

THOUGHT PODS

An expression of Spontaneous Life

Susan Coates



Spontaneous
Life
Publishing

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Spontaneous Life

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*“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.”*

9th September 2021

ALSO BY SUSAN COATES

“INTO THE BLUE” (MARCH 2022)

“THE BOY IN THE TURRET AND
THE MAN IN THE LIBRARY” (JUNE 2022)

Contents

FOREWORD.....	ix
INTRODUCTION.....	xi
Chapter 1: THE END.....	1
THE TIDE IS TURNING	2
Chapter 2: TRY THIS.....	5
BE NOT AFRAID.....	6
FOR THE FAINT-HEARTED AND THE WEARY	7
A NEW ADVENTURE	9
ENCOUNTERS BETWEEN SOULS.....	11
BEING RIGHT	15
JOY AT OTHER’S FORTUNE.....	17
LET LOVE PREVAIL	20
DIRECTION	22
LIVING IN THE NOW.....	24
LIFE, LOVE AND COMMITMENT	25
FEET ON THE GROUND.....	26
CONNECT WITH THE NEW.....	28
THE NEWS.....	30
ENERGY, MOVEMENT, DIRECTION.....	31

NIMBLE.....	34
MAKE THE UNKNOWN KNOWN.....	35
Chapter 3: THOUGHT STRETCHERS	39
WORDS	40
SPEECH.....	42
THOUGHTS	45
TALENTS	47
HEALTH.....	49
PAIN.....	51
TELEPATHY	55
INTIMACY.....	58
GENDER.....	59
INSANITY	62
VENIALITY	65
CHARISMA.....	68
MONEY	71
INEQUITY	73
CHARITY	75
EUTHANASIA	77
SECRECY.....	79
WHISTLEBLOWERS	82
GRAVITY.....	84
LONGEVITY	86
COLOUR	87

TIME	89
USING TIME	92
TIME ZONES	93
THE UNIVERSE	94
LIGHT	95
SLEEP	97
PEACE	99
LOVE AND EQUALITY	101
Chapter 4: GETTING TOGETHER	105
QUALITY OF THOUGHT.....	106
NECESSITY IS THE MOTHER OF INVENTION...	108
SUSTAINABILITY	110
SPIRITUAL GIVING	113
LOVE IS THE ANSWER.....	115
SOUND OF MUSIC	117
WORK TOGETHER.....	121
WE ARE ALL IN THIS TOGETHER.....	123
GUARDED OPTIMISM.....	125
THE GREAT SHAKE-UP	127
NOW THE WORK BEGINS.....	129
THOUGHT POOLS	131
Chapter 5: THE BEGINNING	135
THE BIG PUSH.....	136

FIRE 139
AND OFF WE GO!! 140
LET LOVE PREVAIL 142
THE DANCE 144

A POSY OF POEMS & ODDS & ENDS

By Susan Coates.....147

NOTES..... 172

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, emptied her mind, 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.

From these, and subsequent conversations from October to December that same year, her first two books, “into the Blue” and “The Boy in the Turret and the Man in the Library”, were written. This “Thought Pods”, her third book, is a compendium of all the educational Teachings given in her first two books - an intense concentration of only channelled words arranged into growth seeking order. It draws out the evolution of thought evidenced in her first books and, being stripped of all discursive and desultory content, flows from beginning to end in a developmental way.

As such it stands as a valuable book in its own right, as well as a companion/reference book to the others, and much can be gained from this pure extraction of channelled words. If you like the first books, this book is “a must” and, conversely, if you like this one then the other two are “musts”, for there you can follow the daily conversations and share and understand how this all came about.

Always helpful, the subjects covered are wide ranging, from the everyday to Time and Gravity and how the Universe works. At the root of them all is the desire to help us tackle this period of global emergency in a constructive way and to urge us to get together and act together in like-minded, well-meaning groups for maximum creative effect.

INTRODUCTION

*“The need is very great to increase the coverage of this material. This 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 those 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 the Seth books (by Jane Roberts¹) were first channelled by her 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!

This is a book for another age, a New Age of thought that is being born at the present time.

It is a way of thinking that is developing, and will develop continually over time, but its direction and change of direction and depth at this moment is extremely important and needs much nurturing without rest.

Just as the birth of a baby is an extremely important moment and as the manner in which that birth is overseen by all present to the situation is important, because the whole of the coming life of the new born will be affected by the quality

of 'the delivery' for good or ill. Sloppiness or carelessness at such a delicate time can result in wasted potential and unnecessary damage to the future life of the new born.

So look to this time, all of you, as you usher yourselves into the New Age, as a time of utter delicacy, a time of vital importance, that requires your constant undivided attention and dedication to the quality of your thoughts, speech and actions so that the change from the old ways to the New shall be one of celebration and joy carrying on into the future.

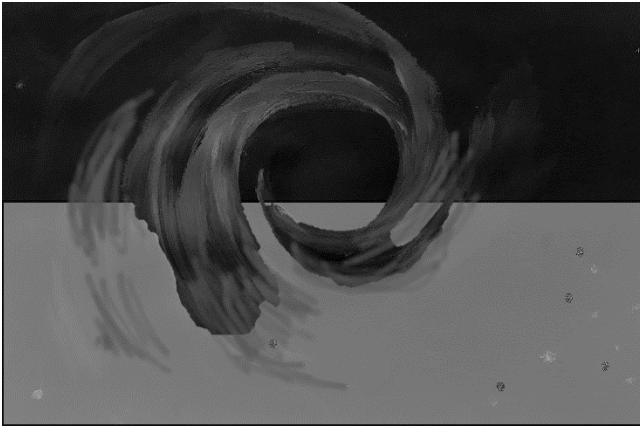
Let

Love

Prevail."

Chapter 1:

THE END



THE TIDE IS TURNING

“This is not a fun thing we are doing for the pleasure of a bit of amusement. It is a calculated approach to learning and education. It takes into account the level of the student on all fronts - intellectual, emotional, spiritual and even physical. If any of these levels are not fully engaged in the process then matters are calibrated to allow for that so that progress is a fully engaged state, moving forward on all fronts equally.

The tide is turning and with it the currents of human thought. This communication 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.

Chapter 1: THE END

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.

*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 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.”*

Chapter 2:

TRY THIS



BE NOT AFRAID

“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 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.”

FOR THE FAINT-HEARTED AND THE WEARY

“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 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.”

A NEW ADVENTURE

“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 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.”*

ENCOUNTERS BETWEEN SOULS

“This is 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 relating to another as an acquaintance or a stranger, it 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 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

Chapter 2: TRY THIS

truth. If, at some level, you feel 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.*

*Humans automatically exchange energy all the time, even when not close by. So what we are talking about here is the **conscious** giving and receiving of energy. This is a skill that can be developed by the application of attention to it. This*

*is a valuable practice and could be carried out much more, by all of you, to your great benefit and enjoyment. To blindly receive something of value, without noticing it or being able to acknowledge it, is a far, far inferior matter to **consciously** receiving a valuable energy or **consciously** extending a valuable energy. This is because the involvement of consciousness to the process of energy exchange greatly magnifies its effect. And that involves little more than deliberate attention and intention. It happens all the time and it does not make much difference whether you are conscious of it happening or not - it will still happen automatically to a certain extent. However, if you are consciously cooperating with it, i.e. if you are aware of the energy exchange and remain aware and willing to cooperate with it with love present, then its healing effect is magnified magnificently!! Also, the healing effect does not restrict itself to the moments in time when the actual exchange is taking place but carries on for some time into the future too.*

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

BEING RIGHT

“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 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.”

JOY AT OTHER'S FORTUNE

“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 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

Chapter 2: TRY THIS

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."

LET LOVE PREVAIL

“The work we have to relay now is on the subject of the vibrations that occur and are set in motion by hatred and contempt. These feelings are most unpleasant to experience, both as the received and as the perpetrator.

*They are rampant in your societies today as you know well with the religious wars and discriminations based on those matters that abound. However, more immediate and more relevant to those reading this is your personal involvement in this – the everyday acceptance of their existence and, worse, an everyday acceptance of knowing which side you are on. Just taking a side like this, **and knowing that you have done so**, even if it is unvoiced and only in your mind, is pure hatred and contempt. This is sent out from your being in waves and waves across the world and back to you in a great band of hatred and contempt, linking and magnifying itself wherever it finds a fellow vibration, a resonance.*

*This, as you can see, is now much more than just your ‘little feelings’ as you watch the television in your kitchen. Your ‘little feelings’ are travelling the globe and magnifying themselves whenever they come across feelings of a similar vibration and resonance to which they can ally themselves and group up with. And the feelings they ally themselves with are the original pure hatred and contempt and **they do not recognise which side of the debate they originated from.***

Chapter 2: TRY THIS

*So, to hold your enemy in hatred and contempt - even silently and even guiltily – **adds to all hatred and contempt and magnifies a thousand fold the extremism present in the world.** Logically, therefore, if this is true, which it is, to remove such unhelpful dynamics, or at the very least **lessen extremism**, you need to cleanse your thought processes of giving sanctuary and rest to such emotions.*

Think on this and practise noticing whenever your thoughts verge on hatred or contempt. Then, choose which you want to do: increase extremism in the world or cleanse it with loving, willing acceptance.”

DIRECTION

“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.

Chapter 2: TRY THIS

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 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.”

LIVING IN THE NOW

*“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**² – ideally moving from one intuitive ‘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 intuitive ‘taps’, riding the creative spirals, and take joy in noticing your progress in training and perfecting this skill.”*

LIFE, LOVE AND COMMITMENT

“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.”

FEET ON THE GROUND

“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 –

Chapter 2: TRY THIS

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 allows complete free will and stands by alert and ready to support as soon as asked – AND I AM LOVE.”

CONNECT WITH THE NEW

“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 Prayers³ 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.*

Chapter 2: TRY THIS

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.”

THE NEWS

*“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.*

So listen to more news and find some so lovely things to link your thoughts with.”

ENERGY, MOVEMENT, DIRECTION

“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.

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

Chapter 2: TRY THIS

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!”

NIMBLE

“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 Now² and remember that any direction is from the point of Now 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 unsurprising! That is how you must become – unsurprising. That is always the case when you are truly living in the Now.”

MAKE THE UNKNOWN KNOWN

“It is not often that you can say you can experience something you have never ever dreamed of. And what is the point of this I hear you think. The point is to show you how easy it is to learn of the unknown. The point of it is to show you that learning of the unknown in a personal and real and true way is perfectly possible and not at all difficult or scary or ‘unnatural’. To make the unknown known is what we are about and through that increase the understandings of the human condition in a constructive and healing manner.

This is an experiment with Time and an experiment with knowledge.

Usually the person holding out the knowledge or handing on the knowledge is the one who KNOWS and is graciously letting it be spread about for a fee, his/her salary. But in this case there is NO-ONE WHO KNOWS.

So there we are. How to get knowledge that one does not have from somewhere when NO-ONE has that knowledge??!! Difficult indeed.

Here we can enter a different train of thought. Go in a different direction. It is very interesting, because it is so new and vivid and vital.

You see the point of all this is to tell you, and explain to you, that there is a wealth of knowledge and interesting information at your very fingertips at all times, in the NOW. But that, sometimes, is too difficult for you to grasp or get into practice with so I am going to give you another

*direction to go in that will give you, somewhat
cumbersomely, the same quality of knowledge.*

*The NOW is the main place to go, because it has ALL
KNOWLEDGE. And if you can relate to the NOW you are
in sure hands, safe hands, and know that the answers you
seek are already there waiting. However this does require
some quieting of your Being so that you can notice and
recognise and accept these answers and this knowledge out
of the NOW and it is obvious that some of you just cannot
abide the quieting of the being that is required to do this
easily.*

*Therefore I am offering you another, very active, method of
acquiring answers and knowledge. Go into inner space and
seek he, or she, who has this knowledge, these answers. Ask
them to make themselves known to you and then you can
have a conversation with them and see if you can understand
and receive the answers and knowledge you seek.*

*Obviously, this cannot be done in a casual or flippant
manner. It must be genuine and heartfelt, or the connection
cannot and will not be made. Intention must be pure and
true. Be clear and sure in your intentions, be clear and true
in your thought when you do this and you may be surprised
at how easy it is to get answers from a very intelligent being
who will appear in your mind, wise, loving and extremely
intelligent!*

*But never forget, here you cannot get answers to questions
you have not formulated. So it is necessary to be quite clear
and concise in your questions. Sometimes you may find it is
more difficult to reach and articulate your true question than
it is to avail yourself of the answer!!”*

Chapter 2: TRY THIS

Chapter 3:

THOUGHT

STRETCHERS



WORDS

“Now I wish to talk of insufficient knowledge of language and the necessity of being very exact when describing things.

Lazy speech and communication, inexact descriptions, woolly words all leave the scene wide open to misinterpretation and prejudice. This invites the birth of skills to do with manipulation of the mind – such as advertising, preaching, political speeches and lobbying etc. If language is not treated with respect then nor is the desire to understand or the desire to communicate, for they depend on each other.

This is where truth and genuineness come into play. If it is desired to communicate genuine truth, big or small, important or trivial, then exact language is required. The more you connect and are faithful to your truth, the more exact your words become and the clearer you are able to communicate.

This is another matter of concern to me and to others in the human race who are not really in the swing of things yet. It is necessary to be very swift in your brain to realise that this is not for everyone the same message. We all, you all, translate and feel the message in a different way, the words are taken in in a different meaning, according to your histories, culture and upbringing. I may use the same words, but the number of meanings are the same number as the number of people hearing them or reading them. That is why it is so necessary to be connected to your own deep and abiding truth when speaking on these sorts of subjects, for it is the Truth that carries the meaning and it is the Love that

Chapter 3: THOUGHT STRETCHERS

carries the understanding. So if we speak with truth, our own deep truth, or own true real individual Truth, and Love is present too, then the deepest meaning and the most healing effect of our words will be revealed.

There are as many truths as there are persons in the world and so that is a lot!! So when we speak, if we wish to speak to everyone, then the common denominator must be found. And that is your own deep individual Truth expressed together with Love. It is not an easy matter to speak to all and sundry and them all to understand the same thing from the same words. That is because the words mean nothing – they are but symbols – it is the underlying spiritual essence of Truth that is transferred via the presence of Love, and this is what lies behind words.”

SPEECH

“Now I shall endeavour to explain something that you may never have really ever thought about and not even dreamt was important. But so many things in this life are very small, and thought to be of no importance because of this, when smallness has no actual relationship to importance at all. And the subject is that of the coming to fruition of the end of the cycle.

Cycles and ages are thought of as too big to count as important in a personal sense, and the coming to the end of one must be such a small item, in a cosmic sense, that little attention need be paid to it. However, all changeovers are important and can colour all that comes thereafter, so we need to be aware of the importance of attending to this one in any way that is open to us. What we need to do is to pay particular attention to every small detail and then all will be smooth and easily crossed.

The particular small item I have in mind is that of the genuineness of communication and how lack of it makes a mockery of what is being engaged in. If we cannot be genuine in our speech then it is not worth speaking at all. If a person lies, then there is no need to listen to them ever because it is all pretence, fabrication and imagination. But aside from lies, there are also the lazy, inexact and pretentious ways of speaking that do not tell the truth either. Inflationary behaviour is usually accompanied by much exaggeration of speech in order to bolster importance and take the place of anything of true import that may be present.

Chapter 3: THOUGHT STRETCHERS

When you speak, therefore, be clear in intention and the words will follow in a clear and unadulterated manner and the truth of the communication will be apparent. If speech always follows this rule – intention first and words second – then much speech will not take place as lots of it is just empty twaddle, wittering and nothing but background noise.

What you have to understand about speech is that it follows and echoes thought. Thought comes first and then speech is the ‘song’ of the thought. An empty mind often exults in much undisciplined, wild streams of speech and laughter with little content - the intent being to ‘drown’ in noise those present so that challenge to its intelligence is never allowed space to emerge.

Truth in communication and genuineness of communication is essential for economy and efficiency of understanding to take place between people. At this critical time of the end of one cycle and the birth of another, clarity of communication is itself critical.

Communication with words – spoken or written – follows thought and intention. Woolly speech follows woolly thought and unformed intention. Clear speech follows clear thought and clear intention. Look at your speech therefore – and when communicating with the written word – and make absolutely sure your thought and intention is being accurately translated.

This is a discipline many will never have contemplated taking on. Many feel speech is an automatic expression, like breathing out, that needs no attention – it does itself, so to

*Speak. Well if it does itself, how do you know it is doing what **your** self wishes or intends?*

Become aware of your speech. It is the song of your thoughts. Become aware of other's speech for it is the song of their thoughts, the song of their intentions. Seek clarification at all times. Do not jump to the conclusion that you understand what someone else is saying in order to start saying something yourself.

Many times the speaker is only interested in speaking themselves and uses the other as a foil simply to enable their further speaking. This is sound signifying nothing; a waste of time and energy; a cry for true communication; a cry of loneliness. Often people speak much and long to keep the presence of the person being spoken to. The purpose here is to 'hold onto' them with words. Often these people are considered bores and are avoided. These people, too, are often very lonely and by using speech in this desperate way, communicating nothing, they cement their loneliness, for there is no purpose or intention in their speech other than to keep ensnared the presence of the other.

So speech is a vital companion of Truth, a carrier of Truth and an expression of thought. It is necessary at this critical time to see to yours and let it be clean, clear, transparent and an honest mirror of your intention."

THOUGHTS

“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 unconscious⁴, 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.”*

TALENTS

“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 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.”

HEALTH

“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.

*It was 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.*

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 the thing 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.”*

PAIN

“This is on the subject of pain, which needs to be approached 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 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?

We are speaking of low level, ill defined, all pervasive, emotional pain, and feelings marinated in invisible pain.

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 – the grey of ill-defined, all-embracing, low-level pain.

Yes, and I think we can get to grips with it now. So stay with me.

'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 3: THOUGHT STRETCHERS

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."

TELEPATHY

“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 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

Chapter 3: THOUGHT STRETCHERS

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.”

INTIMACY

“Now I wish to talk on another subject. This time it is the subject of intimacy in all its guises.

Intimacy is close connection with another - often in private, and often only telepathically recognised and appreciated. It is the coming together of belief systems and the sharing of ideas and understandings at a cellular level with another human being. It is the result of the appreciation of the absolute sacredness of another where your lives intersect, and so it gives the feeling of closeness to another. This is not a fleeting feeling – it is a creative experience which cannot be wiped out or denied by either party and continues forever – it is a creative act. Intimacy is therefore the result of sacredness entering into human interaction.

This is not to say that we are all on the same level of intimacy when we experience intimacy. Sometimes it is just a passing acceptance and understanding that is experienced and known through the eyes alone and not spoken of in any way - just a visual understanding of the experience of life at a very deep and meaningful level. At other times it is a coming together at an intellectual level of two minds at a very deep and meaningful and creative level where great thoughts can be engendered and great understandings shared. Often, again, mostly telepathically – though words frequently, and touch, come into it. This is a conversation at a cellular level – not needing words, but often outwardly acknowledged with words. It is a very pleasant, enjoyable and satisfying experience and creates an eternal bond between two people that cannot be broken by time or distance.”

GENDER

“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 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 the 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 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.

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,

Chapter 3: THOUGHT STRETCHERS

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 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.”

INSANITY

“This is on the subject of insanity.

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’.

Chapter 3: THOUGHT STRETCHERS

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 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.”

VENIALITY

“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 coerced/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 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

Chapter 3: THOUGHT STRETCHERS

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.”

CHARISMA

“The subject of interest now is that of the benefits of charisma.

Charisma has a poor reputation because of the times it has been misused or taken advantage of or blinded fools into following fools. Because you see charisma has nothing to do with knowledge of anything, or the ‘rightness’ of any particular type of Belief System. It is purely a form of personal magic.

Charisma attracts people’s minds and hearts as surely as a magnet attracts iron filings and it is nothing but an emanation and does not necessarily mean the person with charisma has spiritual development, though it is also a trademark of such a thing.

This is why you say ‘by their fruits shall you know them’. A charlatan can have great charisma, so shall a highly spiritually developed person be charismatic, and it is by the fruits of their actions that you can tell which a person is. This is discrimination and discrimination is important to develop in this matter.

Assuming, therefore, that discrimination is present and that we are dealing with a person with spiritually advanced and spiritually earned charisma, it still only means that. It is not an inevitable mark of any particular level of development. Two people of the same level of purity and spiritual development can be totally different in this respect with one extremely charismatic and the other not so. Thus, again, it is purely a form of personal magic and not an automatic

Chapter 3: THOUGHT STRETCHERS

characteristic of everyone reaching a particular level of development. So charisma can be deceiving and it is wise to know and remember this for it is magical and can take in the unwary.

Its benefit is that of attracting human attention – great attention. And if it is wanted to start a movement, then charisma is an invaluable tool to have in that respect. It is also very useful for commanding the energy of a group.

A group, large or very large, has a big pool of energy available, but it is divided into as many portions as there are people in the group and these numerous energies each have their own vibratory rate which makes them somewhat separated and differentiated from each other. When co-opted by a charismatic leader, however, the vibratory rate of all the members of the group, or the vast majority of the group, becomes tuned to the same resonance and then the energy becomes 'one' and can be wielded and directed as one by such a leader. This is how victorious armies led by charismatic generals can win impossible battle after impossible battle – the energy of the group is welded into one mighty emotional and mental force that can be directed as one.

The state the world is in now it may be necessary to give birth to some charismatic leaders, in various fields, in order to get the bulk of humanity moving in the same productive and creative direction. This will be of great help in your taking the necessary steps forward in time to avert disaster. So look out for these soon to come leaders – they can harness group energy and direct it – and remember their

charisma is a magical thing. And it is necessary to judge them by their fruits!"

MONEY

*“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.*

The idea that money can solve problems is now out of date. Just as the idea that guns and war can solve problems is now out of date. In the old way of thinking, 'too many cooks spoil the broth'. And that was correct then because each cook was wanting to be in sole charge. However, now, in this new paradigm, the more cooks the better because they are all in a group, with the group intention to make a good broth, and each can offer their unique contribution to the whole enterprise."

INEQUITY

“Now I wish to speak on the subject of conniving and cheating and deceiving and generally being a difficult person to have dealings with. These characteristics are quite widespread in your society, especially commercially and politically and in the financial and insurance sectors.

*What you do not know is that often it is **they** who are connived against and cheated and deceived and they are just continuing in the mode to which they have been accustomed in their lives. So to deal with individuals, individually, is no good at all – one has to confront the whole sector, the whole Archetype so to speak, if any true light is to be thrown on these subjects.*

They cause much hurt and disappointment and sorrow to those who are not so inclined, when they are taken in, but to the ‘perpetrator’ there is no guilt or regret felt because, in their eyes, they have done nothing wrong! They may often even feel very satisfied, amused and fulfilled. However, it is true that much hurt is felt by the others.

The root cause of this behaviour, of course, is the separation of ‘me’ and ‘mine’ from ‘you’ and ‘yours’ and an objectification of the ‘other side’. Once the ‘other side’ is turned into an object then no holds are barred, most obviously where money and sex are concerned. This is not a small nut to crack. It is going to be a difficult one to sort out and it needs sorting out.

If any particular industry exemplifies these behaviours it could be said the advertising industry has perfected it into a

fine art and spread its skills far and wide. Innocuous at first glance but, if looked at fairly and squarely, the whole system rests on dishonesty, 'me' and 'them', pretending and masking. Public relations is another sector.

The more you know about a person, in the sense of experiencing their point of view of the world, the less alarming you find them. This is the root of all wars – this is the root of all misunderstanding – ignorance. And ignorance is the root of all inequity. If you do not understand anything of a person or persons, and you are unable to experience anything of what they are going through, then objectivity comes into play, subjectivity goes out of the window, and cruelty, abuse and advantage taking arrive without shame or consideration.”

CHARITY

*“Today I wish to talk of charity. It is much lauded in your society. Charity is ‘good’ it is thought. And in the old system is **was** good because there sometimes was not any other way to improve things. However, nowadays it is not so good.*

In this new age all energies need to be self-directing and self-manifesting and not ‘other’ oriented. Aid is out of date now and as the old saying went - ‘We want Trade, not Aid’ - so it is now. Other’s support is not the way to go. Your own supporting energies and your own power is the way to go. Do not look to others to save you, financially, intellectually or spiritually. Now you need to stand on your own two feet and gain your strength and encouragement and support from being in a group of like-minded souls.

This can seem hard hearted to those who have been brought up to think that giving away your money or your time free or your goods for no return is ‘charity’ and is good. But in this new paradigm what is needed to donate is your own unique offering, your own unique way of looking at the world and contribute your own unique view point.

There is not a right or a wrong now. There is only what is and what isn’t and what is wanted, and then out of the group thought, the group desire for the good of all, a solution is found – not through sacrifice, but through moment by moment discovery of solutions to the problems you are trying to tackle.

This is a backwards and harsh approach, complain those with the old attitudes, but those beliefs need to change. Creative and exciting new ways to deal with current difficulties can be found, waiting just to be thought

of, once the old idea of it being ‘someone else’s job to save me’ is dropped.

*Creativity comes in many guises but the most often occurring symptom of creativity is it’s immediacy, its newness and its spontaneity of thought. Creativity is not stuck in a rut. It is not the ‘same old same old’. It is new and dynamic and **young**.*

So think on this and drop the idea of it being best to hand over the responsibility to someone else for working out a solution to a problem with a fistful of money. Swap ‘Charity’ for ‘Creative Independent Thought’. And Creative Independent Thought is born out of self-responsible thinking – seeking solutions not money. The idea that money can solve problems is now out of date. Just as the idea that guns and war can solve problems is now out of date.

Think on this. It has merits.”

EUTHANASIA

“Today 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.”

SECRECY

“What I want to talk about now, then, is the matter of secrecy. Secrecy? I hear you say. Well it is a very well-known matter in your society and your world. It is a major concern to a lot of people and large sections of society. It is a large part of society, in fact, and takes up a lot of employment – there is the secret service, the security service, the data management section of society, the banking system, the medical research departments, the tech corporations, the Government buildings devoted to tracking people and their thoughts and their doings, the police and the military forces who retain much secrecy throughout their existence, there are even whole divisions of Government and the military that are so secret that no-one, except those within them, even know of their existence – all having strange, innocuous names, as they fund themselves through the tax system and have no accountability because of their secrecy.

Then there are the corporations and their doings that jealously guard their data and their secretive nature extends to watching their employees who, in many cases, are followed and recorded without their knowledge.

There are also the endless cameras secretly watching and recording wherever you go and the relentless legal devices used to gag all who come within their remit so that things can be kept secret.

That is only the tip of the iceberg and it really is a stifling and choking set-up you have concocted for yourselves – all in the name of something held very dear, yet the value of which is never really explained – ‘privacy’.

It is not a healthy condition your societies are in, in this respect. So much work and attention is paid to this matter that one could say you are obsessed with it and hold it so highly prized that it proliferates and becomes almost a given in any area of work and employment.

This really needs to be re-assessed because it is stifling and choking normal human exchange and normal human trust in one another and breeds paranoia. The result of all this is that people revolt against it in increasing numbers and leaks become ever larger and ever more frequent. Then there are the legions of those who trawl through the leaks to find the truth of what is going on and everyone is horrified when they find out what that is and never seem to notice that it is the cult of privacy that has allowed this situation to flourish in the first place.

You seem severely afraid of the truth, afraid of it being found out, afraid of your actions and intentions being known, afraid of being alive almost. This has bred such an automatic mistrust of one another that normal, natural, general human loving exchange is prevented, corrupted and cut off.

Secret is really 'sacred' and that is what has become missing from your understanding and experience – the 'sacredness' of life and its doings, the sacredness of human interaction, the sacredness of all things on this earth. That is something that is now practically unknown in normal activities and it is an important missing piece of experience. It is really the everyday religion of some societies, some tribes and

Chapter 3: THOUGHT STRETCHERS

indigenous peoples, but in the modern western way, now, it is absent.

It is a very important aspect of life. It is the spiritual aspect of the mundane and ordinary brought to life and experienced and lived in the everyday. So, when the everyday is no longer sacred – then all is profane, and profanity and profanities abound.

Do you recognise such a state of affairs? I think you all do. It is much to be regretted for it is a spiritually dumbing down of the experience of being alive at its very root. We do not want to say that you are incapable of experiencing and understanding and enjoying the sacredness of life – but we can see that it is a rare thing when it should and could be widespread and taken for granted again as it has been in the long ago past.

When sacredness is defamed like this, then it turns into secrecy for personal ends to the disadvantage of others, and that is where you find yourselves today.”

WHISTLEBLOWERS

“Now to a different subject.

We need to speak for a little while on the subject of cancerous growths. Not a pleasant subject I hear you think. Not a pleasant subject indeed, but widely evident in humankind as well as animals and others, due partly to poisoned air and water and partly to poisoned food. We cannot keep ‘curing’ these things by putting more and more antagonistic poisons into the body. The cause must be addressed.

This is a major project that must be taken on by politicians all over the globe, for it is the politicians who have the power to change the laws of each land and only new laws and law changes can embed securely the wishes of the people in this matter. However the wishes of the people in this matter can hardly be known if they are not expressed! And they cannot be expressed if they are not formed in the first place. And they cannot be formed in the first place if the facts of the matter are kept a secret for reputational and financial reasons of gain and security.

And so whistle blowers have become the heroes of the hour and heroes of this time. Let them be revered and supported, let them be honoured and respected, let them be admired and looked up to. They are heroes, and at present they are reviled and allowed to be punished for letting out the truth. See what you can do to change this state of affairs. See what you can do to make your thoughts encouraging and grateful to such people, for in truth they should be rewarded grandly. Each whistle blower who sacrifices themselves for this cause

Chapter 3: THOUGHT STRETCHERS

makes it a bit easier for the next one until, eventually, whistle blowing becomes an accepted thing to do. Encourage this. It is a very important tool for societal re-visioning and with its help change can be quite rapidly magnified until it is needed no longer and the truth is no longer feared.”

GRAVITY

“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 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.

Chapter 3: THOUGHT STRETCHERS

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.”

LONGEVITY

“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.

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.

But Life does not lose itself like that – like when you forget to save something on your computer. I can assure you it is permanently ‘saved’. It is never ‘lost’. Souls are never ‘lost’. You are never lost, but always ‘saved’.”

COLOUR

“Yellow, they say, is the colour of the Earth, and it is also the colour of death. Whether this is true or not is up to your own belief systems, however colour is most definitely important to your way of life and your way of thinking and the enjoyment you get from life.

Flowers and such give joy. Paintings give joy. So colour is, for the most part, an expression of Joy. Many hearts are bereft now, bereft of joy, and so colours are vibrant and brash and glaring, to try to make up for your psychological and spiritual lack.

Do not ignore the delicate colouring, do not avoid the pastel or the small, intricate details of the overlaying of colours one onto the other. Leaves on a tree are all green at certain times of the year yet each leaf is a different green. When the sun shines through these leaves in the spring, each leaf is absorbing energy from the warmth at a different rate and in a different way, consonant with its own individual expression of Life.

So colour is many layered and, in its expression, is individually chosen with precise care for that particular moment and is forever changing too. It fades, alters, reacts to the air and the movement of life around it – so even colour is not static. Think of that. You tend to think that once a colour is seen, it is definite and will remain as such. But it is living out its life in an individual way just like you! It is a living energy and is due honour and attention.

This is the message I want to give you now. Colour is the expression of Joy! It should be celebrated with deep respect. Think what the world and your life would be like if there was no colour – if all was black, grey and white! Appreciate it, honour it, and take notice of and have respect for the delicate interweaving of colours in nature. All an expression of Joy!!

Receive this joy – do not treat it like a commodity to be bought and thrown away – receive this joy through your eyes and give thanks – give thanks for a world full of colour.”

TIME

“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 the job enjoyable even. In a nutshell, approaching jobs with an attitude of loving,

Chapter 3: THOUGHT STRETCHERS

willing, acceptance lets you and them take the path of co-operative, efficient, harmonious, enjoyable partnership.”

USING TIME

“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.”

TIME ZONES

“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 experience, it is a linking of energies from the past into the present – a bleed through as Seth (in the books by Jane Roberts¹) 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.”

THE UNIVERSE

“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.”*

LIGHT

“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 on 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.

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!”

SLEEP

“This is on the matter of your sleep and what happens when you sleep.

*You are 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 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.*

*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.”*

PEACE

“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.

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.”

LOVE AND EQUALITY

“Love and Equality are not as you might imagine. They are 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 cannot be understated. I cannot be overstated. I state that Love is all – as the old songs have it “Love is all there is”⁵, “Love is all you need”⁶ – 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.

*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.”

Chapter 3: THOUGHT STRETCHERS

Chapter 4:

GETTING TOGETHER



QUALITY OF THOUGHT

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

So, thought is the most important thing, and quality of thought is the most important thing of all for it is the quality

Chapter 4: GETTING TOGETHER

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 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.”

NECESSITY IS THE MOTHER OF INVENTION

“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.*

Chapter 4: GETTING TOGETHER

*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.”*

SUSTAINABILITY

“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

Chapter 4: GETTING TOGETHER

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 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.”

SPIRITUAL GIVING

*“The times they are a’changing⁷, 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 these 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** and their ongoing effects are **greatly magnified**.*

*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 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. So when you truly Love something, say a bird, or a tree or an insect, maybe only for a few seconds, this love **does not stop there**, it is not limited to that place or body, but **continues on**, its strength undiminished. This 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.”*

Chapter 4: GETTING TOGETHER

LOVE IS THE ANSWER

“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.

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.”

SOUND OF MUSIC

“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 Music⁸. 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 accelerating warming is taking place and rapidly increasing – however, living the paradox

Chapter 4: GETTING TOGETHER

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!”

WORK TOGETHER

*“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.”*

WE ARE ALL IN THIS TOGETHER

*“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.”

GUARDED OPTIMISM

“What I want to talk about now 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.”

THE GREAT SHAKE-UP

“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.

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'."

NOW THE WORK BEGINS

*“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 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.”

THOUGHT POOLS

“Now I wish to speak on the currents of thought that move over the globe like the currents of the oceans and the currents of the air. These currents of thought are influenced by the planets and the moon, in particular, but also by movements out in space. You each think that you are the only one thinking because those thoughts, your thoughts, are the only ones that interest you or that you are aware of. However, this is not so and herd thinking is widespread. What is fashion, whether of clothes, language, or anything else, but herd thought? Now this is managed and controlled very well by industry and the money making businesses that rely on the public to buy something so that they can make a profit and thereby lots of money. It is also managed by the politicians, especially in democracies because there, there is the veneer of the public actually having a choice of thought. But really, it is fed to you and there is no true freedom of thought. This, of course, is largely due to all the secrecy we talked about recently before, but it is also due to herd thought and the comfort that herd thought brings to the unsure and the young and the vulnerable and the simple – it makes them feel OK to be part of a group all doing the same thing. It is comforting.

What I want to express to you now is a view point that is somewhat opposite to this and which is something that the human race can aim for and aspire to. It is the herd thought of the Spiritually Aware person. It is the herd thought of the spiritually mature person and the herd thought brought about by thousands and thousands of you who are spiritually aware and mature coming together in a group, a spiritual

political group, to bring forth into understanding new thoughts for a new way of arranging and organising your political structure. This can be done. It is not unattainable. It is not pie in the sky to think of this maybe being brought about. But it does need to be from group herd thoughts and in different groups spread over the globe, but of the same maturity and intention and driven by love and not force. Do not think that this will not happen because it will. It is just a question of how fast. The faster it comes into being the greater and deeper will be the transition into a new spiritually aware global thinking pool that all can drink from.

Then it will be not only fun to be a politician, but it will be in a political system that is run for the benefit of all and run on the energy of Love. This is the global change round that is taking place now. Forces and structure to be devised, driven and fed by Love, rather than Military Force as at present. You can see this already starting with all the dictatorships being challenged at every turn. People challenging the Death Threat policies of so many countries and political systems, or the 'Do what I want you to do or starve' policies of the West at present. All are floundering because this system is not working anymore and the new way has not yet come into being.

But that is only because you are still wondering what to do if force does not work. And you are largely stymied and confused and bewildered because, basically, you can think of no other way. You have for so many centuries been working and running on force that another way seems impossible. However IT IS NOT WORKING ANY MORE.

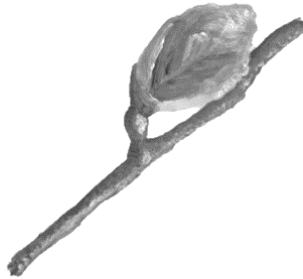
Chapter 4: GETTING TOGETHER

So another way HAS TO BE FOUND – and that way is LOVE.

A new political system has to be devised based on Love not Force. This can be done. I repeat, this can be done. What it needs is groups of politically minded, spiritually aware people to band together and devise this system and then speak and proselytise together to bring the idea into public awareness and let it percolate into herd thinking. The different groups doing this all over the globe will have their differences but the basic driving force is to be Love and all its derivatives and as long as that is so then all groups, however far apart and seemingly different, will be able to intersect harmoniously and exchange ideas and find their place in the greater scheme of things. At all times it is the intention that is going to count – is the intention based on love and the ultimate good for all? If it is, however seemingly different these groups are, they can feed one another and a new way will be devised and come into being. That is all I have to say for the moment on that matter, but it is an indication of the way things are going and the way they will come to fruition.”

Chapter 5:

THE BEGINNING



THE BIG PUSH

“This is on a matter of the heart. A matter of the feelings. A matter of the highest order of sympathy, empathy and closeness of an emotional nature.

We are about to enter an era of extreme volatility, emotionally, mentally, financially, politically, physically, climatically, as well as healthwise. This will require a steady and continuous connection with your centre and a connection with the desire to willingly accept what Life brings, in order to survive with ease and grace.

This is not just you – it is global in extent and therefore very varied in its manifestations, however the underlying experiences will be the same and must be recognised and respected as such, whatever the outward seeming differences observed.

It could be described as a turmoil, a tumultuous time, a terrible time, a time of upheaval – yet a way through is available.

*The answers to surviving lie, as always, in the present moments, in the Now, where the answers all lie. They are all there waiting to be recognised. The answers are all there waiting ready for you to see them and respond to them. These answers are there **specifically for you** and are tailored to your needs exactly and wish to be taken up with thanks and joy and without guilt.*

*Sometimes it seems that the answers are unfairly generous to some and unfairly mean to others, but know this – they are **all** exactly tailored to each person in each moment and*

Chapter 5: THE BEGINNING

are perfect in their expression. So there is no place for guilt or jealousy or envy. What occurs is exact. There is no mistake.

*Little can be prepared for. Little can be done in advance. What **can** be done is to practise experiencing the Now and using all answers, found waiting there for you, with good grace, faith and gratitude.*

This time is not a time of upheaval for nothing – it is not an accidental upheaval – it is the turning of the soil, the ploughing of the land, the preparation for sowing and growing to follow. It is necessary, and as such it is a blessing. So take it on the chin and, even if you cannot smile, bear it all with some humour, if grim, and know that it is all for the best in the end and that all have, at Soul level, agreed to partake of this time in this way.

This should be a warning to all who are lazy in their approach that their laziness is about to come to an end. It should also be a warning to the freeloaders that the gravy train is about to come off the rails and reality is about to strike home. Do not think that any will be able to avoid experiencing this upheaval, for it is for all of you, and ultimately it is for the good of all.

The time of the coming of age of this era is nigh and the time of the coming of age of your consciousness at this time is nigh. So these two matters are in tandem and act at the same time and can indeed assist each other too. When two matters act together, the mass and the individual, the greater and the smaller, it is a good sign for a good outcome because they assist each other even though they seem to be so far

removed from each other as to mean nothing to each other. They do and it is a good connection – each supports in an echoing way the other.

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.”

FIRE

*“You are correct in your surmising that fire is alive. It **is** alive – it is comforting and healing, and also destructive and damaging when out of control. That is what is happening on your earth today. The energy of Life is out of control, it has lost its boundaries and people are lost too. Because they are lost they cannot take up the reins of Life in a sensible way and regain control of the situation.*

*Emotions and feelings run high and, knowing only that they do not want what they have got, people can think only of destruction and death as a way out. If all that they do not want is destroyed, the thinking goes, then perhaps what is left may be what they **do** want. But that is not the way to do it. That cannot work. It is the wrong way round. First you have to work out what it is that you **do** want. Then, within the structure of what you do not want, you seek what you **do** want with love and determination and vision and longing. Out of this love and longing is born the fruits of your desire.*

*This is to say that you can only truly manifest out of your desire **for** – which is a positive energy. The desire to get rid of what you do not want is a negative energy and manifests little more than an empty void for, having got rid of what you do **not** want, you are still left with nothing.*

*So first establish what it is that you **do** want and then work with love and faith and diligence towards creating a little of that in your life and you will be surprised at how interesting life suddenly becomes and what miracles can occur.”*

AND OFF WE GO!!

“Now I wish to speak of the matter of urgency that is around.

Cop 26 has shown all that politics is not the way to get this situation sorted. As can be seen, the energy there is to appear to be moving forward at a pace, but actually to try to stay in the same place without anyone noticing that no progress of any consequence is being made!! It is therefore to the groups of like-minded people on the ground that we must turn for sensible results.

There are many, many wonderful, already grounded, activities in operation now on the energy front, the food front, and the manufacturing front, and the frontier we are facing and working on with these words is the psychological/spiritual frontier. So it is to this group that our work is aimed. Our aim is to reach and push forward on this spiritual/psychological frontier.

*Every little thing that can be offered to help in this situation is of **vital importance**. And what you have to offer is that which you love to do and which can be carried out in a spirit of love and joy.*

*So, to all of you who want to be the Saviour of Mankind in this hour of need – drop it!! Find **your** bit, your little bit, and do your little bit with love and willing acceptance of the situation you find yourself in; carry out the actions of your little bit in love and joy and know that it is enough.*

It is enough because of the law of magnification that we have spoken of earlier. This magnification is absolute and

Chapter 5: THE BEGINNING

*continues into the forever. It is quite uncountable in its works and depends completely and solely on **quality of thought** to be activated.*

So, again I say, the most important thing anyone can do – and all can do this even before finding their little bit to contribute - is to carry out every action in your life with love and willing acceptance. This ensures that quality of thought is of the highest order and joy is sure to follow as a natural consequence. What also follows as a natural consequence is direction and purpose and the gift offered grows and grows and grows.

The application of love to all your actions and thoughts is nothing but a matter of practice. It is not difficult. It is so easy that it is discounted and great wonderworkings are looked for instead.

*But that is not where the work is. The work is in taking on the ordinary facts of life that land in your lap and loving and accepting them. The work is in letting the terrible things going on that you have not control of gently slide by without internal pain or judgement or condemnation. The work is in putting up with the things you do not like that come into your sphere and practising willing, loving acceptance as you put up with them. The work is in **little things carried out with quality of thought**. And the overarching quality is Love.”*

LET LOVE PREVAIL

“The time has come for you to listen carefully to what I say and think seriously about it for it may have a bearing on your future decisions and your future directions and your future in general.

This is a fertile time all over the Globe and people are re-thinking their roles in society, their families and their careers, their loves and likes and their wishes and desires and where these clash there is a serious re-calibration going on. This is global – and it is also personal and individual and affects everyone singly and collectively.

This is a mouthful of a message, I know, but it is a fact that cannot be proved easily because of the pandemic, and what I am talking about is outside the pandemic. The pandemic just clouds what I am talking about and disguises it and covers it up. What I am talking about is larger and deeper than the pandemic of which the pandemic is just a symptom.

So, to the real subject – it is the cleansing of the human race from the old thoughts of fighting and wars and violence and fear. It is the birth of a new thought base, a new humanity, based on forgiveness, and Love.

This has been foretold for 2,000 years and always thought to be just round the corner but, because it has never arrived, people have become disillusioned by waiting too long and are not expecting it any more. Well it is here!! And it is the young, who never really ever expected it anyway, who are taking on the changing of the guard and making it happen, not because they want to, but because the whole world is in

Chapter 5: THE BEGINNING

such a mess that they have decided to do something about it since their parents and politicians and powerful people show no signs of taking anything except their own old views into account.

*It will be, as I have said before, a rather exhausting and demanding and challenging time – yet, if it is to ‘save the world’ then it is not **too** much!! We must not forget or lose sight of the fact that this is the last chance, you are in the ‘last chance saloon’ as they say and, if it can be done, it will be a mighty victory – a mighty victory for those who survive to carry on and take the human race into the next dimension of thought, the next dimension of being.*

You have heard me say much of this before in different words, and you will hear me say it again, because it is the truth and you need to hear it many times before you can take it in and believe it and ready yourselves for the challenge, the testing period that lies ahead.

Do not fear. The tests are not designed to break you. They are all calibrated exactly for you individually and with all your strengths and weaknesses allowed for and built into the experienced challenges. So you can all come through victorious.

*Those who do not survive – dying in their millions from covid, wars, starvation, poisoned water, food and air, to mention but a few of the unnecessary causes of death every day – will have completed their tasks for the time being and so moved on to the other side. **This is not a punishment. This is their contribution.**”*

THE DANCE

“This work now is on the subject of dancing! This dancing is of a very different nature to the dancing with and of the body. This dancing is the Spiritual Dance. It is often called the Dance of Life, and they say that it is ‘The Dance’, but it is never described adequately enough, for those who do not already know what is meant, to understand a little of what it means. So we shall try that now.

The Dance is the Spiritual flowing of the Life Force in any given moment. It is the current of Life Force that is ever present, but rarely noticed or picked up and ridden. It is the Life Force of the Universe that is forever flowing in and around and through you all and through all nature and through all the surroundings of the physical. It will carry you effortlessly and beneficially to your desired goal if it is given in to. However the human mind is somewhat afraid to give in to such an, apparently, unpredictable force, even with the understanding that it is full of Good Will and means nothing but good and love for all.

The opportunity to join this dance is given in each moment of your life. The opportunity and the invitation is ever present and can be taken up at any moment in your life. There is not a good time, or a bad time, or a time you have to wait for, or a time you have to work for and gain permission or qualification for. The invitation is always open and the opportunity is open to ALL. Not just the ‘good’ or the Holy or the beautiful or the intelligent or the hard working or the blessed. It is ever, ever present and can be taken up at any second, without qualification or payment

Chapter 5: THE BEGINNING

*due. There is no one – absolutely NO-ONE – who is excluded from this invitation. You are ALL welcome! You are all welcome to join **The Dance**.*

*This current of energy, Life Force, Life, which is eternal and alive, has at its heart harmony, economy, beauty, joy and all that is good. Its direction of flow is at every moment in the direction and at the speed that is perfect for the best outcome for you at that particular moment. It is not working in the future, or towards a future – it is not responding to the past or trying to ‘heal’ the past – it is purely and absolutely of the NOW. Not just **connected** to the NOW – it is the **expression** of the NOW. So, if you are at one with the NOW at any time then, for that space of experience, you are in the flow of the Dance and you are dancing!!*

This is an exhilarating experience. It is an, apparently, possibly exhausting experience – like being taken over rapids safely and effortlessly. Yet the exhaustion is that of one who entertains the idea of control and it is quite clear that control is the last thing that can be entertained when dancing this dance. Try to control, for fear of exhaustion or failure, and you have left the dance and are left just wondering where it went!

It is not a linear experience. It can be experienced as a spiral or may be experienced simply completely open-endedly where the next step is forever unknown and taken on faith and trust in total surrender.

These are good words to describe the action of accepting the invitation – yielding and surrendering – happily and

effortlessly and comfortably willing to live just one step at a time."

A POSY OF POEMS

&

ODDS & ENDS

By

Susan Coates





Happiness
is
God's
laughter



Why am I fretting
to be
where I am not yet?

It is spoiling
where I am.



God
is
Love in action



When the motive is
pure
the way is made
clear



Life
is Love
expressing
Itself



The Universe is a Perennial Betrayer –

Does not Winter betray Spring?

Nightfall betray the Dawn?

Death betray Birth?

No!

Winter Heralds Spring

Night Heralds the Dawn

Death Heralds a New Birth



Carrying my fear I wend my way

Owning my fear I have my say

Containing my fear I choose to act



Hate
is born of
distress



“I ought to.....”
is
reluctantly
being pushed from behind.

“I shall.....”
is
purposefully
opening to the future.



Spontaneity starts up
a spiralic energy exchange with action
that may be long or short
but is ridden in
joyful excitement
and when it ends
the result is a
feeling of satisfaction and absolute fulfilment.



MONEY

Money is an artificial value of need for:
A's surplus automatically supplies need of B

Likewise

Time is an artificial value of tasks for:
Necessary tasks automatically follow one another
sequentially –
the ending of one task coinciding with the best time
for beginning another.
Any gaps are not waste but for the mental, physical,
emotional or spiritual
replenishment of self or another.

Both money and time are therefore inventions of man.

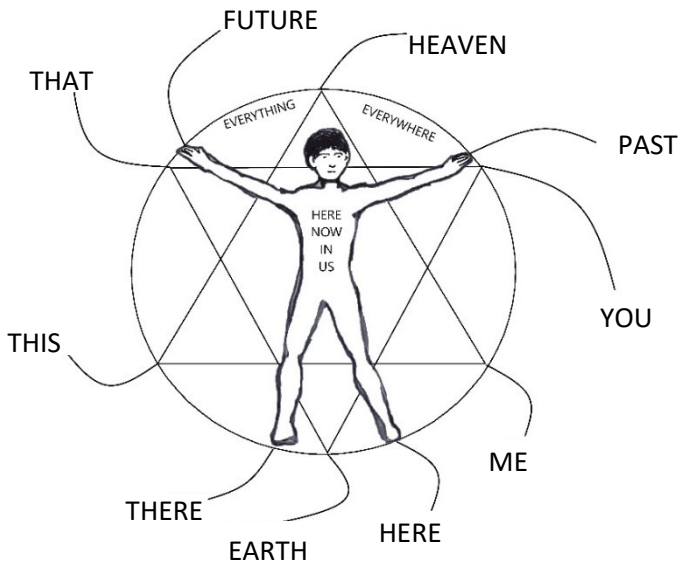
So it follows that only when we want to possess things we
do not need,
and do things we do not need to do,
are money and time invented.



There is a silver filament running right through the centre of Time.

Mostly I am barging around on either side of it, but occasionally I cross this silver strand and marvel at its efficiency, strength and purpose. Its vibrations are so pure they have the sound of tiny bells; their sound so beautiful I am amazed I can leave them, and, leaving them, not notice that I have left until, once again, I return.

This strand is the Master of Masters, leading, inexorably, with no wastage, right through the centre of the Universe. It links all and is linked to all; the microcosm and the macrocosm, horizontally, vertically, historically, futuristically – all in one perfect moment “NOW” – held together “NOW” in this inner core of the spinal canal. I have a feeling that if I tamed myself to stay here and follow its sound through the grass of my life, trace its silver line glinting, it might turn to gold.





I am not a question
seeking an answer

I am a million unique answers
attracting their appropriate questions

Life asks me the questions to which
only I have the answer

I am not a question seeking an answer
I am an answer,
ever-poised ready,
for the question.



Lullaby to the Ego

Snuggle down in the cradle of “NOW”.

Drop the thought of “What next?”

Draw up the blanket of “Being”.

And Live!



THE VOID

I always used to think of the
Void
as blackness, empty, fear-filled emptiness.

NO

The Void
is the warm, velvety, darkness of
Love.

The Void has consciousness.

The Void is conscious.

The Void is consciousness.

The Void is Love.

We are precipitated out of the Void,
the conscious, Loving Void.

We are the children of the Void.

We are born of Love.

The Void's Love recreating Itself.

We are the Love of Love manifested.



BEING ALIVE

Living in the moment.

Every minute an adventure.

Open up my Crown and let the

Life force through!

I have been shut off for too long -
imprisoned in myself behind the bars of ego.

Let me be free.

Let me dare to be free.

Let me fly the false security of personality
and ride the unerring steed of Reality.

Think no further than the moment

FOR THAT IS THE ONLY PLACE

I AM



WAITING FOR A THOUGHT TO BE BORN

The story of the world can be seen in a bush.
It's echoed and re-echoed in every living thing.

Deity manifests as LIFE.

Every life is a picture of the Whole.

I am the Cosmos,

timelessly progressing,

echoing the mindless progression before,

and the mindless progression to come.

TIME is the "is" between "now" and "now",

too small for an intellectual tool.

It is the inspiration of the artist

and the avenue of God.

The perception of a Truth

can be had in the exhalation of a breath.

A million years of logical thought

could not have taught that Truth.

A million steps of positive pain

must be taken before this blessing of the rain

on a flower.

Cultivate the "is" and widen the gap.

Let the Life Force flow through.



Time is an illusion.

Timelessness is Cosmic Time.

Progression comes through timeless time,

marked by bouts of pain,

not the ticking of a clock.

Carry out the act of “being” with every breath,

not only in despair;

“Be” in Love and Joy.

You can live in both dimensions –

the “is” and “now” together.

Harmonise these planes.

This is Cosmic Consciousness.

Suffused in God.

To walk with God the clerics say.



THE CIRCLE OF THE UNIVERSE

I am a sound
and the Word is God,
from out of the Void I came,
from out of the Circle thrown –
no longer Whole, no longer One –
ejected, spat out, unformed clay.

A million eons long
the blooded journey back to Light.
A million failed steps
and then suddenly
the created turns Creator –
the tide it turns and the journey's homeward bound.

I am a note
and the sound is God.
From out of Pain and Joy I come,
back to the circle I am drawn,
full of Light, no longer part –
to be received as One.



I am an orb

Impelled by Light and Love

Compelled by Light and Love

Dispelled by Light and Love

To re-form again –

an orb

Impelled by Light and Love

Compelled by Light and Love

Forever being, becoming,

Dispelling, yearning,

Being, becoming, dispelling,

Longing, yearning, being.

I am an orb of Light and Love

Travelling from the void into form and

Back again in

Incessant movement, dance and prayer,

Rhythm and Grace.

Melting or smelting in

Joy or in pain

The journey is the same
From nothing to something,
From void to form and back again.

Consciousness is within
Installing Light and Love
Forestalling Light and Love
Calling Light and Love.

I am an orb
Made of Light and Love.



The Great Silence

within which

sound rests

The immense Stillness

within which

things move

The Vast Intelligence

within which

mind thinks

The Empty Space

The Big Void

The Forever Nothingness

within which

things become

We are Thus



I am the beat
the rhythm
the drip that
drops incessantly
through all forms.

I am the beat
the pulse
the breath that
breathes continuously
in all things.

I am the beat
of Hearts of Love
and drums of Power
that throbs my Name
through all things.

I am the invisible connection
manifesting creation.

Manifestation
out of vibration.
The wings of Creation
sound my Name.

You see the singer.

You hear the tune.

I am the beat
that holds up the song
and the singer too.

NOTES

1. Pages xi and 93: 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.
2. Page 24: "The Now": it might be helpful and interesting to the reader, in fully understanding the concept of 'the Now', as referred to here and throughout the text, to be familiar with the work of Eckhart Tolle, specifically 'The Power of Now', published by Hodder & Stoughton.
3. Page 28: The Morning and Evening prayers referred to can be found on the Spontaneous Life website: spontaneouslife.net/poemsandprayers.
4. Page 45: Carl Gustav Jung, Swiss psychiatrist and founder of analytical psychology, for more info see <https://www.simplypsychology.org/carl-jung.html>.
5. Page 101: 'Love is all there is', from the song 'I Threw It All Away' (Dylan) © Sony/ATV Music Publishing LLC.
6. Page 101: 'Love is all you need', from the song 'All you need is love' (Lennon / McCartney) © Sony/ATV Music Publishing LLC.
7. Page 113: The Times They Are A'Changin' (Dylan) © Sony/ATV Music Publishing LLC.
8. Page 117: 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.

9. Page 174: Neale Donald Walsch – “Conversations with God” series, published by Hodder & Stoughton. For more information on Neale Donald Walsch, visit NealeDonaldWalsch.com.

About the Author

Susan Coates was born in Bristol, England. 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 Walsch⁹, she decided to see if she could channel in a similar manner and discovered that she could.