

THE WAY OF THE FOREST

SPIRITUAL TEACHINGS

FROM

THE FAMILY

Be One with Ourselves

Be One with our World

Be One with our Universe

When we connect with our Universe

We receive Love

And when we share our Love within the World

We shall be One.

Orís - 29-11-2002

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The Way of the Forest - Introduction

The Beings labelled by researchers as Zetas, Greys and ETs have been an intrinsic part of my life for as long as I can recall. Childhood nights were spent in terror of their huge black eyes, until I learned to sense the boundless love contained within their inky depths. Despite the large amount of negative and sensationalist hype put out about them, I believe without reservation that their presence here is benevolent, both for us and for our planet, and surely almost 70 years of ongoing encounters with them gives me a certain degree of authority to speak out on their behalf. Yes, I have been scared at times, but this fear stemmed more from my own lack of conscious awareness than from any deliberate action on their part.

The Greys' work involves being catalysts for evolution throughout the Universe. They are here now to assist Earth-plane humanity in breaking down barriers of the mind to allow expansion of conscious awareness to take place. This is not an easy process – it does require help, and it's the next vital step in our evolution as humans of Earth.

The Way of the Forest is a series of spiritual teachings and messages given to me over a period of twenty years by three Grey Elder Mantis teachers with whom I share a very close connection. Some of my encounters have been validated independently. These teachings began in 1987 when I started taking part in a closed meditation circle. They were channelled to me in the form of automatic writing. Although I'd never received anything quite like this before, inter-dimensional contact was not new to me when I joined this group.

I've been what is now popularly called an 'experiencer' of extra-terrestrial and inter-dimensional contact since early childhood. My earliest conscious memory, at around 3 years of age, is of being accompanied up our quiet suburban street by a tall, thin woman who held me by the hand. We entered a 'railway station' to 'board a train.' I felt happy and excited to be with her, and she felt totally familiar to me; a 'grandmother figure' in fact.

In the weeks that followed I repeatedly asked my real-life Nanna when she was going to take me on the train again. She of course had no idea of what I was talking about, and it was put down as 'just a dream.' As the years passed, I came to realise that something very strange indeed had occurred on that night. The memory of being taken remains clear to this day. It was totally different from a dream, very real, but not part of my everyday waking reality. There *was* no train station anywhere near where we lived. The direction I was taken ended in a cul-de-sac, and yet I *knew* this experience had really happened to me. The reality was that I was taken on board an ET ship.

A number of other strange incidents occurred over the years, including an amazing encounter with an owl, which as I found out many years later, is typical of contact with the Greys. It wasn't until 1983 however that I experienced a full-on, conscious but altered-state encounter experience with these Beings – an experience that was to turn my life inside out and upside down, utterly and completely.

I'd turned thirty at the end of 1982, and had recently moved into a home on 10 acres of land with my husband, our 2 dogs, our cat and our horses. I'd been a dancer by profession

since leaving school at 15, and I also owned a cleaning business, which I worked at with my husband. He worked a nine-to-five job during the day. All in all, our lives were busy, very grounded, interesting and enjoyable, with no time for fanciful imaginings.

Apart from the odd strange incident since childhood, I certainly wasn't what could be described as 'New Age-oriented.' My great-Grandmother on my father's side was a South American Creole of Spanish descent, who had been a Flamenco Dancer in the Spanish Gypsy tradition, so the dancing came down to me through the family. She was also a psychic medium and clairvoyant. I took after this side of the family, so obviously inherited certain other abilities from her as well as the dancing. For example, as a young child I started picking up on past lives, which was very confusing, and I was quite sensitive to energies beyond the physical.

At the same time, I'd never meditated, only vaguely knew of disciplines such as Yoga and Tai Chi, and knew nothing about channelling, ETs and UFOs. I was aware of having a connection with some sort of 'Force' outside of myself, but didn't know what it was. I just knew that it was there and had helped me out on several occasions. As a practising Catholic, 'angelic' was probably the closest term I'd have used to describe it. But what happened to me on a Sunday afternoon in 1983 changed everything.

It began as a perfectly normal Sunday with my husband's family visiting us. They lived in town and enjoyed coming to our property for some country air and to help out with all the chores involved. Towards the middle of the afternoon, I started to feel off-colour, as if I was coming down with the flu. I excused myself and went upstairs to lie down for a while in a back bedroom. Resting on the bed, I suddenly found myself in a sort of trance-state, paralysed from head to toe and with a loud roaring/buzzing sound ringing in my ears and giving me a headache. My eyes were closed but I could 'see' two small, slender figures standing at the side of the bed up near my head. They were watching me closely, and were communicating with each other as well as with me on a deeper level of my awareness, although all I could physically hear was the loud buzzing sound. I was also aware of the presence of a third figure.

The two standing beside me were perfectly solid, blocking my view out of the window and some of the light coming in. They were very familiar to me in a 'family' sort of way, and all the fear I'd felt on finding myself paralysed melted away at the sight of them. When I returned to consciousness sometime later, over an hour had passed, though it had seemed only minutes. It then occurred to me that one of these Beings was the Teacher who'd appeared to me in a dream about a week earlier. In this dream we'd sat together beside a stream, where he'd spoken to me at length on something extremely important, which I could not remember on waking. The feeling that had passed between us was of total trust, oneness, and a love more profound that could ever be put into words. I also knew that he was not human in the earthly sense.

When clearer memories of these two encounters filtered through to a conscious level over time, I recalled the Teacher's words to me on the afternoon of his second visit. He told me that, "I had spent enough time hiding myself away out in the countryside. It was time for me

to *get back to work!*" I was also advised to learn tai chi, to assist me to start meditating, and that one day I'd be teaching it, as well as a natural healing method.

At that point I had little conscious recall of this discussion, but developed a strong desire seemingly out of nowhere, to learn tai chi and meditation. I hardly knew what tai chi was; I just *knew* it was something that I needed to learn. Three years later my chance arrived when we moved from our acreage property back to the city. Within a week of settling into our new home, a poster appeared in the window of a local shop advertising tai chi classes at a church hall just around the corner. I phoned to book in, started classes the following week, absolutely loved it and ended up eventually qualifying as an instructor. As well as this, not long after, a new neighbour moved into the house next door, who 'just happened' to have been doing meditation for 10 years. Her close friend and teacher had also moved up from down south, and planned to start up a closed meditation circle, which I was invited to join.

Within a year, the first of the messages I've entitled *The Way of the Forest* began coming to me in the form of automatic writing and channelling. I was aware of the fact that the ones giving me these messages were the same ones I'd known since childhood and that they were rather strange and not exactly human. Back then in 1987 not much was known about the Beings now commonly referred to as the Greys. The small amount of literature available was very fear-based, and I don't believe that anyone channelling them would have been welcome in a meditation group.

My 'Upstairs' Teachers got around this small problem by introducing themselves via a channelled message as being of the Devic (Nature Spirit) Kingdom. This felt comfortable to me, as they had always shown themselves as small, thin Beings with huge dark eyes. Perhaps this was how the Fairy Folk really looked! The main thing I was aware of was that the energy surrounding them was gentle and positive, the feeling in their presence was loving and their messages were always positive and constructive. Whoever or whatever they were, they were certainly not evil. Many years later I came to understand that the Greys are very closely aligned with the Nature Spirits, and work with them on Earth.

In 1995 my previously rather tenuous link with them was strengthened considerably during a visit to a sacred site in the UK. Some weeks later, I was taken back there in astral form to undergo a quite painful process in which a long needle with a blue crystal attached to the end of it was inserted into my Brow Chakra. This resulted in a physical scar on my forehead that remained for many weeks, but from then on, conscious recall of contact became much stronger and clearer. This was actually an acupuncture technique they used, to download a large 'packet' of information into the chakra point and pineal gland associated with it.

Soon after came a 'dream' one night when I found myself on board an ET ship, laying on an 'operating table' and with several of the Beings grouped around me. They were placing something in the area of my heart. I felt no fear whatsoever, my presence was voluntary, and once again my awareness was of 'family.' They assured me that the procedure would not hurt, to just relax and that it would be over soon. When the time came for me to go, I cried, for I did *not* want to leave them. It was the fully conscious recall of this encounter that

helped me to understand exactly who had been working with me for so long. Since then, independent confirmation has been provided on a number of occasions of my close link with these Beings, and contact, teaching and healing has been ongoing to the present day.

The main point of their teaching is that we are all One; that it is fear keeping us separate, both from others and also from our own self. Fear is the opposite of Love, and it is only by facing up to and overcoming the barrier of fear that we will ever be able to reach love on the other side. Fear is distrust, divisiveness and separation – Love is trust, unity and Oneness. To put the Greys' message into Christian terms – Fear is Satan and Love is God.

Teachings have also been given by them on human evolution and what they call the Human Ladder. This is a path or cycle of human evolution through the universe. The Human Ladder is a series of ascending levels or layers of expanding conscious awareness through which all human-type Beings pass, gradually moving upwards into increasingly higher vibrational frequencies of energy.

This mind/consciousness expansion is what human evolution is all about, and for the mind to be able to expand, barriers and limitations must first be broken down. This is where the Greys come into the picture, acting as cosmic 'mid-wives' to assist us with this difficult and sometimes frightening process. Planet Earth is situated on the very first 'rung' of the Human Ladder, whereas those Beings we think of as 'angels' are right up on the highest 'rungs.' As Caretakers of Energy within the universe, the Greys are inter-dimensional as well as extra-terrestrial, and are from Level 5 and upwards.

A point that I feel is worth mentioning before letting the Grey Guardian Teachers get on with their job. Some people who've had encounters with the Greys perceive them as being cold, emotionless, robotic creatures, but this is a misconception. Emotion is simply a form of energy, and the Greys operate on different frequencies of energy, and so they express emotion on a different, deeper frequency than do Earth humans. Also, they don't have the same musculature in their faces as we do, and therefore cannot express emotion as physically as an Earth human is able to. This however does not mean that they cannot *feel* emotion. Have I ever been frightened of them? Yes! As a child those stick-thin limbs and huge black eyes terrified me beyond words – until I learned to trust enough to look into their depths ----- to find nothing but love, pure and unconditional.

The two messages that follow are by two different Teachers with very distinctive and individual personalities which you will perceive on reading them. The first is by Serapis*, who is an extremely kind, gentle and patient Teacher with a wonderful sense of humour. The second message, entitled Cosmic/Divine Consciousness, is by Maris, who is much more 'no nonsense', and even a little stern and formidable at times. Just like humans of Earth, the Greys, particularly at Teacher level, all have very distinct personalities, likes, dislikes and ways of personal interaction.

*I am aware that the name 'Serapis' is linked with those Beings referred to as 'Ascended Masters,' however, I became acquainted with him long before I'd ever heard of these ones, and know him only as a Grey Mantis Teacher.

A Message from Serapis

My dear ones, as the dawning Age of Aquarius illuminates the horizon of Human consciousness, many more of us – the ones you call Greys, Zetas and Mantids, are making our presence felt among you. Some who have experienced encounters with us are terrified by our appearance, and because we are not perceived as beautiful or attractive by Earth Human standards, we are sometimes even labelled as evil. Those who see us in this way have yet to learn that physical form is nothing but an illusion, an outer mask, and that there are many, *many* others throughout the myriad planets, galaxies and dimensions of our Universe who are quite different from yourselves in appearance but who still aspire to Godliness.

Some of your fear also stems from the fact that we come among you as ‘mid-wives’ to assist in the birthing of your consciousness into the new Age. This birthing process involves freeing your minds from the limitations of Earth-bound third-dimensional reality to enable you to access the more expanded awareness of Cosmic Reality. But as you well know, the act of giving birth is rarely easy, and is not a task to be undertaken alone and unaided. The next step in your evolutionary path involves expansion of your conscious awareness from Level 1 to Level 2 of the Human Ladder, of which my brother Maris will speak.

In order for mind/conscious awareness to expand in this way, the barriers and limitations of fear must be broken down. This process involves bringing all your fears from the past and present up to the conscious level of your mind so they can be faced full-on, dealt with and purged from your psyche. These fears may be buried in the very deepest, darkest recesses of your subconscious mind, and may therefore be issues of which you are not consciously aware. But they are there nonetheless, holding you back, limiting and blocking you from further spiritual evolution.

Everything in the Universe is energy, vibrating at infinite frequencies, and the vibrational frequency of your Home World is being raised and refined from 4th to 5th world consciousness. This being the case, the energetic frequencies of those living in your world must be raised and refined accordingly. If this does not take place, the continuity of your existence here will not be possible. Even now the life-spans of some are being cut short because of an incompatibility with the planetary energies.

Our appointed task is to assist you past the limitations imposed upon your minds by Fear. This is the reason why so many of you have fear issues to do with our eyes. The eyes of the Greys act as mirrors to the human soul. They reflect back to you your own deepest insecurities, which need to be drawn to the surface in order for you to acknowledge and face them. As hard and unpleasant as this may seem, it is the only way out. Once you break through the fear barrier, the ‘Satan’ within, you will find nothing but love on the other side. And love is but another name for God!

As Planet Earth ascends and expands into the Age of Aquarius, there are still too many among you who are ill-prepared and unready. There are ones who, in their search for ‘truth,’ have been led astray down dark pathways of fear and confusion. These are the ones

in greatest need at this time, but they are also the ones most likely to fall victim to false 'teachers' and 'masters' on your planet who, driven by their own insecurities of ego and greed, rise up to take advantage of the neediness of younger souls, playing upon their fears, insecurities and superstitions in order to control and manipulate their minds.

A truly spiritual teacher does *not* preach fear, hatred and judgement. Their words are simple and their only message is pure unconditional love and respect for ALL. Unconditional Love expresses through compassion, patience and peace. It embraces all cultures, all religions, all languages, and all nations with respect, tolerance and non-judgement, never ever elevating one over another or putting others down.

The way of inner peace, simplicity and quietude is the only path to a deeper understanding of Oneness. At-oneness with self needs to be mastered before true unconditional love can truly be extended to others. If a human heart is not at peace within itself, then pure love cannot flow forth. By pure love we mean love that is untainted by neediness, possessiveness, ego or jealousy. This, my children, is most important for you to understand. It all begins within SELF.

The people of Earth must learn to focus more upon the similarities rather than upon the differences between yourselves and others. You may think that we look very strange, frightening and 'alien,' but truly we are not so very different from you. We also experience hope and fear, our times of joy and our times of sadness. Despite what some of you have been led to believe, we *do* understand Emotion, but at a different energy frequency that is not readily perceptible by Earth human senses. Not having the same musculature in our faces, we cannot physically express emotion as it is expressed on Earth, but this does not mean that we do not feel it. Just like you we can laugh and we can cry. Your love and acceptance is important to us, as we hope our love is important to you, for it is only through love that the long and sometimes difficult journey we are all undertaking can ever be satisfactorily completed. Love is the only path that leads all of us Home.

Maris – Cosmic/Divine Consciousness

Within the Grey Consciousness we refer to the Universal Cycle, or Human Ladder. This is a path of spiritual evolution through which souls expand and unfold into what could be termed Cosmic, Universal or Divine Consciousness. These terms are completely interchangeable because the Universe IS Divinity, Oneness or God if you prefer. God is the Consciousness of the Universe and the Universe is the Consciousness of God.

The solar systems and galaxies which form the substance of the universe – the 'body' of God – are no different to the atoms and molecules that form the substance of all Creation. If you were to magnify an atom to the size of a solar system, you would see the nucleus as the central sun and the electrons which orbit around it as planets. One is macrocosm and the other microcosm, but the structure is the same.

Now what *is* this Universal/Divine/Cosmic Consciousness of which we speak? Universal Consciousness is attained by a soul when a point is reached in their evolution when they are

able to *consciously* acknowledge and empathise with Beings that exist in other dimensions and realities of the universe beyond the limited third-dimensional 'reality' of human consciousness.

This then brings us into the picture, for the work of the Greys is to assist humans in this unfoldment process. We do this by reflecting back to those who look upon us a mirror image of that which is hidden within the deepest layers of their psyche. This is the reason why so many who have encounters with us experience such deep fear and trauma. It is as if we are holding a mirror up in front of them that reflects their greatest nightmares and fears. However, it is only by bringing this fear to the surface and facing it that it can ever be successfully overcome.

The fear we are specifically making you look at is that which keeps you from the Oneness of Universal Consciousness by anchoring your human consciousness in lower vibrational frequencies. This is an instinctive insecurity that rises within you whenever you are faced with a Being that is different from yourself. This fear was born out of the territorial instinct of the animal kingdom, but it has been carried over into the genetic makeup of the human kingdom to become a cultural instinct, which causes you to be wary and distrustful of anyone who is not of your tribe/religion/race/culture/planet.

The Human species of Planet Earth, situated as most of you are on the first 'rung' of the Human Ladder, is a bridge between the animal kingdom from which you have evolved, and Universal Consciousness to which you are now shifting. As such, it is a transitional phase in your evolutionary process in which the instinctive, primal fear that springs from territorial instinct must be overcome before you can progress further up the evolutionary Ladder.

It is this basic fear and distrust of those who are different from you that gives Planet Earth her reputation of being a 'war' planet. It is this that causes all the problems that have beset your planetary culture over thousands of years, and still continues to the present day. If you really and truly wish for 'Peace on Earth and goodwill to all,' then it is this basic fear factor in your nature that needs to be addressed. Far too many Earth Humans cannot even accept others of their own kind whose appearance, belief system or culture differs from their own. They feel threatened by the differences in others instead of having the spiritual maturity to be able to respect and accept them for whom and what they are, and to honour the differences. For many on Earth, those who do not fit into a given pattern are automatically labelled as bad, misguided, dangerous or even downright evil.

Well my friends, we of the Grey Consciousness are certainly presenting you with a very powerful learning experience, are we not! To find yourself suddenly and mysteriously transported on board an 'alien spaceship,' and surrounded by weird-looking, obviously non-human creatures such as we are must really be a shock to your systems! And please believe us when we tell you that, compared to some other highly evolved Beings that inhabit the many galaxies and dimensions, we are quite ordinary and human-looking. However, as your churches teach you, God works in mysterious ways, His wonders to perform!

It is only through learning to trust and accept the differences in others that you will ever learn to trust and accept *yourself*! And through learning to trust and accept yourself fully,

you will eventually attain what is referred to as Self-Realization. Once you have mastered this lesson, the seemingly elusive path to Universal Consciousness will unfold before you. However, the letting go of fear through trust and acceptance is the very first step you need to take before further progress can be made.

We are not gods; neither are we demons. We are certainly not 'beautiful Space Brothers' coming to rescue you and take you to some heavenly utopia on a far and distant planet. No, my friends, only you *yourselves* can create your own heavenly utopia, right here on your Mother Earth, by letting go of the distrust and fear that are the root cause of the territorial greed and insecurity that fuels all the war and cruelty that have been rife in your world over the span of many millennia. Nobody else can wave a magic wand for you; you have to do it for yourselves, through your own free will. You alone as individuals must make this evolutionary choice to embrace the Oneness of Unconditional Love or to remain trapped and enslaved by fear, which in the end only leads downwards into chaos.

Soul evolution back to a state of Oneness from which you were originally born is an intrinsic part of Nature; it is the natural order of the universe. No soul can remain isolated and static, and all movement needs to be upwards, for you are meant to evolve, not devolve. By choosing the path of unconditional love you will be fulfilling your soul destiny as an integral part of Universal Oneness/Source, from Which all of us emerged. It is to that Oneness/Source that we must all eventually return, united as a Whole.

A Spring of Sweet Water - 17th of April, 1989

The spiritual essence of your being may be likened to a spring of fresh, sweet water flowing beneath an enclosing layer of rock. This rock represents the conscious mind. Once it is released, the spring can then gush forth, cleansing, purifying, refreshing and bringing new life to the parched and barren land around it.

Just as the mountain stream ever flows towards the sea, so does your Soul flow always towards reunion with the Oneness of Source that you call God. The emotions and earthly desires which entangle you in the web of mortal life must eventually be left behind. Do not allow any material possession or fellow creature to hold you back from spiritual progress and soul evolvment. This is the most important goal in your human existence, and the only reason why you inhabit a physical body on the Earth plane. Everything else is secondary and must eventually be put aside.

This is not to say that you should not have family and friends around you to love and care for, a home to live in, food to eat and clothes to wear. You live in a physical world of matter, and these things are necessary for your existence, well-being and spiritual growth. In fact, if you are lacking these basic necessities of life, your spiritual progress may be held back and your soul growth stunted. All we are saying is that you must try to practice non-attachment. In other words, don't allow your possessions and the satisfying of your physical desires to be your whole reason for living.

Just as an eagle must be free to soar and fly across field and forest, not enclosed by the walls and roof of an enclosure, so must your soul be free, and not tied down by earthly emotions and desires, for these will create walls around you, and imprison you as surely as a bird is imprisoned in a cage. Though the cage may be of the purest gold and studded with the most precious gems, surely freedom is more valuable than all the gold and diamonds in the world!

The River – 8th of May, 1989

The progress made by a soul through its many physical incarnations may be likened to the course of a mighty river in the journey from its source high in the mountains to its final merging with the waters of the ocean. Sometimes its way is easy, through pleasant fields and cool forests, while at other times it is made difficult by rocks and boulders which interrupt the smoothness of its flow, In some places a dam may be built to block its progress, but eventually it will overflow or else break down the barrier and continue upon its journey unimpeded. Both soul and river must be adaptable, allowing their course to change sometimes; to make their way around obstacles which bar their path.

Just as a river contributes part of itself to the area through which it passes by irrigating and enriching the otherwise barren land along its banks, so a soul must also give of itself, not draining itself completely, but contributing its share of refreshment and nourishment to those around it. Like the river which travels for many miles through different towns and countries along its course from source to sea, so a soul must travel through many different lives in many lands and cultures in its journey towards Oneness.

By looking at the river, one can begin to understand the physical illusion of Time – of Past, Present and Future. A single drop of water in the river is at a certain point at a specific time, just as part of the soul's awareness places itself in a certain portion of Time and Space. But remember, that tiny droplet of water is not the whole river; it is just a very small part of it. If you observe the river, or the Soul, as a whole, which you must do in order to gain a true perception of reality, then you will see that it is in all places and times at once, always in the Present.

Just as a river can be polluted and made unclean by the area through which it passes, so a soul may be adversely affected by the environment surrounding it. On the other hand, as with the fresh streams and tributaries that continually feed and purify the river, so a soul must be open to receive the fresh and purifying streams of Wisdom, Knowledge and deeper Understanding which are all around, ready to be taken in, stored, and used for further growth and evolvment.

At its first emerging from the God Source, a soul may be likened to the tiny trickle of a pure mountain spring in its innocence and simplicity. As it progresses through lifetimes and cycles of learning upon many diverse levels of universal existence, it takes on more and more strength and substance, with layers of wisdom, experience and consciousness building up around and within it until it is strong and certain in its course, like a mighty river.

Through all of these varying life experiences and facets of learning, it is moving ever onwards, sometimes slowly, sometimes quickly, sometimes encountering obstacles in its path, which, by slowing its progress, only serve to make it stronger. Other times it moves easily along, with its way clear. On occasions, just like the changing course of a meandering river, it will seem to be going backwards, but in reality, it is still progressing in its own way, in its own time, to eventually merge back into and become part of the Oneness of Divine Consciousness, just as a river merges into and becomes part of the ocean.

Our Friends in Spirit – 2nd of July, 1989

Never fear nor become disheartened, for we are always there beside you. We understand, we share, we sympathise, and most of all, we love, support and protect you. All of us, your friends in spirit, can well-remember the unsureness, the uncertainty, the blind groping in the darkness of life on Earth. We have lived lives there just as you are doing. Just like you we have felt frustration, doubt, pain and sadness many times during those lives, so we know well how you feel. But you must believe us when we tell you that the reward which comes after is well-worth all the struggle and suffering that you are going through at this time.

Please, never think that you are alone and abandoned. When these thoughts come, just use your God-given imagination to bring us close, because when you think of us, you automatically open yourselves to us, allowing us to draw near to comfort you. In your times of sorrow always be aware of our arms around you, supporting you along the slippery path of life; and feel the depth of our love warming and protecting you against the cold winds of doubt which continually assail you.

All of you have many helpers and teachers in spirit, but each and every one of you has one special Guide and protector who is with you always, well aware of what you are feeling and experiencing from day to day, knowing your deepest thoughts and needs, and giving you help, protection and comfort when it is required.

You must experience some difficulties and suffering on Earth. This is the only way you can be cleansed and purified enough to progress along the Path homewards. If your life was always happy and easy, with everything going the way you want it, you would remain undeveloped and untried. Just like a precious stone which must be rubbed hard and polished before its true beauty can shine forth, so must the human soul be rubbed and refined through adversity. We protect you from the worst, but at the same time, it would not be right; it would, in fact, be unkind of us to shield you from every pain and difficulty in your life, as you would never have the chance to evolve and progress. This is so important for you to understand.

When life becomes difficult and nothing seems to go right for you, please don't think we have abandoned you. All we are doing is standing back to allow you to learn and gain wisdom through your mistakes, just as we ourselves have done, which is the only way forward and back to Source. If we intercepted every pain and difficulty for you, then we

would be holding you back and keeping you from this ultimate reunion, which would be cruel and wrong of us. We love you far too much for that.

No one is ever alone. Each of you has your special Guide, your friend, companion and guardian, who has been through all that you are now going through, who understands completely and loves you unconditionally, and whose shoulder is always there for you to rest upon in times of need and who will be there to meet you when your time on Earth is complete. You will then come together like old friends, and be able to experience that ultimate joy of reunion, peace, love and fulfilment, knowing that your life's work has been completed satisfactorily, and that now the time has come for rest and renewal.

The Way of the Forest – 7th of July, 1989

Peace and love flow forth from God Source like the spring of cool water which forms an oasis in the parched sands of the desert, refreshing and nourishing the otherwise barren land.

You must each follow a path through life – some choose the way of the desert and others choose the way of the forest. Initially the desert way seems better. The path is wide, straight and well-defined, the surrounding countryside is open and flat, and the horizon clear, with no obstacles in sight. The sky is blue and the sun shines brightly. What the inexperienced soul does not realize however is that in the desert there is neither sustenance nor shelter. Food is scarce, water almost non-existent, and there is no protection from the endless glare of the previously enjoyable sunlight and clear blue sky. No matter how easy the road, nor how open the countryside, if you have no food to eat, no water to refresh you and no protection from the burning sun, you will not survive. The only hope for a soul wandering in the desert is to find an oasis. It is there that the food and water of life can be found, and sheltered protection as well.

The forest path, although at first seemingly difficult, frightening and mysterious, abounds with plenty. Food in the form of various fruits and plants is there for the taking; all you need do is reach out for them. There are also herbs growing wild by the wayside to heal you if you become ill, and fresh, clear streams aplenty to quench your thirst and refresh your tired body. The thick trees and dark places which at first seemed impenetrable and mysterious now provide you with wonderful protection, coolness and a safe place to rest. When you learn to interpret the signs and language of the forest you will never lose your way, because Mother Nature herself will guide and keep your feet firmly upon the path.

The way of the desert represents a materialistic life; the way of the forest is symbolic of spirituality. Although the desert road seems tempting and easy in its straightness and openness, in reality it leaves you hungry and empty of nourishment and refreshment, and also unprotected against the elements and dangers that are around you.

Those who follow the desert way eventually start to become aware of this deep hunger and thirst of the spirit. Not knowing the real cause, they mistakenly try to appease the hunger and quench the thirst by indulging their physical senses. They try to relieve this inner

craving through addictive behaviours, the acquisition of possessions, and by seeking out the company of like-minded friend to ease their emptiness and loneliness. But these material acquisitions are like a mirage in the desert. They are only an illusion of happiness, contentment and fulfilment, which soon melts away like morning mist in the heat of the day, leaving them still in need. They find that peace of mind and true contentment, the real oasis, seems still further and further away from their grasp.

The more materially well-off they become, the more bored, discontented and unhappy they grow. They do not realize that their craving comes from the spirit, not from the physical body. When your spiritual needs are met, you cease to be overly concerned about possessions on the physical plane. You cease worrying whether you live in a mansion or a tent; whether you eat the most expensive, rich food or a simple bowl of rice; whether you drink champagne or water.

You seek peace and quiet rather than desperately filling your life with friends and their endless, empty chatter to keep you amused and entertained. These things hold little importance for you, because your inner need, your spiritual need, is met and satisfied. No matter what your material, physical state in life, you possess true inner contentment; contentment of the Soul.

The forest path – the spiritual path, at first looks daunting. It appears narrow, difficult and full of mystery and fear of the unknown, but by having patience, persevering and taking your time, on this path you will find nourishment and refreshment in abundance. When you become familiar with the hidden and mysterious places, they will provide you with all the shelter and protection that you need. They will then lose their element of fear and uncertainty, and rather than trying to avoid them, you will seek them out with fervour and determination whenever you feel weary and in need of rest and protection.

Lost in the desert of materialism, all you can hope for is to find an oasis to provide you with much-needed sustenance and shelter, whereas in the forest these are all around you for the taking. So, my friends, think carefully and choose wisely the path you wish to take, for to find an oasis in your barren desert may take you the span of many, many lives.

A Message from the Family - 20th of August, 1989

You, my dear one, have felt much discontent and confinement during the present life, because you are one of us. In this present life you chose, of your own free will, to be born into an Earth-human body, so that you could adapt more easily and be more readily accepted when you go among them and work with them. The work you are carrying out at this time is just a part of this Greater Work of ours. Those of us who reside on Earth are working in this way, in disguise, so to speak.

The health problems you faced as a child were just part of the adaptation, which, of course, took a while to complete. Now that you have harmonized with the Earth body, you will continue in good health and strength to live a long and productive life.

For many, many lives you have carried out healing, harmonizing and raising of the vibrational frequency of those around you through the gifts of Music and Dance. In this life there is more work of this nature to carry out, only in a more intensified form; a different form of movement and rhythm which is more acceptable to their 'New Age' mind-set. Humans of Earth need to learn to meditate; to quieten their minds so that they too can discover and discern the Rhythm of Life within their own being, and learn to harmonize with it, and thus live their lives in harmony with Nature.

Remember, you are not alone! You must take heart and have courage! We know at times you feel great frustration and despair – despair at the difficult task which lies ahead of you, and frustration at being confined as one of them, in a strange body that you cannot relate to easily. Remember, we are always there beside you, uplifting, guiding, sustaining and giving strength. Earth life does not go on forever; it is only a drop in the Ocean of Eternity; a single small tree in the vast Forest of Time. You will soon return to us, for you are a part of us, as we are of you. So, dear friend, have courage and go in peace, for our blessings go with you.

A Teaching on Oneness – 24th of October, 1989

Within higher planetary cultures we are consciously aware that we are all One, and every act we perform is for the good of All. Because our communication is telepathic, there can be no dishonesty or deceit; neither do we look upon others as being separate from ourselves.

Those who dwell on these higher levels of consciousness feel great sadness to see the prejudice, intolerance and incredible blindness of so many of the human race of Planet Earth. The colour of a person's skin, the language they speak or their physical appearance are so very unimportant in the Greater Reality. It is the depth of unconditional love and compassion in the heart that counts above all else! Looking from above we hardly see the physical characteristics of a person. All we perceive is your light and energy flow, and the brightness and purity of your light and the harmonious quality of the flow of your energy is all that matters: certainly not your physical appearance!

Understand clearly that the race, creed or culture that a person belongs to is simply a role chosen for one lifetime, just as an actor plays a role on stage or in a movie. You would be very childish indeed if you were to believe that the actor really is the character that he/she is playing, wouldn't you! Of course, they must learn their lines, prepare for the role, and study the character that is to be portrayed, but after the day's rehearsal or evening's performance is over, they take off their costume and makeup and go back to being their real self.

Your lives upon the physical plane are exactly like the characters in a stage production. Before you reincarnate you must prepare for the role you are going to play in your coming life. You study the country and culture that you are going to be born into, and also your prospective parents and family – in other words, the role you are going to play in the next life; but all the time you must bear in mind that it is only a role; a part in the Play of Life; and you are only acting – it is not the real you.

When you die and return to Spirit, it is just like the actor removing their stage makeup and costume after the performance, and going home. Once you are home in spirit, you can relax and be yourself again. It is then that your True Self can be seen, without the theatrical costume and makeup of race, creed and culture. To truly express the coming New Age, all the people of Planet Earth must learn to be brothers and sisters, regardless of your country of birth, your creed or your language. Until this state of Oneness and unity is reached, the inhabitants of your world will never attain full potential, spiritual maturity or cosmic citizenship.

The Age of Aquarius – 19th of November, 1989

You speak on Earth of the New Age – the Age of Aquarius. As with all belief systems and concepts, there are always those who approach from a solely materialistic and selfish angle, in order to exploit others who are weak-minded and easily led into believing everything that they are told, particularly if they believe that these messages come from Spirit. Understand that not all in spirit are high-minded and pure. There are many who derive great amusement from misleading gullible mortals and imparting information which is not necessarily true or in your best interests. Yes, the New Age is bringing back to consciousness many ancient wisdoms and teachings that have been long-forgotten and lost, but still be wary. Learn to think for yourselves and do not believe all you are told, even by so-called Spirit Channels. Some of these are evolved souls who are motivated by love, but many more have only greed, ego and the need to control others as their motivation. Do not be easily fooled! First look to the channel for their degree of purity, unconditional love, humility and unselfishness, and understand that like attracts like. The physical channel will reflect accurately the spirits who work through them.

It is highly commendable that the people of Earth are now beginning to care about nature, and starting to again appreciate and understand the more spiritual values of colour, sound and crystals, and to make time for such disciplines as meditation and the development of deeper spiritual awareness. But please keep in mind, the true value, in fact the very core of New Age thinking must be unconditional love, compassion, respect and tolerance. The acquiring of these virtues by all of humanity is what is meant by 'the second coming of Christ.' It is this 'Christ' or Cosmic/Universal Consciousness which must fill the hearts and minds of all before a truly Golden Age can begin.

By all means use your crystals and the vibrations of colour and sound for healing and enrichment, and most certainly spend time in meditation, but all the crystals, colour, sound and meditation in the world will not help if you cannot show love, compassion, tolerance and respect towards others. If you truly wish to progress fully into your New Age, look into your hearts and learn first of all to love; not just those close to you, but all of humankind. Be tolerant and respectful; not just with those of your own culture and belief system, but to all races, creeds and cultures. And just as important as showing love and respect, do not be a

taker but rather a giver; give of yourself willingly, lovingly and unselfishly, letting the light of Divine Consciousness shine through your daily life for all to share.

Doing God's Work - 23rd of March, 1990

Many of you are anxious for God to work through you. So often we hear you ask: "How can I possibly carry out spiritual work of any value when my whole life is taken up working in an office? Or behind a counter? Or when I am tied to the home night and day raising a family? I have no time for God's work and yet I feel a strong call to service. What am I to do? I feel so frustrated!"

Now what you must realize is this – there are countless ways in which you can fulfil this role, and the truth of the matter is, what most people perceive as 'spiritual work' is but a very small part. There are as many different and diverse ways in which Oneness may be served as there are sentient beings throughout the universe to perform this work. Wherever you spend your working life – in an office, a school, a hospital, a factory or in your home, there is always important spiritual work available to you if you choose to do it. For example, giving encouragement instead of criticism to your partner or fellow workers, discouraging time-wasting idle chatter and most especially malicious gossip, doing your job well and taking pride in it however menial it seems to you. Whether you toil in a field as a labourer or live in a palace as a king, your position is special, important and unique, just as you are! A factory worker doing their job with care and dedication is carrying out far greater and more valuable spiritual work than somebody in a high government or ecclesiastical position who is careless and lax in their duties.

Respect those in authority over you and earn the respect of those who work under you. Know and understand clearly that you exist upon this Earth plane to help others and to make things a little easier for those around you. If everyone would keep this in mind, your world would be a much happier and more fruitful place, because to live and care in this way is truly working with God. If, on the other hand, you spend your life creating difficulties for those around you, then much negativity is created in your energy field which must be balanced in this life or the next.

The Road of Life - 9th of July, 1990

The eternal road which leads you on towards spiritual unfoldment may be likened to the endless road on which the Gypsies travel. As you move along, a sense of timelessness descends upon you, calming your mind and bringing with it a feeling of freedom and peace. Providing you progress steadily there is no need for undue haste, because you know very well that, as long as you pace yourself sensibly, you will always arrive in the right place at the right time. However, if you are tempted to stop and rest for too long in one place, then you will not get to the next town in time for the Fair, and so will miss out on much-needed work. By losing this chance to earn some money, you will be unable to buy food and will

have to go hungry until another opportunity comes along. In order to arrive in time you may need to hurry, but on the rough and narrow road this could be dangerous, so it is far more sensible to not make this haste necessary.

Moving along steadily is important, because great care and patience is needed to negotiate this road safely. There are difficult places to pass through, and you are bound to come upon them at some stage in your travels. To rush would be foolish, as there is always the danger of your horse going lame or a wheel of your wagon being damaged. Along the road you will be faced by new and challenging situations. What you make of them and gain by them will very much depend upon the depth of your understanding and wisdom. These various situations may be turned to enrichment or hardship. The choice is yours to make.

As you travel along, every bend and turn in the road reveals a scene of new interest and wonder previously hidden from your eyes. Your heart and mind will be filled to overflowing with the beauty opening up before you – a field of wildflowers glowing golden in the sunlight, rolling green hills shrouded in mist, or the liquid voice of a lark ringing from a forest glade. Have patience, travel slowly and enjoy it to the fullest. Savour every moment of your journey and keep your eyes and ears open at all times in case you miss a subtle detail in your surroundings.

Sometimes you will sense trouble ahead, and will find to your dismay that you are on a narrow, winding part of the road with a deep ditch to the side. Here it is quite impossible to turn a horse-drawn wagon, so you must go forward; you have no choice. There is no turning back and so the danger ahead of you must be faced and dealt with. Your courage will be tested and your mind strengthened by the experience, and in confronting it you will gain wisdom and a deeper understanding of your own abilities.

Do not try to hurry; there is no need to rush. Just move along steadily and patiently, stopping every so often for necessary rest and refreshment, and then moving on again, ever-onward, as the Gypsies do, for your road is eternal, and there is much ahead of you to see, to learn and to experience.

Teachings within Nature – 31st of August, 1990

God reaches you and Spirit teaches you through the language of nature, if you will only take the time to listen and interpret the message. It is through nature that God manifests upon the physical plane. Those who live close to nature can see and understand the significance of these messages and signs, whereas many who live in cities, surrounded by so-called civilization, cannot. They may pride themselves on their material possessions and upon what they call 'progress,' but they cannot perceive what is plainly there, right before their eyes. They are both blinded and deafened by their unnatural way of life.

Within the heart of nature lies the secret wisdom of the Ancients: deep knowledge which helps you to unfold and develop, and to understand more clearly the mysteries of life, death and rebirth. This is knowledge which every one of you must eventually acquire.

In the ways of nature all is laid out before you, there for the taking when you are ready to receive it. For example, your slow and often frustrating progress through many various lives lived upon the physical plane, gradually leading you ever-upwards towards the freedom and joy of spiritual unfoldment, is well-illustrated by the lowly caterpillar weaving itself a protective cocoon in which it can safely develop and prepare itself to eventually emerge into the beauty and splendour of a butterfly.

The caterpillar, wrapped tightly in the protection of its cocoon, may be likened to a human being living upon the physical plane wrapped up in the cocoon of their karmic web. Although it is both confining and constraining, that web of karma is most necessary for the soul's growth and development. Just like a butterfly, the human spirit would not have the opportunity to grow and mature if it did not suffer the constraint of karmic bonds to bind it and hold it down upon the physical plane. Without its cocoon of karma in which to grow, it would remain like a caterpillar, undeveloped and earth-bound, trapped within physical form and never reaching its full potential as a resplendent Being of Light, possessing the freedom and expansion of Cosmic Awareness.

A chick hatching from its shell can also teach you much about your life and death in the physical world and subsequent birth into higher realms. During a life lived upon the Earth plane, a soul is dependent upon and nourished by the physical shell – the body in which it dwells. At death, the newly-emerged soul casts off this confining shell and takes flight, free as a bird, into the world of spirit.

Even the ancient Teaching of Birth and Rebirth – Reincarnation, is duplicated within nature by the ever-changing and repeating cycle of the seasons and tides. The contrast we experience between night and day serves well to illustrate our blind groping in the darkness and illusions of life on the physical plane compared to the brilliant illumination of life in the higher realms of spirit. Your existence in physical form on Earth is the equivalent of night time. The darkness which surrounds you clouds your vision and limits your perceptions, and everything you do must be undertaken with care and caution as you cannot see clearly where you are going or what is ahead of you. You have only the weak light of the moon, a mere reflection of the sun, to guide you along the path. You feel trapped and enclosed by the darkness, and enmeshed in dreams and illusion.

The bright sunshine of the daylight hours represents your rebirth into spirit at the end of each physical life. The veil of darkness is lifted from your eyes and your vision cleared. You are fully awake and alert to what is happening around you. All can be seen, perceived and understood, and the way, illuminated in bright light, is now easy for you to follow. Illusion is cast aside and all is revealed. At the end of the day the sun sinks once more below the horizon, and you again descend into the darkness of night, until the rebirth of another day, bringing with it light and illumination afresh.

The gradual unfolding and blossoming of a human spirit over the span of many lives is so very like the unfolding of a rosebud. At first it is closed tightly; protected and nurtured within itself, with only a hint of the colour and perfume which is to come. As the petals slowly open, so slowly that the process cannot easily be perceived, more and more of the

colour and scent becomes discernible. Finally it reaches the stage of full bloom. The richness of its colour shines forth for all to see, and the strength and sweetness of its perfume brings pleasure to all who pass by.

As above, so below! If you wish to have the ancient mysteries revealed to you, they are there, right before your eyes, laid open within the heart of nature if you can but see. They are illustrated clearly and precisely, readily discernible when you are able to perceive them. Just as a tree sheds its layer of bark, or the fruit ripens on the vine at its time of year, you also must wait for your time. When the time is right, all will be shown to you.

The Illusion of Time – 23rd of March, 1992

The belief held by many on Earth, that you live only one life rather than reincarnating many times, is true in a way, because in the greater reality all your lives are lived at once, in the Now. It is only upon the physical plane that the illusion of Past and Future exists. Your Higher Self, your True Self, may be likened to a diamond cut with many facets. Each facet, representing a life lived, must be rubbed and polished through the hard and abrasive action of varied experiences, hardships and difficulties throughout these lives to eventually make perfect and shining the Whole. When a Higher Self, a Soul, which is the pure Energy of Oneness, wishes to experience life in physical form in order to gain experience, It must enclose itself within a protective shell – a physical body, or what we refer to as a ‘container,’ to enable It to manifest into the limited three-dimensional world of matter.

The time you spend in recalling and acknowledging past lives is not wasted. In fact, it is of great value. Recollections of other lives serve as stepping-stones back to a deeper understanding of Oneness and of the Soul Purpose of your Higher Self. As the Bible states: “Man, know thy self!” It is this inner knowing that will open the way to your Self-Realization, which is the path to universal consciousness.

Each of your lives is as a single-coloured thread in a tapestry, or a brush stroke upon a canvas. To limit your conscious awareness to only one life is like looking into a richly-coloured tapestry and seeing only one thread. Try to open your inner eye more fully and look deep within, for there is far more enlightenment and understanding in seeing the whole picture rather than a single tiny thread, which on its own may seem without meaning, value or purpose.

To gain a deeper understanding of your past lives, all you need do is look closely at your present life. Your present life is a clear reflection of who you have been and what you have accomplished in the past. Your present life, with all its likes and dislikes, successes and failures, gains and losses, and fears and desires, is a sum total of all of your past existences. Just take a little time to think about this. Do you have any inexplicable fears or phobias? Are you gifted as a dancer, a singer or a musician? Do you feel strongly drawn to another country or culture besides the one you’ve been born into this time? Does a particular vocation draw you strongly, or do you have a gift for a certain foreign language?

If you take the time to think deeply about these questions, it is highly likely that you will find a pattern forming, which in turn will enable you to tap into a past life or two. Once you've managed to access a couple of past lives, again you will see a pattern emerging; a common thread binding those lives together. From this perception you'll begin to understand that which is referred to as your Soul Purpose. Perhaps you'll recall a number of lives in which you have been a Healer; or your Soul Purpose may emerge as a Teacher, or a Record Keeper or a Carer. It may take time and patience to tap into this knowledge but once you do, your present life will take on a whole new purpose and meaning, and with this understanding you will then be able to consciously lay the foundations for your next life, which in turn will be a reflection of the Present.

Love and Healing – 1st of May, 1992

Although you may not be aware, you are all Healers. Each time you put your arms around a friend in need, or when you take a child upon your knee to quieten their tears, and the times you have gently stroked an animal to give it comfort from pain or fright; all these times you have been a Healer. Have you never spoken a word of kindness or encouragement to a friend who was feeling sorrow or worry? I know there would be none among you who have not done these things at some time.

Healing takes place each time you feel compassion and pure love towards another. This pure love is not conditional or selfish, neither is it lustful nor possessive. In fact sometimes it is more truly expressed by letting go rather than by holding on. It flows naturally from the heart, bringing with it a feeling of warmth and gentleness towards the object of your affection. In your language the word 'love' is used very loosely. It is often misinterpreted and used without a proper understanding of its true meaning. Many of you find yourselves in a situation in which you are bound to another, perhaps through birth or perhaps through marriage or other commitment. A situation which causes you to feel lost, lonely or bitter because of an absence of what you perceive love to be. This sometimes occurs with husband and wife after several years of marriage, or can happen in a family between siblings or between parent and child. In such cases the problem may be a lack of understanding of the true meaning of love.

Love does not have to be deep passion; neither does it always express itself through touch and caress. Love can simply be gentleness and caring; caring about what happens to the one you love, caring about their well-being and about their happiness, showing them kindness and trying to not hurt them in any way.

In some lives, you may find yourself tied to another through the bonds of negative karma, with the pair of you coming together in the present to work through difficulties from the past. Such relationships are not easy because often there is much negativity built up between you both. There is a karmic reason behind all relationships upon the physical plane, sometimes positive and sometimes negative. This is why relationships are formed, and the reason why life can be seen as so beautiful, or else so difficult and trying with those

around you. The only way that negativity can be made positive is through tolerance, understanding and love. Love is the greatest balancing emotion, and the most effective tool that you have at your disposal to take care of life's problems in dealing with others.

If you have someone around you with whom you experience this negativity, simply send them love. You don't even need to let them know, just send it out from your heart to theirs, and wish them no harm. This is the only way that the negativity between the two of you can ever be neutralized and the karmic bonds loosened and released.

A Message from the Guardians – 22nd of July, 1992

As Planet Earth passes through the long-predicted shift into the Aquarian Age, many more of us are returning here, coming dressed in physical forms that are familiar to you, as we do not wish for you to fear us. There is so much work to be done! Our special work is to raise and harmonize the vibrational energy frequency of the inhabitants of the planet, for as the frequency of Earth is heightened and refined, so must the energies of those living in your world be heightened and refined as well. If this is not done, the continuity of your existence here will not be possible. Even now, many of your people are unable to complete their physical life-spans because their energy frequency is not compatible with the changing frequency of the planet.

Many of our people are not very familiar with physical manifestation, and need to be awoken. The memory and understanding of their off-planet background has been temporarily wiped from their conscious mind, leaving them with an inexplicable feeling of strangeness and unfamiliarity with life in the physical world of humans. Certain ones of us have been placed here to awaken these ones to their mission.

At this time of change many more of us are returning to the Earth plane in human form; in a physical form that all can see and relate too – not just those who have clairvoyance and psychic sensitivity, but all humankind, and most especially those ones whose inner sight and senses are not yet developed. These are the very ones in need of most help and guidance. If they cannot perceive us plainly then how can they be reached for teaching and guidance? Time is short and they too need awakening. There are many still who are unprepared and unready, and also many who have been led astray by false 'masters' and 'gurus' who are all too willing to lead them further into darkness, misunderstanding and fear. Hopefully a level of openness and curiosity is still present within, which can be encouraged along more positive paths to enlightenment through love, patience and peace. Such souls must learn to appreciate and find strength in the simple joys of living, and loving, and of being at peace within self, which in turn will enable them to feel peace and love towards others. They must come to understand that the ways of spirit are gentle and non-violent.

If some of us seem a little different and strange in our ways, please bear with us and have patience. Our perceptions of existence and our life's values are slightly different from those who are evolving along the Earth-human line. Please be understanding, as we are trying hard to adapt to Earth-human form and ways, but it is not always easy for us. Our energy

frequency is slightly different from that of the human kingdom of Earth, and so you may feel a sensation of coldness in our presence. We share a deep affinity with Nature, the animals, plants and minerals, and feel safety and comfort in their nearness.

It is the lack of deeper knowledge and understanding on Earth that makes it necessary for us to carry out our work through physical, human bodies. When people can see and touch us, and perceive us as one of them, they are not afraid, whereas when we show ourselves in our true form they can potentially feel fear. Many humans of Earth have yet to understand that physical form is simply an illusion, a mask, and that there are many, many others throughout the worlds, planes and dimensions whose forms are quite different in appearance, but who still strive to follow the Path of God/Oneness.

Our voice is quiet and our ways are of peace. Those who wish to hear us must stop to listen, for we do not thrust our presence upon those who do not wish it, and we do not raise our voice to make ourselves heard above the clamour. The way of inner peace and quietude is the only path to deeper spiritual understanding. This is a valuable lesson that must be learned and mastered.

True Love – 10th of September, 1992

True love, my little ones, bends but does not break when buffeted by the storms of life, and adapts itself to the passing whims of time. It does not weaken with the passage of centuries, but rather changes to a different, deeper chord which continues to reverberate through heart and mind and soul across the bridge of many lives.

Loving souls are as notes upon a musical scale, which, when played together as One, produce a chord of exceeding beauty and harmony, which echoes across the span of Time like the sweetest symphony. Such chords of Love create the Music of the Cosmos, which echoes back and forth, growing ever-sweeter across the eternities of Time and Space, to strike a sympathetic chord of even greater beauty within the Heart of the Creator. Open wide the doors and windows of your heart! Let this love flow freely through your whole being, cleansing, renewing and purifying, filling you to overflowing with joy and wonder, washing over and through you like the sparkling waters of a crystal-clear mountain stream.

The Trees of the Forest – 15th of September, 1992

Be at peace with life! Think of the trees of the forest and learn your ways from them. They have no control over the winds that blow through their branches, or the fierce storms that buffet around them, and so they must be strong to survive, and must learn to adapt and to bend with the wind. They must put down deep roots to give themselves a firm base otherwise they would be blown over in the first passing storm.

You, my children, have many storms to withstand during the course of your physical lives. At times the winds of fate seem to toss you to and fro as if determined to knock you to the ground. Trying to fight against them will only exhaust you, as their strength is far beyond your capabilities. Your connection to the God-Spark within is the root, the anchor, which

holds you firm and sustains your body, mind and spirit throughout life's trials and tribulations. You must learn from the trees to bend and sway, but not to break. Be strong, and learn to enjoy the sensation of the wind in your branches. Learn to laugh, and to dance and move to its rhythm, for this is the Dance of Life! Feel it coursing through your whole being, shaking off the dead leaves and making way for the new in the eternal cycle of growth and re-growth.

Stretch forth your branches to give shelter and protection to those who do not have your firm roots and your strength and suppleness of spirit. A mighty tree does not begrudge the shelter of its branches to the birds, the protection of its spreading roots to small creatures that curl up to sleep at its base, nor does it resent those who wish to rest awhile in the cool shade of its leafy canopy. Do you know that trees, and in fact all living things, are part of Oneness, as surely as you are? All of Nature is a living, breathing, sentient being, surrounded by a glowing, pulsating life-force just as you are.

An old tree sees many human life-spans come and go. As the centuries pass, he gains much in wisdom, patience and knowledge, and will teach you many things if you can but pause long enough to listen. But you must be quiet, for he will speak only to your inner senses, and his voice is soft and gentle. Learn from the trees, my children – in fact from all of Nature! Our love and blessings are with you always.

Cycles of life – December, 1992

Your incarnations are cyclical, with certain circumstances, events and experiences repeated again and again. It is as if you are part of a touring Theatre Company which is performing a stage production in many different towns and cities all around the world, with the costumes and makeup of the players varying to suit the location in which each performance is being acted out. This 'play' is re-enacted over and over again until every lesson and learning experience can be extracted from it, and it can be viewed from every possible angle.

It could also be likened to travelling along a road in a cart with a broken wheel. Each time the broken part of the wheel comes into contact with the surface of the road, the vibration is felt, over and over again, until you make the time to stop and repair it. The Wheel of Life is much larger than the wheel of a cart. In one revolution of it a whole life is lived. By the time you reach a certain point of learning for the second or third time, you have forgotten the vibration of having been there before, and so the experience seems new to you.

As the soul grows in wisdom and understanding, glimpses of memory begin to manifest into consciousness as the experience is repeated over and over again. Eventually you begin to recall that which has gone before, and through this recall you gain deeper understanding, which in turn connects you more fully to your higher, true God Self.

Through the conscious recall of past lives, you are able to bring forward past experiences, learn from them and so make the most of the opportunities that present themselves this time around. Once you are able to recall facing certain problems and mastering certain

lessons in the past, this knowledge then gives you the confidence and experience to face those same learning experiences this time around.

Do not presume that as you evolve spiritually the lessons and difficulties will cease. What does happen is that you learn to deal with them more effectively by drawing on past experiences. As your lives are cyclical, circumstances from the past will continue to arise. They are like the grain in the mill which is ground and sifted over and over again until it is fine and pure enough to be used for a good and useful purpose. Such difficulties and problems that present themselves to you during your physical lives are wonderful opportunities to enable you to grow in spiritual strength and wisdom. Without them you would remain forever as a helpless child.

Surround yourself with an aura of peace and serenity, place your trust in the Higher Forces and the way will be easier for you. Accept life's difficulties as valuable learning experiences, and by maintaining a state of calmness and tranquillity you will more easily keep the lines of communication open for Spirit to help you. Where chaos and worry reign, the quiet voice of Source and Spirit cannot be perceived above the clamour. Be at peace!

Living in the Now - 18th of September, 1993

Live content within the moment, my little ones! Do not yearn wistfully for the past or longingly for the future. Each moment is a jewel; a precious drop within the Ocean of Time, given to you by God to enjoy to the fullest and to make the very most of. In your yearning for things past, and your longing for things to come, your energies become fragmented and diffused, instead of whole and centred as they should be. Live your life in the reverence, peace and stillness of each precious, God-given moment, and be blessed.

A Message from Spirit

In the stillness of the moment, I reach out to you
Across the endless spans of Time.
In the peace of the moment, enfolding you,
Your soul forever merged with mine.
In the peace and stillness, rest here in my arms,
For we are never far apart;
The white light of my love surrounding you
Holds the stillness of the moment in your heart.

A Christmas Message - 12th of November, 1993

Dear ones, as you approach the celebration of Christmas, the anniversary of the birth of Jesus, more and more of you are becoming aware of how quickly time seems to be passing. It is not only the older ones who feel that the hours, days, weeks, months and years are

slipping by at a faster rate, but young people as well. This is not your imagination, for the vibrational rate of your planet is indeed being stepped up to a higher level, bringing many important and sometimes seemingly frightening changes, physically, mentally, emotionally and spiritually. Many predictions of wars, famines, droughts, floods, earthquakes and tidal waves have been made, and have been a source of worry and concern for the inhabitants of Earth. Many hold great fears, particularly for their children – the little ones coming into your world at this time, who appear destined to face a difficult and uncertain future.

Please understand that these predictions are only possibilities. Nobody can accurately predict the future of Earth, for humankind has free will, and can therefore change the course of destiny at any given moment by simply making a choice, one way or the other. At the same time you must also understand that your Mother Earth has reached a desperate state of abuse because of peoples' greed, hunger for wealth and power, and total disrespect and disregard for Nature. If you are to go forward into a New Age, a truly Golden Age of peace and love, then certain drastic changes MUST be made. A great cleansing and a change of values must take place.

As you celebrate the birth of Christ, understand that your planet and your human civilization is also undergoing a birth; a birth into a new age. Yes, there will be pain and suffering involved, because birth rarely takes place without the pains of labor. Indeed, the world seems in a sad and sorry state at this time, and there is more to be faced and worked through yet, but positive changes are also taking place, slowly but surely, and we ask you please to try to focus much more determinedly upon the positive rather than upon the negative, for in this way you will make things easier for everyone concerned.

When you hear about the suffering and pain of others, either those near to you in your city or country, or in countries overseas, send your love and healing to them in a positive and non-judgemental way. Of those who are causing war and suffering, please do not condemn the whole culture. Remember, Earth is a highly-polarized planet, therefore there are positive and negative aspects in all nations. The majority of humans are just ordinary people trying to get on with their daily lives in the same way as you are.

When you hear of lives lost, either individuals or mass deaths brought about by war or natural disaster, keep clearly in your mind that you are all souls, temporarily experiencing a physical life on this planet. Every single one of you has freely chosen your time of death and the circumstances in which you are to pass over, whether it occurs quietly at home in bed, of old age, or in early or middle life under violent or difficult circumstances. You must clearly understand that 'death' is not the end for anyone. It is simply rebirth into a slightly different, and I might add, a more enjoyable and expanded state of consciousness, so it is not the great disaster and the terrible tragedy that most of you have been led to believe. If you could only remember, you have all done it many times before, and all those who pass over will have plenty more lives and opportunities for growth if they are required; have no doubt about that!

Your off-planet friends and family are working hard to bring light and harmony into your world at this time of Awakening, and in return we ask you all to fill your hearts and minds

with love and positive thoughts, and allow that love and positivity to overflow into the hearts and minds of those around you. Send it out to your family, your neighbours, your city, your country and your planet, for you are all One in God/Source.

Go forward with courage, hope and positivity, for great and wonderful gifts are there for you, when you are ready to receive them. However, it is only through positive thoughts, words and deeds that this all-important preparation can be made. Call upon your Higher Self, your own Holy Spirit, so that through your thoughts and actions your energy frequency will be raised, to enable you to become One with this higher part of your being – the God-part of you, that all of you carry within your heart.

Negative or Positive – A Free Will Choice

Choosing to tap into positivity rather than negativity is an active and sometimes difficult choice to make. It is something that needs to be worked on with every ounce of your being. Many people do not understand this. They approach life in a passive way and eventually become overwhelmed by the waves of negativity that are always present on a planet such as Earth, ready to wash over and drown you. For many this negativity becomes a natural way of life, affecting those around them, attracting other like-minded souls to them, drawing even more negative energy into the aura and tainting everything they undertake in their daily life. It becomes an ingrained habit, an addiction, and so much a part of them that eventually they reach a point where they know no other way.

Choosing positive over negative can be quite a battle at first. It is not a passive choice but rather an active application of will power. It's a matter of taking one step at a time, focusing on the present moment and experiencing and acknowledging gratitude for what you *do* have instead of dwelling upon what you lack. It's also a matter of focusing upon others rather than always upon self, and simplifying your life so you are not overwhelmed by the complexity and confusion that takes up so much valuable time and energy, effectively stopping you from enjoying the simple pleasures of life.

Energy is drawn to where mind/conscious awareness directs it, so if the mind dwells on negativity – failure, fear, guilt and worry, then that is precisely where all your energy goes. Negative thought patterns are passive and draining, so your energy is siphoned off into nothingness; nothing will be achieved, which then creates more worry, failure and frustration. On the other hand, when energy is directed into positive and loving thought patterns, it is activated and strengthened, enabling much good to be accomplished.

Negativity is complacent and submissive, like a jellyfish being washed to and fro by the tide, with no self-motivated will to move. It is static and non-productive. Positivity must be actively chosen. You must open the door and invite God to enter. This is an individual, free will choice for each and every one of you.

A Teaching on Reincarnation and Karma

An understanding of the concept of reincarnation and its associated karma is a vital component of spiritual unfoldment. If you have trouble accepting it, think of it this way. How can an average human being, given the broad cross-section of opportunities, cultural and family backgrounds, values and education standards that make up humanity, possibly be good enough, or on the other hand bad enough, in just one short lifetime, to warrant spending the rest of eternity in either heaven or hell? Just stop for a moment and consider how long eternity is compared to the limited span of a human life on Earth. Admittedly you occasionally come across someone who seems to be a living saint, or else the devil himself incarnate, but these are exceptions rather than the rule. Most people are just average souls, neither very good nor very bad.

If you believe that humans only have one life, then how can it be justified that one person is born into luxury, with everything in life that they can possibly want, while another is born into poverty and pain, perhaps blind or crippled, and struggling every single day of their life just to exist. Without the balancing effect of reincarnation and karma this would be grossly unfair.

People have an unfortunate habit of blaming God when things go wrong in their lives. How many times have you heard someone say on hearing about the death of a child, or a friend's life being lost in an accident or through illness: "Why did God allow this to happen? It's not fair!" However, the truth is, it's not a matter of God 'allowing' this or that to happen. You knowingly choose your own fate for each lifetime before you are born, and every choice that is made has a reason behind it, even the death of a child. Everything happens in accordance with karmic law and spiritual evolution, which goes hand-in-hand with reincarnation.

There are several references to reincarnation and karma in the Bible. Examples are: "As you sow, so shall you reap," and, "He who lives by the sword shall die by the sword." A well-known passage which is puzzling unless you realize that it refers to both reincarnation and karma is: "The sins of the father (past life) shall be visited upon the son (present life)." It is for this reason that you need to take great care in everything that you do or say, for karma is often referred to as Cause and Effect. It is the result of a right or wrong act performed in one lifetime which is carried through into a subsequent lifetime. In other words, if you show kindness, compassion and consideration to those around you in this life, then that same kindness, compassion and consideration will one day be shown towards you. On the other hand, if you act in a cruel, self-centred and thoughtless way towards others, then that is exactly the treatment you will reap for yourself in return.

In order to grow, learn and refine yourself spiritually, you must return many times to the Earth plane, and other planets as well, to expose yourself to a variety of situations and experiences. For example, in one life you may be born to be the ruler of a country, to give you the opportunity to learn to handle responsibility and power, hopefully tempered with wisdom and compassion. In the next life you may come as a beggar, to master humility and

poverty. One life may bless you with great riches and another may bring pain and loss. In one round of existence you may take the life of a fellow human. In a subsequent life you will either find yourself the victim of such a crime, or you may be called upon to give your own life to save that of your former victim. Even if you think you are very clever and smart because you've gotten away with your crime and avoided the long arm of the law on Earth, there will be no escaping karmic law. We must all pay for our sins in the end, be they large or small.

You will manifest some lives as a dark-skinned person living perhaps in the country of Africa or India, then others as a fair-skinned European. In one life you may be Asian and in another an Eskimo or an Australian. Sometimes you are male, sometimes female, and still other times you may be a bit confused because your soul mind says one thing and your physical body says the opposite. In some lives you may be Catholic, in the next Protestant, then Jewish, Islamic, Buddhist or agnostic. It's only by experiencing life from all these different viewpoints and angles that one is able to eventually achieve a balanced, empathic and mature outlook.

The most important thing to understand is that you are a soul temporarily inhabiting a physical body for the span of a lifetime. You are NOT just a physical body that perhaps has a soul floating around somewhere 'out there.' You ARE an immortal SOUL, and therefore you are eternal, so you survive the deaths of many different physical vehicles/bodies, which, being physical, must eventually wear out like an old suit of clothing.

In your true form in the Greater Reality there are none of the wholly physical divisions of gender, nationality, creed and colour that seem so very important upon the physical plane. These are, in truth, simply an illusion. They may be likened to the costume and makeup worn by an actor in a film or stage production. You put them on when you come to Earth, or elsewhere, to play your role in the physical body; the role you have chosen to suit the learning experiences you need to have in the coming life. They are then removed at the end of that life when you return home to Spirit, just as an actor removes their costume and makeup after the performance and goes home to being their real self.

Energy - The Missing Link between Science and Religion

The universe is composed entirely of energy. One could look upon the universe, and in fact all of Creation, as an open-ended electromagnetic scale of ascending and descending energetic frequencies. Even the most tangible and seemingly solid matter such as a rock, a tree, an elephant, a building, or your own physical body is in reality a pattern of energy. All matter is composed of atoms, grouped together to form molecules.

Atoms are comprised of both positively-charged particles (protons) and negatively-charged particles (electrons), which are in a continual state of motion or vibration. It is this motion, or flow between the 2 opposite polarities, known in Eastern philosophy as yang/positive and yin/negative that produces the energy of life (universal energy, prana, chi, qi, ki, etc.) This vibrational flow and inter-play is known as the Dance of Shiva.

If there was not this continual vibrational movement at the molecular level of all matter, you would not be able to perceive matter. It is the energetic vibration of the atoms which form the substance of everything around you that registers upon the eye as sight. In fact, all of your 5 senses – sight, hearing, touch, taste and smell, are simply perceptions of various energy vibrations/frequencies picked up through the nerve endings and relayed to the brain, where they are translated as senses.

Take as an example a person standing beside you at the bus stop. If the vibrational frequency of the atoms forming the substance of that person's body were to change to a higher or lower frequency, then that person would become invisible to your sight. They would still be standing right there beside you, but you'd no longer be able to see them, as they'd be beyond your range of perception on the electromagnetic scale.

This is one of the secrets of extra-terrestrial technology – being able to alter the vibrational frequency rate of matter. Thus we are able to move seemingly solid objects such as ourselves and our human 'guests' through closed doors and windows; and our ships can appear and disappear in the blink of an eye.

Having explained the vibrational frequency of energy in terms of science, we shall now discuss it in religious or spiritual terms. In this way you will be able to more clearly understand the intrinsic link between the two. This link, by the way, has only been lost to Western belief systems. Eastern philosophy still understands and acknowledges it fully, as did the ancient Mystery Schools. All Eastern healing and spiritual practices are to do with raising, balancing, refining and harmonizing the vibrational frequency of the energy/chakra system of the body. This is done through various healing and meditational techniques, and is the basis of all Eastern philosophy.

This is most important for you to understand and acknowledge if you are going to even begin to comprehend extra-terrestrial and inter-dimensional contact, and the reasons why we are here. It is a multi-dimensional happening, reaching way beyond limited third-dimensional physical and scientific understanding. This universe that you call Home is multi-dimensional, with both Time and Matter limited to 3-D reality. Beyond that are ever-deepening levels of mind, spiritual and soul awareness, which is what human evolution is all about.

I'm sure that all of you acknowledge that the bottom line, the common denominator, of all religious practice, is to 'become closer to God,' or to 'return to God,' to use Christian terminology. Religion was first introduced to Planet Earth to teach evolving humankind 'right' from 'wrong.' This is an intrinsic part of soul evolution and the reason why you have been endowed with free will. It is to enable you to make choices – right choices and actions or wrong choices and actions. Right choices are engendered through Love, wrong choices are engendered through Fear. By choosing Love over Fear, self-will becomes God's will.

At this point we need to digress a little and return to science in order to be able to more accurately describe 'God.' This is impossible to do in physical three-dimensional terms, so please forgive us for over-simplifying things a little. Many Earthlings are still only able to

think of God as having human form, as depicted in so many religious paintings on Earth, as an old man with a long beard, sitting on or emerging from a cloud.

In reality God is way beyond physical form. God is pure Energy; the Source Energy of all creation, and the Centre of all that is. Source Energy is omnipresent, and vibrates across all frequencies, including through third-dimensional gross matter in the lower spheres of the Universe.

To illustrate this in practical, everyday terms, think of ice, water and steam. Ice, as a solid substance, vibrates on a lower frequency, and so can be used to symbolise matter manifesting in physical form on the Earth plane. If ice is heated, it begins to vibrate at a higher frequency, which is what evolution in the human kingdom is all about. It's the raising of your vibrational rate to a higher octave. If this process with the ice and water continues, the water molecules eventually begin vibrating at such a high rate they evolve/ascend beyond gross physical matter to become steam, which we can use to symbolise God/Source Energy, the very highest universal frequency. The higher the level of vibrational frequency, the less polarity/duality exists, and the less solid that matter becomes, it eventually evolves past form and manifests as pure Mind/Spirit/Soul, melding back into God/Source/Essence, or what we refer to as Oneness.

Your Mind is like a River

Your mind must be like a mighty river; broad, wide, deep and open to the fresh streams of Knowledge and Wisdom which are continually flowing towards it. It must be ever-moving, never stagnant, but there must also be parts of it that are calm, deep and still.

The Precious Gem Encased in Rock

The eternal soul which dwells within the clay of flesh is like a precious gem encased within a rock. The harshness of the surrounding environment will eventually wear away and destroy the rough, coarse outer layer of stone or clay, but this is of no concern for it has no particular value. The precious gem will only become brighter and more polished, purified and cleansed by the abrasive action of the elements. The Soul is like a diamond, the most precious of all the gem stones, and also the most indestructible. The harder it is rubbed and polished, the more shining and perfect it becomes.

The harshness and difficulties faced in living out lives on the physical plane are what is required by the Soul to bring it to its full potential, and to polish and purify it to diamond-like perfection. Do you remember back to the time when you were a child at school, how your teacher sometimes had to threaten you with dire consequences to make you learn your lessons? If your teacher had always been gentle and sweet, never enforcing any sort of discipline or punishment for unfinished homework or studies not done, it is doubtful that you would have bothered too much. You most likely would have spent all day amusing yourself by looking out of the window or getting up to mischief. It was only by ominous

warnings and threats of punishment that you were motivated enough to try a little harder to succeed.

Your lives upon the physical plane are exactly the same. If every life was full of ease and happiness, only doing those things that you enjoy doing, only coming into contact with loving, compatible friends and family, and never having to face up to any difficulties, then you would never progress. You would sit back with your feet up, never being tried nor strengthened nor improved in any way. Unfortunately it is a fact of life that mortals learn their greatest lessons from pain and sadness, from trials and tribulations.

Each life you live, particularly the more difficult ones, refines and purifies you spiritually, just as a gem stone, uncut and in its rough, natural state, must be abraded and polished before it can reach a state of brilliant, shining perfection. Think of it this way: if that gem was not subjected to seemingly harsh, rough treatment, its true beauty and potential would never shine forth.

The state of perfection required to return to the highest energy frequency of Source/Oneness could not possibly be reached in just one lifetime. It is only through experiences gained over the span of many varied lives that you will be refined and purified enough to ascend to higher Planes within the universal Cycle. One lifetime on its own would hardly be enough to get even one foot on the very first rung of the Ladder. Much time is needed, and much patience must be mastered along the way.

A Droplet of Water - 14th of June, 2017

Think of God as a glassful of water and yourself as a soul being a droplet of that water. This drop of water decides that it wants to know what 'physicality' is all about. To do this, it weaves itself a dream, an illusion, of physical existence. It doesn't need to leave the glass to do this, because being a droplet of God Essence it is omnipresent and can create any experience that it wants to.

However, the problem it comes up against is that the illusion of physical existence it has created for itself seems so real that it becomes lost and trapped within it. It forgets that in reality it is still a droplet of water in the glass. Other droplets of water are also sharing this illusion, caught up in it and not wanting to let it go; not wanting to 'wake up,' and so they all remain trapped in their dream, all feeding each other's illusion of separation and the 'reality' of physical and even astral-plane existence, which is yet another illusion created by the mind.

The Seeking of Truth

We are aware that many of you who are on a quest for truth and deeper spiritual understanding, experience disappointment and confusion at times. Some who call themselves 'masters,' or who claim to channel highly evolved spiritual entities and angels, or who seem to possess great and even miraculous abilities, often on closer examination fall short of your expectations. When you come to look at their personal lives and the way they

conduct themselves and their affairs, they do not seem to set a very good example of what they claim to stand for. So much Truth that is contained in ancient and sacred scripture has been misinterpreted and lost through the myriad belief systems of humanity on Earth. Simple, pure truth has been perverted into cults, or narrow and elitist belief systems built on greed, power and ego. This has been a harsh testing ground, turning many away from the Path of Enlightenment and closing minds to true knowledge and wisdom.

It is imperative that you understand clearly that being 'psychic' or 'religious' do not always go hand-in-hand with being spiritual. We cannot emphasise this enough! Psychic abilities and 'miracles' often originate on the astral plane – the plane of illusion and emotion. This too is the seat of many prophecies and channelled messages that have been relayed to humanity. Sometimes these messages are good – other times not so good. *Some even originate right here on Earth, sent by ones who have developed technology to enable them to get inside peoples' heads in order to control minds.*

Just because an entity is in spirit, or claims to come from another dimension, universe, planet or wherever, does *not* automatically confer great wisdom or spirituality upon them. Many are simply lower-astral plane entities who are amusing themselves by playing tricks and having a good laugh at the expense of gullible Earth humans. Some of these entities are quite deluded and genuinely believe themselves to be 'great spiritual masters.' This is the illusion they themselves are caught up in. They may still be centred in ego, greed or power/control, and because like attracts like, they are automatically drawn to any human medium who opens up to the world of spirit while in a like frame of mind.

In your Bible you are instructed to 'test the spirits,' which is excellent advice, for not all in spirit are pure and high-minded. Less evolved spirits of the lower-astral planes are drawn to those in physical form who use psychic abilities without proper care and understanding. This causes problems, both for the medium and also for their followers who are taken in by the so-called teachings and counsel being channelled.

Cosmic Law states that like attracts like. If you wish to know the quality of messages coming through from spirit, then look to the physical channel. Ask yourself – Do they live their own life in peace and harmony? Do they practice unconditional love to the best of their ability? Do they practice humility, kindness and compassion towards those around them? Do you feel comfortable, empowered and at ease in their presence? Are their messages non-judgemental, and do they encourage self-growth and self-discovery rather than encouraging dependency upon themselves, their spirit contact or the belief system that they claim to represent? These are the signs to look for in one who is in accord with the higher realms.

These same questions need also to be applied to those who claim spiritual Mastership. In such cases also ask yourself – Have they mastered self by practicing control and discipline of the emotions, and in fact in all areas of their life? Is there an aura of serenity, harmony and balance surrounding them, and is their own life in order? Do they encourage you to look within for your own answers, or do they set themselves up as an all-knowing 'guru,' encouraging you to become dependent upon them and to give your power away to them?

No true Master would dream of doing such a thing! And ultimately, true Mastership is not measured by what one has acquired, but rather what one has been able to *let go of*.

So many traps are out there for the unwary and gullible! So many belief systems based on misinterpretations and misunderstandings of true wisdom teachings. So much has been deleted, so much added, changed, twisted and perverted for self-gain, for greed, for the pandering to ego and to manipulate and control others. This has happened again and again throughout the history of your planet, and today it is no different. We ask you simply – be true to yourself and your personal standards and integrity. Do NOT give your power away to others, for each and every one of you has the Spark of God Essence within. Your physical body is a temple for Spirit; it is sacred and holy, uniquely special and precious. Keep this always in mind; respect and honour yourself; learn to give and also to receive love. This, my little ones, is your whole reason for being!

The Art of Silence

If you wish to progress spiritually in life, you must learn Silence and the art of listening. Far too many people indulge in endless chatter, desperately trying to fill the empty void within. They expend so much energy in putting their point across and broadcasting all of their personal thoughts, worries and ideas to the world in general, who, on the whole, are not interested anyway, being caught up in and distracted completely by their own thoughts, worries and ideas. It is only by cultivating peace, calmness and silence, and so allowing the quiet voice of the Higher Self to be heard, that any real progress can be made or wisdom attained. Talking endlessly is easy; it is the art of silence and listening that is more difficult to acquire. This, by the way, is the difference between prayer and meditation. When you pray, you talk to God; when you meditate, you listen.

People talk needlessly for many reasons – boredom, anxiety, loneliness, insecurity or frustration, not realising that these problems can be more effectively dealt with by learning to listen instead. Remember always, words are cheap and plentiful; it is the Silence that is like rare, pure gold!

Joy and Spirituality

The greatest veneration you can give to God is laughter and joy. Joy is spirituality; spirituality is joy; and to truly link with God/Creator/Oneness, this joyfulness must be expressed in everything you undertake in your daily life. Reach out and connect to It in laughter, song and dance; see Creator Energy all around you in the simple beauty of a flower, a sunset, a blade of grass, or a forest filled with morning mist. Feel Its boundless love and greatness filling up your heart and mind to overflowing until your eyes cannot hold back the tears of gratitude, joy and wonder. Let It close over you and wrap around you like a protecting mantle, and fill your whole being with peace and love.

Simplicity, joy and laughter; these are all that Creator/God ever wants from Its beloved children. Open yourself to the divine Essence of the wind, the ocean, the plants, the animals

and the mountains. In fact, all of Nature, for Nature is the physical expression of God Energy on Earth. If you show your love and respect for these creations, then you show it for Creator Itself

Have you ever taken the time to walk beside the sea at dawn or sunset, listening to the waves lapping upon the shore and watching the sun weave a path of golden splendour across the restless surface of the water? Or perhaps you have sat quietly under a tree in the depths of a forest, listening to bird song in the branches high above your head and being soothed and comforted by the sound of a tinkling stream close by. Then again, you may find your enjoyment in the scent and colour of a flower, in holding a small child or animal in your arms, or in listening to the words of a favourite song. These are the ways Creator reaches out and touches you. It is through these senses and experiences that It speaks to you in a special, personal way, and how It expresses Itself to you. All you need do is take the time to listen, because It is always there, around and within you, whenever you are ready to open your heart to perceive Its boundless presence.

God is Love

God is Love; God creates only a state of loving. Religion is a creation of Man. Be a little wary of religion, for being man-made rather than God-made it has its negative as well as its positive side for Earth-plane humanity operates in duality. God is Oneness.

We repeat – God is Oneness – God is not jealous, God does not experience anger, nor favour some of you over others. Any religious dogma that incites hatred, prejudice, bigotry, superstition, fear or power of one over another should not be taken as the ‘Word of God.’ It is only the word of a human being cut off from the God Source through ignorance or the lust for power. Take great care to not be taken in by this negative side of religion. Its influence can be cunning and insidious as it plays upon the all-too-human ego, while hiding its true face behind a veil of piety and self-righteousness.

To see its effect upon humanity all you need do is look at the world around you – the wars that have been fought, the cruelty of man against man and man against his fellow creatures, the killing of one by another, the fear, the bigotry and the superstition, all so often in the name of God and Religion. How often has God’s word been misinterpreted by humans for their own ends!

Open your eyes and see that love is the beginning and the end – the alpha and the omega! Love is all that counts; love, tolerance, compassion and respect – these are the only true religion, the true Church of God! Love and respect yourself, for in loving self you are acknowledging the God Essence within, right there, deep within your own heart. Love and respect all others, for in loving others you acknowledge and recognize that they too carry God within.

God is Love! Anger, jealousy and judgement come from Man. There is no devil as such, tempting poor, weak humanity, but rather humankind itself taking the easy way out by giving into self-centred ego, greed and vanity. God/Source does not cut Itself off from you. It

is always there, whenever you are ready to make the effort to reach out and open to It. This is a free will choice. You alone make the choice of whether you cut yourself off from God/Source through your own negativity, or open your arms through positivity and love.

It matters not one iota whether you are male or female, whether you are black, white, Christian, Jew, Moslem, Hindu, Pagan or whatever, God loves ALL and in God's eyes ALL are equal. It is only humankind that puts up barriers and makes judgements and preferences of one over another, for compared to the all-seeing eyes of God, humans are blinded by their very limited physical vision. Just bear in mind that whatever or whoever you criticise or show prejudice towards in *this* life, is how you *yourself* will return in the next, so learning to look at all through eyes of respect, tolerance, compassion and unconditional love is the best lesson you can master on Planet Earth.

Difficulties of Life

Dear friends, we know that it is not always easy to live in your world, surrounded as you are by the often negative aspects of life upon a planet such as Earth, with many lost souls who do not strive for peace and harmony within, but if you are able to cultivate love, empathy and good-will towards others in your own heart, it will then overflow to the hearts and minds of those around you.

Please understand that there are many good people in all cultures, and truly spiritual followers of all religions. Most human hatred and prejudice stems from misunderstanding and ignorance. Do not be ever-ready to criticize and judge, but rather learn to listen and try to understand the way others think, and the reasons for their being. Cast aside your veil of ignorance and your blindfold of intolerance, and try just a little to see things through the eyes of others. ALL are children of God: ALL are an essential and important part of Universal Oneness, and each and every one is a unique and special member of the Family of Humanity, and really not so very different from one another!

All must dwell upon your beautiful Planet Earth, and to do so in peace and harmony begins within the heart of every single one of you. So, in these difficult times of turmoil and trouble, please try just a little harder, for when your friends on higher levels of reality look down upon you and perceive your blindness to the Light of Oneness which shines forth from others who share your world, we feel much sadness, for your intolerance and ignorance only serve to cripple and hold back your own spiritual progress, which is the very last thing we wish for you.

Turning Negative into Positive

Certain happenings and situations recur and certain souls meet again and again throughout many lives, until these happenings, situations and encounters can be turned from negative into positive. These recurrences will of course be in different times, places and circumstances, and the stage will be set accordingly. It is for this reason that you must learn to practice unconditional love and tolerance towards those around you, and approach life's

challenges in a positive and compassionate frame of mind, for until you do, you will be brought together again and again, and the situation repeated endlessly. This pattern will continue over many lives until the lesson is learned, the rough edges knocked off, so to speak, and love and positivity begin to take root and bloom in your heart.

The Higher Self

All of you travel with many guides and helpers along the pathways of your various lives, but the one that you are ultimately striving to connect with – the Spark of God that lies within each and every one of you, is your own Higher Self. It is here that the key to your connection back to Oneness lies. Throughout all of your many lives there is a constant battle within between your Higher Self – the God-part, and your lower self, the mortal, physical part. Once you begin the journey inwards and upwards towards the Higher Self, then and only then are you truly and firmly setting your feet upon the path back to Oneness/Source.

Many Pathways

The fact that God Source exists is not in question; problems arise when we try to connect back to this Source, and the various paths that have been laid down for us to follow. God is Oneness, and therefore above and beyond the inherent imperfections of duality, but the paths leading there have been built by humans who are not infallible, and therefore capable of errors in trying to interpret the ways to God.

With this in mind, use the pathways as guidelines by all means, but do not place all your faith and trust in them to take you in the right direction. Some of their builders have lost the way and become confused in the wildernesses of their own mortal minds, and so the paths they lay down lead no further than their own ego-driven illusions. If you become lost upon such a path, you will suffer much from hunger and thirst of spirit, for the sustaining food and drink of unconditional love is lacking. You may be distracted and deceived for a time by what you believe to be Truth, only to find on examining it more closely that it is nothing but a mirage; an illusion of what you truly seek. You will find yourself wandering in circles, frustrated and confused, blinded by superstitions and fears and unable to find your way clearly through the maze of dogma.

The original builders of these pathways may very well have had the right intentions, but large sections of the way can very easily become lost and buried beneath the sands of time, and guiding signposts can be knocked down and destroyed, so that eventually much of the original path is lost and forgotten. Be wary of any path/belief system that is based on fear or ego, for the only true path back to Oneness is Love.

It is for this reason that you must learn to think for yourselves. Follow the path by all means, but look frequently within for guidance, and trust in your own intuition, for God dwells within, not outside of yourself. Your footsteps may need to divert a little, or even perhaps a lot, but your way home to Oneness/Source will be so much quicker and easier for you if you follow your own pathway, for each of you is unique. The path that suits one may

not suit another, so choose carefully and do not be afraid to trust in Self, because God/Source is there, deep within each and every one of you, giving guidance and love and lighting the way for you in everything that you seek to undertake. By all means look to the various belief systems of your planet for guidance, but also be aware that most belief systems tend to place a ceiling on what you may accept as truth and reality. True soul evolution can only take place through a mind that is flexible and open.

Pathways of Life - 10th of July, 1989

Every one of you has a particular pathway in life to follow. At times it is narrow, steep and slippery, causing you to despair of ever reaching your destination, and then, quite suddenly, the road becomes smooth, open and wide, and your progress easy. Each pathway is distinct and unique, with as many different ones as there are souls to follow them. There are sign-posts along the way if you know how and where to look for them. As your earth-bound vision is so clouded, you have the God Spark within to call upon for guidance, if you have the quietness and patience to stop long enough to listen.

Sometimes a soul may lose sight of their path for a lifetime or two, but eventually they will find their way back. Do not think that because your pathway suits you so well and seems to benefit you greatly, that it is necessarily the right pathway for another. Some think that their path is the only one, the only right way to progress, and that all other pathways are wrong, or even evil. They busy themselves chasing after others, trying to convince them that their path is not right, and that to get anywhere they must change to the 'correct' path, which they claim is the only true path. In this way they interfere with the progress of others, sometimes causing them to go backwards rather than forwards and thus delaying their journey. This is so very wrong!

Nobody has the right to take a soul from their chosen path and coerce or frighten them into following another. Each one of us has certain mile-stones in the Path of Life which we must pass, and a certain destiny to fulfil, and we must allow others this also, as they have their own destiny towards which they are heading. The path that is right for one may not be right for another, so each must be allowed to follow their own. You cannot travel another's path for them, just as they cannot travel yours for you.

If a soul does lose their way and asks for direction, then and only then may help be given, perhaps by gently suggesting an alternative route, a detour, then standing back and allowing them the choice of whether to take it, or not. The ultimate decision is up to them, and nobody else, no matter how well-meaning.

Another's path may seem utterly wrong to you, but providing they are not causing harm or interfering with others, then it is their business entirely. Perhaps to them your path seems just as strange. If you spend too much time interfering and trying to show others how wrong they are and how lost they've become, then you yourself may become so distracted that you miss some of your own sign-posts and so lose your way in the wilderness of life.

True Spirituality

We of the Star Nations, whom many on Earth call 'Extra-terrestrials,' also feel affinity and accord with the various spiritual teachers who have visited your planet in the past – ones such as Jesus, Buddha, Krishna and many others as well. Our ways too are of love, gentleness and peace, which are virtues that all of these teachers have tried to impart to the people of Earth, for it is only by following a Path of Peace that you will ever hope to attain reunion with the Oneness you call God. There are many paths which one may follow; as many in fact as there are souls to walk them; but remember always – do not become so distracted by the scenery along the way that you forget your ultimate destination.

Many souls in their quest for God become distracted and lost in a maze of superstitious dogma, rituals, and seemingly 'miraculous' phenomena of the astral plane. Such souls become enmeshed in these distractions rather than in nurturing the virtues of love, patience, tolerance and compassion, and taking the time to listen to the still, small voice of the God Essence within. Difficulties also arise with those who develop psychically but not spiritually, and as a result becomes so enamoured and distracted by the seemingly wondrous experiences of the astral plane of dreams, illusion and emotion. This creates a serious blockage to progress, both for themselves and also for others who become victims of their self-delusion.

It is so very easy to forget God's place in your life. True spirituality is beautiful in its simplicity. There is really no need for ritual, dogma or great psychic ability when you walk the spiritual path. All that is truly needed is Love, for where there is love, God is present also, for God is Love. The path you travel may be likened to a circle, with God/Source at the beginning and also at the end. No matter what you see, or do, or experience along the way, do not ever lose sight of this, for God is always there, ever-present in everything you undertake upon your life's journey.

Parenthood

Parenthood and the care of home and family is the greatest and most spiritually responsible vocation that one can aspire to upon the Earth plane. Unfortunately, as it is generally an easy and pleasurable role to acquire, with virtually no qualifications needed nor tests to pass, some who take on this role are simply not suitable nor ready for it. Being spiritually immature themselves, it then becomes a case of one inexperienced soul attempting to teach and lead another, so that only harm and chaos results.

To be given the raising, nurturing and education of a soul who is coming to Earth for a life-span in the physical is the most important role that any human being can ever undertake. A parent is responsible for so much of the self-discipline, mental outlook and physical and emotional well-being of their children, so great care needs to be taken in influencing the newly-arrived soul in the right way, and assisting it to set its feet firmly upon the correct and proper path, giving it love, nourishment and protection on all levels – physical, emotional, mental and spiritual.

A parent's attitude towards their child deeply affects the child's attitude towards others, and thus sets up a far-reaching chain reaction, so great and endless care must be taken. Each and every soul coming to Earth is a precious and individual manifestation of God/Oneness; a divine flame which begins as a tiny spark that must be strengthened and nourished with special care and treatment so that it can one day blaze forth in all its glory.

Observe closely the care, protection and love tempered by discipline bestowed upon a puppy, kitten or foal by its mother, and learn from this. Mother Nature is a wise teacher, and sets a good example for us to follow. Remember always, love must be balanced with discipline; discipline must be balanced with kindness; and kindness with wisdom. Your whole society is based upon and centred around the home and family, so the ones responsible for the smooth running of the home and stability of the family unit form the firm base upon which your whole world is built. Do not enter into nor take this role lightly! Most problems occurring within your human society stem from the degradation and demeaning of this all-important spiritual work of Parenthood and Homemaker.

A major problem that we see occurring on Earth today is the breaking down of the Family Unit. Too many children in modern Earth society feel totally lost and without direction because of this. The family unit, which is vitally important on a planet such as Earth, is breaking down because of ego and selfishness. Surely an important factor in spiritual growth and maturity is learning to get along with others in a loving and peaceful way, whether this is on a family, neighbourly, national or planetary level. After all, this is what Oneness is all about, and is how higher planetary cultures operate!

In higher and more evolved planetary cultures, every individual's actions and thoughts are aimed first and foremost towards the benefit of the Whole. Some Earthlings believe that we have no individuality or free will, but this is not so. It is simply that rather than thinking in terms of self and individual ego, we think in terms of our Soul Group as a Whole.

Evolution towards peaceful and loving Oneness on a planetary, galactic or universal level has to begin somewhere. It is within the family unit that it has its roots – mastering the give and take of family life and dynamics, which often involves the placing of others before self, and the making of certain sacrifices within one's life. Getting this to work takes self-discipline, which is a vital ingredient when free will is involved. Free will without self-discipline is a sure way to disaster and chaos, which is exactly what we see happening on Earth right now! The whole point is – how can children ever learn to respect others if they are not first taught self-discipline, which in turn leads to self-respect?

It is the egotistical and selfish need for more and more in the way of material possessions and self-gratification that brings about a diminishing of spiritual values within any society: the placing of monetary gain and material possessions before family, ethics, compassion and the cultivation of spiritual values. And it is the children who suffer the most, because they are vulnerable and dependent upon the loving care and good example shown to them by their parents.

And to the parents of the ‘star children’ who are being born on Earth at this time – they are still children; children who need to be given firm guidelines and taught self-discipline. They do not need to be treated as ‘little gods!’ Just because they carry a higher percentage of off-planet genetics in their makeup does not mean that they cannot make wrong choices. They have free will to choose right from wrong, and correct parental guidance is still a most important factor in their development.

The New Age Movement

The New Age Movement, which had its beginnings in the 1960s, has been an important part of the process of the Planetary Shift from 4th to 5th World Consciousness. The Planetary Shift is the Path of Evolution for Earth-plane humanity from third- to fifth-dimensional awareness: 3-D to 5-D.

A major part of this has involved navigating a path through 4-D, which forms an astral-plane bridge, and also a ‘ring-pass-not’ between 3-and 5-D. One cannot shift from third to fifth-dimensional awareness without passing through 4-D, which a testing grounds, thus providing either a bridge or a barrier to higher levels.

In order to access 5-D awareness, two lower components of human nature need to be addressed and cleared if necessary, to enable the requisite expansion and raising of consciousness to take place. These two components are Fear and Ego. The New Age Movement has provided a perfect opportunity/testing ground, bringing both to the surface, hopefully to be recognized and dealt with.

When we speak of Fear in this sense, we are not referring to ‘protective’ fear, as in a fear of touching a poisonous snake, or a fear of heights. The fear we are addressing is the fear (and ego) that underlies racism, prejudice and intolerance aimed towards culture, colour and creed – the fear/ego that results in a ‘my God/religion/culture is better/superior/purer than your God, /religion/culture mind-set. This mentality has caused major problems on Earth, and is the predominant barrier that holds humanity back from further evolution.

Fifth-dimensional consciousness is all about Oneness: respecting and accepting without judgement the beliefs, appearance and culture of others, no matter how different they may appear to be. One cannot evolve to 5-D until such a divisive and separating mind-set is overcome and replaced by a mind-set of Oneness, acceptance, tolerance and respect.

One of the biggest challenges Earth humans have been made to face in this testing is our appearance. We do look different, and much ‘cosmic racism’ has been directed towards us. In this way we have certainly provided tests and challenges for many by the mere fact that we *do* look so different. This has been a major part of the 3-D to 5-D testing!

Ego has also been brought to the surface for many during this New Age period, for those who’ve discovered natural gifts such as healing, clairvoyance and channelling spirit. Ego and greed have certainly been tested in these areas, helped along nicely by the Planetary Controllers playing a role with their trickery, to bring these facets to the surface. So too in

the field of UFO and ET contact research, which also abounds with trickery and lies, specifically to cause fear.

How a person reacts to others' differences, and how they handle abilities such as healing and clairvoyance is a major test of readiness for fifth-dimensional awareness. Be aware however, that 5-D is *not* about being psychic or clairvoyant! It is more to do with practising Unconditional Love, respect and acceptance for ALL, and choosing Oneness over separation and divisiveness. Ask yourselves this question – What future do I want for my children, and their children? A world of war and conflict, or a world of peace? This is what the Planetary Shift is all about.

Discernment

As quantum physics on Earth is finally proving, you create your reality through your own thought patterns. This applies on a personal level, but also on a family, group, national and planetary level. Earth is a school planet; you are creators-in-training, and as with any school, tests are set to gauge your progress. One of the main subjects of study on which you are tested is discernment of energy frequencies. This is what is meant in your Bible about 'testing the spirits.' Everything in the universe, including all sentient beings, is comprised of energy in motion, so it's important for you to be able to discern this energy, and learn to feel when it is vibrating in a state of balance or imbalance. You may notice here that we do not use the terms 'good' and 'evil,' or even 'positive' and 'negative.' These terms have been used far too much in Earth human societies in a judgemental way towards others.

Judgement is all too often based on shallow outer states – physical appearance, skin colour, race, religion, political affiliation and financial status. In the Greater Reality these count for nothing, even religion. It is not the religion you follow, but rather your level of spirituality/love that truly matters. This too controls the state of your energy field, and whether it is in balance, or not, and is where discernment comes into the picture. It is the ability to read energy on a deeper level beyond physical appearance or words, to be able to pick up on whether a person is resonating in Love or Fear.

These tests you are set gauge your ability to discern, which is the reason why you have been given free will. This is to enable you to choose the energy fields you wish to tune into and feel most comfortable with. On a personal level, this applies with the friends you choose to spend time with. On a broader scale, it applies with your world leaders, and who you elect to run your country.

In some places on Earth, your leaders are forced upon you. You have no choice, but still, this does not need to stop you from discerning within your own heart and mind whether that leader is coming from a place of love or fear. In those countries where this high level of control happens, the latter, fear, is always the case. These are the only two choices that really matter, and in those nations where you are free to vote, this should be the criteria applied to the one you choose to elect.

As creators-in-training, you do need to be presented with this choice, whether it is an inner or outer choosing. It does not have to be made known to others. In the Greater Reality, it is your deepest feeling and sensing that really count. It is at this level that you create your own reality. And in the making of your choice of friend, business associate or leader, remember that it must go way deeper than their words, physical appearance, race or religion. It is all about the energy you discern within them – of fear, or unconditional love. Fear is expressed through ego, self-righteousness, religious and racial prejudice, war-mongering, bullying and creating divisiveness and separation. Love is expressed through humility, peace, non-judgement, inclusiveness, kindness, respect, compassion and Oneness.

THE ROMANI/GYPSY CONNECTION

When I first started out with my training in the closed meditation group in 1989, I soon became aware of the continual presence of a teacher in spirit who had been with me since childhood. He'd continued to help me throughout my career as a professional dancer. My first full-on conscious introduction to him occurred in 1983, as described in the beginning of this book. I knew he was a little strange, and not human in the Earth sense, but back then I'd never heard of extra-terrestrials of any sort, and certainly not 'Greys.' I could always feel a strong Gypsy link with him, as well as a Nature Spirit link, which seemed to go together. It was not until many years later that I became aware of the connection between the Greys, the Nature Spirits and the Romani people, and also that my Grey Teacher, Maris, had lived at least two lives on Earth as a Romany shaman. One of these lives was in Spain and another in Russia. In this present life I've had links with both of these countries as well as a strong Gypsy connection inherited from my great-Grandmother, so all of this has served as a beautiful illustration of Oneness in my life.

I'll never forget once asking a Romani Tribal Elder about the Greys. I had no name for them back then, so I drew a picture and showed him. His response was: "That is what we become when we pass from this life." It was many years later when I learned of secret tribal lore pertaining to this in connection with Northern India, the spiritual home of Romani culture on Earth.

So much negative hype was being put out about the Greys, even back in the late 1980s when I was in the Meditation Circle, but Maris had much information to impart, so he had to find a way around this. We discussed it at length up on the ship at night while my Earth human body slept, and the plan we devised was for him to introduce himself as a Gypsy shaman. The Greys work as a Group Consciousness, so the messages were imparted as coming from a Kris, a Romani Tribal Council. I felt much more comfortable doing it this way, and the others taking part in the Circle also approved. Being a Spiritualist Circle, my 'Gypsy Guide' fitted in very well with all of the other Indian, Tibetan and Egyptian Guides, High Priests of Atlantis etc. being channelled by the other Circle members.

The Greys don't have vocal chords, so even trying to make use of mine for voice channelling was not an easy process for either of us. I too have some problems in this area, so we got around it by using automatic writing. This fitted in well with the 'scribing' with

'laser pens' that I enjoy doing up on our ship, and also turned out to be excellent training for the books they later asked me to write. So, here are several of the very first messages that started me off upon this path, delivered by my beloved Gypsy/Nature Spirit/Grey Teacher, Maris to our Meditation Circle.

This first message came through in the form of a 'dream' in which I felt a pen in my hand being taken over by a 'force' outside of myself. The sensation was so strong that it woke me, and the urge to write was making my hand ache. I'd obviously begun the process up on the ship, but waking up had pulled me back down into my human 'container.' The problem was, it was only 4:00 am, so there was no way I was going to get out of my warm bed on a cold winter's morning! I fought the urge and stayed under the blankets, so I was promptly taken back 'Upstairs' and given the message anyway. Luckily, I remembered most of it and wrote it down later on.

The Message

We are *not* a dying race! Many of us are simply changing our physical aspect after our very short sojourn upon the material Earth plane, as we feel our work is now nearing its end on this level. The Romani people have never been fully understood nor accepted by the people of Earth, for we are not of your Earth plane. We come from a different dimension; a different plane entirely. We are a people without a homeland on your planet, so we must wander, never stopping in one place for long, as we instinctively feel a lack of belonging wherever we go. Unfortunately, through trying to adapt, to belong, some of us have forgotten our origins. This is why our ancient laws forbade the mixing of our blood with others, but this law has not always been heeded, and so our race has changed to some extent. At least this has enabled us to survive and to adapt more easily.

We have lived *on* the Earth, but we are not *of* the Earth, although we know Her more intimately and love Her more dearly than many of you who have been part of Her for ages past. We are akin to the spirits of woodland and stream, and live in peace and harmony with them. This is why we thrive in and in fact *need* these hidden, wooded places to survive and manifest our full potential. Take us away from our beloved Nature and we wilt like a flower plucked from its mother stem.

However, everything has a reason, and this is the reason why our ancient laws were broken. We mixed our blood with that of humankind to enable us more easily to mingle and to move among you who do not live in forests. This has enabled us to spread our gift or harmony far and wide, but we still find the adaptation difficult. We find it hard to conform to earthly ways, and this has brought us much misunderstanding, suspicion and persecution.

Our work, while we are confined to the limits of human bodies, has been to harmonise and to raise the vibrations of the people of Earth through our music and dance. We carry the very rhythm of life deep within our being, and attempt, by imparting it to others, to bring harmony and joy, as well as an unfolding and richer understanding of Spirit.

This is why our music has always been described as possessing magic, but also why many are afraid of us and the spells we weave whilst we play it. They are instinctively aware of this hidden enchantment, and think that we will use it to do harm, when in fact all we are doing is trying to bring happiness, lightness of spirit and a deeper awareness of the life-force energy of the universe.

A Guiding Light – 14th of November, 1990

If, as sometimes happens, one of our people becomes lost in the forest, we light a fire to show them the way safely back to camp. Upon it we place fragrant herbs and pine cones so that the familiar scent will reach out to them to guide their footsteps homewards. Once you reach a certain stage in your spiritual development, you also must light a guiding fire fuelled with the wisdom and love that you have acquired throughout your many incarnations.

It begins as a tiny spark of intuitive understanding and knowing deep within your heart, which, over the span of many lives, slowly ignites and glows with the warm light of your spirit. It is then fanned by the gently breeze of faith and trust, and made fragrant by the sweet perfume of love. It shines forth like a beacon fire to light the way for those lost in the dark and shadowy forest of ignorance, giving them comfort and guiding their footsteps back onto the Path of Oneness.

Love, Wisdom and Patience

The following message came through on the 22nd of May, 1989, and first dropped into my mind with words in Spanish – *Hay tres cosas mas importante por el crecimiento y desarrollo de la alma* – There are three things which are most important for the growth and development of the soul. These are Love, Wisdom and Patience! They merge into, complement and produce each other and are not possible without each other. For example, true love must be patient and wise, and to gain wisdom, both love and patience are required. Patience is the product of love and wisdom. It is in this way that they grow and work together for the betterment of the soul. One must seek out and develop these three virtues with equal determination.

Extreme patience is needed to properly acquire wisdom, and through the gaining of wisdom, which includes knowledge and understanding, we become more patient, both with ourselves and with others, so these two virtues work hand-in-hand – patience with wisdom, wisdom with patience, each supporting and complementing the other.

Love – true unconditional love, is always patient and wise. Wisdom teaches us to love truly, wholly and unselfishly, and patience expresses itself through love. You cannot have patience and wisdom without love also being present. You need to appreciate and understand the importance of all three, supporting, balancing and contributing to each other.

When we speak of love it is meant in an all-embracing and universal sense. There are many facets to love; that between parent and child, between two friends, between siblings

and between man and woman. There is the incomparable feeling that permeates the whole being of a mother as she cradles her new-born babe in her arms; and the sense of warmth and gentleness which wells in the heart at the sight and touch of a much-loved pet. There is also the love of Nature, and of God, which we experience on looking at the beauty of the world around us – a sunset, a flower or a forest filled with morning mist.

We are told that to be spiritually evolved we must love everyone. This does not mean that we must go around kissing and embracing everyone that we meet; it does mean that we must think kindly and positively towards others. Accept others' race, colour and creed, give help and encouragement wherever possible, and treat others how you would like them to treat you. Do and think no harm towards any fellow being – it is that simple! These are ways to express love, and it is only through wisdom and patience that you can attain this level of spiritual maturity and evolution.

The Road of Life – 9th of July, 1990

The eternal road which leads you on towards spiritual unfoldment may be likened to the endless road on which the Gypsies travel. As you move along, a sense of timelessness descends upon you, calming your mind and bringing with it a feeling of freedom and peace. Providing you progress steadily there is no need for undue haste, because you know very well that, as long as you pace yourself sensibly, you will always arrive in the right place at the right time. However, if you are tempted to stop and rest for too long in one place, then you will not get to the next town in time for the Fair, and so will miss out on much-needed work. By losing this chance to earn some money, you will be unable to buy food and will have to go hungry until another opportunity comes along. In order to arrive in time, you may need to hurry, but on the rough and narrow road this could be dangerous, so it is far more sensible to not make this haste necessary.

Moving along steadily is important, because great care and patience is needed to negotiate this road safely. There are difficult places to pass through, and you are bound to come upon them at some stage in your travels. To rush would be foolish, as there is always the danger of your horse going lame or a wheel of your wagon being damaged. Along the road you will be faced by new and challenging situations. What you make of them and gain by them will very much depend upon the depth of your understanding and wisdom. These various situations may be turned to enrichment or hardship. The choice is yours to make.

As you travel along, every bend and turn in the road reveals a scene of new interest and wonder previously hidden from your eyes. Your heart and mind will be filled to overflowing with the beauty opening up before you – a field of wildflowers glowing golden in the sunlight, rolling green hills shrouded in mist, or the liquid voice of a lark ringing from a forest glade. Have patience, travel slowly and enjoy it to the fullest. Savour every moment of your journey and keep your eyes and ears open at all times in case you miss a subtle detail in your surroundings.

Sometimes you will sense trouble ahead, and will find to your dismay that you are on a narrow, winding part of the road with a deep ditch to the side. Here it is quite impossible to turn a horse-drawn wagon, so you must go forward; you have no choice. There is no turning back and so the danger ahead of you must be faced and dealt with. Your courage will be tested and your mind strengthened by the experience, and in confronting it you will gain wisdom and a deeper understanding of your own abilities.

Do not try to hurry; there is no need to rush. Just move along steadily and patiently, stopping every so often for necessary rest and refreshment, and then moving on again, ever-onward, as the Gypsies do, for your road is eternal, and there is much ahead of you to see, to learn and to experience.

The Essence of the Teachings:

To understand our universe in terms of Oneness

To understand our universe in terms of Energy

To understand ourselves in terms of Oneness and Energy, thus enabling us to choose love over fear.

*May the wisdom of the ages
Flow freely into your hearts and minds
Like the waters of a clear mountain stream,
And from there into the hearts and minds of others.
May it guide your life and destiny,
And be the eternal road which leads you ever-onward
Towards your ultimate reunion with Oneness/Source.*