

More Wisdom of Ramadahn

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Introduction

The words in this book were not written by Ursula Roberts. They were transcribed by Murial Hill, from the tape recorded lectures given by the spirit known as Ramadah. After the lectures they were printed and circulated to a large number of studious readers, by a dedicated band of friends who for many years were associated with the mediumship of Ursula. At one time the lectures were published in a newspaper called the *Spiritualist Gazette*, issued by the Spiritualist Association of Great Britain. Lilian Litton (a member of the team) has extracted from some of the lectures the questions asked by enquirers, together with the replies given by the spirit, as he spoke through his 'sleeping medium' who uttered his words in her entranced state.

Readers may notice that many of the answers use the pronoun "we" instead of "I". Ramadah has stated that all mediumistic work is undertaken by groups of spirits, and so he often speaks for the *group*. He says, too, that the name Ramadah signifies 'circle of light.' Lilian Litton has chosen the subjects which she feels most relevant to the interest of readers in this time, as did Audrey Ward when she compiled the first book of *Wisdom of Ramadah*, published in 1985.

CHAPTER ONE

A Greeting From Ramadah

The God Within

Little gods who are sitting here in your bodies! I greet you and I bless you in the power and in the light of the greater God whom you worship as the external Deity. I greet you as little gods trying to understand the greater God. I greet you as Divine sparks of creative energy, you who are reflections of the glory and the power which lies within the universe. I see you and I know you by the power within me, which you may call the power of the spirit, or which you name as "Ramadah who speaks through the voice of the medium".

If you could behold yourselves as I see you, how would you see yourselves? I see you as tiny sparks of light - some of you as little flames burning in the midst of an energy of light that circles around the shining spark which lies within the centre of your being. Around some of you there circles a beautiful, blue emanation, that is the symbol of your love and dedication. In some, there is the grey shadow of your own fear, the shadow of your own lack of understanding, which hides the beauty of the light as in a grey fog. In some the spark shines with a gentle, clear radiance, like a reflection on a dewdrop, clear and bright, reflecting the glory of the light, because of the purity and the simplicity of the inner soul. Around some, there moves a cloud of many colours, because many of you are composed of different aspects, desires, aspirations, fears and memories, all of which move in a gentle, circling movement, but which nevertheless shine and are illuminated by the spark of the light that is within you. Truly, each of you are sparks of the Divine Life, and no matter what your fears or your failures, no matter how feeble or how strong

you may feel, still the little Divine spark shines there in the centre of your being, for if it were not so you would not be existing as you are, in the control of your mortal body and in control of your thoughts and feelings.

I would remind you that no man and no woman may destroy the spark of Divine Life that is within you. Someone may take and torment your body; they may take your mind and instil into it many ideas and many thoughts; your emotions may be twisted and hurt by the lack of understanding of other people, but *no one, no one* may destroy the living spark which is within. Therefore, you do not need to fear the cataclysms of the earth, nor yet the movement of great waters, for these things may not destroy the true, elemental part of yourself, which continues to live, to grow and to develop beyond the region of death into the places of the spirit.

We of the spirit, who try to fulfil the greater laws of the Master Creator, marvel when we see the glory of His creation; and we *marvel when we see souls such as yourselves, seeking understanding in the ways of your mortal lives.*

About Ramadahm

May we know to whom we are speaking?

I speak to you under the name of Ramadahm, because this is the name by which the earth children speak of me. But in ancient times I was simply known as a Prince of Egypt, who very foolishly led his people into war and destruction. As I have this sin upon my conscience, I come back to try to set right the balance here in your own age and in your own time, for what is sown is always reaped, and what is sounded in one age may be resounded in another age. Sufficient it is that I made my mistakes and now try to right the errors.

Ramadahm, when you said you try to right your mistakes, I would have thought that by now this would have been already done?

It should be, beloved one, but if you have any knowledge of music you will know that if you strike a note it will echo and continue to echo into different vibrations of sound. Therefore, errors which have been made in the past of this earth's history strike a note, and succeeding generations take up the echo of that note and intensify it, so that a little war becomes a greater war, which finally brings into being an even greater and more disastrous war. So we try to sound a stronger vibration of peace and harmony, to slowly eliminate the disharmonious echoes which lead to war.

Similarly with you in your earthly lives today. You sow a seed of destruction, or you harm or hurt another being. You think that is the end of it, but what you have done goes on echoing and echoing, and maybe in fifty years time you will find yourselves having to eliminate the disharmony that you may have created when you were but eighteen or twenty years of age.

Can you tell us if you know where you might be incarnating in the future?

I have no plan to incarnate into a mortal body in the future, because in the spirit life it is possible to serve and give of one's spiritual energy in such a way that a spirit does not always need to enter an actual physical body, such as you are now using. Here in the regions of spirit there are

many places of learning and of experience, and many planes from which we may come and go down into earthly life. By working closely with a medium often we are able to fulfil a pattern very similar to that of an incarnation. I will not move out of the immediate earth's orbit until I have completed my task and aided into a better understanding the many souls for whom I feel a personal responsibility.

Have you, or anyone you have met, seen God?

Not in the sense in which you speak of God, beloved one. I have seen the Glory, and I think that it is the Glory which is known to the people of earth as God.

Before I decided that I would come back to labour amongst the people on the earth, from the gateway of the seventh sphere I looked forth and beheld the Glory of the Spirit, the Heart of Light (for such you will call it) and I think it is this which has become known as God to the peoples of the earth, who have captured this word from the singers in the ancient scriptures, who spoke of the Glory of God.

It is not possible to describe in the ordinary language of earthly things the radiance and beauty of His Power, but if you can visualise some mighty lake of water, lying calm, translucent and unmoving, with gleaming upon it the radiance of a sun that is not of dazzling splendour but soft, beautiful as moonlight, yet without the vagueness of moonlight; and, within the heart of this great radiance, a centre like a glowing heart, rosy, gentle, palpitating and throbbing throughout the whole. If you can feel that this radiant stillness, palpitating with life and with love, was flowing in you and through you, and in and through all things, then you might have some symbol, some vague understanding, of that which we know as the *Glory*.

Have you, Ramadahn, a separate identity or are you a strata of thought which is congenial to the medium?

I would think that I am, as you term it, a 'strata of thought', for it is true that I spend much time in the realm of thought. If you possessed a sufficiency of clairvoyant vision to see what is going forward now, you would not see me as a solid personality but as a shimmering vibration of colour or movement, which we call the vibration of thought. If you wish to know if I have an identity separate from that of the medium, then I would say 'yes', for I live my own life and I think my own thoughts, and quite often I visit my own friends - without the knowledge of the medium, and may endeavour to answer sometimes the questions that come from their minds.

Ramadahn, can you say how you see God? In what form do you see Him?

This is a difficult question, Oh beloved one, for it is hard to symbolise in mortal words that which is cognised with the spiritual understanding. I would say to you in this fashion:-I have not *seen* God because we do not *see* the whole immensity of the Creator, but I have cognised a little of the *GLORY* of God, a little of the great creative glory of the Master Creative Spirit, whom you call your God. This took place when I came to the highest sphere of the spirit existence. Standing there, I looked and saw stretching out and out and out the vast distances of the universe, star upon star, and universe upon universe, and yet even as I looked at the whole marvel and majesty of this, I saw that although each little star seemed to be lying in its bed of velvet darkness yet

there was no darkness, for all was palpitant with shimmering light. It was as if from star to star a beautiful vibrancy of energy was continually pulsating and flowing, and out through the whole of the created universe there was this pulsation of light, of energy, of beauty, or creative power. To my eye of spirit, the starry universe was of light, lying in the matrix of the darkness of the sky. "How then could that which is dark nevertheless be that which is light?", said I unto myself, "and how can this which is so wonderfully light yet have within itself the substance of darkness?" Here indeed was a marvel and a mystery. So I stood and gazed, and I thought upon the power and the majesty of the Weaver of the Universe, the Creator of stars, of this which is light and yet dark, and yet in the darkness there is light, and each is indefinable and indestructible, and neither can be separated from the other.

Even as I stood there, there came to me a longing, a desire to plunge into this great ocean of wonderful palpitant light. Yet, standing there, I knew that I could not yet go, for there were the tendrils of responsibility still binding me to this your watery planet. I was aware of the unity which lies between my own spirit and those whom I have loved in the incarnations of the earthly and the spirit experiences, and these too were of light, palpitant light, indefinable, indestructible. How can I describe unto you in the words of the earth that which can only be understood by the vision of the spirit?

But having seen, having known, and having worshipped, I come for a while to serve through this medium amongst the children of the earth, that unto one here and there, sometimes there may come the remembrance of the GLORY, that they, too, may come to seek for unity with that great power; that, withdrawing themselves upward from the ways of mortal preoccupation, they may come into a consideration of the power and the glory, and may worship, praise and love, and seek to go forward into unity with this most glorious Power of GOD.

Do the frontiers of your knowledge advance as ours do?

Only partly so, beloved one. I have learnt many things since I left the mortal body and came into the spiritual life. But I will say that in communicating through the medium, listening to the thoughts and minds of people who are still in the mortal body, communicating with you as we do today through spoken words, so do I become increasingly aware of the problems of the world, the changes in your habits of life, the advances in your scientific discoveries. These bring unto me new thought and new understanding, and therefore I would say: the frontiers of my own thought and knowledge advance in this way. For when we are in the spiritual life we do not have the same need to understand earth's magnetic forces that you have, and so knowledge of what is continuing in the earth plane is often limited to conversations such as these, and to conversations and communications with the recently departed spirits, who only give us their view (as they understand it) of what is happening in earth's envelope of life.

But the frontiers of spiritual knowledge grow and advance and deepen as one's own understanding grows, as the ability to love widens through loving. This is the reason why we come back to serve earth's children so that, through serving them, through loving them, through teaching them, our own ability to love more widely, to serve, to give, to teach, enlarges us - and so, through this enlargement, we see a larger vision of the eternal Glory, a larger consciousness and a greater spiritual power.

You have often spoken of the Council of Light - would they be people who have seen God?

No, beloved one, these are spirits who have progressed to an understanding of the needs of the earth and its great need for purification. Many of them have relinquished their further progression, so that they may remain within earth's atmosphere, that they may serve and guide forward the affairs of men, to help the earth to come unto a greater state of harmony and purification. We call them the Council of Light because they have captured unto themselves, through their vision of the *Glory* of God, or the *Glory* of the Spirit, some of that light, which still lingers around them.

CHAPTER TWO

Incarnation and Reincarnation

There are many, many reasons why spirits come into the mortal life. Some come because they entered into the mortal existence and did not complete the fullness of the life they had undertaken, which had been shortened because of famine or disease. Others choose to take another earthly existence because in a previous time they had set into motion forces in the earthly world that were destructive, which still continue to reap vibrations of disease or destruction. Having passed through the experience of death and seeing this, they wish to return to stop the vibrations of inharmony by endeavouring to sow greater love and greater peace in the mortal world.

Into the realm of your agriculture there do come men and women who, having in previous times, destroyed the herbage, the forests, and laid waste the crops, and those who pillaged, fired and destroyed that others did starve and who now wish to discover new means by which earth may be used a little more tenderly, to bring about greater fertility and a greater prosperity that may be shared between earth's children.

There are others who choose to return into the earthly incarnation with the express desire of mending the broken and wounded bodies of humankind, for these in a previous life had created war and destruction, overcoming by their will people whom they had killed and enslaved. Such take hold upon a new body and enter into a family where they may have the opportunity of creating harmony and recreating bodies that are imperfect and broken. Then of such it will be said: "He is a wonderful healer; she is a wonderful doctor; how beautiful it is that we have such souls taking their incarnation in the mortal world". But we of the spirit often see that their purpose is in the righting of the balance, which was upset in previous times of the earthly life.

Others come because they are simply lovers of the planet. In previous life existences they had loved the gentle fields and loved the creation. These become known as the "Light Bringers" or the "Saviours" or the "Saints" - those who share love amongst earth's children, which is not the love of the body or the love of the emotions but the love of the soul, which you will call *compassion*. Such lovers of the world simply give themselves to serving, or saving, or cleansing or harmonising some section of your mortal world. Such come not because they owe a debt but because they are aware of the need of the planet. So they work with those higher spirit ones, whom you sometimes call the "Angelic Ones", who are endeavouring slowly but surely to transmute and to cleanse the whole aura, or the whole soul, of your earthly planet.

The devout ones and the mediums in your midst: some of these choose to come back into the mortal life to be channels, or mediums, for spirits such as myself who is now teaching through this medium.

There are others in the mortal life who have earned their mediumship, or their spiritual faculties, through other existences, or even in the schools of the spirit, and they come to shed light and to bring spirit truths and spirit comfort to earth's children.

Do we have other bodies?

All around and about each one of you there is the flowing *ethereal* body (the body of your soul) which interpenetrates the mortal body of flesh and holds into unity the myriad activities of all the moving cells, the atoms, of which your mortal body is composed . . . Even as your mortal body is nourished upon the energies of air and water and food, and it becomes subject to the subtle energies that flow from the stars and from the earth itself, so your ethereal body is similarly strengthened and nourished. As you stand upon the soil of your world your etheric body receives energy from the soil; when you stand out in the stillness of the night and you uphold your hands towards the starry heavens, then indeed you receive through the ethereal hands that control your fleshly ones, energy from the starry heavens and this energy strengthens your etheric body.

Also, you have other bodies which need to be strengthened and nourished from time to time, for when you come to the ending of your life in the mortal body and you move out into the ethereal realms of the spirit, then you need other bodies with which to take your way to other places of experience.

One of the most important of these is the body of *feeling*, the body of love, which is sustained and nourished whilst you are in your earthly world by contact from individual unto individual, by the interplay of the radiations which are sent from one to another in the gentleness of friendship, in conversation, in understanding, in the clasp of the hands in love, and in the exchange of the tokens of affection. So it is good and right that each one of you conjoin yourselves in harmony unto your little groups - which you call your circles - wherein you may sit in quietude and exchange sympathy, love and understanding one between the other, for in this there is a healing because it is a nourishment of this subtle soul body. But if there is no nourishment given, then indeed when that one comes to the closure of the earthly life, they will have what could be termed a shrunken part of the soul body, which will need much healing, much love, lavished upon it in the healing homes of the spirit.

So, beloved ones, be generous with your love, be generous with your friendship and be kind one to the other. Praise each other, for praise is surely a sign of loving kindness, and when you meet those who seem to be unlovely and unlovable, recall to yourself that they are unlovely and unlovable because they are in need of love. Even if you cannot speak words, let your heart open in compassion unto them, that you may nourish the heart and heal the soul at its source, from your own richness of love within yourself. For as you give forth love, kindness, and the goodness of your soul, so eternally are you renewed, replenished, remoulded, and nourished from the great eternal source of Divine love itself.

There is another body which will be of value to you when you come to the end of your earthly life existence. This could be called the body of *intelligence*, globe-like in its shape, nourished by the interchange of thought from person to person, and by the indrawing of energy in the quiet moments of concentration and meditation, when you absorb from the higher regions of the spirit that energy which nourishes this more subtle part of your bodies - your soul . . .

When you finally come to the departure from your mortal body and you move step by step through the spirit spheres, then you may be given the opportunity to develop even higher and more ethereal bodies, in which to express your spiritual will in the years which are still to unfold. But whilst you are in your earthly body, fulfilling your daily occupations, it is sufficient for you to know that you need to maintain nourishment for the physical body, maintain nourishment for the ethereal body, and for the nourishment of your mental and emotional bodies. By quietly and persistently seeking to enrich yourself through sound and music, through the feasting of your eyes upon symbols expressed in the beauty of sunlight, blossoms, and symbols which man has created, you do stir and nourish the subtle body of your thinking and intellect, so that step by step and phase by phase, you may unfold and strengthen all your faculties in these seasons of your earthly life.

If one's true self is one's spirit, how does one's memory and brain work together - and does one need a brain?

You need a brain, beloved one, whilst you are living in this earthly world, because if you are not able to use your brain, then you are not able to accomplish control over the many things which are occurring all about you. But your memories are not entirely confined to your brain; therefore, when you come to the end of your life's experience, and your brain ceases to respond to your spiritual will, you will still retain memories that are distinct from the brain's action, but whilst you are using your mortal body as an instrument, you need your brain cells to respond to the will or the desire of your spirit.

The mind is spirit?

This is true. The mind will continue when you have left the use of your mortal body, and in that mentality there are stored many memories and many talents, but to express them in the mortal world you need to have some brain cells.

Has this mind the memories of past incarnations?

This is true but not of everything, because an important part of your earthly and your spiritual existence is in forgetting as well as in remembering. Therefore, you may not remember all that you ate when you were an infant in your last incarnation, for that memory is unnecessary, even as you may not remember what you ate in your infancy in this life.

When does the spirit enter a new-born child?

There are *three* moments in which this may occur. 1. For some while before conception the spirit may be near a woman seeking life. 2. Often the spirit is conjoined unto the developing infant body when the body is quickened or begins to move. 3. Sometimes the spirit may not join until the breath is drawn and it enters into the mortal life.

Where did we come from before we had our first incarnation?

Before you had your first incarnation in the mortal world you may have been anywhere in the great vastness of the starry universe. For although you regard yourself as a man or a woman, standing with two legs, looking with two eyes, holding out two hands, in your inner self you are but a spark of light, and it is the spark of living light within your soul that moulds the atmospheres into which you come and which eventually results in the form of a physical mortal body. But you may equally have been incarnated as a spark of light with a body that was tubular in shape; or you may have been incarnated into a region wherein your body would have had the multiple facets of crystalline formation; or you may have been in another region where your spark of light could have been incarnated in the midst of a cube, for throughout all the various regions there are many differing geometric shapes which go to compose the shape and the being of that special planet . . . But you have come into this watery planet in which the shape of the soul is as a globular being. In your mortal world the symbol of the perfection of creation is invariably that which is circular or globular, and so this is your present state . . . But I would say to you: forget this mortal and bodily identity and realise yourself as the *golden spark* that is the radiant light in the heart, in the *centre* of your person.

Do we choose our parents and the circumstances into which we are born?

Frequently this is so, especially if you belong to the stream of spirits who are coming into earthly incarnation *down - from above*. When this takes place there is a very definite choice of parent, choice of environment, and also frequently a realisation of some part of the pattern which may affect the nation into which you may be born.

But in your earthly world at this time there is a stream of spirits moving *upward* from a less developed planet of experience; many of these are forcing their way into incarnation, not all aware of the conditions into which they may be born, and they do not have sufficient knowledge to choose their pattern of existence.

So you have a meeting place within your world of those coming for specific experience and those coming upward from another planet. Some of them, coming hastily, meet experiences which are strange and unfamiliar, and some of them come without preparation and therefore they are rejected by the parents, or the mother with whom they sought incarnation.

Are all spirits of the same age?

One who has only touched the earthly life for a short period in infancy, or in childhood, will continue to grow in the soul body until a state of maturity is attained, and those who may live in the earthly body until the body has become very weak and aged, on leaving it will attain to a body which is not aged or weak but reveals the maturity of the soul.

Assuming a person has had several incarnations on this plane, how will he or she be identified after arrival in the spirit world?

When you come to the closure of your earthly life you will at first be met by those whom you loved most closely in this present incarnation. After a period of time you will meet with friends who have been linked to you, who may have manifested as guides and helpers belonging to different nations, different places of experience, but who are still part of the whole soul pattern

and unity. Sometimes after a period of time in the spirit life, you may prefer to change your identity from the one adopted in this English land, and to take up once more your identity of another land, depending on your feeling of greater fulfilment in a previous incarnation.

But I would say that you keep your true inner identity; you maintain the same Divine spark of creative life, or light, from one life experience into another.

Who designates to whom a spirit shall reincarnate, or when or where'?

No one designates this. When the incarnation is completed and you or your dear ones continue in their experience into the spirit spheres, it may be within your own awareness, or consciousness, that you desire to return because you have something special which you want to do, or some balance which you need to recreate in the atmosphere of earth. If there is such a thought or desire, then you will be taken to the place of Waiting. There you will be shown - by those whose task it is to aid in such a work - in a great mirror the conditions of the mortal world into which you may desire to return. So, if you have been one who was incarnated long ago in Egypt, as you gaze into the mirror of your world you may desire to see the familiar place that you knew long ago. But you will see that now it is blurred (because of different peoples, different landscapes, different happenings) and so you may decide "No, I do not wish to return to that land because I have a particular work I would desire to do, so I would like to go into a place where it is fertile and green and filled with flowing waters, for I remember how I died of thirst when I lived in that land long ago". If then you decide that you would like to be born into the pleasant English land, the mirror will be pointed (focussed) a little more clearly until you will see men or women for whom you feel an affinity, a harmony, a liking.

Then you may be shown that if you enter into that condition you may inherit a weakness of the body, which would mean that you would have to struggle with illness or with some other condition. But because you feel so strong an attraction you will still decide that is the parent and that is the place where you want to go. So, by your spiritual will, you will be taken stage by stage through the various ethers until you form your bodies, and eventually you are conjoined unto the aura of the one who is to bring you into birth.

How many reincarnations do we need to have?

You do not need to have many incarnations, but quite often there may be a series of six or of twelve if the particular soul is trying to understand, or develop, certain soul qualities, so there may be incarnations under the differing astrological influences which govern life on your mortal plane, until the soul, having gained fullness of wisdom, can then progress through the regions of the spirit, without any necessity of return to the earthly world, unless it is to give some very special kind of service.

Can a spirit incarnate more than once into the same family with the same children?

Yes, if the spirit seeks life through a body and finds it impossible to retain a hold over that particular body, it may seek to come back again into that same family environment, if it is drawn by affection or even by the desire of those who are there.

You have spoken of spirits coming to earth to experience love - would spirits not be more able to experience love in the spirit world?

Not always, for there are some spirits who are moving upward into your mortal plane, coming from a more distant star or planet wherein love is not known to them, as it is known on earth; where they dwell it is cold and crystalline and therefore they come into the mortal life seeking to find love. Some of those who come in this particular fashion are those who, you will say, are a little deficient in the development of the brain understanding, but because of their simplicity so they attract love from earth's dwellers and this is the reason for their coming. Having been made aware of the warmth of love, then they move into the spirit regions and there learn other lessons.

Do some people who are born with physical handicaps volunteer to be incarnated with these handicaps, or would they be paying for something they had done in a past life?

Some come, not volunteering to use an imperfect vehicle, but because in the creation of the more subtle bodies which are essential before the physical one is animated, they will either be careless or they will make some mistake in the creation of either the body of the ethereal self or the mental or the emotional parts. Sometimes they may carry within themselves a remembrance of some ancient error or hurt, and as they come they may reflect this into the forming bodies, resulting in an imperfect body which they struggle to use through the times of the earthly incarnation. But, as I have said before, some come seeking love, and their very helplessness or their lack of ability draws forth from earth's dwellers some protective lovingness which gives to this soul comfort, understanding, warmth, which they would not have received in any other fashion. As earth is moving forward in its years of evolution, so there will come a greater degree of the mastery of the great healing life forces, and men and women will begin to learn how to give a greater degree of aid to these whom you call damaged, either in brain or in soul. Through that strength and healing *a greater control of the imperfect body will be attained* - indeed, this is already occurring.

Why is it not possible to remember our previous lives?

It is not possible to remember if the veils of forgetfulness have been thoroughly brought through your consciousness. I would say to you not all should desire to remember their previous life experience, for not all of these were happy ones. Those of us in the spirit who are able to help the beloveds to have some memory of the past, only allow this if it is a memory which is kind and good and helpful. So regard the forgetfulness as kindness to the soul, the same as you would regard the forgetfulness of a child in your life today. If you have a child in your care who passes through a painful experience such as the burning of a limb or the injury of a hand, after the injury is healed, do you not make a great effort to help the child to forget the pain and the suffering, by taking that child into newer and happier conditions, by trying to build a new fund of memories which will help the unhappy experience to be forgotten? Similarly, as you come back into a new life, you are helped to forget the past experiences, especially if they were unhappy ones.

When a spirit comes to this earth it may take on the body of a man or a woman. Is there any reason for that choice, or is it purely chance?

There is reason for that choice, for within man is to be found the more positive principle of the active intellectual body, and within woman is to be found the more negative principle of the active emotional body. Therefore, the spirit desiring experience will form the bodies according to the experience that it desires. Sometimes the spirit, in entering into its incarnation, may shape the body differently for its purpose, and may bring about a balance of these two principles, and then you will say: "This is a being who is neither male nor female", but always there is reason for the choice.

The Avatar in India by the name of Sai Baba - what is he?

He is a reincarnation of a man who lived his life in India and became what is known as a "holy man". Having gathered new wisdom and inspiration in the regions of the spirit, he then became involved in the being of this one whom you call Sai Baba, I would say he is a very highly - spiritually enlightened person.

What is the spirit view of abortion?

If you are speaking of abortion of the life before birth, then I would say it is not in accordance with the law of life, nor with the law of the spirit, that the soul should be separated from the body once it has gained a control over the developing infant body. But very often the incoming spirit does not conjoin to the foetus until the foetus is quickened, and therefore if there is a termination prior to that time, it is not always harmful to the soul.

What is the appearance of a spirit incarnating into a body?

The spirit in its essential state could be likened to a shining spark of light which gathers around itself what you could describe as a globe, or an aura, to form a nucleus of energies - and another globe form which becomes, as it were, the nucleus of the body of feeling. It then moves unto the earth atmosphere from which it draws to itself a body of etheric matter, but all is like a little glowing ball or globe, and as it draws near to the earthly body then it is anchored, or moored, to the semblance of the embryonic physical body. So, even in your time, when you consider yourself to be a fully-grown individual, you are still enmeshed in the slightly globular body which you call your aura.

I know of a lady who lost six babies; what is the reason for this?

I would say that this lady had some basic weakness in the actual physical structure of the body and maybe subject to some changes in the etheric atmosphere, but the infant souls may try to come again for love of her into incarnation through her, so she has not necessarily 'lost' all that number of babies, but maybe one or two who were unable to maintain their contact with her.

The younger a person dies, will they come back quicker?

Not always, for there is much time of growth here in the life of the spirit. Sometimes it may not come back at all if it has completed its purpose, although in some special cases, if it has been unable to hold its body it may choose to come again to the same parent.

Is it true that two people on the earth plane could previously have been part of a twin soul in spirit?

Yes, this is true, and quite frequently one may choose to enter into the life experience for the simple wish of giving love and comfort to the other, if the other half of this twin soul has chosen to endure a life experience of extreme difficulty.

Is reincarnation always through our own self-will?

It is invariably through your own self-will if it is a re-entry into this life of the earth. But if you come for the first time (and there are many who come for the first time into the mortal body) then this is not always brought about by self-will, but sometimes by a great attractive force - the natural laws of the mortal world. If it is a soul coming for a very particular reason, then it will come in the care and guidance of the Ones of Light.

Is it always the same spirit and soul that incarnates, or would it be a different spirit each time?

It is a *different aspect* of your own Divine spark. Think of a spark of light, and as you gaze upon it you will see that pure light becomes divided into various colours - even the purest and the smallest piece of light contains within itself varying degree of colour contained in the one pure spark.

So your particular spark of individuality is expressed in varying bodies for differing reasons, but the inner identity, is the same. . . It is not necessary that every one has to come back again to take hold upon another physical body. For there are many planes of serving, many schools of learning, and there are many spheres in which the soul may continue to serve, to develop and to express its delight.

Do we get a forecast of the conditions to which we are going?

Yes, this is true. Not that the whole of your life is predestined or planned but certain *important* happenings are chosen by you before you incarnate. In your pre-birth condition you will see the outline of certain happenings, which you will accept and live through, but as you take your life day by day so you paint into that pattern variations of detail. You may live that life simply by saying. "This is what I have chosen", or, you may live that life by embellishing the pattern with golden threads of joy and of laughter. You may weave into that same pattern glorious colours of self-sacrifice, love, kindness and service, which are not really essential because they are not the chosen pattern, but they are *your* embellishment of the pattern and the totality of the greater service that you are giving to the planet which is giving to you life.

Do people who terminate their lives before they fulfil their experience come back at another time to continue that experience?

Not in all cases, for there are many planes of experience in the regions of the spirit, but if a soul feels regret at not having continued the life experience and has the desire to return, then indeed this may be so.

Would they live a full earthly life?

Invariably they will come back to lead a full life and possibly extend the years of experience beyond the normal span, because they would be, as it were, counter-balancing that which was incomplete in a previous life, so it might be they will live to what you will term great age. But there is no invariable rule about this.

Is it true that we have a spirit helper with us from the time we are born?

When you enter into the physical body you come with a companion who is often termed in the language of religion “an angel”, or in the language of Spirit “a spirit”. It is a friend who has known you when you came into the spirit life and who will greet you again when you come to the ending of your life. And that companion will, from time to time, link with you during your life experience.

Is there incarnation on other planets?

Many of you who are incarnate in your earthly world now are those who have either taken a life's existence upon the planet Venus or else are progressing towards that planet, and those who have known a life's experience there know very much the meaning of love. They are people who ‘outflow’ lovingness which is natural unto themselves, because this is largely the quality that is developed upon Venus. The body which is used there is less dense than the physical body you now use, it is more elongated, more ethereal and the light shines more from within the centre, rather as a flame shines within the centre of a lamp.

There are also many souls taking their first incarnation in your earthly world, who come from the planet Mars. These are those who are undeveloped in human intelligence or who are content with very simple and elementary things of the mortal life. Often because of their lack of the love element they war with each other, fight, quarrel and destroy. But there comes into being on your earth planet a meeting together of spirits of both kinds, so that the love from the higher spirits may uplift and redeem some of the more crude aspects of those coming into their first state of existence, who express themselves in selfishness, wilfulness, and often a desire for war. Because of the meeting together of these two forms of incarnating life, the earth world becomes a great plane of transmutation and of cleansing.

CHAPTER THREE

Healing

Who are the healing spirits?

The healing spirits are those who learned to love and to serve during their mortal existence. The priest who was dedicated unto his task of freeing the sin-laden soul from its burden of guilt becomes a healer in the spirit life. The doctor who lived to heal the sick body by his skill and understanding of medicines becomes a healer in the spirit life. The surgeon who, out of his compassion, sought to free the diseased body of pain, increases his skill and his understanding in the spirit life and learns how to concentrate the great energy forces, which he draws from the Master Creator, so that his knife now becomes a living ray of light that can eradicate the diseased portion from the soul of those in the earthly life.

But the priest, the doctor and the surgeon must find a channel through which such healership may be expressed, and so they look for the nurse, for the doctor, for the dedicated healers in the earth life, that they may blend their skill with servers such as yourselves. The old physicians of ancient China, who understood the great flow of the etheric forces throughout the etheric body, also come to blend their influence and their wisdom with yours, that sometimes they may direct the hands and the minds of the earthly healers, whereby the great energy forces of the soul may be redirected to the sick, restoring them to harmony and to health. The old Indian medicine-men (who worshipped the great Master Spirit and who learned how to marshal the energy forces of the mountain, the seas and the skies) come back that they may continue their work of healing and compassion, which once they began in the past years of their earthly existence.

When a person apparently becomes mentally deranged after an operation and appears to have experiences, are these true memories of other lives, or is it just a mechanical jumble in the brain?

It is impossible to say in exactitude, for it may be that, through the weakening of the physical body and the etheric body, such a one may have telepathically absorbed ideas and thoughts that are in the immediate atmosphere, or may even - as you say - get remembrances of some previous life experience intruding into the consciousness; or in very rare cases, may have become subject to the intrusion of a soul who at that time has not gained its rightful place in the regions of the spirit.

It would seem then to be a very dangerous procedure to have anaesthetics?

So it would seem to us, for in your mortal world these many happenings take place, but as we look through into the years that are still to come in your mortal world, it would seem that mankind will learn gentler ways of restoring harmony unto those who are sick and needy, through the correct use of light, sometimes breaking the light into corrective colours, sometimes by harnessing sound in such a way that it may vibrate upon the cell structures of the bodies and bring them back into harmony. There are many ways of healing that are still to be discovered,

and so as you move forward through time it may be such violent intrusions into the body will not be needed.

As the years progress in your earthly world, and your peoples become more aware of the power of colour and the power of light, we foresee that there will be in some places small buildings in which the windows are of varying colours; as the light falls through those windows they may be adjusted, so that the right colours are brought to play upon the being of a weary sufferer, or one who needs to be re-harmonised - similar to the ways we use in the places of the spirit. Is it not true that light is now being used instead of cutting knives by those working to alleviate suffering?

Can Spirit heal the wounds of the soul?

There are occasions in which spirit can and does heal the wounds of the soul. In distant places where there has been the terror of warfare, and where man deprives others of a sufficiency of food, and where the indifference of governments brings about suffering unto the infant population, there go many spirits who try to succour the little ones and to bring them through into strength and into peace.

When you meet the experience of death and someone whom you love very dearly is freed from the body and taken into the regions of the spirit life, you will know loneliness and will feel the sting of grief, but we do not always regard this as a wound of the soul, but rather as the enlargement of your understanding, for as you take your way through the many experiences of the mortal life you must know sorrow as well as joy, you must experience loss and gain, and you must grow as well as being small. Therefore, you need to understand how to live wisely and well. But if your sorrow is such that you cannot overcome your grief and your soul loses energy because of your grieving, then indeed this could be likened unto a wound of the soul. If then you ask and pray for healing and restoration, most certainly those of the spirit will come near to weave into your soul body the tenuous vibrations of their love, to implant into your soul the beautiful colours of their healing.

When, as the result of long-continued illness, where the body and the soul have been subjected to drug medicines that have slowed down the consciousness and brought false impressions unto the brain, then that soul is taken into the places of rest, and is often laid underneath the turquoise-blue healing rays, to soothe and to quieten the torment of the memory of pain and of suffering. Truly, the means by which the healing of the soul is undertaken are myriad - sometimes by blossoms, sometimes by the concentrations of colour, sometimes by the creation of music, and sometimes even simply by joyful laughter. In all these things we try to bring healing unto the soul who has suffered or who has been wounded.

So it is with you in your mortal life, for you too have the power to heal, to harmonise one with the other, and when you laugh together in the glee of happy companionship you create healing which vibrates soul unto soul. The laughter-makers of your earth are healers who serve a very special purpose in the binding up of the wounded souls.

Why is it that some people are nor receptive to healing?

Because *one* may be ready to have the spiritual harmony restored, but *another* may have a different pattern of earthly experience, or lesson, to learn.

When healing is given and a patient finds relief, only to have the pain return, and this process is repeated, does it indicate that the patient will not be cured?

Not at all. It means that certain adjustments are needed in the consciousness of the individual - that the individual is expecting the healer to cure totally, whereas there is a need for the *patient* also to make a clearance of feelings and thoughts in the ethereal bodies, which can often cause the physical body to be held in a position that gives pressure on certain nerves or joints. Sometimes healing is only needed for the physical body, but the true healer learns to see, and to know, how to balance the energies in the various bodies, so that health and harmony may be restored in the individual. It is in this rebalancing, or reharmonising, of the bodies that true spiritual healing is undertaken,

When I speak of true spiritual healing, I mean the spirit healing that WE undertake from the Regions of Light. In answer to requests for healing, firstly we have to examine and assess the condition of the individual for whom the healing is asked. We have to see whether there has been a deliberate neglect by the individual to nourish the body; or if they have enclothed themselves in a darksome cloak, meaning that for shame they desire to retain their illness. When there is such a garment drawn around the individual, the natural flowing energies are not able to reach the inner soul body, and so they become deficient in vital energies, whereby the actual living animal-body becomes a prey to sickness. To bring about a healing in such a soul means that you, the healer, needs to have discernment of the inner sadness in the soul and help them to open the protective cloak and LET IT GO and cease to hold it around themselves in shame, or for self-punishment. This protective cloak is one of the exceedingly difficult conditions which we of the spirit have to try and break through in our healing to you, and through you, to reach those who are still in the mortal body.

There is also another condition that we find difficult to penetrate -that is, when a dark grey cloak of self-pity, like a shell, becomes folded around the individual. When you give yourselves to this task of healing, teach the individuals to understand the need for gratitude in the earthly world, for as gratitude begins to grow within them then indeed they may become receptive to great golden radiations of joy. As they respond to joy, restoration and healing becomes possible within the ethereal bodies, and may reach the physical body.

Can you explain the difference between maintaining detachment and yet feeling compassion?

To practise detachment is to refrain from being too deeply involved in the suffering of the sufferer - to alleviate the suffering but not necessarily to enter into the pit in which the suffering is contained. Compassion is the higher level of the emotion of which you are thinking. No true healer can heal unless there is an element of compassion within their soul. If they are healing without compassion then they are simply expressing motions that they have learned, which may sometimes ease tension but will not truly heal because true healing is of the spirit and it is harnessed through compassion.

Could you tell us the cause of epilepsy and how healers can help?

This illness of which you speak is one that has long been in your earthly world. It is caused by a lack of correct energy-flow through the etheric body, whereby the subtle energies become curved, as it were, instead of flowing freely. Then it is as if these are formed into a ball which vibrates into the nerve centres of the brain and creates an excess excitement there, which in turn affects the movements of the mortal and physical body. What is required is that which has been known through all the years of healing ministry, which is simply to stroke with the healer's hand upward through the centre at the base of the brain to keep the energy-flow moving evenly.

Frequently, the cause of such an illness may be in a memory of death in a previous life existence, when the base of the brain was injured, such as when the head was injured in battle or when the head was severed from the neck in the more ancient procedures of execution. So there may thus be needed an understanding as to the deep inward cause, which is in the memory of the soul body, as well as the correction of the energy-flow by the healer.

How can we heal psychic illnesses?

The greatest disease force in your earthly world is fear, for when there is fear in the soul then there is a closing-in of the aura unto the self and as it closes in, so is it no longer able to absorb the energies of light, the energies of peace and the energies of healing. Where there is fear, there is a lack of knowledge, a lack of faith, and a lack of contact with the source Divine which you call God, or Spirit (in whatever terminology you may use) . . . When such a one is closed off from the great energy forces of Divine life then there comes about illness of the mind, illness of the soul, which illnesses may be spoken of in your earthly world by many names, by many terms, but in its basic source the illness has its roots in fear. Therefore, to aid such ones there needs to be a renewal of contact with the great Divine Love which is filling the universe with energy, healing and peace. So, if you desire to heal those who are sick in their psychic self, you must learn to extend to them love, not just the love that is contained in the speaking of the word, but the love that is contained in the breathing out from the heart's centre your own energy of love; sometimes, by the conscious direction of the colours of love, so that the being of the one whom you desire to help may be folded in the rose-pink of spiritual love, reassured by the words that you speak when you say "I love you" and at the same time, through your wisdom and your thought, brought to dwell a little more upon the great source of love that lies within the divine heart of the Creator Himself.

Is it necessary to cleanse and purify oneself after healing?

This will depend on the manner in which the healing energies are being used. There are some healers who simply hold or touch the patient and try to absorb into themselves the pain or the illness which the person may be enduring; by doing this they take into their own being some condition of illness or despair. If that occurs then there is a need for a cleansing, and a purification. But the true spiritual healing, which is now being used more widely in your earthly world, lies simply in the channelling of pure and perfect energies into the aura of the body of the one who is sick - when this occurs then such purifying of the healer is not necessary.

Can you tell us a little more about the power of the mind acting upon the physical body?

The action of your thoughts takes a longer time to reflect itself into the denser matter of the lower person than does the higher spiritual thought, which goes forth from the region of the brain. Therefore, when there is illness manifesting within the living structure of your body think unto yourself: "When, and in what manner have I impressed the living matter of my own physical body with destructive thought creations?" Then you can reverse the process, beloved ones, and think constructive patterns of re-creation, and rebuild love and harmony below the region of the heart. Build joy into the heart; build into the lungs the ability to respond to the great living force of the Master Creator and to the great living force of the world surrounding you; by learning to think constructively you can reconstruct your own body out of the old patterns of illness into the new patterns of harmony, beauty, life and health. For is it not true that the law of the spirit gives unto you life abundant?

I understand that correct breathing is important to keep our physical bodies in good health, can you give some instruction on this?

I would give you a short specific instruction in this form:-In the early season of the day, when the air is clean and pure, breathe in slowly and deeply perhaps for seven to ten times. (Then you will be conscious of great freshness of life coming to you). At the mid-day hour, when the body is feeling some of the stress and the weariness of discord within your world, and when you have eaten the customary meal in the middle of the day, practise for a little period the long breath in and the short, sharp breath out. (By doing this you will be drawing fully and deeply upon the life force, and expelling in the short, sharp breath the impurities and the stress of your labours, and perhaps some of the impurities within the air). When your time of ordinary labour ceases - when many people sit and drink refreshing tea from tea-cups - this is the time to have a short breath in and a short breath out. (By so doing you attune yourself unto the quickened vibration that is acting throughout the whole of the magnetic form of the earth). When you reach the closing of the day, before you lay your body into its accustomed place of slumber, then learn to breathe in a short breath and breathe out a long slow breath. Is it not true that in slumber the body breathes in shortly and deeply, and it expels in the long breath that which is there? By the conscious direction and use of this breathing you may maintain in harmony the air forces which are acting through yourself, and guard yourself against the development of much disease. Indeed, I would say that this which is known as the scourge of your English country - this mucous that forms in throat and in nose, giving rise to sneezing and coughing - can be eliminated if you would learn to breathe in with the slow breath and to breathe out with the short, sharp, expelling breath of the purposeful will of your spirit.

Would you please advise me how I might develop healing with the use of my hands?

First of all there is a need for you to learn how to conserve your own natural energies, holding them into your body by the energising of your body through correct breathing, right thinking and right living, which brings about certain changes in the colouring of the aura which is surrounding you. If you are desiring to benefit other beings by the use of your hands, then you must send out your prayerful thoughts in a healing intention, raising into the atmosphere around you a prayer for the furtherance of the desired healing, so that you may attract, or make known your desire unto those in the spirit regions.

Then you will draw to you those who will blend their influence with your aura so that the colours become stronger, the energies in your being become enhanced, and as you lay your hands on the

person, double energy forces will flow through you - one, being the energy of your own self, and two, being the energy which those of the spirit add to your own forces, and they in turn will draw energy from higher sources so that it may be a chain of spirit influence which is at work. (You may sometimes perceive a rich blue colour which is simply a symbol to you that the colour in your aura is being strengthened by those who are guiding you).

If a person has spent a very long time on a life support machine, is it wrong to terminate that support and allow the person to pass to spirit?

This is something that has been devised by the mind of human beings. I would say that if the power of the person's controlling spirit over its bodily actual elements has been so weakened that the spirit is no longer able to use that body and is withdrawing, then it would seem to me that it is right to allow that withdrawal and simply allow the natural process to take place which would previously have occurred.

Can you explain why Rama Krishna, a holy man in Calcutta about 1830, should eventually develop cancer?

He did not learn how to free his mortal body of the emotional hurts that he sustained in the time of his extreme youth, and although he entered spiritually into the depths of spiritual peace, he did not open himself to the inflow of healing love; also, there was quite a lot of strain as he sought for enlightenment, to the detriment of his physical being. Cancer is often a reflection of a disharmony on several levels of a person's being. There can invariably be some deep inward wound of the soul that has not been healed, which reflects on to the cell structure of the mortal body. This wound causes an extra activity in certain cell structures of the body, and when the actual food substances which are feeding the body have not the essential purity, then there is a sickness that arises through diverse causes - the spiritual or emotional cause, the actual weakness in the structure of the physical body, and the lack of understanding of the need for purity within the actual substances which nourish the body itself. Often where there is such a condition, there can arise degrees of fear which may not always be expressed in spoken words but are there within the soul person, and that fear is like a veil drawn around the actual soul body, closing it off from the great flow of energy forces and healing forces which should renew that being.

There is a theory that cancer is linked with the fact that, because it is a materialistic age, there is a tendency always to grasp 'in' towards ourselves, rather than to flow 'out'?

This is true, because if there is always the grasping, or holding, this is similar to the holding of emotional hurts.

Can you tell us briefly why you say suffering is not necessary?

A person may feel pain, may pass through loss, may receive disappointment, but they need not necessarily suffer in the true sense of suffering, so long as they realise that these experiences are but spurs leading them on, or teaching them to go forward in their search for truth and for understanding. Suffering is the tension which arises within the being when one part of the soul, or the consciousness, is rebelling against the changes that are naturally coming into being.

Is it possible for one person to suck energy from another person's aura?

Yes, it is possible for this to happen, but if you are consciously aware that you are always *renewing* yourself and *radiating* from the great central source of life, then you cannot become exhausted because you are giving continuously. But it is true to say that, where there is another person who is extremely intuned into self, desiring to draw from your sympathy and understanding, and over a long period of time does so, then indeed they may absorb energies from you, unless you make a conscious effort to draw around yourself a protection, or simply to *give* to that one the energies which they may need. In all this work there needs to be more understanding, more teaching, so that those who are the servers and the learners may come to understand what they are doing.

Can you tell us a little about the healing that takes place when a soul passes to spirit?

When the soul is freed from the body through the breaking of the silver cord, we take the soul into the hospitals and healing homes of the spirit life. Where there has been suddenness of separation, such as when a soul has been severed from the body through accident, often we take that one into the healing home where the air is filled with very gentle, soft, silvery-grey light, into which filters amethystine rays. This heals the feeling of shock due to the suddenness of its death.

Those whose life has fallen into the narrow groove of concern only with their own body and their own affairs, in whom the warmth of love has grown deficient, or who are alone at the closure of their life and feel devoid of love - these we take into the gardens in which the roses of healing bloom and the flowers breathe forth their perfumes. As they inbreathe the perfume of love and are bathed with the gentle colour radiations of the blooms, so the lonely heart is filled with warmth and that which was cold and hardened softens and is healed. And as the soul responds to the beautiful colour vibrations, it is able to open the eyes and see the faces of the beloveds waiting and smiling, and then the heart can expand in responsiveness of love unto those who come to welcome the soul home into the places of the spirit. Similarly, there are great open spaces of joy to which the little children may go - those meadow lands in which bloom the myriad small blossoms that bring joy unto little hands, as they are able to clasp the little flowers within their fingers . . . We gather the child souls, some of whom die through lack of food, lack of care and lovelessness, and we lift those little ones into the light of the spirit, setting them down in the meadowlands, wherein they may for a while remain looking listlessly, looking hopelessly, until the little hand will reach out to touch the petal of the blossom or to gather the beauty of the blossoms. Then the child will become aware of other child souls entering into the joy of that which may be called their heaven.

Can you tell us a little 'more' about absent healing?

We would call this 'soul healing' for it is really a quality which is conveyed from the soul of the healer to the soul of the patient. Those healers who know that their thoughts are creative may extend from within their own inner soul consciousness a ray of thought that will go out distantly toward another person, rather as a little spider throws out a thread from within itself. So the healer throws out a shimmering thread of light or influence toward the distant person. Then those of the spirit who are working with that healer, seeing this radiation going forth, will endeavour to

follow that ray to find the one to whom it is extended, to whom they may give some of their spiritual energy, some of their spiritual colour. So the true prayer-healer who sends forth healing 'absently', has a large group of helping spirits who try to follow the fine ethereal radiations of light and thought, whereby they may minister unto the sufferer.

I would say to you that repetition of thoughts about illness and thoughts about suffering will often add to the condition in a negative way, because as you each one develop, your thoughts become increasingly active; therefore, if you pray for another, thinking about their illness, then your creative prayer-thought will add a little more to the illness. What is essential is the contact from soul to soul and the lifting up of that one into the purity of light, so that the healing energies of perfect life, perfect love, may be concentrated round that one.

Would it be true to say, Ramadahn, that there are many healers in the world today who are sending out healing powers around the world, which are being absorbed into the auras of other people simultaneously, without anyone realising it?

This is true, beloved one. Healing is going on all the time and is gradually changing and cleansing the aura of the planet, bringing about a very gradual alteration in the consciousness of the people of your planet, but, more importantly, it is cleansing away some of the ancient impressions of hatred, ignorance and cruelty. Remember that from within yourself is the source of strength, healing, light and inspiration, and the stronger you send forth light from within yourself, so do you make possible the intercommunication of the spirits of light to blend their influence with your special radiation.

Can sound through intonation be used to restore a person, especially psychologically, to harmony?

Most assuredly, but the sound needs to be intoned more by the individual than from an external source. Therefore, if you need to aid such a one, teach them to find their own pure inner note - just to hum it and to sound it at regular intervals, because the humming or the sounding of the note will have a vibrating effect upon certain very sensitive glands that lie hidden within the physical body, and when these become vibrated or energised they will have the effect of strengthening and harmonising the whole body. But first of all you need to spend time in sounding the first essential note, and then teach the individual slowly to raise it on to a higher scale, so that higher centres may be vibrated. You may usefully employ the ancient sound of OMmmmmmm . . . and in so doing, you begin it on the low note and gradually day by day, or week by week, raise it to a higher and a higher level, in the understanding that if it is to restore the psychological or the mental aspect of the person, there is a need for vibrating into the inward centres of the brain, which takes place upon the higher notes.

Regarding instantaneous healing, one remembers that the Master Jesus achieved this by the laying on of hands and by other methods.

Truly, for the Master Jesus had the ability to love those who were sick. He had the ability to feel such compassion for their sickness that through His love and compassion He created a unity from Himself unto the sufferer . . . In your work of healing and in your desire to help each other . . . there is an insufficiency of love amongst you all - you do not know how to love each other.

You know how to criticise each other, you know how to laugh at each other, you understand how to see the weaknesses in each other and you know how to point out to each other the faults that lie within another, but you do not learn as yet how to *bear* with each other and to help one another to overcome the weaknesses and the faults, because you are unaware of the great Universal Love which is flowing through you. When you can achieve this, oh my beloveds, then your world will become filled with healing, and there will be peace between men and women, and there will be light in the places where there is darkness, and you will be able to lay your hand upon the blinded eyes and they will see.

It is love that is needed, and how shall you achieve this love except you learn through meditation how to reach out unto the Great Love which is the love that should fill your being with such a flooding, flowing, streaming love that you cannot help but love each other, because you know that you are *brothers and sisters* together - children of the one most high God and Creator.

Regarding AIDS: will the experiments being carried out by scientists be effective?

This is the new disease which is affecting your mortal world. Many years ago we foretold that there would come into the earthly life a new form of sickness if the human inhabitants of the planet did not live according to the law of harmony, meaning that a man and a woman should cling just to each other. When this is transgressed it will have its effect upon your world because the spiritual law is exact. But your scientists may teach men and women how to live more in harmony with the law, and their treatment may overcome this disease, as has been done in years gone by with other diseases.

A question concerning the attempts being made to transplant brains.

This is not a good thing which your earthly world is doing and it is not always successful. The only experiments which may truly be successful are those in which the soul willingly desires to give some part of the body for the furtherance of life in the beings of others. This is a spiritual law: that which is freely given may indeed be freely used.

What about the auric emanations of such transplants?

The auric emanations are cast off from the etheric body and the cell structure of the mortal body. Therefore, the heart, the foot, the eye or the brain, when swiftly removed from the body, still carry some radiating force within its own cell matter, and if the cell matter continues to live it will still radiate its own power, and therefore it carries its own aura.

We know that we must obey the physical laws in order to keep healthy, but have you any further advice to give us?

If you are desiring health then must you know something of the very subtle interaction of the etheric forces of the soul upon the substance of your physical body, which comes from the centres of the soul through the gland centres of your physical being. Therefore it is necessary that you shall cultivate the habit of kindness, cultivate within yourself compassion, cultivate the ability to enter into peace and into silence, because as you cultivate the habit of restfulness and

peacefulness within your being, so do you make possible the flowing of the spiritual energies through your soul-body in such force and in such harmony that they may bring health unto the physical body of which you are a part.

I would also say to you: love much and sing often, and be not afraid to speak one unto the other with the laughter and joy of your being, for this circulates the vital force both for yourself and for those whom you will meet from time to time.

Concerning the mortal body itself, why do you not eat more of the seeds, the grains, the rice, the barley and the wheat? Rather than partaking of the life-giving seeds of your earth, you try to nourish your bodies with the foods which are dead, from the dead substance of the very earth. You live in the midst of a world that is rich with the life-giving elements of all these plants; yet so seldom do you partake of all the richness of the seeds which can supply healthy nourishment upon which your mortal body should be sustained.

Are auras confined to us on this side of life?

Those who are in the first stage of spirit life, after passing through the condition of death, do not have a strong or a clear aura. But those who have learned to be servers in the spirit life do indeed radiate their energy into what is termed “an aura”. This has sometimes been perceived by your earthly artists who have tried to depict them with a light around them, sometimes with what they show as wings, which are really but an expression of the flow of energy taking place through the spiritual aura.

A prayer from Ramadahn

Oh thou who art the Spirit of power, energy, and healing, may Thy power be released amongst the beloved ones of the earthly life, so that they may be renewed in body, in mind, in soul, and be healed of the infirmities from which they suffer, whereby they may go joyfully in all the ways of their earth's experience, realising that Thou art the Creator and the Maker and the re-Maker of all things. Because You are able to re-make into your own perfect plan and pattern, so can you reform and re-shape each one of them, so that they may go through the ways of earthly experience without fear and without failure but in the certain knowledge that there always is a new way, a new understanding and a new evolvment for them from all the many changing conditions of the earthly world.

May the peace and the harmony of the great Master Giver of all things be with you and remain with you unto all the days which are still to come.

CHAPTER FOUR

The Master Jesus

Where is Jesus?

The Master Jesus, as you understand Him, is immersed in the great love and light of the Christ Spirit, that Spirit which overshadowed and enfolded Him during His earthly ministry. After the time of his death He chose to retain the semblance of a body which is known as the form of the Master Jesus. He also chose to be very closely linked to the great source of love, known as the Christ centre or the Christ influence, where all is gentleness, all is tenderness and love, for this is that power which became infused into His being and which is still being infused into those who seek to follow Him in sincerity and in truth.

So I would say it is right that you shall learn to see these two beautiful influences - as separate and yet as blended. As a man and a woman in the earthly life will be husband and wife and yet they are blended by love so that they become as one person, even so is the Master Jesus and the great Christ Spirit. Even as the mother and her babe are separate one from the other and yet they are blended because they are one in love, the infant is enfolded in the love of the mother and the mother feels love because she has the beauty of the infant. Even so is the similarity between the being of the Master Jesus and the enfolding of the great Christ Spirit of love.

The Master Jesus dwells in the region of the Christ. Within this Christ region there is that which I would describe as a palpitant heart of glorious colour, rose-pink radiating in colours of beautiful healing and warmth unto all who may receive the blessing that is there. From time to time the Master retreats into this heart that He may be renewed in the spirit of tenderness, that He may be renewed in the spirit of love, and absorbing it unto Himself may come forth once more in a lovely ministry of love unto the children of the earth, and unto those who pray unto Him in sincere love and devotion for aid and the spiritual power which they need.

It is true to say the Master Jesus is very close to your earthly world. He is very aware of the needs of those who suffer. He is conscious of the prayer which is made in sincere love and faith from the hearts of His children, and in that meaning He is often able to bring to the needy and the sufferer the encouraging touch of His presence, the vision of His face, the enfoldment of His power, the bringing through of His love in healing.

What is your impression of Jesus?

This is a difficult question to answer, because I have to translate into symbols which are understandable to you and also to me in spirit. But I would say that here in the regions of the spirit, from time to time I see this Being passing like a flash of brilliant light, and as this Being moves, so is the atmosphere imprinted, as it were, with a myriad of little sparkling lights. It is difficult to describe this to you, but perhaps it could be like when I have been with the medium as she gazed across a body of water and the light danced on the surface so that there were myriads of sparkling lights. As the spirit of your Master passes, all the air is imprinted with a

myriad of sparkling lights which could be termed the impression of His love, or His thoughts, or His blessings, which He imparts to all who come within the circumference of His movements. So I would say to you. Jesus is the Spirit of light, the embodiment of light which is how you should visualise Him, instead of trying to fit Him into the embodiment of any living being whom you have seen - because whatever embodiment you may see will still be only a crystalised version of that which is indeed pure light. Sometimes, as I see the Spirit pass in this radiant beauty, there will gather behind Him groups of beautiful spirit children. And sometimes, as He comes closer to the earthly atmosphere, the animals within the great open planes of joy will feel His passing, will turn, and I will see all the creatures galloping joyously to follow in the aura of the Master who passes in this fashion, because the imprint is one of love, the impression one of glorious light. This is the manner in which I see the movement of your Master, going from plane to plane, from spirit to spirit, always engaged upon His missions of mercy.

We are given to understand that one day Jesus will return.

I would say to you, beloved one, the Master Jesus has already returned to your world, and has in many degrees manifested Himself to many people. Therefore, the thought that He has to come back again into a mortal body is not necessarily the true understanding of the spiritual truth. In his ethereal soul body the Master Jesus returns again and again to those who have some special need of His blessing, and has been seen bringing His blessing throughout the many years of your earth's history. I would also say that in His spiritual form He remains very close to your mortal world. The Christ spirit, the spirit of love which ensouled the Master Jesus, does indeed return in the shape of greater ensoulments, for these ensoulments, or overshadowings, are a manifestation of the love aspect of the great Master Creator. So throughout your years of earth's history, you have from time to time teachers who appear and who become great lights in your earthly world, because they are ensouled by the Christly Spirit.

I have been reading about early Christianity and it seems that while Jesus was on earth there were no writings or notes made of His sayings until a long time after His death.

That is not true, for there lived in that land, in the time of Jesus the Master, many who were scribes or simple priests, who were trained in the teaching and the writing of their own particular form of language. These simple priests, within their own synagogues, did indeed keep a record of His words, because the truth became apparent to their understanding. It is also true that the Master Jesus lived in a city in which many Roman soldiers and citizens and traders came from all parts of the world, and not all of these were ignorant men and women.

I think that the records that were kept have been lost under the many changes which have come to pass within your world, but of the books which are now in existence, many have been compiled from more ancient records, to which the first writers had access. Furthermore, I would say it is good for you to remember that these followers of the Master Jesus were good mediums, as were also *their* followers. Therefore, when it became known that a book or scrolls of teachings were to be inscribed, there drew near unto them sometimes the spirit of the Master Jesus Himself, sometimes the spirit of Peter, sometimes the spirit of John, who would overlook the work of the scribes, inspiring their thoughts or controlling their hands that the work might be well done.

Was it true that Jesus brought Lazarus back to life?

The Master Jesus brought to the earthly world an understanding of life beyond the grave, when He brought back from the tomb the man who was “sleeping” or said to be dead. He was trying to demonstrate this for the understanding of people, but the whole history has not been given to earth's people because He was trying to say that “the spirit of this man is away from his body - when I call the spirit back to the body, then he will rise, as it were, from the dead”, demonstrating that the spirit and the body have a separate existence, whereas previously it was thought that when the body died the spirit died with it.

Do not hold the idea that the Master Jesus walked alone with His beautiful powers, but remember that always at his elbow there were one, two or three of His companions, in the knowledge that ‘where two or three gathered together’ there is the flowing interchange of spiritual energy from which all great and beautiful manifestations come into being. It is true that He brought certain things into manifestation, which have been known through your history as miracles, but understanding the powers of mediumship, you will see that they were not ‘miracles’ but mediumistic manifestations.

It is recorded that Jesus in His earthly life at times forgave certain people He met. For instance, the man on the cross next to Him was told that he would be in heaven with Jesus. In view of such forgiveness, how does the law of retribution work?

The forgiveness of the Master Jesus to the man on the cross near to Him was given because that man had not extended toward Him any special anger or hurt, also, his punishment was in accordance with the law of the earthly people, not with any consideration as to why the man did steal . . . In the view of spirit and in the view of the Master Jesus, there would be consideration of the circumstances which pressed that man to commit that act. If a man steals the possessions of another because his child is dying of hunger, although it is the law of the land that he should be punished, it is not in the law of love that he should be punished - because what he had undertaken was for the love of his child. That is the difference between the laws of the spirit and the laws of the earth.

It would be good if, in your mortal world, this same understanding could be brought to the minds of men and women. I would say that, as your world is moving on into this newer time of its growth, there has been a gradual change in the vision of men and women, who no longer cut off the hand or the head of a person who has offended the law of the land. There is now a consideration by other men and women as to the degree of guilt, and the punishment is decided not by one man but by a group of men and women who will say: “These were the circumstances, therefore this man/woman is not necessarily needing such a dire punishment”.

This, we would say, is the growth of a greater justice in the laws of your mortal world.

Is the statement attributed to the Master Jesus: “I and my Father are one” correct, because that statement has been used to substantiate the claim that the Master Jesus and God are one and the same.

I think that there is not sufficient understanding in your earth as to the true meaning of this. It is not to my knowledge that the Master Jesus said that He and God were one. He said that “I and

my father are one". It is true that during the time of His earthly ministry the Master Jesus was very strongly and clearly overshadowed by the spirit who was indeed his father, and through whom a greater and more advanced power of light and love directed rays of beauty into the earth, and who was also the medium for forces of a very much higher degree of advancement.

Do you mean Joseph?

No, not Joseph, for Joseph was only the appointed parent of the child. He was begotten by another man who lived only for a brief period in the earthly life, who was translated to the spirit that he might continue his fatherhood-ministry from the spirit existence, but Joseph was the guardian in the earthly sense.

You once said that during Christmas you moved to the regions of light to meet the Master Jesus; can you speak further on this please?

We open ourselves during the Christmas season, because there is this release of love and light from the great heart of the Christ Centre, which flows as light and love throughout the spheres unto all who may receive it. I would describe it to you as similar to a great ladder, on which there are spirits in the high sphere linking to those in the next, linking to those in the next, linking to those in the next, until we come to the near earth plane of friends and family spirits who are linking to earth's dwellers, and from the highest the power is passed down, down and down, being *distilled*, until it can be received by the dwellers on earth.

It is good to be open at this time?

This is true, and it is for this reason that your priests in the earthly plane set aside a time, a mystic time, which they call the Christmas season, in which all may be receptive to that great inflow of light and of love. But all who have understanding, and all who have the desire for good, if they do but enter into a time of silence and of prayer around this season, then they channel into earth some of this beautiful blessing.

Has Jesus had more than one earthly life?

It would seem to me that people in your earthly world have too many imaginings about the being of the Master Jesus. It is sufficient for them to know that He still lives as a spirit and often draws close to earth to aid them; it is not essential that you should know how many lives or incarnations He had. It would seem to me that earth's dwellers are too filled with curiosity about the past, instead of taking hold upon the great opportunities of the present and realising that their gift of incarnation in this present time is a great treasure to them; therefore, always looking to the past is not making the best use of their present time. I do not hear them saying, "How will I have an incarnation in the future?" Each day in your present incarnation is a treasure which has been given to you from the great treasure chest of eternity. You cannot regain what you have lived through this day - it is gone - it is past, and therefore the right way in which to live in your spiritual understanding is to fill each instant, each day, each hour, with that which is most noble and pure and creative.

Could the Master Jesus have come direct from the Divine source and not through reincarnations?

It is not to my knowledge to say that it was so, or that it was not so. All I am allowed to say is that He stands in His own beauty as His own particular revealer of the wisdom of the *Master Love Aspect*, which you know as the *Christ*. But I would say, just as equally, there have been other Masters and other Revealers. There was the Master Krishna who has left His influence in the mortal world, and we would not say what were His previous incarnations, because it is more important that the Master Krishna stands in His own revelation of joy and movement for the peoples who love Him; or the Master Buddha, who also in His own turn became a Revealer and revealed a way which others follow, and it is better that He too stands in His own light as His own revealer, instead of it being said that He was the reincarnation of this one, that one, or another, throughout the long-forgotten centuries of earth's history.

In spiritualism I have never heard the Virgin Mary mentioned. Was she the mother of Jesus?

Truly, beloved one, for Jesus was born of a woman into the mortal life, and therefore that Mother spirit still continues within the regions of light, wherein the infant souls and the mother-like spirits are to be found. Into this plane of the children this one whom you call the Mother of Jesus sheds her special love and compassion unto the children of the spirit. Also, from time to time, if there is some special need in the earthly life, she can project an image of herself, which may sometimes be perceived by earth dwellers and translated into this figure of the Holy Mother. So there is no harm if you turn your prayer or your thought unto this Mother spirit, when you need a special blessing for an infant, or child, or even for yourself.

In the Roman Catholic churches there are a lot of statues of saints and of the Virgin Mary. Is it wrong for people to pray to them?

I would not say it is wrong, for in times gone by in earth's history statues represented to the people gods whom they felt they had to placate. In your Christian churches these statues are meant to concentrate the thought or the prayer upon the individual who is represented by that particular figure - in the same manner as you may have within your homes a photograph of someone who has been dear to you. From time to time you may look at the photograph and send through it a thought, or a blessing, or love, or a request, to the spirit of the one represented in the photograph. As we look into the lives of the people on the mortal plane, we see that some healers look at a photograph of the healer known as 'Harry Edwards', rather as the pray-er will look at a statue.

If Jesus was a yogi was He used as an instrument by the Great Spirit in the solar system?

This is true, but in the time in which He dwelt the word 'yogi' had not been coined. But there were those people known as the 'Essenes' who lived in a very similar fashion to those whom you call the "yogi" or the "yogini". Their way of life was simplicity, attunement with nature, understanding of the universal laws, living in a regularity and a rhythm, so that the body was brought to the peak of its perfection. During His time with them Jesus gained what you will call the powers of the yogi, and what you call the planetary spirit we would call the 'Christ Spirit', because this is the name by which It has become familiar to the people of your English land.

Could you explain the relationship between Jesus having imprinted the Holy Land with His radiation, and the continuation of the fighting in that land?

You must realise that there is a continuous alteration taking place in your earthly planet, whereby gross material matter is being transformed by spiritual power; as it is being spiritualised so it becomes, as it were, disturbed. Often that spiritual power stirs within the consciousness of men and women, not the spiritual response, but the reaction of the hidden inner nature, which comes out in hatred, destructiveness or cruelty, because in this transmutation, if it is to be complete, then the baser elements must be brought to the surface and changed into the spiritual.

It is recorded that Jesus made a blind man see by taking earth, making it wet and rubbing it across the eyes. Could this be possible?

Yes, because there are certain healing elements in the soil which are as yet undiscovered by mankind, and he has forgotten the ancient science of healing relating to rocks, soil, sand, crystals - all which belongs to the body of the earth.

Why did the Master Jesus have to be crucified?

He did not have to be crucified. This is a thought that has crystallised into the consciousness of the earthly people. Is it not true that He prayed that He might not go through this experience? Also, spirit powers tried to intervene on His behalf by causing the Governor's wife to dream that this man should not be put to death? Therefore, I would say to you that what occurred was this great clashing between two forces. Had He turned back and not gone to Jerusalem, then He might have continued His love ministry for a very much longer period of time. But we are not able to give this teaching to the people of the mortal world because so many of them cling to the thought that He had to die in this fashion.

There is another truth, which is that because He died in His youthfulness, instead of in His aged years, His ethereal or soul body had a certain vitality within it which made it possible for the spirit of Jesus (as distinct from the ensouling Christ) to remain close to the earthly world. Because that was so, He has been enabled to meet many who died in sorrow and fear and who have testified that the spirit of the Master met them at the time of their dying. It is a fact that when a body becomes aged its vibrations become lighter and lighter, and after death it is not so easy for the spirit to retain a close contact with the aura of the mortal world. But with those who die through execution, accident, or tragedy, the etheric body retains a certain heaviness, being charged with the vibrations of the mortal environment, and so those spirits can remain close to the earthly environment. So the soul of the Master Jesus was able to come and go easily to appear unto those who loved Him. Now, because of His wisdom and His love *He still retains some control* over that etheric or soul body and *is able to remain close to the mortal world.*

Was Jesus of Jewish origin, because when He was crucified the cross bore the inscription that He was the King of the Jews; also, was Jesus' mother a virgin, as claimed by some of the scriptures?

Jesus was born of the people of that nation and His blood was indeed of the Jewish race. Regarding your second question, this, too, is one of the legends that persons have created about Him. But as we look into the ancient records (*Akashic*), we see that the mother conceived and bore Him by *natural* methods.

Was Jesus ever married, or acquainted with somebody in that special way?

Those who reach a high peak of spiritual training, either as a Yogi, or a Master or an Essene, transmute the basic sexual energies of the body into a higher spiritual aspect where creativeness becomes expressed as spiritual power, and therefore, as He had reached this state, He did not need to enter into sexual intercourse, as other men might have done.

Is it true that the gospels came from the ancient Sanskrit writings and were translated into other languages?

To my knowledge the Biblical narratives were written by Jewish historians, and I do not think that they came from the ancient Sanskrit.

. . . there have been countless persecutions in the past carried out in the name of Christ . . .

These persecutions of which you speak were due to the errors which arose in the Christian Church, in particular the teaching that Jesus was the only Son of God. This is a misinterpretation, but I would also say that the word 'Christ' or 'Christos' is really a symbolic word meaning 'One who is anointed', therefore, the linkage of the word 'Jesus' with 'Christos' was brought about in the earlier years of the Christian Church so that the people of that time could see through the person 'Jesus' into the greater love power of the Universal God as the loving aspect.

Is the Eucharist, or Holy Communion, of great spiritual value?

The bread and wine that was blessed and given by Jesus to His followers as a symbol was not necessarily intended to continue throughout the ages. It was a very close and intimate meal which was shared by Him with those who immediately knew and loved Him. But it was continued by His followers because, being natural mediums, they were often open to the influence of the spirit of Jesus; therefore, as they touched the bread with their hands, they imparted to it some spiritual influence, and as they held the goblet so a spiritual influence would be imparted to the water, or wine. This has been continued into your world today, but there is *no change made* in the bread or in the wine unless the priest who blesses it has a true sensitiveness of mediumship, by means of which he or she is able to catch the influence of the spirit and impart it to the elements which are blessed. Therefore in some cases this service of communion becomes a very blessed link with high spiritual influences, but at other times it is a meaningless ritual.

Does the Shroud of Turin give a true indication of the face of the Master Jesus?

It is not to my knowledge, because these are details that relate not so much to the Master as a spirit, but to happenings or impressions which have been left in the mortal world, but I would say that it is possible that this imprintation *could* have been made, because with the high spiritual force which was working through the Master Jesus, anything that He touched or used would become impregnated by His influence.

Can you tell us more about Jesus' training?

To my knowledge He became part of an Essene colony in which those who were able to undergo the discipline lived very pure lives as vegetarians, with simplicity of thought, unity of purpose and a certain training by means of which the inner mediumistic powers of the soul would be strengthened by the discipline and the protected life which they led. So He was in the care of the colony, or group, of the Essenes until He was ready to come forth into the world to teach the people about the higher spiritual forces, the revelations of the spirit, which became known as the Godhead. When He was ready to begin this, there came the overshadowing of the spiritual force which has become known as the Christ Force. It was this spirit Teacher, or overshadowing influence, Who spoke saying "This is my beloved son in whom I am well pleased". It was at that time that the close linkage between the overshadowing spirit and the prepared vessel became possible. It would be good if those in your earthly world who are seeking to be mediums, or revealers, could follow in a *similar fashion* the disciplines of the past by undertaking pure living, quietude of thought and meditation; not necessarily to be totally solitary but to be one of a group of persons with similar intention, with the guidance of a more developed soul who has a greater knowledge of the powers of mediumship, to help each one in their evolvment.

But it would seem that in your earthly world today there is a seeking after the powers of mediumship, without the medium being purified sufficiently so that high and evolved spirits may be able to make contact. Because this is so, there is this slow development of a mediumship which functions through mental or telepathic contact with the prepared mediums. So I would say that all who are seeking to have a closer contact with the world of spirit, should learn to purify their thoughts and not allow the mind to become saturated with the impurities of the earthly world, such as are broadcast through your television and other forms of machines, but to try and keep the higher mentality in a state of peace, purity and tranquility, which will result in a stronger evolvment of this mental mediumship.

In this way we are hoping that humankind will slowly evolve into a closer co-operation with the regions of spirit, and the influence of One such as the Master Jesus may come in streams of thought, inspiration, words of wisdom, which may move like a purifying stream through the consciousness of your earthly world.

We are now verging on the Aquarian Age - can we look for a new Master for this Age?

The infiltration of spiritual light and truth will not be in one great concentrated light but in light which is split into a myriad fragments, and therefore the spiritual revelations will come, not through *one*, but through many, many states of consciousness.

Jesus represented the Christ principle and showed us how to live our lives. Are you saying that He is the last Master to come to this planet and that in the future that principle will be diffused into many aspects?

That is true - the principle is spread through many teachers but the newer revelation (or as you would term it the newer 'Master') will not come as one individual but as a gradual revelation through the consciousness of many people. This is what I mean by the breaking of the spiritual light into many fragments.

Are there any other planets interested in knowledge of the Master Jesus?

Not so, for the influence of the Master Jesus and of the great Christ Spirit is really an ensoulment of this your earthly planet, designed to help in the evolution of all the forms of life. Other planets and other stars have their own guardians, their own special evolutions.

CHAPTER FIVE

Meditation

In the following chapter readers will observe that Ramadahn supplies guidance on varying levels:- (a) suggestions for the comfort and deportment of the physical body, (b) guidance for necessary spiritual preparation, (c) various symbols of visualisation or focal images to assist in the control of the mind.

This will enable the sitter to choose the method and focal image which accords with his present stage of development.

Can you give us some advice on the best method of meditation?

The best approach unto meditation must always be threefold. Firstly, the seating place should be one which will give ease unto the physical body, where the senses of the body are not disturbed either by the hearing of outside sounds or the smelling of odours, for in this first stage of meditation the search should be for the forgetting of the body. Secondly, the hands should be folded within the lap with the fingers intertwined and the thumbs, if not touching each other, at least in a line with each other so that the natural magnetic currents of the body may be inheld and wisely directed. The head should be held calm and erect, and the attention concentrated within the point which lies at the junction of the eyes or the eyebrows. You should then breathe slowly, gently and deeply, with the thought that as you breathe in, you are inbreathing life and love, and as you breathe out, so you are breathing out all tension, all disharmony, all disease and frustration. As this breathing is continued so there will come a gradual sense of lightness and of peace. Thirdly, the mind should be concentrated upon one thought (without tension), upon one idea, or one symbol, for the habit of the mortal mind is to wander from thing to thing, from idea unto idea. All straying thoughts must be brought gently back again unto the central thought. Then the person may say: "Who is it that says: 'Think this, do this and feel this'? 'Surely it is my spirit, for my spirit is not the mind, and my spirit is not the body, so it is the spirit which is the source of the meditation'".

You should try to discover your reasons for wanting to meditate, otherwise your meditation becomes a negative and fruitless thing.

Begin, by a little self-examination, asking yourself: "Do I desire to meditate to understand myself more completely, to unfold within my being my spiritual capacities, or do I desire to meditate because this is what people say I should do, or do I desire to meditate because I think that by doing so I shall become a great and successful person?"

Each time ask yourself these questions, because you must understand that when you really begin to develop the peace of meditation your thought power will become exceedingly potent and creative. If, therefore, in your meditative quiet you find yourself remembering your quarrels with

your brothers or your sisters, or you remember the bitterness of ancient experiences and you feel a desire to retaliate to those, then indeed through your meditation your thought power becomes creative and you may create retaliation, or you may create hurt for yourself or for others. Therefore your reason has to be a very pure, very spiritual one if you are to progress into the more advanced conditions of your meditative understanding.

There are some who desire to meditate because they think that by doing so they will discover a relationship with their God. Therefore I say to you: Do you still hold within your consciousness the thought of God as the ancient Jehovah, ruling the world with a rod of iron and punishing people for wrong-doing? Or, do you think of your God in the vision of your childhood, as a benevolent father who will pat you and say you are good when you remember Him? Or, do you understand your God as a great universal power of good, or do you visualise your God as embodied in the teacher Jesus Christ, or Buddha Gautama? So you must first of all discover what aspect of God you are trying to establish a relationship with, as you enter into your meditations.

So, as you go into your meditation, you need to go inward, inward, deeper and deeper, so that you may discover your own source of spiritual strength that lies at the very centre of your outward personality. Go back beloved ones, in your recollection into the times of your childhood, the times of your youthfulness, and remember the manner in which you reacted unto the environment that was pressed against you. Did you react with fear? Did you react with tears, or did you simply react with a gentle acquiescence? It is possible that when you look back you will discover a raging anger within yourself, or anger against your parents, or anger against your companions who withstood your little will, or would not allow you to have those things that you considered to be your right. Therefore, if you are to find your real self you have firstly to release yourself from the suppressed anger and the suppressed fears which are part of your personality and may still linger around you, as part of the person whom you are. Remember the manner in which you had reacted unto such experiences and then let the memories go, let them be washed away in the river of peace which flows into your inner soul in your times of meditation.

Slowly, but surely, in this fashion you will begin to rediscover that inner, essential spark of divine life, the inner spark of Divine Love, which is the light that lies at the centre of your person. And when you discover that, then indeed most easily and quickly you may begin to expand yourself and come into the fullness of the peace that you are seeking.

KNOW that within your heart is the centre of love, and within your heart is the centre of perfect circulation, for from your heart life-giving energy is imparted unto the flowing stream of life, which you know as your blood. As your blood is continuously passing through your heart, if the thoughts of your heart are true and correct, you will be imparting to the bloodstream a life-giving energy and renewing force that will flow in such a perfect circulation that every living blood-cell will be able to carry the right kind of nutrient unto every other living part of your bodily being. And, through the energising force of the spiritual power, that which is unneeded within the bodily system will be swept away in the pure stream of life giving fluid; also, that which is diseased will be broken down and replaced by newer, cleaner and healthier tissue, because it is not possible for the ever-creative energy not to recreate all that it may contact.

Therefore, in your healing meditation hold the thought of the ever creative life in your heart, and then see it flowing through the arteries, visualise it recreating the eyes, energising the brain, giving fresh strength unto the nerves, rebuilding the tissues of the bones and of the skin, bringing flexibility unto the limbs and unto the whole living texture of the body.

How long should one spend in meditation?

This must always depend upon the strength of your own bodily being and upon the conditions in which you may find yourself, and also upon the activities which may exhaust your energy in the daily life. In the beginning it is good to start with a short period of a few minutes and then as the mind and the body becomes accustomed to the discipline lengthen it slowly, slowly, but when the brain is wearied and the body is tired, it is useless to sit in meditation for sixty minutes, or even for thirty minutes, but it may be good to try to sit for five or ten minutes until you are conscious of the ease and the peace coming through from spirit to body.

I have been told to think of light, how should I do that?

First of all, you must know that spirit is light, that *God* is light, as otherwise how shall light exist within the Universe? There cannot be light unless it has already been brought into being by the Creative Energy. Continue then by thinking of the myriad manifestations of light or of radiance. Then think how light is within *yourself* which makes your eye able to perceive these things. Your meditation could continue endlessly through days and through weeks as you try to meditate upon the many, manifestations of light that fills your world. And having completed your meditation realise what a beautiful thing it is to know that *you yourself* are light, and that you are shedding light and revealing light unto all the world round and about you.

Some of us are very busy with the demands and the things of the earth, and cannot always find the time, or the energy, to regularly meditate?

Even if you cannot spend any length of time in meditation, it would be good if you could spend just a moment or two each morning in quiet recollection, that you may draw upon the strength of the Eternal, with the thought that It may inspire your actions and lead you in the right ways during the moments of your business and your many activities. But for those who are very busy, I would say it is sufficient, if, in the morning you ask for strength, and at the close of the day you give thanks for the strength that has been given, for in so doing, there is the linking up in remembrance unto the source of power.

How would you advise us to live with mind, body and spirit in harmony?

Try to focus your energies, or your thoughts, into the heart centre. Spend a little time each day in bringing your attention into this centre. Then let the light begin to shine out from the heart centre so that it may illumine the mind, energise the body and maintain all in the perfection of harmony; then will a silvery radiance slowly but surely outspread throughout the whole area of the soul body, illuminating and energising it, and as the cells of the mortal body are influenced by the energies of the ethereal body, so you will maintain harmony and youthfulness in the physical envelope, as well as energies focussing and flowing through the whole of the ethereal being.

As I watch earth's dwellers, it seems as if their thoughts of meditation are always focussed into the area of the brain and the mind, with the idea that if they can stop the processes of thinking then they can bring themselves into harmony. But if the concentration can be focussed into the region of the heart, which is the centre of feeling, then automatically through this centre peace

and harmony can be established in the mind and so you can get a complete balance and harmonisation of the whole. Some in the mortal life have discovered it is an easy way to try to focus the centre of light within them by visualising starlight, or a little cross, or a rose, or a lotus, developing within the heart and sending forth its radiance, so that mind, heart and emotions may all flow together, because as this is visualised so the thoughts of the mind are quietened and brought into harmony with the energies which are hidden within the heart.

Does meditation have the effect of reversing age upon the physical body?

Truly, because if it is properly cultivated and completely understood, when the third stage of meditation is reached and the great calm is experienced, then spiritual energies are released which energise the nervous system and the cell system of the physical body, as well as bringing calm to the mind and emotions. The ageing processes of the physical body are often caused by the stressful thoughts and feelings that are imposed upon the structures of the body - therefore, if there is a renewing energy given to it, or through it, then the ageing process need not continue.

Sometimes meditate upon the beautiful symbol of the ever-blooming lotus blossom. Think how the blossom floats in peace and in harmony upon the still, gleaming pool of water. Remember how the stem of the lotus comes down beneath the waters that its root may rest in the mud and clay which lies below. As you contemplate this, so you will come to know that in yourself you are as a lotus blossom - your experience is rooted in the clay of the mortal and daily life, and the stem of your aspiration is as the stem of the lotus reaching up to the light, and the bud of the beautiful blossom is as the symbol of your own prayer, your desire for truth, your own soul unfolding in the secrecy and in the beauty of the silence.

Might a person who sits alone in meditation be in danger from a bad influence - or is it necessary to sit in a group?

It is safe for you to be seated by yourself and to enter into quiet meditation, so long as you have your awareness fixed upon a certain desire to radiate light and feelings of goodness into the world about you. But it is not good to sit alone with the idea that spirits may come to a person and enter into the aura, or cause entrancement. Such mediumistic endeavour should always be accomplished in a group of harmonious people, because then there is an interblending of the auric energies between the members of that group, which will strengthen your own, allowing those who wish to contact your consciousness or to entrance you, to do so in security and in peace. True meditation does not consist of having a mind which is devoid of all thoughts and all intentions. Meditation means bringing the thoughts together so that you are controlling them, teaching the mind to think about a chosen subject, so that you are gaining greater control over your energies, over the mind, over the self. This is the real purpose of meditation. But in mediumship, you let go that strong control over the mind and let yourself sink into peace, so that some of the spirits may come, and impart to you spiritual light.

Can spirits in the realms of light meditate?

Most assuredly, for how may we learn unless we learn to be still, and in the stillness to absorb. In the regions of spirit life we do not learn by listening to spoken words and do not always learn by reading words, as you do in your earthly world - we go into the great temples and sit there in

peace and in utter tranquillity, that we may absorb from the other teachers and their radiations that which is needful for our ministry, for our task of illuminating earth's dwellers.

Is it easier to meditate in silence or with quiet music?

In the religious orders of the Buddhists often their meditation is undertaken within the sound of moving waters, the water fountaining across the rocks and falling in a symphony of sound below; also many like to meditate with the sound of a distant bell chiming; and in your own English land many like to meditate with a sound of music beside them, because the sound form engages the purely material mind and holds it, as it were, so that the material mind does not need to be involved in the actual depth of meditation, But there are others who need only silence. It is simply a discovery for each individual.

Is it better for a person to make his own mantra, which would be more individual?

‘Mantra’ is simply another word for a prayer form. In its original form it was the very subtle vibration of the Sanskrit sound forms, but as it has moved on through time it is now embodied into many words and sounds. Therefore, you may use your own especial mantra or prayer words for your own purpose. I would say that the English word ‘tranquillity’ is a good word to take as a mantra form, because it contains within it many good syllables which, when murmured one after the other, form - as it were - a spinning wheel.

What is the importance of the chakras, or spiritual centres of energy?

There are energy centres, which are important in the understanding and unfolding of psychic sensitiveness, but it is those which are *above the heart* that are important. If you undertake a meditation in the region of the heart, thinking about love, sending forth feelings of love, then the heart centre is animated and the energies which are flowing through the ethereal body become concentrated into that centre. Then when there is the wish to develop the faculty of seeing or hearing, the energies may move easily upwards into these regions of the body. It would seem to us in the spirit that many of earth's children become too troubled about this idea of what you call “chakras” or spiritual centres. If the individual is unfolding harmoniously through meditation, through love, through prayer, then these energies rise *automatically* into the right centres and bring about the desired results.

Is the saying “The peace that passes all understanding” the same as the third degree of meditation?

This is true, for this peace, or third degree of tranquility, is above the activity of the mind and therefore it is beyond the mind to interpret it. Some seers and mystics endeavour to interpret it in their own fashion through words or music, but when it is experienced it is above the activity of the mind, and therefore it surpasses the understanding. Remember that not always are you able to enter into that greater tranquility for long periods of time, maybe for an instant or two you will experience it, but when you do experience it then you understand the truth of what we say. I would also say that, in the process of dying, the spirit withdraws through the emotions and

through the mind, and if the death is (as you would term it) a good death, then there will be this experience of entering into the great peace.

CHAPTER SIX

Mediumistic Development

All things in your world today are on a faster rate of vibration than was operating one hundred years ago. As you move on through time so this quickened rate of vibration will continue, and therefore the mediumship of the future must be so designed that spirit may be able to give revelation in accordance with the powers that are operative at that time.

Here in your English land and in all the European countries there is an incessant vibration of mechanical sound, made by the many machines that you use in your labour, and by which you travel from one place unto the other; also the air is filled with the incessant sound vibrations radiated by your speaking and picture machines. This quickens the whole of the atmosphere and therefore the slow, gentle mediumship of the past is not so easily possible in your midst. But we have tried to overcome this by developing that which is known as mental mediumship, which enables us to blend our consciousness with the consciousness of the mediums in a way that does not involve the use of the nervous system of the medium, as is needed when we entrance a medium, as I am entrancing this one now.

So I say to you who are seeking to develop your mediumship, seek to quicken the abilities of your mind that you may become sensitive to the thought vibrations which the spirit ones may desire to impinge upon you. Try to develop this, rather than trying to develop trance states, or the ectoplasmic states which have been the forms of mediumship in years gone by.

As you move forward into the future, it is possible that newer kinds of mediumship will come into manifestation. We are hoping that we will be able to harness the subtle vibrations which man is using in your delicate machines so that the mediumship of the future may be known more as *mechanical mediumship*. There will, however, be needed some influence from groups of people sitting in harmony and in peace, to provide a platform of sympathetic vibrations, unto which spirit groups may come, and by their coming transmit into the sensitive machinery either the *sound of their voices* or the *images of their thoughts*, so that the skilled hearers and the skilled lookers may be able to obtain the information that we of the spirit would wish to send unto you of the earth.

What is of most importance to you is to know that you must use your body wisely, and live in such a way that your sensitised nervous system is continually strengthened by a sufficiency of rest, and by feeding your body on foods that provide a natural nutriment not only for the bones and cells, but especially for the nervous system. As your mediumship begins to unfold, you should feed the body on a little more of nature's fruits, for these give to the body an extra amount of vitamin C that is used up through the extra activity of the brain, as it responds to the impressions given through the consciousness. The nervous system should be fed on substances gained from grains or berries, or from the oils that are derived from nuts or berries. If you are able to follow these good habits, then as you become sensitised and as you develop your mediumship, it shall not be said of you that your system was too sensitive, or you came close to a

nervous breakdown. In doing this, not only will you keep yourselves in harmony and in strength, but you will provide the platform of mediumistic strength which we shall need if our revelations in the future are to be good, sound, and of help to the nations who are still to come in the years that lie ahead

Is it true that every person is clairvoyant?

Not all persons dwelling in the physical body are necessarily clairvoyant, with the ability to see visions and spirits, because many of them are deeply involved in the elements of the physical body, but all can develop perception, which is different from the discerning of spirits. It is necessary all should be able to perceive, so that you may instantly learn how to perceive what kind of a person you may meet -to perceive if this one is good, this one is bad, that one is weak and this one is strong . . . out of this sharpening of your perception gradually there may come a greater understanding, and then occasionally the discerning of spirits will be possible.

How do you choose your mediums?

The mediums whom we seek in the earthly world are not always those of a high intellect. We do not seek for mediums who have great positions in the earthly life. We do not seek for those who are rich and clever, but we look for mediums who have a warmth *in the heart*, those who in simplicity and in lovingness can conjoin themselves to us in unity, by means of which love may blend with love. Upon such a foundation we may later begin to build that which becomes a mediumship that may teach, heal, enlighten, or change the thought of those whom they may meet in the ways of the Light. But the foundation lies within the human heart, and therefore it may sometimes seem to you that those who are your mediums are highly emotional. But emotion and love, the tenderness of the heart, is surely the foundation upon which we of the spirit may build the work that we are designing for the unifying and the cleansing of the soul of your world.

The great purpose of this great unfolding work of mediumship is not to flatter you so that you may say to other people: "See how many spirits have joined me and are working with me". Ask yourselves the reasons why so many spirits join and work with you. Some come to give loving forgiveness unto earth's children. Some come to impart to you wisdom, steadiness and a quickening of love, and some come simply because they love you so much that they want to walk beside you in the midst of earth's experiences, and teach you how to forgive the great wrongs, the great hurts and the wounds in the soul of your living world, which can only be healed by love, healed by forgiveness of group unto group, a forgiveness that is finally extended between nation and nation.

As we begin to develop mediumship it seems we automatically attract helpers or guides of different races - can you comment on this?

When there is a medium to be developed in your mortal world there will come unto that medium the servers. These may be nuns, or those who have some knowledge of ancient Chinese medicine, or Arabs who have come to understand their God in the vastness of the desert spaces, or Egyptians who understood the laws of life in the wisdom of their temples; or Red Indians and Eskimos, who have attuned their souls to the simple heart of nature, and listening to the song which is sung in the heart of nature, have come to comprehension of the soul of their God. It

should not be a matter of surprise to you, beloved ones, when you find that around your aura there gathers a group of radiant spirits belonging to many nations, many religions, many cultures, because each one gives you something that enlarges the circumference of your thought and turns you slowly but surely away from your concentration upon the gathering of food and the eating of food, your concentration upon the comforts of your sleeping places and upon the warming of your fragile bodies - and turns your thoughts away from preoccupation with these things unto a concern with the greater things of the soul and the spirit.

Should mediumship lead to mysticism?

Your spiritual understanding and development evolves out of little revelations, from the small beginnings which come to you through your psychic awareness, through the unfoldment of your mediumship. So do not belittle the small happenings which occur to you or the little glimpses of the power of prophecy whereby you are able to prophesy what may happen tomorrow or in the weeks still to come. Such a small beginning is like the seed set within your consciousness, out of which can grow the understanding that a seer may be able to foresee and to prophesy world happening, the results of which may be shown in centuries still to come. Such prophecies, you will say, are beyond the beginning of mediumship because they are within the range of mysticism. If your inner gift of clairvoyance brings to you only the perception of a little colour, or a beautiful pattern, or the face of some person who has died and whom you do not yet know, be not disdainful of this small beginning, because you think that you should be able to see into the great glories of the heavens. But know that out of these small glimpses, through your clairvoyant faculty, there may later begin to blossom the greater part of your understanding, whereby through continuous discipline of mind, body and soul you may eventually be able to open your eyes and see the beauty and the truths relating to the regions of the spirit. These little beginnings may have great and wonderful endings.

Are our special guides, who we have for our life's journey, with us from the moment we wake up until the moment we go to sleep at night?

Not so, beloved one, for they are not completely immersed in the atmosphere of your earthly world. Your guiding spirits are linked to you by a thread of light, or a connection similar to your earthly telephone. So they will continue their particular activities in their sphere of light but because of this connection they are continually aware of your experiences, aware of your moments of danger or despair, and can instantly make a connection with you if and when it is needed. But they do not interfere with the manner of your living or with your desires. All they try to do is to ease you so that you will work through your special karma, or keep your aim before your vision. If there is some very special crisis then they will be aware of this and may swiftly and easily conjoin their influence to yours.

Would you confirm that we do have guardian spirits who are supposed to look after us, as we are living our lives and trying to develop our mediumship?

Yes, you do have those who are your guardians and those who are responsible for your unfoldment, but they cannot maintain their link with your aura unless you maintain your awareness and a telepathic link with them, so that they may keep you forever within their care. But it would seem to me, earth's children come together for a little time in their desire to develop

their mediumship in their groups or circles, then having completed that time they go away for several days and forget all the lessons of attunement, becoming involved in the many, many aspects and enjoyments of the daily life. When something may befall them, they complain because they feel they were not guarded or guided. The work between yourselves and those of the spirit has to be two-way. You have to attune yourselves to us and we have to attune ourselves to you. You have to develop your awareness, and this means to be aware of the warnings that your guardian may implant into your mind, to heed the warning: 'not to go that way,' 'not to do that thing,' instead of saying afterwards "I think I was being warned". It has to be a co-operation between earth and spirit - spirit and earth, and when this is complete then you are guided, protected, upheld in every aspect of your mortal life. Although you slumber and sleep as your body goes into its time of rest, nevertheless because you are spiritually aware, even in your time of slumber the protection will be complete for you.

We speak of doorkeepers but where is this door that the guardian spirits keep and watch?

There is no door, but in a trance mediumship such as this, then there is an aperture between the physical brain and the soul body of the medium, which becomes temporarily separated from its linkage with the physical. If there are not good guardians then there may swiftly insert into that little aperture - not the spirit who is the appointed speaker or control of the medium - but a spirit of a lower order who comes in for selfish motives and tries to interfere with the work which a group of spirits undertake. It is the task of the doorkeeper to be continually alert, strong and sometimes brave, because he or she may have to engage in a battle with the interfering spirit, who may try to upset the work of the spirits working for light. Therefore, it is good that those who are unfolding their mediumship should know the importance of the guardian, who is not always a teacher or a healing spirit, but the guardian doorkeeper who becomes responsible for the safety of the medium over whom he watches. Later the guardian also becomes responsible for the well-being of the medium. We who listen from the regions of the spirit and hear your thoughts and conversations, sometimes hear you speaking in praise of the spirit teachers and healers, but seldom do we hear you speak in love and gratitude of the guardians who keep you safely upon the way. So, if your thought goes forth in appreciation and gladness towards them, then does their whole being brighten, because they receive the life-giving energy of your thought in prayer and in praise.

Is it possible for a doorkeeper to fail in his duty?

Truly, not all doorkeepers *are* strong and some of them have great difficulty in managing their medium. For a complete co-operation there must be a response by the medium to the guidance of the spirit. Some doorkeepers fail because their mediums weaken the condition of the psychic body through unwise practices such as drinking excesses of alcohol, or taking into their person strange drug substances which the guardian spirit may not be able to manage, because these drugs create within the aura so strong an attraction to low-grade spirits that the guardian is unable to control them. Then, he or she may withdraw into the regions of the spirit, to gain fresh experience, new knowledge, and come again in an endeavour to guide or to guard another medium.

All of us are gaining great benefit in listening to you; does the medium's spirit which is enwrapped gain benefit too, as she is not listening?

I think not, but she gains benefit from the interflow of spiritual forces, the light and blessing which is being concentrated through the mortal brain by my own particular efforts at this time, because I do not come to speak to peoples such as yourselves *only* to speak in words. I come that I may release certain radiations of light, peace and love, indefinable spiritual radiations which I draw from a high spiritual plane, and therefore these more subtle radiations are left lingering around the mortal body and the mortal brain and the spiritual self, in this the medium gains benefit.

How can I recapture the memory of what I have been doing during the sleep state?

As you settle your body before going to sleep, try to take from your mind all the anxieties and the memories of the daily life. Say to yourself: "I wish to have a clear recollection" and when you awaken from your sleep try to recall the last thought, or the last image, which was left in your mind and then slowly but surely you will be able to recall more and more, for it is a matter of training the mortal aspects of your consciousness to become attuned to your spiritual mind.

Why do we need to have an aura, and what is its meaning?

Its purpose is that you may be visible to the vision of those spirits who keep you within their care. It is also meant to be visible to you on the earth if you have developed a sufficiency of vision to see each other, not simply as the body of flesh, but as the whole person, so that as you see the light of the aura you may know the nature of the person you are beholding. For these lights and colours in the aura will show to you what are the desires, what are the feelings, what are the secret searchings of the person to whom you look, for the spiritual aura reveals the real inner spirit and the real nature of the persons whom you know and love.

Furthermore, this energy force which is woven into the physical body is meant as a protection, so that as you move around in your world you are within the shield of this psychic protection which surrounds you like a shield of light, ensuring that you do not become unduly influenced by the aura or the spirit of those others whom you may meet day by day. But in your mortal world, especially in your English land, persons have become enclosed together, so that there is an interchanging and interweaving of the energies between the auras one of the other; this means that when you have travelled or walked together, either you will feel strengthened because you have exchanged energies with those others, or else you will feel weakened because you have given some of your energy into the aura of others who have a lesser understanding than yourself. When you are seeking the unfoldment of mediumship you should always seek for the company of others who have a similar understanding to yourself, and try to remain in the company of those who have love for you, so that there may be a strengthening in the interchange of the energies between your auras which will bring to you a strengthening of your inward powers.

It is also essential that you shall learn how to draw around the outer edges of your aura the rings of light which bring to you protection against persons who are of a lower order than yourself, those who have not any spiritual endeavour. If you do not understand this when you endeavour to increase your sensitiveness, then you may pass through experiences which will be uncomfortable and difficult for you to understand. You need to know how to protect yourself against such persons and you need to know that you can, by an effort of your will and your thought, project towards such persons streams of light, golden energies, which you send directly from your aura, to lighten their darkness and bring them into a higher degree of development.

From which sphere do the communicating spirits come?

Some come from the seventh but most come from the third sphere, because the third sphere is the one which we call the 'homely' one, for it is 'homely' work that is being undertaken in this your Spiritualism; it is the 'homely' contact of spirit to spirit, the 'homely' reassurance which most persons are needing. But they may, from time to time, open themselves to the influence of others on higher spheres, for here in the spirit life we have *our* mediums (as you have in your earthly world); some of our spirit mediums may work with a medium in the earthly life, who is not of a high spiritual development but has good guides, and good teachings, because one of their spirit guardians is a medium for one who comes from the seventh sphere.

Is service sometimes done from the wrong motive?

Truly. We look deeply into the lights and colours of the aura of the beloveds and sometimes we see that, when the person is conscious of loneliness and isolation, it will say: "I must serve. I must help others that my loneliness may be filled with grateful companionship and my isolation may be healed by unity with others". We say to you *this is not the way*. If the heart is empty turn unto the great Master Creator, unto the great Heart of Love, and ask that your empty heart may be filled with compassion, so that you may go forth and seek to serve each other, to heal each other, not to heal your own loneliness, but rather because you love those whom you serve. Once the barriers of the self are dissolved and broken down, then the soul expands; your sensitiveness unto spiritual influence increases and you become aware of the beauty of the spirit, of the communion of the spirit ones, and the radiant light of the spirit places can be unveiled to the inward vision.

Why is communication with our spirit friends and guides not so easy as we would like it to be?

Communication is always dependent upon the level of the thought upon which your request is expressed. If a thought goes like a speedy light from your higher consciousness, through the *upper* part of your brain, then this is swiftly seen and swiftly understood by those spirits who are working upon that level. But most of earth's people think that their communication has to take place through great effort of thought and visualisation, through the mind that is associated with the ordinary happenings of the mortal world. Because your spirit friends are not associated with these things, then sometimes your strongly concentrated thought may not be so easily seen or understood by them. But if there goes from your heart the remembrance of one who is near or loved by you, or you smell a perfume, or hear a melody, reminding you of such a dear one, which brings to you swiftly an emotional memory associated with that spirit, then there goes the thought which is more a feeling, like the speed of light, unto that loved one - then, yes, communication is swift and easy upon those special levels.

Can a feminine spirit give guidance to a man?

Truly, for here in the ways of the spirit the aspects of the male and the female are not so strongly accented as they are in your mortal life. Therefore, there may be a need for a spirit using a man's body in the earthly experience to develop a greater degree of gentleness or spiritual perception, and the particular energy force within his aura may match more completely with that of a female spirit.

Sometimes it is difficult to know the difference between mediumship and intuition.

I would say that mediumship consists of sight and of hearing, but intuition consists of the development of the inner awareness of the soul. Mediumship reaches out unto the great bringers of light, to hear and to see what is to be revealed in the spiritual world, but intuition reaches out and brings you into an awareness of what is going on in your own realm, in your own world. Therefore, to those of you who are reaching out your hands in helpfulness to those who are near to you, I would say: Develop the faculty of intuition; do not be deaf to its voice, and when you feel within yourself the need of another being, respond unto that need, obeying your intuition.

Does the standard of spiritual unfoldment reached by mediums account for the differing teachings transmitted on a particular subject?

Truly. The deeper the sense of honesty within the inner consciousness of a medium the clearer and the higher is the revelation that can be given. Some limit their mediumship by personal pride; some are limited by the desire for gain; some are limited by fears of failure or the fear of the weakness of the flesh or the fear of the criticisms of humankind. Often the consciousness may be cleared with the help of spirit of the more crude imperfections, the greed, the desires, the prides, which are of the earth, but the mediums may not always carry their honesty on to the more subtle and spiritual plane. Thus, sometimes, there is the mediumship which will not be sufficiently honest to admit "Today the spirit is not with me", or "I have not this awareness which other people think that I should have" - this we would call a dishonesty which is upon the more subtle, spiritual plane. As each medium goes forward honesty needs to be transferred from the plane of the earth into the inner planes.

Has environment anything to do with the holding back of spiritual gifts?

Yes. The environment surrounding you is just that state or place in which you should learn the spiritual lesson that is needful for the growth and unfoldment of your spiritual pathway at that time. Until that lesson is learned you will not get the blossoming of the gifts of sight or hearing, because true unfoldment always comes about from the deeper unfoldment and development of such gifts as the capacity of service, love, tolerance, self-sacrifice, forgiveness. With the strengthening of these spiritual gifts and the perfecting of them, there will come the unfoldment of the powers of the spirit. Therefore, do not resent the environment which surrounds you and feel that it holds back your development, but rather accept it as the step upon which you are climbing towards a fuller and deeper spiritual unfoldment, out of which the gifts of perception will come to their full blossoming and flowering.

In ancient times were the priests and priestesses in the temples mediums and psychics?

The priests and priestesses were invariably psychic or mediumistic, and they were chosen because of that faculty. Then there came the time in which the purer understanding of spiritual powers became supplanted by other priests who were simply performing rituals to gather to themselves wealth from the peoples. Each time the purer teaching became overlaid by the more ambitious or worldly priests, who continued performing rituals, simply by imparting fear into the

minds of the people. So the present mediumistic activities of your world are simply trying to bring back the recollection of what used to be known in years gone by. In the Church today those who should be the revealers are simply upholding the ancient rituals, whereas the true teaching is being given through the mediumistic persons.

Is there any significance in the green light which is seen clairvoyantly by many people nowadays?

The green light is coming into manifestation on your earth just now and many who are developing may sometimes see the green ray in their circles, in their meetings, or in the aura of aspiring mediums. The green ray is, firstly, the greenness of tranquillity and peace, but even more, it is the colour that is stimulating man to seek for truth and causes people not to be content to accept what has been accepted as a truth in centuries gone by, but to think, search, question and desire new truth.

This is the plan we are bringing into being, and as it comes there is the stimulation of thought, a starting of ideas, an awakening within the inner consciousness of a desire for truth. This you will find not only in the mediumship of people such as yourselves, but through the sound waves coming from your radios and from your 'out-pictured boxes' (television) which bring out ideas, stirring people to think. This is the plan and pattern for the New Age, whereby the spiritual consciousness of mankind can function more clearly through his purified intellect.

CHAPTER SEVEN

Nature

The Changing Planet

You are living in very important times in your earthly world, and it would be good that you should come to understand how you may live through these seasons of change without harm unto yourself or without harm unto those who are encircled by your aura of protective love. Truly, your world is passing through a great time of transition in which there is alteration in the world of nature and, in the lives of men and women, changes in the great mental atmospheres of your earthly world and a growing awareness of the potency and the power of the Spirit.

Firstly, you need to know that your little planet earth is slowly altering its position. There are vast changes that are taking place in the deep heart of earth itself. There is a slow alteration in the movement, through which the vastness of the waters and the oceans are slowly being changed; also, there is an alteration in the living airs of your world so that they no longer move slowly through the atmosphere, but wheresoever they can, they bring about part of this great transmutation and alteration of your planet earth. All these things mean that you will come to know great changes in the patterns of your seasons and in the manner of life on your world.

Therefore, it is very important that you shall learn to apply the truths which we have tried to teach to you. That truth is to live in harmony in yourself and to use your power of creative thought in which you *do not allow fear to enter into your consciousness, nor allow yourself to be drawn into the great atmospheres of fear and despondency*, created by the peoples surrounding you, but rather come to know that you are a spirit in this instant of time using your body, using your mind, and spinning and creating around yourself the little web of your own personal influence. If you will do this harmoniously then it maybe that storms may move around you and the alterations in the currents of the air may come close to you but they need not harm or destroy that place wherein you dwell, because you are learning to apply the spiritual law of creative thought to yourself, and to those who are bonded within the power of your aura, and also into the place or the dwelling of which you are a part. But it is important that you should come to know that these things are true, and that you must create continually by the action of your own inner soul-thought the kind of environment you would desire, and the kind of harmony and beauty which you would wish to see in your planet earth, as you move forward into the seasons which are still to unfold.

In years that have gone by we have told you that your world is moving into the newer Age, into the coming of the time long foretold and long promised, but how may the New Age come unless the old age disappears? How may there be new things in your world, unless they supplant that which is old and no longer needed? How may the great laws of transmutative life be brought into being unless there is this alteration in the very atmosphere of planet earth, so that it be reharmonised, renewed and new forms and new beauties may come forth? So I would say to you - spend a little time day by day *in being certain that you are a spirit*, and let the storms of man's

fears circle around, but be neither disturbed nor worried by them, remaining at peace within yourself, and come to know that, as you slowly evolve in your own spiritual nature, so indeed your spiritual thought-power becomes increasingly creative.

Before your world reached this peak of evolving time, the thoughts of men and women worked on a slow and steady vibration of movement. But as you have moved forward through the past years, so mankind has quickened the whole atmosphere of your earth by his usage of sound, by the subtle creations of light, and his control of the means of communication. He has also brought into being a thinning of the psychic atmosphere so that thought may flow from mind unto mind, and love may flow from heart unto heart and be received and understood, because this is the beginning of the communication which is still unfolding. Together with these alterations and changes, so there is coming into being the realisation that spirit is not just spirit on the death of the body, but spirit is the spark of light hidden within the hidden recesses of the consciousness of human persons, and so creativeness is slowly but surely coming into its beauty of manifestation.

But sadly, many in the earthly life who are coming to realise some part of this creativeness, use this creative power not to bring forth peace and harmony, but rather add to the totality of destructive influence by their destructive desires and their greed and desire for acquisition. To those who are slowly but surely evolving into the greater spiritual knowledge, it is to you I speak, saying: Visualise in your creative imagination the glory of the blossoms which may still deck your planet earth with glorious colours of gold, of blue and of rose-pink; visualise as you move forward through your time the beauty of *new* plants and trees taking root into the *newer* soil, bringing forth *new* pastures, *new* shapes and *new* beauties, because always there is a marriage and a blending between moisture, air, heat and earth, always a bringing forth of that which is new and beautiful. Therefore, do not allow yourselves to despair in the thought that all is lost and all is destruction, but rather see that destruction is but the place out of which reconstruction inevitably emerges, because this is the law of the great Master Spirit of Life - the great Creator continually creating.

What are the effects of radiation on this world and future generations?

The total destruction of your planet will NOT occur, because the planet is held in the care of the great Master Creator. You are talking about a destructive radiation which man has unwittingly leashed upon his environment, but is it not also true that the release of this destructive vibration has stirred within the minds of many, many people the thought that this is a power which should be guarded safely and should not be unleashed again? Therefore, as always in your mortal world, there is this balancing of good with bad continually coming into being. So that which has been destructive will eventually result in a greater reconstruction in your mortal world, even as in the last war that you had upon your planet a few years ago, the great destruction resulted in the reconstruction that you are seeing in your planet today.

We watch the slow movement of your beautiful planet earth evolving into new structures, into new life, into a new way, which each one of you may see if you do but hold on to the truth that you are a creator and a controller within your own inner being, within your own inner soul. So, sometimes in your quietude of thought turn your blessing down into the heart of your earth. Think of the hidden caverns that lie deep below the soil. Think of the fiery heart of your planet and bless it, giving to it some part of your love and your creative thoughts. Then think of the soil and the plant life which covers your earth as with a lovely velvet cloak of created life - bless it, love it, send to it your blessing and your appreciation, and then lift your eyes into the vastness of

the atmosphere and know that you are a part of that, for you breathe the atmosphere in and breathe it forth again. Therefore, breathe *in* life and breathe *out* blessing, letting your blessing go forth into the winds, into the airs, and into the atmosphere. As you behold the waters flowing from the heavens, see them in their beauty of silvery light and see their importance as cleansing, revivifying and remaking all things in your earth. Bless the seas and the streams; become in a unity with this great world of which you are a part, and then indeed it will be in harmony, with you, and you will be in harmony with it, and when *the great cataclysms and changes occur, then indeed it will be well with you, because you are in harmony with it and it is in harmony with you.*

Ramadahn, could you comment on the disastrous hurricanes, and cyclones that occur? People are suggesting these may have an esoteric basis?

This is true. Your earth world is at present passing through a tremendous time of transformation. The old world is slowly being dissolved and the new one is slowly coming into being; therefore, if there is to be a transformation and a newness, there has to be a time of sweeping away that which is old and no longer needed. Mankind is so closely enmeshed with the living world of nature he cannot be separated from it, and as at this particular time of earth's history he is sending forth much violence and destructiveness, so the repercussion of these is to be seen in the world of nature. But those who are sending forth love, light and healing for the planet are sending out a harmonising force, which means that as time passes and your earth is restored, new beauties, new skills, new food, new understanding, are already beginning to emerge in the midst of what may seem to you to be disasters. In the work of the great Master Creator there is a continuous creation and re-creation, so from time to time there has to be some destruction in order that all things may be made new. In your ancient book it is said: "Behold, I will make all things new". Therefore, you will behold a newness coming into your planet earth, and signs of that newness are already blossoming in the habits of your world. But it would be good if more earth dwellers could see and understand what is occurring, so that they would begin to harness again that which is known as "prayer" but which we call meditation, creative thought and healing influence. For the more mankind knows that he has in himself a creative power, the more quickly will come a new time of greater beauty and harmony.

It is very sad to see the harm that is done by mankind when oil is spilled, polluting the land, the birds and the sea.

This is true, beloved one. These things occur in your mortal world because of the selfishness of human beings who use these substances for their own purpose and gain, without careful consideration of the good of the planet. But there is this growing compassion in the soul and the understanding of the people in your world, who say: "This should not be". Even as in the past years of your earth's history, simple men and women were taken from their African forests and put into ships, to be taken away into strange places where they could not speak the language, where they were known as slaves and had no freedom. Similarly, in your own English land, is it not true that in years gone by there were men, women and even children forced to work in underground caverns (mines) dragging conveyances filled with black substances called 'coal'. But gradually, there came to the consciousness of the peoples the truth that this should not be, and so, slowly but surely, it has come into being that such things are no longer considered right in your mortal world.

So turn your thoughts strongly, beloved ones, and make all others turn their thoughts also, toward the awareness of what you know to be wrong, or what you know needs to be righted, and aid and strengthen the labours of those who are trying to bring these things to an end and then you will find it will change.

Can you tell us a little about angelic forces?

These are what could be called the aerial influences which hold within their care the great movements of the air around the planet, and also in the distant spaces of the universe as well; but although they have an interest in the whole evolution of the world, their work is a little less intimately connected with the world of nature.

In the course of time do they as individuals exchange with people?

They do not exchange with mortal people because they are evolving in a condition of life that is separate from the purely human one. But sometimes in their ministry as aerial forms they may be aware of certain needs or conditions in the mortal world, and so may bring their influences to bear, either to temper the storm so that the storm is not so harmful, or to bring about a storm which may be needed to adjust a certain condition in the world of nature.

Is it possible for an angel to incarnate into a human body?

Not to my knowledge; it is a different form of evolution but it may be that, as humankind evolves, so the totality of a group of human ones, evolving to a higher consciousness, might eventually become a whole group, which could be seen as an angelic form, or an aerial ministry.

Would you confirm that there exist fairies and gnomes, and elves?

Certainly there are, as you will call them, fairies of woodland and flowers, and of trees and waters, which you may call elves or gnomes. If you have a sufficiency of inward development within your centre of vision you should be able to behold these nature spirits, and it is possible to communicate with them, although not in the spoken word; but if your awareness goes forth in kindness and in greeting, then you may receive it back as a thought of love, or even as colour, or a gift of a leaf or a blossom, which is their way of expressing their understanding of your greeting. It is not to my knowledge that these nature spirits are able to speak such words as "Hallo" or "Goodbye".

Are elves and fairies responsible for the growth and sustenance of plant and herbage?

Not altogether, but they gain joy from the beauty and the energies interwoven into the life of the plant, or tree or flower . . . As they enjoy the energies emitted, in return they give back to them some part of their own joy or their own care, and will endeavour sometimes to guard a special favourite plant, because they are aware of its beauty.

I have sent out healing thoughts towards plants that are dying and they have rapidly recovered. This would seem to show that our thoughts can reach plants?

This is true, beloved one, because the living energy of your soul and your living energy of healing is received by the plants and they respond to your blessing.

Can they also send thoughts to us?

They do not send thoughts to you but they send energy, sometimes desire, for if they can they will send toward one who is responsive, the desire for more water or for increased nourishment, for as you develop your sensitiveness to the regions of nature so you become aware of the needs of that region. Also, that region can become aware of the needs of the human being who is in attunement with it, and so there will be times when extra perfume or extra radiations of energy may be extruded toward one such as yourself when your bodily being is disharmonised.

Is it right to pick flowers and put them in a vase, rather than leave them growing?

As the plant comes to fruition, which means that the blossom is coming to perfection, then indeed it is already beginning to die, and so the plant does not resent the removal of some part of its foliage, or its flower, if this is done with reverence and kindness, and if there is a feeling of unity and appreciation between yourself and the plant. But if you carelessly tear foliage, or tear the flower from the plant, or tear the plant from the ground, then there is a degree of suffering involved, and a degree of resentment sent forth by the living plant, which may sometimes have its effect upon the being of the individual.

Can a person gain some benefit from touching a tree?

Most surely, beloved one. Simply stand silently for a moment or two beside a special tree that draws forth your admiration, then place your hand upon the actual trunk, or somewhere near the root of this living emblem, and as you do so be silent in yourself that you may feel some part of the influence which is being extruded, and then send by your conscious will the thought of blessing or of love unto that tree. In this way you get an exchange of energy, and having established this exchange, if there is some other time when you feel weariness or the need to renew yourself, you can go to a tree of the same kind, which will give to you some part of its energy.

Trees have different characteristics; the oak gives forth strength; the beech gives forth considerable tranquillity and peace; the lime tree is a tree of healing, for the leaves and the flowers have a nourishing or healing quality which is good for humans as well as the animal creation, and the perfume is nourishing and healing for the spiritual body. It is partly this awareness of the healing of plants and flowers and perfumes which has induced this habit amongst persons of the earth to place flowers into the rooms of those whom they love, who are enduring some condition of inharmony or sickness, but it would be better if they gave the flowers with a greater degree of understanding, instead of simply as a gift that is easily provided.

Can you tell us something about the magnetic life force?

Truly, beloved one. The whole of your planet is interlaced with great radiating lines of magnetic force, which holds your planet within its orbit of movement, even as you would hold a ball within your hand, held in place by your fingers and the movement of your hand; even so your planet earth is held in position by great magnetic rays of force which create what could be called a lacy, holding it within its particular place in this great interplanetary space that surrounds it. At times when men and women become aware of particular rays, or lines of force, without always understanding why or what they are doing, they will try to align themselves so that they are in harmony with those forces. You may notice this if you enter into a large building and you will see the people stand, hesitate and wait until they choose where they will seat themselves; as they do so, they are unconsciously following some line of force of which they are not consciously aware. Similarly, the birds of the air, and the animals of your world, follow these radiating lines of energy so that they are able safely to travel from one place unto another.

In this your English land there is very little knowledge concerning the movement or the action of these rays. But in ancient Egypt these were well understood, and the temples were raised, or orientated, so that they were able to be in harmony with the magnetic forces, and even the waters of the river would be so turned that it would carry certain energy forces with it, but this too is a wisdom that has been forgotten. However, as the minds of earthly people, and the mediums, become more sensitive to the thoughts and to the understanding of wiser spirits, so gradually this ancient knowledge is being recovered.

Was humanity originally vegetarian?

Not altogether, for in the long history of the evolution of your world there have been two streams of incarnating souls, one stream who understand that they should eat only of the fruits and the grains of the earth, and another stream of life who have lived in lands where it has not been possible to sustain their life entirely upon the living herbage of the earth and so they have become fish and meat and insect eaters. But those who learn to use their bodies wisely and who know how to maintain their contact with spiritual forces, invariably are, as you term it, 'vegetarian'. But it is *not for those who are the vegetarians to despise those others*, and it is *not for those others to despise those who do not kill to sustain their life*.

What part do animals play in the spirit world?

They do not play a great part, except in a similar fashion as they do on earth. The animal creation has its own kind of evolution and after leaving the physical world they enjoy for a while freedom and joy in their own beautiful playing places. But because of the growing link between the human and the animal, there is a slow evolution in the consciousness of the creatures taking place, so in the regions of the spirit many men and women are accompanied by the creature with whom they have established a love link, or a sympathy. When I was in the earthly experience, my beautiful horse was the creature who became linked to me, and throughout the many years of experience I still retain a link and an affection with that animal. But if you were to see this creature now, you would not say it is a horse as it used to be, but more a semblance of a horse that is in a form of light. Sometimes, if we desire to penetrate into one of the grey spheres, in which some soul has closed himself off in bitterness from the aid of the spirits of light, we will enlist the aid of a friendly dog, or an understanding cat spirit, who may be accepted by such a soul but who would reject the influence of a living spirit.

People often ask whether animals ever eventually become humans?

It is not to my knowledge that beloved animals reincarnate as human beings.

I understand that humanity and animals evolve on parallel lines of evolution and they do not meet? Is this so?

This is true. But here in your English land you cultivate love for the dog creature, who lives closely with master or with mistress, becoming so closely involved with their auras and intelligence, that sometimes you will say: "This animal knows what I am thinking and what I am saying". Sometimes it will convey to you its thoughts, so that there is communication between it and the master or mistress. When such a dog comes to the closure of its life it retains this greater degree of intelligence, and after a time may go back unto the *group soul*, unto the place where the happy dog souls live, and it becomes, as you will call it, like a guide, a spirit, who has a higher degree of understanding, a higher degree of mentality, and it becomes, as it were, a guide to the group of dog souls.

I wonder about ants and other insects - what is their existence for?

Their existence, beloved one, is to be part of this great chain of life involved in your planet. In the soil and in the water there is a multiplicity of minute life forms, and the insects and the ants are serving their purpose because they are helping to remake or to cleanse the part of the planet on which they live, because if it were not for their labours there would accumulate on the planet, dead grasses, dead leaves, dead bodies of other minute creatures of which you have but small knowledge, and therefore they are part of the great interlinking of the chain of existence.

Can you please tell us a little about the conditions in which some domestic loved pets live in the spirit world?

In the various planes of spirit experience I have seen an enclosure, set around with bushes, with open grassland in the centre, inside which stay the spirits of men and women who, in the earthly life, had great love for the animals. So, in the places of the spirit, they have created a safe haven, a place filled with security, gentle joy and greenness, running waters, and spaces in which the creatures may disport themselves. From time to time they will open the gate and lead from this enclosure a dog, or a horse, or a donkey, or some other creature, so that it may be drawn back again into the atmosphere of the earthly world, when it feels the call of a master or mistress who thinks of it with love, that it may renew its affection and link with the person still in the earthly life, who may be gazing at a photograph of the animal, which once brought to them healing, love and companionship. When the time of reunion has been completed, they take back the living creature into the home of the spirit, that it may dwell there until the master, or the mistress, is released from the physical body and the animal may come again into the joy of reunion.

As one realises the unity of all life, one is filled with a genuine love of all things, even such things as beetles, flies and wasps, and so I find it impossible to kill them.

This is true; as your love goes forth, it is the living radiation of your aura, and so these insects will feel your desire and will respond to your command (if you choose to give it) “to come so far but no farther”. Earth's children have forgotten this ancient unity with the world of nature. When they do recapture this unity, they will regain the Garden of Eden, the place of peace in which they are meant to live in harmony and in love.

Is there life on the moon?

There is not life with bodies as you understand it. But there is a spirit consciousness within the rocks, the stones and the plants within the elements of the moon.

If our animal pets die many years before we do, will they remember us?

Truly, but some of them may become so absorbed in their companions that their remembrance may be dimmed, but when they see you again or your thought comes toward them, then indeed the recollection will be there and the love will be re-established, even as in the earthly life.

Is it cruel to keep animals in a zoo?

Although many of these animals are content in such places and they gain a degree of enjoyment in the companionship of humankind, nevertheless, their captivity does mean that freedom of movement and a certain fearlessness has vanished from them. It has been a sad thing for us to see an elephant released through death from his captivity, standing listlessly, looking with uncertainty from side to side in the vicinity of his place of captivity, afraid to move away without the command of the man who has commanded him over the many years of his life. I do not think it is good that the creatures of the earth are dominated too greatly by earthly men and women, but if a bond of love is established then this may develop the intelligence and the affection of such a creature, and when the intelligence and affection has been stimulated by contact with human people, then this may *forward* the development of such an animal. Such creatures will retain these superior qualities within the spirit existence, sometimes becoming guides or serving spirits to their own animal-kind.

Are animals psychic?

Animals are psychic in the degree that the etheric body is not so tightly knitted as is that of the human person, and because the animal does not have to engage in the many activities of the intellect (like those of mankind), so the mind does not become so tightly encased, but it has within itself its own intelligence, its awareness of the feelings and the thoughts of men and of women, and is aware of the spirits who come and go within the home. The small creatures such as rats, mice and reptiles are not called psychic creatures, because these have not such a highly developed intelligence as the horse and the dog.

The elephant, who we wanted to take away from his place of captivity and yet was bound to the will of the man who had commanded him, was eventually released by bringing a fellow elephant who had been developed in life by the love of his own Indian keeper, and these two, coming together, were able to lead this other animal from his captivity-place into the places of joy and of freedom.

CHAPTER EIGHT

Spiritual Understanding

If you have peace, if you have love, if you have understanding in your *spiritual* person, then the energies of life run freely and quickly through this mortal being which is your tool. As you are dwelling in the earthly life, you need to learn the things to do that relate to the physical body. So, first of all, day by day, in the quietude of your thoughts, re-affirm your knowledge of yourself as a spiritual being, using your soul and using your body. In the quietude of your thoughts, *listen to your body* and hear what it has to say to you, for sometimes your body will say: “I am tired - the things that are imposed upon me are too great for my strength”, and therefore your body is telling you, as a spiritual being, that more relaxation, more rest, is needed for the renewal of this tool of your spirit - your bodily person.

So sometimes you will be aware that there is pain in your foot, or your knee, or your hand, and instead of ignoring this feeling of pain or discomfort, use instead your spiritual will and with your hand, or your fingers, touch, loosen and bless the parts that are telling you they have become tensed and strained in the activities of the mortal life. When you have eased those strains or pains, then you may go further and enter into the deeper relaxation of your meditative thought, saying to your body - “Relax and be at peace and inbreathe the energies of life, that I may be renewed.” In this way you will learn to use your body with wisdom and with understanding, instead of simply saying: “I am tired and I have a pain, what is wrong with me?”

Frequently, as you listen to your body, you will be aware that there is distension and strain in the abdominal region, for then your body is saying to you - “You have given me too much food to eat, which has not yet been digested and therefore I do not need the amount that you command me to eat”. If you are aware of your body, it will sometimes tell you that it does not need certain substances which you make it ingest. If also there has come to your body some greater strain or some painful injury, still use your spiritual will and your spiritual understanding and breathe in harmony, directing by thought the healing energies into those parts that are painful, using your hands to convey encouragement unto the parts of your body which appear to be rebelling against your spiritual will.

Having learned this first lesson in maintaining harmony, then, secondly, you need to become aware of the tensions that arise within your mortal body as the result of the tensions in your soul consciousness and emotional being. If there is a “grouping” together of cells within your bodily person, then surely they are being influenced by some tension that has arisen within your soul being, such as anger or resentment, which you have buried deep within your consciousness. This reflects on to the bodily being, affecting the living structure of the blood stream itself and on to those cells and structures which are fed and maintained by it. So, if you come to a condition in which there is a congestion of the blood, you should not say: “Why do I have this condition in the body?” but you should say: “How have I influenced my body that it becomes subject to this condition?” As you then turn your attention into your feelings, you may, for instance, discover that you have a deeply-felt anger against someone, maybe your husband or your wife, or your brother or your sister, or against parents who have either forsaken you in your youth or who have

given to you the feeling of not being loved and wanted. This is like a wound within the soul body, a wound within the deeper emotions and feelings, but because the body and the soul are interwoven together, so this wound in the soul often shows itself as a wounding or a sickness in the physical body itself. Therefore, if you truly want to maintain health and harmony in yourself, you need to have a cleansing within the soul body, giving yourself time in which to quietly take your thoughts and your feelings backward into recent times and into the experiences that you have left behind long ago, which you think you have forgotten. You may have forgotten them but you have not transmuted them.

When you remember these things weep a little, if you so desire, be sad for yourself and for the experience, and be sad for those who hurt you in this fashion, but remember that your weeping is cleansing the soulbody of some of its hurts and its wounds sustained long ago. Is it not true that if you have a wound in the flesh of your physical body it has to be cleansed and that which cleanses it may be some water? But if there is no water then sometimes you will cleanse it with tears or even with the fluid of the mouth, but once it has been cleansed then it will be healed - even so is it for the wounds of the soul! It would seem that in your mortal life you are taught that you must not be sorry for yourself, that always you must turn a smiling face, forgetting your wounds and your hurts, but as a healing process it is good to remember them; it is good to bring them into the surface of your spiritual consciousness, and then *to allow them to go* - to think that this was an experience even if it was hurtful, an experience from which you, as the individual, have gained knowledge, sympathy, and strength through enduring this particular condition. Then, as you realise what you have learned from it, you may bless it and allow it to go from your soul, that indeed you may be purified.

So, having learned how to purify the physical body, how to purify the emotional or soul body, you may then go that further step and open your inner soul being to the great love of the Spirit, to the great love power of the Master Christ which, when it is received in fullness, brings healing, brings peace and renewal with it, and flows through every atom, renewing and remaking every living part of the physical being, cleansing and renewing every part of the soul being, so that you may become a “whole person”, whole, strong and beautiful, with the true harmony and health of the illumined and the understanding ones.

How can we increase our ability to love, which is sometimes difficult?

You may take into your inner consciousness this beautiful word, for the very sound of the word is full of softness and spiritual power. If in the midst of your daily activities you sometimes pause and say “Love, lovingness, love, lovingness”, it may become like a little wheel which turns within the inner recesses of memory. As you do so it automatically sets up a vibration which flows through the emotional body and creates a certain energy form that may be felt or perceived within the spiritual aura. When you meet your brothers and your sisters whom you may find it difficult to love because you see their faults and you are aware that they are animated not by love but by hatefulness, and you think that you should have a little more love for them, then I would say to you hold in your inner consciousness the realisation that somewhere in the regions of the spirit there is a spirit who loves them, or who has loved that one, and you could send your thought unto that spirit asking that they will come a little nearer and *increase your love* so that you may love the unlovely one with a little more understanding or tenderness, and so some of the difficulty in lovingness may be overcome.

If it should be that you feel it impossible to see love within your world, or to feel love within your heart because you have become sterile and cold, then it is the time in which to think upon love itself, remembering how in your youth you became aware of love, either as an infant resting within the arms of your parent, or in the moment when you became aware of love within yourself for the sweetheart who warmed your heart with affection; or think of the moment when you felt love as you held an infant child, or embraced the beloved of your heart. Then think whence came the love which gave to you this beautiful experience? The love was not there before that moment, and yet suddenly and beautifully you were aware of tenderness, of lovingness - whence came it? It must have come from the great Source, the Source of life, for love and life are interblended together, and therefore your remembrance will automatically become linked unto the great Source whom you call your God, your Christ, the Maker and the Creator, the Source of love - and in thinking thus you will be renewed in the spirit of lovingness.

Is there a place in the body for the spark of divine life?

Truly. There is hidden deep within the cavity of the mortal heart a small cell which is not always visible to the human eye, but which, nevertheless, holds this spark of divine life within it. This small cell is not within the blood movements of the heart, but *lies a little behind*. We are of the opinion that in future years this may be discovered by the newer processes which mankind are developing in their exploration of the soul and the body, and in it they may indeed see the seed, or the enduring spark, that is carried from life into life.

In the Gospel of St. John there is reference to "In the beginning was the 'Word'" - what is the 'Word'?

The "Word" is the causative sound which is known as the 'Light of the spirit'. In the first stages of creation, in the higher regions of the spirit existence, all things resolve into sound which is known as vibration, sometimes perceived as colour. It is from this vibrating sound that the atoms of your mortal world are set into motion and maintained in their particular patterns of manifestation, which appear to you as a tree, an animal, or a human being. Therefore, when you seek for the great first cause, then you discover that there is sound which is known as the "Word", for surely word and sound are similar.

Does the New Testament contain true teachings?

A good deal of the teaching which still survives is like a symbolic veiling of the truths which the Master Jesus taught, but the interpretation of those truths has been twisted and hardened into an orthodoxy by what you term the 'Established Church'.

Does everything on this earth hinge around our belief systems?

This may be true, but in your special life journey it is not necessary that your beliefs should be the same as another individual, nor is it necessary that all people should have the same beliefs. What they should be searching for is whether their beliefs are *true*. Where spiritual knowledge has given the soul increased ability to live kindly and peacefully, then we say *that* religious belief has its value. Where a philosophy helps to raise the thoughts on high, then that philosophy

is a true one. But it is *not* true that worship in any one church, or belief in any one religion, is more important than the other.

Those who pray because of mistaken beliefs - do their prayers “cross the void”?

So long as their prayer is sent forth for the people surrounding them, and for the good of those who have preceded them through the gateways of death, it matters not if their beliefs are mistaken, for the ladder of prayer and light is raised, which attracts spirits who are of a similar understanding to themselves.

But I would say to you that, within the first and second spheres of experience, all is governed by the ideas of the souls who have left the earthly body, so, those who have very intolerant religious beliefs will retain that rigidity, maybe for a long time, before they are able to change their ideas and to see a wider understanding of the God whom they worship. Indeed, they may desire to convert all other spirits to their same ideas, sometimes coming again into the home of their family or of the souls whom they loved on earth, trying to impinge upon the thoughts of these people the same rigidity of understanding. As you learn greater truths in your earthly world, and you come to an understanding of what is meant by *tolerance*, so as you move into the planes of the spirit you will be able to rise more easily from plane to plane, because you are not held by the rigidity of old thoughts.

Some churches maintain the doctrine of heaven and hell - that the good people on earth go to heaven and the bad people go to hell. Can you comment on this doctrine?

There are regions of light and there are what we term ‘grey’ regions, but souls are not banished into the grey regions; they take themselves there because they are unable to bear the clear light which reveals them as they are, and so they retreat to hide within the shadows, either because they are ashamed, or fearful, or because they are embittered. So their hell is the one they make for themselves - not a hell which spirit makes for them. I would say that some have the thought that love can redeem the one who is in the darksome place, which is often symbolised as being the love of the Master Jesus. Therefore, I would say that the love of bright spirits, or the love of the living creature, or the loving prayers of a person such as yourself, can reach that one in the state of greyness or darkness, and can help them to come out into the beauty of the light.

I understand those in spirit regard time rather differently from us on earth - is that so?

To us of the spirit there is infinite time for all things that we would try to do. When *you* begin to raise yourselves away from your concern with the immediate small things of the earth and begin to come into contact with the things of the spirit, then you will find that a long time may seem to you but as a moment and sometimes a moment of your earth may be so filled with heavenly bliss that it may seem to you as an eternity of happiness. The measure of your time is only within your earthly minds; therefore, free yourselves from it and do not allow it to press upon your consciousness, like the grey rain clouds that cover your pleasant English land with mist and with moisture. There is all eternity before you and the things that you are learning in your years of earthly life, and the seeds that you are sowing into your own consciousness and into the world about you, the creations that you are creating by your thought, all these will continue long after your little body has ceased to weigh upon your soul.

Can you advise us how we may share the small amount of truth we may have gained with others on differing levels of understanding, who often reject that which we are eager to give them?

I would say to you: the truth can only be truth to each man and to each woman according to their *inner* understanding. You should remember that because you find a certain truth is good, or a certain pathway is right, you should not endeavour to force your brother or your sister to walk that way. The wise man, the wise woman, the seekers after truth, say to others upon the way: "I have seen this: I have heard this; this I have experienced". If what is said vibrates an answering chord within the consciousness of the other, then the other may desire to learn that which you have understood.

But not all the myriad souls who are taking life's experience have the same thought, for some need to learn the way of love; some need to learn the way of simplicity; some need to learn the lesson of sacrifice; for some the way is through beauty and for others the pathway lies in the giving of themselves in sacrifice of healing, or of service, or for some the way is to be found in silence. These are the individual ways of the soul, and some will find their understanding of these individual ways through the teachings of the Christian churches; some may learn through the wise thoughts of the ancient Chinese teachers, and some through listening to the teachers who teach in the quiet rooms of Spiritualism.

For each soul and for each seeker there is a way that is right, and those of you who have a little light, those of you who have gained a little understanding, it is for you to look upon your seeking, groping, sorrowing brothers and sisters, and guide their steps into the way which is right for *them*, remembering that unto the child you must give a teaching that is simple, which the child may understand; unto the wise man you may give a thought that is pure and lofty; unto the loving soul you must show the way of love.

Share what you have, according, to the degree of your understanding, with the men and the women whom you meet, for it is true that as you become what you think, so deep within your inner self must you give some of the virtue of what you become, unto other people, because through giving unto others that virtue, so do you increase your own ability to receive *more* from the inward and hidden centre which is deep within yourself.

Why are there forces of darkness?

There are always forces of darkness because in your great universe there are always two forces balancing one the other. Your planet would not be turning gently and steadily as part of the universe unless it was balanced and held in position by various other forces. So the whole of your planet is governed by pairs of opposites - light and darkness; lightness and heaviness; heat and cold. Similarly, in the evolution of the planet as a whole, there is the gradual evolving of spirits out of the dark into the light. But there are some spirits who prefer to remain in the shadow, because they have what you would call a perverted degree of consciousness, and so they are trying to withstand evolution into harmony and light.

Is the spirit world able to foresee the violent happenings in the world, and to help those who die suddenly?

Yes and no. Firstly, with our wider vision we are often able to see the inharmonious forces gathering together, and if we can do so, we try to guide or impress those whom we can reach, so that they will not be in a place where such explosions of destructive energy are going to happen. But if the people are intent upon their own desires then, even if we give a warning or a caution, it is ignored. But there are many who have been in these dangerous places yet were not involved, because they were receptive to the influence which we of the spirit tried to exert. Also, many spirits who are the servers will congregate into such places, either to alleviate the suffering of those who are injured, or to reach those whose life comes to a sudden ending, so that we may convey them from the places of fear and disaster into a place of peace where they may rest in calm, and gradually awake to light.

There seem to be so many tragic, violent deaths throughout the whole of the world. What are the reasons for these happenings?

Take your mind back into the past years of your earth's history and remember how much violence there has been in times of war; when one faction is fighting another, many men and women unthinkingly terminate the lives of others. The soul sows in the great field of mortal experience and often may retain some memory of its sowing, and then it must reap the result of what was sown a long time ago. When those who have perpetrated these deeds move into the regions of the spirit after death, they may see how they brought suffering to the peoples of the earth. But until they experience suffering for themselves, they do not have a full understanding of the repercussions of that which they have done. So many come again to the mortal life. They grow, develop, become men or women, and then the *karma ripens* - they come together in one place or as a group, and there is a suddenness, a breaking through of violence which terminates life. Then we in spirit say that it is the ripening of a group karma.

If the spiritual law is one of love why was the god of the old Testament so vengeful and angry? Did that god evolve into a loving god. . .

That which you call the god of your ancient scripture was not the same as this which we refer to as the power of the great Master Creator, but was the spirit in charge of the tribes of that special time. Even as you have in your mortal existence today remembrances of kings and of rulers who become revered and loved as national symbols to you, so to the people in those ancient times an ancestral spirit who could communicate with them became known as a leader, or what is now called a 'god' - not 'The God' but 'a god'. Because these people were dwelling in conditions of harshness and desert lands, there was a need for strength and courage, and because they were often attacked by persons who threatened to destroy them, so the ancestral spirit (known as their 'god') advised them in such a way that their interpretation of the commands was, as you will call it, in cruelty and in vengeance. Therefore I would say to you that special interpretation of the 'god' is not the same as the more universal interpretation of the God of whom we speak.

What happens about God then - does He disappear?

Not so. That tribal influence still continues in the regions of the spirit, even as the influence of the Master Jesus still continues in the regions of the spirit. But the power of thought, as exerted by earth's dwellers, is very creative, very strong, and therefore those who adhere to the thoughts

of Jehovah add to his strength by their thoughts and by their prayers, even as you add to the influence of the Master Jesus, or the Love Christ, by your thought or prayer.

When you refer to the 'tribes' I assume you mean the Hebrew tribes?

This is true and there is a strong tribal influence still at work amongst those who, as it were, belong to Jehovah (sometimes called God), and these peoples are held together by the unity of that group of spirits. But as your world is moving forward into newer understandings and newer revelations, so the influence of the tribal entity is becoming less powerful, and the peoples themselves are becoming wider in their understanding and way of life - even as some of the followers of Jesus who, in the past, have been strictly held in narrow orthodoxies, are now moving out into wider understandings because the spirits who grouped themselves around such beings are slowly relaxing their influence.

Can the human race create an entity out of a psychological need, such as a great teacher?

This is true. They can create what could be called a great thought form, into which they would try to fit any enlightened being who may be in the mortal world at that special time. So you may have a man or a woman who is, as you will call it, a great person but who still has certain weaknesses and faults, but because persons in a particular nation are desirous of seeing in that one an especial revelation, then they will invest that name, or that person, with the qualities they desire. This can be seen in your mortal world where men and women desire that there shall be an ideal woman, and therefore they invest the woman who was the mother of the Master Jesus with their particular images so that she becomes the outward and visible sign of their inward and invisible desires. Such a person can get great powers, because the concentration of love and thought by people in the mortal life, and also those in the spirit life, create what could be called an enlarged aura, or a great circle of souls, who become a group soul blended with the Christ influence, which we call 'en-Christed' or 'Jesus-like' souls. Such souls come and go into the atmosphere of the earthly world (sometimes seen by those who have clear vision). They work in the influence of the Christ, or in the influence of Jesus, taking to Him, bringing from Him, an influence which is very special.

Will racial colour prejudice eventually be eradicated by love?

Unity of races is slowly coming into being because your world is upon the threshold of a New Age. Always when there is a New Age coming into being there comes the birth of a new race. With the intermixing of blood between different nationalities, there is slowly being born a new race of men and of women through whom true international love and understanding will be expressed. But until this truly comes into manifestation the old racial prejudices will continue to show themselves, with some of the old racial hatreds continuing to manifest, but slowly, very slowly, it will die away. Already you begin to see this pattern showing itself in your earthly world, for people whose skin is darker than your own are slowly intermixing, intermarrying, interworking, inter-educating, here in your own English land, in the great places of America, in Japan and China. Indeed all over the world there is this interblending of the great races, in the production of a new coming of humanity, which will be *free* from this hateful prejudice.

Some people say that human nature never changes. Would you say this is correct?

The consciousness of people in the earthly world is slowly changing. People are beginning to live more in a psychic, mental region than in previous times, when they lived very much more in the emotional level of their beings. As humanity goes forward into the years which are still to come, the healing energies will be active but more active on the mental plane; the healing currents will more easily *influence the human nervous system and the brain system*. Healing by the touch of the hand will not cease, but the mental aspect of healing will become stronger, as your world moves on.

It is always important in your earthly world that all people should have a little of what is termed 'faith', that they should not live with the thought that death is entirely the end. If they belong to any form of religion, that religion will give to them certain simple prayers and some faith, either in the power of the great Master Creator, in the power of God, or in the power of one of the prophets; in the moment of crisis that faith will reassert itself and become, as it were, a powerful vibration which attunes them to another region of the spirit life.

What happens to them if they do not have any faith?

Then they are involved, as suicides, in the purely bodily processes, because the energies are deeply involved in the purely etheric realm and invariably they will come to the end in a state of considerable fear, which is rather similar to the condition of one who dies in despair, for fear brings about a darkening and also a shrinkage within the consciousness.

Can you speak about that state which is known as 'enlightenment', such as obtained by the Masters Jesus and Buddha?

Enlightenment can be possible to any one of earth's dwellers who learns how to master their various bodies, their nervous system and their physical being. By simply learning to *transfer the attention from one level of consciousness unto another*, so a degree of enlightenment may be attained.

Human souls keep their consciousness very much below the region of the heart. Their desires and feelings are associated mostly with digestion and with the sexual impulses, and only gradually do they learn to bring their attention up into the region of the heart, with feelings of compassion and love for the human souls and the surrounding world. Gradually, through the learning of spiritual truths, attention is sometimes transferred into the regions of the brain, and such persons try to gain a mastery over the processes of thought, the swiftly ever-moving region of thoughts and ideas associated with the brain. When this mastery has been attained, then it is possible to transfer attention into the higher regions of the brain itself - *to think through the top of the brain and to breathe in the life energies*, so that the brain becomes animated and spiritualised. Then through this, when there is a unity between all levels of the consciousness from the *lowest to the highest*, these Masters of whom you speak are able to open the higher spiritual consciousness unto a realisation of the great unity and beauty of the spiritual worlds - this could be described as 'enlightenment'.

How would we recognise such a person?

By bringing your awareness into the higher levels of your brain consciousness and through that, learning to look at those whom you meet, to discover what degree of light they are emitting, and by learning to see them with love, not to judge them for their weaknesses, but to love them in all things. Gradually your vision will be cleared and you will be able to see how much clear light is shining amongst the teachers and the preachers and the revealers in your earthly world.

Is a person's appearance an indication in a measure of their spiritual status?

Yes, to those who have the eyes to see the truth which may be hidden. You in the earthly life will look at a man or a woman who is tall in stature and dignified in bearing and will say: "Yes, this seems to be a great man, a great woman". But upon the earth you may have little men and little women who are nevertheless great within their spiritual understanding, but when they leave the mortal body and come into the spiritual life, then their height and their stature will express the growth of their spiritual consciousness, for here in the spirit there is no limitation to the unfoldment, no limitation to the growth and to the reaching upwards into the powers of light.

But within the dark, low places of the astral realm, you may see men and women who have not yet grown into the fullness of their spiritual stature; and the man or woman who may have been tall and large in the physical body, after death becomes shrunken and small, because this is the state of the spiritual consciousness. Nobility should be written upon the brow of man in the calm, clear straight look of his eyes; love should be written in the language of the spirit, upon the mouth of man and of woman in the tender upturning of the smile, and peace should be written upon the countenance in the calm, restful attitude of the head, which shows that peace is within the inner soul.

The greatness of the soul and the spirit also lies in the sense of enlargement which you may sometimes feel when in your greater moments of prayer, dedication and pure lovingness, you feel as if you are *enlarging*, for the spiritual aura enlarges, it swells and it grows around you, and it is from the substance of the spiritual aura that the stature of your spirit body will later be woven, when you come to live and to dwell in the life of the spirit.

I suppose that when one becomes more aware, or spiritualised, one can become more averse to material things, and isolated from one's associates in everyday life?

This is true, but even if you become more isolated from your companions in the earthly world, you become more united with your spiritual companions of the spiritual world.

Will the aura surrounding the planet earth ever be completely pure?

A great purification and transmutation is occurring in this day and age, because there is, as it were, a thinning of the aura that closed off humankind from their knowledge and contact with the spirit regions. As that aura thins, or refines, so many people become naturally sensitive to the things of the spirit. As they see their visions, and are guided by their spiritual inspiration, so are they impelled to add their influence to the cleansing and refining of the whole atmosphere of your world. This is happening not only in your English land, but the purification is slowly spreading from land to land, group to group, for persons all over your world are meeting together in small groups for prayer, meditation and the radiating of light and harmony, which is bringing about a thinner, a finer, a better radiation within the spiritual atmosphere. But as this comes into

being, so inevitably it stirs that which needs to be cleaned or refined, and so you find emerging from the darker areas of the planet's aura radiations of memories long gone by, sometimes outbursts of violence and of hurtfulness, which are a breaking-through of the impressions left in the aura in ages past.

So, beloved ones, lift your vision and try to see the whole of your earthly planet as we behold it, slowly but surely being infiltrated by the influences of light, peace and harmony, as we of the spirit conjoin to the ones in the earth, to bring about this slow and beautiful transmutation. I would say to you that, in the fullness of time, the *cleansing will be complete and rebirth will come into being*, as your world moves forward into the more complete manifestations of its newer Age.

Are our dreams memories of our sleep state activities?

Partly: but I would say that when the body and the brain is laid to rest and the spirit leaves for a while its body and comes into the pure place of the spirit, then indeed your communion with each other continues and your communion with us continues also. If you return to your bodies from your states of sleep and you retain within your consciousness words which seem to be of some discourse that brings to you understanding, then you can say "I have been in the communion of the spirit land, whilst the body slept".

If in your dreams you return sometimes to your body with the thought that you have been worshipping in cathedrals filled with radiant light, in which you hear glorious music and come refreshed and uplifted to your bodies, then think not that it is but a foolish dream, but rather say to yourself "In my time of sleep I have been free from the body and within the spirit realm I have been worshipping in the counterpart of the beautiful cathedrals I have known on the earth. I have been dwelling and absorbing peace and comfort from the chapels or the temples which I have loved, for I know that their influence continues within the radiant places of the spirit". If in your dreams you think that you have spoken unto spirits whom you know not, or you bring back to your brain the remembrance of some who have advised you, be not astonished and think not that it is strange that you should hear from spirits whom you have not yet known, for affinity is still maintained within the shining realms and unity is to be found with many souls whom you do not remember in the mortal mind, but who love you still in the purity of the spirit.

So, sometimes as you pass into your time of sleep and your brain lays its many thoughts to rest, you may with intention let go of your body and say: "I *will* that I may go into the gardens of rest" or "I would ask that I may be taken unto the temples of wisdom" or sometimes ask for a reunion within the gardens of reunion, that you may meet there loved ones who have gone before. So go forth in peace and understanding upon your various ways. Feel not that at any place or at any time you are lonely or separated from each other, or even separated from we who seek to help you. Once unity has been created, then unity continues. With this thought we would bless these who are here, and would lift them into the great garden of peace in which the lily flowers of prayer bloom in their radiance and in their purity. Standing for a while within the garden of prayer they may indeed uplift their spiritual vision to that great pure Light which shines far and away in the beauty of the spheres, which is the radiant Light created by the great Master Christ, as He sends forth His blessing unto all who seek it.

CHAPTER NINE

The Power of Thought

Beloved ones, remember at all times that you are creators in your earthly life, for it would seem that you are startled and sometimes surprised that something you have thought has been so quickly perceived by someone in the spirit, and sometimes you are surprised when your thought is quickly answered in the form of a letter or a gift by those in the earthly life who have received the emanations of your thoughts. It is a fact that, as you advance in spiritual knowledge, your thoughts become increasingly powerful, swifter in their action and swifter in their reaction one upon the other. Therefore, as you think thoughts of light so light is created, and as you send out feelings of love so love-forms are created, sometimes seen and accepted by the loved ones in spirit, and sometimes felt as a blessing by those in your mortal life. But often you are careless with your thoughts. Sometimes there emanates from your minds and consciousness thoughts which are jealous, doubtful, fearful, and very, very often thoughts which are unkindly critical as to the motives and actions of the people around you. There is a need for a continual discipline in your thoughts and in your feelings - so discipline yourself to thoughts of the kindness which is an aspect of love; discipline yourself to thoughts of hopefulness, rather than to dismay and the expectation of bad; discipline yourself always to thoughts of joy instead of feelings of depression.

Those who are still enfolded in the tight petals of their limited consciousness have little creativity in the thoughts or the feelings which they emanate. This is a protection for the world, because if every person's hatefulness went forth with a full creative activity then many would be pierced and wounded by these thought creations; if everyone's anger went forth as living flames then indeed many would be scorched by the fires and the flames of their anger.

But as you grow in spiritual stature, and as you grow increasingly powerful in the creativeness of your thoughts, then indeed I would say that every careless thought can wound and every careless anger can scorch and burn . . . When you laugh let your laughter be kindly, when you think, let your thoughts be hopeful; when you send forth a prayer let your prayer be a prayer for peace and for good. Remember that as you grow in spiritual stature you need to send forth strong radiations of light, love, peace and harmony, because these become your protection against the harmful forces that are emanated by those who - because they do not understand their power - can wound the delicate soul body with the flames of their resentment and anger; they can puncture the delicate soul body by their jealous vibrations of envy; they can cast you down into the depths of darkness by their own unthinking powers.

So, I would say to you, take to yourselves the armour of holiness and the armour of light, and know that the armour is created from within yourself by your own creative emanation of kindness, feeling, light, love and peace, because this goes forth from the soul body in a great protective arc of beautiful light and encircling radiations of power.

We would that you may each one go forth into the places of the outer world, robed in your beautiful robes of light, robes which are the symbol of your advancement, but we would also that you may go forth with your great shields of living light, strongly held that they may push upon one side the arrows of negative thought, the arrows of those who would unthinkingly harm you. We would that you go forth wearing the golden crown of knowledge upon your heads, that the golden crowns may be helmets of light, whereby your spiritual light may be protected, wisely used, and wisely shared with all earth's children everywhere.

We do give into your hands the beautiful cross, which is to be upheld like the sword of truth, and as you go forth may you be as warriors walking in the earth with joy, walking in the world with light, walking in the world with truth, and at all times and in all places standing as the representatives of truth and light and power.

Would it be right to say that as we develop more spiritually our thoughts become more powerful?

You should learn to know that, by the power of your inner spirit, your thoughts are more creative than the thoughts of the simple man taking his boat out upon the seas, or the simple hunter hunting his food within the forest place, or the simple peasant tilling his soil on the lonely mountain slopes. These have not yet gained spiritual knowledge, and so as their thoughts go out they have but a small circumference of activity, and often their thoughts remain close to themselves. But, those who develop the power of their thoughts and intellect, who are grown in knowledge concerning the things of the earthly world, if they use their thoughts unwisely then they send forth destruction, grey clouds and darkness into earth's atmosphere. Those who are growing into the knowledge that they are spirit, of the spirit spiritual, who have grown away from the idea that the body is all, these begin to think with the power of the inner spirit.

Is there a right and a wrong way to close the energy centres, or chakras?

All that is needed is for you to simply draw a mantle of light around your aura and this, in its turn, will protect or close your centres. As your energies are expressed or sent forth, and the energies aroused or weakened, so there will automatically come about a closing of the centres. It is a wastage of your thought and energies to try to think that you have to make a 'little button' to close these centres.

How do spirits coming to earth read in a person's aura the events which have happened?

It is done by our learning to read the colour emanations and light in the person's aura. Remember that thought is a creative element, and therefore, as you think, so do you each one create. During the earthly life each one creates pictures or a symbol, such as a sorrow that is held very close to the heart; this can be seen as a little darkened ball, and when we unfold the ball sometimes we can see within it the remembrance of the face of the one who has caused this sorrow.

Remembrance of pain is also a memory that many people hold to themselves, and it is so imprinted upon the auras that we can sometimes see jagged lines, showing the memory of pain which those persons still hold to themselves. By means of such pictures we are able to read some of the happenings. But it may be that in the reading we cannot altogether discover what has been the whole of the experiences, and so we will say to a mother or father in the spirit life, or to a

guide who has been watching the progress of this one:- “What means this imprint?”, “What has caused this wound?”; and thus the one who is nearest will explain and make clear the picture.

How can we help ourselves, and the planet earth, with our thinking?

If you wish to surround this planet with healing and with light, try to send out the pure pearly-white light of the great Christ influence. You may send it as a star or a cross, or clouds of light, because it is upon this pure, white light-radiation that many other groups and persons are working, and your thought will then blend with theirs.

But I would say that the proper use of creative thought and creative influence always depends upon whether such creative thoughts are emitted with the certainty that it is *possible* to do so, for many of earth's people try to use their creative thought in a certain way, at the same time doubting that they are able to do so; therefore, what they create becomes destroyed by their own doubtfulness. So, think clearly, think strongly without any doubt within yourself, then indeed it will go forth as you visualise it. The word ‘impossible’ should cease to be a word that you can speak. Replace this word by the word ‘possible’ or ‘it can be’, or by the affirmation ‘yes, this can happen’. By so doing you replace within your own spiritual understanding the knowledge that *unto spirit all things can be* when in harmony with the light, beautiful, creative ethers of the spiritual consciousness and the spirit awareness.

Are those who have a little knowledge of spiritual matters protected to a certain degree from the chaos of the world?

In all the chaos that seems to be affecting the lives of your people, send forth peace, radiate love, and as you move amidst the intricacy of *moving vehicles*, remember to radiate from yourself the golden circle of your own protection of light, so that even your moving vehicles, may be encased in the light of your protection, whereby you may overcome the chaos of your mechanical age by the peace and the harmony which radiates from yourselves.

What would be the correct reaction to persistent amplified sound in one's environment?

That is indeed difficult for me to answer from the regions of the spirit. I can only suggest that you try to use your spiritual will through the expression of your thoughts, seeing your thought going out as an arrow towards the person who is creating such unnecessary sound, winging your thought with the words “Quieter, quieter” or “Silent, silent”, or even use your spiritual will in creative thought so that the instrument itself may be changed. As you grow in your development, you will discover that, as your creative thought goes forth in the strength of your will, it can even influence these subtle metal mechanisms of your earth world so that they may be changed in their sounds. There are those in the spirit world who are experimenting to see if they can influence these little machines by their thought and will. We are learning to do this from the regions of the spirit, so that your little recording machines may sometimes be influenced by our spiritual will.

Do our thoughts have an effect on the earth's atmosphere?

Most assuredly, beloved one, for as your thoughts emanate from your mind, they create either a greyness, or a brownness, or a redness, or they create radiations of colour, of light and of beauty. But if you are a single individual and your thoughts are grey or dark, or red with desire for revenge, then this will create only a small pool of harmful radiation in the atmosphere; but if you belong to a community who are all thinking the same thoughts, all creating the same radiation, then indeed it creates a great harm within the atmosphere. Fortunately, more and more people dwelling in your earth are trying to govern their thoughts and learning to use them as shining arrows of blessing, so that the air becomes filled with these shining lights of good thoughts and good prayers being exchanged between one and the other, which is slowly neutralising the effect of the grey and darksome influences.

Sometimes we do not want to hurt a person by speaking the truth as we see it, but by letting it go on and on just seems to make the situation worse.

There are problems which sometimes arise in your earthly life when you must make a decision that will apparently harm or hurt another human being, but if your decision is made in the calmness of your desire not to harm or hurt anyone, then you can go forward in that thought and extend unto that person your thought of healing, your prayer of love, your desire that the way shall be made easy for them, for the way of harmlessness is not necessarily a way of weakness; it is rather a way of strength.

If one does say something that brings regret because it has been said, is it possible to counteract its effect by sending out the opposite thought?

This is true . . . each of you should try to order your lives in such a way that at the closure of the day if anything has been done which you recognise as harmful, you should try to cancel and to change this either by asking the person who has been harmed for their forgiveness, or by changing the harmful thought by a thought of love and healing, for by so doing you balance the great scales of cause and effect day by day, bringing back into harmony the mind and the soul.

If one tells someone the truth with love, intending no harm, and they react adversely to it rather than face it, then are they not hurting themselves?

This is true; if you have spoken the truth, with the intention of extending love, then you have not expressed harmfulness; but their reaction harms themselves because they cannot understand or do not wish to see the truth which you yourself are showing. I would say that so many who try to live according to the law of harmlessness, seeking to reveal truth, challenge so many of the errors and ignorance in the earthly world, that often the ignorance comes back upon them in harmfulness. But this harmfulness that is extended to them cannot quench the light, for the goodness which they have released still continues, even beyond the state of death.

I am just wondering whether politicians are well-protected from thought rays sent out by the masses of people?

I would say that such people have what I would term a hardened edge to the aura, and therefore this protects them from the mass of thought which would influence them. I must make enquiries

about these people so that I may understand why so much joyous laughter comes (from the audience), for it would seem that they are not well loved, so when I leave the medium I will seek for some politicians in the regions of light to see what is their condition. But it is good to see the golden light which arises as laughter moves into the atmosphere, because always where there is laughter there, indeed, is light.

As you go forth into your outer ways of life, remember sometimes to have a little laughter within yourself, and to share some joy and lightness with earth's dwellers, as you take your way day by day. For here in the regions of the spirit we are not always serious, nor weighed down with the woes of the earth. We know a wonderful joy, and often we sing and use sound so that joy may be shared between one and the other. As we draw nearer to you upon earth, sometimes we try to share with you something of our golden joy; and you may find stirring within the inner places of your consciousness a degree of happiness, or joyfulness, and you may not know from whence it came, but remember that where and when we can, we try to weave around you and share with you the peace, the harmony, the joy and the light of the great Master Spirit.

So I fold you all in a golden mantle, which is the joy of the spirit, and place upon you the pure white headresses, so that your thoughts may be pure and your awareness strong. I give to you, each one, a little beautiful diamond-shaped jewel which you may take into your heart, in the remembrance that you are pure spirit, shining as a beautiful spark of light.
(The spirit is occasionally unfamiliar with modern language words.)

Do the people on other planets visit us here in UFO 's?

Those who dwell in distant stars and planets have their own life, and evolve according to laws which are different from these that govern your earthly planet. But there are times in which they may project what could be termed *thought projections*, or *telepathic projections*, from distant places into the atmosphere of your earthly world; these could be described as creations that are partly etheric but not entirely of the substance of your earth world; nevertheless, through these they do gain some knowledge of the life and the work which is continuing on your earthly planet.

When we project our thoughts toward the spirit spheres, what do you see?

A little star rises from your consciousness, blessed one. There is a silvery, very thin, thread extruded from yourself that is linked to the star-form that you may send. As that is received, so the spirit who may receive that will follow the thread to try to discover what is your desire, or your distress or your endeavour . . . each of those little threads are linked to your guides, your loved ones, your helpers, and through those threads they flow back the influence which they would desire you to receive.

How do our thoughts influence the process of communication between the two worlds?

The brain emits a living radiation of thought which is conveyed in a magnetic current from one person to another, which you call telepathy between individuals. When you lose from your earthly life one who is most beloved and most dear, do you not pray that they will find peace, and that they may move forward into the realms of light, progressing from one state into another? As you pray, the radiation of your thought goes forth, the magnetic force from the brain

is emitted into the realms of spirit, and a golden slender bridge very slowly, very imperceptibly, comes in its delicate creation. Over this bridge of prayer, this bridge of thought, your love goes forth, and as the beloved ones in the spirit life feels your love, so do they also send back unto you from the centre of *their* hearts, the golden light of blessing and the radiation of prayer, which slowly streams down through the earth's atmosphere until it meets and blends with the golden slender bridge, the rays that have been emitted by the living action of your own thought and your own prayer. So is the wonderful bridge created which spans your world, through which the lonely may be healed and the sorrowful be made glad.

Do spirits need to undergo much special training on your side of life, to enable them to communicate with those on earth?

We have to learn to think our thoughts directly and clearly, creatively, one to the other. We have here within the first plane of the spirit-existence schools in which we teach those spirits, newly-come from the body, how to begin to think. Very, very often you of the earth send your requests unto those who have left their mortal body, saying: "what are you doing?" But how can we explain to you in the simple words of earth that these men and women whom you consider to be so wise, so wonderful in their earthly years, are at school - learning how to think! You often then say: "we cannot understand this, for he was a good man and he had good thoughts; why should he need to go to school within the spirit life?"

I would say to you: Not many of earth's children learn to use their power of thought correctly or constructively. Most of earth's children, especially ones such as yourselves, allow their thoughts to go this way and that way, round and round in non-creative circles. When you leave your mortal bodies you will need to learn how to think thoughts that are beautiful, clear and loving, and thoughts which mould the flowing spiritual atmosphere into a pattern and into a shape that is easily held, used and understood, both by the spirits who will surround you and by those in the earthly life, who may see the thought pictures which you try to create. For, as each spirit passes through the 'Schools of Thought', they will come to a time wherein they must *use* their power of thought, and therefore they try to come into the atmosphere of the earthly life to impart to your vision or to your mind the pictures which they themselves have created, or to try to impinge upon the consciousness of a medium the thought that they would convey, for all communications that come from spirit to earth take place upon the wings of thought.

Consider how it will be when you yourself have died and are living again in the spirit existence. You come close to the earth and you wish to convey comfort unto your mother, your husband, or unto the child whom you love. But they do not hear your thought, for they know only the spoken language of the earth and know not that you come close to them in your spirit shape. Therefore you, as spirit, must wait patiently and quietly until such time as this child, this husband, this mother, is in a state in which the mind is quiet, *or the thought turns from its grieving to the remembrance of you*. Then you, standing by and knowing that your words may not be heard, create a picture by thought, either a picture of your shape, or a memory picture of your appearance, or a picture of a place or of some thing which this loved one will remember as being associated with yourself. As you stand there you will have to concentrate all your thoughts, you will have to try to think: "What will comfort this one. . . ?"

Because of your love and anxiety to help, and because you are unaccustomed to this communication, so your thought picture may be imperfect and the one who is in the earthly body will but shake his head and say: "What strange thing is this which comes before my mind? Grief

is distorting the ways of my thought”. This, I would say to you, happens many, many times to the spirits of those who try to return to comfort the beloveds upon the earth, and we who have been longer in the spirit existence, who have learned more about the power of thinking, we say to them: “Do not try to create a thought picture which is too complex, simply try to hold a picture of a light, or of a blossom which the loved one of the earth, seeing and beholding, may know comes unto them from your spirit”.

I would say to you, beloved ones, in this coming of spirits unto your earthly realm, in this endeavour to use the power of thought to communicate with you, often your own thought comes in a hard wave of rebellious unbelief, your own thoughts vibrate upon this newly-arrived spirit and may often cause confusion so that this spirit can no longer think coherently or correctly, and then you in the earthly life, you will say: “. . . There cannot be any communication, there cannot be any life beyond death because this one was not able to convey to me the thoughts and the pictures which should have been given”. *Your* thoughts from the earth unto the spirit need to be trained, *your* thoughts need to be understood, and from the mind of each one of you there should begin to vibrate thoughts of gentle love, thoughts of rose-pink encouragement, thoughts of tenderness unto those spirits who wish to return to you, so that they may not be repelled by the harshness of your thinking, but may be encouraged by the gentleness of your lovingness. As you in the earthly life learn to think thoughts of gentleness, thoughts of creative beauty, so are you training yourselves to think well and beautifully when you come to the closure of your earthly life and seek to continue your life in the spheres of the spirit existence.

CHAPTER TEN

Death and the After-life

What is life like in the spirit world?

Life in the spirit world is firstly a life of happy reunion, then one of joyous surprise and then one of joyous fulfilment. (It is only in the lower regions of the first planes that spirits spend their time in idleness and in foolish pursuits, because they are still held by the old ideas of the mortal life). In the life of the spirit there is an availability unto all who desire to gain knowledge, for there are schools, colleges, and temples of wisdom into which those, who seek to gain understanding, may enter. They may, if so they wish, hold within their hands the semblance of any book which has ever been created by mankind, or they may learn how to seat themselves in the quietness of the meditative rooms and simply absorb knowledge into their minds by the quietude of meditation. There is room for every spirit to find that which he may desire and to find that fulfilment he or she may be seeking.

So I would say to you, look forward to your time of transition from the mortal body with expectation and with joy, in the knowledge that as you leave your body you will meet those whom you have loved and those who have loved you in the mortal life, and you will also meet those whom you have loved and who have loved you *before* you entered into the mortal existence. You will also meet spirits who have heard the note sounding in harmony and in longing from your soul, who come in answer to that sound - these will be the spirits who are harmonious to your own special vibration.

What of those who have sinned and feel remorse? How can they know the joy of which you speak?

This will be one of your difficult experiences, but because you will be surrounded by the love of understanding spirits you will be aided by their love and their sympathy; if they hear you crying with the anguish of regret, or with a torturing of yourself because you see and realise the result of that which you have done, loving ones may draw near to comfort you, saying: "You may undo this by rendering service. Come with us and we will show you how you may set right some of this which seems to you to be wrong and is hurting you in this moment of your clear perceiving". So they may take you and teach you how to return again into the atmosphere of your earthly world to shield, to guide, to strengthen, or to give goodness into the world because you have become conscious of the inharmony which was created during some part of your mortal existence.

There are some who see with their clairvoyant vision what seem to be temples in the spirit world - can you tell us of their purpose?

Here in the places of the spirit the temples and the churches are not so much dedicated to the seeking of the spirit of God but more to the concentrating of the power, the light and beauty of

the spirit into a confined space, into which beloveds may come to find a deeper and fuller communion and communication. So the canopies that cover the top of such temples are of a very transparent nature, through which light can stream down upon the seekers from higher spheres and from higher places. Such temples are invariably of a circular shape, raised with pillars of light, and from them there will always outstream a radiant beam of pure light.

There are the *green temples*, dedicated unto peace, which will bring unto the seekers a feeling of great relaxation and peacefulness as they bathe themselves in the green colouration of such a temple, where the light swirls with a gentleness of movement.

There are also *temples of a blue colour* to which those servers of earth often come when they have become wearied by their labour of working with mediums and healers in the earthly plane; resting and meditating in quietude they may absorb from the blueness of the atmosphere the peace and the energy which later they may carry again unto the places wherein they serve. Sometimes persons still in the earthly body may be brought in times of sleep or trance into such a beautiful blue temple, so that they can be renewed and absorb the harmony and peace which the blue colours impart. So do not be surprised, beloved ones, if sometimes you behold in your inner vision blue clouds swirling around you, or if you return to your earthly body with the recollection of the beautiful blue places of the spirit. There are also very, very beautiful temples of a *gentle pale-pink colour*, which gently palpitate in rhythms of light, in radiations of pure soft whiteness, of pink, of blue and mauve, but which are too delicate for the human eye to behold. Such temples are the temples of the great Christ love, the temples of the loving heart, and to these we sometimes take earth's rejected souls, the unloved and the badly wounded by the hurts of the earth, so that being bathed in that love some of their bitterness may be washed away and they may be healed and renewed.

When you have your great Christmas festival, and all the activities of your immediate earthly world are suspended, many spirits do withdraw into the temples in the higher regions to replenish themselves, to be recharged with the light and the love, the peace and the truth that is needed in your earthly world.

There are many other temples, but these are those which are most easily comprehended by yourselves, but if you see in your inward vision, or you behold in your soul-travelling, temples such as these, then know that it is not just a dream of the mind but you have been beholding some part of the glory of the spirit.

*Can you give us a description of that part of the Summerland in the spirit world in which you live?**

I would describe it in this way. There is a temple situated at the foot of a mountain, and running through the centre of this temple is a stream of pure water. Upon the sides of this flowing stream are mossy banks and little grottos in which Indian spirits may come to rest, to meditate and to draw fresh power, ere some new ministry is undertaken on the earth. It is from this stream of healing or purification that the spirit known as 'Rushing River'** draws the influence he endeavours to impart through his medium, for the stream can be diverted, or used by any individual who so desires.

Also within this temple are kept scrolls which relate to the further work we plan to do, and special scrolls or books to which I myself may refer when giving a specific teaching on a subject

unfamiliar to me, but good for those on earth. This corresponds to a library, and is my place of study and meditation.

Within this temple is the hall of rest wherein many spirits, still joined to their earthly bodies, can come during sleep or entrancement, to absorb the atmosphere of peace and inspiration which may help them in their further progression. At the far end of this temple is a gateway of silver filigree. We only open this gate at special times of festival or recreation, and when we do, it reveals a shining pathway by which we may go upward upon the mountainside to attend festivals of reunion. There we commune with those of a more advanced nature who give us a baptism of power, that upon our return we may bring fresh power to cleanse and harmonise the conditions wherein we work near the earthly plane itself.

Around this temple is a smooth grassland with trees; children come and go, and the souls of the weary sometimes come to rest here. It is not a permanent structure, but one we have raised for our special work, and when our time of service unto earth is completed, the temple will dissolve silently away.

* repeated in *Wisdom of Ramadahn*.

** (another spirit, who entrances the medium for other work).

You have spoken of people waiting on the spirit side of life for revenge. I expect it also works in reverse - that there are spirits waiting for the arrival of people from the earth so that they can say "Thank you for the great goodness you did to me during my life"?

This is true, beloved one; however, this comes not within the question of punishment but rather within the question of appreciation and reward. There are some spirits who have passed through the experience of death and have remembered a great hurt or harm that has been done to them in mortal life, yet by enduring that, they have developed a quality of the soul which they did not have, and so they may meet the tormentor with forgiveness. Because they endured the injustice of the tormentor they developed within themselves a greater understanding, a greater strength, which gives them the power to forgive. But even such forgiveness, when it is received by the tormentor, simply increases his feelings of shame, and makes him wish to hide himself even further from the light which may be emitted by such an enlightened one.

Can you explain the difference between the etheric and the spirit bodies?

The etheric body is not the spirit body itself. The etheric body is compounded of the ethers which interpenetrate the whole of your earthly world. It is the ether of air, rich in oxygen, rich in life-giving forces, the atmosphere which some of you say is the source of the electricity at which you marvel. This etheric life force relates to the earth upon which is sustained each living leaf, each mighty tree, each living creature, each little insect, each man and woman - all things that live have their relationship with this great ether of life.

Does the food we eat affect our etheric bodies?

The food you eat affects the physical body according to the type of person you are, for some people have an acid system, some an alkaline system and some are a balance between the two.

So there is the need to eat the type of food which blends with the type of body belonging to you, because too great a state of acidity or alkalinity can affect the etheric body.

The centres in the physical body through which the etheric life force flows in, and spiritual power is absorbed, are the spleen, the heart, the stomach (solar plexus) and the forehead.

How long a period is the etheric body used, and what happens to it when it is discarded?

This very much depends upon the actual texture of the etheric body itself. The texture will be heavy if the person has loaded the body with the harmful influence of unwise food, the unwise taking of earth's substances such as tobacco, alcohol, drugs, and also if the person has allowed the heavier passions to influence the body, so that the etheric body is weighed by the heaviness of the more material aspects of mortal living. But if the etheric body has been lightened by prayer, by pure and harmless living, the spirit will quickly be able to rise into the purer and the lighter atmosphere of the spirit life -and according to the swiftness of the rise through the first plane of the spirit existence, so will be the term of time before the spirit will relinquish the etheric body. In those who are very pure and very good the etheric body may be laid upon one side in a matter of months, as your earthly time is known. In others the etheric body may be retained for periods of years, if the spirit wishes to do important work in the planes that are very near to the earthly atmosphere. So in the first stages of the spirit experiences the etheric body is retained until the spirit no longer needs it, when it will pass through what is known as the 'second death'.

What finally happens to the etheric body?

It dissolves, even as the physical body dissolves when your mortal body is discarded and is laid into the sands of the desert, or into the body of the earth, or is submitted unto the cleansing action of fire; then the elements of the body return unto the elements of the earth, and the mineral matter is reabsorbed into the soil of the earth itself. Even so is the etheric body which returns to the etheric atmosphere, when it has been discarded by the spirit - the elements dissolve into the etheric atmosphere quite quickly, and disappear and vanish entirely away.

Does some kind of 'memorial' service take place for the second death?

Those who love and who companion such a soul may sometimes come to be with the one who is moving on to another state of existence, but the dying is painless and swift. There is a discarding, a transmutation and a development of the finer bodies - then the close resemblance to the mortal and physical body ceases to be so strong, and in the higher states of the spirit growth the mental and emotional body tends to expand more into the shape of a shining globe, and the etheric body is no longer needed. But if a spirit who has gained this higher degree of unfoldment wishes to converse or to communicate with earth's people, then such a spirit must use the etheric body of another, because it is not possible to conjoin closely into earth's heavier existence without the intermediary link of the etheric body.

You have said that the mental body sometimes withdraws before the etheric body. Where does the mental body go, and is it separate from the physical body?

It can separate from the physical body. In some forms of illness in your world a person's physical body continues to eat, sleep and walk, but the memory and ability to communicate are absent. This is because part of the soul body is separated from the purely physical one. It is similar to what happens in your earth if something severs your arm; you can continue to exist and your ethereal arm also continues to exist, although you may say it is not there because you cannot see or use it. After death has taken place we take these souls to what is the equivalent of a hospital in the first plane of the spirit existence, and there they rest and wait until the energy within the physical body dies and the whole soul body can be reunited.

Can you explain what happens when a human being enters the spirit world?

If there comes about a death through age, or through the body being destroyed by means of disease, then we know that such a one is going to be reborn here into the region of the spirit. Then a watcher will be appointed to wait for the time when the spirit is ready to be released from its hold on the physical, dying body. The watcher will then send forth a call, drawing in another group of spirits who will, as it were, wrap that one in wrappings of their love, and convey it to a place wherein it may rest in peace. There a place is prepared, often a simple room in one of the spirit temples, dressed with blossoms and flowers from the gardens of healing, and into which we bring objects dear and familiar to the beloved. The mother, father or other loving spirits will sit silently waiting beside the new-born soul until the deep state of rest ceases to hold the consciousness. As they awaken, they behold the smiling faces of those lost long ago, but who wait now to welcome them into the newness of spirit. Therefore I would say to you, a death to you on earth is to us a *birth* into the spirit.

Often as I have beheld such renewed souls wakening from the dream of death I have seen like cords tugging at the heart. As the souls feel this pulling vibration, they know that some beloved still in the earthly life grieves and wants to see or to hear from them . . . in that moment they are drawn back again swiftly into the vibration of the earthly life, to be momentarily reunited with the one who has called them in their moment of sadness or of sorrow. But in their coming do they not impart to the mourner a touch of their joy, a moment of their gladness, bringing some comfort to the mourner?

To you who are in the earthly life we would say: do not be ashamed because sometimes you feel a gladness enter into your heart at a time when you feel you should be sad. Those who have passed through the change of death would like you to share with them your love and gladness that their freedom from the mortal body has been established. For how can life continue from everlasting unto everlasting unless it be through little deaths, through little resurrections, little sleeps and awakenings, times of revelation, times of renewal, and wondrous times of praise?

But it would seem that in your mortal life there is little understanding of this truth, for when a beloved is coming to the time when the soul is leaving the body . . . then those of the family and friends will weep, creating a turbulence of emotion around the departing one, which disturbs the soul seeking to find peace. Also, amongst the doctors and the nurses there is an agitation, a fearfulness that the spirit should escape from the body - and so and there is a hasty use of many instruments and many ideas, so that the soul might be brought back again into its control of the mortal body. Therefore, there is not the peace that allows the soul to go quietly and easily from the body.

When a person passes in their sleep, does that give a certain indication as to the success of that person's life on earth?

Truly, for the spirit has learned to be wise and can easily and naturally relinquish its hold upon the atoms of the body which it has used. It is not a reward to the spirit but it is an indication of the harmony of the spirit.

How do the watchers cope when something like a nuclear explosion happens and all the people are killed at the same time?

Each individual gives forth a certain sound or note, and the totality of that sound is like a song which we of the spirit are often able to hear. Therefore, the watchers will be aware of the total sound of a group in an earthly place. There will be some in that group whose note may change because of an intuitive awareness of the fact that there is soon to be an ending of certain lives. So if there is a sudden explosion, or a suddenness of death or dying, there will be some spirits who become aware of what is taking place, and who will be there to aid those who have left their bodies. Many souls will not always be immediately aware of the fact that they have died, and so there will be brought into such a place spirits who are what you would call 'recent departures', who are not guides, or the spirits of light, but spirits who come, converse and convey to the souls just died the fact that the dead body they see is indeed dead, and that they should come away and learn new things. This is a ministry carried forward continually.

It is difficult to know what to say to somebody who has lost a young person. Have you any words of advice how one could help them?

Give to them the knowledge that the young life that has been taken from their care will be continued in the regions of the spirit. What was being learned, or what was learned, in the earthly life will be continued through into the life of the spirit; so there is no wastage, but all continues into another region of learning, living and loving.

What happens to the souls who are drowned or burnt in world disasters?

They are just translated from the condition of drowning, or of burning, into the new life of the spirit. Those who die in water take a longer time for progress than do those who die through fire or burning, because the burning fire releases the spiritual energies more quickly from the body, whereas the elements of the body dissolve more slowly when enfolded in water or simply buried in the earth. Unless the soul has the inner consciousness of leaving the body and looking for the light of spirit, then it may be tied to the body for a longer time.

What can we do to help those souls?

You can do what has been done through many years of your earth's history which is to pray for their souls, and for those who die in the sea, sing your sacred songs! Sometimes as an act of remembrance scatter on the surface of the water symbols of your love and remembrance, to awaken within their inner consciousness the fact that they are remembered and they have died.

How may we help one who is dying?

You may help this process of dying by saying to the soul: “Go in peace; know that we love you; look toward the light”, so that the soul may hear your thoughts and may be aware, not of sorrow and sadness, but of love and peace, for this will help it to be freed easily from the encasement of the mortal body.

You may also call upon the spirits whom you know and love, or to the wife, or husband, or brother, or sister, or any other dearly-loved ones who have preceded this one through the experience of death, saying: “Please come and protect and guide this dear one at this moment of death.”

But if you have one whom you know has been suffering from terrible illness for considerable seasons of time, and the body is in a state of great pain and weakness, those of you who understand the usage of the healing energies in your hands, may use this healing energy to draw the spirit gently, gently, upward through the body toward the brain, because the departure of the spirit from the body takes place firstly as a withdrawal of energy from the feet, then a withdrawal of energy up the legs, and then a withdrawal of energy upward to the other organs of the body, until it comes to the seat of intelligence which is the brain . . . But if you are unable to be present at this time, you can equally well undertake what is known as absent healing, and gently *in your thoughts stroke* the physical body, aiding the soul to come easily and swiftly from its physical tenement. This work will be seen by your guides and servers who will try to aid in this process.

It may seem to you that you are witnessing the suffering of the whole person, but often it is but the suffering of the mortal body, for the soul is freed from its body some time before the actual moment of death is completed, but is still connected to the body some little while before the moment of death, so your thoughts are heard by the soul, your love is received by the soul, and your flowers and their perfume may bring sweetness unto that departing one.

Often, you may say: “I will care for your dear one, I will aid this one when you have gone”; this will bring reassurance to the soul's remnants of consciousness, who may still be worrying about a dear child or a dear one left alone in the mortal life.

Many old people become blind or deaf, often bed-ridden, it seems they are not learning anything; why are they not freed by death?

If they had been wise they would have sought to learn the lesson of patience in the earlier years of their lives, but by the goodness of the Great Power often a longer span is given unto some souls so that they may learn more complete lessons and bring their treasures of experience into the spirit realm with them. Therefore, often what appears to be an unjust or bitter experience is a blessing which will not be revealed until their life journey is completed.

Do we carry our earth memories entirely with us into the spirit world?

Those who have lived wisely in the earthly experience, as they relinquish the etheric body go through what we call the Halls of Forgetfulness - the halls where old memories are cleansed

away. So, before you become fully involved in your *spiritual* body you are taken through a place of cleansing in which the memory of your disease, or the memory of your inhibitions, might be slowly washed away, that you can become a free and a happy spirit in the places of the spirit. That is why, sometimes, your dear ones of the spirit may try to return to give to you a message of their love, and you may feel confused because they do not always remember their age, or their illness, or their suffering, or whatever troubled them in the earthly life, and you will not know that they have been through the Halls of Forgetfulness, which are to eradicate some part of that painfulness.

Can you tell us about the homes we may inhabit when we leave our physical bodies?

This is difficult to answer, for the homes of the spirit are many and diverse, and each one is designed to fulfil the needs of the individual. Because your thoughts and your feelings are creative, often, without your awareness, you are creating the very home in which you will dwell, after you leave your mortal body.

When I wander on journeys of discovery through the many planes of spirit existence, I see the differing kinds of homes into which the loved ones go. Here and there, there will be a large building, surrounded by beautiful gardens filled with peace. In this place there are to be seen those men or those women who once spent their life within the walls of a monastery, or within the walls of a convent. They loved the chapels and the gardens in which the years of their lives passed gently away in service and in prayer and in contemplation. So these beings, coming to the closure of their mortal life, go to the semblance of the place they have created in the regions of the spirit (the semblance of a monastery or a convent) where they will continue to lead their lives in love, in unity, in prayerfulness for those who are still in the earthly world, or who belong to the order which was once the joy of their life; or they pray and love souls such as yourselves, who are linked to them by ties of love and recollection. But they call this place their 'home' because it is the reflection of the place and the home they loved when they were in the mortal world.

Then again, wandering through the many places of discovery, I behold sometimes a little dwelling place, shining with a pearly-white radiance, with windows which gleam and shine; around this little dwelling there are many blooming flowers and blossoms, and small paths that twist and turn within a familiar garden. In such a small dwelling there is a man and a woman living quietly together, in the peace of the spirit life, in this replica of the little home that they once had when they were in the earthly world, sometimes known as a 'cottage'. It is small, but shining and beautiful, with a pearly-radiance that is the symbol of the love they built into their home during their devotion to each other, and the love they had for their simple home and garden in the earthly life.

You may say - "Why should they have so humble a place if they led lives of simple beauty and love and kindness; why do they not have a shining large dwelling?" They do not have it, beloved ones, because they do not want it; they have what they love and they have what they have created.

Will you tell us a little about family relationships in the world of the spirit?

If real love has held together a family in the earthly life and that reality of love continues into the life of the spirit, then the family will continue as a group through many experiences and many spheres of the spirit life. But if the family on the earthly side has only been held together by a common interest in the possession of property, or by the common bond of a similar name, or simply by the bond of duty, then when death dissolves those bonds they may no longer hold together as a family circle . . . Many persons in the earthly life remain in a relationship that is not necessarily real love but one which is compounded of loyalty and duty and sometimes necessity; although there may be tolerance and understanding in that relationship, if there is not love then it will not continue here into the life of the spirit.

What joy there is for those who are conjoined together again in this unity, this wonderful renewal of love, for these will find a dwelling in the great open spiritual fields, often remaining together for long periods of time, simply exchanging thought and affection. Even as in the mortal life lovers will sit silently holding hands and looking one to the other for long periods of time, so in the life of the spirit those who are bonded by love may often remain seated together in a closeness of unity and an exchange of lovingness for what may seem to you in the earthly worlds as months, sometimes years, before eventually they decide to move on into other spheres of spirit activity, in which they may serve and grow or learn of other things and of other places.

After a season in this Summerland, there may come the experience of reunion with other spirits who have not necessarily belonged to the family in this earthly life, but who have known each other in other places and in other experiences. Sometimes these spirits become known as guides and helpers, and some are spirits who have loved that one in another life experience, in centuries which have long gone by. So gradually there may be established a new, loving group which can be known as a family group, but not necessarily a family group according to your earthly understanding.

When we think of our loved ones in spirit we sometimes wonder what work they are doing? Can you enlighten us about this?

Many labours are undertaken within the places of the spirit, but you must not expect your loved ones always to continue in the same work which they undertook in the earthly existence. The work which they may do in spirit will be that which has been the secret and unsatisfied desire of the soul. One who may have wished to sing, but instead cooked and laboured for the family, when freed from the body will sing within the heavenly choirs. One who desired to create music with the fingers and then discovered that the hands were crippled by disease or stiffened by labour, will come to the 'music places' in spirit and will play (if they so wish) upon an instrument as large as the largest organ ever visualised, or may play upon instruments of gold with silver strings, so that their music goes forth like the sound of silver bells. Those who wished to heal will indeed continue to create life and harmony wherever it should be needed. Those who, in the inner searching of the soul, desired only to find their god (seeking through readings of many books, the praying of many prayers, and the study of many philosophies) will seek once more in love for unity with the great Creator of the nights and the days . . . and shall find the answer to their questions.

Can you tell us what happens to young people who pass to spirit before they reach maturity?

The young spiritual soul, when separated from the mortal and physical body, is taken by teachers and loving spirits into the regions of light and into the gardens of peace, that therein development

and unfoldment may be completed in the care of wise and loving spirits. Groups of spirit children are trained to come into earth's atmosphere from time to time to blend their influence with the influence of earth's dweller. As they do this, so are they able to shed and share some of the love within the emotional body amongst earth's people; and they become aware of the heaviness, the weariness and the loneliness experienced by earth's dwellers.

They come, too, when you are seated in your times of meditation, or in your little groups seeking to quicken and develop your psychic and spiritual powers. For as you sit thus, often a person sinks into stagnation and sleepiness, instead of peace. But when the groups of children circle round such a group, then they impart movement, a quickening vibration, power and joy to the people seated in such a place; as they dance, move and sing, their vibration often emits a little sparkling dust of radiant light which may be seen to the clairvoyant eye by some still in the earthly body. When the children return into their spirit schools they will be full of questions, asking: "Why are the earthly dwellers encloaked in grey? Why is the atmosphere of the earthly world so heavy: Why are my parents who love me well so filled with tears? What is the purpose of the earthly existence?" The teachers who love and teach them will try by symbol and by truth to give to their enquiring minds the answers that they seek. For as these children learn the truths and understand the lessons, so in the fullness of time they may be enabled to give to some developing medium a part of their knowledge and their truth.

These children are not only conjoined in unity unto their parents or unto the circles of mediums seeking development, but often they may be brought unto the beds of those who are sick, who are weary with pain. In each of your great hospitals there are wise and lovely spirits - women who in their earthly existence served as nursing nuns or nursing sisters and who still continue their ministry of love in these places of illness. When they may need it these lovely souls will send forth a request unto the spirit children that they may come into these places, to share their joy with the children who in their bodies are weary with pain or sickness of the body.

And, sometimes, these spirit children will minister unto the aged and lonely, conjoining themselves in unity with an ageing man or woman so that their love may lighten the burden of loneliness in the heart, and this old one, waiting quietly for the call to spirit, will be comforted, whenever that call may come.

What is the effect on the spirit of burial of the body in the earth?

Quite often the spirit may linger in the region of the burial place. It would be good if your people should know this, so that as you walk through these grey burial places you may sometimes broadcast light and peace and love through your thoughts unto any who may be held there in that area. In places such as France and other lands, there are burial vaults created wherein all members of the family are placed. In such places, if the spirit is an ignorant one, it may retain its linkage to the body and be held within the vicinity of this vault for some considerable time. If this is so, then communication will not be possible between such departed spirits and those who may wish to contact them, unless they can draw the spirits away from their place of rest by establishing a psychic contact.

Here in your own land, as the bodies are laid to rest in these burial places, so there has become established groups of spirits whose task it is to watch over these areas and try to reach the spirits of those who have died, as the coffins are committed into the earth.

Remember that you who have knowledge of these things can send out light unto the spirits of those whom you know have died in the lonely places of the earth, or whose bodies were hastily laid to rest in the bosom of the earth itself. As you send out your thoughts and prayers to them, speed them on their way in peace.

So will there be an increase in earth's cleanliness, for some of the illness of your people today comes about because they are influenced by the spirits of the departed, who are still attached to the little homes in which they lived, or to the possessions which once they used. These flats or rooms in which many of you live - people move in and out, but very seldom do earth people think to purify the atmosphere, or *to charge the place with light*, so that any spirit that may be hovering there may not affect the new dwellers, as they move into these little dwelling places.

Is cremation a good thing?

If the life is lived without a true understanding of spiritual truths, with an undue concentration upon the satisfaction of the desires of the body, and with a degree of greed in which it tries to attract toward the body the wealth of the world, then it becomes like a magnetic centre to which all these things are attracted, and at the time of death does not suddenly cease. So it is good that such a body should be submitted to the cleansing element of fire, for fire will cleanse all these appetites and will destroy all that has related to the purely physical body and to the purely physical plane. Then may the soul be freed from its ties with the mortal world and be enabled to move into the life of the spirit, unencumbered by the weight of the old desires.

I would also say to you that for those of you who are concerned with the proper disposal of the body of those whom you have loved, it is good to remember that the spirit of the beloveds may hover near to the body for a little season of time, and therefore you *should allow a period of three or four days and nights* before you bring the body to the purification by fire, otherwise, the departing spirit may not know sufficiently that death has intervened and has freed it from the bodyself. Many do not know they have died until they hear the familiar words of your service of burial and your farewell words unto their soul. So when one whom you love is dying you should speak to the departing spirit in your prayerful thoughts or with your own words, saying: "Depart in peace, look toward the light, look to see your guide or your mother or father. Go in peace and know that we love you". In your thought and in your love lift them unto the thoughts of the Great Light which is dawning in the after-death state.

Some Christians subscribe to the belief that when one dies, one remains in the grave until the day of resurrection - is this true?

This is sometimes true. If the individual dies holding within the inner consciousness the thought 'this is the end, now I must rest and sleep until I am awakened', then that consciousness will remain in the vicinity of the burying place.

So we have groups of ministering spirits who, from time to time, will visit places of this nature and they will bring sometimes a musician, or may even influence an earthly musician to go to that place to blow or play upon their trumpet, to create sound which the sleeping one may hear, and will think 'this is the great call' and will go toward the sound; they can then be led higher by the ministering ones into the places of greater light and knowledge.

Heaven (or paradise), hell, and the day of judgment: are these things really true, or are they only mythology?

There is a certain degree of myth, and there is a degree of truth in such beliefs. There is the place known as heaven, which we call the Summerland, or the places of peace. There are also the grey spheres into which some souls go at the time of their death, because they are still loaded with their own unsatisfied desires. There is also a time when, after the death of the physical body, the soul goes through a time of review in which it may see the happenings of the mortal existence and will see its successes and the failures, but it is *not* judged by any judge, it is judged by its own feeling of failure or by its own feeling of happiness and joy. The only judgment that may be experienced may sometimes be in a feeling of shame in the thought that other minds in the spirit are able to see the particular result of the experiences, or the failures in the mortal life.

Those who have served as mediums, as co-operators with spirits and the healers, do they fare better when they pass to the spirit existence?

It is true that those who have blended their consciousness with that of spirits of light and of wisdom, when they come to the time of dying, are (as it were) drawn up by gold chains of spirit love and by silver chains of spirit inspiration, because the 'guide' who has inspired the medium during the years of earthly serving is always on a higher plane, and so he (or she) 'goes before' and lifts the medium into a higher state of understanding. Death for the Spiritualist takes place in *knowledge*, but death for the non-Spiritualist takes place sometimes with faith, sometimes with hope, but it does not take place with the light of knowledge. Knowledge sheds a clear and a beautiful radiance, by means of which the newly-born spirit, who leaves the body through death, can tread safely and securely through all the different aspects of experience and through all the different regions of knowledge.

*How can one help those who take their own lives?**

You can help them by realising that what they mostly need is your recognition and light, for those who end their lives in what is termed "suicide" do so because of some great shadow of fear and loneliness. It is a greyness in the soul and, therefore, as the body dies and the soul is freed, often it will find itself in a place that is grey and cold, where they may feel very alone and sometimes afraid. As they are still nearer to the earth plane than to the spirit plane, a person wishing to help should speak the name of the departed one, sending prayers of love and encouragement, saying: "Look for the light! Look for the light!" The soul will receive your thought and begin to look for the light in the plane wherein they find themselves. Always there will be nearby a ministering spirit who radiates light, and as they look toward that spirit then that ministering one may come to give aid or comfort to the one in the state of lonely greyness.

Some commit suicide because they have been oppressed by oppressors, or reach starvation because there is an insufficiency of nourishment, some simply see no reason for continuing to live, and some do this deed because they are unable to continue to face the difficulties of the mortal world, or because they are ashamed of something they have committed. Those who calmly, quietly and prayerfully decide that they can no longer continue with a disease, or a starving or an ageing body, may commit this suicide, but because the physical body has already

been lightened of its energies through their illness or starvation or agedness, then they can rise rather rapidly because the ethereal bodies are not so heavy.

There are always exceptions and many reasons why earth's people come to the termination of their mortal experiences, and we wish that you would not send out to them thoughts of despair and horror, but rather lift them on prayers of light and thoughts of encouragement.

*This theme has also been discussed in *The Wisdom of Ramadahn*.

What retribution is there for the instigators of the last war and the tyrants who killed so many people in gas chambers - and what was the reason these people had to die?

The reason they had to die was because there was a great massing together of the great laws of cause and effect. But those who brought about the deaths of those many people will - when they come to their own time of death - inevitably have to face the vision of what they did and the results of their deeds in the lives of those who followed after. Therefore, they are those who are running and running through the lower spheres, seeking to escape the realisation of that which they did.

But there are some who obeyed orders, because if they did not obey, then their families would be destroyed; therefore, for the love of their families they obeyed the laws of the land of that time, and committed those deeds. So, for them some part of the law of love will be operating and there will not be, as you would term it, a total retribution for them, because the circumstances by means of which these deeds were done were also part of the great karma of their time.

Many have asked about the soul known as Hitler. This soul retreated into the very dark shadows, but he had a mother who loved him, and his mother spirit does not cease to love her son, no matter what he may have done. So that mother undertakes a ministry of love and from time to time will go, with the aid of other spirits, into the place of shadows and try to show him some manner in which he may heal the many wrongs which occurred during his life's experience. As with him, so is it for many others.

In your mortal world there is no soul who is not loved by at least one spirit, and even if such a soul refused to admit the presence of such a one because he is so involved with his own shame, still we have our own ways of penetrating through the shadows. Unto some we would take a simple animal soul, from whom the person has experienced some devotion at some time, and when that animal comes close, then often we see the lightening in recollection by the one who is enclosed in his darkness, and a reaching out to the comfort and the companionship which the animal may bring him. Then, slowly, the ministering spirits may be enabled to approach him or her, and draw them upward through giving service, or through love, or understanding, into the places of goodness and of light.

What happens to someone who is an agnostic and does not believe in religion or an afterlife - where would he go?

His condition, beloved one, would depend on the manner of life in which such a one lived on earth. If that one lived with the thought of enriching and beautifying the world by giving goodness and companionship and love to those who surrounded him, or to beautifying some part

of the planet, then this would be regarded as a symbol of worship, for he would be expressing from within himself some part of his inner creativity. But if a man had no thought or belief beyond himself, and created simply a shell of inner selfishness or self-concern, then on leaving the mortal body he would come into the first plane of spirit existence, where he might remain for what in your earth term is a considerable time, contained within his own shell, until realising his loneliness and isolation, he endeavoured to come out of that, to try to reach others who might surround him.

But I would say to you, progress in the regions of the spirit is not founded upon belief, but it is conditioned by what the *belief brings forth in the soul* of the person. Therefore, if your belief, or your religion, brings forth from within you an appreciation of the beauty of your planet, and engenders within you a compassion for the persons who are around you, and increases love within your heart, then your religion, or your belief, is good.

Is the fear of death lessening in the world?

Within the minds of those who are aged in years, who dwell within their lonely place, no longer able to meet with minds or listen to the communications through the mediums, we see that these souls wait quietly without fear to the time when the body shall dissolve, and their spirit shall be free, and they may come with joy into the great new life of the spirit. It is not good that men and women should leave the body with the cloak of fear drawn close around them, for when they do so, often they become immersed within the shadowed places near to the earth, and we cannot easily draw them out into the great high places of light and of joy. So we would say to you, go on spreading your silent influence wherever you may go. Wage your war upon man's fear of death. To those who are coming to the end of the journey and who are afraid, say: "Fear not, death is not a door that leads to darkness, it is a door that leads to freedom and to light".

There are children who are born, live for a little while, and then suddenly die for no particular reason. Can you please give some explanation of this?

They may come for a little while and be unable to maintain their hold upon the physical body, either because of some fault within the etheric body, or sometimes because of changes that are taking place in the atmosphere of the earth itself. There are changes that are being brought about by the usage of very subtle instruments in your earth. You are sending forth radiations of sound through your broadcasting machines, radiations through the creation of your picture machines (television), and even radiations through your food preparation machines. All of them combined together are altering the actual ethereal structure of the world, and sometimes- this may weaken the etheric body of a child or an infant, and then you will have this which you call a sudden death.

When I visit my child's grave does her soul know that I am there?

She will not know that you are at the grave, beloved one, but she will know if your loving prayer and thought goes forth to her. The soul does not remain with the body which is within the grave, but moves on into the regions of the spirit and will often be with you in your home, instead of when you visit the grave. From time to time in your home environment, you may see what is like a little spark of light, flashing through your vision occasionally - is this not so? (That is true!)

This spark of light is the soul light of your child coming to visit you, and so when you behold it you may send your love and special prayer to that infant and renew the contact.

Are thalidomide children, who have been born without arms and legs, given a whole spirit body and made normal again?

Certainly, but apart from the importance to your mind of limbs, that spirit gains strength through the wish to master and use the imperfect body; it gains patience since it cannot do all that it would wish to do. Therefore, try to learn to look at such a person with the eye of understanding, saying to yourself. 'This is a soul who is undergoing a difficult life experience, but what richness it will gain at the end of its journey'.

In the case of abortions do the children have special nurseries to go to, because often they do not have loved ones?

Most assuredly; if the soul has conjoined itself to the body of the potential mother and then has been rejected, that soul is taken into a home in the spirit world and loved by those who, during their earthly life, had great love and compassion for infant and child souls. Having touched the earthly atmosphere the soul is, as it were, anchored into that atmosphere and then it will grow and develop in the ethereal world near to your earth.

What age would it be when it stopped growing?

We do not have age, beloved one, but you may think of a child growing to maturity, and you may think of the very aged becoming younger until they gain the age of maturity.

There are many things which occur here in the life of the Spirit that is for the healing of earth's children. There are the flowery fields of the spirit, the great open meadows wherein grow all the semblance of the tiny blossoms that make your earth so beautiful. These meadows of healing are those places into which we will take the child souls who, because they have been hurt and ill-treated by earth's dwellers, are too frightened to open themselves to the love of the serving spirits. So we lift them gently and take them unto these meadows of peace, and set them down there so that they may for a season rest and be still. Like all earth's children, after a little time they will look around and see some tiny blossom growing near, will reach out their hand to touch it, and finding that it does not hurt, they will then look and see other blossoms in the meadows of healing. Slowly the child soul will rise to its feet and move amongst all these blooming flowers and gather to themselves the perfume, the healing and the peace, and eventually be ready and unafraid to meet the ministry of the ministering spirits.

So, if you in your sadness know of a child soul who has come to the end of life through the cruelty of man or woman, send out your thoughts, saying to that little one - "Look for the blooms, go to the flowery meadows". Eventually your thought will reach that little one and they will indeed go unto the meadows of healing and of beauty.

Again: if a child in the earth life had love and desire for some creature, for some dog, cat or horse, or lion, then in the fullness of time this wish may be granted, for in the great open lands of the spirit the creatures do not harm or hurt each other (they dwell in peace and have a time of

joy); if the child so wishes, an animal will come in gentleness and in trust so that the child may have what you would call in your earthly language, a pet or beloved creature, within its care - this, too, will add to its joy and strengthen it in healing and in its growth.

So, in all ways and in all things, the children are cared for, and loved; and children are sought by those who are the ministers of light, who go into the places of shadows to find the lost, the lonely and the tearful, to lift them into the places of peace.

At what stage of death is the silver cord broken?

The cord breaks when the etheric body finally separates from the physical body, for the cord which ties the ethereal atoms of the ethereal world to the physical body is the last to be dissolved. There are some occasions of sudden death when the higher part of the soul body may be separated and the etheric body may still remain enmeshed in the physical being. But when there is natural death, with a gradual withdrawal of, firstly, the spiritual body and then the etheric body, that is when the cord dissolves.

Is the silver cord sometimes severed by a spirit surgeon, in the same way as the umbilical cord on earth is cut?

Only on rare occasions, and it is not always silver because silver has a gleaming light, and the cord which ties the two bodies together may be grey or white, depending on the illness or the condition of the dying body. But there may be some occasions when the etheric body is tied very firmly to the physical, and when the spirit is unable to relinquish or withdraw, then we send out a call to one who, when on earth, was skilled in surgery, so that he may sever the cord and release the soul from its attachment to its physical counterpart.

Whereabouts in the human body is the life-cord of the soul attached?

It is attached to a little cell, not exactly in the cavities of the heart but *just behind the cavities of the heart*. But with those who have reached a high degree of enlightenment there is also a cord that is at the base of the human brain, and so there may be two cords, depending on the degree of development of the individual.

Is there a pre-planned time for the passing of a spirit?

There is a certain pattern of experience for each soul, but there is not necessarily a pre-determined length of time. In the things of the soul, what is important is the learning of the lessons of experience, instead of the time which may be taken in doing so. So some can grasp or develop a quality of the soul in a period of twenty years, which may take another soul a period of seventy years before they come to the same understanding.

What happens when there is a tragic catastrophe, involving a large number of people passing suddenly? Were these people not meant to go at that time?

They were not *all* intended to die at that special time. The life of an individual is like a chain and, as in all chains, there are certain links that are weaker, and times when the chain is stronger. In a life's experience there may come a time when there is a weakened link causing that individual to come very close to an accident, to illness, or to some happening that brings about a breaking of the chain. If we are able to, we of the spirit will sometimes try to bring a warning to earth's beloveds, saying that extra protection, extra healing, is needed at a certain time in the life experience. Then that individual may come very close to an ending of the life, or may just evade it, either through treatment for an illness or by responding to the warning. If they can by-pass that weakened time then their life may continue for a considerable period.

It is true to say that, whenever there are these tragic happenings, there are always some who avoid or emerge from them, because the link in the chain of life was strengthened through the loving prayers of a true lover of such a one, or sometimes by the influence of a spirit who was able to draw near sufficiently to warn or to guide that one. But in your earthly world many, many people are indifferent to the warnings which are given, and are so involved in the pursuits of their own pleasures that they are unresponsive when we try to reach them through dream or vision.

WORDS OF LOVE FROM RAMADAHN

BELOVED ONES, love one another; do not be so sparing in your expressions of love; let your love be not shut up into your hearts; let it go out in rivers of light, in rivers of warmth, so that those whom you meet day by day may feel warmed, restored and healed as they come into the circle of your friendship.

Beloved ones, do not be so hasty in the judgements that you render one to the other. Do not be so eager to seize upon the little faults, nor yet to see the failings in those who are surrounding you. When it is properly understood, love will see the reason for the faults and will overlook the failings, for the love that is lavished upon you from the source Divine is a love that *flows out* like a *great flood of warmth* and *fills the crevices which are the symbols of imperfection, flooding in through the places showing the faults in the character*. Therefore, as you learn to receive the inflow of love Divine, and as you are flooded through and through with the love which we try to direct to you, absorb it and let it heal and restore your own inward being; then let it flood out in forgiveness, in gentleness, in healing, and in peace unto all those whom you will meet in the ways of your earthly experience.

Know that as you try to love, so you are releasing the presence of the Most High Spirit in your midst.

So would I enfold you in tenderness, in lovingness and in beauty, and lift you to the fulfilment of the laws of love in all the ways of your earthly existence.

A PRAYER FROM RAMADAHN

Oh, thou great Maker and Creator of light, may the inner sanctuary of the spirit be opened that the light may outstream in beauty unto the eyes of those who wait in the outer courts of the spirit, clad in the garments of prayer. May the inner sanctuary be unsealed and the pure light stream forth to bless each and every one - even as long ago in the ancient courts we waited for the opening of the doors in the inner sanctuary of the temple, that the light of the rising sun might strike upon the golden disc which was upon the altar of the temple of ancient Egypt, and the reflected light could shine into every part of the temple.

So may the reflected light shine in glory and in beauty upon you who wait in the quietness of your prayer. As the prayers and the worshippers in those ancient courts, having seen the light and having felt the radiance which came from Thee, lifted up their hearts and their hands in dedicated prayer, so may you, the people of the earth, lift up your hands and your hearts in dedication and in prayer, that from this day unto all the days that are to be, you may lay your hands in blessing upon your brothers and sisters, in tenderness upon the creatures and in love upon the body of the earth itself. So may gladness be in the earth, in the brother and the sister, in the creatures, because you have walked that way

May peace, light, holiness and power be with *you* and remain forever.

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