the mansion worlds. And being in the Celestial spheres I no longer feel the need of having a connection with them. I have healed a lot that involved them, and I am very grateful to their company through those years. Really what they did was give me a lot of life experience that I wouldn't have otherwise had, experience that I have needed to help me uncover the truth of myself.

We all need experience and what your soul can't get from the physical realm then it will use whatever else is at it's disposal, and in my case it was my psychic ability to see into the other realms. For a lot of people that's where the dream state comes in, for those people who can remember their dreams they will marvel at just how much life experience goes on in them and often complimenting their physical reality. You can't experience in a dream all you can in your conscious waking state but it all helps, particularly as the soul needs experience from all levels and not just the physical. We get our quota one way or another and that is what is used as we do our healing to uncover the truth. Without the experience we wouldn't have the feelings and so no truth, so it all factors into the equation that is your life.

The experience I needed from my out-of-body near-death experience was to feel the love, the draw and pull of the Light. There were indistinct presences in the light at the end of the tunnel. They spoke to me and told me they loved me, and that soon I would be joining them and then I would be able to start finding the meaning of my life. That sounded good to me, and as I was sucked back through the tunnel to my body, I felt a moment of peace but that didn't last long.

But through the remaining years before my death, that experience worked on me affording me other experiences and these were what was important. You don't have an experience like that, remaining conscious, and then just get back on with your life as if nothing had happened, even if you are drunk. And that's what it's all about, that is what I want to tell you James, that it's the

experience that is all important, and it's all so personal. Too many people try to find out more than just what the experience was for themselves or the individual who had it. They try to read too much into it, they want to find answers, they study NDE's and OBE's hoping they will find some clue to the unknown, to the world of spirit or something. But all such experiences are for the person who had them, just another experience, albeit a profound one, and one that they might use time and time again throughout their remaining Earth life or even when they come to spirit. And one that will effect all other experiences afterwards, and one day, when you've completed your healing, you will know the truth of why you have had all the experiences you have had.

All of them?

Yes. Perhaps not each one specifically, but what they have done to you; what truth they have given you, or allowed you have. Were we allowed to grow up truly we'd have all the experiences we need and would grow in truth from them as we had them. But having been denied so many aspects of our own personality expression, we have denied ourselves many experiences and somehow you still have to have them, and that is another large part of what is involved in your soul-healing – filling in gaps.

What really is the point of studying OBE or NDE's trying to ascertain who is more likely to have them; what do these people have in common, and is this experience trying to show them and possibly the world, anything? When all they are for is for the person who has them to have the experience, and what results from them is for them, even if does also involve the world. Such things are simply things that happen, they don't really need to be labelled, and just because they are more out of the ordinary doesn't mean anything. It only means something if you feel bad about it, for then you have more repressed bad feelings to express and find the truth of. And you can feel bad about such things whether you had the experience yourself or not.

If at the end of the tunnel, a spirit, an angel, or Jesus, or God speaks to you, then really the experience is given to you so you can express all the feelings you feel associated with it, all to uncover the truth. And on the way through you will put things into their correct perspective if you are growing in truth. And you will see who the voice really was for you, and that it wasn't Jesus or God or an angel, it was a spirit, but it was really only something to help you find out more about the relationship with your parents.

Why wouldn't it be Jesus or God speaking to you?

Because they don't do that sort of thing. It may be your Indwelling Spirit on behalf of God, but it's still not the Mother and Father Themselves. And mostly you will find that it's not so much as to what actual words that were said, but what those feelings did to you, how they made you feel, that is what is important. So if you refuse to allow yourself to feel all the feelings involved, and I don't mean just at the time, but good and bad feelings you might feel about it anytime, then you are denying yourself what the experience was giving to you.

As you get used to growing in truth through the ongoing and immediate expression and acceptance of your feelings, then you will know, as you will feel, when the experience has served its purpose, as there will be no more feelings for you to feel. Not all experiences gives rise to great insights of truth, but there are experiences within experiences, so you may live a whole series of them, over moments, hours, days, weeks etc. and all mixed up, that are coming together to give rise to the feelings you need to feel and so the truth you need to see.

And it's not always linear: this experience giving rise to this truth, but that does happen. And when you do see the truth then that experience is completed, that of itself giving you another

experience.

Your soul, from the Mother and Father, gives you what you need, be it good or bad; be it what you need to keep experiencing the negative, being evil and living in self-denial; or, be it giving you the opposite experience of love and ascension of truth through your bad feeling acceptance. So if you don't know why the things that are happening to you are but would like to know, then you can by using your feelings to show you.

And that James, is all I have for you, Melissa.

Thank you Melissa.

My name is Aaron. I was German and died during the First World War. I was minding my own business in the trench. I was lying against it with my back to the enemy when a stray bullet ricocheted off a rock, struck me in the head and I died.

At the time I was reading a letter from my family. I remember I was feeling upset because my sister had been badly treated by her husband during his visit home from the front, and my mother was writing complaining saying she hoped the man would be killed for all the good he had done for her.

I didn't know him very well, but was feeling bad because of how my sister had been treated. I felt very protective of her. My mind and attention was fully absorbed in the feelings I was feeling and the thoughts I was having. It was easy to use such a thing to distract myself, to remove myself temporarily from the dismal situation of being confined to a damp smelly trench.

All I remember was a moment of feeling a slight pain on the side of my head, just enough to break my concentration. Then I carried on trying to read the letter but couldn't lift it up for my eyes to see. The letter was in my hand, I was looking at it, my hand resting against my chest. I tried and tried to lift my hand up but it would not come. I remember I was annoyed that I couldn't finish the letter as I only had a little more to read.

The next thing I became aware of was one of my friends looking at me in a strange way. He looked around my head without saying anything. I thought it was strange and was just about to ask him what he was doing, when suddenly his face changed to one of sadness. I was struck by this: why did he look so sad, what had he seen?

Looking back I do remember that I wasn't fully conscious of everything, although at the time I did feel conscious, but I didn't speak as my friend called another over pointing at the side of my head. My other friend took my hand and felt for my pulse, shaking his head and I remember thinking how strangely they were behaving – why were they behaving like that? And once again I was just about to ask them what they were doing, when suddenly they carried me away. It was the most weird sensation I have ever experienced. They suddenly carried me – my body – away, but I was still there. I was still lying slumped against the side of the trench. My hand that held the letter was still lying on my chest only now the letter had gone, and I could see it lying in the bottom of the trench, in the mud, with the dirty water soaking into it. I bent down to pick it up, my fingers grasped the end that was closest to me and naturally I lifted my hand up but as my hand followed my command, the letter stayed where it was. It was the damndest thing. I tried about five times to retrieve the letter but each time my hand came away empty. It was just so odd, and I remember my whole focus was totally consumed with my fingers and the letter and wondering why I couldn't hold it.

After I don't know how long, a thought came to me that I should go and ask my friends if they could help me pick it up, and so I started to walk down the trench to find them.

I remember the sun had come out, the warmth was a welcome respite from the continual damp misery, and most of the soldiers were lying back against the trench walls basking in it. They were probably asleep, so no one took any notice of me walking past them, or rather it wasn't strange that no one didn't look at or speak to me, because of course from their perspective they couldn't see me, or if they could, then I would have been a ghost.

The war was quiet at that time, people were just doing what they did during a moments break,

and eventually I found my two friends at the end of the trench. The ground opened out a little and they were standing around what obviously was a dead body stretched out on the ground – the usual procedures with the medical staff were in progress when someone had been killed.

I walked up to them and stood with them looking down at the body and it took a few moments before I realised I was looking down at myself. It was very strange, here I was standing up, I could sense that, and here I was lying down, but I couldn't sense that. Then the thought struck me that it wasn't me lying there, it was someone who must look like me. And again I was just about to ask my friends about it, when shells suddenly started landing all around us and everyone ran for cover, myself included.

Instinctively my friends and I ran back up the trench line trying to get back to our familiar ground in the hope of being safer there, but suddenly there was an almighty noise, a bright flash of light, and I knew a shell had struck us very near by. But again an odd thing happened, for usually when a shell exploded close by, you felt the repercussions, the shock waves battering your body, and your ears, nose and eyes all hurt, but none of these things happened to me. Remarkably I remained on my feet, whereas my two friends who were running ahead of me were no longer anywhere to be seen. That was very odd, where were they? Had they been hit, yes, that must be it, and to have been hit like that, they both must be dead, how sad I felt for them.

Then I heard a voice calling my name. I turned and there was my closest friend who'd I'd just been following, sitting on top of the trench beckoning me over. He had a big smile on his face and when I got closer he said, how was that eh, no escape for us that time?

No? I vaguely questioned him, not really understanding what he was saying when obviously he had escaped for here he was in one piece sitting up on the top of the trench. I said to him, you'd better get down from up there as you might get shot.

To which he replied, "No need, nothing to worry about anymore for us, is there?"

What did he mean?

Then he said, "Come on, let's go have a look at the enemy."

A look at the enemy? Was he mad?

Then he jumped up and off he walked across no-mans toward the trenches of the British. I expected to hear the noise of gunfire but all was silent. Then suddenly my friend was back again beckoning me to follow him. So I did. I don't know why, but I did.

We walked toward the gap in our barbed wire, on through cratered no-mans land, and then came to the British barbed wire. We couldn't see any gaps in their line, but my friend just continued walking as if there wasn't any wire obstacle, and next thing I knew he was past it. I had to look hard, perhaps I hadn't seen the gap, perhaps my senses weren't right after the blast?

My mind though was strangely very peaceful, and still I didn't suspect anything was really wrong. You might find this all hard to believe but that is how it was, and lots of strange things happened during the war.

My friend was beckoning me to follow him. I put my hand down to press the wire down as I thought I might be able to step over it, but my hand didn't touch it, it going straight through the wire. Then my arm followed and next thing I knew I was walking through it toward my friend. It was all very odd but still my mind didn't really object, there was something of an acceptance of it all, as strange as it was.

I reached my friend who was standing above the British front line. It was not unlike ours, and like us before the shelling, the men were all dosing in the sun. My friend jumped down into the trench and started walking along, he beckoned for me to follow. He didn't speak and I thought that wise as we didn't want to draw attention to ourselves. Neither of us had a gun but that didn't seem to matter much, we weren't visiting the enemy to kill them, it was more like just an afternoons stroll in the sun.

I followed my friend right up and into the main bunker of British Command and there we listened to them discussing plans for their next attack. We could both understand and speak English, and we listened to how they were planning to attack our side heavily at sunset, and all I could think was that we should hurry up and get back so as to warn everyone and make ready.

I was about to say these thoughts to my friend when he turned to me saying, "We can't do anything about it, they wouldn't hear us, they wouldn't see us, there is nothing we can do".

I didn't have time to wonder how he knew my thoughts, I just replied asking "Why wouldn't they?"

"Because we are dead."

"Dead? What do you mean dead?" It was too much. Dead, how could we be dead when here we were – alive! Dead means ceasing to exist, nothing, blackness, not walking around the enemy listening to their plans for their next attack.

My friend beckoned me over and said, "Aaron we are dead, don't you understand. You died in the trench, a stray bullet hit you in the head, and I died in that shell attack. We are no longer of the Earth world, no longer of this war, it has nothing to do with us anymore, we've done our bit, we're free, no longer at war with the British, free to go, not home because that too doesn't exist anymore, but free to keep living however we want."

I was stunned... no war, dead, free, no home, what about my sister, my mother and father?

My friend took me by the arm and said "Come on I'll show you", and led me back to our side, to our captain, and asked me to tell him what we had heard. So I did.

I was standing right in front of him but he looked right through me as if I wasn't there, and no sooner did I start to speak but he just spoke over the top of me at another soldier. I was mystified.

Then my friend stepped in front of the captain and spoke directly into his face, then yelled into his face, then tried to hit his face to draw his attention to us but his hand just went straight through his face, then turning to me said, "See Aaron, there is nothing we can do that will have any effect, because we are dead."

But I said, but if we are dead, then why are we talking to each other?

And he replied that we are dead on the physical level but not dead on the spirit level, that there is life after death, we are alive but also dead.

It was still very confusing but it started to make sense, and slowly I had to accept that he was right. It did after all explain things.

It took the best part of that day for me to fully wake up and to accept that I was dead. My friend suggested that we catch a train home to my place so I could visit my family and see for sure. So that was what we did. We trained back to my parents house, it was dinner time when we arrived, and my sister was there with her children, they were all sitting up at the table.

My friend had walked straight in through the front door that was closed, I followed him. And sure enough no one could see us. It was very strange indeed. I was speaking to them touching them all, but still they didn't see us, carrying on talking like we weren't there.

My friend said see what I told you, and what could I say. I was still unsure, but there was nothing I could do about it. I asked him how come he was so sure, and he said that it was how he believed it would be when he died, that he'd once read a book that spoke about life in spirit after death and he'd liked what it said, and occasionally, and a lot during the war, had thought about it, even to the extent of imagining what it might like were he to be killed at the front. He surmised that he was just more accepting of it than I was.

I asked him where our other friend was and he said he didn't know but that perhaps we should look for him. That sounded like a good idea so we set off, back to the front to see if we could find him, his body, or grave, as they should have buried him a week ago at least.

Back at the front we couldn't find him, so we thought about going to his home but it was too far

away. I don't know how it happened but we found ourselves in the infirmary area, and then suddenly we heard our names being called – it was our friend!

He was lying on a bed very badly wounded. He was missing both legs and an arm, all wrapped up in bloodied bandages, but he seemed cheerful enough.

My friend asked him what he was doing, and he said he was recovering from his injuries, what else could he be doing, wasn't it obvious? Then my friend said but there was no need for that as he was dead.

“Dead!” my wounded friend exclaimed, “What do you mean dead. I am very much alive!”

No you're not my friend told him, we're all dead, killed in action, so come on, get up, we're no longer part of this war, let's go get a drink and meet some girls. Then he reached down and grabbed my friends hand and pulled him up out of the bed.

My friend screamed but amazingly there he was standing on two good legs, and he'd also miraculously got another perfectly good arm.

“See”, my other friend said to him, “you're perfectly fine, nothing wrong with you, so let's go.” And off we went. It took time, but like me, my wounded friend slowly adjusted to the truth that he was dead and alive.

We eventually found an ale house, one with lots of dead-and-alive soldiers from both sides of the war, and lots of pretty girls. We were happily welcomed, room was made for us as the 'newly-arrived-from-the-front' and drinks provided, and there we stayed and round-about until the end of the war.

Occasionally we took a picnic, lots of good food, drink and our girlfriends, to the front. We'd sit at a good vantage point watching the carnage as both sides slaughtered each other. And we'd see spirits like us, but mostly we left them alone, they had to make their own way as we had done, and we knew that eventually they'd end up in the beer house, if not with us, then one of the many others. It just seemed to be the way of things. And we didn't care. We were enjoying our new life, one that seemed infinitely better than lying around in the putrid mud and slush, scared all the time, awaiting the terrible unknown – death.

We had died and now were in heaven, and heaven sure was a place to enjoy yourself!

So how did it happen as far as the arrival hall and receiving rooms went?

Quite simply really. It was a mobile receiving room into which we all died. It wasn't a standard one-room room like the others have been speaking to you about, but a many roomed mini hall of sorts, made available at times of such conflict or natural disaster when lots of people are expected to die.

In effect it was like the whole battle field was the hall, and each person who died was still effectually received into one room only there was no separation of the rooms and not bright lights, and no waking up on the bed with mum, dad or your loved one by your side welcoming you into your new life. Many spirits didn't have this arrival experience from the front, but they were more evolved in truth and of such beliefs to fit them for direct arrival into the first mansion world. For those of us like my friends, we were destined to wake up and live in the first Earth plane and to gradually grow and change our minds and its beliefs, until we were fit to live in the first mansion world. As it was for us, really is what happens to the majority of humanity in that they have no, to very little, awareness about anything in life other their own existence, and that being all physical. Life after death is of no concern, no importance, not worth wasting a thought on, something you can deal with when it happens if there is such a thing. And so that's how it was for us, we dealt with it as it happened. It was only lucky, or perhaps not luck, that my friend had read that book and so was a little more aware of what might potentially happen being able to help us accept and become aware

of our change in circumstances. But still my friend only believed and thought about life after death in a physical context, so he too didn't wake up on the first mansion world. His life after death thoughts weren't spiritual in any way.

So with the mobile receiving rooms you can die and wake up as if nothing has happened?

Geographically, yes, but your not the old you, you've changed drastically only mostly we're not aware of such changes. Even once we'd all settled into our new lives at the beer-house still we weren't aware of how much we'd all changed. That awareness slowly came, and it wasn't until I eventually found my way to the third world and started longing for the Divine Love that I felt I caught up with myself so to speak.

But to stay with your question, it is a marvellous thing and it works on the differential of time between the Earth and spirit worlds. Somehow the usual three days it takes before the spirit can return to Earth and be seen by those with spirit eyes to see, is circumvented so it's an instantaneous occurrence: you die and seemingly instantly wake up, but really it has still taken that amount of time for the angels to do what need to do on you. I don't understand such things, none of us here do, you'd have to ask elsewhere James if you wanted to follow up on it. For me it was just in one moment I was alive focused in the physical reality, the next I was dead but still alive focused from spirit on the physical, with the time delay being played out in my mind refusing to understand, and so taking time to wake up and accept the change.

Why did you need to have your death experience like that and not waking up in the mansion world rooms?

Because I wasn't evolved or advanced in truth to any degree. I was very physically focused. It wasn't that all I thought of was material things but all I knew was of the physical. I hadn't been exposed to the spiritual. I had gone to church but found it unimpressive and so dismissed it as my family weren't very religious, and nothing else came along to take my mind into other such realities. But on looking back there were things available but they just never interested me. They weren't a part of my world, and my world was mostly comprised of my family and friends and all that consumed us about daily life. There simply wasn't anything else to life, that was life, nothing to make me think that life might also be about other higher or inner things. So my death was rather mundane in the sense of it being rather uneventful – I just died reading the letter from my mother. That is what happened in our family. My grandfather just died ploughing the field, he was just found dead in it one day. My aunt just died in her bed, not really having even suffered much pain. And there was no talk or acknowledgement of an afterlife, no one saying they think they can feel grandfather around, or no one wondering out loud what grandfather was doing in his new life, there was nothing of that sort of thing in our lives. Not even anything about leaving food out for the fairies to take, nothing much about God, nothing seriously about any other reality beyond the physical. We were all very earthy and we weren't as bad as some. If you went to the extreme of actively denying life after death then you might have found yourself stuck in the Earth plane without waking up to any degree about your death because you refuse to accept or believe it.

What happened after the beer-house?

After the war you mean, as we went from beer house to beer house during it – we didn't want to do anything else until it was over. It was like it had us in its spell, and all we could do was commiserate and celebrate our death and end of our direct involvement in it, but somehow we were still a part of

it. It still had a hold on us. After it was all over we went on a tour of the world. First we hopped on an American troop ship going back to America as we wanted to see what America was like. We were quite a band by then, there was about twenty of us all of different nationalities with no hard feelings about the enemy. In fact some of my closest friends after the war were British. I went with a lovely English girl for some years and then an Australian girl and then an Indian girl, then back to a German girl. And from America we toured the world seeing all there was to see. It was a wonderful time, young and free, nothing to worry about, no responsibilities, no need to worry about getting a job and making money, life was just one big party, one big excitement after the other.

You got around by trains and ship, but I guess you didn't have to being spirits?

That's right, we could have used our minds to move from one place to the other, but we weren't really aware of that then, that awareness mostly coming when you reach the first mansion level of life. And that didn't matter to us anyway for it was all part of the excitement, to hop on a train, ship or plane along with whoever from Earth was on it; and for them not to know of our presence on board and our celebrating and fun – it made it all the more exciting. It was something of a power-trip for us. It was all very heady, we felt superior to those still on Earth. They in their often miserable lives of worry and fear, particularly feeling so bad after the war and often about those they'd lost, when for us, the dead, it was just one big hoot and the best thing that could have happened to us. I didn't meet anyone who was sad about leaving Earth at such a young age. Sure we couldn't see our families, but really who wanted to anyway. We were at the time of leaving our families and getting out into the adventure of life, home life was restrictive, we didn't want our parents still telling us what to do. And so to die before most of our parents did added to our sense of power and superiority, and we revelled in it. It was great fun. It's hard to compare with anything you might have experienced James because you're still stuck on Earth, that was how we viewed it.

Do or did you ever have any regrets about not living a full Earth life?

No, none at all. I'd lived enough of it. I knew what it was about, or at least I thought I did, and the war had woken me up and shattered a lot of my fantasies. To be so scared, so constantly afraid, and to feel that you'll probably die anyway; so with the futility of fighting and killing, and then to be finally killed... it was nothing but a blessed relief, and then to find we were freer than we could have ever dreamed possible, there was nothing to regret.

What made you progress out of the Earth plane?

Life. I grew up a little. All my experiences. I started to want to know more about what it – life – was about. I spoke to lots of spirits. Some told me things that influenced my thinking and changed my beliefs and eventually I longed to move into spirit proper, into life in the mansion worlds and start to give up my need to be 'on' Earth.

All of us who were in one of the two Earth planes available for us to live in, still for some reason, and often many, wanted to be on Earth, for in effect that's what it feels like living in the Earth planes. You stand on the Earth, and even though you can walk through trees and buildings, but still it's those trees and buildings that form your environment. It's different on the mansion worlds, for although the first world looks a lot still like Earth, you can see subtle and not so subtle differences, so you know you are not on Earth, you are on another completely different world. And the higher you ascend the worlds in spirit the more they take on their own unique characteristics, and the less Earth-like they are. The Celestial spheres are nothing like Earth, there is nothing to remind you of

its existence, only your memories.

I was still very much of the Earth when I died. I thought and felt in terms of life on Earth. I wasn't ready to leave it, to give it up, to think in terms of another world, another existence. I needed all that was familiar to me and I wanted to explore all the Earth had to offer. To travel around had been one of my childhood dreams, to go to exotic places, meet exotic women, swim in the warm blue tropical waters, you know the sort of thing; and so when I found I suddenly could do all these things, I wanted nothing more. But eventually we saw all there was to see, we went to every place, met lots of spirits from each place, as they were like us and still wanting to relate to their home on Earth. I met lots of girls, and just grew out of the place, I guess you could say. I started to become interested in other worlds, in spirit life, in a completely new life, the life that I was meant to live after I had died.

Did you feel like you were postponing your new life?

No, it was what I wanted and as it turns out, it was what I needed. I needed that time, time for me to grow and develop my personality. I needed to naturally grow up being more 'earthy' as it helped me in my healing.

How?

I have been readily able to identify with my early life because of my feeling for Earth. I don't feel too far away from it. It was dear to me, and so I could easily imagine my life on it when I was little. And all I learnt from travelling around it and those I spoke to, helped me become more aware of just what life was really about. Not only for me, but for other people, and this helped me to understand through my healing where my limitations were, how badly my parents had stopped me expressing myself as I had these other people to compare myself to.

Had I just gone into the mansion worlds, I think I would have got caught up in them and then it would have been harder for me to re-connect with Earth when my healing started. As I wouldn't have spent enough time there, my past with my family on Earth might have felt all too unreal and would have been harder to take seriously.

What about your friends, what happen to them?

We parted company through our travels. The injured one, wanted to stay in the New Hebrides and stop travelling, he said he'd found paradise. The other one who was more aware that we'd died, went on a trip away from our main group and never came back. Later when I met him again in the first mansion world, he said he left the Earth plane during that trip and saw no need to come back.

Although we were friends, it was mostly only because of our shared fear during the war, it wasn't because we were genuinely fond of each other. So it wasn't a big deal for us to part company. I had met lots of other people who I preferred to be with anyway.

Do you still have any feelings for or about Earth?

Yes, and no, meaning, yes I still feel good about it, all it gave me, that is the physical planet Earth. I loved it, it was so beautiful, and we were lucky to see it before all the progress started to take its toll. Earth, nature, really is lovely, and it's such a shame as to what is happening to it. But it is what the Mother and Father want... so what can you do.

I don't have any fond feelings for my family and early life on Earth. No good feelings about any

relationship I had before my death, only good feelings about ones I had after.

I don't have much to do with Earth now, occasionally I think about it, something from my past comes back into my mind; and I think about it in regards to doing this work with you, but that is about all. Really it's gone, long gone, and that's about how most of us feel. We are from it, it was and is our home world, but now we are citizens of a far greater universe. My home world now is the Celestial sphere I am currently living in, and my sights are set on Paradise. Once we have finished this work with you, then we are free to move onto higher worlds. But don't get the wrong idea about us not feeling free, that was only a figure of speech. We want to do this work with you and all that it entails more than anything. It is very valuable to us, and without it our ascent to Paradise won't be as rich as it will be, this we now understand having made contact with you.

I don't see why contact with me should have such an impact on you.

No, and you won't either, as we're not to speak about it with you. But it has and it does and we love it, but that I'm afraid James, is all I can say about it.

Do you visit Earth at all, the Earth planes?

My soul-partner and I don't, nor the mansion worlds. Some of our group still have a few friends and family they occasionally go and see, but mostly we have no need to go there now, and as you can easily communicate with us here, we don't have to descend to be physically nearer your mind to get our message and words across to you.

Do you keep up to date with what is happening on Earth?

Oh yes, we're right up to speed, more than you are. We know exactly what's going on and why, and how you are all going to be affected, and that's affected on all levels.

You mean about the credit and financial crisis?

Yes and more.

And more?

And there is nothing more I can tell you, as it's not within my parameters.

And with that James, it's my time to end with you. Do you have any further questions?

No.

Then I will stop now, thank you.

Thank You Aaron.

Ambly is my name James.

I was very young when I died. I was sick with cancer and no one could do anything for me. I have only recently died, that is about ten years ago. I died in the Royal Melbourne Children's Hospital. I was six years old.

I have been asked by higher spirits to come to you today to tell you about my death experience. I am currently living in the second mansion world and why I have been asked is because one of these higher spirits is a friend of our family and we were talking the other day about my death experience and other things, and she asked me if I would like to have a go at speaking with you. She said you were interested in such things and were writing a book that might help other people who are interested in the same things, and that's cool with me.

I was very sick, I don't actually remember too much about it, other than I spent a long time in the hospital on and off over a number of years. The doctors kept telling me and my family, my mum and dad – that I would be all right and we believed them, but I wasn't all right.

When it was my time to die, suddenly I became very scared. I didn't know what was happening to me, no one had told me anything about it, and this was very bad because it made it much worse for me. I think that parents should be realistic, as should be the doctors, and if it becomes apparent that their child is going to die, to then at least warn them about it, help prepare them as there is nothing bad about dying. The scariest part is not knowing what is going to happen, that is bad, and it was awful.

Suddenly everything got all dark, and I felt like I was being smothered, and that I could no longer breathe. It was at night and the other children in my room were asleep and the nurse had come and gone and I felt very alone. I wished my mother and father were with me; I wished my Gran was with me, but they weren't and I had to go through it all alone.

My spirit friend told me that had I been told about my death, had it been something that was brought out in the open and spoken about; had it not been something that was taboo to speak about, then I would have much easier accepted it and would not have been and felt so alone. She said I would have known that it was going to come and so could have asked the nurse to ask mum and dad to come to the hospital and be with me. And I could have said good-bye to them, and left them knowing that they loved me and everything was going to be all right. It would have been the exact opposite to what I went through, and parents should understand that not being straightforward and open about everything is wrong and false, and will only cause more problems and hurt, not less.

The darkness consumed me, it was like it was eating me up – it was my cancer finally killing me. And then I woke up in the arms of my other Gran, and I was all right. Suddenly there she was, and she was holding me, stroking my hair, telling me that it was all over and that everything was going to be all right. She said she was going to look after me until my mum and dad were able to do so when they died, or until I was able to look after myself.

She had only died a little before me, but as she was sick she didn't come to the hospital too much before I died, and at one stage we were both in hospitals at the same time.

It was so nice to be with her, and all my fear and panic left me, as did all my pain. She explained what had happened to me, that I had died and that I wouldn't be able to speak with mum and dad and my sister again, not until they died. But she said I could go and visit them as much as I wanted to, and that in a few days she would take me to see them. There was special place to do that,

allowing you to see and be with people on Earth.

She told me that I would like it over in spirit as there were lots of other children like me, those who had died and lost their parents, and that in a few days when I was ready, she would take me to meet them, which she did.

I was able to stay with her for a while but then she told me that it was important that I go and live with all the to her children, and this sounded like fun as I had met them and we had good fun together, and the spirits that looked after us were all so kind.

Slowly I came to understand that I was an orphan, and that I could if I wanted to, go with another mummy and daddy, spirits who were not my real parents but who would like to have me as their daughter, and would look after me just as my parents would have done. I didn't like this idea too much at first as I wanted my Gran to look after me, but after a while having spent time with these people and their other adopted children, I started to feel that I would like to be a part of their family. There was never any pressure put on me and it was all of my own choosing. I could have even stayed with my Gran, but I did want to be with the other children. And I continued to see my Gran all the time, so it was really good.

I went to a school in spirit, it was nothing like what schools are on Earth. It was totally a free school where we did what we wanted to do. We never got into trouble, we didn't even have to go if we didn't want to, but I wanted to as I loved learning how to read and write, and how to sing and play the piano, and how to cook and how to look after the younger children. We weren't separated into year age groups but into five year groups, so we had little ones with us and older ones. I also had my other adopted brothers and sisters with me. There was no formal learning structure like on Earth, it was just do what you want when you want, and we all had spirits to personally teach us, it was so good as they were so good. And they took us all over spirit-land, and we went on all the rides and went to Dinosaur World and Fish World and Animal World, and I learnt how to ride a horse and a dolphin, it was all such good fun. On one trip we went for a ride on a whales back and that was really good, going down under the water so deep, all cold and spooky, with all those funny looking creatures that live in the deep sea.

Occasionally I went to visit my parents, but I changed and wanted to be more with my new parents. This is normal and I didn't feel any sense of loss or bereavement over my not being with them. That part is easier for a child if they receive lots of love, kindness and attention when they die, and there are so many spirits all loving and making us feel so good, that we hardly think about our Earth lives and what we might be missing out on. And when we visit our families on Earth we see they don't have such fun as we do; they have to behave themselves and do as they are told all the time, they are continually criticised, yelled at and even hit, whereas we were allowed to do as we pleased, and rarely did do anything that needed to be criticised. There were some bad children, but they were separated from us and were given lots of other help to make them feel loved.

The spirit who asked me to speak with you is with me James, her name us Ester. And she now wants to speak with you, as I have told you all that she wanted me to tell you. So good-bye, that was fun.

Hello James. Ester.

How was that, something a little more unusual?

Yes, it was very nice writing with her. And she has made me think about a lot of things.

So you have come questions you would like to ask?

Yes.

We'll ask me and I will try to answer them.

Okay.

I liked Ambly saying how free she was, particularly at school. It reminded me of Summerhill, A.S. Neill's free school.

Yes, it's all in keeping with the lack of authority and control on one, once one comes to spirit.

So the idea of free schools has been in spirit presumably for a long time?

Yes, a very long time.

So why hasn't more of it come through to us on Earth?

Because you refuse to relinquish the control. You still believe you need to have authorities – representing your parents – telling you what to do. And although a little of the ideology and philosophy has seeped through, no one has been able to do much with it because your whole society is not free, not free like ours is in spirit.

I guess if you don't need money to live, then the usual power systems we're used to down here have no meaning and so no control.

No, that sort of control, and it's associated authority, dies when you die, but still as free as we are over here, there are nonetheless other more subtle controlling aspects.

Such as?

Your beliefs. It's more personal. You may feel comparatively freer here than on Earth, but you still have your controlling, limiting and restricting beliefs. And these all too often restrict spirits from spiritually growing.

I see.

I am envious of Ambly growing up not being subjected to such control.

One of the perks of dying.

And she really didn't miss her parents?

She felt a little sad and lonely in the beginning, but usually, especially for children, it doesn't take long for them to become interested in other things, in a new life, even in new parents.

But how does it work for them, I mean to have one lot of parents to begin with, and then another lot who might be totally different – how does that affect their negative mind state?

Just the same as any child is affected by the adults in its life on Earth. She has one lot of negative patterns – her Earth parents, those which are deepest and from which her basic patterns are adopted and formed, and then on top of them her spirit parents, and when her time comes to do her soul-healing, or feeling-healing if she doesn't want to embrace the Divine Love, then she will have to deal with both aspects. It's just the same as for adopted children on Earth. They will have to uncover the relationships of both sets of parents.

But what if one is adopted very young with no memory at all about ones first parents?

You will still have to do the healing as to why your first parents rejected you. And how you feel about that, about not being loved by them. And it will all come up during ones healing. As you know for yourself, you don't have memories of when you were very young and at your conception and birth, and yet still through your feelings you have uncovered the truth of how you felt at those times and what was going on between you and your parents, and in your parents relationship with each other.

Yes, I have, and I see what you mean.

She makes it sound like all spirit parents are wonderful and loving without the heavy control so many of us had and face down here.

Yes, but it's not true. Certainly there might be more freedom in the doing of things and what you want, but the indoctrination of beliefs and behaviour is just the same. And such parents she was adopted by were not very advanced in their mind or soul development – that equivalent to her Earth parents.

Do Divine Love parents in the Divine Love mansion worlds adopt spirit children? And what about Celestials, do they adopt?

Celestials don't as in becoming a child's substitute parents, but they can have a great influence in some children's lives.

And as for Divine Love parents, that has only relatively recently started to happen. Few have adopted children, but it is going to happen more. It will be mostly those on the third mansion world. Those on the fifth world will be too far into their healing to want to be concerned about children. However it is possible to adopt on the lower Divine Love worlds, embark on your healing, and ascend to the higher worlds with your children. Their children help them with their healing and they help their children by lessening the burden of such negative and controlling beliefs.

Why has it only relatively recently started to happen?

Because such spirits are now ready for that responsibly. Things are changing in this respect. Those parents on Earth with increased awareness of truth, being more conscious of the Divine Love and are more aware of, or even doing, their healing, and have children that die, will qualify their children for being adopted by spirit parents of like mind, belief and truth, hence those of the Divine Love mansion worlds.

I see, so as the truth spreads about the Divine Love, and more people do their healing, then children of these people who might die won't be jeopardised by having to be adopted by natural love mind spirits?

Yes, exactly. Like attracts like, and so like will want to be with like, and the soul needs will be respected and honoured.

How will the truth of the Divine Love ever move out into humanity in a big way when we are so reticent about wanting to feel bad?

It will, it has too, for that is how humanity is to continue growing. As to how... you'll just have to wait and see.

I liked what Ambly said about parents and adults needing to be more open and truthful with children. That is something Marion and I have wished happened in our lives.

Yes, it would make things a lot easier, especially as children are more readily able to accept such things, but too many parents and adults have the belief that little children shouldn't be exposed to bad things, they need to be protected from them, they can learn about them when they are older; and in Ambly's life, her parents denied her the experience of their being with her at her death because of such beliefs.

No adult in her family wanted to face the inevitable truth, and had they, they would have spared her much fear and pain. Instead they went on giving her all the Chemo-therapy, making her feel so sick, when it was obvious from the doctors points of view she was always going to die. They could tell such things with such cases only they couldn't tell the parents. And it wasn't entirely the doctors fault either, as her parents didn't want to face the truth of losing their little girl.

It must be horribly hard to face it.

Yes, but only made worse by our limiting and all-powerful controlling fears. Death is inevitable and it doesn't just have to come at the end of a long Earth life. There is a lot of life to be lived in spirit, and if that is the soul's plan then that is what is going to happen. Many spirits need to adopt spirit children so as to have the necessary experiences their souls require, just as many children's souls need to have two sets of parents, one on Earth the other in spirit. It's all what the soul requires to fashion and express its personality in Creation. And once you accept that Earth isn't the be all to end all, and spirit life is equally valid, if not more so than Earth life, then it's just a matter of reality focus. But that still doesn't quell the trauma of losing your child, but that too is what such souls want and need to experience; and like all experiences, where such parents, and even the children, able to freely express all the bad feelings they felt and uncover the truth of them, then such bad

experiences wouldn't be nearly so traumatic, if needing to happen at all. But because no bad feelings are accepted, all the bad feelings remain buried deep inside only to cause other problems at a later time. And only making everything far more traumatic with everyone resisting the truth that's pushing to the surface through ones feelings. No matter what you believe, your bad feelings aren't going away. They will remain with you, within you until you finally liberate them wilfully through the ongoing self-expression of them as you seek and long and find the truth of them.

We don't have any idea as to how it might be were we to continually express all our bad feelings, that Marion and I have come to understand.

No, you don't, no one does on Earth, but it's got to be better than denying them. And if the whole of the society you lived in supported it, then it would be even better, it would just be a natural part of life – what everyone does, and not the laborious thing you and Marion are having to drag yourselves through.

Drag is right, it's so hard at times, so dementing, so many bad feelings that are so hard to bring up and express.

Ester, I was thinking that readers could go to the Children's Hospital and see if Ambly is real. That would be a test of the truth of my channelling abilities with you. What if there was no such named little girl at the hospital who died of cancer?

People can go but they won't find anything, anyway, not Ambly's records, as she has changed her name. It's usual for a lot of spirits, children and adults, to change their names – it's a new life, and many want a new name.

So the names you tell me... like yours for example, are they new spirit names?

Some are, some aren't, and some of the Celestials might give you their soul-names. A lot start off with a new name in spirit but through their healing revert back to their old name as it's being more true. Then when we receive our true names, our soul-names, we use them.

When do you get your soul-names?

Different times, but mostly toward or at the end of our healing.

Your soul-name being the one the Mother and Father has given you?

Yes. We all have one, and like all truth, when you are ready it comes to you.

How does it come?

It's given to you by your Indwelling Spirit, your soul-number is given to by your two angelic guardians.

At the same time?

Not necessarily, when you are ready for them.

And the Indwelling Spirit is?

It's a part of God, of God's Spirit, that come and indwells our minds when we are young. It helps us to become consciously aware of ourselves, nature and God – the Mother and Father. It helps us to experience truth. It helps us to experience ourselves. It helps to make everything seem real, and to be real; it gives us our connection with everything, as we are connecting to God, to All-There-Is, through it.

This spirit part of the Mother and Father arrives when our mind is fully formed, around six years old, and is with us forever, as it seeks fusion with our soul which happens when you've finished your healing, when you are of perfect natural love and have embraced the Divine Love of the Mother and Father.

Is this how it always is?

No, it changes as humanity's collective relationship changes with God. And what I have said was how it was for me, and all of us here. As to how it might be for people on Earth as they do their healing we don't know. But our Indwelling Spirits all arrive when our minds are fully formed but the average age for that to happen on Earth varies collectively and individually. Anyway such things if you want to know about them, your Indwelling Spirit can tell you.

So it is the 'God within', and the Mother and Father in Paradise, are the 'God without'?

Yes. It is what you might call Their inner representative. Through it you have direct access to Them on all experiential and existential levels. It connects you to your soul, and so to Them on a soul level. All of those perceptions you feel and sense come from it regarding your soul, God, and your purpose in life.

Can we speak directly to it?

Yes, but usually only upon a higher level of truth.

Do you readily speak to yours Ester?

Oh yes, we all do, some more some less. You tend to go through periods of speaking more or less. But we all acknowledge the partnership and relationship, and feel very grateful for it. It helps us a lot, and all the time. It makes us feel connected to the Whole, as well as feeling special to God, and loved by Them. It helps to personalise Them, or rather our experiences with and of Them. It makes Them real to us. Without it we'd feel unconnected with God, and without purpose or place; we'd just see that our existence was for our carnal pleasure, when it's for higher things, for spiritual growth, development and enjoyment. It takes our lives and our selves and elevates us, sort of 'lifts us up', if you know what I mean?

I do. I can feel that. I think I would feel very bereft without it, like a part of me was missing.

Exactly.

What was it like when you fused with yours?

It was a very deep, very sublime, very intimate, very personal feeling that in some way, and I don't know how, God and I suddenly became very close. It gave me the feeling that everything I had been doing was real and for a specific purpose. It helped me feel the plan and track I am on, the path the Mother and Father have given me. It put everything I had experienced up until that moment into perspective. It made me know my healing was finished, and that how I was – WAS EXACTLY HOW GOD WANTED ME TO BE. And that was a very important moment and experience for me – as you can imagine. And I always feel They are very happy with me just the way that I am – That I am perfect. And it made me feel very good, and it still does. I can see, sense or feel that moment, it's 'alive' and within me all the time. And so I always feel the Mother and Father with me, close to me, in me and all about me, loving me, as if I am cocooned in Them, in Their love.

Gee, I wish I could feel like that.

You will James one day, when you have finished your healing. It's a very important moment as it marks your coming of age, you are forevermore a permanent citizen of Creation. You have in a sense, 'made the grade' and you feel that something about you has changed, almost as if everyone can sense it too. You feel real, more true, and it gives you a very firm feeling of righteousness within you. You really know what is right and what is false. Things become all very clear. Anything that was still a little murky gets put into its right place. It's a wonderful time, the sheer clarity you receive, it's like suddenly you have woken up and are looking out of your eyes properly for the first time. And you wonder what you were doing before.

I have had a glimpse of that when I have made a big breakthrough in the truth.

Yes, but this is complete, and it doesn't leave you as you integrate the truth once it's happened. It's with you all the time and it makes you feel like you are child, but not childish. That is, you see all the wonder and splendour of Creation through child's eyes, in which every moment is a wonderfully thrilling new experience. And best of all you don't feel afraid, no more fear, no more anger, no more terror, all those horrible bad feelings you were afflicted with have gone, your healing is complete. And then it all starts to make sense. Then you are able to see why the Mother and Father have done it to you, seemingly made you feel hated by Them, left alone in your agony and misery – what it was all for, how it has affected you and all positively so. It makes the wonder of it all even more so.

To not feel continually afflicted by bad feelings would be a nice change, that's for sure. This morning I could feel just how terrified of everything I am, every little sound that is not natural, and how I just have no feelings of feeling loved and secure from my early childhood – nothing, not one feeling, not one nice loving feeling. All just fear and rejection. I don't have the feelings of being hated added to the mix as Marion does, just a deep feeling of emptiness and loneliness always feeling so vulnerable. And I have my bad lower back to show me that I was so terrified when I was young that my back doesn't work, I can't move, can't do anything, can't even run away from the horror.

All to help you see the truth of your negative self-denial state James. But one day it will be over.

I hope so.

Often I have wondered if in fact you, and all the spirits I speak with, are not real being only

someone made up by my Indwelling Spirit; and that the truth is, one can't speak to spirits at all. What do you say to this – that you and all I am writing with you, is only a figment of my imagination, or creative leadings from my Indwelling Spirit of God.

All I can say James, is that's something you will have to reconcile within yourself. You can't prove that I am not who I say I am, or that I am either, you can only go with and by your feelings. And with time as you grow in truth, the truth will be made known to you – all you need to know. and one day you will know one way or the other.

Yeah, that's about the same conclusion I come up with, so I leave it at that, and go along with it. Anyway, it feel different when I speak to you as to when I speak to Bob - that's what I call my Indwelling Spirit.

Years ago, before I started my healing and when I was praying only to the Father for His Divine Love – before I met the Mother, some people in a prayer and meditation group I organised, who found it easy to speak to their Indwelling Spirits, said they felt they had fused with it. So from what you're saying this couldn't have been true. So why did they think this, do you know?

They would have believed they felt it because they wanted to believe that their connection with their Indwelling Spirit was more than it was. But it could not have been so because their level of truth wasn't sufficient to bring it about, they hadn't even embraced and accepted the Feminine Aspect of God – our Heavenly Mother, nor Mary Magdalene, so her Spirit of Truth wouldn't have been active within them. And you need both Mary and Jesus' Spirits of Truth to be active so you can uncover the whole truth of why your relationships don't work. You need the perfect relationship between Mary and Jesus, as reflected in both their Spirits of Truth united within you, and hence between the Mother and Father, to be lived as truth within you, and this in turn reflects the perfect relationship within yourself. And all that can only be achieved when you've completed your healing. And so upon your healing completion, then your Indwelling Spirit, that perfect part of God within you, can fuse with you because you match the perfection. So whilst you live in imperfection and in rebellion and denial against yourself, Mary and Jesus and the Mother and Father, and so against all relationships, you can't fuse with it, because you're not having the perfect relationship with it. You are unable to. And in fact you are denying it, denying and refusing to have a perfect relationship with it within you; so you are refusing to live the will of God, that being living in perfect harmony and in tune with your Indwelling Spirit. So for these people it's just a fanciful belief they have, when in truth they are still a very long way from the actual fusion experience.

What they might have experienced was a very nice feeling at one time, and a feeling of closeness brought about by the actions of their Indwelling Spirit, just to allow them to feel that they are on the right track, that their relationship with the Father had started. So if anything, I might suggest that instead of being an experience and feeling that signifies the end of their healing journey, it might have been one to signify the beginning – that is, were they to start actively honouring and accepting their bad feelings.

I can relate to this. I too had a similar experience, a blast of light and felt like I had become whole, and attributed it to my Indwelling Spirit, only I knew I wasn't perfect, so perhaps it was given to me to show that I was on the right track, just as you say.

Yes, that is what happened, I can see it within your aura. But all it really did was open you up to the new revelation that was to come. The experience was given to you to make you feel that you had fused, that you had made a connection with God, only to help strengthen your commitment. It was

given to you in preparation for all that was to come, when you let go of needing such out of the ordinary spiritual experiences to concentrate on doing your soul-healing. It was also given to you as part of your unusual spiritual experiences, to show you there was more going on than you were aware of.

I know now a lot of what I felt back then wasn't what I believed or thought it was. I have uncovered many parts of my mind that needed it to be something that it wasn't.

And that is what growing in truth does for you.

From speaking with other spirits about their fusion experiences, I think that for most of us here it's been more of a deeply subtle yet very intense experience, and not just a great booming one. Certainly some spirits have experienced a boom but they seem to be the minority. For me, and I know also for many others, the experience at the time was certainly a real one, and profound, and had a great effect on me, but it was over the forthcoming days that it really sunk in as to the enormity of the experience. Gradually I became aware of what had really occurred. Sure we knew about it and had often heard other spirits talk about their fusion experiences, but it was the overall ongoing effect that really lasted many months, to even a year or more, that made it a very deep and all but overwhelming experience. We needed all that time to adjust to it, to adjust to the full experience of it, it being so great. And I think that were we not all so fucked up and having to do our healing, then the gradual and lead up stages to our fusion we would have integrated all the way along, arriving us at the moment of amazement when we might have, were we living on a different world, then translated directly into spirit upon our soul-fusion. Do you see what I mean?

I do, I've thought about that myself, and can see what you mean. So what you're saying is because the healing takes up so much of ones focus all the time, that we don't have time to experience growing in truth as Jesus and Mary might have done: one step at a time with a perfect and positive mind, and not one always fighting against us ourselves. So by the time we were ready to fuse, then we'd have already experienced so much of living with the truth, so many good things and feelings, that the icing on the cake would have then been translation, the moving directly and fully consciously into spirit upon our Earth death, without having to go unconscious and to sleep. But because by the time we arrive at finishing our healing we are also of the Celestial level, we haven't had the time, all those years, to have experienced the joys of growing in truth with our inner Spirit. I know from my healing experiences, I do feel really good for a moment, and I can sense the joy of living true, but no sooner have I felt this and I'm plunged back down into more bad feelings, or more bad feelings rise up in me blocking out the good ones.

That's right, and so it's because of this that direct soul-translation into spirit will remain a far off achievement for humanity.

Yes, I have read that some people think it might even happen to them during their life when they are ready to die, people who haven't even embraced the Divine Love, Mary or Jesus or the notion of their soul-healing, people who've only read about it in The Urantia Book.

All wishful thinking James, thinking they are something they are not.

So for this next thousand years whilst the Divine Love is still being offered to you, people might achieve a Celestial level of truth, but will still die like everyone else and won't be favoured by translation. After all Jesus underwent a 'normal' death experience. The humanity that is going to experience soul-translation in the future will be way in the future, we will be a very far distant part

of history. Humanity then will be nothing like we have been, like you are, they will be living true, will have not had to bother with the doing of their healing, will have been conceived into a Rebellion-free world.

The word soul-translation is a bit misleading I think, for ones soul doesn't actually go anywhere does it?

No, but somehow spirit-translation just doesn't seem full enough. But you're right, the Indwelling Spirit fuses with the soul whilst ones spirit is translated directly into the first Celestial sphere, missing out all the mansion worlds, which one would have already live through growing in truth whilst on Earth.

Do you know anything about soul-fusion, how it happens?

Not too much. I'm not really interested in such things. But if you like I can give you over to Darren, he's here at the moment and he can tell you something about it.

Yes, okay, but you'll be coming back after I have spoken with him?

Yes. There's still more to discuss regarding Ambly's death experience.

Ah good, as I felt we hadn't finished.

Darren?

Yes, James, you'd like me to tell you about soul-fusion?

Well a little, yes, I was thinking about it technically, you know, how it actually works, so if you wouldn't mind...

No, I'd be delighted, rather a surprise as I wasn't going to be speaking with you. I thought I'd missed out.

Would you like to speak about your death experience too?

No, it wasn't anything other than what you've already heard. I died in my sleep and woke up in a receiving room being met by my parents, and it was all good and nice and... you know the sort of thing.

Yeah, all good and nice until you started to uncover the truth of your relationship with them.

Exactly.

Is it like that for everyone?

No, well, yes, but some worse than others. Not everyone had such a bad relationship with their parents as you and Marion had. And because you have, so you have spirits speaking to you that did also, so we've all had a pretty rough time. It allows us to make the connection with you on that level, so we all know what we're speaking about.

I see.

So to the soul.

I get the feeling you're rather excited about speaking about it, am I right in my feelings?

You are! I am VERY EXCITED. It's my big change to show off. I get to show how much I know about it. It's my favourite subject, well one of them, I like all the technical stuff, it fascinates me how it all works.

So are you ready?

Yep, I'll just type away.

Good. I'll try to make it brief, just give you taste, how does that sound?

Great.

Our souls are, as you know, essentially light, and this light is called soul-light, and it's a very different light to Creational-light, the light of Creation. Our Indwelling Spirits are of this soul-light, so really when they indwell our higher mind it's like having a piece of soul in us, in Creation, a very unique and strange phenomena. And as you know God is Soul, so it's having a piece of God in us, the 'Light of God' dwells within, and they're not wrong about that.

To have a 'Light of Perfection' within us, means that there is something that is always true, pure and perfect within us. Like an eternal value, and something we can then aspire to be like, or rather aspire to attune ourselves to, which is in effect what we are doing when we seek the truth and want to heal our self-denial and become perfect. We are aspiring to be 'God-like', we are aspiring to being the light of our Creational system up to the first level of soul-light or God-light if you like. That first level perfection being the first Celestial sphere of truth and fusion with your Indwelling Spirit. So far so good, you still with me?

Yep, I like it.

Good. So the rest is really rather straight forward, and technical is the right word for it. For when we reach that Celestial level having healed all our yuk, then a light moves from our Indwelling Spirit to our soul and vice versa, all, so I am told, simultaneously, and all signalling that technically we've come of age, at least the first step in growing up as a real spirit. We are still a morontial spirit but hey, it's still a big step.

Morontial spirit? I am writing for the reader who might not have read The Urantia Book.

A spirit that lives still within the local universe, Mary and Jesus' universe – Nebadon. And whilst we are Nebadonese, then we're still not fully qualified, so far as the truth is concerned, to live in the greater Superuniverse – 'real' Creation, something like the major league. We're still just in the minor, so we're still considered morontial spirits. But as far as we're concerned, and for this discussion, we have achieved the first milestone, the Celestial level of truth.

Anyway, when this light goes back and forth then it's as if you and your soul have become one. You are of course one, so that's why I say it's 'like' but what I mean is, it's as if there is no longer any separation, or feeling that you are separated from your soul. It's hard to explain, but up until you experience your soul-fusion with your Indwelling Spirit, in retrospect, you can see that prior to it you weren't really feeling at one with your soul, but once it happens you definitely feel that you are. And because of this experience your feeling, sense and perception of everything within you sort of changes. And I say 'sort of' because it doesn't actually, but what does happen is all of you gets imbued with another light, a light from your soul, a light that higher spirits and angels can see, which signifies that your soul-fusion has taken place and on what level of truth you are currently living. And you're then of some worth to them, not just a mansion world spirit who doesn't have a clue about anything yet. So it is a big deal, not just personally, but universally too.

Do you want me to go further, to speak about the actual soul-light?

Well not too much, but I wouldn't mind a little.

Okay.

It's known, but don't ask me how, probably revealed by an Indwelling Spirit itself, that the Spirit has within it the whole plan of Creation, now and forever, as does the soul, so with each level that

we move up, each level of truth we achieve, a light, and it's all numbered and categorised, is communicated and shared with the soul. So we have a real and direct connection between our soul and our Indwelling Spirit, and it's always advancing, which means we are always becoming more God-like as we also get to know God more personally. And forevermore our Indwelling Spirit is helping us to forge this soul-light reality, so do you see, gradually you are in effect becoming more your soul as you become more as God is. So by the end of eternity you will in effect be all that your soul is in Creation, which means... well, I'll leave you to think about that, but it's rather amazing, if not a daunting notion.

You mean we could become as God is, literally?

Well, so the theory goes.

Which means that perhaps God was once as we are now?

That's the general idea.

So we all get to establish our own Creation and have people living on Earths and we can give them a shit time.

I see you've thought it through.

Well to some degree, but I still don't know about it. I don't if I can accept it. There is too big a gulf between us and God if you ask me.

No, neither do we think that much about it, and I don't know if anyone does, but of course I'm still on the bottom end of it all, and it's a nice theory.

But what if we just become in effect mini-Gods, just super-beings, but God is still God?

Yes, well that too could be so, who knows, but the theory of the relationship between the soul and the Indwelling Spirit suggests big things. But the difficult part is to pin it down. It might forever only remain a theory because is there an end to eternity? Who's knows that answer, so in a zillion years time we might still not be any closer to it – a theoretical end, than we are now.

Yeah, I see what you mean.

But it's fun to study and speculate about such things, or at any rate I think it's fun. The others aren't too taken by it, but they respect me.

How about your soul-mate, what does she think about it.

She's cool, she loves it too.

How do you find out about that sort of thing?

Oh we read, but it's not as you read books. We receive books or papers or whatever, documents you'd probably call them, directly into our minds, sort of like when you down load onto your

computer from the Internet. Then we scan through the 'pages' at leisure. And they come from angels, and other types of spirits, and some from those from Earth who are now ahead of us.

Hey that gave me a thought, do you now how far toward Paradise the most advanced spirit from Earth might be?

No, I don't, but we can find out, there are records at Central Light that you can access that would tell you such things. I can find out for you if you like, but I don't think it would mean much to you. I don't think it would mean anything to me. All I know is they are out of Nebadon, but as us to where...

No, don't worry, I'm getting a bit off the track.

Do you want to know anything further about the soul and the Indwelling Spirit?

Well I like what Ester said about it in terms of relationships, is there anything more you can say about that?

Sure.

As you know the Indwelling Spirit comes into us without personality, it is pre-personality if you can imagine that, something like a clean slate, and it gains its personality through us. So once it's fused with our soul then in effect it has become us in personality, it is therefore even more a part of us than just fusing with the soul.

I see what you're saying, so the fusion really occurs on all levels, the soul and personality?

Yes, on the Creational personality level and on the Existential soul level. And it's a fabulous union for all time. God comes into our direct personality experience as the Mother and Father's Spirit dwells within us – within our, or at one with – our personality. And this of course then means that on a full personality level we can get to know God – person to Person. And it can't be done for our type of soul, ascending mortal soul – truth sons and daughters, without the inclusion of the Indwelling Spirit.

So through the Spirit of God, God gets to know us by in effect becoming us as it were, and we get to know God by in effect becoming God through Their Indwelling Spirit?

Yes, that's right.

And so up until that time, we're really not truly relating to God, and so we can't really get to know Them personally?

Yes. They remain more of an idea, a concept, a theory and a belief. You can have a limited mind experience of God, but it's nothing compared to how you personally start to relate to the Mother and Father once you've fused. How you relate to Them with and through your feelings. Your feelings that lead you into your soul-perceptions, so you can perceive Them through your soul. Because without being true to your feelings you cannot be aware of what your soul perceives: the subtler aspects of truth.

So really what you're saying is that we're flying in the dark, so nothing can make much sense to us because we won't have the right experiences of truth and with our feelings until we've done our healing and achieved a Celestial level of truth?

That's right. It's all sort of 'pie in the sky'. But once you've fused you are home free, then it all starts to unfold. It all starts to make sense, and most of all it starts to become real as you start to live it.

What would happen if someone on Earth were to finish their healing, could they fuse still or do they have to wait until they come into spirit, seeing as how Ester said they can't translate yet? Can you fuse with your Indwelling Spirit without translating?

From what we understand, and it waits to be seen, you can fuse, but not translate, the two apparently don't have to go hand in hand. And as to how one might experience that fusion, and what effect it would have on them, that we don't know. We experience soul-fusion with our Indwelling Spirits without translating.

I feel it's time to get back to Ester. Is that okay with you Darren?

Perfectly fine with me, I am more than happy that I was asked to help you.

Thank you Darren.

You are more than welcome James. It was great speaking with you James, call me up in your mind if you'd like me to tell you more about the soul or anything else like that.

Yeah, okay I will, thank you.

Ester, are you there?

Yes, James, it's right that we get back to it, we have to move on.

So you wanted to speak more about Ambly. I'm only asking and writing that because it helps my mind to re-focus on you, to stop thinking about the soul and the Indwelling Spirit, as that fascinates me like it does Darren.

And death doesn't?

No, well, differently. I don't think I fear my death. I don't think much about it other than long for it when I feel really bad. It would be nice to happen so I could get out of here and get away from all my worries and fears. And it's more the pain and suffering leading up to my death, as surely that's what it's going to be full of, that has worried me. I've had so much pain and so many worries though my healing, but that sort of excruciating physical pain as all goes to rot... I don't think I want to experience that. I have however worked through lots of issues, fears and incorrect beliefs I had about death, but nothing further has come up about it for a couple of years.

And of course you know that death isn't the big escape from your fears and worries, that you might escape ones focused on the material level of the physical, but they will still all be present and manifest on the spiritual level when you there.

Yeah I know. I know there's no escape other than expressing them out of me. But I just wish I could stop the pain when it all becomes too much and death seems like the way out.

Pity it's not up to you then isn't it?

It is. I'd like to die while I was asleep without any pain – wouldn't we all. However, maybe I would like, I think, to be aware that I was dying, to feel it and see what happens, provided there wasn't any pain. But then again, if the pain was brief and I could express it, then, well... I go around in circle. So then I give up as there is nothing I can do about it anyway.

You'll have to wait and see what your soul has in store for you.

Guess so, as you're not going to tell me are you? And do you know?

Yes, we've been let in on some aspects of yours and Marion's life. But as you know we can't tell you anything about it, it would deprive you of experiences and we can't do that. By the way that reminds me, you do understand that a sinful act – acting against yourself; and an evil act – acting against another interfering with their will in any way, is sinful and evil because it's depriving yourself or them of experience. Depriving yourself or someone else of their rightful experience is a big no, no. And that's what your parents did to you. They deprived you greatly of experiences you

would have had, had you been allowed to be free and true. So for me to tell you about the circumstances of your death would penalise me for which I would have to compensate, to make amends dependant on the extent of which I denied your experience.

So is it as if all our experiences are laid out waiting for us to live and if anyone stops us from living them, then they have sinned against us, ourselves included?

Yes, by living a negative, self and feeling, mind and will state, you are continually denying yourself your true experiences, and that's why you can't uncover any truth in that state. And it also means you are continuously causing yourself a lot of pain – the pain brought about by your transgression or self-abuse. And then it also goes deeper than your personal level too. By denying yourself – your soul, experience, so too are you denying God experience, all by stopping your soul – and so effectively God – from expressing itself fully in Creation. It's stopping that part of Creation from perfectly coming into being. And such sins have to be compensated for, and that involves pain and suffering, because really you are hurting yourself by hurting God. And it's not something I feel like bringing upon myself, even if you were to beg me to tell you about your death.

Fair enough. I won't ask.

Oh you can ask, you can ask anything you want to, but that doesn't mean I have to tell you. I have to be responsible for my side. And now that I have completed my healing I can easily say no, whereas before I had done it, it was hard for me to say no, as I would feel very guilty, my parents having punished me for saying no to them.

Yeah I've got that in me too, I know what you mean. Saying no has been very hard for both Marion and I.

So what did you want to say in regards to Ambly's story?

I wanted to say more about parents considering telling their children about what's going on in their lives.

A child is a member of the family and so by rights should be given the full right to know everything that's affecting its life. When it's able to comprehend such things, to deny it is only to keep it from participating in the family relationships which will make it feel unloved and unwanted.

My parents did that to me when my grandmother was dying. Everyone including her made light of 'granny's illness', they all said as she was old she just needed a rest, and to my child mind that made sense. But then suddenly one day she was no longer there. We had been away staying with our cousins and when we got back it took a long while before anyone actually told me the truth, that she had died. I felt so let down, betrayed by my own family that they didn't have the decency to tell me what was really going on. It put a big rift between me and my parents – how could I ever trust them again? – and I never reconciled this gulf as I was aware that I could not trust them so could no longer take them seriously; and I was proved right on many subsequent occasions.

This rift however did have a good side to it. When it came time for me to begin my healing it was this rift, a real and tangible thing I could concentrate on as a great source of bad feelings; and the thing about it was, that it led me into understanding that my parents were liars and cheats, always cheating me out of my rightful experiences, and this of course made me feel very angry, all of which had to come up in me so I could express and find the truth of it all.

That was all I wanted to say James.

Ester, how did your healing begin?

I had been introduced to longing for the Divine Love and to the Mother and Father, and loved praying to Them for it. And as I associated with other spirits doing the same, I learnt more about my healing, that is: that I was living in rebellion against God and myself; that I was imperfect; that I was heavily denying many of my bad feelings; that I was evil. And I didn't feel happy, the euphoria of a new life in spirit having long since worn off. I was at the time living in the second mansion world. I wanted to progress higher but no one seemed to have any real idea of how one should or could go about that, and then it didn't matter anyway because a friend of mine took me along to a Divine Love prayer evening and that was that.

I remember that I made a conscious decision to start my healing. I understood about having to acknowledge and accept my bad feelings, and that expressing them was the key to access the truth hidden within me, all of what has been told to you. And I half-heartedly tried to do that, but I wasn't fully committed. I found I only took it all seriously so long as I was attending one of the classes on it – workshops that helped introduce me to all these aspects.

When I was there and doing the exercises, I was focused on myself and sure enough on some of my feelings, and so if I felt bad during the week I was able to recall the experience that brought about such bad feelings and work on or with it. I would speak about it to the 'friend' spirit in our role plays and at times I would get right into it, and I would make progress with questions being asked by my friend, the teachers and supervisors to help me go deeper. It was hard work but enjoyable when I did reveal something to myself, and like you, I didn't immediately start connecting with the pain and beliefs of my early childhood, that took time, about a year in fact. But still I was happy with the slow progress I was making. For most of us in our group, there were about thirty spirits, we all took a similar time, except for one woman who definitely had the knack and so it wasn't long before she left going to a more advanced group. But the rest of us plodded along. None of us ready to make a total commitment. And all the while we were learning more of the theory, developing our mind, adding beliefs and building our longing. You've got to have a fully focused will, a real determined desire and very strong longing to do it, and that can take time to establish for some spirits.

But after about a year, suddenly after one class it all made sense, you know that feeling when suddenly you get it, well I got it, it suddenly all became real. It was me, MYSELF, who was important here, and this was my way to help myself, to love myself, to heal myself, to really do something that works. It was a big insight, the first real connection with my true self. I had obviously done enough work to bring myself, the real and true me, in from out of the cold, make it sit down, take stock and face the truth: this was what I needed to do, above all else – make a total commitment. So I made it. And I felt really good about that.

However back at the classes nothing had changed, I continued to plod along, but in me now was a growing determination. I linked up with some other women all who felt the same way as I did, and we all decided to help each other stay focused and on the case with our bad feelings whenever we were together. That became our relationship, a working healing one, encouraging each other to express our bad feelings and being a willing listening supportive and sympathetic friend. And it was good fun, hard, but exciting in a way knowing we were able to help each other and do it outside of the classes.

And it continued on from there. Slowly I became more open and receptive to my bad feelings, able to speak about them without needing anyone else's help. And I was under way.

And how was it, how did it all go?

It was hard, very hard, towards the end doing the deepest stuff especially.

Like what Marion and I are going through?

Yes and no. I didn't have the physical aspect like you do. And without it our thoughts and feelings are much clearer, much more intense, so I hurt more emotionally, mentally and spiritually than you do. But I guess so far as the net amount of pain is concerned, probably similar. However having said that, I was given more freedom by my parents, then you both were by yours. So I didn't have such bad self-esteem problems as you, but then I had my self-gratifying smug ego to contend with, which very stubbornly refused to budge at certain times; whereas from our observations of you both, your ego's have never been able to feel good about themselves so haven't put up much of a fight, so you've both been able to plough on steadily. It took me a lot longer to do my healing than it will take you both. I had a lot more distractions. Although I said I fully committed myself, which I did on a will level, still there were continual things to distract me, to take me away from focusing on my feelings. Whole weeks would go by in the early days before I would realise that I wasn't focusing on them truly. It was easy to believe I was focusing on my bad feelings and speaking about them, but a lot of that talk was only my mind making stuff up, when on a feeling and soul level I was just going around in circles wasting my time.

I feel like I too do that a lot, compared to Marion.

Yes, so you know what I mean. Marion is what we'd call 'a natural'. There were enough of them to help us, but not all of us were easily able to be always self-determining in our feeling-healing. At times, and often very regularly, we needed help from the naturals. You need her to keep you focused and on track, just as I too needed such help. But we see you're getting the hang of it now, and it has taken you many years. And I will add, just because I am a woman doesn't necessarily mean that it's easier for me to express my feelings because I am naturally closer to them and more emotionally inclined. There were just as many men who were naturals at expressing all their feelings, and just as many women who stubbornly refused to allow themselves to accept their bad feelings and then speak about them.

I have wondered about that, whether women will find it easier to embrace their bad feeling expression.

Overall, they will be far more open to it, to accept and understand that it's very important and what is required if one genuinely wants to make any real spiritual progress. But still, as to whether or not they will easily be able to do their bad feeling expression to uncover the truth they are keeping hidden from themselves, is another thing entirely. And in the end you need each other; both women and men need to help each other. You need the different perspectives continually interacting to help stir up the bad feelings, and to fight each other to help simulate the environment of your mother and father.

I find that because it's a feeling thing and not something you can do with your mind, and I've been so conditioned to do things with my mind, that to break down such conditioning will take me right to the end of my healing. Whereas Marion's parents did her a favour, if you could call it that, they abused and hurt and terrorised her so much that she couldn't use her mind to escape into, so all she has is her feeling awareness.

That's right, and as hard as some bits have been for you and easy for her, so too have other bits been easy for you and hard for her, so it all balances out.

Yes, I suppose it does, if I look at it that way.

Did you know you were coming to the end of your healing?

Oh yes, but like you my completion stage seemed to go for ever. We joke that it's the Mother and Father's sadistic sense of humour, to call it the Completion Phase and yet it goes on and on and on. But when the end finally came I knew. You have to, it's part of the deal.

And you hated God along the way?

Oh yes, we all did. One has to because once you've hated your parents to the end of your hatred of them, and you still feel angry and full of hate for all you've suffered and how you've been treated, then you only have the Mother and Father to hate as They set it all up, put you in it, and keep it all going.

But such hatred was only a part of feeling so unloved and rejected, and once all that hurt and pain had been healed, then there was only love, and that is how I feel about Them now. I love Them for the experience of the negative They gave me. And yet whilst I was deep in my fury, rage and hatred, I hated Them with a vengeance. How dare They treat me so unlovingly! How dare they create me only to make me suffer. How dare... And it was the same I felt for my parents: how dare... and can you see my ego in it?

I find it very difficult to hate God.

Don't we all, as we've all been so programmed to love God and believe God is only love. And so to have to face feelings of hatred for Them because They have given you your shit rotten life, is something that takes some time getting used to. And only by speaking about such feelings: admitting them, expressing them, getting them all out in the open, can you find the truth of your hatred for God. And like when you find any truth, once found you no longer hate, it's an incredible experience.

As we've told you, every belief has to be stripped from you, so if you believe God to be all-loving of you, then it has to go. And so what will you be left with – all-hating. And to admit that God hates you, that God must hate you for how can the Mother and Father let you suffer so much if They don't hate you, as They are doing it all on purpose; and then to go even further to accuse Them of being evil is where your relationship with Them, your parents and with yourself in the negative is positioned. We were conceived into a world of Rebellion against God. So we hate God, and live unconscious misguided beliefs that we are right and God is wrong, that we are good and God is evil. And to cover these beliefs up with the very opposite, that God is love and loves you, is the same as saying that you love the very ones who are making you suffer and feel so desperately unloved. It's the same as saying you love your mother and father when all they did to you was make you feel unloved. You are saying you love the Evil Ones, and although on a truth level it is all around the wrong way, and you might even intellectually believe this with your mind, you have to put all of that aside and keep honouring your feelings, following them, going where they take you. And they will take you into this hatred and then you can bring it all out.

Only yesterday did I uncover a part in me, in which I was told by dad and Gran to be nice to mum, to love her, to look after her, to make sure she is not unhappy and that nothing upsets her. It was

when she was pregnant with my brother and sister, and dad and Gran weren't there. They made it sound like, and I believed them, that I was important, and that mum needed me. It wasn't mum saying she wanted me to look after her, it was them. And so there they were telling me how important it was for me to look after the one main person who rejected and dismissed and hurt me no end. I was supposed to love the one person who didn't love me. I was supposed to put aside all the pain and suffering, all the bad feelings she caused in me and love her, and make sure nothing disturbed or upset her, and what was I to get out of it all? Nothing, only more rejection, hurt and feelings of not feeling cared about or wanted. Great! How unfair of them, so I guess that's sort of what you're saying.

It is.

I just couldn't believe it. Here I have been all these years believing that I was doing a good thing by everyone by helping mum and making sure she is all right, when what help did she give me. She made me feel like she didn't give a shit about me; she only wanted me to use me to look after the other two. She didn't genuinely love me and want me to be myself and want to get to know me. And how was I age at the age of three, and four, and five, and fifteen, and twenty five, and thirty, to know how to look after my mother. I couldn't do anything. One of dad's great orders was: "Keep an eye on your mother", yeah right dad, which one? How pathetic can you get, for what was I supposed to do and what did he mean. He never said to ring him, not that I would have known when I was young how to do that, but as I was a 'big boy', I could keep an eye on her. Yes mum, I have my eye on you, so look out. As if by keeping my eye on mum I will be able to make sure everything is all right with her. God it makes me furious, more anger to express!

It must be an incredible experience to live on a whole world, worlds, that are fully given over to spirits doing their healing.

It is, something you won't see on Earth for a very long time.

From what other spirits tell me, humanity has one age of one thousand years to do their soul-healing in, is that right?

Yes, that's right. Then the Divine Love will be withdrawn at the end of the age, and people will be only able to do their feeling-healing, and the same applies to the mansion worlds. So people and spirits will live a perfected natural love, those who do their feeling-healing, and gradually they will change the world. And once that change has taken place to warrant the Divine Love being offered and made available again, so it will be. Humanity needs time to take responsibility for it's own destiny, for itself. The time without the Divine Love will be needed by humanity to collectively decide to change, to give up the Rebellion, to heal themselves of it's effects, and they will have to show they are serious and really want to do it. Just as I had to decide for myself – to once and for all make the full and total commitment to finding the whole truth of myself through my childhood repression. One never knows, but humanity might decide to keep going with the Rebellion and screw the healing. We will have to wait and see.

Sounds like a long time to wait, thousands of years I would imagine.

Yes, my soul-group will be long gone, on our way to Paradise, but we'll still be able to keep in touch with what's going on on Earth.

It will be interesting to see how it all works out.

And you will James, we all will. And with that, that's my time up. Nice to speak to you James, I very much appreciate the time you've given me, thank you – Ester.

Ester, I thank you!

Then we're both happy we've got something out of it.

Very much so. So who's next?

I am James, Elijen.

That's an unusual name, to me at least. And how I would pronounce it, I'd probably think it was a mans name, but obviously you don't think so?

No, I am a woman spirit. Others have had the name, so I have found out, but I made it up. I liked it so stuck with it. Some spirits are always changing their name, some even wanting to be referred to by number.

Something like the names people use on the Internet.

Yes, but mostly only a single name and no surname is all you need. And you don't want it to be too confusing, not in the Divine Love mansion worlds when you start to take life seriously, getting down to the business of doing your healing.

I thought it might have been your soul-name?

No, I am as yet unqualified to receive that, as I am resident in the fifth mansion world, still working my way deeper into myself.

I have been asked by your soul-group, one of them is a relation of mine and they've been helping me with my healing, to tell you about my death experience, so that's what I will do. Are you ready for me to tell you?

Yes, I've had a rest and something to eat. Peepoo aka Potsy, Peets, Smoobry and many other names – she's a bit like you changing her name – is in her chair in the afternoon sun. Marion's asleep on the couch having been through more hellish experiences all day yesterday and this morning, and suffering from a bad headache, so I'm ready.

Very well then.

When I was eight, I had strange dream. In it I met a man, a nice man, a very friendly man, and he asked me if I would like to know how I was going to die.

I said I would and so he told me. There wasn't any funny business, it was all above board and straightforward and it turned out he was right.

He told me because it would affect the whole of my life and this was what God wanted. I have since learnt that the man was a vision created by my Indwelling Spirit, a way for it to communicate such truth to me. And it did indeed effect my whole life. And in both good bad bad ways. The dream was so real, and I never doubted it. I forgot about it at times, but it would always come back to me, and that did condition some of the things I did and how I went about conducting myself in life.

He said that I would die... and he showed me a picture, and it was me, and there I was an old lady sitting on the veranda of a house that I knew was mine in the sun. My head was slumped on my chest. I saw myself waking up looking around and then going back to sleep, only this time to never

wake up again – this I knew. I also knew I was eighty-four, with three children and four grandchildren. And that one of my children would die when he was ten, the other when he was nineteen in the war, Second World War, and that my two daughters would meet nice men they would be happy with and have between then eight children, some of which would come after I had died.

You didn't need to go to a clairvoyant or Tarot card reader to have your future read then.

No, no need for crystal balls for me, however I did throughout my life go to many readers only to be told roughly the same things by some of them. Those that told me something different I knew were charlatans.

And all you were told presumably happened?

Yes.

So I can see how it might have affected your experiences.

Yes. When my little boy was ten, I waited. I had such a feeling of *fait accompli*, and a feeling that nothing I could do would stop him from dying. And then when he became ill I knew that he wouldn't recover from it. I was open with him when it was obvious he was dying. I told him about my dream and he said he felt good about it all. He said a man had come to him and told him that he was going to die and leave the family but there was a new one, just as nice, awaiting him in spirit; but this family would be only one to fill in the gap until his real family died. He said the man told him that I would know it was all right; that I would make sure nothing bad would happen to him, and that he would go to a very nice place, a place where he no longer would be sick.

When he finally left I was relieved it was over, as it was very hard on him. He left with smiles on his face and all his family around him wishing him well and asking him to send them letters back about the new family he was going to stay with.

One day I asked him if he knew why he was to die and he told me it was what God wanted, that the man had told him so, and that one day he would be able to ask God why he'd wanted it that way, and God would tell him and it would make good sense. And he was happy with that.

I have since met him in spirit. He had a good life growing up with the other family. We missed him but I don't think he missed us too much. I was sad that he had to go, but I always felt through my life that he would be happy, and he was. He's much further on than I am now, he's in the unnumbered Celestial spheres, and it's largely thanks to him that I am here now slogging away doing my healing.

When it came time for my other son to go to war I was demented as to whether or not I should say anything to him. It went so well with Marcus telling him about his death and the dream, but with John, no, I just couldn't come to interfere, it was his life, his destiny, and if it were to be so, then he would find that out soon enough.

One night I had a dream. John was standing up in a battle tank with his head sticking out the top, cruising along over fields in the full glory of battle. There was a long line of tanks all with the same colours as his and they were heading toward a long line of the enemy's tanks. It was with the first salvo fired from the enemy that I watched in horror knowing it was coming, the top of his tank explode with him in it. So that was it, John was gone.

Upon meeting up with him in spirit he told me that it was good for him dying early. The life that was for him on Earth probably wasn't going to be that good anyway, somehow I think we both new

that. He said during that attack he felt it was his time. He wasn't afraid, but he only wished that he could somehow tell me and his father that he wouldn't be coming back, that he could say good-bye.

We discussed whether or not I had been right in not telling him about his death and he said I was right, it would have interfered too much with how things went. So I was glad about that.

John is still in the mind mansion worlds, in the fourth world, living with a lovely girl and very happy and content. They have adopted three sweet children. Those spirit children didn't figure in my dream.

And my two daughters did marry nice men and had as I said four children, two each by the time I left them.

And the most amazing part was that when it was my time, there I was on the veranda of my house in the country – I had lived there in the later part of my life. I was sitting in the sun dozing off, and suddenly I woke up and I knew, the dream came back to me loud and clear, and I knew it was then my time. I felt an inner pulling, to return to sleep and so I let go... waking up in the receiving room with my two sons waiting for me. It was a lovely reunion. They had both changed so much, but I knew it was them. And my parents were there standing behind them, it was a very nice arrival.

And that James is all I have been asked to tell you. They also asked me to ask you if you have any questions when I had finished, so do you?

It sounded like the man in your dream ran in your family.

Yes, he came to my grandmother, and her mother, and then her grandmother, I've spoken to them all about it. We don't know whether it was the same man, he wore different clothes but looked similar in all of our experiences, but being our Indwelling Spirits creation, who knows, it's quite possible they manifest the same man for us all. We kind of like to think they did.

So you've caught up with a lot of relations?

Oh yes, that occupied a great deal of my time when I first came over.

I can imagine there is a long family tree.

To say the half of it! It stretches back for countless generations, and most of them are all in spirit.

Where would the others be?

What I meant was some had moved on. They are too of course in spirit, we all are, but they are no longer in the mansion worlds, having embraced the truth and moved on into the Celestial spheres. Relatively speaking our family line has been a bit tardy in that respect. Some other family lines are the opposite to us, with most members well and truly on their way in the Celestials or higher.

Do most family lines have much to do with each other, or is it mostly an individual thing in spirit?

Some do, some don't. Some lines are very strong and like to all clan together, but then they tend to limit their growth, and such clans live mostly in the mind mansion worlds. Once you start doing your healing, you really don't want to have too much to do with your family. And by the time you are healed and with your soul-group, from what I have been told, you're with your true family and so your Earth heritage doesn't mean all that much anymore, if anything at all.

I can't say that I'd be that interested in contacting all my relatives.

No? You don't know. You might take a liking to it when you come over here, lots of spirits do. It's a great hoot, getting to know everyone, hearing all their stories, it can shed light on why you are as you are.

I can see how it might help you with your healing. I did go through a phase of wishing I could find out about my relatives relationships, as I never took much interest in them, but having worked through all that stuff, now I feel nothing for any of them and certainly no desire to meet them. But that might change as you say.

Yes, meeting your relatives can help to a certain degree with your healing, but you go back about three or four generations and then so what, what does it matter, you feel like shit anyway and have to deal with those bad feelings. You can see certain traits, why you might have picked up a habit you did, but in the end you have the habit and you have to deal with the reasons why you got it, what happened in your family relationship to cause you to do such a thing to yourself. And also in the end, who cares why you have blue eyes, and that you looked like Mike from back ten generations, and hey isn't the gene thing amazing. It good fun when you're into it, but when you're doing your healing... I'm a bit cynical right now.

I understand.

Hey I'm glad you don't do anything for Christmas, it's Christmas day down here, and as Marion and I don't believe in it, I'm glad you're all around to speak to.

No one in the Divine Love mansion worlds believes in all that rubbish. It's still celebrated strongly in the Christian sectors of the mind mansion worlds, but we've all long since given it up. There's no need to be false where I live, in fact it's heavily frowned upon; and with so many spirits trying to not be false, any falsity is soon shown up. It can be quite embarrassing, making such a blatant fool of yourself. The spirits who were big on the show, always having to be the centre of attention putting on a show on for everyone, have a hard time of it. No one laughs, no one reacts how they are used to them reacting, they are a real flop, it's very humiliating for them. They soon start expressing their bad feelings feeling quite the idiot.

It sure would be a relief not to have to go through all the falseness every shop you went into, "have a nice day". It would be a relief not to have to go into anymore shops or supermarkets period.

It is, and something we are so very grateful for, that such a horrible way of life as that on Earth, so anti-nature, anti the person, and anti God, no longer exists for us. It would be such a disappointment to die only to be brought back into it all again, and having to start out at the bottom.

I think some people would love it to be the same, they're probably disappointed it's not like that in spirit.

They are, but they soon adapt, being able to use their power-plays somewhere else. What is really good is living with spirits who are all actively trying to give up all that nonsense, all striving to be true; actually I can't tell you how good it is, so refreshing, and it makes you want to keep going with your healing knowing there are many like you.

Do you have any other questions James?

No. Only I'm envious – I want to live in a complete Divine Love world.

One day James, but it's not your time yet. I will go now. “Nice to meet you, and have a nice day James, and Merry Christmas!”

Yeah right, thanks Elijen.

'Glad to be of some assistance to you James. Please don't hesitate to call on me again.'

Oh please.

See ya.

Now that's more like it. Bye.

James, my name is Mike, my turn now.

Hello Mike.

My life story is one of highs and lows. I was one of those people you and Elijen were just speaking about, those that would have loved spirit life to be more of the same of what Earth life was: business, business and more business.

I made a fortune, lost it and made it back again. All in shipping: imports and exports. It was an economic down turn that ruined me. I ran the business too heavily on credit, but I was lucky enough to get a new start from a good friend when things were economically looking up again. And my old formula worked, only this time I took it more slowly and didn't over extend myself. I made sure I wasn't going down again.

I worked every day of the week. I worked from seven in the morning to seven at night at the office, came home to my wife and three children, had some dinner, went into the study and worked some more. And it was like that most weekends. I didn't want time off. I needed to make more money. And the family all busied themselves spending it. We loved each other, it all suited our needs, we were happy. And how wrong we all were. How wrong I was. It was the old story, but that didn't interest me at the time. I just loved making and doing business; it was all I lived for, all I thought about, all I ever wanted. I believed I was happy. Wrong again. More of the same old story: riches don't make the man happy, no, but they sure occupied my time.

I had a heart-attack from stress at my desk in the office. I had received a message about a shipment being totally screwed up and I was fed up with the man I had put in charge of it. He had lost me too much money and god knows why I hadn't sacked him, but that was the way of things. I think I kept him on so he could one day kill me; so when the rage and fury welled up in me, that was it, my system couldn't take it and everything ceased up. I felt a terrific sharp pain in chest, couldn't breathe, felt trapped, and then darkness came. I remember the sensation of falling forward, then nothing. I woke up in the first Earth plane as I had no intention of letting go of my business and my hold on things.

But I quickly found out that I was ineffective. I felt so incompetent. I would sit and watch the idiot they put in to run the business, but he didn't understand a thing and lost everything. I was devastated as were my family as suddenly they had no income. I never thought about anything other than myself. I never fully insured against such an inevitability.

It took me a long time to fully let go of Earth. And what did it was hearing, here and there, talk about spirits who were able to still have something of an influence on Earth. I wondered about that, could it be so? And how could they when it was clear to me that those on Earth couldn't see or hear me. But it got my mind working. I had learnt nothing from my death experience, and the thought of setting up a new enterprise, one in which I could be everywhere I wanted to be so effortlessly, travelling the world so easily, was very appealing. So I decided to find out. None of the other men I was associating with – all business men like me, we went to the same club – had any idea about it, but one of them said he would come with me and we'd try and find out.

We questioned everyone who we thought might know something and gradually it became apparent that we had to progress to a higher world, into the first mansion world at least, before we

could seriously consider such a thing, so that's what we did. We found out that if we changed certain beliefs, if we said and tried to live a more morally pure life we could do it. We just had to accept our Earth life was over, and step out into fully embracing our new spirit life – and that was fine by me. I was ready to give it up, and then, so I believed, start over with it in another way. It was not easy to do but we did it. Really all we had to do was change our beliefs, and want to live in the mansion world without the attachment to Earth, and that wasn't so bad.

In the first world we started enquires again, and soon met men who we could 'go into business' with. We discovered that it meant basically finding a worthy subject on Earth, someone who was open to our mental inspiration and thoughts, and who would act how we wanted them to. This was a challenge, but eventually we found such a man.

He already had a successful business and was very ambitious. He had built it up all on his own with no help from spirit, but now things were about to change. He was in his late forties and looking for new inspiration, so his mind was open and receptive. And into it we delivered our thoughts, some of which he acted on, some not. But gradually he got more accustomed to this new way of thinking, seeing that these thoughts and inspirations were paying off. And we were able to work more closely with him even right down to sitting with him: we'd descend into the first Earth plane, and go over the numbers with him, offering hints and suggestions. He revealed in his new mind. He loved the feeling of power he got from it. And we loved how he was allowing us to lead him more all the time. He didn't actually know it was spirits helping him, he didn't care, so long as this new inspiration kept coming to him. And we gave him thoughts that created and inspired feelings within him to the effect that there wasn't any reason for it to stop. Then came his test of faith.

We had set up a big plan. It meant for our man on the ground, branching out into a whole new line of business, something he wasn't experienced in but would make him millions of dollars and would compliment all he had going. We put it to him: we fed him the inspiration and the vision and then we sat back to see if he had the balls to carry it out. And he went for it. We also encouraged him to take a risk with a younger man in his company, putting him in charge of the new enterprise. He did, and they became firm friends.

Then we were ready for the next leap, into making billions of dollars. It involved a radical move taking over a very large company and meant over extending himself, stretching his credit line to the maximum, and if something were to go wrong, he'd not lose it all, but he was up for it. He was now ten years older and not caring so much anymore about the risks. He had proved to himself that his inspiration was reliable, and was happy to just have fun and see what he could do, so he opened up his mind even more to us. We were all in heaven, a dream come true. The size of the business was way beyond anything we could have organised on our own, and it was only a tight little group of the four of us. It was fantastic, and gave us such a buzz being able to be always a few steps ahead of the other guy.

We plodded along for a few more years as the economy slowed, planning strategies for new moves when it picked up again. And we were trying to find a suitable successor to our man, as he was getting on and you just didn't know. He was beginning to have thoughts about retiring, selling up and spending more time with his wife and children – moving to live in the Caribbean rather than staying in London, not that I could blame him, but that wasn't what we wanted. We didn't want to see all our efforts go down the drain.

Mostly we kept ourselves and our activities secret. We were able to get near to him when no other spirits were around to see what we were doing. There are lots of spirits in the Earth planes always nosing around the rich and famous on Earth, or the politicians and successful business men and women, but few were interested in our man when he was on the job, yet we were.

Anyway, we found a possible replacement, his son. And we put a brilliant strategy to him to

present to his old man, which he did, and his father gave him the go ahead and was astounded as to what his son managed to pull off. It cemented their relationship to the extent that he started to allow his son more room to move, and then decided after another ten years it was time to quit and leave his boy to it. He retired and soon died on the beach of his retirement home in the tropical sun, and we started on him to come and join us.

He, like us, went to live in the first Earth plane and mostly watched his son, which brought him into contact with us. Unlike his father, we didn't have to be right with the boy to give him our mind inspiration and thoughts, he was more receptive, so we could work from the first mansion world without having to go down into the Earth plane. We could help the son without the old man knowing but gradually we introduced ourselves to his father and revealed how we'd helped him, and then how we were helping his son.

By the time we came forward he'd deduced that his boy must have been receiving some unseen help, and figured that was what the change was in himself when he started to feel newly inspired, only he couldn't figure out how it was being done. So we told him.

And yeah, he wanted in. He soon arrived in the first world and we filled him in. He loved the whole idea of it, of helping his son, so we made our plans branching out into mining, mostly gold.

It was a grand time, and all went smoothly for a while, the wars were boom times. We traded in munitions and got huge contracts from the allied governments. But then we came up against a snag.

It was then we realised that we weren't the only kid on the block. That we had got ourselves into something very big, and we felt very small.

One day we had a spirit visitor, and he told us all about our business deals and affairs. He told us about our next major move with the son. And he told us how it was going down, which was not how we'd planned it to. We were angry and told him to piss off, Earth is a big place, progress was taking off, the post war boom was starting, there was room for everyone; but he said if we didn't play ball then we'd be sunk. We still said fuck you. And we were done out of the deal; repeatedly done out of deals, so we had to face the fact that someone was playing this game with a much higher perspective, and we wanted in on that game.

So we went to the spirit, and we told him we want in with you and we'll give up all we are doing and he agreed. We were invited to attend a lavish party and then to have a meeting afterwards.

We all sat around a large round table with this spirit and another who we took to be his partner, but soon realised was his boss. This boss guy was in charge and laid down the rules for us. And by the time we left that room our eyes were boggling. We simply had no idea of the power brokers in spirit all vying for the big time on Earth. Sure we had heard rumours about them, but in spirit you can't just go looking up the board of directors, there are sectors within sectors, levels within levels, and a lot is carried out secretly. And as I know now, this boss was only the local boss, he lived on the first world like we did, and he was being run by second and then forth and even sixth world bosses, so we were very little fish in a not so big sea. But we still wanted to play ball, so got involved. And it was fun, greater fun than we'd had. And it was all very well organised.

We still worked as a team and were given assignments to complete. We had to go and look at companies and see what they were doing and how effectively they were doing it. And then upon submitting our report and recommendations were given instructions to carry out. They could be anything to help sabotage the company, to helping it prosper, and all the time we needed to find suitable candidates to inspire their minds, and there just aren't a lot of those sorts of business men around, but it was fun trying. But we still had no idea about the grand plan, a plan we all felt sure must certainly exist.

One day I was asked to go to a meeting alone. That was kind of unusual, but hey, who was I to argue. When I fronted up, there were ten men – spirits, none of whom I'd seen or knew and they rigourously interviewed me. It was hard but I loved the challenge. At the end I was dismissed none

the wiser. A month later I was presented with a proposition, which I eagerly accepted. I was to leave my friends and to study hard to progress to the second world. I would be heavily instructed as to how to advance my mind in the right direction, whilst still maintaining my allegiance to 'the corporation' as we called them.

I saw this as a great opportunity to further my position and gain more power. I only wanted power and now I had the way in.

I did what I was told, and although some things I didn't feel good about, I knew that I was always being judged and observed from above.

As the years passed I found I was becoming more aggressive, more determined to succeed. I was able to cultivate the 'nice' and 'loving' exterior burying my anger, keeping it well under control. I was able to use my mind to control my feelings and emotions all in keeping with what was asked of me. I came to understand the psychology of what was needed: how to present a picture to get others to do what I wanted them to do; and to do this all seemingly by making them feel it was their idea.

One of the difficult tasks I had to do was sabotage my former friends, to consider them 'former' and to set them up in business so they would fail. This was my biggest test, and with each succeeding success as I dispatched them to the lower rungs all without them having any idea of my treachery, I could feel myself grow in the eyes of my controllers.

I felt controlled, every step of the way. But this I accepted for I felt I was an apprentice of sorts. This was big time. This was way beyond anything I had any understanding about, and the higher spirits had been at it a lot longer than I had.

As I progressed up through the second and fourth world I was gradually let into higher inner circles. It was all very secretive and lot of mind control exerted to keep that secrecy. Not many spirits at the level. I was starting to become aware of, knew anything about our existence and what we did: control business on Earth.

And yes that is what I wanted to do, have my say, control. I wanted to be the great unseen controller, calling the shots, dictating what people wanted, what they needed, how things were going. The feelings of superiority, the power I derived from them, greatly inflated my ego giving me feelings of being important and special. And it was all really very easy. There was always enough people who could relatively easily be easily mind led. It took nothing to insert thoughts, imaginings, ideas, visions, and plans to be carried out to achieve my goals, in the chosen ones mind. Those chosen on Earth to carry out our nefarious deeds.

And our deeds were evil. We weren't doing what we did for anyone's benefit and better life. We were doing it all for our glory, our own smug self-satisfaction, and all really because we could. No one higher up came to stop us. No one said we couldn't do what we did. We weren't hurting anyone, nothing we did violated the laws of will as we knew them. Those people on Earth we manipulated all wanted what we offered. Some people, and I was to find this out later, had even known about us – the influence of spirits – and sort our help. It had been going on for generations and was all a family affair, but that wasn't revealed to me until I reached the sixth world. Up until then, I still naively – I still hadn't thought it through – believed that it was just whoever could do the best business wins, the bigger the conglomerate, the more globalisation, the better. And I had all the time in the world.

One of the important things I learnt was there was a time and place for everything, an ebb and flow to humanities progress. Partly carried out by the likes of us, but also it seemed, partly natural, or being carried out by something or someone beyond us. So not all we did worked. There was always a lot of things that were unpredictable. When I say we controlled the world, the direction it was going in, that's not entirely correct. We had an influence, but as to how big that was, was hard to tell. But when I reached the level of understanding that most of the world governments could be manipulated, then I understood that one could subtly fashion the direction of things.

Yes James, most of those elected are either manipulated into their positions, with their compliance of course; or are simply left to achieve them naturally because they will not be any harm, will do what is wanted without any force being required. The governments of Australia for example. Little to no spirit manipulation was used on them when I was involved because Australia was not very creative nor prepared to step outside what Britain or America wanted it to do. And it was in Britain and particularly in America where the most manipulation was applied.

Forces were also brought to bare on the Russians and Chinese to coerce them into supporting their communist leaders, just as was Hitler supported. As it was known that by appealing to the power lusts of the leaders of these countries they could be used for ulterior ends, those ends as decided upon by the higher controlling spirits.

Eventually I succeeded in reaching the glorified levels of self-proclaimed saint-hood. I achieved the sixth world mind control, and I was ecstatic. I was in bliss. I had mastered my minds control over my emotions. I could enact a thought without any emotional side effects, and I was now to be let into the 'Top House' as it was called.

Not long after my arrival in the sixth world I was invited to yet another meeting, and this time I was treated as one of the boys. I was the junior partner and everyone seemed very pleased to have me on board. There were twelve, all who considered themselves the 'New Apostles of Earth'. This name was said with a dry tongue in cheek sense of humour, and I was the thirteenth as they always needed one or two in reserve because not everyone wanted to stay at the top. Some spirits, so I was told, apparently gave it all up, sort of retired having got bored with Earth and becoming interested in other things. Others just didn't show up one day, said to have suffered a mind breakdown, something that was attributed to those sixth world spirits that weren't able to hack it. There was a lot of pressure living at that level of mind control and the spot-light was on you,. You had to be rigourously self-controlled and highly disciplined to keep it all going and all together. Now I understand that all I had succeeded in doing was perfecting my negative mind state, so I was living in supreme feeling denial, and it takes a lot of will power applied to your mind to do this.

On the surface of it, were lower mind spirits to meet us, they would think we were gods, if not God. Our light was bright, our minds expansive, and we gave the impression that we knew it all. We felt and believed, and so impressed on others, our superiority. We were the furthest you could transcend, and many aspired to be like us, and many others worshipped us. Although we kept a very low profile and were never in the public eye, many other sixth world spirits delighted in descending to the lower worlds and lording it over the lesser beings. They were revered as saints, some even posed at being Jesus and were loved and worshipped. Many set themselves up as gurus, giving out their own personal philosophies on how to achieve 'enlightenment' as they believed they had. And it was all a con, all a fraud; all false, and yet all the mind mansion worlds wanted to achieve it. Bizarre and absolutely mad isn't it – everyone striving to become perfectly evil!

To finish my story, what I discovered was there were a very close knit group of spirits who pulled the strings for a very close knit group of families on Earth. The sons of these Earth families were trained in being able to receive inspiration from us spirits – they knew it was us calling the shots, they wanted it that way, and planned to join the spirit group when it was their time to die, and indeed about half the spirits in the spirit group had been in one of the families when on Earth.

Occasionally the families changed and would evolve away from, or deeper into, such control, but basically it's been going on for centuries. Simply a natural outworking of those like us who want and thrive on power seeking it after they died.

I stayed with the group for only twenty years, then I suffered another heart-attack, but of my spirit heart, and all done by my mind. I broke down, and that was the end of my glory trip. I 'fell' back to the lower levels into the second mansion world, and into a hospital set up for spirits like myself. As I recovered, a very long tedious process, I was offered another way of life, and I took it.

That was my introduction to the Divine Love.

So James what do you think?

Well, as you starting off, that was okay, but when you started to speak about how much spirits supposedly control us on Earth, it got a bit harder to accept. I found that I wanted to reject the idea, and I thought you – the spirits – were probably just pulling my leg. Then I thought all you'd told me was probably crap, which it could be for how can I tell. So Mike, you forced me to re-access everything, not a bad thing, but as always, I thought I'll just see where you went with it and then see how I felt about it.

Toward the end of your story I could then see where you were going, as I have been told other things about such high controlling spirits and the Earth families involved, so it all added up nicely, and then I had lots of questions to ask you, not one of which I can think of now.

It's a strange process receiving your messages, any messages from spirit. To allow all these words to come and just to sit back and see where they lead. I find it very difficult to just give over completely and allow you to lead me along. I start to feel tense and worried that I'm just somehow making it all up, or it's all going to just turn out to be a joke. You say you manipulated people on Earth, so who's to say that you're not doing so with me. And like the people you were able to contract and influence on Earth, they wanted it, just as I do. I'm not being forced or coerced against my will, I want you to suggest things to my mind, and look at it all, it just keeps coming and I keep taking it, but how do I know any of it is right. And your story made me feel that perhaps I am only deluding myself – what if it is all crap, and people read this and then believe it, but it's all wrong. What good is it going to do for them?

And then I think, well if I came across such a book with all this stuff supposedly written or inspired by spirits, and I did what they said, and I was able to partake of the Divine Love and do my soul-healing, then I'd end up being exactly where I am in my life: longing for the Love and the Truth, and slogging my way through my soul and feeling-healing. So then I think, well, it can't be that bad, because as hard and horrendous as my healing has been, I do feel it is helping me – a lot. I'm not entirely sure just how it's helping me, but I do feel a lot better about myself and my life, and I am far more self-aware, even though my life is still shit. And I can't stop doing it, Marion and I are committed, and we want to see it through to the end – to see if there is an end!

Then I thought about Lyndon LaRouche, the American economist who's web site I enjoy, and all he says about the Anglo-Dutch (-Saudi) control of the world, I could easily apply to what you said: that possibly such families are in league with spirits and so have a greater perspective and a far more reaching agenda in their control of humanity. I am totally convinced that nothing in America is how it seems to be, that all the power players are so greedy and only using the people and the world to make money and grow in power. The credit disaster going on currently is testament to that. And I can accept what LaRouche says, that behind it all is the subtle workings of the British power players. And personally I hope the whole financial system as it is does go to shit, because those so greedy are taking us along a dead-end road in which all nature will be consumed and the world will just be a place of concrete. But of course I understand that even LaRouche's alternative plans, where the world to adopt them, would only take us all off in a new direction with eventually the same end result – destruction of nature – creatures, and the destruction of our own nature. We are as we are because of our early childhood, and nothing is being done to help us understand that, nothing that I can see.

So Mike, having gone around in a circle and come back to just doing what I'm doing: listening to what you spirits have to say, I have a question for you: is Lyndon LaRouche right about the Anglo-Dutch controllers?

Yes he is, only he doesn't include the spirit connection. No one does. And right at the back of it all is a heavy Christian – as contained within the Church of England, aspect to it all. Many sense or feel or logically realise that there has to be some over-control on Earth, but to call it just the Anglo-Dutch oligarchy or aliens or anything thing else is incorrect. It's nothing more than spirits, people from Earth still doing what they did on Earth, seeking power and control. And many spirits are working with people all the time. Many people are open to subtle input from the mind mansion worlds, and have been all the way along in humanity's history. What I did was nothing unique, or very impressive, it's been going on for a long time and will continue to. Only in future as people start to understand and choose to live with the Divine Love and want to do their healing, will a new 'type' of person develop, one wanting to go in the opposite direction, to specifically give up and heal out of themselves, all needs and want for power, letting go of all greed motives. And then so too will the Divine Love spirits be able have their say and influence, just as we are with you now James. And our influence will be for the good, it will not be self-serving and glory-seeking. We will not help anyone who only seeks power, fame and mind glory. We will be genuinely wanting to help you to help yourself, to heal yourself through your feeling expression, just as we are doing with you James.

Where do you now live Mike?

I'm currently resident in the forth plane – really it's a sector – of the seventh world, the third real Divine Love mansion world. I've still got a bit to go in my healing – three more sectors before I'm done. But from here I can look at those in the sixth world, look back at myself, and see the futility and patheticness of what I was trying to achieve. Now I no longer want to control anyone, not even myself. I've come a long way since back then.

Mike, on reading the Padgett Messages, those channelled by Jesus and some Celestial spirits, I gained the impression that as one moves up the mind mansion worlds, which Jesus called the spiritual worlds, that one was perfecting and purifying their natural love. So by the time one is at or in the sixth world then one would be living with perfect natural love. And yet you say you were living with perfect mind control, perfecting your negative state – how can they be the same?

What Jesus says is true, but he was, I think, only speaking for those spirits who might take what he says and live true to that. Spirits who without the inclusion of Divine Love in their soul, but nonetheless want to live as he lived and so perfect their natural love. And one can achieve that in the mind mansion worlds by doing ones feeling-healing. And space is give to such spirits, sectors are made available to accommodate them, but there are very few of them living or trying to live way at the moment. It is anticipated that more will want to as more understanding about ones childhood repression, and how to heal it through acceptance and expression of such bad feelings, comes to light on Earth. So it's possible you will have both opposite ways to live, living all but side by side in the mind or spirit mansion worlds: those striving to perfect their natural love by doing their feeling-healing, and those striving to perfect their negative mind and will state, as I did.

Alice Miller the Swiss psychotherapist has revealed a lot about our childhood repression.

Yes, and it's from her and others like her, that some people have become interested in it, understanding its significance, so trying to heal themselves of it. And doing it all without the inclusion of the Divine Love. So these people would technically be doing as Jesus says can be done in the natural love mind worlds. So in doing so, one would imagine they will continue working on

themselves when they come into spirit, so will go and live in these new sectors being put aside for them. They will be growing in their spirituality as they perfect their natural love; as they heal their childhood repression; as they stop their feeling-denial; as they do their feeling-healing. And potentially when they have done that, or at some point during their healing, it's conceivable they will be more open to then moving onto the next stage in their spiritual development, that being to embrace the Divine Love and complete their soul-healing.

But as it stands now, what I went through is what the majority of the natural love mind world spirits want: to still live with their mind having ever increasing control over themselves. And provision has been made for them to expand or evolve this state of being if they so choose, just as I did. And they achieve this perfection when they reach the top of the sixth. And you only have to look on Earth at some of the gurus to see what such individuals are like. They believe they are pure and not wanting anything from the Earth, not even wanting power, but they are deluded as they still want power over themselves, over their own minds – the ultimate power; and it takes a lot of effort to achieve and then maintain. Complete power over yourself with your own mind is far more powerful and satisfying than having complete power over someone else. They might not want power over others like I did, although many do, many want a whole host of followers to control, but it's all still about having control over your mind and making it do what you want it to do. Even though really it's the other way around, being enslaved to their minds control over them.

So in time there will be as much division or separation within the natural love mansion worlds as between those living with or without the Divine Love.

You understand that those, like I did, who are going up the evil road of mind perfection, are doing so at the expense of their feelings. They view their feelings as being bad, and so need to be controlled; they are like bad children needing to be controlled and brought into line. Their feelings can make them feel things they don't want to feel, so they feel not in control, losing power, and this is what they fear. So with their mind they have to clamp down hard on their feelings and then use it to create the 'feelings' – pseudo feelings, such as bliss – they want, feelings that ONLY make them feel good.

You have seen the people on the Divine Love forum you joined, intent on trying to be nice and all-loving, not tolerating any bad feeling, any anger or nastiness. Such people are doing what the mind spirits are doing, what I did. You seek to contrive a niceness, you make up a false love persona, you delude yourself and others into believing you are loving and caring by being ever so nice, and it doesn't take much to learn how to do it. And with a little practice you can get good at it. And in spirit you can use your mind to amplify the light of your falseness so you appear to be a really bright and big and POWERFUL spirit, all very impressive indeed, as you have the power. And it's all done with your mind. All because you want the POWER. And all because you feel so POWERLESS. All that your parents made you feel.

I heard all the time in the New Age (I'm no longer interested in such things), how the spirit or the person was “so powerful”, just as you say. And unless the spirit speaking to or through you was SO POWERFUL, no one wanted to know about it.

Yes and it's all mind. All bluff and bluster, and one day it will all end, all come tumbling down like a house of cards. Because one day your soul is going to call you to account, and then no matter how false or untrue you are, you're not going to be able to maintain it – your mind will lose its power. And you will 'fall', and if you're in spirit you will be lucky enough to end up in a hospital for the broken-mind as I did, as there are genuinely kind spirits wanting to help those more evil ones like myself. And a lot of them were once like me, so know what it's like.

To many people within religions and spiritual systems become impressed with such mind power.

And they believe it's what they want. But it will only harm them, only take them further away from their soul, and so it will be harder to come back.

In some ways I was lucky for breaking, for reaching the top and then failing so soon afterwards, for the pain and anguish I suffered during my mind rehabilitation being my compensation for the evil bastard I was, was a lot less than what some suffer.

Everyone gets exactly what they deserve.

It does get a bit confusing Mike, all what's going on in the mansion worlds.

Yes, but if you can understand that the mansion worlds are mostly there to help us have the experiences we need, those we need in our negative states and then those we need as we heal them, it will make sense. So as more truth is made available to you on Earth, then so too must the mansion worlds evolve to accommodate those coming into spirit living that truth, or non-truth, as it may be.

Does truth, information and revelation only come to us on Earth from you spirits?

No, you have your Indwelling Spirits that can also reveal it to you, and that's what mostly happens anyway; and then occasionally, so I understand, angels and nature spirits can be called upon to make an impression on a persons mind. All the insight and information regarding ones childhood repression has come from peoples Indwelling Spirits, and has been spread out over the history. Only now it's all coming together and so spirits, those who live it and understand it, can add their bit, like we're doing with you.

The Indwelling Spirits, which really only work with what's naturally coming from the soul, lead and blend humanity. All that one can call their own higher or inner inspiration will come initially from ones Indwelling Spirit and then secondarily from spirits.

What about extraterrestrials?

As in space men, or aliens?

Yes. I recently read a book proposing that idea. That they imparted information to us, people or beings from other planets.

No, not that I'm aware of, and I'm sure I would have heard about it along the way. I do know, for I have met them, that there are spirits posing as aliens, and spacemen, supposedly coming from other planets. There are natural love spirits posing as whatever you like, whatever you want, all so they can gain some power over people on Earth.

If anything odd occurs on Earth, something that people might not have been able to produce or achieve, then look to us spirits, us first – spirits in the mind mansion worlds, then worry about visitors from another planet. But I bet you'll find that it's coming from the mind mansion worlds somewhere.

That's all very well Mike, but how are we to 'look' when we can't just go visiting the mansion worlds and check it out?

A figure of speech, but even so you could visit, those who can astral travel could if they were trained and new what to look for.

And that could be done?

Sure, and it wouldn't take much. All you'd need were the right motives and agenda, and a little helping hand from other spirits in the know. And there are astral travellers alive now on Earth; there is always a small amount who'd be able to have, or be granted, access to, the lower mansion worlds. Particularly if it was to find out the truth of what was going on. But the difficulty they would then face would be, who'd believe them, as the bulk of humanity who believes in such alien conspiracies and abductions and all of that stuff wants to believe in those things, so they aren't going to be interested in the truth: that it's just a bunch of spirits gaining power at your expense by pretending to be a being from another planet.

But why are these spirits allowed to do it?

Because people want them to. People want there to be aliens creeping around doing strange things; their lives need such beliefs, all in keeping with the needs of their childhood repression. And so whilst people are open to it, then the spirits can communicate to them, there is room to move, and so such things can happen. But the trick is to look at the things, and to see how fluid they are. If they tend to fit a pattern and seem fixed or only slowly change within it, then it is the spirits, because mostly they tend to happen upon a formula of what works and so use that, that is, until people get bored with that, or until it becomes too commonplace and they start to lose their effectiveness, then they have to devise a new plan. It was the same for us in business. We had to work within what was there, only very occasionally could we introduce something new and different. Humanity tends to be very inflexible and fixed, and so it's no different in spirit, the mind mansion worlds being comprised of people from Earth. And that's because it's all fear based, it's fear that controls and drives everyone's life in the negative, so no one likes change. You go to work and do your job out of fear, have your children and family, run your business – need to have your business, everything you do is because of fear. And everything, even if you love it, you're still doing it out of fear.

You now about the miraculous healings, as seen by faith healers or in the various religious groups revivals?

Yes, Mike, I've been told such things are done by spirits in the mind mansion worlds and not by angels.

That's right, same thing, all to keep the faithful faithful; all to keep them hoping it might happen to them. All being done because of fear. All the 'crosses of light' in windows, messages from God seen in the sky, heard in people's minds – all mind spirits.

What about UFO's?

Same deal, all spirits making people believe they see such things, and all because they want to see them.

But what about the spaceships they have seen, the crashed ones with the spacemen in them?

Have you seen it yourself?

No, just read about it in that same book.

Believe it when you see it with your own eyes James, and even then still keep some level of scepticism in mind. The governments do some weird things at times, all needing, so they believe, to keep control of the people.

So all those voices and channelings people hear and do that are supposedly coming from people of other planets –

All just the mind spirits. I could say that I'm from planet Ufron 396 with a very important message for humanity; and away I go, delivering my very important message. A message which will be the same old stuff, you know what it's like: you guys of humanity need to take more care of your environment, don't use nuclear weapons or you'll do damage to yourselves, you know the sort of thing, you've read enough of them.

I have.

And it's all spirits. Those spirits in the first mansion world aren't too creative.

And crop circles, the real ones?

Same deal. What's the mysterious message the circles are trying to communicate to humanity and why all so mysterious? There is no message! It's just the mind spirits wanting more power, that's the reason. If everyone ignored them, you'd find they would soon stop. We have, those who know how to use their minds, a certain amount of influence on the physical world, so it's relatively easily to construct such things as crop circles, and do healings on people. Being a mind spirit, if you aren't totally indulging in what makes you happy, and aren't content with all the mansion worlds have to offer you, then you may as well busy yourself bugging Earth, playing around down there, there's not much else to do.

How about better yourself and do your feeling-healing?

Sure, and a lot of spirits will want to do it, but the truth of it is only now and very slowly being presented to them. And it has to go to Earth first. So there really hasn't been a true way to better yourself other than embracing the Divine Love and doing your soul-healing. And I think it's the reason a lot of spirits have come to the Divine Love, simply because they've run out of things to amuse themselves with in the mind worlds. When you have absolute freedom to do all you please, you love doing it all, but eventually you want more, and more and more, but when there simply isn't any more, then what do you do; then you start looking into yourself and wondering really what is it all about. Then you start asking yourself deeper questions, and get serious about wanting answers. Then you start seriously looking, and at some point you'll want to live true; you decide that you want to live the right way, the truth way, God's way, and you want to know how to do that. And now you can find out.

And that way is?

Only one way, Mary and Jesus' way, and that will lead to the Divine Love and doing your soul-healing by longing to know the truth of your feelings. Ain't no other way man, that is for sure. So

when you get to the end of your road, when you've tried it all and still nothing has worked for you, then there is only Mary and Jesus' left. And a lot of spirits come to the Divine Love worlds because they have got to the end of their self-denying and self-deluding false way of life. They get fed up, having had enough of trying to make themselves happy, and want to know why, after all this time, they are still not happy. So they ask themselves: what is it that I have to do to make myself happy? And then they are on the true path, that is, if they can stay true to that longing and follow it all the way to the end; all the way until they find out why they are not happy and how real eternal happiness comes.

And how does it come?

It comes only when you've done your healing.

Thanks Mike.

No problems James, if you have further questions, I'll be here.

James it's me, Estelle. I'm going to finish off this book with you.

Oh, hi Estelle.

How have you found everyone?

Great, perfect. It turned into something that I had no idea about. It's become more of an introduction to all the main topics that I have covered in my other books. It's sort of the book I'd have liked to have written first, but as I didn't know anything back then, it's come last, or maybe not last, but now after all I have written. It's like a summary of all I have found out from you spirits, and it all fits in with all I have been told by Mary and Jesus and other spirit personalities, and all I have seen for myself through my own healing.

Good. So you're happy with it?

Very much so, thank you. Thank you all, you up there or in there – wherever you are.

I thought to finish it I would just make myself available to any questions you might have or anything else that comes to your mind. Essentially we've covered all we wanted to from our side.

Okay, there are a few things I'd like to speak about and go over.

For the new reader of my work, as I am often asked, it's the always nagging question: But can I believe all that's been written? And: what if it's all, or a lot, is heavily influenced and biased by James' mind?

And so what if it is? It is what it is James, and that's all it can be. If you say it is spirits, and we say it is us, then that is all that can be said. It's for the reader to take it or leave it. No one is forcing them, you are only presenting what you have experienced, found out, and are prepared to believe yourself. And if during your future investigations you find some things to be of error, or you are proven wrong in what you say, then you make your amendments and find out the truth of why you erred. Nothing is fixed, all is fluid, you are only throwing your stone into the pool of water along with a lot of other stones.

I read in the Padgett Messages about those people on Earth who taught false truth and had to re-teach it in spirit when they found out they were wrong – a very long and laborious process I would imagine. What if people like what I say, accept it, and then once we get into spirit it all turns out to be wrong and something entirely different – something I have somehow made up? I don't want to have to then be in the position of having to re-teach everyone.

You might like the idea of doing it. They might still want to listen to what you have say, to tell them why you got it wrong.

Maybe, but somehow I don't think so.

What was said in the Padgett Messages applies to where someone has wantonly forced and coerced others, people or spirits, to believe in what they are saying. To make statements, like or to the effect: 'If you don't believe me then...', you are setting yourself up for a fall. If you make people believe you out of fear you are crossing the line, you are infringing on their will, for then they are the child and you are the adult, and you are saying I know what is best: you'd better listen to me and do as I say; and that is not right. That is what we've all been subjected to, and that is wrong. So you will have to pay the penalty, and one way of doing that is saying I am sorry, you are not to listen to me, I am wrong, I have made a dreadful mistake; and you make amends for your wrongs.

I've had to do that at times during my healing when I've become aware that I've overstepped my boundaries. I've apologised for being a selfish inconsiderate shit.

We've all done that through our healing. None of us have had any real idea of how we're being evil, how we're interfering with another's will, and yet we all are, that is all who haven't as yet done their healing. That's all part of it: living in the negative, it's anti everyone including yourself, so you will be doing things to negatively affect others. And our healing is all designed to show up what we are doing wrong. To make us feel bad for all such infringements. And as we accept errors we feel intensely bad about them, and so don't want to do them again. We slowly change our behaviour as we see why we behave so unlovingly, as we see what was done to us – the exact same things – that we've learnt – and do to others.

It's more the approach, the relationship these people had with the people who were looking to them for help. They used their supporters and followers for their own end. For their own ego self-gratification. You don't know those people but we do, and for what they did, when they became aware of it, they wanted to make amends, so they wanted to undo and re-teach what they taught. Because if people followed them and did as they said, those people would have become like them, and this is not what one wants when one sees how evil you've been and how all your great teaching is designed to make them as bad as you are.

All you are doing James is offering what you know, what you have learnt and what you feel is good and could help someone. Your work is still there to make others become like you in belief and truth, but as you heal yourself and feel better about how you are living – as you become truer, then you're lessening the effect you might have on them, and putting the responsibility more on them for themselves to accept. If they then choose to be as you are, to 'follow you', then that is up to them, you are not making them, forcing them, coercing them; you are not using fear to gain followers. You are just trying to present it as truly as you can, then others can decide for themselves, and that is all you can do. And to safeguard yourself and others from you whilst you're still of your negative mind, nothing that you do will have any effect in the world until you have finished all your healing. You can put it all out there, but no one will take it seriously until you are healed, until you are ready for them to do so. So you feel to just keep working away on your books, like we are doing, working away on yourself, and one day it will come together. And by then you won't be doing it with any ego self-gain motives.

I am learning to let go of my hidden agendas when they come to light. It's hard to give them up. They are all through me, all of my pattern, but slowly I am changing, and things I did want I no longer want. Things I wanted from others I no longer feel the need to try and get from them. I no longer need to get all the love I missed out from mum and dad from other people. I'm doing my writing and the web-sites now more so just for my own enjoyment.

And so you should. Then people are free to come to them and make of it what they will. They are able to take it or leave it. They don't feel they have to join your group to get what you are promising them, because you are not promising them anything. And the more you just say it how it is: you say your healing is very hard to do, without trying to hide that fact in case it puts people off, then the more people will come without expectation only to be let down by you as they begin and get into it discovering how hard it is. They might come with their expectations but that is for them to work through, but at least you're not adding to them by painting a false picture, trying to deny and cover up the difficulty in doing your healing. And as you know most people only want something that's very easy and a free ride, not wanting to do anything that is too difficult or too confrontational, then the harder you make it sound, the less of these untrue people, people not sincerely seeking the truth, will come to you. You don't want them wasting your time, telling you how you should be and how you should do things, when they don't even want to live true. You only want people who are going to be serious, who are prepared to understand what is involved, and so the difficulties they might face. And you can help them to see all of this. Then they know where they stand, and you are not being false, you are not coercing them; and they are able to stay true each step they take as they work their way into it.

And you are not the saviour of the world James. Jesus and Mary are that. All you are doing is in effect taking their truth, living it yourself, and then presenting it as you've experienced it. Mary and Jesus couldn't live it and present it as they were, they were limited and didn't experience the negative. But you are living it, so you can take all they say, apply it, and then see what effect it has on you. Then you can talk about what one might expect if one was to do the same. So you are effectively presenting the truths of Mary and Jesus and then commenting on how it's been for you to live them. And if others like what you say, then they too can do as you are doing, in effect they can follow Mary and Jesus, by listening to your experiences and understandings of them, all the while knowing what they are getting themselves into.

These other people spoken about in the Padgett Messages, weren't taking what Mary and Jesus said, living it, and then offering their experiences of it. They were putting themselves before Mary and Jesus, saying they new better, saying they new what was best. And so anyone who followed them was being led away from Mary and Jesus and so away from the Mother and Father. All of your work and focus is to suggest, encourage and guide the person toward Mary and Jesus and the Mother and Father. Then the person is free to decide what sort of relationship they want with them. And even if people don't experience it as you do, at least they are still focused on Mary and Jesus, and so will be able to work to find the truth for themselves and in their own time and way.

And what you are learning is that you can't actually help another person, no one can. They have to help themselves. You were made to believe that you could help your mother and brother and sister and yet any help you tried to give them they didn't want leaving you feeling ineffective and powerless. So with your belief that you should help, you entered your spiritual life, thinking that if you write all your books and speak to people about it all, then you will be helping them, because naturally, so you believed, all people need your help, just as you mother and brother and sister did. But as you are waking up to these controlling beliefs, you are able to let go of your false need and wrong belief to help people; and it comes as a relief to not have to do it, to not have to always be burdened and pressured by this thing that you never got anywhere with. So you can give it up, not worry about the other person, and just do in it what you want to do. Then it's all for you. You like writing with us learning what we tell you, you enjoy the creative activity of it. So you do it for your enjoyment. And then you like to hear what others think about it, so you put it out there, as their comments help you to grow generating good and bad feelings within you. You are doing what you feel to do, and that is all life is for. But it's the result of your actions, the good and bad feelings, that

are as you now know, the real place to stay focused, to use them to uncover the truth. And by the time you have finished your healing you will have grown and progressed, and so will edit your books to fit with how you then see things, and on it goes.

Thank you for pointing all of that out. That helps a lot. Now I can put it into the right perspective. I find a lot of what was said in the Padgett Messages I need to put into the right context and perspective.

Yes, as will other people. A lot of ground was covered by James Padgett's messages, as it is covered by you, and everyone will have to grow in truth to put it all into their context and perspective. Everyone will see it in their own way, but each of those ways will share the truth in common. That's the nice part about it all. We don't all just become mere parrot clones of Mary and Jesus. We take what they are offering, live it, and then express our 'version' of it, our personality's experience of it. Some people might choose to use the words you do, others will find their own, but it will be to express the same truths that are revealed to each of you through your own endeavours.

Also James, as you know for yourself, you are presenting a lot of far reaching concepts. To embrace Mary and the Mother for a lot of people will take time and will be difficult as they then have to face their male related prejudice and bias. You are presenting something entirely new, and as most people want something that is the same only packaged differently, they won't understand where you are coming from and will need time to come around.

Well at the rate it's going, in two years two people have expressed a little interest. I sure won't be holding my breath. By the time I'm dead a couple of people at best might have actually read a book of mine.

And who cares, do you?

No. I used to, but I don't care now. I am doing it all, as I said, because I enjoy it. I learn a lot from you. Without you spirits and Marion none of what I now live, believe and know to be true, would I have found out about. So once again I want to say thank you Estelle, and thank you to all the spirits who are and have helped me.

Estelle is there anything else you'd like me to write?

Yes James one more thing, but for you to do that I'm going to give you over to another spirit. They will finish the book for you. So I will say good-bye, and thank you for allow us all to write. We've all thoroughly enjoyed it. It's been good to say what we think and feel about things, to give you some idea of us and to help clarify things for you.

Thank you Estelle, and the others. I too have enjoyed writing with you all.

Bye now James.

Ralph is my name.

Are you serious about that or are you just making it up, having me on? I feel you laughing when you told me that.

Does it matter James?

No, I guess not.

So Ralph it will be.

It's just that Ralph was someone who used to live in the apartment under us in Elwood, and I can't help being reminded of him. As if you just looked through my mind and picked a name out of the people I have known.

We could do that James, but we don't. No, for the presentation of this work I am serious, my name is Ralph.

Okay Ralph.

Now what I want to tell you is pure fiction, pure fantasy okay. It's not a real death experience. Someone might have experienced it, but that doesn't concern us for this book, for now this is make-believe, okay?

Okay? Why though?

That I will leave up to you. Okay?

Okay Ralph, make-believe.

Good.

Now sit back, put your feet up and let me paint the picture for you. You ready?

As well as I can with my keyboard on my lap, and my stiff back chair.

Whatever, now don't interrupt me, this is very important, you have to get my every word – right?

Right Ralph. Whatever you say Ralph.

Good. Now you're entering into the spirit of it – Ha Ha.

Imagine you are old and coming towards the end of your life. You are comfortable how you live. You have no money worries, you live in a lovely natural environment. You have no invasive man-

made noise. You have no loud bothersome neighbours, you have no neighbours around for miles, and you are happy. Got it?

Yep. Can I go there now? Can I be at the end of my life now?

Not yet I'm afraid, but let's keep going.

You have around you family and friends. You love them all and they love you. You feel good, content, there is nothing more you need from life on Earth. You feel totally satisfied with all you have done, how your life has been, it's perfection. You started out in the negative, you worked your way through your healing, and for the later part of your life you have lived feeling free of it all; free to think and feel and believe and do and behave as you feel to. And all of this makes you feel good – very good. You know you are true, you know you are fully self-expressive, you know you can communicate truly and properly, you know all your interactions are perfect and true, and you see... you see what it has all been for, you understand... you feel close to the Mother and Father. You understand why They wanted you to go through it all, and all of that makes you feel good. You have achieved all They have wanted you to achieve. You couldn't have done it any other way, and that way has proved to be the right and best way. You look back over your life, the good and the bad, and you feel it's done. It's complete, you are ready to go.

And you know to where you are going. You can't exactly see it, but you can sense it, feel it, you now it's real and it is waiting for you. You can feel your death coming, your moment to leave one world and enter another; your time of crossing over is drawing closer and it makes you feel good. With each passing day, each passing hour, you feel it drawing closer. You can see how it's all coming to an end. The people you want to see and be with during your final moments are all around you. You can say good-bye for now, and you are prepared for your journey. You don't feel bad about leaving them because you know it won't be long before you see them all again; you are just going to a new place to live and they will come and join you soon.

You don't feel any fear, you are afraid of nothing; you know when the moment arrives you will feel heavy, sleepy and with the pressure of death on you, willingly submit to it, no fight, no resistance; willingly and happily you will fade in your consciousness saying your final fair-wells, looking for the last time through your physical eyes; for the last time smelling the smells of the bush, hearing the calls of the birds, feeling the warmth of the sun.

And now your death time has come. It is YOUR time. You have nothing, you want nothing, just as you came into the world now you are going to leave it, only this time it will be without all the pain, without all the neglect, without feeling unwanted and unloved. This time it will be with love, truth and a knowing of self.

And now you can start to feel the love from those on the other side, calling you, drawing you; from those who want you to come and be with them to start your new life in spirit. You can hear them calling you, welcoming you, so glad you are finally coming to them. So you let yourself go, saying good-bye to one life and all those in it, while saying hello to the next life and all those in it.

Now you feel heavy, light-headed, your body is asleep, but you sense a freedom, a rush of exhilaration, a very pleasant feeling indeed. Now you feel happy, very happy, happy to be leaving, happy to be going, happy you will be arriving, happy that you are feeling so happy...

And now there is light. You have been told about the light. And it makes you feel even happier. It is welcoming, loving, inviting. You want to go into it, and it wants to receive you. You let yourself go, you abandon all. You are dead... and you are still ALIVE. Now you can start to sense, even, see those standing around you. They have big welcoming smiles, excitement in their eyes, they are very happy to see you.

You have arrived. You feel cocooned in the light. You feel like you've been born all over again.

You feel enveloped in love, oh such loved, a love you have never felt.

And death? You think to yourself. What is there to be afraid of in death?

Bye James.

Bye Ralph, and thank you.

My pleasure – sweet dreams... and sweet death.