

# into the Blue

*An expression of Spontaneous Life*

by

Susan Coates



Spontaneous  
Life  
Publishing

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*‘This is a gentle attempt to tempt you to look inside this book and try its ideas out for yourself.*

*This is a self-help book in a spiritual sense and has some radical and interesting ideas for your attention and consideration. Do not think that you can possibly guess what is in here, or that you already know the contents, for these ideas are New and up to date for the times you are living in today. They may, or may not, please you, but they certainly will be of interest – should you read this book – and they certainly will be of use to you – should you try out any of the simple ideas contained in it – and they certainly will change your life for the better – should you carry out any of the simple instructions that take your fancy herein.*

*Have fun here and enjoy it and let its benefits, naturally and automatically, pass on to those you love and those closest to you.*

*My blessings, love and joy.’*



Channelling

There isn't a 'to' and a 'fro'

There isn't a 'me' and a 'you'

There just..... is an 'is'

And there just..... is an 'am'

What *is* ..... just 'is'

And *I* ..... just 'am'

By Susan Coates 2021



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## Foreword

In the twelve weeks from the end of June to mid September 2021, Susan Coates had a two-way conversation with God. Each day, when she felt the time was right, she sat in front of her computer, at her home in England, and emptied her mind. She asked a question, and then typed the answers that seemed to come through. They made sense. Not only that but *their* sense was not *hers* - they gave answers she could not have thought up and told her things she did not know. Progress was halting at first but as she relaxed and overcame her resistances the answers became longer, more complex and more 'educational'.

Always helpful, the subjects covered are wide-ranging from her own personal hang-ups through to Time and Gravity and the way the Universe works. However, at the root of them all is the desire to help us tackle this period of change we are going through in the world, in a constructive and creative way, and to urge us to get together, and act together, in like-minded groups for maximum effect. The channelled words are beautiful, clear, comforting and positive whilst at the same time conveying a sense of urgency that we need to act now if we are to turn our planetary ship around before it is too late.



## Introduction

When Sue told me she'd like to start channelling, with a view to sharing what she had channelled with others, I enthusiastically welcomed the idea and felt privileged to be involved. I knew that she'd had experience of 'receiving words' before and the words she'd received conveyed such wisdom they left me in no doubt as to their authenticity.

I haven't told many people about this gift that my friend has developed, as it tends to come as quite a surprise when dropped into the conversation. The reaction I get is hard to predict, except that most people want to know two things – 'how do you know it's for real?' and 'who is being channelled?'

All that I care about is *what* is being channelled, because that, to me, answers the first question, and makes the second irrelevant. If I feel resonance with the words, if I feel deep inside myself they are true, then I'm happy to trust the source.

I believe we all receive messages all the time, whether we believe in them or not, and whether we take heed of them or not. These messages can come in the form of strange coincidences or words spoken by someone that we feel could have been tailor-made to fit our circumstances, or they can come specifically in response to prayer.

I've asked for help many times, and, on odd occasions, I've heard a word by way of reply. If I can receive one word, then why shouldn't Sue receive whole paragraphs? It's all

about the extent to which you are open to it, and able to quieten the thoughts that interfere with reception.

The channelled words here reflect that we are going through difficult times. This can't be denied. They also suggest that certain things could get even more difficult. However, there is a strong sense of hope and positivity. There are also no firm predictions. If you believe in prayer then it follows that the future cannot be fully decided in all respects, but if we all pull in the same direction then we **can** affect what happens in the world.

I find the words to be a great comfort. I've referred to many of the passages on different occasions, to help me when I'm struggling to cope with some aspect of my life.

Where do the words come from? God knows.

Why do the words come? To help. I know that they help.

Editor  
Spontaneous Life Publishing  
December 31 2021

## **Chapter 1: OPENING REMARKS**

For this book to come about it has needed three of us: God has been the perfect partner for both therapy and channelling; Jean has been the perfect partner for grounding that channelling; and I have been a not so willing at the beginning, but eventually a willing, go-between.

We have thoroughly enjoyed putting it together and producing it and do so hope that you, too, enjoy it and find it useful.

This book starts, as it in fact began, with a fumbling attempt on my part to be a 'perfect' channel – only to find that I had a number of blockages needing to be 'drain-cleared' before we could get down to 'work'. But in relating the whole process that took place from its beginning, you will see that, indeed, anyone who wants to can do this work and derive considerable pleasure and benefit from it.

Susan Coates December 31 2021

## Chapter 2: THE BEGINNING

27<sup>th</sup> June, 2021

Dear Lord,

I am very happy with the new ideas you have given me about this place and my life, and I shall forward them as quickly as I am able, whilst thoroughly and at all times enjoying it. Thank you, thank you, thank you.

Regarding this other matter, though. Can I channel something of value to the whole? Can we do something together in that line? Can I channel YOU? What do You think?

*The only way to be sure of this is to go ahead and try it. See what happens. I am willing to give it a go if you are.*

Right, I am willing. How do we start? You first or me? And should it be question and answer or what? Give me a clue as to how to start this off in a good way – not superficial, but proper.

*The proper way to deal with this is to tune in. Tune in and wait. There is no hurry. Doing it on screen, remember, is so much quicker, more efficient and uses so much less energy than the old way of long hand writing with all the typing and checking.*

## Chapter 2: THE BEGINNING

I feel disrespectful to want to call you YOU. What do you think? Is that appropriate? I do not need to know more of you than what you want to decide to tell me, and so an actual 'name' is really irrelevant as far as I am concerned, however YOU seems a bit rude! What would you like to be called? I have to call you **something** surely?

*There are so many names and they only mean as much as the quality of the energy behind them when they are spoken – so YOU is fine with me!!*

*All these types of communication are on the same wavelength – all linked into the same thought band or bank – and are therefore, ultimately, from the same Source, which is me.*

Very well YOU! – will You say something to me now, and then I will stop for I am feeling overwhelmed with all that has happened recently and this is just the cherry on the cake!

*The real and most important thing to remember with all this is to keep tuned, keep centred. It is not necessary to hit you with a sledge hammer to get through, so a gentle 'tap, tap' is all that is needed.*

*So fear not. All is well. Check in with me daily if you can and we shall soon be 'on the road'. YOU!*

Thank you.

Love you.

Me.

Wish I could experience you and me as one then there would not be a me and a YOU. But will ask about that maybe next time.

Thank you. Bye for now.

Back soon,  
Me.

28<sup>th</sup> June

Dear YOU,

I have typed out yesterday and printed it, which of course you know, and wonder if it is OK to do a bit more now? I have not washed or dressed yet – would you like me to do that first?

*Would **you** like to do that first?*

I can't wait to speak to you again, that is the problem – can I speak to you more than once a day if I feel like it?

*In time we shall speak together **all the time**, so once or twice a day is rations!! Of course you can speak to me as many times a day as you choose – I have all the time in the world!! I am never short of time for any of you.*

Thank you. I know you are really still there, now, so I think I will go and get dressed and come back again sometime today. Thank you.

Love,



## Chapter 2: THE BEGINNING

Me.

I am back again now, You. I have read some good stuff today in *Friendship with God* (by Neale Donald Walsch<sup>1</sup>) and I truly would like to be one with you, or speak all the time with you again. This separation thing into subject and object and you and me stuff is really so wasteful it seems to me and I should love to 'get there' and 'get it together'. What can you say on that?

*Friendship with God is a good book and will explain much of our relationship, too, for it is much the same.*

Well, is that the next step for you and me? Where do I go from here?

*Freedom from the tyranny of your mind and the desire to 'get there' would be a good start. We are not getting anywhere. We are already there.*

So I do not go anywhere from here – is that what you just said? I am already there and just have to **experience** that?

Yes

OK, so, well, anyway how can I experience that again **now**?

*By centring and going inside and waiting for a 'tap'. You are still looking for something dramatic; something full of sound and fury. We are dealing with taps now. Learn to respect the tap. It is small for a reason. So that you can*

*respond to it in the moment, precisely, without fuss and fanfare, and so that you have to be always tuned to the exact waveband, exactly tuned.*

*This demands precision attention to the quality of attention in any particular moment. Thought or action or speech then flows from that. You exhibited that at the garden party with Mary and that is why she kissed you as she would one of her children, with love. What you said and the way you said it was a great present to her and gave her confidence in the future. You noted that you just said what you said, with love and good will for her, and the result was a true present to her. It was the love and the good will that was the carrier for the words. The fact that you were not 'choosing to be good', or 'trying to help her' meant that you had 'got out of your own way' and **we** were able to speak. We need to practise more of that.*

*Your attention keeping ability is highly trained – both as a result of your past work and as a natural gift. This is the main tool now to 'hone'. Attention to my tap to which you respond, and attention to the moment with love, from which all will flow effortlessly.*

Thank you. I want to stop now. Will come back tomorrow.

Love,  
Me.

Thank you, YOU.

## Chapter 2: THE BEGINNING

29<sup>th</sup> June

Dear YOU!

I am back.

Can you continue please about taps and such, or anything else you want to say to me. I want to feel compassion and I want to be ONE with you – not subject and object.

*This is not a small subject but you have always taken on big tasks and therefore it is in keeping with our relationship to 'go in the deep end'.*

*What we want to do is to execute a manoeuvre that gets you to 'look the other way'. This is not difficult in the physical sense yet it can be a bit tricky in the psychological sense. Your spiritual/psychological joint, or interface or bag has been turned inside out and stabilised now so the next move in our experience is to see that and live that on a daily/hourly basis. The first step in that practice is to follow all taps and miss none. Dedicated discipline in this regard will reap marvellous dividends and certainly determine direction, as I told you some weeks ago. Concentrate on this for some weeks until you are cruising with the taps and then we can start to merge as the taps become fainter and fainter.*

*Remember, it is not an event but a process; it is not a happening but an evolution. I know you love the trumpets and the crashes and bangs but true Life is not really like that. It is very harmonious and gentle. The transition can be as gentle as the taps and the fainter the tap you can*

*respect, respond to, and lovingly follow, the nearer you will be to the union with me that you desire.*

Thank you, YOU. I understand.

I think I am full now. I think I should like to stop now. Is there anything more yet you would like to say?

*That will do for today – do not rush this and try to get more into your mouth than you can chew. It does not help and takes so much longer too, even though you feel you are getting there faster!! YOU!*

Dear YOU,

I am back again with a question. Shall I involve my friend Jean in any of this now, or later? I am not sure of my motives here and think I may be grandstanding instead of truly, purely, asking. What do you think?

*This is not the moment to ask this question. Enough for today. YOU!*

30<sup>th</sup> June

Dear YOU!

I've just had a wobbly??!! Can you speak to me about it please and let me know how I can say sorry to that poor call centre woman I've just been complaining to?

## Chapter 2: THE BEGINNING

*That ‘poor woman’ is no more a poor woman than you are! It is to both your benefits that this happens. You ‘manufactured’ it, both of you, into your own realities so that you may experience it! It is a good thing! All my works are good and worthwhile. No sorry is actually necessary anyway because you did not hurt each other, only gave each other a surprise – like the little spider running in surprise from under the olive oil bottle tray a few minutes later! It is to be celebrated on both your counts.*

*As to what it means and what can be learnt from it, for you, it goes like this:*

*‘Once upon a time there was a little girl and she had a little curl right in the middle of her forehead! When she was good, she was very, very good but when she was **bad** she was **horrid!**’*

Thankyou YOU! That feels better now. And what it means for her and what she can learn from it is **her** business – not mine?

*Precisely.*

Would you like to say more about anything now? I do not have a special question at the moment. But I am experiencing lots of ‘chingles’ – whole body tingles of chi energy – that seem to signal that you are present, or rather that I am tuned into You. Is that correct? What do the chingles mean? They are really all over my back and sides from the top of my head down to the ends of my toes and out as far

as my finger tips and seem to come when they feel like it, not when I am centring or anything like that.

*This is a large question you have asked and we can take a first look at it now.*

*It is true, as you thought, that it is to do with re-patterning nerve connections. Nerve endings respond **immediately** to any thought, however they do a lot more to accurately reflect growth and changes in experience and belief structures. That is what is happening to you now – it is a repositioning, due to our recent connection – to accurately reflect your experience.*

*All senses need to keep up with growth and change and the Tibetan meditation (Christopher Hansard, The Tibetan Art of Living<sup>2</sup>) has loosened the tightness nicely so that this may be so. So take the chingles as signals that your body is keeping up with all this and keeping you in shape to experience what is going on without undue stress.*

Thankyou You.

I think I will stop now, if you don't mind. I feel full and do not want to overeat!

Love,  
Me.

Actually, when I feel full of You, it is felt in my head!

Love,  
Me.

## Chapter 2: THE BEGINNING

1<sup>st</sup> July

Dear YOU!

I am back and hope it is OK to speak now because I did not receive a tap, or if I did, I did not recognise it, and I feel rather full of supper and wonder if that will make a poor receiver of me of your words.

What do you think?

*This is not a light matter and I do not want you to take our conversing lightly. It is very important and therefore must be approached in a dignified way.*

Sorry – I'm sorry.

*Very well.*

I do not know what to say now. I feel chastened, rightly, and wish to ask if it is OK to speak to you without having received a tap and without having a specific question up front to be asked?

*You know perfectly well that it is so.*

Oh dear. I'm sorry. What **is** going on here? I'm playing a game and do not know what it is except that I am not being completely genuine here. Can you please help me understand what I am doing? I am truly sorry. It feels tawdry and childish.

*And so it should. You need to go away and sort it out yourself and decide if you want to continue this dialogue or not. It is your choice and I shall be pleased with whatever you choose.*

*Sleep on it and we can talk tomorrow and decide which way you choose to go. YOU!*

Thank you, YOU – I must learn something first, I think. This is terrible, I feel awful and terribly sorry. I cannot believe this is happening to me or that I have instigated this. I am so sorry.

Speak tomorrow.  
Me.

2<sup>nd</sup> July

Dear God,

I am back and so want to put things right between us. I know it is always right with you but it is **not** right with **me** and I have to get it sorted before we can go any further. I am sorry for yesterday and know that I am forgiven, and have, rather ashamedly, forgiven myself. However, there is still the matter of Jean and that is a much bigger issue I realise. I asked if I should involve Jean and you said that was not the time to talk about it, so I went behind your back (as if that were even possible!) and gave her these transcripts anyway.

I do not know what is driving this ‘God Challenge’ and I must sort it out and settle it before anything else can be done. It makes me feel physically sick that I could do this and betray You by behaving in this way even though I know that I am forgiven,



## Chapter 2: THE BEGINNING

even before I did it, because you knew I was likely to do it anyway! But that does not help **me!**

Can you say anything to help me resolve this within myself please because there is no doubt I cannot move forward without a resolution.

*Stay on the rails, that is all. That is what fine tuning is all about. The fine tuning is not only for receiving the 'taps' and responding to them. That would be a bit like being a puppet on a tapstring. The fine tuning, far more importantly, is to fine-tune **yourself!** All these nerve ends need to be cleaned before they can respond in the exquisitely delicate way that they were, and are, designed to do. Love does the cleaning quite automatically through the action of total honesty. Yesterday you were not being totally honest with yourself, or me, and so things got all bunged up. They are unravelled now and can be resolved. So what is your decision?*

To go on, please.

*Very well. That will do for now. YOU.*

Thank you God.

Me.

Dear God,

I am back. I still feel bad and want to say sorry again. I am sorry for behaving in such a dishonest way. I knew something was not right but I did not

know it was dishonesty. Now I do and I shall keep aware of that so I can pick it up early if it happens again. I have no question though. Can you say something to me please?

*This matter of dishonesty is a large one. Dishonesty comes in many guises and can be discovered under many levels of other practices and feelings. Do not think that this is the only area in which you are dishonest in this sense.*

Could I be dishonest in writing your words? I mean, could I write words that are **not** yours? Because if so, then I do not think I want to carry on with this. It is not worth the risk.

*There is no risk. All is catered for, all is acceptable to me.*

Yes, but not to **me**. If I write words that are not yours and say that they are, or think that they are, then this is worse than blasphemy to **me**. How can I be sure I do not write down incorrectly? Will you correct me if I get something wrong? If I am dishonest, surely there is a risk here that I might write down what **I** think and not what **you** say?

*You have done enough of this work with your Inner Teacher in the past to be able to tell if you are connected or not. It is no different with this communication. Just a different channel. Nothing different. So do not think this is any more difficult.*

*Are you being completely honest now, for instance? Is this a fear of your own perceived weakness being made manifest, or is it still a worry about whether this is a good*

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*thing to be doing, full stop? A choice, once made, does not have to be stuck with. There is no handcuff or ball and chain to any choice made. As you know, you can choose again and do not have to go further with this than you absolutely want to and feel right about. So do not feel you are chained to this situation, just because you have started it. You are free to opt out at any time and nothing will have been lost or wasted or misused. All is experience. All is joy.*

Thank you God. I want to stop now. I can only take this in very small sips just now. I feel so bruised I need to mend myself slowly and surely. Will come back tomorrow.

Love,  
Me.

3<sup>rd</sup> July

Dear God,

One thing I know is correct and that is that I much prefer calling you God than You! It feels normal and comfortable because that is what I have called you all my life. However, I also call you Lord a lot and that is because I do not really know who I am talking to then – You or Jesus. As it is all on the same wavelength, I suppose it does not matter to You so I may well not use the word Lord very often now because you are all one. But **I** am still separate, **in my experience**, of course. And I feel

better about going on with this now that I know for certain that I can 'back OUT' if it all gets a bit too heavy, which is what I fear for the future, the whole thing getting 'out of hand'. I can be totally committed in the NOW<sup>3</sup> and not feel I am under oath to be so in the future too. So thank you for that.

What is an oath?

*A promise to stay on the rails – that is all.*

Oh – good. I know that one. I have come off the rails lots of times and survived so I can face that one, I think. Do you have anything to say to me about dishonesty or inflation? I think it was maybe inflation that led me to be so rude to you at the beginning, and I can feel it may rear its head again. I feel very ashamed of it, but it is in my nature, so must be faced. What do you think?

*Go into that little corner of yourself, that tiny quarter in your mind that is almost a secret even to you, and investigate, in total safety and acceptance, your desired, preferred, image of yourself. This is where the crashes and bangs, the cymbals and trumpets, the crowns and homage lie. Pretend to yourself that you are wise and rich, like the Nizam of Hyderabad, and feel which way your allegiance lies – the honour or the wisdom? Open that cupboard and see what is inside.*

*Enough now.*

Thank you God.

## Chapter 2: THE BEGINNING

Will come back tomorrow.

Me

4<sup>th</sup> July

Dear God,

I have been to the cupboard and seen some not so good things – the desire to be in charge and clear things up by force and then ‘be done with it’, so to speak. Force is not Love. So inflation is power without love. Is this it? Is that what I need to clear up?

I do not want the honour or homage, I know that; that does not matter to me, I don’t think; and I don’t want the riches either because I know that they come in the right amount when needed and just in time. But the power to make a difference **does** matter to me and I have been used to doing that all my life by strength of will, energy, endurance, patience and persistence, by myself. But when I have to do it with other people, I find them so **slow**, so uncommitted, so muddly and inefficient.

At the garden party, for instance the other evening, the arrangements were, in my mind, **so** cockeyed and **so** shambolic because no-one was in charge! I found it painful and the only way to feel right about it really was to take charge and ‘get the whole thing

organised'. But it was certainly not my place to do that so I just watched, helped when I could and then walked around the garden with the new couple from London. I 'opted out' in other words because if it was not done 'my way' then I wanted pretty much nothing to do with it.

That's what I feel about people too, I think. Let them stew in their own juice because there is a better way and I am sure I could be part of it, but they just need their 'heads knocking together' as my parents used to say.

Can you help me here please?

*At least you are being honest now! So we are much further forward than yesterday. It is not right that you have no love – you have a lot of love coming through now – but love and power can be difficult bedfellows and result in the dilemma you face if you feel **you** are the only one who can sort it out and **that it needs sorting out!** It does not need sorting out – only in **your** mind, only in **your** view. The beauty of your world, our world, **is** that no one person, least of all God, is in charge. There is no one in charge and there cannot be because of the Absolute inviolability of Free Will. Alongside the fact that there is only one of us anyway, of course!*

Oh dear – this is difficult for me to digest. You and me and me and You I can just about manage. But it is all the other people! How can I leave them be? My Mother was always saying to me when I was little and tried to help my tiny brother, by bossing

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him, 'Leave him to do it **his** way, darling';  
'Sweetheart, let him do it on his **own!**'; 'Let him do it **his** way.' And it always seemed, even then, such a waste of time, such a waste of effort for him to have to learn and take so long to get there, when all he had to do was do what I said and it would be done in no time! I feel ashamed to be so harsh and can understand now how far right attitudes can take over.

I need to stop now, I don't think I can take any more in. Is that alright?

*Remember, nothing needs to be done! You are not doing anything, you are not going anywhere, you are merely being alive, in your own way, made unique and glorious by the choices you make. Sleep on it. Speak again tomorrow.*

Thank you.

Me.

I think I can only manage one person at a time.

Me.

5<sup>th</sup> July

Dear God, I have had the most wonderful discussion with the builder about the possibilities for the new building work I have ideas about. It is all much easier than I feared. Thank you so much.

Regarding us, I had a lovely night's sleep and woke in two or three Times this morning – can you say anything about this Time thing where I feel as if I am using a couple of timeframes at once? Also, anything else. Thank you.

*Not a good start, an excellent start. This is the way things go when you are on the rails! The benefits are incalculable as you already know, really, but this should make it just so obvious to you today.*

Do you mean that my good fortune with the size of the building is directly linked to getting back on the rails?

*Of course!*

Well, thank you again. Do you have anything to say regarding Time?

*You do ask such big questions! But you always have, so here we go. In simple form though.*

*Time is not as you think – it is an energy, a dimension and an experience. As an energy it can be used, and manipulated to a certain extent. You have all experienced time stretching and being elastic and also time passing much more quickly than it seems it should have. It is also a dimension you can flip to, or visit at will. Flipping, like flash backs, are unconscious, unchosen movements between times relevant to you and can go into the future as well as the past. Whereas visiting a different Time for a purpose is a conscious choice. When used consciously like this Time is merely another psychological tool. As an*



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*experience – which is what you have been having – it is a linking of energies from the past into the present – a bleed through as Seth (in the books by Jane Roberts<sup>4</sup>) would say – and the pulling together of these relevant times is along the magnetic, energetic path of similarity, resonance and memory. These experiences of time can invigorate, encourage, and teach through an exchange between past and present, or present and future, for the benefit of both. It is a transfusion of energy from one time to another which can transfer strength, knowledge and understanding for mutual benefit.*

*That is enough for now – you are getting bogged! Sleep on it and speak again tomorrow.*

6<sup>th</sup> July

Dear God,

Thank you for yesterday. I feel much clearer now and more comfortably ‘on the road’. I feel I do not need to hide behind ‘cockiness’ so much, which is a relief! Thank you for the Time intro too. I can relate to that experientially too, which makes it understandable.

Is there anything to say today? After reading Friendship with God I feel it is necessary to have a question for you before getting in touch. Is this so?

*So you did have a question, after all!*

Well, yes, I suppose I did. But what I mean is, can we just talk – like friends do – just talk, not always asking questions but ‘sharing’ conversations and letting them lead us where they will naturally?

*That will come. Presently we have to lay down the parameters for your work.*

So this **is** work then? I did ask you for another job a few weeks ago when I felt that the setting up of the Spontaneous Life website<sup>5</sup> was largely completed – is this it? What do you mean ‘parameters’?

*You have Mercury on your mid-heaven, as you know. It is time to put him to work again. You have warmed up nicely with the Sayings and Songs, and Poems and Prayers. You have felt the desire to write new stuff, rather than update already written work, and you have put that desire into practice with Negativity<sup>6</sup>. So, now you have sought me out again and we can get to work. Yes, this is the new job, if you want it.*

Oh God, yes I do want it. I should love to work with you again. What do I have to do?

*Nothing. Just nothing at all. Just be aware. That is all.*

Oh dear, I am getting boggled again. I think I must stop. Thank you so much. I should love to accept the offer of this new job. Will come back tomorrow.

Love,

## Chapter 2: THE BEGINNING

Me.

Dear God,

I am back because the phone, email and internet are down and there is nothing I can do that I needed to do. I may even not be able to Zoom with the village meeting tonight or Jean on Thursday, so wonder if you could tell me more about the parameters you mentioned.

*If you go into it deeply enough there is always a well of information and knowledge that you seek, and can reach quite easily, once you realise and believe it exists. Faith has a part to play in this as the bridge between hope and belief, and belief and knowledge, but you know this well and need no more of that – you are not deficient in Good Faith! However, we do need to fine-tune and improve on several other matters of importance before getting into first gear so to speak.*

Good, OK. I have obtained a book called Communion with God (by Neale Donald Walsch<sup>7</sup>) but cannot start it because I feel I have to do something first – I am not ready yet to read it. Would that be because of these several other matters that need attention?

*Possibly, probably, and maybe. Everything depends on the choices made between now and then.*

What can you say, then, on the subject of these several other matters?

*Honesty needs further attention. Motive needs seriously looking at. And it may have escaped your notice, but there is a yawning gap between what you believe you are and what you are. All these need serious revision and so there is a long way to go yet before we are ready to travel.*

Seems like a lot of work to do in the awareness line then. But I am up for it. Feels quite exciting and even enticing. Can you prod me on any of them now?

*No. That is enough for now. Think about these three and come back tomorrow.*

Very well. Thank you God.

Love,  
Me.

7<sup>th</sup> July

Dear God,

I'm back and have thought a bit about the three ugly sisters – honesty, motive and self-esteem. I must admit, I have often had a high opinion of myself on all of them but you have a different viewpoint, it seems! Can you help me sort them out, please? I do want to get into shape.

## Chapter 2: THE BEGINNING

*Do not be in such a hurry little one. We are not in a race. This is the culmination of a long road already travelled – seeking quality before quantity. It is necessary to be in good fettle before starting on anything, and this project in particular, because you have been offered it at least three times in your life and have, rightly, refused to take it up until now. So, if now is the time, we need to give it due honour and respect. And so, speed is **not** of the essence, but authenticity **is**.*

Well, I am happy to improve on honesty and do some work there. But the motive thing I am not sure about. I do not know what my motives are for seeking you out. We have worked together before, when I had my baby, but my motives then were quite easy to find – my survival and hers! Now, well I certainly want to channel again because I enjoy it, but with my Inner Teacher saying no to the teaching side of it any more I was at a loss as to how to find a partner until I read Friendship with God and wondered if I could do it that way too.

So here I am, but I still do not know what my motives are – I am lonely sometimes and could do with a friend; I want to develop more and learn from someone further ahead, like I used to with my Inner Teacher; I want to feel the excitement of spiritual expansion and union again, like I did with my friend Steven; and You, of course, tick all the boxes! As for self-esteem I have no idea. I am satisfied with myself, but does that mean I am self-satisfied? I don't know. Can you help me?

*Yes, I can. This is a common thread that runs through many lives and yours in particular. It is to do with the feeling that when you are at a loss you turn to God, but do not bother with me at any other time. This means that, though you have personal experience of help from me, you do not want to avail yourself of that help on a daily basis out of some sort of false pride – 'I can do it on my own, I do not need God's help' sort of pride. This is not self-respect, it is positive refusal, adolescent bravado and against all that you want to achieve in life.*

*So, I say again – What are your motives in wanting to do this work? Challenge Me? Many do! Prove I do not exist? Many do! Feel all powerful? Many do!*

*Enough now. Speak again tomorrow.*

Thank you God.

Love,  
Me.

Prove I am powerful enough to succeed in what I want to do **without you**, I think. It all goes back to the way I experienced my father, as absent when I needed him.

Love,  
Me.

8th July

## Chapter 2: THE BEGINNING

*That is a pertinent realisation. It is correct. It says: 'There is only me so I have to do this on my own because no-one is coming to help me, and me and my little brother will die if I don't'. It quite naturally reasserted itself when you had your daughter, and only the names changed. However, **you have now grown up**, and this fear is outdated; it has done its job. So, no one is coming to help you now either, but you are not on your own because you and me are one - **I am in you and you are in me!** You cannot, **ever**, be alone.*

Thank you God. I need to stop now. Will come back again today.

Love,  
Me.

Dear God,

I am back. Have you anything to say to me now? I do not have a specific question.

*This is not the way to do it, you know.*

What do you mean?

*Jumping from one subject to another. It is much better to stick with one theme and explore it to death and then move on, quite naturally, to another.*

Oh, alright. We were talking about motives and mixed motives and my transferring onto you my difficulties with my father as a little child. And

self-esteem, my having a ‘yawning gap’ between what I believe I am and what I actually am. Can you say anything further on that? The only thing I can think of is Steven saying to me once that I was a hypocrite – but I could never find out where that was true and he did not explain.

*He wouldn't have because he could see you could not see it! He was just making you aware of the possibility – preparing the ground so to speak for you to see it one day. Yes, you were a hypocrite.*

Oh dear. I think I understand what being hypocritical is. It is when I have a judgemental opinion about some form of behaviour in other people, and it is strictly compartmentalised to the other people so that I do not see that it could possibly apply to me as well. Is that it?

*Not bad, not a bad description at all.*

Well, how can I find that in me then?

*You are tired. It is best left for tomorrow to discuss this. Come back to this subject again tomorrow.*

Alright, God, thank you. Yes, I need to sleep.

Love,  
Me.

9<sup>th</sup> July



## Chapter 2: THE BEGINNING

Dear God,

I have had the most wonderful day! But you know all about that I am sure. Anyway, thank you so much for all the quite wonderful things that have happened. I feel I have done a week and a half's work in one day!!

We were speaking of being hypocritical when we last spoke. Can you say more to me on that?

*Today, and your experiences with people, indeed **your** interaction with people, has started up an energy spiral which will be most beneficial to all that you want to do here, on this earth, and where you specifically live. It is an event of magnitude and will bring much blessing and benefit to, and in the future, all concerned. You have always wanted to live in a community like the one you know near Inverness and, that being denied, you have always tendered a fond idea of this, your home, becoming a community of like-minded souls to your own. That is now on the cards – the seeds have been sown today. I can tell you that the possibility of this happening is greater now than it has ever been and that it has my blessing.*

*Remember free will always rules, choice always rules, for all those involved. Now, all you have to 'do' is stay on the rails of 'awareness' and 'awareness of being aware' and respond in **our** way, i.e. the way of unconditional love, to the circumstances that unfold. I say again, this has my blessing, and the more you stay on the rails the more the pattern will be re-enforced and come about.*

*That is sufficient for today. Come back tomorrow.*

Thank you God. What a wonderful present to finish off the day!! It is a great 'carrot' to give me that will help me work at staying aware! Thank you so much and I look forward to speaking to you again tomorrow.

Love,  
Me.

10<sup>th</sup> July

Dear God,

'Let me submit to being one with you' – Does that mean 'please let me surrender the next layer of my ego'? Because if it does, then I do want to do that. It seems to me that all these motives for wanting to be successful in my and other people's eyes are a vain way of trying to develop and grow whilst keeping the ego intact. A sort of ego disguise if you like, that fools me and can even sometimes fool other people as well? Is this the hypocritical part I have been looking for all these years?

*You are entering into the spirit of the thing excellently now.  
Yes, yes, is the answer!*

Well then, will just being aware as much as I am able, sort this out? And where does unconditional Love come into it? I can feel resistance to your

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answer. My ego does not want to hear your answer and I am feeling groggy so that I do not receive it. My goodness, this is a powerful medium. You are a very good therapist, God!! Will just being aware sort out my hypocrite and where does unconditional Love come into it?

*Being aware is unconditional Love!*

My brain is bending. So, being aware is having no opinion or agenda but experiencing total acceptance of unfolding circumstances and events – that is unconditional Love?

*Yes, because it enfolds the whole of Life! It does not mean you cannot act. Indeed, your actions chosen from that point will be far more intelligent, far reaching and useful to all concerned.*

I can feel I want to run away from this discussion – this is my ego again striking back, isn't it? Well, I can see that total acceptance of unfolding circumstances and events is the unconditional part, but I still cannot find the Love element.

I feel cold and want to put on my cardigan, I also feel hungry and want to go and get something to eat, and now I feel thirsty and know that my cup of hot water is on the other desk getting cold! This is my ego again isn't it? It is getting seriously threatened by this conversation. It is only the chingles that are keeping me on the rails!

Is the Love part then, that in total acceptance of Life and what unfolds, I am truly allowing myself to be a part of The Whole, and not apart from the Whole, yet still keeping my independent power for choice and action? Because, if so, that seems a very comfortable position to be in. I would be aware of everything and choose from a more informed base yet have no agenda of my own so could threaten no-one. What do you think?

*That will do for now. You have done well this morning. We are beginning to move. Speak again soon.*

Thank you God. Back soon.

Love,  
Me.

I have something on the edge of my brain about Love and Acceptance and equality, but I can't grasp it. Can we speak of that next time, maybe, please?

Thank you, God.

Love,  
Me.

Dear God,

I am back. We were speaking of acceptance and unconditional Love. Can you say any more on that please?

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*The Love and equality aspect of this is not as you would imagine. It is really not the same at all. Love is the basic, base line, over-arching Absolute Fact and from that all else ensues. Like a dandelion puff, imagine the central core being Love, Absolute Love, to which all else is beholden and magnetised. Billions of seeds! Billions of people! All magnetised to and beholden to that tiny centre. Love is the most powerful magnet of all, the greatest power in the Universe. And, in that most Absolute Expression of Love, Love lets go and lets the seeds ride on the breeze to start their journey of self-discovery. This is where equality comes in. Each seed is equally 'set free' to differentiate; each seed is equally endowed with Free Will; and from then on it is on its own, its future made unique by the operation of that free will.*

I may be getting boggled, but if Love has set the seeds/people free, into the domain of Free Will and separateness, then surely they have disconnected from Love? Yet you say we all have Love inside us and can access it at any time?

*I cannot be understated. I cannot be overstated. I state that Love is all – as the old songs have it 'Love is all there is'<sup>8</sup>, 'Love is all you need'<sup>9</sup> – and in that disconnection, that birth, Love is sent forth at the core of each seed, each person, each soul, at the very fabric of their being because **they are born of Love**. They cannot be without Love because they are born of and out of and made of Love. It is a hologram! Love cannot make something out of Love, set it free, and it not have Love. It simply cannot be! You are*

*all made of Love, from Love and your task is to become aware of that. That is all.*

Well, it all sounds very simple.

*It is, believe me. It is **you** who make it so convoluted.*

Well, I don't know. I feel a bit deflated! Life is always so complicated – this is such a simple formula.

*Have you not noticed in life that the simple things are so often the best? The simple solution is quick and easy, the simple answer to a problem the most practical? Love is at the core of everything, it infuses every single living thing and, as everything is living, that means it is everything. If it is everything, then it is you, and if it is you, you can be aware of it and feel it and express it. Once done, all becomes simple again and there is nothing to gain and nothing to lose. Just be who you are, unique and powerful, with no object or aim other than to respond in your own unique fashion with unconditional Love to what life offers.*

I have nothing to say now!

*Well, ponder on it and come back tomorrow.*

Thank you God. Will speak tomorrow.

Love,  
Me.

11<sup>th</sup> July

## Chapter 2: THE BEGINNING

Dear God,

I'm back and what you just said is so, so marvellous that there can be nothing more to add, surely? It is everything in a nutshell. There is no more to be said! So what else **can** you say to me?

*The need is very great to increase the coverage of this material. You are right when you think it is a new 'genre' of writing. Just as some love 'who dunnits?' or romances, many nowadays love the choice of material available via channelling and eventually find their preferred 'author'. Each of you who channels gives the material a different slant, a different flavour, and this is how the coverage increases. As the pool of the consuming public increases, so it is needed to provide further choice of this material. When you first came across the Seth books and were channelling your Inner Teacher, in the 1970s, it was extremely rare to get such work published. Now it is main stream. But that does not mean that the job is done and more is not needed! It is needed even **more** because the situation is dire.*

*You are all at a transition, a psychological transition, a spiritual transition even, as the human race, and if this is to be negotiated successfully then it is all hands to the pump and all shoulders to the wheel. You have offered yourself as one of the hands and we can work together to make this a useful and joyful contribution.*

Well! What a lovely job! Can't think of anything I would prefer! Count me in, God.

*Very well. You are now part of the team. And there are countless teams of all sorts all over the planet all putting their All into their activity of choice in order to make this transition as gentle, as creative, as deep and as profound as possible. It is a healing mission for all people and the planet.*

*That will do for now. Come back tomorrow.*

Thank you God, yes, I will. Speak tomorrow.

Love,  
Me.

I am gobsmacked!  
Me.

12<sup>th</sup> July

Dear God,

I'm back. I feel as if it is a 'new day' with what you said yesterday. Wonderful! What can we talk about today?

*Jean*

Yes, I have some unfinished business there with you, I know. I am now feeling ravenous and it is because my ego is trying to protect me from pain by drawing me away from you. I was wrong to give Jean these transcripts without asking your permission first. They were not **mine**, they were



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**ours**, and I am sorry. I would like to include Jean in this endeavour. Can I do this? What do you have to say on the subject of Jean and me and this work?

*Jean is a vital contributor in the work!! Your dishonesty and deceitfulness were **completely unnecessary**, child!! Speak with her and **include** her! Decide what you would like to do and come back to me on it when you are ready.*

I am ready now. I would like to give her the transcripts of our work up to when she comes on Thursday, give her time to read them and digest them, and then ask her if she would like to be involved any further, after that. Is that a good way to go?

*Of course. The simple way is always the best. The **honest** way is always the best! You asked about your dishonesty? Well, here is a prime up to date example of it in action and you can see that it did not serve you well! Had you been straight with me in the beginning, all would have still unfolded in this, the best and simple, way **and** you would have been saved the pain of guilt, betrayal, and all the rest of the horrid feelings that occurred. So there we are.*

*Enough now. Speak again tomorrow.*

Thank you God. I am so sorry.

Love,  
Me.

13<sup>th</sup> July

Dear God,

I have had a lovely day and made a mis-step towards the end of the afternoon and observed the downward spiral that occurred as a result! **Most** interesting! I shall look out for them in the future, because it took until now to catch up as a result of it!!

Can you say anything to me?

*We **are** in a dance, that is certainly true and you are fast learning the steps of it. It will become easier and easier to follow the Music of Life, with practice, and it only takes a bit of awareness and true, genuine **acceptance** to hear it, silent though it is.*

*Now, down to work. As far as the work is concerned you need to get into shape physically more. Jean will assist in this, as she has always done. Your change of diet, which you have hardly noticed but which is quite severe and I am glad you enjoy it, is helping. Your attitudes are good and healthy at the moment, so let's keep them so! All therefore is good and going forward on that front. The only area where we seriously need to pay attention at this moment is that of your commitment.*

But, surely that cannot be right? I feel totally committed to you and have been, I thought, for at the very least **50 years!**

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*This is true **on the surface** but we are again in the arena of hypocrisy.*

Oh dear. Well please fill me in there, I am willing to look at it.

*Good. You are committed to yourself and see yourself as an extension of me. This is all fine and good, **but you are not an extension of me.** You need to accept that **we are one and the same.***

I cannot accept that without the fear of inflation taking over. I have seen so many films and heard so many stories of so many good, spiritually advanced people ending up with a serious shadow of sexual obsession or depravity, or surrounded by armed guards, or obsessed with increasing their already obscene wealth, or going seriously insane and utterly burnt out that, to me, it is not worth the risk. I would rather stay where I am than go down that obviously easy, if these stories are to be believed, route. I do not want to trash all that I have become – through hard work, I might add, and, yes, severe sacrifice. I have worked very hard to get where I am, and would not change a thing, but I cannot risk throwing it all away. **I will not throw it all away. So there!**

*You are not being asked to.*

I do not want to go any further with this at the moment. I feel close to tears, sick with fear and utterly vulnerable.

I am sorry. Please continue – it is no good running away, I shall only take it with me.

*I am glad you at least realise and accept **that**.*

Yes, I am sorry. I know I have bravery and courage yet they are deserting me totally at the moment.

Please continue.

*If you will kindly give me a chance to finish what I am saying – You are not being asked to because times have changed. We are in a new age now, not waiting to reach it, as in the past when you worked so hard to get where you are. It is **because** you and people like you took the hard road before the change of the age that we are here at all! All that hard grind has been done, already done! And all that is being asked from you now is commitment to the present, for in the present lie all the answers ready and waiting.*

I believe you. I believe that. I truly do.

*Then it is possible to believe what I am saying too! It is the same thing!*

*Enough now. Sleep on it and come back tomorrow. This may be the highest jump you have to jump.*

Thank you God. I will come back tomorrow.  
Perhaps things will look better in the morning.

Love,  
Me.

## Chapter 2: THE BEGINNING

14<sup>th</sup> July

Dear God,

I am back.

Can you speak more, please, about **‘we are one and the same’** and me **not** being an extension of you because I still find it terrifying and need more input from you on it.

*This is not a difficult subject and you are growing it out of all proportion. The fear is **imagined** not real because it is based on **the past**.*

Do you mean **my** past, or last century?

*Both. They are both the same thing in this context.*

Well, I don't feel secure, that is all I can truly say about it. I do not feel secure in it as a projected **experience**.

*Then we shall take it more slowly.*

Yes, please. Can we take this slowly, very, very slowly? I need to stop now, but will be back later today.

Love,  
Me.

Dear God,

I am back.

Will you help me digest this please. I am happy to be, and have long been happy to be, an extension of you because that gives me independence and the ability to serve you as much as I feel I am able to understand and surmise your wishes. This position has been comfortable, if difficult at times, but at all times I have been **your servant**. However it seems to me that what you are proposing now is quite different. If I understand you correctly, then you are saying that I need to experience myself as the **master**. This throws a great responsibility on my shoulders which I definitely do not feel up to shouldering!

Please can you speak to me again about this.

*Do not be so hasty in your opinions. It is not, as a rule of thumb, necessary or important that this matter is understood. It needs to be experienced, not understood. It needs to be experienced in the context of 'groups'; like-minded consciousnesses with a common aim; links forming with others of similar vibration and purpose.*

*You are perfectly well aware that we are now in the Age of Aquarius and that that is the sign of **groups** of all types. It is not necessary to tell you that this is vastly different in its energies from those of Pisces. You also know perfectly well that your life straddles both these Ages and is therefore a 'bridge'. You have felt most of your working life that you were a 'bridge' helping others make this crossing – and that is to a certain extent quite true.*

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*However the current belief systems that provoke this fear belong in the last century, to the side of the bridge that we have now **left behind**.*

*You need to find the courage to come over this bridge too! Let go of the old 'job' of helping others make that switch. They've all done it! Whilst you are still hanging on to a now redundant job! You must make the switch too.*

*Groups and the globalisation of groups are the way forward now. **NOT SERVANT AND MASTER**. Though you will always retain your independence and power of choice, human consciousness is now unequivocally working through group consciousness – it has evolved and grown and shed its skin, and only the remnants remain. Do not be fooled into thinking we are not there yet. We are. And that is the point of this discussion.*

*Enough now. Sleep on it and come back tomorrow.*

Thank you God. Yes, speak tomorrow.  
Me.

15<sup>th</sup> July

Dear God,

Is there anything we need to say before Jean comes? I am still struggling with the 'Let me submit to being one with you' which came to me as the prayer on 10<sup>th</sup> July. I get a slight glimpse of it when coming from the base line of a group with

spiritual aims and intention. I am a bit unsure of the difference between that and the 'let me submit to your **Will**', which would be the Piscean framework I suspect, whilst the 'Let me submit to being one with you' would be coming from this new Aquarian framework. Is that right? Can you say anything now?

*Now is not the time to go into it deeply, however coming from that base line of a group is helpful. Practise that and we shall see what we shall see! Good work. Do not fret! Come back today.*

Dear God,

Do you have anything to say to me now?

I am back.

*There is not a very good connection between what you know and what you **think** you know. This is what I mean when I say there is a 'yawning gap'. Your knowledge is also very scanty and skimpy compared, even superficially, with what you **could** know, from your present standpoint. So we need to improve on that, and one way to do it is to bend the brain a little more.*

I am happy to have my brain bent – yes.

*Then we shall start with an ABC, a primer, for beginners.*

Thank you, God, yes.



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*Write slowly so that we get this right. Do not think for one minute that this is going to be easy to understand or even accept.*

OK, Thank you, I'm ready.

*This is the pearl you seek and it is not far from reach, that is the odd thing about it. The pearl of great price that all seek is under your very nose. **We are all one.** That is all it is. It is difficult to understand, difficult to accept and very difficult to find – because **it is so easy, so close and so attainable.** The very reason that all despise it **is** its very simplicity.*

*Dwell on this tonight and come back tomorrow. We are all one; you are in me and I am in you; we are one with each other and all others; all others are **us** and you **are** one with me, whether you know and accept it or not. So get used to the idea and ponder it further. Come back tomorrow.*

Yes, I shall. Thank you God. Please let me submit to being one with you. It is what I want, it is my next step, I think, and I cannot experience ongoing compassion without that. So, on we go!

Love,  
Me.

16<sup>th</sup> July

Dear God,

I'm back, but do not know what to say.

*Then say nothing. It is not obligatory.*

Thank you. Do you want to say anything?

*You need to rest. Enough for now. Come back soon*

Will do, thank you Lord.

Me.

17<sup>th</sup> July

Dear Lord,

I feel as if I have been away for weeks! Weeks of concern, confusion and separation from my centre. I went to rest for a few minutes yesterday and slept for four hours! Today, I am a little more accepting and definitely more aware of you, so feel I may be back on the rails again now. This has not been a pleasant experience. And it was all brought about by 'too many people'! As long as I am dealing with 'all the other people' it seems I am vulnerable to confusion. As soon as **I am** all the other people, as far as I understand it now, I shall also be **one with you**, and that solves the problem because then **there is only one of us**. Have I got it right this time?

Yes.

Well then, I am happy with aiming towards that state of consciousness. I started the Communion with God<sup>7</sup> book in the middle of the night and like

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it very much. I think the title is really ‘Come Union with God’!

*Yes, it is.*

Can you say anything to me today?

*Welcome back! That was a nasty little trip you gave yourself! All because half of you was left behind in the last Age! We shall work to establish **all of you** on this side of the bridge and then you will be fully available.*

Thank you God.

*Firstly, we must get several things clear. It is not for nothing that you have had this bad turn. It is to show you, or you have shown yourself, what a mess things are in and get and feel, when you experience yourself as separate! Not a happy state of affairs.*

*Secondly, this is not a game to be picked up when the mood takes you and is easily dispensed with when you are not in that mood. This is a serious matter and needs due honour and respect, and indeed dedication, if it is to grow enough to be of value.*

*Thirdly, of course, I wish to facilitate your growth and evolution and spiritual expansion, within the confines of the expression of your free will.*

*It is incumbent therefore on us to work **together**. And the more you dwell on the idea and experience of group consciousness, with a willing attitude towards Come Union, the easier it becomes.*

*That is enough for now. Come back again soon.*

Thank you God. Yes, I shall.  
Me.

Dear God,

I think I am a good student and much prefer the teacher/disciple partnership. This working together business, all being equal, is a bit daunting to me, and as for being one with you then that is a **very** daunting thing. Can you say more about how to experience group consciousness and union with you?

*It is all a matter of aspect. A matter of perception. A matter of viewing point. You have, as a student, a viewing point facing outwards towards the teacher, and your 'job' for want of a better word is to 'receive' and 'take in' and 'understand'.*

*In group consciousness and union the viewing point is the other way round. It is facing inwards and your 'job' in this context is to become aware of the whole and your place in it and merely 'respond' in the way that is natural to you to contribute in the best way to the situation that presents itself.*

*There is nothing to learn, nothing to know, nothing to do. All you have to do is 'be yourself'. You have done this many, many times in your life and what is freaking you out now is that you are being asked to do this with full*

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*awareness full time rather than on sporadic occasions. It gets easier and easier with practice and you will find, with this practice, that your independent will is **never, never** violated. Your fear that your independent will would be subsumed into some sort of group will and be drowned out is false. If anything, your independent will would be more required and make itself more evident and effective than when used alone.*

*Enough now. All you lack now is the **willingness** to do this, not the ability. Think on this. Speak again tomorrow.*

Very well, Lord.

Thank you.

Me.

18<sup>th</sup> July

Dear God,

I am ashamed of not being 100% **willing** to engage in this work with you. If I compare it with the work I used to do with my Inner Teacher, there was then no lack of willingness – if anything I could not wait to speak to him – it was like waiting for a date – my heart would race with excitement and anticipation and joy. But with you it is different. Can you explain to me why the difference? I need to sort it out or I am not going to be 100% effective – indeed it is all going to be a waste of time, as far as I can see.

*At least you are being honest **now**. That is a very important step to have taken. The willingness to be honest is essential. The willingness to be honest – as in the therapy setting – is paramount. It implies and means that you are beginning to **trust** me, as I trust you.*

Well, what is it then? What am I afraid of that I can almost **belittle** our exchanges at some level so that I have then given myself permission not to dedicate myself to them? With my Inner Teacher there was a heart and soul abandonment to our relationship. What is the difference here?

*With him your shared personal past influenced your coming together. Here, our relationship is almost, to you, anonymous, without context, without **form**.*

Well then, how can I give it form?

*That is **not** what you want to give it. Indeed, what is needed is the opposite! This, in some ways, is the opposite of your relationship with your Inner Teacher. With him you were coming together, through channelling, much as you had been together in a past life. Your relationship has context, memory and resonance at a very deep and powerful level, even though you are either side of the divide, and you have (interestingly and admirably) absolutely no interest in knowing or exploring that personal, shared history. With us it is **the other way round!***

Please say more about that.

## Chapter 2: THE BEGINNING

*That is enough for now. Ponder on this difference, contemplate it, think about it, compare it with **union**. That is all. Come back tomorrow.*

Yes, Lord, thank you, I shall.  
Me.

19<sup>th</sup> July

Dear God,

I have thought in the night about all this and have come to the conclusion that this experience of union with you that I seek is camouflaged in many, many layers of beliefs – false beliefs – that cannot be seen all at once, because they cover each other up – and cannot be removed all in one go, but need to be undone one at a time.

It reminds me of the ‘mystery presents’ we used to give each other when we were children. The present would be in a big box, and wrapped in layers and layers of paper and string and, when the unsuspecting recipient undid it, it went on for ages because each sheet of wrapping paper (usually newspaper) was thought to be the last, but there was always another layer. In the end we would be knee deep in paper and string and the actual ‘present’, when reached, would be a sweet, or a toffee!! Then we would all roll around the floor in fits of laughter. I feel like that and cannot see how I can get to the centre of this great mound without

undoing every single layer, one by one, and I cannot even find the start of it.

I am not so resistant today I don't think – more befuddled and bewildered as to how to get anywhere with it. Can you help me again please?

*Not if you are unwilling to commit to the process.*

What I want to know is – **Why** am I unwilling to commit to the process, because my mind and my personality certainly want to. I was willing to commit to the process with my Inner Teacher because I love him – how can I get to love **you** like that, and then I am willing to commit to any and all processes through hell and high water.

*My Dear – you are already in Hell and High Water. You have already committed yourself to hell and high water through this separation and a dogged determination to **stay separate.***

Very well. Help me let go of this need to stay separate then, or at least give me a clue as to how to. I understand union with my mind and I am willing and eager to embrace union with my mind, but that is not enough. It doesn't happen. Maybe I am not ready yet, but we are all ready always, aren't we? What I lack then is the **decision** to let go and fuse with God, fuse with you. What is holding me back?

*Nothing.*



## Chapter 2: THE BEGINNING

I give up Lord. I am not up to this. Can you say anything to help me feel there is a future to this? I am completely at a loss with it.

*No. It is your choice. It is your decision.*

Well, to sum up then:- I am **unwilling** to submit to union with you. I do not know why this is. But, because I am unwilling, I cannot take the **decision** to submit to union with you. Actually, my prayer was ‘Let me submit to **being one with you.**’ Is there any difference between ‘union with you’ and ‘being one with you’?

*Yes.*

Oh, good. I certainly prefer ‘being one with you’. I find it less threatening. There! Threatening! What a word to use! What a word to use in this context! How can I feel threatened by You? Anyway, at some level, I find **union** threatening. But I do not find **being one with you** threatening.

Good Lord, this is hard work, it’s like trying to run through treacle. So, let’s stick with ‘being one with you’ and see if it gets us anywhere.

I am remembering now an experience I had many, many years ago when experimenting with bio-feedback. Quite spontaneously and unexpectedly I experienced Fifth State and all my needles and dials went off the clock. Later, when asked what words had triggered my reaction, I knew quite definitely that they had been **UNION** and **ONENESS**.

Maybe this has something to do with the unwillingness. Maybe I fear entering such a powerful state again.

I am sorry, if so, because I found it a most miraculous experience – one, I remember, where it was quite impossible to entertain, let alone experience, any negative feelings or emotions. I was asked to feel ‘angry’, whilst in this state, and it was as sensible a request as asking me to stand on my head in the middle of the road!! and it just reduced me to peals of laughter!! It was the most wonderful and exhilarating experience and my core, every cell, was pure Love. This was certainly being one with you. So I have already experienced it! Is this what we are talking about? Is this what I am seeking? Something I have already had and enjoyed?

*This is neither in the future, nor in the past, it is in the present **NOW**. Enough now. Mull on this. It is important to our discussions. Come back tomorrow.*

Yes, Lord, I will. This is wonderful to think about. I love you.

Speak again tomorrow.  
Me.

20<sup>th</sup> July

Dear God,

## Chapter 2: THE BEGINNING

I feel much better today. Have been singing and that is always a good sign! I have a question/mantra that seems rather excellent for me to ask at various times of the day ‘and what would Life like to do next?’ and then see what comes to mind! Great fun. I got up very early, for me anyway, and did not even notice it! Do you have anything to say to me?

*You have made the start! You have found the beginning!  
That is to be applauded and praised.*

Well then, I shall practise it today and see if it becomes automatic and if it does not then I shall practise it tomorrow and onwards until it is. Thank you for being so patient and standing beside me supporting me whilst I tussled with this self-made problem. It feels so good to have it all the right way round at last! I am happy with it and have no reluctance at all! Wonderful. Thank you God.

Love,  
Me.

*Welcome home! We have much to do!*

### Chapter 3: STARTING WORK

Dear God,

I have the feeling of being a ‘hole’, and Life flooding through this hole in the centre of my chest – must be my heart. As if there is a completely empty area in my body, my chest, through which Life just rushes, rushes, rushes out into the world. The Life energy is so intense, so full of vibrancy and urgency to get out there! Is this what is meant by ‘being a door’ or ‘being a doorway’ for Love? I feel no differently when speaking to people or being in my everyday activities and I do not think I appear any different to them. What is this? Is it as a result of ‘turning round’ and turning my viewpoint round so that Life uses **me**, instead of me using Life? Can you say anything about this? It is very gentle to experience, though dramatic to describe.

*You have described it admirably. Yes it is so.*

Do I need to know anything to go with this now?

*No, just give yourself to it willingly and receive the **experience**. This energy of Life is not for keeping in any way. It is not **yours**. This Life energy is not for **you** to use. It is the energy of Life itself and it finds its own destination by magnetism. It is the energy of Light and Love itself and it rejoices in being released into the world.*

### Chapter 3: STARTING WORK

*Enough now. Speak tomorrow. Rest Now.*

Thank you God. Yes, I shall go to bed now. How wonderful all this is. I feel marvellous.

I love you.

21<sup>st</sup> July

Dear God,

I can't believe how short a time we have been working – less than a month – and I feel I have really altered my attitudes. I feel freer and a lot of fight seems to have gone out of things. I did not know I still had my father's automatic fight working in me, but I must have had, because I notice things being less dense and far less important now. Not less important in the sense of 'not worth anything' or 'what's the point anyway' or 'that's rubbish so who cares' or 'it's all a mess so what' but gentler, and less important in the sense of my having more of an underlying **acceptance** of what is going on around me and in the world.

All my life since my teens I have had the feeling that I would like to 'make things better', with a strong belief that I could and a fierce determination to carry it through. But, of course, I understand now that in order to 'make things better' you have to have the belief or experience, first of all, that things are 'bad'. If you want to rescue damsels in

distress, first you have to have distressed damsels, or how can you carry out your ‘mission’? This is very interesting to me. I need to go, Lord – will be back to continue later. I need to think further a bit on this. Love you.

You know what I really like about talking to you? I am stretched to look inside myself and find my truth, and then stretched for a purpose to wrestle, in an enjoyable way, with words to exactly describe that truth! I like this rich relationship between experience, truth and words and am thoroughly enjoying myself talking to you. When I asked you for another job the other month, I remember being quite specific about it having to be ‘well within my capabilities’ so that I could enjoy it – and here it is!! Thank you so much, Lord.

Do you have anything to say to me now? Have I altered?

*Indeed you have and in a very useful way. We can, now, slowly, start work and, if you stay committed to this process of daily communication – sometimes long, sometimes very short – we shall soon be ‘on the road’ so to speak.*

Well, Lord,

Thank you for all you are doing for me in this respect. And I am so pleased that I am now enjoying it so much! I really thought at one point that it was never going to work and that I was going

### Chapter 3: STARTING WORK

to have to give it all up before I had started! But now I feel more confident in the process and actually really enjoying it is the cherry on the cake.

Think I will stop now as my head is feeling 'full'.

*That is not a reason for stopping. The full feeling in the head is actually dammed up energy and if you keep going when you feel this it will drain out quite naturally – as it does in sleep.*

Oh, well, do you want to say anything more now then?

*Yes, and it is this:-*

*The main trouble with the world today is seen as greed and money problems. However, money is but an energy, as you well know. So, anything that cannot be done because of a lack of money must be seen as not being able to be done because of a lack of **energy**. It is also a lack of belief in or commitment to the thing or project that apparently needs the money.*

*Where there is a will there is a way and lack of money is a minor problem easily fixed if commitment to something, **especially in a group setting**, is strong. It is not a lack of money that stops things moving forward, it is lack of commitment and lack of love towards that commitment. Sometimes the commitment is strong but belief in the money manifesting is weak and then 'fault' and 'blame' enters the game and as soon as that happens, i.e. Love leaves, the spiral reverses. You then endeavour to compensate by using force which does not work because*

*the whole thing has by then lost its validity, lost its **Life force**, lost its **Love force**.*

*Will power is mental strength, nothing more, and like physical strength, muscle power, it has its place, along with emotional strength, passion. However, if you stay connected with the Love force at all times, the path is made clear and just sufficient money manifests, or another way is found, or the energy of your Love, which is spiritual power, spiritual strength, carves its own unique channel to success. Again I emphasise that this is especially true in a **group** setting, because all members of the group compensate for each other's weaknesses through their common love and commitment.*

*Always remember that we are now in the age of groups where energy is boosted exponentially and the whole is made **vastly** more than the sum of its parts.*

*Enough now. Speak again tomorrow.*

Thank you God, will do. Love you.

Love,  
Me.

22<sup>nd</sup> July

Dear God,

I'm back. Do you have anything to say to me now?

*What did you wake up with this morning?*



### Chapter 3: STARTING WORK

Well, it was remembering the sad little family story of my ex first father-in-law burying his socks in the garden when he was 4 or 5 years old. He had gone to stay with his granny whilst his mother, who was a very strict, cold person, had her second child. When it came to the day that he had to go home, his socks were nowhere to be found, and it turned out that he had buried them in the garden because he believed that if he had no socks then he could not be sent home. This I found heart rending as it seemed to show what an unloving mother he must have had that he was so reluctant to go back to her. On thinking about it this morning though, I wondered if it was actually the other way round and that he buried his socks **so that he could stay with Love**, not that he feared his mother. I do not know what the resonance is with me at this time, but it must be relevant to remember such an odd thing, so clearly.

As humans we do some pretty strange things at times and quickly jump to making it someone else's fault when it is pointed out to us. But maybe, often, it is because the pain of **losing love** is so great that we will try to do anything, however extreme and extraordinary, to stay with love, be with love, feel loved. What do you think, Lord?

*This is a large topic and all depends on your believing that you are **separate** from God and alone, and have to stay that way in order to **gain independence**. This is a fallacy. The belief that you have to be **alone** in order to grow an*

*independent will is not correct. The belief that you cannot become independent if you are connected to God's love is wrong. To say that the only way to become independent is to be starved of love and support is quite ridiculous. Highly creative and independent thinking people frequently come from the most loving and supportive backgrounds. Do you transplant a shrub with no water or attention, saying we must not love it because it has to learn to live on its own? No, you help it make the transition to independence with love, water, attention and appreciation. That is what God does, that is what God's attention is **for**, to help you **become** independent, so that you can wield your free will effectively and deliberately for the benefit of all.*

*Enough now. Come back soon.*

Thank you God, will do,

Love,  
Me.

I like that idea, that healthy and creative independence comes **as a result of** being connected to your love. It makes sense.

Love,  
Me.

Dear God,

Do you have anything more to say to me today?

### Chapter 3: STARTING WORK

*The reason that you had that memory this morning was to remind you of something in your past that may need looking at again now. There was a time when you were not too keen on going to watch sweet films – romances and such – fairy tales you called them – wanting ‘reality’ to strike home to yourself and others you were with at the time. Fairy tales were for children, for people before they were ‘grown up’, like baby food, you thought. However, you did have your boundaries and would **never**, for decades, watch ‘war films’. This kept you the right side of mental and emotional abuse, however you did still have a lopsided view of ‘reality’.*

*This was all because of the sudden death of your elder brother when you were in your early teens. **That** was a reality that not all people had endured and they needed to be educated into the harshness of life, if it was ever to be improved, you thought. Eschewing ‘soppy’ films meant that at least you were not ‘pretending’ that life was happy, not **lying** to yourself, like those others who watched those films and ‘denied reality’ by doing so, you thought. So you brought yourself up to believe that ‘reality’ was encountering and overcoming pain – that was success in your eyes.*

*The pain you endured was so great that to believe that the pain could go away, or be made to go away, by any means, was impossible. This left you with a ‘jaundiced’ view of life being composed largely of pain, and the act of living, to you, was overcoming or enduring such pain, or learning to live alongside such pain. To you, the presence of pain was a **given**, and an accepted fact of life. Humans need to*

*give their experiences meaning and you were unable to find meaning in this. Many well-meaning people mentioned God and the possibility that He had special reasons for 'taking your brother so young', 'the good die young' etc. however, to you, the fact that God had even **allowed** this abomination to take place, when there wasn't even a war on, meant that God was evil and any who believed in Him were total fools.*

*You were now **completely** alone – unable to share this pain with your family, for their grief and pain was just as wrenching as yours – and quite unable to find any grown-up who could join with you in this agony without bringing in the 'Wisdom of the Almighty' to account for it.*

***The stage is set. Your separation is complete.***

I'm sorry, God, I can't go on with this any longer at the moment. Promise I will come back to it tomorrow. Thank you.

Love,  
Me.

Sorry Lord, I'm back, please continue.

*So, from this place of total isolation and alienation, alone in the Universe, you start the long journey back to the Light, the long journey back home, the long journey back to God.*

### Chapter 3: STARTING WORK

*You have, of course, chosen to take this route from before you were born. You chose your family, your loss and your grief, and your inevitable judgement of God, exactly in order to get you to this precise destination from which to start the homeward journey. You have been given all the necessary tools and gifts to enable you to make this journey, and complete it successfully, yet it is still completely 'up to you' as to how you do it and whether or not you are successful.*

*The start of any long journey is daunting, yet, because at a deep level you have chosen it for a purpose, the purpose of your own spiritual evolution, this beginning – birthed in pain – is blessed. And though God/Love/Life had been absolutely rejected by you, God, Love and Life stand by you every step of the way offering encouragement, support, love and protection at all times – though this is quite unrecognised by you. This is **your** God. This is **me**. The ever present, invisible, yet **knowable**, force of Love that keeps both the Universe going and **you**. This is the God who flows through your heart, through the portal of every human heart, given just half a chance.*

*Enough now. Go to sleep. Speak again tomorrow.*

Thank you Lord – speak again tomorrow.

Thank you again.

Love,

Me.

23<sup>rd</sup> July

Dear God,

Thank you for yesterday. Shall we speak now or later?

*Now is fine by me.*

Then do you want to say anything about yesterday – all of which is, of course, perfectly true?

*No, let it settle in, which it is doing very gently and well.*

What else, then, shall we talk about?

*This is a very fluid and fertile time. The spirals and energies all over the globe are heating up and gearing up ready for a great big 'push' very soon. There will be several of these 'pushes' and you will know them when you see one. They can be taken as birth pangs for a new humanity about to emerge from the womb of the old age into the present day. A new and wonderful way of thinking will shortly, and very quickly, overtake the old with the new. Do not be alarmed. All is catered for. And you can take your place at the table, knowing you are catered for and knowing that all is well.*

*That is all for now. Come back soon.*

Yes, Lord, I will. Speak again soon.

Thank you.

Love,  
Me.

### Chapter 3: STARTING WORK

Dear God,

I'm back. Do you want to say anything, now?

*Do you?*

Well, actually, there are two things in my mind at the moment. One is: Do I have to ready myself in any way to be able to co-operate properly with this great push which is imminent that you spoke about last time? And two is: I woke this morning with the memory of being in one of the music practice rooms, which was doubling as a dressing room, at school, putting on stage make-up ready for the play and the two-minute call had just been given. I think I may have had one of the main parts. Is there any connection between these two things?

*Most certainly there is. Both relate to the very short time before the show starts. Both imply you have a big part to play in it. And both speak of an alternative view of reality – to be celebrated and **enjoyed**. This is to be a **joyous** time, a time of the coming together of all humanity. You will see it. It will be in **your** lifetime.*

Thank you, God. What shall my part be in it, then? And how can I ready myself to be usefully co-operative when the time comes?

*Your part shall be in living your truth and be seen to be living your truth and speaking your truth and exhibiting your truth. You are to be your living example of **your truth**, and, in that, you shall be an example of **all truth**. Each living person has their own unique truth to be*

*cleaved to when found. A living example of someone being true to their own version of the truth is invaluable to all others seeking **their** truth.*

*As for preparing for this, the act of finding and honouring **your** truth in everything you do from now on is the best thing you can do. This is the ultimate honesty – spiritual honesty – and it can be disguised as nothing less when lived.*

Thank you, God. Is there anything more to say now?

*No, that is sufficient for now. Come back tomorrow.*

Will do, Lord. Thank you.

Love,  
Me.

24<sup>th</sup> July

Dear God, do you have anything to say to me now?

*I think you have something to say to me.*

Yes, I was afraid you were going to say that! I have just had, as you must know, a memory of a very early example of my being **knowingly** dishonest. Knowingly, in the sense of knowing what I wanted to do was dishonest, choosing to do it, and then working out a lie to explain it, and then



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experiencing the dangerous results of that behaviour.

It was when I was very young, possibly seven years old, and my younger brother and I had gone to stay with our Nanny. I was upstairs in her bedroom and found, on the dressing table, a beautiful little penknife. It was so beautiful to my eyes, silver, my size small, with a shiny, white iridescent handle – mother of pearl I suppose it was. I absolutely **had** to have it, it was so beautiful! I reached for it and in my excitement it fell to the floor. I picked it up and told Nanny that I had found it and so it was mine. I do not know why she didn't correct me and retrieve what was obviously hers, but anyway she did not and I took it back with me when we went home.

This penknife was my pride and joy because it was so beautiful and I had found it on the floor, and so it was mine. My brother and our friends were playing together at home some days later and a quarrel started about whose turn it was to play with the penknife. I said it was **mine** because Nanny Sharp had **given** it to me, someone else said it was **their** turn to play with it and in no time I was pulling it and someone else was pulling it and there was a lot of shouting and screaming and then blood and then Mummy came.

It may have been that my mother didn't even know I had it until that moment. Anyway, it was a **bad** thing that happened, and I was a **bad** girl to have

brought it about. I was old enough to know that stealing and lying were **bad** things to do and so it seemed quite understandable to me that all these **bad** things were linked.

Looking back at it now, I am surprised that at that age I could have so clearly equated in my mind the dishonesty, stealing and lying with the bad results that followed, even though I had wanted only to **own beauty**. Do you have anything to say about this, Lord?

*Yes I do, and it is a very salutary story. In the mind of the child beauty is spiritual. It gives a spiritual experience. Your kaleidoscope used to give you that same spiritual experience – even more so because it resonated with a past life when you worked with stained glass as a master craftsman.*

*However, the linking of beauty in this experience with bad things happening was unfortunate and had a life-long effect. It has crippled the artistic side of your nature as surely as a bullet shot from a gun can leave a lasting injury on the body. It need not have happened. You chose for it to happen. And so you have lived the whole of your current life deprived of beauty, for even to allow yourself to appreciate beauty risked **bad** things happening as a result. Yet, it was not the appreciation of beauty that was the cause of the trouble – that was an innocent spiritual experience. What caused the trouble was **what you chose to do as a result of having that spiritual experience**. You chose to try to **own the spiritual experience**. And that was*

### Chapter 3: STARTING WORK

*when the dishonesty, stealing and lying came into operation with all that naturally followed on from that.*

*This is not an unusual happening or turn of events when humans try to **own** spiritual experience. Trying to own spiritual experiences is bringing them **down to earth** for one's own possession which **lowers** their vibrations. Whereas spiritual experiences simply experienced and praised and given thanks for and let go **permanently raise your vibrations.***

*You paid a heavy price for that.*

My Goodness, yes, I can see and feel the logic of all that. That is a terrible consequence indeed, yet, even at that young age I must admit to **knowing what I was doing.** It was just that I had no idea what the consequences would be. The fact that I was a child, does that make any difference to anything?

*No. A child has a clearer understanding of right and wrong than adults. As grownups you think that right and wrong is **taught.** It is not. An understanding of what is right and what is wrong is not learnt by understanding an intellectual rule. It is a spiritual experience, a living spiritual knowledge that you are born with and die with. You can never not know what is right and what is wrong. You are however **always free to choose what to do in the face of that knowledge.***

*Enough now. To sleep. Think on it and come to speak again tomorrow.*

I shall, Lord, and thank you.

Love,  
Me.

I always thought that I was born artistically disabled in some way. But I had artistically disabled myself by my own choice of action, it seems. How very, awfully strange.

Love,  
Me.

25<sup>th</sup> July

Dear Lord,

I have woken this morning with the surfacing of a 14-year-old memory of resentment at being stolen from, which I do not want, and I wonder if you can help me with it.

*Go ahead and describe your truth of it to me, then.*

Well, as you know, I am the daughter of a chartered accountant, have been a book-keeper for a large part of my working life and derive a lot of pleasure from 'accounting' – it is my nature to do so. When I and my second husband divorced, it was natural to me therefore, and important, that I had an understanding of the financial figures – I did not want to be cheated after over 30 years together –

### Chapter 3: STARTING WORK

but neither did I want to take more than I actually **needed** or was fair.

The figures were agreed and signed off to and all went through. Out of these figures £150,000 was reserved, 50% of which (£75,000) was my half of the estimated cost of buying a flat for one of his children, who needed help we thought, and we were in the process of going out together and choosing a flat when the divorce was finalised. However, he never bought the flat, he did not give this money to his child, and he did not return it to me – in effect he kept it and I felt **he stole it from me**.

Every so often I remember this, when I could do with the money or want money for something, and so I have not forgotten or forgiven this. Can you say anything to me about it please?

*Yes I can. What goes round comes round. That is all.*

Well, **really** Lord, is that all you have to say on the matter? Are you saying that my stealing Nanny Sharp's penknife when I was seven or so years old is **equivalent to** £75,000 plus 14 years of interest @ say 5% – let's work this out! This final figure is going to be even **more** painful, because I have never done this before!  $£75,000 \times 5\% = £3,750$  per year  $\times 14$  years = £52,500 + the original £75,000 cash = £127,500! Are you saying, Lord, that my stealing Nanny Sharp's penknife when I was seven years old is equivalent to **£127,500 CASH!**

Yes.

Lord, how **can** you? Please explain.

*Well, you see, it all rests on which ledger you are accounting from – the financial one or the **spiritual** one.*

Oh, I see. So while **I** am using the financial accounting system, **you** are using the spiritual system?

*No, not **me** – **WE** are.*

Who is the we?

*All of us, all that is, the collective, the whole, you plus me, human consciousness, Consciousness.*

I'm finding this difficult to take in. You mean the spiritual system accounts for every act from its spiritual base and even adds spiritual **interest**?

Yes.

Good Lord.

*Indeed.*

Well I never did!

*Indeed. In deed you did and there lies the problem.*

Well, God, I do not know what to say – I am astounded. Thank you. I need to think about this.

Love,  
Me.

### Chapter 3: STARTING WORK

Dear God,

I am still taking this in and digesting it, but I have remembered that a number of years ago I bought a very lovely penknife for cutting baler twine on my cattle straw bales. It was very small and fitted my hand exactly and sat in my pocket comfortably and was very attractive and pleasing to look at, with a rich brown handle and a golden brass blade. And extremely sharp. It did the job perfectly and I loved it. Then one of the stable staff asked if they could borrow it to cut the baler twine on the straw bales for the horses because it was so good for the job and so, for some weeks, we shared this penknife. And then she left, and took my penknife with her! I tried to buy another like it but could never find one and the place where I bought it was unable to replace it. She certainly stole it knowingly, and she certainly valued it highly, like me. The only difference was, **it was not hers**. Is this part of the same energy as Nanny Sharp's penknife?

*Of course.*

Well, do you have anything further to say on the matter? What will bring this negative energy to a halt? Forgiveness? Atonement? Apology? Acceptance? Or does it just fade away gradually?

*No, it does not fade away gradually. It is there for ever. However it can be harnessed for good, with the right intentions.*

How can this be brought about then? Can you explain this to me?

*Not today. Come back tomorrow. Enough for now.*

Very well, Lord. Thank you. Will come back again tomorrow.

Love,  
Me.

26<sup>th</sup> July

Dear God,

I'm back and itching to know how to harness Mrs Sharp's penknife energy for good and thus **reverse** this negative spiral brought about by me stealing and lying. Can you say anything about this today?

*Yes. It is very simple actually. All you have to do is say sorry in your heart to Mrs Sharp (an appropriate name, in the circumstances, do you not think?) and ask her if there is anything she would like you to do to make up for it. That is all.*

Oh, My Goodness – how very lovely. I shall do that and let you know the result, and you maybe can let me know the result too from your end! I look forward to it.

*So do I.*

Dear God,



### Chapter 3: STARTING WORK

I have just seen that I did not **steal** the penknife, I **took** it. On reflection, this seems even **worse** than stealing it, because stealing implies it is taken by stealth, and that means that the stealer must realise they have to keep it secret. But to just **take** something means that there is no secrecy involved and that implies there is no knowledge of wrongdoing so no desire or need to hide it. This is quite shocking to me – the lack of moral connection. Can you say something to me please about this because I find it quite worrying?

*There is no need to worry. Before puberty this sort of 'taking' is innocent because it is before social conditioning has kicked in.*

I do not understand. I knew it was wrong, after I had done it. Oh, I see. The knowing it was wrong came **after** the taking – is that it? The knowing it was wrong came after the **decision** to take it?

*Of course. The idea to take it was not to take the penknife. The **idea** to take it was to capture beauty, and by that have the ability for an ongoing experience of beauty. The **decision** to take the penknife, on which it seemed to you the ability to have the spiritual experience of beauty relied, was when taking turned into stealing, and lies then became imperative.*

Thank you Lord. Yes, I understand, that's better.  
Thank you.

Will come back tomorrow.

Love,  
Me.

27<sup>th</sup> July

Dear God,

I'm back. Do you have anything to say to me at the moment?

*No. Come back later when you have more time.*

Very well, Lord. Speak soon.

Love,  
Me.

Dear God,

I'm back.

My what a full day – what a lot of people – for me – and what a lot of things talked about and carried through! I am so pleased to be able to report that it is not 9.30pm yet and I have got all my affairs of the day completed. I was absolutely snowed under a couple of hours ago and now all is finished and peaceful and I am able to get in touch with you again. Wonderful!

Do you have anything to say to me now?

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*That is how things should be, and can be, when you have trust in the process and respond to Life with acceptance in a willing and loving way. Well done. Twice as much – and even more – can be achieved with that attitude. It is a co-operation with Life, a dance with Life which is very productive, and that willing, loving, accepting attitude will need to be relied upon from now on in order to get all the things done that need to be done on the planet if we are to have a successful transition to the new paradigm. This attitude must be practised assiduously so that greater and greater loads can be shifted without strain.*

*This is a spiritual training ground and you are in training – never forget that. The more you practise being a loving, willing, accepting partner in dealing with what Life brings you the stronger you will become and the less effort will be needed to carry things out and stamina will increase tenfold, too. That is the next step. To get you into spiritual training for what lies ahead when the great contractions start.*

*That is all for now. Come back again tomorrow.*

Will do, Lord. Thank you.

Love,

Me.

28<sup>th</sup> July

Dear God,

I have two things on my mind at the moment – 1. Mrs Sharp and 2. Jean and me regarding this channelling. Which shall we speak about first?

*The channelling is going well. You are receiving me clearly and getting better and better at providing, via words, the nuances of our conversation. I have no comments to make on this process which is satisfactory. Where Jean is concerned it is best if you discuss this together and come to your own conclusions as to what you would both like to do with this work. I shall be pleased with whatever you decide and have no preferences, even, on the subject and look forward to learning what you come up with!*

*Regarding Mrs Sharp, it may be that you have a question or two regarding this, so articulate your mind.*

Well, I did what you said and asked if there was anything she would like me to do to make amends. However, I got no reply. So, a day or so later, I wrote her an ethermail letter in which I laid out my good feelings about her presence in my life. I thanked her, said I was sorry again, asked her to forgive me, told her I loved her and left the letter on the table in her living room with a rose in a glass, and the coal fire burning and the gaslight on, like I remembered it. But I have still not received a reply.

It occurred to me that, if she was incarnated again, maybe she would not have received this. But then, I thought, that could not be, because we are all one and her Soul would have received the letter, even if

### Chapter 3: STARTING WORK

she was in a body again somewhere else. So I can't understand it and feel rather disappointed. Can you speak about it to me please?

*You have touched on a very interesting subject – does the memory of one life carry on **intact** in the memory of the genes and the soul into the next? And the answer is definitely 'yes'. **But**, is it retrievable? And how is it retrieved? These questions are important supplementary ones. In this case the feelings in your ethermail sent on the ethernet have definitely reached their intended spot and had the desired effect – that is to communicate your truth to her – however she is in another body and another life now and therefore did not receive it **consciously**, and so cannot consciously reply to you.*

*What happens in a case like this, and has happened here, is that the Soul readjusts to this new truth received via the ethernet and the energy of the Soul is enhanced as a result. This then filters through to the current consciousness in a healing way. So you can understand that she has certainly benefitted just as much from things happening this way – just not consciously. You have not received a reply because of this.*

*The best thing to do now is to return to the living room and bless it, let it return to the ether, when this will have a healing effect on that room, indeed the whole house. This has been an interesting exercise in exorcism which has played out delightfully to the benefit of all.*

*Well done! Enough now. Come back again tomorrow.*

Thank you God, yes I will, yes, it is very, very interesting to me.

Love,  
Me.

29<sup>th</sup> July

Dear God,

I did what you said, and also brought down, on the outside, a big sunbeam over the whole of the house. I feel content with the matter now. Do you have anything to say on it and has this now changed the negative energy flow of the penknife? This is an example of the present healing the past, isn't it? But then I suppose all healing is that, isn't it?

*Yes it is. All infirmities are a result of past thoughts, somewhere. And yes, the negative energy flow that had been set up by the choices you made then have now reversed and flow in a natural, positive way, again.*

Thank you.

Do you have anything to say before Jean comes today?

*No. We have come to a natural pause. Come back tomorrow.*

Will do, Lord. Thank you so much.

Love,

## Chapter 3: STARTING WORK

Me.

30<sup>th</sup> July

Dear God,

I'm back. I do not have anything to say except that I had a lovely foot massage yesterday and have woken today at 5am and am here! Do you have anything to say to me?

*This is a crossroads and you have chosen which way to go and I am pleased. This will be a good venture and it has my blessings. Go into it with Love and enjoy it. Remember you have no duty, no obligation, no burden here – your only task is to be true to yourself and express that in words as exactly as you can. Your truth is all truths, your truth is another's truth, expressing your truth will allow others to find theirs and that is the purpose of this exercise.*

*That is all for now. Come back later today.*

Will do, Lord. Thank you.

Love,

Me.

Dear God,

I'm back. Do you have anything to say to me today?

*The time has come now for all good people to band together for any cause that they care deeply about. Love will save the planet if it is allowed to flourish. Love will save the human race if it is allowed through. Love is the answer – as it always is – if people will make the choice to follow its lead.*

*It is necessary to be aware of the changes, underneath these times of turmoil and upheaval and distress, that point to a new set of beliefs, a new set of 'fashionable ideas', a new crop of thoughts that are being released, as the old crumbles away. This is not a minor matter for with attention to them so their energy grows through magnetic attraction. Look out for the new that is good, the new that is creative, the new that is loving and mentally cheer them all along – this is helpful.*

*Another thing that is helpful is to spread word of all the good things you notice in this way, for this gives hope which again grows through magnetic attraction and gradually forms into belief in the possible. Belief in the impossible gradually turns the impossible possible simply by magnetic attraction to an idea wrapped in Love.*

*There will be no single Saviour this time – because times have changed. The need is too great, the job too big, the task too gargantuan for one human being but **groups** are a different matter. Two people working together are far stronger and have far more creative effect than  $2 \times 1 = 2$  – more like  $2 \times 2 = 4$ . This goes for all groups, the bigger the group the exponentially greater the energy, creativeness and strength.*



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*So keep your eyes open and your ears open and your mind open to these wonderful new ideas coming through – many actually already grounded and operational – and join them in Love and support and encouragement. This will spread hope, which is sorely needed at present by those who are stuck in the past ways of destruction and hate and force. Let them see a new way of thinking about the world. They have strength too and humanity needs to tap into all the human strength and commitment it can get if it is to survive this time intact.*

*Enough now. Come back tomorrow.*

Thank you Lord, Will do.

Love,  
Me.

31<sup>st</sup> July

Dear Lord,

Is there anything to say to me now? I really love re-reading what you say. It ‘feeds’ me in a funny sort of wonderful way. Thank you.

*Regarding the matter of the times changing there is further work you can all do on a daily basis.*

*It is incumbent on all of you with a desire to contribute in a constructive way to link in on a daily basis with the energy of change and wish it well, connect with the ‘new’ in a willing way as you assess it for yourself, and cheer on all*

*that you see as working towards a loving improvement in the human condition. These are the new daily prayers that really work in the new paradigm, but the need is so great, the changes so fundamental, and the time so short that just Morning and Evening Prayers<sup>10</sup> will not do. It is necessary to 'live' these prayers throughout the day.*

*Practise this throughout the day – Seeing, thinking and noticing **good** things. Seeing, thinking and noticing good things people are doing, saying, carrying out. When watching or listening to the news, let the usual **bad things** slide by gently and do not hang onto them, do not have an opinion on them, do not, in other words, **feed** them in yourself, but let them go gently by and play 'spot the **good** in this news'. You will find you can find more of this than you were previously aware of and it is fun – something like 'I spy with my little eye' with children. This game can be played to good effect during the day's activities too and at night a review of **good** things, ideas, happenings that have been 'rescued' from the day's events can be carried out to good effect, and again, you will find there is more there to celebrate than you were previously aware of.*

*Take all this in and enjoy it, for by giving it your attention, by magnetic attraction, your thoughts will indeed add strength to the very things you applauded. So do not think that, because you applauded something on the other side of the world, your thoughts will have no effect – they have a great effect, a magnifying effect – and you will have added to the good that you wish to increase and encourage.*

*Enough now. Come back tomorrow.*

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Will do God. Thank you.

Love,  
Me.

2<sup>nd</sup> August

Dear God,

I'm back. It did not feel right to come back yesterday, so am here today now. I had a very bad dream last night, and awoke panting for some time in great fear and agitation. I was holding a white, high voltage electric cable which was damaged, spitting and crackling, and throwing out dangerous sparks. I was calling for my daughter to come because I could not reach the fuse box to turn off the electricity without risking climbing onto a metal step ladder which was also out of reach. The only good thing I felt about it when I woke up was that it was **white**. Can you say anything about this please?

*All is well. The reason you woke so late today was that you were resolving this problem in your sleep. There is no need to go into it now. It is complete.*

Oh, good. Thank you.

Do you have anything to say to me today?

*There is a funny feeling in the air and it is to do with what you have all been through recently.*

*Many, many of you, in your own unique ways, have been through high-speed resolutions of really difficult things in your personal lives – you can easily list those closest to you – and it is nationwide, or even global in extent. Whether the outcome is/was successful or not, the **process** can be observed in retrospect to advantage.*

*The key to success is maintaining the Life Force in the events unfolding and being unyielding in your commitments whilst at all times staying connected to the Love Force. You cannot plan moves far ahead in these situations, but you **can** stay connected to these **three main forces of Life and Love and commitment** and follow where they point – when one ends, pick up another.*

*Life presents the events, Love shows the way and commitment keeps you going in the dark. All three can be trusted and can be relied upon and used alone or in partnership. These three are your main allies, and shall continue to be so for some years yet, so get used to recognising them in small events and small happenings. Practise linking with them and finding them in ordinary happenings and events so that when a big drama comes, of which there shall be some, you are not thrown off guard or side swiped.*

*That is enough for today. The dream has been successfully resolved.*

Thank you Lord, will come back tomorrow.

Love,  
Me.

## Chapter 3: STARTING WORK

3<sup>rd</sup> August

Dear God,

I'm back. Do you have anything to say to me at the moment?

*This is not a good time to go into what we need to talk about today, so come back when the day's affairs are settled and then we can settle down to a good long chat!!*

Very well, Lord. I look forward to it!

Love,

Me.

Dear God,

I'm back. What do you want to say to me now?

*The times they are a 'changing<sup>11</sup>, there is no doubt – **really** quickly too, I am glad to say.*

*This transition is going to be faster and deeper than previously expected or prophesied. It is because the young think so much more quickly than those of the past, and so they can manifest much more quickly too.*

*This is going to be a wonderful time – give yourself to it with a full heart and with much happy anticipation of success in anything you take on and do, from now on. Of course, things will not **all** transpire in the way you seek and hope but, as you well know, if the creation of the thought and subsequent events are in tune with Life, Love and*

*commitment – and lived with loving, willing, acceptance – all will be seen as the best in the end.*

*What I want to convey to you today is the thought that everything you do from now on is **greatly magnified**. Be it a small event such as giving away your new bar of organic chocolate today, or a big event such as giving away something worth thousands of pounds, if the underlying energy of those two actions is genuine generosity, then that is the defining quality that counts. The monetary cost of these two actions could be calculated and compared and the result, from the financial ledger, would show that the giving of the chocolate was a much smaller gift than the second gift of something costing thousands. **However**, from the Spiritual ledger things look very different. Here, the **quality** of the giving is what is calculated and on that score the gifts are **equal**.*

But, what total is used? £2 for the chocolate or many £1,000s for the outhouse conversion? They could, from what you say, both be worth £2!!

*This is where the **greatly magnified** comes in. Both givings are magnified by a tremendous amount because of the true energy behind them and that energy spreads at a terrific rate outwards, across the globe and back, seeding and enriching as it goes with the energy of generosity. When I say genuine generosity, I mean Life giving, **Love giving** generosity, which is in the giving of the gift, intrinsic to those two gifts, and as this energy moves outwards and spreads far and wide, it latches onto situations and happenings as it goes and sparks them, where they have*

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*the potential to be generous but are lacking the initial impetus – they need a kick-start so to speak.*

*The wind travels the globe – you know that. You cannot see it, but you can feel it! And the same goes for this sort of spiritual energy now – it travels round the globe and spreads its life-giving effect with terrific speed and purpose – be in no doubt about it.*

Well, Lord, that all sounds very dramatic and very good. Are you saying that when I love a bird or a tree or an insect that this love **does not stay there**, i.e. is not limited to that place or body, but **continues on**?

*Yes, yes, yes, a thousand times yes. The spiritual transaction is much more fun than the financial transaction! It is a living, moving process that goes out and comes back again and, like the old saying ‘when my ship comes home’, is laden with good things for you when it returns.*

*Do not feel you have to totally understand this now. I am conveying the principle to you and you can think about it and see its truth in your own time.*

*Enough now. Come back tomorrow.*

Will do, Lord, and thank you very much. Will come back tomorrow.

Love,  
Me.

4<sup>th</sup> August

Dear God,

Do you have anything to say to me today? I had a lovely night's sleep and feel much restored now, but have no questions.

*Then we shall have a little soliloquy from me!!*

Oh good – I **love** them.

*Your body is responding to the increased vibratory rate of your spiritual energy very well. This is partly due to your **acceptance** of the strange effects, and the consequential relaxation taking place during them, which allows for a deep and full completion of the readjustment that is, in that moment, taking place. It is also partly due to your new diet. You have not noticed the change in your diet, have you? I can assure you that it is quite fundamental and very supportive of the work we are doing. At any rate, things are going along swimmingly there. Thought I would just let you know this!*

*The next thing I want to mention is the matter of money. There is no need at all to worry or fret or think about penny pinching with money. This is because your energies are all **going forward** in a creative and well-oiled manner and this allows Life to respond in the necessary way to **keep** it going along like this.*

*Adding to this is the matter of your sleep and what happens when you sleep.*



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*I know you are, because of the work you have done on dreams in the past, open to understanding that much psychological, spiritual, and healing work is carried out during sleep and this is, of course, true. However, in addition to these areas, there are the dimensional differences that can be accessed during sleep that are not easily available during waking hours. By this I mean the different **Time** zones of past and future (both of which are, of course, in a constant state of flux and change); also the different **Space** zones (for want of a better word) that allow visitations from others to you, and by you to others, during sleep, with **conscious present time communication and memory retention**. There is also the dimension of **Matter** to add to the mix, but we need not cover that now.*

*So, here we have time, space and matter being available to study and relate to during sleep in a completely free way. This has, of course, always been true at all times, however, what is different now in this new age is that more and more of it all will be **brought back** to consciousness and put to good use in present time daily events and experiences.*

*That will be enough for now. I do not want you to get boggled! Come back again tomorrow.*

**Lovely**, Lord. I **did** enjoy that! Thank you. I shall be back soon.

Love,  
Me.

I may well have some questions next time!

Love,

Me.

5<sup>th</sup> August

Dear Lord,

Do you have anything to say to me this morning?

*Today is an eventful and advancing day for our words.  
The process of getting them out there is in good hands, and  
it has my blessing as I have said before.*

Thank you Lord. Is there anything more?

*Not now, no. Come back later.*

Will do Lord, and thank you.

Love,  
Me.

Dear God,

I'm back and have had a good meeting with Jean who is interested in taking a 'discrete block' of your words and putting it on the Blog on Spontaneous Life<sup>5</sup> and then linking with social media. It will be fascinating to see if there is any interest in such a thing or any follow-up on it. Very exciting and I am glad because she has some good ideas about publishing too, which can go alongside that in the learning process. Do you have anything

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to say to me now? I have also had the ground plan of the outhouse conversion and it seems very big, which I am pleased about, just in time for the meeting with the Building Man on Tuesday afternoon!

*Yes, these two matters are in tandem and reflect one another, so it is no surprise that they 'move' both at the same time.*

Well, can you say anything about anything now? I loved your talk yesterday about Time and Space and wonder how I might co-operate with that possibility in order to bring back stuff that is useful to me or Life.

*The main thing to remember here is that these dimensions respond to the NOW and so nothing can really be planned in advance in these cases, just responded to at the time in the most receptive way. The fact that you **know** of this possibility, and accept that such things can happen, means that you are **available** to receive such experiences if and when the time is right. That is all that is necessary at present. The fact that you are **available and in the present** – that is **between** the past and the future – is all that is needed now.*

Thank you Lord. Is there anything else to say today?

*Do not be so sure of yourself – there is a long way to go before we are 'cruising along'. Do not get cocky again – it only delays your forward movement. We have more work*

*to do on you yet before you are anywhere near 'in harness' or we are in any way near first gear.*

Can we do some more work on me now then, to keep things going along?

*No, that is enough for today. Come back tomorrow.*

Thank you God. Will do.

Love,  
Me.

6<sup>th</sup> August

Dear God,

Do you have anything to say to me today? There are several things I would like to remove from my life and wonder if any of them come into the work we need to do. My tendency to fear being short of sleep; the tiny little red dots on the skin of my arms and front which have been there for years and cause no discomfort but are not normal; my belief that if I am tired, the way to not be tired is to eat something – the result being that I overeat; the tinnitus I have had for years. Do any of these fall into the category of 'work on me' that needs to be done? I can feel inflation creeping in now – that, of course, is a major worry, too. Can you say anything on any of these for me please?

*I am not a drop-in Clinic you know!*

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Sorry, just trying to give a steer from my end.  
What can you say to me today then?

*The world today is full of fright and flight – climate change is causing massive fright and flight. Economic collapse is causing much fright and flight. Many politicians are afraid of the global situation and are filling their personal coffers whilst they can so that they can flee. This leaves their people in dire straits. Everyone who is in serious trouble thinks there must be somewhere else to go, where these difficulties are **not** happening, but they are **wrong**.*

*Covid, rampant wild fires, dangerous and destructive high winds, floods, and soon more earthquakes and eruptions of volcanoes, along with dwindling water supplies and never-ending droughts cannot be run from – they are global. Running alongside all this is the decimation of nature's natural processes, wildlife and ecosystems because of the disastrous level of soil, air and water pollution. Then in addition to that there are all the many, many wars and revolutions and violent protests. And **that is only on the land!** The world's oceans are disaster areas too.*

*The whole collapse is accelerating and it is essential that all who see this hang onto their hats and keep at the New Way of Being to see if it can be born. Critical mass is essential and that means that **every person is a vital, essential part of the team**. The acceleration cannot be stopped now, the crash is in full swing. So what needs to be done is to group, band, rally together with those with whom you have an affiliation, a resonance, a common ground of beliefs so that humanity can come through this terrible time and be born into a new time.*

*Each single person **must** link with others of like mind in order to magnify their power. No time to sit on the side lines any more, talking and thinking about things and how they should be better. **Each and every person** must contribute their utmost to the situation, with love and willing acceptance of all the horror that is suffered and taking place, in order to **maximise** the impact. Again, it cannot be done with scatterings of thousands of well-meaning people on their own – you must band together and thereby magnify your effectiveness in a meaningful way.*

*Ask in every moment ‘and what would Life like to do next?’ Pick up or intuit the answer and **run with it**. When complete, ask again and likewise go with it.*

*Remember, the bigger the group the more clout it will have. You **have** to put up with aspects of different people that you do not instinctively like, approve of or admire, when working in a group – you are all human – and that is why it is necessary to follow loving, willing, acceptance as your prime base line, letting all else gently slide by without internal comment or opinion. As long as the core of the group is aligned with the New Paradigm then progress is being made, if only by holding the Fort.*

*There is very little time, a few years maybe, to bottom out and endeavour to turn back. So stick with your chosen path and bring it **alive**. No more interesting but sterile talk. **Your action is required**, with love and joy, in whatever field you have chosen to place yourself to help bring about this new age.*

*That is all for today. Come back tomorrow.*

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Will do, Lord. Good Gracious.

Love,  
Me.

7<sup>th</sup> August

Dear Lord God,

I am back. Do you have anything to say to me today? I have just been talking to my grandchildren and really, I am so pleased with their development. They are both children of Light, of the New Paradigm (born after 2000 AD), though not 'awake' yet, in the sense that I use that term. Do you have anything to say to me about them?

No.

Very well, then. Is there anything you would like to say to me?

*The onus of this work is on **you**, not your children or your grandchildren. As I implied before, there is no time left to think of the future generation and how they might turn out, for it may be that there is no future **for** them if this current time is not committed to and travelled in the **NOW**.*

*No time to waste in other words in idle thoughts and dreams. Idleness is **not** helpful and should not even be enjoyable anymore because of the seriousness and urgency of the current situation. It is most important that you cultivate the habit of living in the **Now** – ideally moving*

*from one 'tap' directly to another or, in your terms, riding a creative, spontaneous spiral to its completion and then joining another. This **can** be done. It only requires **practice**. And practice only requires **commitment**. And commitment only requires the **decision to dedicate** yourself to the **practice**. And so, you see, we have completed the circle – the life-saving circle. If you still wish to carry out the work you say you want to carry out then this is your next project – **practise, practise, practise** surfing the 'taps', riding the spirals, and take joy in noticing your progress in training and perfecting this skill.*

*Enough now. Come back tomorrow.*

Will do, Lord. There is one thing I am getting better at, and I am very pleased about it, and that is noticing the difference between how it was channelling my Inner Teacher and how it is with you. With my Inner Teacher it was definitely sheer **dictation**. That is why it was so important to me to get **every word right**, and why I was so particular about proof reading the typing against all the long hand dictation. With you, however, I do not experience the words coming **to** me from an outside source, but coming **through** me from an **inside (yet I am still independent) source**. This I find fascinating. The more I realise and experience this phenomenon, the closer I get to the experience of **You coming through me**, and you and me **being one, yet my still remaining a discrete entity**. Thank you Lord, I am enjoying this work more and more.



## Chapter 3: STARTING WORK

Love,  
Me.

8<sup>th</sup> August

Dear Lord God,

What can be talked about today?

*That is a very good thing to notice and the practice of noticing that is as important as the previous practices we spoke of.*

*Today I want to elucidate the consciousness behind the present times and put them in the context of your life.*

*As you know, the Whole is composed of the whole of humanity's thinking, all jumbled up from all over the globe, completely up to date and, of course, changing every single nanosecond. This is why it is so important to be in the NOW, because that is the **only place** that is up to date. With billions of you all thinking all the time, large, powerful currents of thought can be created in quite a short space of time.*

*It is just as well that most of these thoughts are disabled and devoid of much of their creativity, because they are merely replaying the past or lying idle in the future, for the bulk of them are negative. The potential **power** of these thoughts, if all united and aiming in the same direction, puts nuclear power on the level of a firework. What we are speaking of here is the possibility of using this power*

*consciously – not Jung’s collective unconscious<sup>12</sup>, but making a usable tool out of humanity’s collective consciousness.*

*This is entirely possible, not pie in the sky at all, for with the instant, global communication that you now have, along with pictures and videos and graphics to enhance messages and thoughts, then an understanding of quite complex new ideas can be sparked and spread like wildfire. This is what we want – an awakening of the derelict thought patterns of the present and a creative redirection of them towards the future you all want. Half of you **do not even know what you want, only that you do not want what you have got.** A continuation of this thought pattern will get you nowhere, and there is no time left for lounging around in nowhere – the situation is dire.*

*That is all for today. Come back tomorrow.*

Thank you, Lord. Will do.

9<sup>th</sup> August

Dear God,

Do you have anything to say to me now?

*Yes, just a little and then you can come back again later in the day. For the moment though I want to put the thought in your mind that it is not the quickest and best way to deal with things by going at it like a bull in a china shop. From*

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*now on life is to be lived on a delicate footing, gently approached and quietly negotiated, if you wish to get the most creative result from it. When you make too much noise, like the bull in the china shop, you are unable to hear your own inner voice. Your own inner voice leads in the most efficient, harmonious and protective way imaginable so do not get in your own way by trying to be in charge. Take a back seat in situations and take it easy a bit from now on. That is all for now. Come back later on.*

Thank you God. Will do.

Dear God,

I'm back. I've had a lovely day and have thought about being gentle, delicate and quiet but I must admit to feeling that is a tall order for me!  
However the thought is in my mind! Do you want to say anything now?

*Yes. It is not a very long way from the truth to say that things are moving along faster than expected on all fronts – domestic, local and political. You will have to keep abreast of things if you want to stay up to date and connected. It is not necessary any more to avoid the news like the plague – soon good things will be reported in increasing numbers – so listen to more of the news with that in mind from now on if you want to find the positive with which to lend your thoughts and encouragement. Do not be put off by the things you do not like to listen to – if you are scouting for good news of the new paradigm then*

*that is a sufficient shield from harm. If you **accept** the negative items and let them **gently** slide by without getting caught up in the horror of it all or judging it and then becoming emotionally charged, then it will be worthwhile and a good practice for you. These good new thoughts all need as much encouragement as they can get, for they are but embryos at present.*

*The other matter I want to discuss with you is the matter of how you have chosen to put out our words. Blog and social media are all good and fine. It needs to be more than that though if you want to spread our words far and wide as you have said you do. Speak to Jean and see what else there is that you may be able to do in addition to the Blog/social media route.*

*That will do for now. Come back tomorrow.*

Yes, Lord, I will. I look forward to it and thank you.

10<sup>th</sup> August

Dear Lord God,

I am surprised this is the first time I have tuned in to you today but on thinking about it I have had a very full day and even though it started at 7.30am – early for me – and it is getting on for 8pm now – **and**, I find, I did not have any lunch and one

### Chapter 3: STARTING WORK

appointment was cancelled – it was a very full day and I have had another big thought about the new building project which I think will be worth pursuing.

Do you have anything to say to me tonight?

*I see you have been listening to more news and finding some so lovely things to link your thoughts with. That is good. You have also, I notice, had a few times today when you could easily have got into negative gear, yet you stayed in willing acceptance and that was very good. Well done. You also had an important 'flushing' of Life Force through your heart when you were sitting in the sun and that is to be applauded too. All these things, taken in singles, could seem rather small and unimportant, however I can assure you that in aggregate they are a significant contribution to the Whole and with continuous practice they will become second nature. Good work.*

*What I want to talk about tonight is the relatively recent phenomenon of 'guarded optimism' arising in some quarters. Not the state news, of course, but in some quarters of the new movement there is an almost 'shy' feeling of hope. There they have worked in the dark for so long, against all the odds, and against all proof that their work was in vain, and their commitment has been stellar.*

*A few recent things in the area of energy and the manufacturing of food have materialised that may have a very great beneficial effect within quite a short space of time. People are also beginning to band together outside the political systems, in growing numbers, to 'get things*

*right' and 'put things right' as they see it. This 'taking the future into their own hands' is a very good thing and also brings hope. Naturally, it is the young who are driving this for their energy levels are high and their personal commitments low. It is this high energy level and passion which will fuel much change from now on as this next generation comes to the fore at a much, much younger age than in previous generations.*

*So whilst the bleak picture I painted a couple of days ago is true, so is the balancing of the new breakthroughs that have yet to be heard of. Soon they **will** be heard of, along with many other hopeful signs of human behaviour being 'on the turn', and then we can think in terms of fashionable new ideas and activities raising the bulk of the western world's attention.*

*There is a sleeping leviathan in the West which is slumbering in front of the TV, under the influence of alcohol and poor food, amongst other things, and when it wakes, its strength and indeed intelligence will be set free to join the new way of being and this will be a major new contribution to the effort.*

*That is enough for now. Come back tomorrow.*

Will do Lord, and thank you.

Love you.

## Chapter 3: STARTING WORK

11<sup>th</sup> August

Dear God,

I have thought about this and think that my youngest grandson is delicate and gentle, and his father is quiet. Whilst my daughter is like me – noisy, in your face and too direct!! So I shall try to act more like my son-in-law and my grandson and then maybe respond better to Life.

Do you have anything to say to me today?

*What I want to say to you today is that the need for all human activity to begin joining up into effective chunks of thought and intention is good because need is a perfect starter for new ideas to be born – ‘necessity is the mother of invention’.*

*The greater the need the more likely it is that sclerotic thinking will soften and make a move and come up with something new. So many good ideas in the past have been ditched because they have been thought to be more than one person’s ability to carry out – and they were – however, now you are **not** helpless in finding others to gather around a new idea. The internet can link the only 6 people in the world, if necessary, to forward a totally new concept and bring it to birth. The moanings of parents at their offspring spending too much time in front of a screen can stop when these same children start banding together to bring an end to something undesirable in society, or show how something intractable can be simply solved.*

*This process has already begun – and it will accelerate from now on. So be on the look-out for these **good** things in the news that you can celebrate and send encouraging thoughts to for they need all the help they can get if we are to get through this time. Children and young adults have what it takes – innocence and courage, strength and stamina, passion and vision – their Soul unclouded as yet by the demands of convention and the current rules of society. **They are the future rule makers and they are already on the move.** So support them. Give them and send them your love and encouragement. And when you do this by thought alone do not believe that this help is in any way **less** than outer practical, intellectual or financial help. It is invaluable to them emotionally and spiritually and finds them where it is needed by automatic magnetism – Love homing in on Love's need.*

*You have just had a big fright losing all this typing so we shall leave things now that Jean has rescued you (with an introduction to the 'undo' button) and you can recover your composure! Come back if you want to today, and tomorrow if not.*

Thank you Lord – Oh my goodness what a shock! –  
Sorry, but.....

Love,  
Me.

12<sup>th</sup> August

Dear God,



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I have had a good go at my new system, of selecting and making a collection of your words, in time for Jean to see if it is a good thing to do from her point of view before I go any further with it. Thank you for your help yesterday. Do you have anything to say to me now?

*This is quite an eventful time for you isn't it!! Dramas all round. Never mind, that is to be expected when you try to be delicate, gentle and quiet!! It is the flick back of the stretched elastic band when you let go of it. Just stay steady and all will adjust itself, no harm being done.*

*Yes, I do.*

*We must knuckle down to some 'real' work. Not that what you have been doing so far is **not** real, however our work could be more useful than that which we have been doing up until now.*

*The tide is turning and with it the currents of human thought and it is necessary to keep up with what is transpiring on a global front. I want us to change our mode of working for a while and revert to the way you used to work with your Inner Teacher – **DICTATION!!** How do you feel about that?*

Well, that is OK with me. Do I have to do anything differently?

*Yes. It would be beneficial for you to take a more relaxed and open state of mind, for you will not be involved in the same way – it will not be a joint conversation, but more of a monologue from me. You need not worry too much about*

*the accuracy at first, till we get used to this, but I will correct anything major that is wrongly picked up.*

Very well Lord. When do you want to start this new way of working?

*Now.*

OK, then, I am ready.

## Chapter 4: REAL WORK

*This is not a game that we are playing. It is deadly serious. To many of you reading this it will seem quite barmy and out of this world and due for the bin immediately. However to others it may ring true or be worth another skim though. Yet others will understand what it means at a very deep level and will find it immediately worthwhile and put it to good use.*

*We are sending this information and this letter to all of you so that you can sort yourselves out and those who do not gel with it can come back another time should they feel softer towards it at some future date.*

How was that, God? Did that bit go OK?

*Don't interrupt. Yes it is satisfactory. To continue:*

*What it is all about is the changes of the ages and the deliverance of society from its oppressive systems into a new way of co-operation and harmony. This involves many changes of thinking and many difficult decisions, once these changes of opinion have taken place. You may lose your friends or not – that depends on how dependent you are on them and how accepting you and they are of different opinions. However it is not necessary to think in terms of losses but of gains. This is all about gains to the human race and to all who read this and wish to take it further.*

*That is all for now, this is merely an introduction for a new way of communicating with you.*

Well, Lord, that was very odd!! Is it going to continue like that? I do not look at the screen at all!!

*Yes, that is how it will be for as long as we need to do it this way, and for as long as you wish to do it this new way with me. That is enough for today. Come back tomorrow.*

Will do, Lord and thank you.

Love,  
Me.

I must say I found it very odd. I do not look at the screen at all and only go back to correct typos that are obvious when I look at it at the end. I am curious about it and wonder what on earth we are going to be saying!!

13<sup>th</sup> August

Dear God,

Do you have anything to say to me before we start the dictation?

*No, we can go right ahead.*

*This is not to confuse you with the ways that have been in operation for millennia; this is not to befuddle you with two sets of rules; this is not to try to muddy the waters in any way; but you have to accept that there is likely to be a definite period of time when these **two** sets of rules are*

## Chapter 4: REAL WORK

*operational. This is **bound** to be confusing if you feel that only **one** set should be adhered to – it is not like that at all. **Both** sets can be honoured simply and easily by **honouring the validity** of both. It is only confusing and muddy if you feel that **only one set should be right**. **They are both right** and can both be honoured at the same time – by living the paradox.*

*That is all for now. Mend the mistakes and come back tomorrow.*

Thank you God. Glad to be back in harness – had a bad morning – but feel OK about it all now.

Love,  
Me.

14<sup>th</sup> August

Dear God,

Would you like to do some dictation again now?

*Yes. What I want to say today is that ‘we are all in this together’ as the politicians say! The whole globe is in trouble and trouble of a very difficult time, and type. It cannot be resolved without all peoples working together and the capitalist system is not built for such a thing as you well know. This is going to be so, so difficult for all the money men to get their heads round what they have to do. They will resist until the last coin has been counted and the last cash stashed. But, as they used to say, you cannot eat money, and you cannot drink money and you cannot*

*breathe, most of all, you cannot **breathe** money. So they will have to give in in the end.*

*The point I am trying to make is that a thought re-positioning in the deepest sense will have to take place, and take place pretty quickly, if things are to be rescued in time. The money that is lying unused, for the bulk of humanity, will have to be released. This will cause, strangely enough, much, **much** poverty, when there is enough of that already, before things are changed sufficiently to equally reflect the needs of the people of the globe. This economic re-distribution is something that has been talked about and dreamed about and fought about for centuries, but in this time of desperate need, with everything collapsing, it may be that it will come to its dreamed of appearance. However, it will again be as a repositioning of the economic system onto a more equitable basis.*

*There will be difficulties along the way and, as now you have displaced people in the geographic and climate sense, then you will have displaced people in the economic sense as the rules of the game change out of necessity. There have always been the poor and the attempts to remove the poor have always failed because the only way the poor can be removed is for all people to share equally the resources that are present and available. And that is the lesson the peoples of the West and the Capitalists and the ones who dream of being the richest person in the world have to learn and succumb to – you are all in this together and so you had better learn to share or you shall all go down the tube together.*

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*Enough now. Come back tomorrow.*

15<sup>th</sup> August

Dear God,

Would you like to do some dictation again now?

*This is not an idle matter or an idle time. We are talking and writing and learning and getting ready to 'put it out there', when it will have an effect far greater than you currently imagine. This work, which you love and which I love and which Jean loves, is **so** worth doing, I can assure you.*

*What I want to talk about today is the subject of veniality.*

*This is widespread in your society and getting to be so more, and more widespread globally, by the hour, certainly by the day. It is infectious, unfortunately for you all, and once established as a norm is difficult to uproot, like an invasive weed. This has to be looked at fairly and squarely for it will not go away of its own accord.*

*Before you can remove something you have to be able to see it, and before you are able to see something you have to have the courage to look something in the face that you do not wish to see. So, like child abuse and genital mutilation and gang rape, these difficult subjects have to be honoured in the sense that you all have to have the courage to see that they **do** exist in your society, much as you wish they did not, and they must be faced up to.*

*What is happening at present is that because these transgressions are becoming so widespread the easiest way out, people are finding, is through acceptance of them as the norm, or the opposite, of a refusal to accept that they exist at all. Veniality means 'forgivable' or 'easily forgiven' and more and more difficult behaviours that cause much harm are being accepted as easily forgiven or denied, which allows them to flourish.*

*The true way to face this conundrum is the way black people have with Black Lives Matter and women who have been sexually trafficked have by having the courage to 'go public', peacefully. The common ground with all successful movements like this is the courage of the 'victims' to come forward and go public with total transparency and honesty about what has happened to them, and a desire for the truth to get out there being the main driving force – not revenge. Then things can start to change for the better, for you are in a position to see what is happening and decide if it is what you want, as a society, to accept as normal.*

*These qualities of courage and uprising in the 'victims'; honesty in telling their tale; desire to spread their truth in peace not revenge; and their motive being to bring to an end the continual repetition of that particular form of behaviour which has been experienced as 'wrong' by them, leaves Society as a whole in a position to readjust itself and to outlaw this behaviour, or 'encompass' it by accepting it and allowing it to become 'normal' (as with homosexuality, or living with a partner of the opposite sex*



## Chapter 4: REAL WORK

*and having children together, without being married, since the 1950s) if it so wishes.*

*There are many fields where this approach could be used to good effect – wage comparison for example. The richer people are, it often appears, the more resistant they are to others knowing how much they earn and this also veils gender inequality and race discrimination and ageism and class preference (the old boys' network). The constituents of food and drink also need to be re-assessed for they cause so much ill health and cost to the public purse apart from individual misery – where food and healthcare are run for profit rather than nourishment and healing. Then there is warfare. So much of the economy of some countries is run on the profit made from supplying wars waged in countries other than where the weapons are manufactured, assembled or distributed and the ordinary citizen is ignorant of this.*

*Then there are the non-disclosure agreements or contracts that are so widespread nowadays that specifically exist in both the public and the private sector to stop the truth from getting out. What would you all think and decide if you knew what was actually going on in large sections of society? There are many, many other sectors you can think of where honesty and transparency are the last things the professions and industries want to have anything to do with – vehicle emissions being one such recently discovered.*

*So, courage and honesty and a desire to tell your tale to the world can, indeed, change the world. Think on it.*

*Enough for now, come back tomorrow.*

Thank you, God. Will do.

Love,  
Me.

16<sup>th</sup> August

Dear God,

I'm back – do you have anything to say to me  
before dictation?

*No, we can go right ahead.*

*This is the moment to be calm and disgracefully  
complacent! It is the moment of completion of the past and  
the beginning of the present into the future. By that I mean  
that we, you, can be sure that **some** things, at the very  
least, are concretised and their fulfilment is secured and  
absolute now in Time.*

*There are things that are forever in flux and there are  
times when things are absolute in their determination and  
**nothing** can undo them. This is such a time now and I am  
pleased. This is all, to you, I understand, completely un-  
understandable and so I shall endeavour to explain a **little**  
of what I mean.*

*It is to be imagined that the world was on the cusp of a  
most terrible/or not decision just now and it could have  
gone either way with ease, so equally balanced was the  
choice of you all. However, I am pleased with your –  
humanity's mass choice – very, very recent decision to*

## Chapter 4: REAL WORK

*carry on rather than choose the route of mass destruction. **Now**, the work begins!! Oh my – **what** a lot of work there is to do! But the decision has been taken by you all, by the mass of you, by the whole of you, to carry on and I am well pleased. The outcome is not in jeopardy any more, now you can start the work of re-construction in earnest. No longer need you in the conservation field feel you are ‘spitting in the wind’; no longer need you in the fields of commerce and business feel the tide is forever going against you and all you try to bring into being for a new way; no longer need there seem to be, for the mass of humanity, overwhelming reasons for ‘**no hope**’; for this tide has now turned – I can assure you that the tide has turned and the work ahead now is to be **so encouraging**, if daunting in its magnitude, because the **ultimate outcome of success is assured**.*

*This should bring, to all of faith, great joy that their faith has been rewarded and was not placed in vain. And to all those of no faith it should bring great joy that their commitment and hard work and determination to continue seemingly against all odds is to be rewarded.*

*That is all for now – Blessings and tidings of joy to you all.*

*Come back tomorrow.*

Wow! Will do Lord. Thank you. That is **so good!**

17<sup>th</sup> August

Dear God,

Is there anything you would like to say to me before we start?

*No, we can begin.*

*What is necessary to speak of today is that of the difficulty you are having in the area of health.*

*Much ill-health in the present day is, as you know, to do with the poor diet and the poor food you are all taking into your systems. This throws the whole set up out of balance and only with sincere, slow and dedicated attention can this be brought to rights again.*

*You were in at the beginning of this in the 1970s when the organic market place began to arrive, though it was some years before that term came into current usage, or even understanding, so you will understand what strains you are under now after all that extra time. Wonderfully, now there is the **choice** to eat healthily and the supply and variety of this healthy food increases by the week, but so does the ruination of the remains of the food available. Some of this is **positively poisonous** to the human body, though very lucrative to the 'bottom line' and 'very tasty too'! Ways of making a profit whilst at the same time amusing the public or pleasing the palate and thereby distracting attention from the fact that this may be sold as food but it has no nourishment, in fact it is the opposite of nourishment, are legion. The body can have a 'craving' for something and thoroughly enjoy eating it, but that does not mean it is in any way a wise or a good thing to eat.*

## Chapter 4: REAL WORK

*Another level to this matter of eating is the history of the ingredient that is going into the mouth. I will call this the spiritual or intellectual background, and it is just as important in the long run as the inherent nourishment for the body. Food does not just nourish the body, it nourishes the mind and the spirit too, and leaves behind it when it has been consumed all the vibrations and history of the production of that product. If what you have just eaten has been manufactured or grown or produced in circumstances of ill health, slavery, degradation, uncompromising profit taking and complete disregard for the negative effect of its production on the earth and its soil – then that is another layer of poison that you have taken into your system **and which remains in your system**, poisoning and badly affecting you long after that food has been digested and the actual physical remains of that food has been discharged.*

*At the opposite end of this matter, when food is taken into the body that has been grown or manufactured or produced in conditions of love and care, both for the product and the people who prepare it and those who are intended to consume it, then it has the effect of **enhancing** the lives of all who consume it, for it nourishes all the levels of mind, body and spirit with its vibrations of health and well-being. This is what **true** food does – it nourishes the body and enables that to function at optimum level; it also nourishes the mind and enables clear thinking; and it nourishes the spiritual connection and lays the foundation for a functioning intuition.*

*We shall end this now – you are getting bogged. Come back again tomorrow.*

Will do Lord, thank you.

18<sup>th</sup> August

Dear God,

I have had a good visit from Jean and we have decided we are going to do some ‘Thought Pods’ for the Spontaneous Life<sup>5</sup> website and see what happens with that after they have been advertised on social media. I am very pleased and content with that decision and hope that you are too. Do you have any dictation for me tonight?

*And not a moment too soon I might say! Yes, I am pleased with the decision – it may go better than you expect!*

*Tonight I wish to explore the subject of something you have been thinking about for some time, but not very consciously, so this will bring it to the fore and make it more obvious and understandable. It is the subject of euthanasia.*

*The idea that Life can end Itself is a wrong one. Life/Love/God/ All that is/ The Whole is forever continually and continuously **renewing** itself, and for that to take place means that Life does **not, ever, end Itself**. It is in a constant state of renewal and change and therefore an **end** is something incomprehensible to it.*

*Life is forever, it never ends, merely changes form and dances with endless opportunities and possibilities and*

*choices. It is the human identification with the body that has confused the disintegration of the body with the **renewal** of the individual into a **new form** – a spiritual form. In that process there is a parting of the ways and the body goes one way – back to the earth and changes its form as it does so – whilst the individual consciousness that has inhabited that body until the point of so called ‘death’ goes another way – and changes its form into spirit, whilst retaining its individuality and all memories of the recent life.*

*Euthanasia therefore is a personal choice to ‘change form’ into spirit form – it is a choice, just as one can choose to have a leg amputated or a tumour removed. It is a choice to part with the body and continue on, leaving the body to disintegrate and return to the earth. This is **not a sinful thing to do**. It is a choice, pure and simple. The other way of approaching this is to hand over to Time the ability to decide when this change of form shall take place – death of the body is inevitable eventually, we are only speaking of the matter of **when**.*

*This also, of course, applies to suicide, which currently has a very bad reputation and a real taboo around it. Suicide is also the choice to **change form** and the difference here is that it is often a lonely, sad and loveless experience carried out alone and in distress. It does not compare favourably with euthanasia where one can be with one’s loved ones and experience the parting surrounded by love.*

*When you die, you change form by parting with the body and moving on, complete, in a fully spiritual form. There is*

*no right way or wrong way with this – it is a choice, pure and simple, to change form and continue on.*

*That is all for now. Come back tomorrow.*

Will do, Lord, and thank you.

19<sup>th</sup> August

Dear God,

Do you have anything to say before we do dictation? I am finding it more difficult to choose a ‘thought pod’ than I thought – I think I shall have to let them choose me!

*Yes, yes, let them choose you. They do not have to be chosen in date order at all, that is the worry that is confusing you. Now to dictation.*

*This is not the time to feel sorry for yourselves, this is a magnificent time to be alive and a great honour that you have chosen, rather your Soul has chosen, to be alive at such a time, at this time.*

*The changes that are taking place now are multitudinous and the significance of them cannot all be understood or taken in at the time. This is a very ‘fluid’ time and when in a fluid time all you can do is ‘swim’. Do not be afraid of the water, do not be afraid to swim, I shall be there with you, and there are many, many others swimming alongside you too if you calm yourself and look. You can be in the*



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*company of other swimmers and learn from them little tricks of how to stay afloat in these tumultuous times.*

*Be not afraid is the motto. For I am always with you. Swim, swim gently and without fear and all will transpire as wished for and all will be well.*

*That is all for now, come back again today if you wish, or tomorrow if not.*

Thank you Lord, Will do.

20<sup>th</sup> August

Dear God,

I have just had the thought that these dictations are Pods extruded out of the Now at the very time I sit down and tune in for one! So you are speaking to me in the most appropriate manner and on the most appropriate subject, at that moment, from the Now, as the Now, and therefore you must **be** the Now! God **is** the Now!! I have never twigged this before! How simple it all is. A Thought Pod is therefore a bit like an egg – a Golden Egg laid from on High by The Now!! Is that in any way correct?

Do you have some dictation for me today?

*Yes, that is so! Fun, isn't it?*

*Yes I have dictation for you for the next pod to be received, or the next pod to be laid!*

*It is, this morning, on the matter of relating to others you come across during the day.*

*This can be a very illuminating experience for anyone you meet, and that goes for **everyone** and everyone **they** meet, not just you. You are so often completely blinded by those so close to you, and how you relate to **them**, that you give scant regard to those you pass by during the day. These encounters of a fleeting nature are far more significant than you can possibly imagine. Whether it is relating to another as an acquaintance or a stranger all comes down to **attention and whether you see them or not.***

*This is a serious matter to think about and observe in yourself because if you do not **see** another, you cannot relate to them as a Soul, but merely as an **object**. This is where **authenticity** comes from, relating to another as a soul, as another being, and giving them the ‘time of day’. This ‘time of day’ is not clock time but quality attention to them in that moment you are interacting and it can have surprising and creative results.*

*Those who are closest to you elicit from you the most attention – frequently only because they are present during the greatest quantity of clock time – yet others may be tossed aside as being unimportant, or even a ‘nuisance’ that have to be ‘put up with’ or endured, in order to get **your** things done. Watch out for this in yourself for it is widespread in society. Much smiling and ‘pretending’ goes on to try to mask and cover up this fact, but it is widespread and it is being done to you just as much as you are inflicting this on others. Do not imagine that this has no effect on others or yourself. It is very, very debilitating*

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*to all concerned, even to those merely watching, because it is **not authentic**, it is **not your truth**, and it takes up a lot of clock time!*

*Where to start with this I hear you say. Well the first and most important thing to do is to **notice** when this is happening, notice when you are going through the motions and are just really wishing this event or conversation was all over so that you can 'get on'. Carry on noticing this and picking this up in yourself until you can immediately recognise it as happening whenever it does so. At this point you have a choice to continue acting in this way or experiment with something different every so often, and see what are the results.*

*For instance – often a conversation is taking place when you are short of clock time and feel at a subconscious level that the more pleasant you are, the more quickly the encounter will be over. This is not correct. The more pleasant you are can have the effect of extending the conversation if the other person is taken in by your 'acting' and is enjoying it and thinking that you are too; whilst, if the other person is not taken in by your pretending, they may well continue the conversation longer in order to try to make real contact with you. An honest admission that you are short of time and cannot stay longer can be accepted with good grace because it is the truth – and you are being authentic by speaking your truth. If, at some level, you fear they will feel worthless if you cut the conversation short; or that they may feel you think that they are not worth the time spent on them, then simple words can be kind – 'I must love you and leave you' is a*

*common one, or 'well, I mustn't keep you', or 'must get on' – and both parties are then left having been seen and heard. This, of course, is even more true for phone conversations because you, and what you are about, are literally unseen.*

*The fear of 'being rude' is also widespread and a frequent extender of conversations where both sides cannot end the conversation because they **both** fear being rude, and the result of all this pretending, for fear of being rude, is sterility and emptiness and an even stronger feeling of 'a waste of time'.*

*This, as you can see, all comes about through a confusion between clock time and quality time. More and more clock time spent does not equate to more and more quality time spent. And conversely – a little quality time, maybe only seconds, can have an enormous impact for good in another's life, maybe that of someone you do not even know. It colours the whole of the rest of that day in a more positive light for them and makes things better for everyone else **they** meet, too.*

*Every true encounter between souls is magnified a thousand-fold as it spreads outwards.*

I'm sorry Lord, I seem to have lost it this time and may have interfered with the flow. I think we did not go where we were meant to and wonder if it is all a bit messed up. Please let me know if it needs changing or deleting.

## Chapter 4: REAL WORK

*It is not as good as it could have been if you had not tried to understand it as we went along. Do not try to understand it. It does not matter if you understand it or not – it is not for you!! It is a pod for 'putting out there', as you say, and those it fits will find it. You do not matter in this – it is dictation and the less you are involved the better it will be.*

*Enough now. Come back tomorrow and stay with the flow and do not try to be part of it!*

Will do Lord, and thank you.

Sorry.

Me.

21<sup>st</sup> August

Dear Lord,

I am back. Is it right that you are also the NOW? I think that may be a very good description of what we are doing – laying a pod from the Now now, to the present now! Do you have any dictation today?

*How do you think we are going to do this if you are facetious? This is not a facetious matter and I do not appreciate your silly remarks!! This is a serious matter and it must be taken seriously or we are not going to carry out the things that we meant to at the beginning.*

Sorry, God. I do not want to belittle what we are doing. I am sorry. Please continue.

*Stay with the flow this time and do not interrupt and do not try to understand it or take part in the discussion. It is not for you! Remember that. We are doing this as best we might for the benefit of all who read it, and it is not for you to decide who that might be. It is for the magnetic flow to decide and direct the eventual landing of this message. But you can be sure that it will be landing at the right place because of the fact that it is not being 'sent' by us but being 'drawn' by **them** to themselves and themselves only, at that particular point in time. And that will be for a particular reason and it will be a good one, and it will be healing and beneficial to them, of that have no doubt.*

*The friend you met earlier today is hurting, as you can see, and it is good that she came to you just now because you **did** help her even if you felt that you did not. You are **there** and she knows she can come over whenever she wants to and you will listen to her and be there for her. Her position is not easy at present and the little help you give her has many, many good results flowing from it. And she is grateful and knows that she benefits from the knowledge that you are there.*

*Enough. That will do for today, no actual dictation until next time. Come back tomorrow.*

Will do Lord and thank you.  
Me

23<sup>rd</sup> August

Dear God,

## Chapter 4: REAL WORK

I have finished Home with God (by Neale Donald Walsch<sup>13</sup>) and liked it very much. I think I shall not read any more for a bit as I am getting mental indigestion and would prefer to re-read some of the old ones again than take on anything new. Sorry to prattle on.

Do you have any dictation today?

*Yes. Do not be afraid of being left behind. It is **not** going to happen. This time is for the others and if you can stay disciplined, if you wish to do this work, we can get to a regular and comfortable rhythm with it all and it will be very good for the others too. I applaud the Thought Pods and the first one that is up is of good quality and, if you keep to that quality, it will be fine. Remember it is not quantity, but quality we are creating, because with quality the message is fished out of the Now automatically by the need of the recipient. If the quality is more of a great quantity kind, then many, many seeds need to be scattered, for there is not much attraction other than simple chance going on. Keep the quality up and do not worry or fret about the quantity, nor the quantity of views or likes or comments. We are not aiming for fame with this exercise, but tailored messages of hope and sustenance to those in need, and all of them to travel on the wings of Love.*

*As for the dictation today, just relax and receive. You do not have to understand or even really take much notice of what I am saying. Just get it down as best you can, correct the typos afterwards, and read and understand enough to turn it into a sensible Pod. That is all that is required –*

*your brain is not needed to be involved except as a receiver. So relax back and enjoy it.*

*My message here today is for the faint-hearted and the weary.*

*This is a time of much ferment and that is exhausting, especially when you do not have much strength and you do not know where to turn. Much is available to choose from and many, many mouths will give you good advice if it were for them!, however when it is for you it can only come from inside your own self. Guidance now must come from inside your own Being for that is where the perfectly understood solutions lie. Solutions that not only look good to the outside world but feel right to your inside world as well.*

*When you have a problem therefore, ask outsiders for advice if you wish to collect facts and figures or facts and data that you do not have and which you need in order to be able to solve the conundrum you are facing, but for the answers you must look within. Be quiet and go inside yourself and learn to pick up the little ideas that can come to the top of your mind when you give yourself the time and the space to be able to receive them. They make sense. They are your own wisdom, not someone else's, and they are tailored exactly and precisely for you and you alone at that time.*

*The first step is so often the hardest for it is new and scary. But after a few steps this way of walking is understood and then it is only a matter of practice. So practise, once you start. Do not dismiss these ideas, these problem-solving*



## Chapter 4: REAL WORK

*ideas. Embrace them and love them and say thank you to yourself for bringing them forward for your attention.*

*For you to look at a new way of being in the world requires courage and it is often when we are at our lowest that we are lucky enough to have the guts to try something new like this. Go inside. Quiet. Relax. Ask. Be peaceful and gentle and slow and feel the answers there, all ready for you, start to surface. Collect these little ideas of change with love and see where they lead.*

*Enough now.*

Thank you Lord, was the 'enough now' for the Pod or a sign of the end? Do you have any more dictation today? Was I more out of the way this time?

*As you well know, the words 'enough now' mean that is the end of what I wish to say for now – both for the pod and for the work. Yes, you were better with this one than the last one, but you still have a tendency to want to break the flow to correct mistakes you know you have made, because you have a tidy mind and I understand that. But it would be better to let it all 'fall out of your mind' onto the screen and if there are too many mistakes because you are falling over yourself to get it all down, do not worry we can correct it together just as we did with the Songs and 'Love is all there is' and 'Love is all you need'. I am still here even after 'Enough now' has been typed. So carry on in this way for some time yet and learn to let go and let it all out regardless of it being untidy and full of mistakes to start with.*

*Enough now. Come back tomorrow.*

Thank you Lord, will do.

Love,  
Me.

24<sup>th</sup> August

Dear God,

I am here. Do you have anything to say to me today, or have a dictation pod?

*Yes. I have both. To the initial remarks – it is not a sorry tale of ‘not good enough’ – you are quite good enough, you do not have to feel that you are somehow inferior and not up to receiving this work. It is a very simple task and must not be given so much weight. If you do not do it, then someone else will, it is as simple as that, **however**, if you do it, it will be best. So you **are** needed!*

*Now to the work.*

*The pod today is on the subject of carving out your place in the world.*

*For the young ones this is their main task of course and it is arduous and painful indeed, but for the older ones, they have already carved out their place in the world and to be asked to do it again is daunting and somewhat, it is felt, unfair. **However**, circumstances change and it **is** necessary sometimes, and especially at this time, to change course*

## Chapter 4: REAL WORK

*and seek new avenues of expression and livelihood. This is a challenge, and it cannot be done without trepidation, I admit, however it will not succeed so well when undertaken in a spirit of self-pity.*

*This is an adventurous time, for the adventurous to undertake a new adventure!! That is the spirit in which things can turn out successfully and quickly be transformed from sorrow and loss into possibilities and joy.*

*It is **your** energy that is driving the future, it is **your** energy that will manifest the new opportunities and ways of looking at the world. So do not befuddle the situation and cloud the view of the future with self-pity and mourning and anger. Be of clear sight, be of clear mind, be of clear intention – to make the future bright and enjoyable and successful with **your own** energy.*

*And this **is** an adventure. Production will return, and all because **you want it to and you seek it** – so experience it as so and success will be yours even though you cannot even see the direction in which you might travel yet. Sight will clear, opportunities will arise, purpose and vision will be re-kindled – all is not lost, all is yet to come! Many blessings.*

*Enough now.*

Dear God,

I have corrected the mistakes and enjoyed doing that. Is it OK, or have I missed something? Do you

need to correct anything and was I better at letting go of trying to follow what you are saying?

*Yes. That was better. You know when it is better, because you enjoy it more. When it is perfect you will enjoy it brilliantly and feel blissful, so there is much to be gained by 'letting go and letting God'!!*

*Enough now, come back tomorrow.*

Thank you Lord, will do.

25<sup>th</sup> August

Dear God,

Do you have any dictation for me today?

*Yes and it is on the subject of pain. Pain I know is dear to your heart and you have studied it quite a lot and observed it in the past but it is needed to approach it in another way now.*

*What we need to do is lay out a foundation for a pain relief strategy for pain that is not very well defined. It is ill defined and rather light in tone and all pervasive. All pervasive pain can be so debilitating for it colours and removes vitality from the whole life of a person. It is like low level pain of the body. This type of pain is low level, but not of the body, it is of the heart. Human hearts are hurting very much all over the globe. This is a type of*

## Chapter 4: REAL WORK

*illness that cannot be taken to the doctor or pills bought from over the counter because it is so low level, so all pervasive, so unreal that it cannot even be described properly. But it is very damaging and so, so poisoning of a person's life, like hazardous air quality and smog, it cannot be avoided and it cannot be put away because it is everywhere.*

*So this is a very big problem and we need to work out a way to approach it and identify it and see it and deal with it or at least find some little tools to approach the subject of dealing with it.*

*Since it is a problem of the heart there needs to be some handle on it that involves the feelings. Yet, if the feelings are so ill defined that they cannot even be spoken of because they are not seen or differentiated enough to describe – what to do?*

*Enough now, you are getting boggled come back to this subject again tomorrow.*

Thank you, God. I shall come back tomorrow to the subject of low level, ill defined, all pervasive like the air, emotional pain, and feelings marinated in invisible pain.

Yes, I think that is so right. There are so many things going wrong in the world at the moment and even though the majority of people in the world wish things to be well we all feel quite powerless to do anything about it. This does cause pain, and this pain is now the norm, the pain of 'it does not need

to be like this' and 'if only', and it takes all the colour out of life – everything is experienced as grey.

26<sup>th</sup> August

Dear God,

I'm back – we were talking about ill-defined all-embracing low level pain. Do you have some dictation for me?

*Yes, and I think we can get to grips with it now. So stay with me and let it all fall out of your mind onto the screen for it is what we want to say in the next pod if possible. To begin:-*

*'Pain, pain, go away, come again another day'. That is a saying you may have learnt as a child and it is a good thing to say because it means that you know you have a pain and what and where it is and you have named it and called it and told it you know it is there. But what of a pain that is so all pervasive like the air that you cannot name it and you cannot find it let alone describe it?*

*Difficult indeed. This sort of pain smog is endemic to the world right now because it is so widespread and shared by all through the Now. Each shares one another's pain via the Now and so the whole, nearly, or at least the better part of humanity is living in low level, indescribable pain. What a sad state of affairs. What can be done about it?*

## Chapter 4: REAL WORK

*We need to start with the little things first when confronted with such a mammoth task, such a mammoth fact. To direct one's attention to the periphery and chip away a bit at the edges is a help until the general shape of the thing can be made out. In the light of little matters to do then we can say that, if carried out, the general shape of the difficulty may become clearer.*

*What is necessary is to feel the centre, the longing in the centre, to be free of these chains of daily, 24 hourly pain. Feel the pain in your heart of all that is wrong and see how that feeling makes a difference in a bad way to your day. What do you do? Do you deny it, try not to see it – of course you do. So the secret is not to do that but to accept that these terrible and all enveloping global matters exist – but they are not on your doorstep. As they are not yours, you cannot do anything about them and so that leaves you feeling powerless. But, because you cannot do anything about them means that they are nothing to do with you and need not trouble you at all or even enter your consciousness, or if they do, they can be acknowledged and let go with blessings and love and good wishes for those in that situation.*

*But it still leaves you with your life in general pain. So, the second trick is to identify all the very simple little areas in your personal life that can be rid of pain. The tiny areas of pain you feel in your personal life over which you **do** have some control, choice and power to act. As these are in the arena of your own life then you have a duty to yourself and all those around you to free yourself of any little pain you*

*can identify. You will then be present for all your loved ones more and more, the more you do this.*

*You say this is too small to be of any help to the world or have any effect on the great big things that need solving like earthquakes and covid and fires and air pollution, but lots of little things add up to a great big thing when taken all together, and it is the effect on your life itself that is manifested in the reduction in your own pain, not the world's, that is creative. A reduction in your pain is a reduction in the world's pain. I repeat:- 'A reduction in your pain is a reduction in the World's pain'. And not by the amount of pain that you have removed from your life but that magnified many, many times.*

*Enough now. You are getting bogged. Come back again tomorrow.*

Thank you God. Will do.

Love,  
Me.

27<sup>th</sup> August

Dear God,

I am getting to grips with the pods now. Hope we do OK by you. I am very proud of our website though, I must say, I think Jean has done a fabulous job with it. Do you have any dictation for me today?



## Chapter 4: REAL WORK

*Of course, but I know you are tired so I shall make it short.*

*This is on the subject of having enough time or not having enough time. It is not often that one says 'I have too much time!' – have you noticed!?*

*When working from the personality then there is never enough time to do all the things that seem to have to be done. When working from the spiritual perspective though, much of the things that take time are found to be unnecessary because life is so much simpler. However, we are where we are, as they say, and we must look at time straight in the face.*

*Time is elastic as you all know. To have more time there are two or three things that can be done: 1. Do less and 2. Stretch time and 3. Operate from a different frequency so that time extends itself and things that have to be done are simplified and therefore reduced. Number 3 is really the spiritual level of the other two combined so we shall only talk about the first two at the moment.*

*1. The first thing to notice is how we make it so that we have much LESS time than we think we need. We do this by hurrying and cutting corners and fretting and feeling negative about time. This makes time seem like an enemy and that is a sure way to shorten the time you have available in your life. It is necessary to use time as your friend. How could you do ANYTHING without time? So time is useful and if you make it your friend, i.e. if you feel friendly towards time instead of swearing that it's not being enough, you will find it extends itself naturally somewhat. This is because it is merely a tool within which*

*you operate and you all know that if you love your tools they work much better for you.*

*The more you do the more you attract, the more you are in charge of lists the more things you will find to put on that list until making the list is itself another job. Making time your friend; being grateful for the time you do have; doing what you **need** to do; leaving aside what you would rather do or want to do; saying no to things you think you ought to do or should do; do only the things you **need** to do, with a good heart i.e. loving, willing, acceptance and you will find life improves, things slow down, and you have more time. Often when you are rushing, rushing because you feel you do not have enough time, it is the rushing that eats the time. 'More haste, less speed'. When you do things more slowly and with love and forethought then things get done harmoniously and quickly and efficiently and in less time.*

*In a nutshell, feeling negative about time blocks time being co-operative so make time your friend; making time your enemy makes the job itself an enemy too so cultivate willing acceptance of jobs that are absolutely necessary; and weed out all things that are not absolutely necessary. This needs to be done stringently, daily, until an improvement is established.*

*2. Love stretches time without a doubt. Practise loving what you do, especially what you absolutely need to do and do not want to do. As you are only doing what you absolutely need to do now, then it is easier to create a feeling and experience of willing, acceptance. You have to do it, so you may as well accept it willingly. This can make*

## Chapter 4: REAL WORK

*the job enjoyable even. In a nutshell, approaching jobs with an attitude of loving, willing, acceptance lets you and them take the path of co-operative, efficient, harmonious, enjoyable partnership.*

*Enough now – you are boggled.*

28<sup>th</sup> August

Dear God,

So do you have any dictation for me today?

*It is a good thing what you are doing, getting the old Pods out of your hair before the start of September. Then we can go at it hammer and tongs from then on because you will have had so much practice that you will feel fine about it all. Let the whole thing just flow and fall like a glacier breaking off and calving and it will be OK.*

*Now to dictation:*

*Unfortunately it is not as easy to describe this to the human mind as I would like – you are all so far behind the curve – however I SHALL TRY. The subject today is the whole of the Universe! So hold onto your hats and see if you can understand the little simplified bit that I am about to endeavour to put forward for your little brains to consider.*

*The Universe is circular – more of a sphere if you want to be exact, but I do not want to overburden you with imagery, so let's stay with the simple version of a circle. Things go out and things come back – not like playing*

*tennis, though it can feel like that – but more like a jocari set, or going round the world in half a nanosecond. The journey out is never ending, but you nonetheless return to the spot you started on. I hope you are following me so far.*

*The Universe, and all Universes, are circular in their workings. Therefore **everything you send out comes back eventually**, and sometimes very swiftly too. So take this in – you are all one, we are all one and the universe is all one. It is not called a **uni**-verse for nothing.*

*Enough now before you get boggled. Continue again next time.*

Thank you God. That was enjoyable. Shall come back soon.

Love,  
Me.

30<sup>th</sup> August

Dear God,

I am so pleased – not only am I up to date with your pods to Jean but she has also put them up on the website!! Watch this space, I did not expect her to do that so quickly! It is excellent.

*Yes, we are rolling now!*

Do you have any dictation for me today?

## Chapter 4: REAL WORK

*Yes. Now let go, let go of your mind doors and let them swing open and us to, or even Me to, flow through.*

*Do not count on this being a very long one or a very short one – it is just a pod and that will/shall be what it shall be.*

*The subject today is not an easy one to describe so we shall approach it gently and from the side, so to speak.*

*The day's work is ahead, that work that has completed is behind, yet the day you are in is also many faceted. You go in and out of consciousness many times a day from past to future and back again. This is a constant flux and changing experience and then there is the rare time when you are in the NOW. So we speak of time again and again and still its mechanism eludes you and we are not much nearer understanding or experiencing it as a tool, an energy, and a dimension. It is really quite critical to the present time because we must use it more and more as we go along now. We must use it in order to get things done and the world is in such a critical state that without managing and becoming deft at using time we shall be not only disabled but severely handicapped.*

*When Time is our useful tool that you can use at will in a creative and skilful manner, then the time you have to get things sorted on the planet will be increased magnificently.*

*Enough now because you have done well here. The typing is a mess but you have let it all fall out of your mind. You are half a sentence or a whole sentence ahead of your fingers and that is true dictation. No taking down the very next word like at school in French, but anticipating the end*

*of the sentence, or even intuiting without too much rigidity, the beginning of the next. So keep at it like this and we shall be away in now/no time. I can foresee a book at this rate if you both want it to be so.*

*Enough now. Come back later today if you wish, or leave it until the night watch (channelling now takes place at 1am)!*

Thank you Lord. Will do.

31<sup>st</sup> August

Dear God,

Here I am on night watch!! Do you have any dictation for me now?

*Yes. Here we go.*

*Do not imagine for one minute that this is going to be easy to say to you all but I am not interested in pleasing you or being pleasant tonight. The matter we need to discuss is that of down trodden men and their image. They are not the wild men of the mountains, nor are they the over protective muscle men of the movies of the last century – they are people and persons and beings.*

*Really you do have to drop these outmoded sterile specialisations of the sexes. You say this is out of date and things have moved forward and men are not thought of like that anymore. But you would be wrong – on a global scale still the genders are completely stereotyped. It may be*

## Chapter 4: REAL WORK

*somewhat idealistic to think that you would all by now merely be people to each other, and that is coming, but so very slowly. Unless you get some equality in the sexes in your own minds, and think in terms of people and not gender, equality will elude you on the grand scale.*

*Over the last century, since the first world war, then dress has become accepted as the same. The circumstance of employment has also become somewhat accepted. The first glimmerings of children being brought up by both parents has taken root too. But, because you are still mesmerised by convention, you cannot see how very divided you are still amongst the sexes – firstly you are all men or women and then you start to discuss or regard each other as specific people after that first discrimination has taken place.*

*When I talk about equality I am talking about the equality of BEINGS. If you can come from that basis then this confusion and worry nowadays of mixed gender or the changing of genders would not dismay so many of you. Not to mention the subjects of the dismay. You are all BEINGS, inhabiting bodies that may be of one sex or another or seemingly both at the same time, but the sex of that being is totally irrelevant as far as the worth, place in society, accepted norms of behaviour and rules of conduct are concerned. This at present is hidebound globally and the only thing you could say that is in need of really looking at are the hormones that result in violence being uppermost in a lot of men today. This however need not be so and need not be so biologically once the norm of*

*equality is accepted and the pressure to be 'men' is removed.*

*Enough now. You are getting bogged.*

Thank you God. I am willing to continue a bit more, if you are.

*Very well.*

*The norm of Beings and there being only one human being – not two as at present – will bring into being a marvellous freedom of expression and self-acceptance of a very freeing kind. It will, sublimely, open the road to acceptance of ALL beings as equal. If you could accept men and women as one equal being, then you might accept children as already formed and complete, rather than some things that need to be made by the actions and influences of both the genders at present so different and so necessarily, apparently, different. If all children and babies were accepted as equal too!!! It is just because their bodies have yet to be formed, making an inability to communicate etc. on a physical level, but you could accept that it is possible to communicate fairly normally at an intuitive level and much could be learned of the place they have come from, spirit, if you communicated more from the intuitive level. That is the level that babies and very young children come from and it is the level that at present you, as adults, shy away from knowing anything about or accepting, so how can you in those circumstances bring up your young whole and healthy in mind and spirit if you are denying at a fundamental level the dimension from which*



## Chapter 4: REAL WORK

*they have just come and the rules of which they are still to a great extent working from?*

*Once you are easier in your minds about equality between the sexes you can become easier about accepting equality between the ages of the human body – for instance very old people are beginning, long before they part with the body, to re-gain a connection with the spirit, next dimension, and can be communicated with far more satisfactorily than if that fact is taken into account. Then equality between ALL BEINGS can be considered and taken on board. That then includes, fish and animals and birds and insects etc. etc. Every so-called LIVING THING!! THEN you can move to respecting and honouring and communicating with all plants and so-called UNLIVING things!!*

*You see what a long way you all have to go!! But equality of the genders, until gender does not enter into any matter other than noticing it as one would notice the colour of a person's hair or skin, is the starting point and one of the biggest steps to take. Accepting true equality of human beings from a sexual side – horizontally let us say – to from an age perspective – vertically one can say - is definitely the first step, and a big one too, and once that is taken the others, so seemingly more different, will actually be quite simple to take because the principle will have been accepted in the human mind.*

*That is all for now. Come back tomorrow.*

Very well Lord, and thank you.

1st September

Dear God,

We are back! Have you any dictation for me this September 1<sup>st</sup>?

*Not to be confusing this with that but we are in the middle of something quite momentous. The happenings in Afghanistan are really a turning point of great significance and must be followed and enjoyed with much concerned hopeful anticipation. This could be the beginning of a new global understanding and appreciation of foreign policy and how to carry it out and behave. Standards are changing as we breathe, and for the better too, I am glad to say.*

*Now to our work. It again is with much joy that we start September with a pod of some note. You are beginning to understand and appreciate some more of these unusual ways of thinking about things and getting them down onto paper so that they can be referred to and re-digested when wished. This is good, and you are beginning to enjoy doing that more and more and those reading are beginning to get into the swing of it too. Marvellous!*

*The pod tonight is on the subject of gravity. Yes gravity. Not as in 'seriousness' but as in 'ouch, I've dropped that on my toe!' Gravity is one of the main laws currently in operation in your system that completely defines how you work and carry on your lives. Without gravity, your civilisation could not function, and that is why you have it of course. However, one must agree that it is a definite law*

## Chapter 4: REAL WORK

*and a law that is one of the first to be learned about when being born onto this planet in this dimension.*

*If there was not gravity, things would have to be significantly different and many activities could not in any sense be carried out. You could think of course. You could Love of course. You could laugh of course, but you would not be able to do much in the physical sense, that is with your body. So I would like to explore now what you would be able to do without gravity. You could think and you could feel without any limitation of the way you do those two now. What else could you do? You could be happy, you could relate to one another, you could learn and you could teach, you could communicate and you could understand. You could wish, yearn and long for. You could pray, hope and desire. You could remember and plan and have ideas about future. You could do many, many, in fact all, things of the heart and mind, but not the body. So that is the crux of it. You could do very little with the body, but you could do all the same things as now with the mind and the feelings and the heart and the intellect and the functions of desire and creativity – just not in a physical sense.*

*This, my dears, is approaching the matter of how it is to live in the next dimension, when you drop the body and live in the spirit. When you drop the body and move complete into the next dimension, when you pass over the divide, when you 'die', this is what you find, this is where you find yourself – living in pure consciousness, living in thought and feeling. So I will leave you with this clear description, I hope, of what it is like, partly, to die and drop the body.*

*Very different, but nothing scary there is there? And in reverse, when being born, one suddenly has to take on gravity! Now that is a big task and can be very frustrating and scary – so it is more scary to live than to die!! I leave you to ponder and enjoy this thought.*

*Enough now.*

Thank you God. Goodnight.

Love,  
Me.

Dear God,

Just a PS to say I am loving the night watch idea, and loving getting up to do it. I feel fitter and it is so right for my whole physical and mental system doing it this way.

Love you,  
Me.

2<sup>nd</sup> September

Dear God,

Night watch on duty – do you have any dictation for me tonight?

*Well, we could have a chat instead if you would prefer.*

## Chapter 4: REAL WORK

No, I have no preference. I want what is best for the Whole. I leave it to you to decide, I am happy with whatever.

*Very well then, we shall have a pod. All our pods are of significance, however some are longer than others and some are more important than others and some are more needed than others. This one is appropriate so I hope you like it.*

*The pod for tonight is on the subject of incandescence and the value of Light in all its forms.*

*This is the subject that not many people think about. Light is Life, is the power of the Fire, the power of electricity and the power that drives the creative forces of the Universe. If you are not too fussy you can do without light, but you cannot do without Light itself, whether it is daylight or the Light of consciousness.*

*When it was said 'Let there be Light' it was a decisive and momentous moment in the birth of this Universe, for Light is essential to consciousness forming in the physical. And in a way, though in a smaller scale, the times you are all facing now on earth is a similar awakening, enlightening and revealing time – for that is what Light and light does – it reveals what is always there but cannot be seen without the application of Light and light. Then suddenly as Light is thrown on the situation things can be seen 'in their true light' and understanding is instant. Soon that will happen on earth and all manner of wonders then will be understood and assimilated.*

*I know, I know, this all sounds trite and flowery and out of this world – part biblical and part crazy – however you may be surprised to know that it is true and may be manifested much sooner than you could possibly expect or imagine.*

*The other thing to know about Light is that it is conjurable. By that I mean it can be called upon to become present, or manifest itself, or spread its influence over whatever you are trying to understand and cannot see. Whenever you cannot see the wood for the trees, or feel you are trying to do something or understand something and you are in the dark – Call on the Light to come and shine on the situation and it can be transformed instantly. Light will respond to genuine need expressed in the form of prayer or deeply felt genuine, authentic request for a particular answer, so never feel you are alone when looking for answers.*

*You are never alone, Light is always available when asked for with a true and clear heartfelt desire to understand the answer to a true and clear and heartfelt question. That must be taken for granted, for then you can bravely reach for the stars in your lives and when you hit, seemingly, a brick wall, pray or ask for the Light to shine on the so experienced problem or question and it will reveal the answer. This answer may not be in the form you might expect and it might not be the answer you would like to have but it will, when recognised, always be the appropriate answer and always will be for the benefit of the Whole, though sometimes it does not immediately look like it is for the benefit of the personality asking.*

## Chapter 4: REAL WORK

*So we can leave it at this for the moment. Light is always available to be shone on questions and problems that seem insurmountable or un-understandable – you just must ask genuinely and sincerely. Try it and see!*

*Enough now. Come back tomorrow.*

3<sup>rd</sup> September

Dear God,

Night watch signing on for duty!

Hello Lord, and have you any dictation for me tonight?

*Yes, but first I want to say that I like the ideas you have had with Jean today and the idea of a book. I shall be very pleased if you decide to forward that in the way you have discussed today.*

*Now to work!*

*The pod tonight is for all of you reading who are not too sure about the way you are facing and wonder if it is time to re-assess the direction in which you are travelling.*

*Of course, we cannot always be on course, and often courses have to be re-calculated and daily, of course, our courses need to be checked and set precisely if we are to stay on course! This is where dedication comes into the picture and when that has been exactly and clearly established, then there is the matter of discipline, which*

*must be firmly adhered to. When you have those three, you are well on the way to maintaining course!*

*Dedicated discipline determines direction. It is sometimes, in fact often, that the first steps in this changing course, maintaining course, and daily or even hourly checking one's course, are the most demanding and difficult. If you can imagine steering a car with little power in the steering and it is aiming in the wrong way, then you are going to need a good strong determined set of arm muscles held firm to change direction and then you need to keep careful watch to see that you and the car do not 'wander' from the wished for course from then on. Well, it is the same with our own progress and direction. Having decided which way we want to go – and that is the easy bit – we have then to choose to carry out our decision and maintain that choice to support the decision – and that is the difficult bit.*

*But I can assure you of the best bit of this information and that is that it gets easier and easier the more and more you do it, for indeed practice makes perfect, and in that perfection is great joy. So be quite sure of this, and comforted by it, for it is only by taking on the difficult first steps and being true to their underlying energy and direction, that you can develop the mental and emotional muscle for dedication. This is true for all paths in life and all projects we take on, all professions we study, all matters we wish to serve and excel in, but it is especially true in the matter of psychological and spiritual cleansing and purification.*

*It does not matter how much cleansing is required, nor how deep the purification needs to go, there is NOTHING*



## Chapter 4: REAL WORK

*that is too far gone to be dealt with. All you need is the choice, the determination to carry that out and the discipline needed to do it – maintain that course until it is natural and automatic and success will be yours – IT CANNOT BE OTHERWISE. I repeat – ‘It does not matter how much cleansing is required, nor how deep the purification needs to go, there is NOTHING that is too far gone to be redeemed, NOTHING that is too far gone to be dealt with – NOTHING, NOTHING, NOTHING.’ Take that into yourself, breathe it in deeply, believe it for it is true, and make your choice.*

*My blessings and I shall be with you and alongside you all the way, just call on me for strength and it shall be yours. May joy be yours, coming.*

*Enough now. Come back tomorrow.*

Thank you God. Yes I shall come back again tomorrow and thank you again – I love you.  
Me.

4<sup>th</sup> September

Dear God

Night watch reporting for duty again. I rather like this routine. Do you have dictation for me tonight?

*Of course – as long as you report, willingly and lovingly, for duty then I am here for this talk.*

*Tonight I wish to speak on the subject of longevity. A subject dear to the heart of humans – longevity – because they are so afraid to die!! And I hope, after the last recent pod on gravity, that you are that bit more reassured and comforted on the subject of dying.*

(A whole page of text was lost here.)

*The opposite of death is long, long life which is of course, if truth be told, only comforting or very interesting because it is the postponement or unusual delaying of that same death – it seems like an enjoyable ‘cheating’ of death!! Whichever way you look at it, though, you are going to die – it is only a matter of when. Thus this subject is pertinent to every one reading this.*

*Enough now you are getting tired and flagging – come back to this subject tomorrow – we have more to say yet that is pertinent to current thinking.*

Very well Lord and thank you.

Oh my Lord – I do not know what I have just done, but almost the whole of your dictation has disappeared! That is awful, a whole, whole page. I am so sorry God, I am so sorry to have done that – It just disappeared – I do not know what happened. Oh dear. What can you say about it?

*Remember to ‘save’ it first, as Jean has taught you, then you can retrieve it. It has gone this time, but next time, save it first and then you can retrieve it. Life does not lose itself like that I can assure you, it is permanently ‘saved’*

## Chapter 4: REAL WORK

*and is never 'lost', souls are never 'lost', you are never lost, but always 'saved'.*

*Come back tomorrow. Enough now.*

Oh dear, that is such an awful thing to happen, I am so sorry. Will come back tomorrow.

Love,  
Me.

5<sup>th</sup> September

Dear God,

I am back – do you have dictation for me tonight? I am so sorry about losing all that dictation yesterday.

*That is alright and you are correct in your surmising the reason for it. Well done! Now that you have located the 'save' button correctly we shall be able to remain saved from now on and that apparent disaster should not need to happen again. To work.*

*Tonight I wish to speak of insufficiency in all its guises.*

*Insufficiency is endemic to your way of thinking and it is the driver for the capitalist system. This forever 'growth' mantra is based on the idea of insufficiency and the built-in belief in and experience of lack of money.*

*As you know, there is enough for everyone, if it is shared equally amongst you all, and as soon as there is a race to*

*get more than your share, or more than the next one of what is available, then lack starts to be born and increases the more the unequal shares become even more unequal. The whole system, the whole delightful 'enough for all' system falters and fails and eventually falls as soon as even one has less than another.*

*The system of sustainability that has been devised for you has its tides, and its rhythms, its bounteous years and times and its lean times and years to experience. However this is all for your experience and the development and evolution of you all and is not, actually, an expression of insufficiency, but more an exhibition of variety and a stress testing of the level of consciousness that has, at that time, been reached. It gives a variety of history and experience and can be lived through with joy – even if a little discomfort is present from time to time.*

*This understanding of enough for all, as long as it is shared, is part of your inner knowledge and can be revived in your belief structure with very little effort, once the desire to share is re-ignited. With the re-ignition of the willingness to share with all others, regardless of family, or nation, or tribe, a great deal of fear is lost, to your delight and benefit. It is a crippling fear, the fear of starvation and the fear of all sources of supply being permanently shut off. It is this fear that makes the stories of being stranded on a desert island so fascinating. There you are facing and experiencing in imagination, your worst unconscious fear. But, of course, what you fear you can manifest, if that fear is held long and strong and that is what you as the human race as well as the animal and*

## Chapter 4: REAL WORK

*vegetable kingdoms are now experiencing – a shut-down of the supply chain due to climate change and a rotten economic system reduced to outright corruption. It is the equivalent of suffocation, literally as well as figuratively, of life on the planet.*

*So you know what to do – share the resources currently present fairly with love, not resentment. Let love for others who enter the arena of your life or your consciousness be the guiding light for where this sharing is needed and possible and required of you. It shall not result in your starvation and suffering and unendurable lack. It shall not be calling on you to give all your money and belongings away until you have nothing left. Merely it requires an adjustment in your attitude to possessions and hoarding. Do you buy what you need – or want? If you buy less un-necessaries and restrict your purchases more to necessities you will have more than enough over to share some of what you have no need of and this experience will engender a deep feeling of safety and trust in ‘the natural system’.*

*Generosity can be reborn as a normal feature of your unfolding life, rather than a remarkable event, and the process of equalisation can be started on a mass scale until, little by little, the wheels of sustainable supply for all start to move again.*

*Enough now I do not want you to get bogged.*

Thank you God. I am so sorry about last night's loss and feel much safer now I have found the button where I can save our work easily and

quickly. I am experiencing an obsession with 'saving' – not very appropriate in the light of your present dictation!! Will come back tomorrow and I love you.

Thank you.

Me.

6<sup>th</sup> September

Dear God,

Night watch on duty – do you have dictation for me tonight?

*Yes. Tonight we are on the subject of the delight that can be taken in the joy of others.*

*It is often the case that we can take joy in our own success and our own luck and our own gain, yet have small room for enjoying another's good fortune. In the case of being able to share another's happy fortune, this is a form of generosity. When we find it difficult to be happy for another in their happiness, this is a form of miserliness or greed, and felt even as resentment at another's benefit.*

*Of course, you could say that this resentment is a form of 'wish that was me', which in extreme can turn into the desire to spoil or undermine the other's delight, however it is much simpler than that – it is more coming from the belief that there is only so much good that exists in the world and if someone else has some then that means there*

## Chapter 4: REAL WORK

*is less or none left for me. All this, as you can see, is based on the belief that good fortune and benefit and happiness is LIMITED in extent and you must therefore fight to get your share or risk missing out entirely. This is a sad misconception because it is WRONG. Good things are not limited, good fortune is not rationed, and happiness and success have no boundaries, except the ones you IMPOSE ON YOURSELF.*

*There are no boundaries to the goodness that is available in your life, there is no fence around YOUR portion of good things to be enjoyed in this life which needs to be defended and protected and no need therefore to block another's access to theirs, for there is more than enough to go around. There is no lack but in your beliefs. This is all a form of belief in insufficiency that we were speaking of last time. There is no insufficiency except in your own mind – it is your own belief in insufficiency that manifests insufficiency. I repeat 'Your belief in insufficiency manifests insufficiency'. If this is the case, which it is, then try turning this around in your head – change your direction of vision – and bring into vision the belief that THERE IS ALWAYS ENOUGH and see what is the result in your everyday experience. You may be surprised at the favourable change in circumstances this new viewpoint may have on your life.*

*It is worth experimenting with this. Start with small identifiable things that can be measured and counted up daily. This will get things moving in the correct and natural direction of total sufficiency and abundance. And be grateful for this sufficiency and abundance when it is*

*seen – give thanks for it when it is observed and take joy in it. Make it a habit to observe the occurrence of sufficiency in the day's events and give thanks for it. Make it a habit to seek and expect sufficiency and abundance in the day's events and, when received, give thanks. Inculcate in yourself, through this habit, a belief in abundance and it shall be yours. A very useful habit, this, and one with unending good results.*

*Gradually or quickly your belief will change from 'There's not enough....', 'There's not going to be enough....', 'There's never enough....', 'I haven't got enough....' to the experience that there is enough, and to the living experience of sufficiency and abundance for which you give thanks. This then gives birth to generosity of spirit and you shall at last be able to take pleasure in another's good fortune.*

*Enough now. Come back tomorrow.*

Thank you Lord, will do.

Love,  
Me.

7<sup>th</sup> September

Dear God,

I am here, do you have dictation for me?

*Of course – let's get down to work.*



## Chapter 4: REAL WORK

*This is the second or seventh time we have spoken of what you might call the sound of music! The what? Yes, the Sound of Music<sup>14</sup>. That is the title of a well-loved tale and relates to the bravery experienced in times of stress and danger and the miracles that can come to fruition in the space of love, desire and a complete surrender to the beneficent forces of the Universe whilst doing all you can to give your all to contribute to and work towards the favourable outcome wished for.*

*Fear is born in danger and the only way to combat it is to hand yourself over entirely, surrender to, the force of Goodness and Love without giving up any of your personal strength in the process. This is the quality required now to get yourselves out of the mess you have brought upon yourselves on the planet at this time. It is a tall order, to get yourselves to safety, and there are many of you, and many are dying all around you, but you must not give in to fear. There is a good will element in the Universe at all times and that must be called on and relied on and believed in if you are to survive.*

*The world is in a parlous state, that does not need to be repeated I think, and you are in a dangerous position as regards that fact. At last you are waking up to the severity of the situation. At last you are taking notice, even at this late stage, and more of you are appreciating the situation and are willing to make that last ditch stand to save yourselves. That does not need to be repeated either, because you all know that the more of you who wake up the better, for the more of you there will be to use their strength, intelligence, and determination to succeed and*

*throw themselves into the fray and make this a success after all.*

*So what can you do? You can find your part in it. Everyone has a part to play and the more of you there are who have found their part, who have found the little bit where they can contribute their all in a creative and positive way to the situation, the better it will be. There is safety in numbers if the majority of these numbers are working on the side of recovery. There will be a great surge of interest and willingness to join in in this recovery and contribute to it in a creative manner as soon as critical mass is reached.*

*There comes a point where critical mass is reached – long before 50% I might add – and at that point there is a rush, a rush towards the new way by all the doubters, the ones with their heads in the sand and the ones who are so frightened that they dare not look. Do not despise those who are too frightened to look, for extreme fear is a paralysing emotion and feeling. Help them drop it and join you by loving your creative part and showing them that they are welcome to join in too. All they have to do is find their part – and be assured that EVERYONE HAS THEIR PART TO PLAY.*

*Each part is unique and if played with love and commitment and an almost cavalier attitude of ‘what is there to lose – if we are going to lose anyway we may as well go down trying our hardest to win’ there is joy in it. So the main important work is to get to critical mass. Critical mass has been reached as far as the downward spiral is concerned and much extinction due to the*

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*accelerating warming is taking place and rapidly increasing – however, living the paradox you can see that it is also true that much is getting better as well.*

*So throw yourselves behind the ‘getting better’ group of people you can recognise and give that direction a great big boost by joining in. Everything you do in this time of emergency is worth so much more than you think – everything good and productive is magnified so much and you cannot know or even guess by how much each small contribution shifts the weight of the whole – remember the camel’s back and the last straw? So please do not think that the little you can contribute is too small to matter or too small to be of worth or too small to make a difference – EVERYTHING makes a difference – and if given with love and joy then it makes a BIG difference, believe me.*

*If you have not yet found the little bit you can love to contribute even in its smallness – even BECAUSE of its smallness – remember the widow’s mite, and know that it is in the **quality** of the offering that the strength and magnificence of it is released and realised. Small things lead to bigger things. Do not believe that the first step taken in a small way to act out your desire to help the situation will be the last. Direction will have been established and once you are aiming in the right direction miracles start occurring and progress becomes very rapid indeed.*

*You need to join in with the upward spiral to encourage and strengthen that. Once you have taken the decision to help the situation, ask yourself how you can help, ask yourself where you could lend a hand, look and see where*

*you might like and be able to give your strength and support and ideas to this new wave of global, planetary recovery – and then this movement will have enrolled another valuable recruit!*

*Enough now.*

Thank you God, I will come back tomorrow.

Love,  
Me.

8<sup>th</sup> September

Dear God,

Do you have any dictation tonight?

*Of course. That is why we are here at this time is it not?*

*I should like to talk tonight about the ways in which you all try to convince yourselves that you are 'right'.*

*This is an amusing thing to watch from afar, but when you are so blinded by your own omnipotence that you actually believe this in the face of all contradiction, then it is approaching madness. Most wars are brought about by this peculiar human failing. Most relationship breakdowns are caused by dogged connection to this belief. And if it is looked at fairly and squarely, it really is rather odd that 'being right' should be so high on everyone's agenda. So high that you are prepared to kill for it, and be killed for it, even when it is obviously not the case. This all comes from*

## Chapter 4: REAL WORK

*the belief that there is **one** right thing and that anything else is wrong. You, of course, then have to be the one who has the right thing, belief or attitude and that leaves everyone else wrong.*

*And so wars, quarrels, relationship and family breakdowns occur in their thousands and all because you have the inability to hold two opposing things at once in your hearts and minds with equal honesty and respect. It is considered a matter of strength of mind and decisiveness to stick to one's opinion. Yet sticking to one's opinion, single as it is in these circumstances, excludes all other possibilities. What a limited approach to life, what limited vision, what a miserly and meagre existence you make for yourself.*

*In order to rectify this disability it is necessary to change your internal belief system to be multi-faceted instead of singular. A singular approach to life like this is not as creative as a pluralistic approach; not as enjoyable either, and it most certainly is not as productive or useful. If you hold another's point of view gently in front of you and find you disagree with it, it may be that you do not have enough information to make an in-depth decision as to your own opinion, in which case further questioning and study is required. However, often, there is an automatic response, a default position, of disagreement, argument and then possibly anger. Watch out for this in yourself, even if the anger or resentment is not voiced and obvious to the outsider, you can sense it in yourself.*

*Be honest then and know that it is because you are in singular mode and what you are wanting to defend is not your opinion as such, but the desire to be the one who is*

*right or the other wrong. Immediately you notice this, choose which track you wish to be moving on – the singular anger/war/breakdown direction or the pluralistic, creative and inclusive one. You have the choice. This does not mean you have to ditch your opinion, but it does mean that you have to practise holding two or more opinions at once with good will. And this produces an agility and breadth of mind much to your advantage.*

*That is all.*

Thank you God, talk again tonight.

9<sup>th</sup> September

Dear God,

I'm back – what do you have to say tonight?

*Good evening and it is good to be in touch with you again. This is a very stringent discipline we are carrying out and a very necessary one to get you into training as well as the necessary fact of taking down the dictation. You are in training for the needs of yourself and others. You are in training for getting down the words of the Whole, at this moment, on behalf of others who may benefit from reading them if they so choose. These words are an offering from the Whole to the Whole through you to parts of the Whole so that all may benefit from them.*

*Now, to tonight's offering.*

*This may seem rather trite to you but it is actually quite deep and meaningful at the level at which we are working.*

## Chapter 4: REAL WORK

*That is to endeavour to express matters of some complexity to the minds of you who are willing, but not yet engaged fully in our work, so that they may understand a little of what we are trying to do. We are trying to get more recruits to the movement of change for the benefit of the Whole, and that is the benefit of the human condition at this time, for harmonious success in the changeover. This changeover is in progress and all we are trying to do is to hasten its completion.*

*So, there we are – we are in the process of this Change already and not in the process of endeavouring to make the Change happen. This is a recruitment drive! The more the merrier they say and in this case it is the more the likelihood of a quick and satisfactory transition the more minds are behind it. We need more and better thoughts – in the same way that when you are hurrying you need more speed, in this case we need more good thoughts for the movement into Change is powered by Thought. That actually is the only thing in the Universe that counts, for the Universe is composed of thought and if you wish to influence change of anything in this Universe, then it must come through thought and thought alone and the quality of the change sought will be manifested only by the quality of the thought engaged in the process and nothing else at all.*

*That is good, you have let yourself go and surrendered to the words and even stand aside almost as the fingers tapping, tapping out these words speed – mistakes included! Notice that mistakes make more work yet do not actually spoil the result – only make more work. So the better you get at this the less work there is to do! And that*

*is true of life in its entirety. The more you surrender, and the less mistakes therefore that you make, the easier this process of living life becomes, the more simply it is presented and processed and the easier the whole thing is for you – it unfolds in an orderly and harmonious manner.*

*So, thought is the most important thing, and quality of thought is the most important thing of all for it is the quality of your thought that is translated into the manifestation which comes as a result of that thought. Look to your thoughts, therefore, and get them to be as focussed and true to your core values as you can – then you can see, as if in a mirror, the true quality of your thoughts showing up in the quality of the manifestations of Life that you are required to deal with both in the matters of events and happenings and in the smooth or otherwise operations within those events.*

*Your thoughts are at all times open to being changed. If you see by the way matters are transpiring at that time that that is not the way you want it to be, then change your thoughts to a better channel and see immediately the response in outer events as they alter to mirror your thoughts again in this new direction. It really is like driving a car, and most of you can do that where you are in the world, so most of you can do this that I am speaking of. You can see what direction you are travelling in and you can change direction at will in order to stay on the path of your choosing. To blame the quality of the road or the brightness of the sun in your eyes is but a deflection of the truth which is that that is what is currently being manifested and so it is by the power of your own thoughts*



## Chapter 4: REAL WORK

*that this is being manifested and that alone – if you want change, then you must change the quality and direction of your thoughts both on the little matters and on the big foundational matters – both the detail and the overall intention.*

*Look to your thoughts for they are key to everything.*

*Enough now. That is good tonight – you have let go more than ever before and for longer than usual too. Good work! Come back again tomorrow and we shall continue our dictation. You are getting closer to being able to carry out the real reason for this encounter and that is good.*

Thank you Lord – That was very enjoyable from my point of view and the mistakes, though many, are quite easy to correct when you stop dictating. I know I can let go of the fear of making so many mistakes that they are found to be beyond correction. That is not so, and my typing has, after all these years, increased its speed considerably. So it is right what you say – when we surrender to Life its living becomes simpler, our true good intentions are more exactly manifested, and the whole thing becomes more enjoyable! Wonderful. You are a wonderful system, Lord. Thank you.

Shall be back tomorrow.

Love,  
Me.

10<sup>th</sup> September

Good evening, Lord – do you have dictation for me tonight?

*Yes I do. However before we start I want to say that it is a good thing you are doing with Jean and her ideas are pertinent and excellent. My blessings and happiness at this work you wish to carry out with producing a book.*

*To work. This is the time you have been waiting for and wondering if it would ever come. Indeed it has now come and there is no need to be 'waiting' any more. Waiting is over and the full realisation is here now of the changeover. You noticed the French Supreme Court ruling against Lafarge today with joy and wonder and excitement and well you might for it is truly as momentous as you suspected and hoped. The cookie is crumbling there is no doubt and great things can be expected from this, yet another domino of the old way falling. This indeed is a significant moment in the entrance of PEACE to the planet – warmongering being called to account for itself, and public denouncement of past behaviour will indeed alter present and future behaviour.*

*You are swiftly on the move towards a re-adjustment of the global economy and basic global thought patterns once this transparency of war, war producing thoughts and actions and the reliance of economies on the carrying out of war in countries other than those where the profits are taken, becomes dominant. Let the public know and then their true desires will change things forever.*

## Chapter 4: REAL WORK

*This is a momentous time, and my love and best wishes to you all, for you shall soon celebrate with joy the turning over of the economies of the world from war based to peace based and that will bring much justice into focus and also much fear will be dropped and the never-ending drive towards aggression as the preferred tool with which to negotiate new modes of thought is gradually changed to the desire to contribute and co-operate in the energy of recovery.*

*That is all – this is a recognition of a wonderful moment – a significant moment of change of direction for human thought and great things will transpire now for a New Way of thinking on a grand and global scale. My love to you all.*

*Enough now.*

Wonderful, Lord, absolutely wonderful. Thank you.

Love you,  
Me.

11<sup>th</sup> September

Dear God,

I am here, ready for dictation. Do you have anything to say to me today?

*Of course, my dear, of course. Tonight it is on the subject of connectivity.*

*By this I mean the matter of you all being one really with me but, though you know this, it is a very different thing and matter to experience it. We are all connected. You are all connected. You are able to accept the fact of telepathy so let us start there.*

*Telepathy is the joining of minds, sometimes for a few seconds and sometimes for some hours even. However, usually you feel it temporarily as an understanding of what is in another's mind, whether it is the wish of the other person to convey their thoughts, silently to another, or others or the spontaneous understanding you may suddenly have of what is in another's mind – whether it agrees with what is in your mind, or even when it is the opposite of what you are thinking. Once you accept that this is possible and that it actually takes place daily and far more often than you are currently aware of, you will notice it and pick it up more often, until it is a natural sense like feeling or hearing.*

*When it is a pretty undeveloped sense then it is often not possible to pick it up and you merely think that **you** have just thought that and make it all **your** mind. That can be very confusing because you are just muddling your thoughts with another's and it is not a very useful thing to experience. So notice when it is your thought, and when it is another's you have just had, and when you get better at distinguishing that, then you can move on to understanding when another knows that you have received their thought.*

*It is best to start this with people you are talking to and close to – although of course, distance is not in any way relevant to this transfer of thought or this linking of*

## Chapter 4: REAL WORK

*thought, not like it is with having to be near someone to see them or to hear what they are saying. But it is easier to check with them, if what you have just thought is your thought or theirs when they are close by because you can just ask them! Then you will gradually begin to know when thoughts are essentially yours and when they are definitely coming from another person.*

*It is only practice, all this, and is very interesting and delightful to carry out. It gives much more understanding to the whole of life with all its complexity and variety and richness. You can have, in seconds, a complete understanding of where another is coming from in their thoughts, especially when it is directly opposite from your way of thinking on something, and you can, silently and without argument, take on board their feelings and intellectual understanding of some matter and enrich your understanding of life in that moment. Sometimes it is just interesting to take on board another opinion or feeling about an event or happening and at other times it feeds in creatively to your thoughts and matters can move forward in an especially creative and speedy way as a result – your thoughts just bounce along with and off each other in a creative way.*

*That is all for now on this subject – except to say that, with telepathy, distance/space is of no account, and dimension/present/past/future is also of no account and you can receive another's thoughts as easily as another can receive your thoughts – it is a natural process that goes on all the time **BECAUSE YOU ARE ALL ONE, YOU ARE ALL ONE WITH ONE ANOTHER, AND WE ARE***

*ALL ONE, THERE IS ONLY ONE OF US. It would be absurd therefore if we could NOT receive each other's thoughts!*

*Think on it and practise it with joy – you will find it enriches your life and ennobles interactions with people and allows for a greater compassion and breadth of acceptance and understanding of the human condition.*

*Enough now. That is good, you have let go well tonight. Stop now and correct tomorrow so that your eyes have further rest. Come back tomorrow and correct this.*

Very well, Lord, I will. Thank you very much.

Love,  
Me.

12<sup>th</sup> September

Dear God,

Here I am – do you have any dictation for me today?

*As a matter of fact I do – isn't that a surprise? Well what do you know, that we are here again at this time of the night or morning, to do our writing and you are wondering what I meant the other day when I said we are nearer to finding out what the true reason for our nightly or morningly meetings is. Well I can tell you that it is that we*

## Chapter 4: REAL WORK

*are to do a bigger and bigger epistle each night, if you are willing and wish to do so with me. The point of all this is to get the word out there and let people know what can be known now about the state of the world and the state of human consciousness and the way in which it could and may change if you all so will it.*

*So the epistle tonight is to do with the songs of praise that will ring out soon when the truth of the new rising of new thought is suddenly realised and accepted. There is a long way to go yet, but the journey has actually started already and that is the thing to be celebrated so magnificently now. You think this is a lot of old talk and twaddle and some flowery language that maybe does not mean as much as it says – but it does and the results of it all shall be very soon to see.*

*Our epistle tonight is as follows – Do not be put off or confused by the outward dressings or veils of this movement – I call it a movement because that is what it is and like all movements it begins very slowly and imperceptibly with a shudder and a little murmur. Then it gathers strength and begins to ‘hum’ with collecting energy. This energy collects and collects until it can stay on the same spot no more and movement in unrest takes place. This then accelerates until a definite direction is noticed and anticipated and can be gone along with or corrected by the major forces around.*

*And that is where we are at this time moving and moving so slowly, but accelerating there is no doubt, and so it is that now direction can be brought into the picture. First energy collection, then movement and now direction.*

*This direction is the most exciting of it all really because at that point you accept that the journey has begun and that there is a choice to be made by all your free wills as to which and in what direction you shall agree amongst all of you to take. This is the time for you all to stick to your own guns, and if you have a core value, to stick to that as much as you are able so that the direction that is taken at this tender time is pure and true to your own heart.*

*Stay close therefore, in all circumstances, to your own true values and do not be swayed by emotion, or hype, or excitement as to what is going on around in the world, but stay true to your own true course and you will be amazed at the swift and wonderful activity that will follow.*

*As you watch the world around you changing, let yourself see it mirror your own inner truth as a projection, and be sure in the knowledge that you are having an effect, individually – all of you – and that effect can be altered and improved by the way that you are all thinking – individually – at this critical, creative time. Each one of you can make a huge difference at this moment in this matter of choosing the exact direction and **inner quality** of movement, so do not think you are too small to make a difference. No-one is too small to make a difference – it is only the inner quality that is important, not the size of the outer contribution, that counts now.*

*Stay on your own true, pure rails, stay true to your own self and you can know that you are giving and doing the utmost that you can and that is needed – no more is needed than to be true to your own highest values at all times and then the highest future is secure and success is in the bag.*



## Chapter 4: REAL WORK

*That is all I have to say for now – it is a whimsical and rather unpractical message you are thinking and you may be right. However the main thrust of it all is what counts, so do not be put off by the language. Be as true to your own highest values as you can from now on, at all times, for it is that which, en masse, is choosing the final direction humanity will travel in and every one person lending their conscious weight behind this force of current movement has a tremendous effect, far more than it would seem from your own individual standpoint, because it is the cumulative effect that counts. And the individual effect is magnified exponentially when in a group, and a group is magnified exponentially when it links with further groups. And that is what is happening now – a new group consciousness is being formed, a new consciousness is taking form around you all, and each of you in the body now can now, consciously, be a part of choosing the quality of that new group human mind.*

*So, just as many hands make light work, many minds make definite direction and each one a definite difference. Let your contribution be the one you stand by and are proud of. Over to you – it is all your choice from now on!*

*Enough now. Come back tomorrow.*

Will do Lord. Thank you, and I hope all reading this will realise their own seemingly small contribution is actually a massive contribution to the Whole at the moment and gladly received and used by the Whole for the Whole.

Love,

Me.

13<sup>th</sup> September

Dear God,

I am back – do you have anything to say to me today?

*Of course, my dear, yes I do.*

*Firstly, I would like to say that your recent illness has been a sudden reversal and needs to be taken seriously and given due regard. Take your rest seriously and do not neglect to take things easily for the next few days. Your headache has gone and your eyes have come back to seeing, but things are not yet straight. Do not neglect this matter and continue to say to yourself 'I am alright again now' because this is more serious than you are able to understand and give credit for. It will be alright, but please convalesce for the next week at least.*

*Now to our work.*

*This night I wish to speak of the imminent danger of collapse of the economic system.*

*That is a very dramatic thing to say, I am sure you will agree, but be ready for things to happen very quickly. Crashes are like that – alright till the last second and then bang, crash, wallop.*

## Chapter 4: REAL WORK

*The signs have been there quite plain to see since the collapse of Greece all those years ago and the sticking plasters have held well, such as they were, but no true reform has taken place and those who know the true state of affairs have sheltered themselves as best they can so go about un-showing of any anxiety. Country after country slips into political and economic disaster with mutterings that the IMF should bail them out, but it is the overall system that is under direct threat. No bailing out is possible for such large scale debt increasing worldwide at an accelerating rate every hour.*

*Those politicians who see which way the wind is blowing fill their suitcases with cash as if that will save them – that is all they can think to do. The breakdown is so complete, the debt so endemic, so overwhelming that the only way out is to drop the lot and that is what will happen now – the load is too heavy. It will not be a case of being able to look outside your particular little area and seek aid from afar. It is likely to be total.*

*So, my dears, the great shake-up is imminent and to recover from it will be a magnificent task, made all the more magnificent by you all coming into your own and linking with your spiritual guidance. The answers will be there in the present but you will unlikely know them in advance. It is to be literally step by step. Connect with your spiritual self for guidance as to the next step. It may be learnt that living in the Now is the only way through.*

*This new tool, living in the Now, is where all the answers lie and from where they can be brought forth for use. As each moment is new, then so is the appropriate answer for*

*that moment new each moment too. It will be a very exciting and rewarding time and I shall be alongside you all the way.*

*The main key is Love, as is usually the case, and the desire, whilst taking on willing acceptance, to be one with one another. Taking for self alone will be seen to have no point anymore and only pulling together in loving, willing, acceptance will be seen as the answer that will get you through.*

*A sombre thought, a sombre message, yet it is still better to be aware of this possibility and the answer to it, than not. So, an exciting time lies ahead and you can be sure in the knowledge that the tools for navigating it are all at hand in the present, now, and are sufficient, even though unseen until needed. All necessary tools for dealing with the situation are in the Now ready to be taken up and used when needed. I repeat, 'all tools needed for this situation are already in waiting for your need and for you to see them and pick them up'.*

*That is all for now.*

My Goodness, Lord, that is a dramatic message! I hope I shall be able to keep my end up and contribute something worthwhile. Thank you.

Love,  
Me.

14<sup>th</sup> September

## Chapter 4: REAL WORK

Dear God,

I am here again, do you have anything to say to me?

*It would be a good idea I think if we stopped being so polite – there is no need to keep asking me this question.*

Very well, it's just that it seems rather rude just to say nothing at all. Will you just start talking? I shall just say hello then, I think that will do. Can you tell me what is the real reason for our meetings which you mentioned on 9<sup>th</sup>? I must say I am getting a bit borne down by these pods and wonder if they are going on for ever? I was thinking maybe we could change something at the end of September to make it different in some way – but if not that is OK too – I don't really want to complain, I feel honoured to be doing this.

*The real reason for our encounter here in the night with this short dictation each time is to get you limbered up for a longer stint each time, and so that the pods can become more like a small booklet where we can go more deeply and into more detail on matters of interest each time. It will be a matter of getting down stuff of an educational nature and then you may stay more interested than in just jumping and changing. However the changing is teaching you versatility and helping your mind to be flexible and ready for going in unexpected directions. Your mind is not as flexible as it could be to be a very valuable tool in this work – but it is improving as we go along and I shall tell you that your wish to change the format at the end of*

*September will be granted, if not before, just as soon as the required flexibility is reached.*

Thank you God. That is very interesting and I look forward to the change.

*Boredom is not the reason you want to change – you are not bored with the pods – it is the bitterness of it. So rest assured we shall get into more depth on different subjects soon just as soon as you are ready. That will be enough tonight – you are not mended yet and it is good you stayed in bed today – you are more fragile than you think at present and it is best to mend thoroughly rather than produce another pod today. Enough now.*

Very well Lord, and thank you. I did not mean to go on strike you know!

Goodnight.

Me.

15<sup>th</sup> September

Dear God,

I am getting better now I think. I got washed and dressed today! What is wrong with me can you say? My symptoms are so very many, constantly changing, no sooner do I notice one than it changes, quite randomly, to another. Even having an itch is an odd event – I chase the itch about and cannot

## Chapter 4: REAL WORK

find the true source! No symptom really lasts long enough to call it something wrong that I can think about addressing, before it disappears and a completely new one starts brewing. It started without warning and feels to be quite deep seated. What has happened – is it something I have done?

*No, not consciously or carelessly. It is still a readjustment taking place from the general change that has occurred as a result of our meeting consciously like this and doing the pods. You must realise that there is a two level change being experienced – one, the conscious contact between us and the channels being opened up to allow this communication to take place naturally and comfortably, and two, the actual content of the pods themselves which are a learning experience for you. All learning creates vibratory effects and so the nervous system has to reflect this and it is at a deep level. That is why you need to be patient with the recovery – it is more of a growth and ‘taking on board’ than an actual illness. Enough of that now.*

*Tonight the subject is the honing of the talents and the choices that have to be made to select from all those on offer.*

*You realise that you humans are all born with far more talents than you ever use. That is a symptom of the abundance of the Universe and the generosity of the system in place that allows you plenty of material from which to choose to live your life. There is no miserliness or stinginess here!*

*You are not dealt a single fixed deck and told to get on with it – a deck with fixed tendencies and leanings perhaps, but one always far bigger than you could or would want to play in totality. And so, you have to choose. That is why adolescence is so demanding and so volatile. What a large choice! Which shall I settle on this time? What do I fancy taking on and experiencing this time? Where would I feel fulfilled?*

*There are no limits to what you can attempt, however there is a common sense approach in the end which selects from the talents available and some form of specialisation is accepted and taken forward. Having settled on a specialisation there is then the work, to do and concentrate on, to bring that skill to perfection or towards the feeling of satisfaction and joy in its use that comes with the experience of deploying a natural skill.*

*So, you all have many talents and can sensibly use only a limited number, though these can change, sometimes quite dramatically, over a life-time.*

*Now we have the sad case in many lives where talents have been stifled. Often this is unavoidable and is part of the plan. Here the longing and the half-realised yearning to be or do something different is a constant pain, like a stone in the shoe, whilst in other lives it is experienced as a cruel beckoning forward to an unreachable dream shimmering on the edge of sight. This is where the choice has been made unconsciously but not followed up in any significant way at a conscious level. These are the people who can be woken up. That is what is needed. All these people who are half-conscious can be fully woken up – they can wake*



## Chapter 4: REAL WORK

*themselves up, and their talents, and start to use them. It does not matter how old you are, this can be done.*

*Life offers the opportunity always to those who genuinely wish to exercise or explore talent. Sometimes, a sudden new desire to exercise a talent, or learn a skill in order to exercise a talent, is proved completely misplaced and the joy and pleasure expected is surprisingly absent. This experience can be a gratifying release and an expansion of consciousness takes place in which horizons are expanded and new possibilities come into view. The main point to realise is that it is never too late to wake up and benefit from having done that in a meaningful and purposeful way.*

*You have done enough now.*

Thank you God. I felt quite relaxed this time. Your words were not coming all of a 'whoosh' and I even had time to fine-tune the words. There was a definite feeling of being alongside you and the fleeting second or two of me being in charge of the words was quite distinguishable and quite unpleasant too. If I fall into being in charge of the words it is experienced as an energy that is moving forward only by its own momentum and after three or four words that momentum ceases, or its creative energy is expended, and I am 'on my own' so to speak – which is not where I need to be to receive the pod. Thank you, very interesting. I shall go back to bed now and thank you for tonight's experience – it was more of a partnership than the other way and one I shall enjoy forwarding – more

relaxing and less demanding. It is all down to fine-tuning I think, and staying fine-tuned.

I love you, and thank you. Will come back tomorrow.

Goodnight.  
Me.

16<sup>th</sup> September

Hello God,

I feel quite good now, I think I am better now.  
Thank you for telling me to take it gently – I should have been irritated with myself I think if not.

What can we talk about tonight?

*Not much to say tonight. It is a sorry state of affairs to say that I think – when so much needs to be said and I say that not much needs to be said. But sometimes there needs to be a rest and sometimes there needs to be a short time of nothing, or an intake of breath. Too much activity and one can get on rails that are difficult to get off again – they turn into ruts – and we need to stay nimble to be at the ready for anything!*

*What we want is a nimble brain and a nimble mind to be able to move in any direction from the given point of Now and remember that any direction is from the point of Now*

## Chapter 4: REAL WORK

*outwards into a sphere, for the Universe is spherical, not just going NSW & E. So the thing here to remember is that any direction can be taken from one's starting point and the feeling that there is no choice of direction available only comes because one is blind to anything but a continuation of the direction being taken the moment before.*

*A nimble mind and therefore brain makes for the ability to immediately without strain or surprise move in any direction, spherically, from the given point of Now. Some insects are like this, they have this ability, and that is why it is so difficult to swat them – they seem unsurprisable! That is how you must become – unsurprisable. That is always the case when you are truly living in the Now.*

*That is all I have to say tonight. Goodnight.*

Goodness me, Lord, that is very brief! Glad to be with you though. I shall go back to bed and continue mending then, though I think I am better now.

Will speak again tomorrow. Thank you.

Love,  
Me.

17<sup>th</sup> September

Dear God,

I am better now. Whatever it was that was going on with me has gone on and has now completed itself and I am healthy and back on the rails again.

Thank you for monitoring things for me and setting my mind at rest whilst it was going on. Very odd, I must say, but over now. Had a good session with Jean and we have, I think, maybe decided to call the book 'Thought Pods by Spontaneous Life'. What do you think? What can you say to me tonight?

*This is a good time to speak of the matter of the book and how it is to proceed, should you so choose to. The title is good, the length is appropriate, the editing done so far is excellent. I am well pleased with what will transpire based on your work, both of you, so far. However what we do need to craft delicately is the introduction. As you know from our talks, the public this book is aimed at is that which is nearly awake and only needs an exquisitely designed 'poke' to bring awakening – a spark to set the fire aflame – a fire that is ready laid and just waiting and wanting to be lit. It is often the case that an introduction can put someone off even starting to read a book – you humans are so prejudiced against yourselves that any old excuse is enough to put you off each other! – so we want to avoid this as much as possible due to the critical situation you are all in.*

Would YOU like to do the introduction?

*That was what I was about to say – I can do a bit of the introduction – if you choose to invite me to – or all of it – likewise. Let me know when you are ready.*

## Chapter 4: REAL WORK

Thank you God, that would be very good, I shall tell Jean and I think she will be pleased with that, too. Anything else on the book?

*Yes. You must stay on the rails and not become excited by it all! This is a very ordinary and not at all exceptional event, though important. So watch yourself and keep abreast of your awareness of yourself when going along with this – inflation will likely be triggered and that can be a nuisance if it takes hold. That is all on the matter of the book.*

*Now tonight I want to talk about the strangeness of the times and the necessity of keeping your feet on the ground.*

*If you are to contribute magnificently to the hour at hand then it is necessary to be on the ground and that can be a boring place to be when things are exciting and moving forward at a rate of knots. However it is from the ground that things get done and from the air that things are set alight.*

*So I want to speak now of actions that are preferable once things have been set alight in order to magnify and celebrate their appearance. The main thing is to remain centred. Do not feel in a hurry or in a manner of being 'swept off your feet'. That is the last thing to feel, so get yourself in hand before that happens – you will recognise it if you are being 'swept along' – and stop yourself in time. Do not 'go along with it' in the hopes that the fast forward energy will land you in the correct place. It is unlikely to, and even if it does you will land in an untidy heap and by the time you have picked yourself up and dusted yourself*

*off you will have saved no time whatsoever and lost your dignity.*

*So keep yourself in hand and your feet on the ground. Otherwise inflation can take hold and all manner of difficulties will then arise and be more difficult to get out of. So we are on the brink of something big and well prepared too – it is to be an exciting, rewarding and uplifting time – full of joy and satisfaction and fulfilment and it can be anticipated with confidence.*

*That is not to say that all around you will be stable – many will be falling, failing and flailing – however it is their choice to do it that way for their own good reasons and not your business to try to ‘rescue’ them – self rescue is the name of the game here now. You are to stand on your own two feet, on the ground, with Love and Good Will to all, and acceptance of all that unfolds, knowing that all answers are there ready and waiting **IN THE PRESENT, IN THE NOW.***

*So there is no place for panic, fear, alarm or discomfort – feeling any of that is a waste of time and effort and energy, and clouds the ever-present array of solutions from which to choose. The time is now short before the critical mass changeover. The time is very, very short – so be ready and alert. That is all I have to say tonight.*

*And I am with you always, standing alongside you all at all times, in loving partnership and companionship, ready to assist as soon as asked, but never before – remember that – never before. Love is like that – it does not intrude, it*

## Chapter 4: REAL WORK

*allows complete free will and stands by alert and ready to support as soon as asked – AND I AM LOVE.*

*Goodnight. Come back again tomorrow.*

Thank you God. Goodnight. I shall sleep well and look forward to speaking to you again tomorrow. Actually, there is one thing that I want to ask you first. I had a nightmare the other night of the autistic man tricking me and attacking the top of my head with a sharp instrument and shortly before that relating in some way to another man, with a furry, hidden face who was not pleasant or healthy. I was very frightened and awoke screaming. It has been quite exceptionally rare for me to have a nightmare until recently and I wonder if you can throw any light on this for me please?

*Your energies and those of all around are far more electric and volatile than you are aware of. Things all around are ecstatic and electrified. Events, you have noticed recently, are working out at high speed – not only that, but they start up and are born into manifestation at a rapid rate and then continue to work themselves out to completion at a rapid rate. It is quite breath-taking to just keep up with them, let alone have any sensible input – it is more a question of ‘riding’ the events but the events will only transpire in the way you would wish if you stay connected to them in a true way in your own living, Loving Truth.*

*Do not at any time hand over the reins to circumstance alone, or anyone else. Your experience is YOUR MANIFESTATION. Never forget that. It is YOURS AND*

*YOURS ALONE. So keep abreast of it, not in charge of it, abreast of it in loving, willing acceptance and co-operation and partnership.*

*Creative co-operation and partnership are only possible when experiencing loving, willing, acceptance so you see this is a creative life giving, life serving circle – a circular energy of great power and magnificence that you can choose to ride by being and staying aware. Your nightmare men were indicators that you have alighted at some time from this ride and these unpleasant experiences resulted. Just a reminder that you can, without noticing it if you do not stay tuned, get off this ride and have unpleasant experiences.*

*That is all. Just a reminder. Good night.*

Good night, Lord.

Thank you.

18<sup>th</sup> September

Dear God,

I am here early because I just am. Can you speak to me please?

*Yes, of course. I am here too – because I just am too!!*

Very funny, Lord! Do you have a pod?

*Naturally, and it is on the subject of insanity.*



## Chapter 4: REAL WORK

*This is a subject of great fascination to many, and you as well, because it is, seemingly, so un-understandable. The brain does the understanding, you teach yourselves, but this is not so. The brain is but a transmitter, a transformer, an interface between spirit and the physical. So it is to further back we must look than the brain – assuming you are not classing physical injury or disease or deformity of the brain as insanity.*

*Further back than the physical brain lies the Self, the Soul, the Group Soul and Spirit, amongst many other things, but we shall stick with just these for now. Do not get confused with the so-called knowledge that has been imparted to you from childhood about these matters. Start with an empty opinion for the moment and see where this leads us.*

*It is not often that you can call on someone to explain insanity. It is not often you can visit someone or speak with someone who is insane. It is not often that you go insane yourself, so as to have an experience of it. So, you see you are pretty totally ignorant of the whole thing!*

*It is therefore a very frightening condition to contemplate and not one to be invited willingly into your life. It is when you experience life outside the normally accepted parameters and find yourself unable to disguise this fact. However, you all experience life outside these normally accepted parameters every day, and frequently in every day, it is just that you keep quiet about it and do not 'let on'.*

*What I am suggesting you hold as a possibility in your mind now is that insanity is just another way of viewing the*

*world that is different, possibly vastly different, from what is normally considered acceptable. If this is so, and it is, then it follows that sanity is a limited experience of Life – possibly a very limited and narrow experience of Life.*

*It is not possible to know what another is experiencing through the brain alone. Telepathy, empathy, sympathy, amongst other things, must also be involved and included, along with the ultimate knowledge carrier Love.*

*It is not generally understood that the invisible, hidden layers of your Being are the most important and the most active of all. The brain is a very minor part of the whole thing. So, having established that as a fact, which it is, we can start to look at the whole thing in a different light and can see that your inability to accept or understand insanity could really be an indication of the paucity of your own sensibilities.*

*The immediate action when confronted with too many anomalies in behaviour is to dampen down the oddities and amputate the gross excesses by various clever means in order to reduce behaviour to within normally accepted bounds – in other words to normalise behaviour and speech. This is a reining in of the other's experience, a dimming of their reality to become less and less until only that which falls in with normally accepted limits remains.*

*However, if this is looked at through the other end of the telescope, it may be possible to bend your brain and expand your mind and stretch your belief systems enough to breach your boundaries, and enter other dimensions of human experience, to learn more of the human condition*

## Chapter 4: REAL WORK

*that way. This would show that the human mind is a far larger country than 'normality' would accept and normality is the less for that.*

*It could thus be said that normality is a censored example of Life; a dumbed down, shaved, clipped and tidied view of Life, which leaves aside vast swathes of human experience unacknowledged, denied and under taboo. It is certainly true that the human mind is far greater than the brain.*

Sorry, God, I think I got in the way there. It did not feel completely comfortable and I think I messed it up somewhat. Sorry.

When I do that how is it best, do you think, to let go and get back on your track? I feel as if I am running on two rail tracks in parallel at the same time and keep struggling to stay on one. I know when it is happening because I just feel uncomfortable. How do I get off your track? What do I do that makes me get off your track?

*You are not relaxing into the Now. Just relax into the Now and let come what comes – it does not have to be sensible, it may not be neat and tidy, it may sound trite and silly – that is not your business to judge or consider. If you relax into the Now and let come what comes all will be well. Once you have got off the track it is not so easy to get back on it again, so the best thing is not to get off it in the first place! Enough now. Come back tomorrow.*

Will do Lord. Thank you. Goodnight.

Love,

Me.

19<sup>th</sup> September

Hello, Lord.

Can we do a pod? Or would you like to say anything to me other than that? I do not have a question to ask particularly.

*Do not feel you have to ask questions. I am quite happy to give a monologue! But it is easier if your mind is at rest and so if there is a question or a worry, then that should come first at all times because then it is easier to get along onto something else. If you are concerned or anything like that then it would be a great disservice to our pods! So it is in my best interests if you are at ease. But there is no need to manufacture a question to fill up the page!!*

Thank you Lord, I shall not try to make conversation then and just leave it to you to say a lot or a little. Please continue.

## Chapter 5: STOPPING FOR NOW

*Just as you are trying to be staying on the rails tonight, so am I about to tell you that this conversation is coming to an end. You may not be having any more pods for a little while. I wish to let you settle the book into its natural position in the world and then we may start up again.*

Lord, that is awful! I feel quite shocked! I did not expect his. Why are you leaving this? Why are we stopping this now? I thought we would be going on without a break – why are you doing this?

*You feel abandoned. Do not. It is to allow you to complete the book in dignity and pleasure and leisure. There is no rush. Many things are about to happen and you have enough to do, both of you, with what you have already accumulated, so finish that off in a seemly and tidy way and then we can get back to work. I shall not leave you, I can assure you – we shall do more together and that will be much to your advantage. It is also to your advantage to have a break now and rest and let the next phase germinate and gestate. You will know when we are to start again. And we shall.*

Well, Lord. Thank you for all we have already done. I have enjoyed it and just as I was going to try and stay on the rails and not get in the way again, we hit the buffers!!

Can you say anything to me then on any other subject other than the pods or anything else about our work? I don't really want you to go.

*I am not going anywhere. We are merely stopping the pods for a while to allow you both to concentrate, happily and leisurely, on the book. I shall be invited, possibly, to make a further contribution yet and shall be available at all times for questions, or suggestions if you so choose. I am not 'dropping you'. We shall not be doing two things at once, that is all.*

*Enough now. That is all we need to do at the moment. Come back to me whenever you like and I shall call you when it may be time to start again.*

Very well, Lord. And thank you for all we have already done.

Love,  
Me.



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## Notes

1. Page 5: Neale Donald Walsch – *Friendship with God*, published by Hodder & Stoughton. For more information on Neale Donald Walsch, visit [NealeDonaldWalsch.com](http://NealeDonaldWalsch.com).
2. Page 10: Christopher Hansard – *The Tibetan Art of Living*, published by Hodder & Stoughton.
3. Page 16: It might be helpful and interesting to the reader, in fully understanding the concept of 'the Now', as referred to here, to be familiar with the work of Eckhart Tolle, specifically 'The Power of Now', published by Hodder & Stoughton.
4. Page 21: Jane Roberts (1929-1984) was an American author, poet, psychic, and spirit medium, who channelled a being known as 'Seth.' Her channelled words are available in a collection of Seth books.
5. Page 22: Spontaneous Life website can be found at [spontaneouslife.net](http://spontaneouslife.net).
6. Page 22: Negativity is an essay, published on the Spontaneous Life website: [spontaneouslife.net/negativity](http://spontaneouslife.net/negativity).
7. Page 23: Neale Donald Walsch – *Communion with God*, published by Hodder & Stoughton.
8. Page 33: 'Love is all there is', from the song 'I Threw It All Away' (Dylan) © Sony/ATV Music Publishing LLC.

9. Page 33: ‘Love is all you need’, from the song ‘All you need is love’ (Lennon / McCartney) © Sony/ATV Music Publishing LLC.
10. Page 86: The Morning and Evening prayers referred to can be found on the Spontaneous Life website: [spontaneouslife.net/poemsandprayers](http://spontaneouslife.net/poemsandprayers).
11. Page 89: The Times They Are A’Changin (Dylan) © Sony/ATV Music Publishing LLC.
12. Page 102: Carl Gustav Jung, Swiss psychiatrist and founder of analytical psychology, for more info see <https://www.simplypsychology.org/carl-jung.html>.
13. Page 131: Neale Donald Walsch – *Home with God*, published by Hodder & Stoughton.
14. Page 165: The Sound of Music – 1965 film, produced and directed by Robert Wise, starring Julie Andrews, based on the 1949 memoir of the Trapp Family Singers.





### About the Author

Susan Coates was born in Bristol, England in 1940. She has, for many years, studied psychology, spirituality and healing; is a graduate of the Psychosynthesis and Education Trust in London and holds a Diploma in Counselling from the Westminster Pastoral Foundation, London.

She practised as a Counsellor and Psychotherapist before moving to the Cotswolds and taking up farming. Then, inspired by the books of Neale Donald Walsch, she decided to see if she could channel in a similar manner. This book is the result of her first attempt.