



ANGELIC  
WISDOM  
TRILOGY

**Richard Holmes**

## **Introduction**

The Angelic Wisdom Trilogy started life as three separate booklets, cobbled together rather crudely, and sold on a “when they are gone they are gone” basis. Volume One was my first ever venture into the field of literature, and when I look back to those days in 2002, it’s a miracle that things have progressed this far. When I started to write Volume One I didn’t even own a computer, and a good 50% of the book was initially written by hand; the rest on a borrowed laptop. At the time I was working for a utility company in Swindon and I would take my rough work into the office, copy it out when no one was looking and then save it to a floppy disc. I remember one day attempting to print off a couple of pages in order to add to the hard copy manuscript. Somehow I hit the button that said “print the whole document” and I didn’t know how to stop the printer; it was absolute chaos. I don’t remember exactly what happened next, but at some stage the document was simply gathered up and placed on my desk; miraculously nothing was said. It took me nine months in total to get the book into print. I lived in Swindon in those days and I managed to find printers on the outskirts of the town who put the book together for me without charging me the earth.

There followed an interim booklet; Divine Interpretation (which was also a comedy of errors to get into print) before I embarked on Volume Two – The Laws of The Universe. The second volume was a little more polished

and came out in 2004. There was another interim booklet in 2005; Three Dimensions, Three Voices, before Volume Three – Insight surfaced in 2007.

I was going to let them fade and die, and when the first volume eventually sold out in 2008 I had no intention of getting anymore printed. My thinking behind this was that I am no longer the same person who wrote the Angelic Wisdom Trilogy. I have moved on; and my celestial friends have moved on with me; working with me in ways that are more befitting to who I am now. It must also be said that my writing has changed with me. But what I didn't realise was just how inspiring the books still are. I continued to get positive feedback from people who said to me "why don't you put the three together". A number of times this was suggested to me, but I remained intent on letting the project die... until now! My friend, psychic novelist Linn B Halton, suggested this to me a number of times, and on the last occasion, I took it as a sign that this is what I should do.

So, here we are, nine years after the project was born and I am now presenting to you an all new revamped version of The Angelic Wisdom Trilogy. Although I have not made drastic changes (it wouldn't be right to interfere too much with the originals) I have changed a few things; adding something here, taking something away there.

So I hope you enjoy this new version and I would also like to take this opportunity to thank you for taking an interest in my work.

For more information on my books, meditation CD's and all other aspects of my work please visit my website at [www.richardholmes.co.uk](http://www.richardholmes.co.uk) you may also want to be kept up to date with new projects. If so, please contact me via the "contact Richard" page on my website and I will add you to my mailing list.

With Love

Richard

I would like to thank the following people for their help and support.

Linn B Halton for so many invaluable tips and guidance, and for inviting me to join [loveahappvending.com](http://loveahappvending.com)

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Bhagavan Sri Sathya Sai Baba for your eternal blessings and continued Omnipresence even though you are no longer in physical form.

## **Foreword**

Life-changing moments.....

As we go through our lives it is possible, with hindsight, to look back at moments and seemingly small decisions that ended up changing our whole direction. Things that happened unexpectedly, paths we crossed that suddenly appeared in front of us.

Discovering Richard F Holmes - the Medium was one of those moments for me. I had visited several different mediums over the years, some were very in tune with me and others – well, even retrospectively nothing seemed to ‘fit’ with me.

My first visit to Richard took it to a totally new level. Not only did Richard bring through both of my parents and give me messages that had a REAL and very meaningful purpose to allow me to move forward in my life, but his ideas just ‘clicked’ with me.

So I began reading his books. Suddenly, the things I had been experiencing for many, many years and about which I had tried to remain sceptical, seemed to become meaningful in a way I could understand. His explanation of how things worked, in what was then a series of small booklets now brought together, made perfect sense. It fitted in with what I had seen and ‘felt’ so often, in a way that I hadn’t discovered before in the things I had read up to that point.

Life has tested Richard and proved him to be a survivor; the reward is that his strength and knowledge makes his words of wisdom thought provoking and life changing. Because of Richard I now meditate – something even just a year ago I never thought I would do and the results are amazing. I am more focussed, more in tune with 'loved ones' around me helping me at every step and I have more energy. The process 'renews' and 'recharges' me – so it is with sincerity that I say 'thank you Richard, I will continue to read every single word you write'.....

Linn B Halton

Author and founder of <http://loveahappyending.com>





**PART ONE**  
**ANGELIC WISDOM**  
**VOLUME ONE**  
**(THIRD EDITION)**

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Start your day with love

Fill your day with love

Spend your day with love

End your day with love

Sri Sathya Sai Baba

## **Introduction**

If you have not been reduced to tears of joy by the love of an angel, your life has not yet begun - Richard Holmes 25 August 2002.

I consider myself to be the luckiest man alive. Not because of an abundance of material wealth, but because I possess an abundance of spiritual wealth that stretches beyond the boundaries of the Universe.

I have felt the love of my angelic brothers and sisters on many occasions, and it never fails to take my breath away. To be enfolded in the pure unconditional love of an angel is a truly wondrous experience. But to be privileged as I am to experience it on numerous occasions is beyond words. It is also a great honour to be writing this book with my dear brother and Guardian Angel, Gabriel, who I thank wholeheartedly for giving me his wonderful words of wisdom as I write. There are also various other great friends from the angelic realms who have helped us, and all are held with great fondness.

The word "angel" comes from the Greek word angelos, meaning messenger, and that really is what angels are, messengers of God. This book simply sets out to dispel the myths that have been written about angels over the centuries, and is nothing to do with religion. It seeks to bring an understanding of the simple spiritual truth, and that is; angels are messengers of God created of pure unconditional love.

In one angel book I read for instance, the wonderful Archangel Camael was referred to as “the god of war”. Unfortunately, this is the sort of drivel that tends to be written as far as angels are concerned. Camael is in fact a very sincere and loving being, who when invoked, will help humans to deal with, and channel positively, any justifiable anger they may be harbouring.

I hope that after reading this book you will have a greater understanding of these truly wondrous beings, and will actively seek to bring angels into your everyday life. Have fun getting to know your angels!

Love and Light

Richard Holmes

*The past is gone and the future is uncertain, and when  
tomorrow comes it is today, So now is the moment.  
Today is ours. See good, do good, be good, now.*

*Stephen Turoff*

## **Chapter One**

### **What are Angels?**

In the symbolic sense, angels manifest in many different forms - like the faithful dog for instance, who on finding his master lying unconscious, raises the alarm. Indeed we are all angels at some stage in our lives. We can all recall times when we came to someone's aid in their time of need, and we can all recall times when the roles were reversed.

However, angelic beings are specifically high frequency vibrational beings from the higher spiritual realms. Their names have very symbolic meanings and go back literally thousands of years as far as earthly time is concerned.

Like humans it is very common for angelic beings to have the same name. For example, if you put 100 human males into a hall and shouted "Bob", you can bet your life that at least half a dozen heads would turn. But if you were related to one of the Bobs, or you were friends with one of the Bobs, you would know your Bob from the other Bobs because of their unique characteristics. Well, it's the same with angels. There are many Michaels and Raphaels etc., but they each have their own uniqueness.

Angels are beings of light and love, created by God to serve mankind. Unlike human spirits they do not have free will, but nonetheless, they serve mankind gladly and welcome the opportunity of service whenever it arises.

There have been many myths and fallacies written about angels over the centuries, and what most, if not all, of these accounts fail to recognise, is that angels are simply messengers of God created of pure unconditional love.

Angels speak only truth in the purest form of love, and seek only to help and assist the human race. An angel will not tell you what you want to hear, simply to appease your ego and materialistic mind in the short term. Angels only bring truth and sometimes that truth hurts us. But the truth is spoken with pure unconditional love, and seeks to help and assist the individual's long term spiritual growth.

Angels are androgynous beings. That is, they are neither male nor female, yet they possess both male and female characteristics. They can also manifest in either male or female form, depending on what the situation demands.

Another fallacy surrounding angels is that they have wings. The truth is that angels can manifest in any way to suit any given situation. Feathers, especially white ones, are symbolic of purity, hence the commonly seen pictures of angels with wings. In the case of the Archangel Michael for instance, blue is the predominant colour. But we will cover the more deeper aspects of angels a bit later.

The Company of Angels is split into what humans like to call hierarchies. On the surface, this would seem to suggest an angelic pecking order. Whilst this may be true in terms of the mutual respect all angels have for each other, the truth is that no angelic hierarchy could function

unless all the others were ticking over nicely at the same time.

Unlike humans, angels do not crave rank and power. The all-powerful Seraphim, for example, have the utmost and deepest love and respect for the seemingly lowly Elementals.

The truth is however, that without all the wonderful work carried out by the Elementals, the Seraphim would not function properly. Angels also do not seek promotion, and will never move up into so-called higher companies. But nonetheless, an angel's work does not go unnoticed, and from time to time an angel will receive a special spiritual gift from God as a reward for hard work.

Before we go any further it must be emphasised that the names for the different companies are entirely man made. Angels do not label themselves, they simply know what has to be done and they do it in the greatest purity of love. However, the materialistic mind requires tangibility, and it is for this reason alone, that I list the different angelic companies using their man made names.

### **The Angelic Spheres**

Are the three dimensions of the angelic realms where the angels unwind and recharge their batteries. The sphere to which an angel belongs is determined according to its vibrational frequency, as each sphere is designed to cope with the level and power of the energy that is emitted by



each different angelic company.

Contrary to popular belief, the spheres are not based on hierarchy. As we have already stated, there is no basis for rank and power amongst angels. Each angelic company was created with a slightly different vibrational frequency, each one divine and perfect in its own way. Each sphere has a frequency range; therefore the structure is as follows.

### **Sphere One**

Seraphim

Cherubim

Thrones

### **Sphere Two**

Dominions

Virtues

Powers

### **Sphere Three**

Principalities

Archangels

Angels

Elementals

The third sphere is closest to the Earth Plane; therefore the Guardian Angels are always within sight and sound of

their earthly charges. Angels are all seeing; therefore when a Guardian Angel is in need of respite, even though the physical body of the earthly charge is watched over by other spirit guides, the Guardian Angel can still see what is occurring. If need be the Guardian Angel can be at the side of its earthly charge within the blink of an eye.

This has just been a brief overview of angels in general, and we will now look at the individual Companies of Angels, or hierarchies.

*The snow goose need not bathe to make itself white.  
Neither need you do anything, but be yourself.*

*Lao-Tse*

*Until concept becomes experience, all there is, is  
speculation.*

*Neale Donald Walsh*

## Chapter Two

### The Individual Companies and their Functions

#### Elementals

Elementals are the nature spirits that are responsible for all things nature. For example, the greenness of the grass and most other natural things that humans take for granted.

The fragrances of the flowers, for instance, are a major task that the Elementals undertake, and they work painstakingly and extremely hard to maintain all of the wonderful, natural smells that emanate from the flowers and plants.

Another task that is often overlooked by humans, but undertaken by the Elementals, is the purification of rainwater for the purpose of feeding plants and animals. As all sustenance is a form of food, this is an extremely important task. In simple terms the Elementals look after the elements, which in turn are linked in to all aspects of nature. They are small spirits created by God to perform all and any tasks that are linked to nature.

They serve God with great enthusiasm and love, and are particularly fond of earthbound child spirits in the human form. This is why that over the centuries, Elementals have been the subject for many children's books, and are referred to as Elves, Pixies, Fairies, and even Gnomes in

Earth mythology.

Because young children still have a link to the spirit world, they can often actually see the Elementals at work. This fact, combined with the vividness of the child's imagination has helped to promote the image of pointed red hats and wings etc.

The truth is however, that Elementals are simply small spirit beings happy in their work serving God.

## **Angels**

In human terms, Angels are the first level of the angelic hierarchy. This isn't actually true, as you now know it's the Elementals who are the first Company of Angels.

The Angels are the closest of all the Angelic Companies to the Earth plane, and therefore the closest to mankind, both in vibration and characteristics. There are Angels for virtually every task you can think of. There are Angels of pottery and other obscure arts and crafts, and there are Angels of love. In between, there are Angels for virtually every subject, job, act, thought, or feeling that you would care to think of. Regardless of which particular task an Angel is created to perform, the task is acted out with great sincerity and love.

The Guardian Angels are probably the most famous of this company, and there has been much written in earth mythology and folklore about these beings. To dispel the myths, a Guardian Angel chooses the earthly soul that

they are to take care of, as the soul first touches on the cosmic energy pathway of life.

The exact system is too complex to go into here, but basically each Guardian Angel is guided by its master or teacher to choose from a number of newly created souls. The new soul will have certain characteristics that will draw the Guardian Angel to it.

A choice is made, and thus begins a joint journey of enlightenment and discovery. The choice of human soul is about the only free will act an angel gets to undertake throughout its eternal existence.

Contrary to popular opinion on the Earth plane, angels do not get the choice to become humans, and a human spirit can never evolve into an angelic spirit. There are no exceptions to this rule under normal circumstances, and this will be touched on again later within these writings. We will also discuss the Dominion Company of Angels later as well. The Dominions are the company of angelic teachers, responsible for all aspects of teaching for the companies below themselves.

A human only needs to ask, and he or she will receive angelic help or guidance. If you are ever lucky enough to meet your Guardian Angel whilst you are in the human form, you will have the opportunity to strike up a bond of friendship and love, which will give you both much pleasure. You and your Guardian Angel know each other inside out, as you have been together since the moment you were created. But while you are in the physical body

your powers of recollection have been erased.

Your logical mind will only recall moments and events from this particular incarnation. But rest assured, when the time comes for you to pass back to spirit your Guardian Angel will be there to greet you in your new life.

You can also invoke angels for any occasion. For example, you can invoke the Memory Angels to help you remember where you put a mislaid item, or you can invoke the Angels of Lost Property to help you find lost keys etc. Invoking Angels is something that we will cover in the next section.

### **Archangels**

Archangels are beautiful beings of love and light that possess specialist characteristics, over and above the characteristics of their brother and sister angels. They can be invoked at will by mankind to help in times of dire need and distress. Archangels, like all other angels, never say no when called upon to help, but the simple secret is that they must first be asked. Of course, this is something else that all angels, regardless of which company they belong to, have in common.

To invoke any angel you simply need to have love in your heart, and/or your motives must be genuine. Many angel books tell of having to perform rituals, or having to chant sacred scripts in order to invoke angels. But the truth is that you simply need to ask with love in your heart. Your “asking” could simply be to send out a loving thought.

Once the thought goes out, the angel you have chosen will manifest within a split second.

Some of you reading this book will, like myself, have been lucky enough to have seen and worked with angels. But someone else's experience may simply be the receiving of a pearl of wisdom or inspiration, which has helped to solve a problem.

By way of an experiment, the next time you sit in meditation within the divine light of God's love, send out a loving thought to the Archangel Gabriel. Ask this beautiful being to bring you the clarity of mind that you need to overcome a specific problem. Now watch and listen in wonder to what happens, and don't forget that "listening" also means to listen to your own intuition.

There is an extensive list of Archangels and their specific characteristics at the back of this book. Enjoy invoking these wonderful beings - use them, because they love to help us!

### **Principalities**

Principalities, or Prince Angels, are actually Archangels with a greater responsibility. They are generally older and more experienced angels, and possess the extra wisdom required to perform their given tasks.

These angels are among the first created when God made plans for the Universe and beyond. They have been around for so long it is impossible to gauge in terms of earthly time. They oversee large groups of angels from the



Elemental, Angel and Archangel Companies that are working on large projects. This does not mean that they crack the whip, The Princes, as they are called, merely use their extra wisdom to plan and oversee large amounts of work. In earth terms I suppose you would call them project managers.

They are there as advisors to younger angels in the companies mentioned above, and it is not unusual for a Prince to intervene when need be, to show the other angels “how it’s done”.

From time to time they are asked by God to watch over large organisations on the Earth plane. However, although a Prince will do whatever he can in these situations, actual intervention is limited due to the free will of mankind. Good causes, such as the “Live Aid” concerts of 1985 would have received angelic help from a Prince.

Another example of a Prince’s work would be where a group of Elementals are working on a large stretch of coastline for instance. A Prince would be despatched to oversee the work, and the area to be worked on would be their “Principality”.

### **Powers**

The Power Angels are the angels of karma and the keepers of the Akashic Records. This means that they are God’s official recorders of life. For every human soul that inhabits a physical body on the Earth plane there is a page in the book of life.

The Powers literally record every single thought, feeling and event in our many incarnations. They make these recordings on a totally non-judgemental basis. So whether you are Adolf Hitler or Mother Theresa, you are treated exactly the same. They were both souls on a journey, albeit at different stages in their spiritual development, and their God loved them both equally and unconditionally.

The Powers were created to record events in a totally unbiased way, but they do rejoice when a soul does particularly well. They were the first angels created by God, and they never manifest within a physical environment. Unlike some of the various other companies, whose angels are occasionally required to take on human form.

The draw back with the physical environment is the negativity created by man, therefore Power Angels never leave the heavens, thus remaining completely free of negativity. They are also the angels of joy, and while away their time by singing beautiful songs in praise of God. It is the popular opinion of mankind that the mighty Seraphim are the heavenly "crooners", that they use sound resonance to balance out the Universe.

The truth is that all angels like a good old singsong, and they like all kinds of music. All angelic beings contribute to universal balance through the vibration of sound, but it is the Power Angels who are the kings amongst the celestial warblers. You may also have twigged on by now, that angels have a great sense of humour too!

## **Virtues**

Virtues look after vast areas of land, and big cities that are in dire need. They also look after other small planets within our Universe. They will go where the situation demands, according to the needs of the inhabitants. Alien life forms are not necessarily little green men, though in earth terms we refer to everything not of the earth as “alien”. Life, in its various forms, is everywhere in the Universe, therefore, we can refer to the Virtues as angels of life.

Virtues are specialists in their field, and were originally sent “by virtue of God” to the Earth plain to help other angelic beings cleanse the atmosphere. They are very powerful angels indeed, and it was felt by God that their extra help would be vital in preventing the negativity created by man from spreading beyond the earth’s atmosphere, and contaminating other life forms. As stated, they will also give aid to other small planets within range of the earth.

But it is ultimately the responsibility of celestial beings of a different vibrational frequency to tend to affairs beyond our Universe.

Virtues are also trouble-shooters, in that they intervene in areas where great disaster has struck, and give advice to the Principalities, Archangels and Angels who have been tasked with rectifying the damage (invariably caused by man). An example of this could be when an earthquake

has occurred, or a terrible flood. Virtues also operate in war torn countries; they work with the angels of the perpetrators, and give advice as to how the angels can guide these people to stop the fruitless and futile conflict. However, as we know, whether war ceases or not is ultimately down to the free will of mankind.

Angels will always give guidance and help when called upon, and they carry out much great work behind the scenes. Unfortunately, they cannot live our lives for us, and man is ultimately responsible for all situations that occur on the Earth plane. Virtues work tirelessly to avert disasters, but it is not always possible due to the actions of man.

Disasters do not occur for scientific reasons, as the powers that be would lead us to believe. There is a mechanism in place which functions according to spiritual law, and which works on the same principle as rain clouds. A cloud continues to gather moisture from the atmosphere until it cannot take anymore, and it bursts. Thus we have rain.

All of the negative thoughts, feelings and actions of mankind send out an energy, which manifests into great clouds of blackness around the earth. These clouds of negative energy eventually burst, just as rain clouds do. These powerful bursts of negative energy cause a disruption in the polarity of the planet, or an imbalance, if you like, thus disasters occur in places where this disruption is most concentrated.

Virtues are at the forefront in trying to combat this

negativity. However, man must eventually realise that the power of thought is awesome, and it is only by changing our thoughts from negative ones to thoughts of love, that change will be brought about; because all feelings and actions start with a thought.

### **Dominions**

The Dominions are the celestial teachers and masters responsible for the spiritual development of all angels in the companies from the Elementals up to the Powers. Because teaching God's love and spiritual way of life is the specific task designated to the Dominions, they, like the Powers, never leave the angelic realms.

Far from being a restriction, this enables the Dominions and their teachings to remain precise and pure. This is because the angelic realms are so vast anyway and contain only love and purity.

However, even Dominions need respite, in much the same way that a teacher on earth looks forward to an end of term break. This means that Dominions, like all other angels, have their places of relaxation where they can go to unwind. Just as humans do, the Dominions have their favourite places that they return to time and again, in order to relax and take in more of God's wisdom.

They are a very well respected company throughout the Universe, and perform their teachings with untold love and enthusiasm. The rewards for their work are great, as they have the satisfaction of seeing the results first hand.

**Angel Zadkiel 5 September 2002.**

## **Thrones**

The Thrones sit at God's right hand, and are the masters of the Universe when it comes to overseeing the instruction of mankind in all matters spiritual. They were created after the Powers, as it was thought at the time that the record keepers would need some sort of spiritual standards on which to base their "marking" of mans' exams.

The Thrones set the standard on which the Dominions base their teachings, and these standards are passed down through the various companies, until they reach the Guardian Angels and Spirit Guides.

The progress of human spirits is very important to angels and guides, because if a human soul develops well spiritually, it means the angels and guides have done their jobs properly. Thus, they grow in tandem with their earthly charges.

Thrones are very jovial characters indeed, and their laughter can be heard throughout the Universe. As well as being responsible for teaching the Dominions, the Thrones are also the angels of the planets. They are huge celestial beings under normal circumstances, but they do "close their size down" when the situation demands. This is an angelic expression that simply means to grow smaller.

There is a Throne Angel in charge of every planet in the Universe; this of course includes the Earth. This is also

why they are so big; a big job requires a big stature. Symbolically, it is the “shouldering of the responsibility” which relates to the size. This also means that a Throne is immediately recognised by other angels. They look after their planets with great love, and enthusiastically give loving guidance to the Virtues, Principalities, Archangels, Angels and Elementals. This way the Thrones are great for morale, not that angels need motivation. It’s just that they bring so much love and humour to the work of other angels, that they are so deeply loved by all the other companies. **Angel Uriel 8 September 2002.**

### **Cherubim**

The Cherubim sit at God’s left hand, and they are the masters of “reality” as lived out by man on the Earth plane. This means that the Cherubim receive all the karmic information about each and every individual soul from the Powers, and create the appropriate illusion for whatever the individual’s Karma merits.

For example, if a soul by its actions, manifests into their life a situation that will bring great trial and tribulation, it is the Cherubim that create the illusionary circumstances, in order for that soul to learn the lessons from the experience. This may seem quite harsh to the materialistic mind, but remember, we are only here because we chose to be. We all chose to learn certain lessons in order for our soul to progress, and the Earth plane is the place of learning - the world of illusion. We create our own lives according to God’s Universal, spiritual laws, and one such

law, the law of karma, dictates the pathway we actually take. We walk this pathway gladly, for we know it is the only route to spiritual progression.

However, the truth - that is the spiritual memory - is erased from our minds as we incarnate into life on Earth. Therefore we only know the “illusion” of the materialistic mind during our stay here.

We keep coming back simply because we keep getting it wrong. We are constantly presented with lessons of our own choosing, and it is a case that history will repeat itself until such a time as we learn these lessons.

The Cherubim carry out this work for our highest and long term good, and it is done with a great deal of love. They do not delight in the suffering of mankind. But mankind must realise that every situation on Earth, no matter how good or bad it may seem on the surface, is created by man's own actions.

Remember, mistakes are lessons, and if we learn from our mistakes the past is healed and we progress spiritually.

The Cherubim wish only love and peace for the Earth plane. If only man wished the same. **Angel Emmanuel  
10 September 2002.**

### **Seraphim**

The Seraphim are the guardians of the entire Universe, and Universes beyond. They are the most powerful beings in existence, aside from God.



They sit in council with God and act as a kind of second in command. They oversee all the other angelic companies, and eagerly monitor the spiritual progression of man. Known throughout the heavens and all Universes as “The Mighty Seraphim”, their might is in their love of all existence, which is totally unconditional.

The Seraphim are omnipresent, and over the ages have taken on human form on many occasions when the need has arisen. One of the most famous stories of angels in Earth mythology, is of the soldier with the pistol on a great white charger. This angelic soldier on a magnificent white horse, helped British soldiers who were drastically outnumbered on the field of battle during the Second World War. Legend says that the angelic horseman led the charge through enemy lines with all guns blazing, and the Germans fled in terror because their bullets simply passed through this angelic warrior.

The Germans did flee in terror, but the simple truth is that a Seraphim manifested in human form astride a magnificent white horse, just in front of the German lines. The soldiers witnessed a light that shone so brightly it was beyond comprehension, and the look of total unconditional love on the face of the angel proved overwhelming. In their ignorance, the soldiers fled in terror, and made up the story of the “angelic gunman”

There is nothing mystical about the Seraphim; they are simply beings of love and light. Like life, they are uncomplicated. The simplicity of love is all around, and is

personified in the hearts of the Seraphim. Unfortunately, man chooses to make life complicated and difficult, and until such a time as man opens his eyes and embraces the simplicity of total unconditional love, the world will not change. **Angel Michael 11 September 2002.**

### **Fallen Angels**

Fallen angels simply do not exist, and never have done. The supposed king of the fallen angels, Satan, is probably the subject of the biggest confidence trick in the history of the entire Universe. Satan was written into the Bible by man centuries ago. This was intended to strike fear into the hearts of the ordinary people of the world, and it worked! Satan merely exists in people's minds, and your Satan is only as real as you want it to be. There is no point dwelling on something that does not exist.

*Everyone and everything around you is your teacher.*

*Ken Keyes JR.*

*In life we are all gardeners, ever sowing and reaping the fruits of our actions.*

*Stephen Turoff*

*Work is love made visible.*

*Kahil Gibran*

*Humility... is not thinking less of yourself, but thinking of yourself,less.*

*Anon.*

*If it hurts, it isn't love.*

*Angel Nester*

## **Chapter Three**

### **Angels and Dreams**

The angels talk to us during our sleep state. They seek to give us guidance and healing, in order to help us along our spiritual pathway. Our higher self is responsible for giving us our dream scenario, and our angels prompt us through our sense of curiosity to seek answers to the questions that our dreams pose. There follows a brief overview of how our dreams work. However, it must be stressed that it is just that, a brief overview.

The whys and wherefores of our dreams can be quite complicated, and this book does not seek to be a definitive chronicle of the mysteries surrounding the dreams of mankind.

Suffice it to say that much drivel has also been written about dreams, probably as much as that which has been written about angels. Having said that, there is no reason that this book cannot be used as a springboard by the reader to expand their knowledge of a subject, which is truly a bottomless pit. Get to know your Guardian Angel through the exercise later on in this book, and seek guidance from your angel in interpreting your dreams.

There are many books on the market by so called “experts” on dreams. But your only expert can be you. Dreams are like fingerprints, no two are the same. Even recurring dreams differ in many ways, therefore, how can an

individual offer a general interpretation of a dream? The message here is; know your Guardian Angel - ask - and you shall receive enlightenment. Your higher self sets the riddle - you ask - your Guardian Angel provides the answer.

### **What are Dreams and what do they mean?**

Dreams are the culmination of our everyday thoughts and feelings, which manifest in the subconscious during sleep state. In some cases they have been lying latent for many centuries, encompassing many incarnations. They manifest during our sleep state when the soul feels it is time for release.

The subconscious is like a sponge, absorbing every single thought and feeling that our soul experiences. In this way they are inter-linked.

The reason for the vividness is because we experience much negativity throughout our lives, and when the sponge (the subconscious) becomes saturated, these thoughts and feelings are thrown back at us in the form of dreams. The extent of the negativity of your "dream experience" will depend on how your physical self gave the thought or feeling to your higher self in the first place. In other words, the negativity of your dream will be a manifestation of the way in which your thoughts and feelings gave the experience to your subconscious.

In effect, we can say that the higher self, or soul, whichever term you wish to use, squeezes out the sponge

to make way for more experience.

### **Dreams generally fall into three categories**

**Latent Dreams** - These are the most common, and they are the higher self's way of communicating with the physical self. We sometimes find these dreams disturbing, albeit through our own lack of understanding.

The reason being is that the physical self has no concept of spirituality, and doesn't understand what is going on. The higher self, on the other hand, has no concept of physicality, and merely releases these recordings of life experience as and when the need arises. Because of the hectic nature of our materialistic lives, this can only be done during sleep state.

The higher self gives us these dreams in the form of guidance to help us along our spiritual pathway. But because the higher self is our direct link with the divine, the physical self does not have the spiritual awareness to comprehend what is going on. Hence, the confusion causes disturbance. You may well ask, what's the point then? It's like a classic example of the left hand not knowing what the right hand is doing.

I can only speak from my own point of view, but suffice it to say that I was guided by spirit to seek a greater understanding of my dreams. I am happy to say that through the expert interpretation skills of my Guardian Angel, I have received guidance along my spiritual pathway that is impossible to place value on in

materialistic terms

**Spontaneous Dreams** - These are brought on by the pressures of everyday life and have no significant meaning. Try to imagine a glass being filled with water. The water reaches the brim of the glass, and if we don't stop pouring, the glass will simply overflow. This is the same principle with spontaneous dreams. Our subconscious takes in reams and reams of information every day, most of which is absolutely useless. Therefore, the subconscious literally pumps out the dross during sleep state.

It's the higher self's way of telling us not to worry, as worry is a very negative energy. As a general rule, whatever comes up in a spontaneous dream is something that we are worrying about unnecessarily. Worry eventually causes disease to manifest within the physical body. For example, worry causes stress, and stress can cause both mouth and stomach ulcers. Therefore, the higher self tries it's hardest to help the physical self in the best way it can.

**Out of Body (subjective)** - These are not really dreams at all, but because these experiences can only occur during sleep state we perceive that what we are experiencing is a dream. The reality here is that we are fulfilling karmic duty in order for the soul to progress.

Even though we are in the physical body at the moment, we are required to carry out spiritual work for karmic reasons, and this is most suitably done during sleep state. It is not a requirement in the sense that we have to do it,

because we have free will and there is no such thing as having to do anything. We carry out this work by choice as it helps to reduce Earthbound Karma.

A subjective out of body experience, is when we are not aware of our angels or guides physically removing our spirit from our body, and taking us away on a journey. These journeys' are known as astral travelling. (An objective out of body experience is when we are aware of being literally "plucked" from our physical body, and carried off back to the Spirit World by our angels or guides).

What normally happens, is that when we return to our physical body there is a slight jolt, which triggers off our subconscious mind into remembering the "truth" of our experience out of body. This truth lingers on momentarily as our true spiritual memory is erased once more, and we return to the illusion of the physical world. Because in reality there is no such thing as time, the materialistic mind is virtually "conned" into thinking it has been dreaming for quite some time. Whereas the activity may only have occurred for a very short time. These experiences are the most surreal of all our dreams; though it's true to say they are not dreams at all. The return of the spirit to the physical body merely produces an illusion of dream state.

These journeys, both objective and subjective, are watched over with great tender loving care by our angels. Mostly it is our guides or helpers that carry us off, under the



supervision of our Guardian Angel, as this aids the spiritual growth of these beings as well. It is important for us to understand that it is not only human spirits that are on a spiritual pathway of enlightenment.

All living beings walk a spiritual pathway, and we all complement and help each other's growth. This is a simple spiritual truth.

*You are in this body to realise the God you really are. This body is the cocoon you have spun around yourselves by means of your impulses and desires. Use it while it lasts, to grow wings so that you can escape from it. You came into this world crying, announcing your grief for having to take on the burden of earthly existence. Having come with grief, decide not to go with it from here. Get rid of it in this very life.*

*Sri Sathya Sai Baba*

## **Chapter Four**

### **The Angels Speak**

*Words are the least reliable purveyors of truth. Words are merely utterances: noises that stand for feelings, thoughts and experience. They are symbols, signs, insignias. They are not truth. They are not the real thing.*

*Neale Donald Walsh*

There follows some wonderful words of love and wisdom, given so unselfishly by our angelic friends in the utmost sincerity. It was a true pleasure and a privilege being a channel for such profound words, spoken from the spiritual hearts, the very souls of these messengers of God.

In order for the reader to gain an understanding as to where the words have come from, I have also stated which company the speaking angel belongs to, for example Zadkiel - Dominion Angel of Wisdom. However, I would like to emphasise once again that the angels do not label themselves as Dominion or otherwise. This is something that man is entirely responsible for. As has already been stated, the angels simply know what they have to do, they do not need to be labelled.

I hope you enjoy reading these lovely words, as much as I enjoyed receiving and writing them.

Dear Readers,

You have not chosen this volume by coincidence, for there is no such thing. Please believe us when we tell you that every single action you perform, every single feeling you have, and most importantly, every single thought, is part of that huge jigsaw we call life.

All the pieces of life's jigsaw puzzle slip into place with such divine timing that many, who cannot live with such precision, fall by the wayside and get caught up in life's negativities. Please believe that you were guided to this book for a reason.

It could be that your life lacks direction at the moment. It could also be that you are suffering emotionally at this time, and do not know which way to turn. It may even be that there is something contained within these pages that will give you the answer to a particular question you have been asking.

As the author has already stated, there is nothing in this book that claims to be the "be all and end all" authority on any particular subject. But what you will find within these pages is the simplistic message of unconditional love, which passes all understanding.

Remember, with love in your heart you can achieve anything, no matter how good or bad your perception of life is at any given time. In the words of the song "love is all you need".

**Thomas - Angel of Determination 20 October 2002**

Dear Friends,

I bring great humour from the angelic realms, for humour is uplifting, and that in itself is a form of healing love. We angels are not serious beings, we laugh and joke, just as you do on the Earth plane, though not always at the same things as you do. For sometimes earthly humour can be so cruel and unkind, and the poor soul on the receiving end is far from uplifted. Lift up your hearts friends with laughter and humour, and see how this simple act can make the sun shine in the bleakest of places.

The angels bring you love, peace and laughter of the ages. Laugh out loud friends, laugh inwardly too, laugh at yourselves and laugh with others. Feel your spirits lifted by this simple act, and remember - sometimes the gift of laughter is the most effective form of healing love that you can give to one who may need it.

Go forward in love friends, go forward in laughter, and may God bless you all.

**Emmanuel - Angel of Humour 21 October 2002**

Dear Earthly Brothers and Sisters,

Love comes in many forms, albeit many forms of the same energy force. In this sense, nature itself is a form of love. Nature brings upliftment, peace, happiness and harmony

to the individual in search of solace. Nature is probably the most beautiful creation in the entire Universe, simply because, unlike mankind, it knows not how to hate and destroy. It knows only how to nurture and blossom into loving, healing energy.

It is mankind that creates the storm clouds that form the raging hurricane. It is mankind that creates the vortex of the manic twisting tornado. It is also mankind that creates the unbearable heat waves and droughts.

One day, in the not too distant future, The Christ Consciousness will return to this wonderful planet, and beauty will be restored in all its glory. It's coming, and it's not too far away, and it brings enlightenment, peace, love and harmony. This time is definitely coming friends; it cannot be stopped, for our Creator has decreed it. The day is coming when man will war no more.

God bless you all.

**Uriel - Angel of Nature 22 October 2002**

Dear Friends,

Love is the most powerful force in the entire Universe; it conquers all - literally. Love comes in many forms, but when it hits you it is unmistakable. To be smitten by love is a wonderful thing indeed; it can make the strongest man go weak at the knees, and the weakest woman as strong as an Ox.

Love brings many messages of untold peace, harmony and tranquillity. Love simply is. It really is as simple as that.

God is love and love is God. God is in the hearts of all mankind, and that is why love is only felt in the heart. God is love in its purest form - total and unconditional. Non-judgemental, non-opinionated and totally unbiased.

To feel love is to feel God, but to feel loved is to feel precious beyond words, and to feel enfolded in that total unconditional love of our Creator.

Love is taken for granted by many, who use the love of others as a weapon against the very people who love them. For these people there are many harsh lessons to be learned along the road that is life. It is totally wrong to use the love of another to your own advantage. True love is total and unconditional. Quite simply, if it hurts, it isn't love. Open your heart and let your love flow, and feel love returned to you tenfold. This is a simple spiritual truth according to God's Universal Laws.

Open your hearts and open your love.

God bless you all.

**Nester - Angel of Love 3 November 2002**

*You cannot experience yourself as what you are until you've encountered what you are not*

*Neale Donald Walsh*

*Make your life a rose that speaks silently in the language of fragrance.*

*Sri Sathya Sai Baba*

Dear Friends of the Universe,

The power of love is great beyond words, for love is simply the Creator of all. There is much talk on the Earth plane of dark forces of evil etc. But the simple truth is that there are only different levels of understanding. This book has already mentioned briefly that there is no such thing as Satan, but we feel that further clarification is necessary.

As you will be aware, mankind was given free will along with his or her uniqueness in preparation for life on Earth.

Unfortunately, the path that man chose was not the path that God intended, and even though God could put things right with a wave of the hand, this in itself would go against the very laws by which our Creator governs the Universe. So it is not to be. It is virtually a case of God saying to man “you got us into this mess, so you get us out of it”, and I will even send my messengers and prophets to help you. Alas, man has simply thrown this back in God’s face. So man must now walk the pathway that man has chosen.

This may seem rather harsh on the surface of things, as we see and hear in the media every day, that there are souls who are suffering needlessly. But in the greater picture of



things, (which we do not understand whilst in the physical body), each soul walks their own chosen pathway for their own Karmic reasons. We must also understand that in any given moment, the Universe is in divine and perfect order according to God's Universal Laws.

The secret is to look within for the answers you seek, and when you are faced with a situation you do not understand, ask yourself this; what lessons do I need to learn from this experience, which I have subconsciously chosen for myself?

When you gain this understanding, you have truly found your spiritual pathway.

God bless you dear friends.

**Zadkiel - Dominion Angel of Wisdom 3 November 2002**

Dear Friends, Brothers, Lovers and Sisters of God,

The time is nigh when mankind will see the love and wisdom of God in all its glory. The time is nearly upon us when drastic changes will sweep the Earth plane. There are many who will literally receive the shock of their lives, when the Christ Consciousness descends once again in all its glory. Indeed there are many so-called spiritual activists among you, who will be amongst those who receive the greatest shocks.

For it is simply not enough to have beliefs, it is simply not

enough to be religious. The most spiritual souls are those that live their beliefs and live the simple, one and only religion of love. It really is as simple as that - the only religion is the religion of love. Love is God, God is love, you are God and God is you.

The spark of that creative life force that you on the Earth plane commonly refer to as God dwells within the spiritual hearts of all living beings. Therefore you are all part of the oneness that we call God. You have all come from God and you are all on a journey back to God, yet by the same token you have all never left God. You are all merely oblivious of the simple truth of pure and true unconditional love. The unconditional love that is God and the God that is you.

May your journey be one of peace and enlightenment, and may God bless you.

**Emmanuel - Cherubim Angel of Peace 10  
November 2002**

*If you develop love, you do not need to develop anything else.*

*Sri Sathya Sai Baba*

*The Divinity has its own timetable, and will reel you in when the right time comes.*

*Sri Sathya Sai Baba*

Dear Friends of the Earth

We welcome you all to our places of leisure and tranquillity. Indeed, it gladdens our hearts when we see that you appreciate this, our wonderful planet. As our friend Uriel has already stated, nature is a wonderful thing and brings much joy and happiness to many.

Alas, there are many among you who do not see nature in this way. There are those who seek to harm the environment and inflict pain on our brothers and sisters of the animal kingdom.

Remember friends, we are all as one, according to God's Universal Law of "One". This means that we are all part of the oneness, the God force, the Creator of all. Therefore, it stands to reason that our animal friends, the birds of the air, and also the marine life and insects are all part of that same oneness.

Man seems hell bent on destroying life, but thank God for those among you who seek a spiritual existence. Thank God for those who, albeit consciously or subconsciously, seek a pathway of love and dual existence with our brothers and sisters of nature.

The force of life, the Prana, runs through all of us be we angel or human. The Prana cannot be destroyed, no matter how hard mankind may try. Nature and its creatures

are there to provide you with sustenance and beauty during your stay on the Earth plane. Therefore, appreciate these natural gifts of love, so graciously provided by the God of all, our God. The Creator of life immortal.

May he bless you and keep you all.

**Nathaniel - Elemental Angel of Nature 15  
November 2002**

*Man is the slave of his dreams and desires, for he cannot help but to play the role he has himself created in the play of life.*

*Stephen Turoff*

As I am writing this at a time when Christmas is just around the corner, I thought it would be appropriate for one of my angelic brothers to say a few words on the subject. This is the offering of The Angel Michael, given as ever with great sincerity and purity of heart.

My Friends,

At this time of year when it should be “good will to all men”, mankind still insists on a life of toil and hardship. The whole point of Christmas is missed time and time again, as your earthly years roll by. Christmas should be a time of celebration, and a time of merriment and love. Unfortunately, this is seldom the case these days. In this year of our Lord 2002, mankind will once again let the spirit of Christmas slip by seemingly unnoticed.

We in the Spirit World rejoice and sing to the heavens in celebration of the Great Christ Spirit, and the achievements of this beautiful soul. The Great Christ most definitely walked the Earth in an effort to enlighten mankind. Indeed, in the face of great adversity he diligently stuck to his task, meticulously and painstakingly achieving all and more that The Great Spirit himself had decreed. Mankind treats the incarnation of this truly wonderful soul with great contempt, as greed and gain become the order of the day.

They say, “a fool and his money are soon parted”, and this is the case at Christmas time on the Earth plane. However,

all the money on Earth could never buy the love that The Great Christ brought to mankind. Love is the most precious commodity in the entire Universe, and it is a truly rich man who has gained this understanding.

So please my friends, this Christmas, no matter who you are with, no matter where you may be, take time out to dwell in a moment's thought about what the 25th of December really means. A soul gave his all to help you, so please acknowledge this.

Unfortunately, religion has distorted the facts surrounding the life of The Great Christ. To find the truth, simply look into your own heart, and realise the magnificence of your own being. For it is in the hearts of all men that The Great Christ dwells.

The Great Christ which is God, which is you.

God bless you, and may peace fill your hearts this Christmas.

**Michael - Seraphim Angel of Love 30 November 2002**

If you ever thought there was no humour in the Spirit World, read on!

Brothers and Sisters of the Earth plane,

“Wake up and smell the flowers”, is my message to you all. Where have you been all this time? But more importantly, where are you going? Do you even know where you came

from, or why you are here? It is because you do not know the answers to these questions that you have been guided to these words of wisdom. (Those of you who do walk a pathway of understanding have been guided to these words so that you can spread them.)

The Spirit World rejoices in love and happiness - please join us! We are not a million miles away; we are simply in your hearts. We have been trying to attract your attention for some time, but alas, our efforts have been in vain. Well! You are here now, so let us begin at the beginning.

In the beginning there was love and light - simple. What's so difficult about that? Then came man. Result? Disaster! (Don't take this personally, by the way.) So, "what's the solution", our Creator thought. "I know", said he, "I'll create the Christ Consciousness". Result? Joy!

"Oh, oh", said mankind, "we don't like this". Result? Confusion! So, we have a stalemate. You lot won't budge, and we are trying to enlighten you. Thus, we have had the period of planetary education since The Great Christ walked the Earth plane.

What do we do now then? Well friends, we are rapidly approaching the time when The Christ Consciousness will return to the Earth plane. It's a few years away yet, in earthly time, but it's not as far away as you think.

This time of bliss and happiness is fast approaching, so don't miss the boat. There are enough tools contained within the pages of this book to enable you to complete

your journey.

So what are you waiting for? Climb aboard the magic bus, and join us on a journey of love and enlightenment. A journey back to The Christ Consciousness, a journey back to God, a journey back to yourself!

May God bless you with love and peace.

**Uriel - Throne Angel of Peace 15 December 2002**



*Whatever you vividly imagine, ardently desire, sincerely believe and enthusiastically act upon, must inevitably come to pass.*

*Anon*

*Nothing in life is to be feared, it is only to be understood.*

*Marie Curie*

Dear Friends, Brothers and Sisters,

It gives me great joy to be able to make a contribution to this wonderful book of Universal knowledge. The wisdom contained within these pages will stand you in good stead for the road ahead, which is your spiritual pathway. Although the road may have been rocky at times, please rest assured that in the bigger picture of things, everything that happens, happens for your highest good and the good of mankind in general.

Everything that happens serves to bring lessons to the inhabitants of that giant classroom we call the Earth plane. Our perception of life on Earth is not always good. That's because we lack spiritual understanding. According to God's Universal Laws, if lessons are not learned, history must continue to repeat itself until they are. To this end, man continually goes to war with man. Why? Quite simply because early man failed to learn the lessons from the first war on Earth, created by man himself. In turn, the lessons

were not learned from the second time man declared war on man, and so it goes on.

We now have a situation in January 2003, that man is once again preparing to wage war with man. Why? Because in spite of the many thousands of wars that have gone before, man still has not learned the harsh lessons that war brings to the Earth plane. Greed and power are the order of the day once more, as the innocent suffer. Or so it would seem.

Make no mistake; the suffering of the innocent is not coincidence, for there is no such thing. There are many, many souls anxious to get their spiritual pathways back on track, that volunteer to suffer for mankind in the same way that The Great Christ Spirit made the same choice many years ago. These souls are to be commended, for they bring great lessons to mankind. Sadly, mankind in general chooses to ignore these lessons.

It is quite plausible that you, dear reader, may have made similar sacrifices in a previous incarnation. Take heed of my words sweet soul, for I know that they may seem incredible to take on board. But remember, whilst you are here within the physical body, your true spiritual memory has been erased, and you only have the power of recall with the materialistic mind. Therefore, it stands to reason that you will find these simple spiritual truths hard to understand. Simply look within dear friend, seek out that beacon of light that dwells within your heart, and go forward in the light of God's love.

May God bless and keep you.

**Gideon – Seraphim Angel of Knowledge and Wisdom 16 January 2003**

My Dear Brothers and Sisters of the Earth Plane,

As we have entered another New Year, we constantly hear on the news and read in the newspapers of a pending war with Iraq. Why? Well, my angelic brother, Gideon, covered this pretty well on the previous page; however, I would like to elaborate a little. What we have here is what you call on the earth plane a “tit for tat” situation. It’s a case of you’ve done this to us (or even, you MIGHT do this to us), so we will do that to you. It’s the sort of thing you get in the school playground only on a slightly larger scale.

I say only slightly, because in the bigger picture of things, all situations on the Earth plane pale into insignificance. Brother Gideon spoke of the Earth plane as being a giant classroom, and that, in a nutshell, is really all it is. All human souls have had many, many lifetimes on Earth in order to experience all aspects of life. Indeed, today’s German male is tomorrow’s Australian woman. You have all experienced life with a black skin, the same as you have all experienced life with a white skin, and if you haven’t yet, you will do. You have all been women, you have all been men, in the same way that you have all led long and healthy lives and you have all passed back to spirit as

children.

By the same token, you have all been street beggars and you have all held the power. This simply means that today's power hungry warmongers are yesterday's waifs and strays. Ultimately, it will be down to the free will of man whether war goes ahead or not. Indeed all parties concerned really are as bad as each other, so you may draw your own conclusions. Of course, we in the spirit world will do our utmost to prevent these unsavoury events from taking place, but only man holds the key to peace in this situation.

We simply give our love, as the author has stated many times already, and we do not want anything in return. But the biggest and brightest most wonderful gift that mankind could ever give the angels is peace on Earth.

May God bless you always dear reader.

**With angelic love from Mark – Seraphim Angel of Truth, Knowledge and Wisdom**

**19 January 2003**

Last but not least, this chapter would not be complete without some words of love, truth and wisdom from my dear brother, friend and Guardian Angel, Gabriel.

He makes me laugh, he makes me cry with joy and he inspires me in a way that I could never begin to put into words. His love knows no boundaries, and he gave me the

following words of wisdom with a sincerity and purity of heart that is beyond mere mortal description.

### My Dear Friends

Love is the only thing that matters in the world. Unfortunately, within the illusion of the Earth plane this simple truth is often missed. We get so wrapped up in the materialism of our physical lives; we lose sight of the truth and substitute it with trivia. Of course, it is the wise man who sees through the smoke screen of the illusion, and treads the pathway of spirituality.

Our thoughts guide us, whether we like it or not, so it stands to reason that if our thoughts are filled with love, our lives will be filled with love. On the other hand, if our thoughts are ones of negativity, such as anger, resentment and deceit, then our lives will be a mirror of that negativity.

Those who ascend to mastery, are those who have mastered the simple truth of “thought reality”. In other words, a spiritual master is someone who recognises that today’s thoughts are tomorrow’s reality. Quite simply, if you want a life of love, compassion, harmony, peace and truth, then you must think along these lines. It really is a case of reaping what you sow. Therefore, if you sow seeds of negativity, then you shall have it.

Love simply is. All living beings, be they human spirits or otherwise, only exist because of love. You are all on a

journey back to that love from whence you came. That love you commonly refer to as God.

The source, The Godhead, God or Love - what's in a name? Your God has many names and many forms, but they all come back to the same thing. Pure and simple - love unconditional.

May your God bless you and keep you always.

**Gabriel 30 November 2002**

There follows some more pearls of wisdom from this beautiful being of love and light.

Love is simply giving to others.

For when we give unselfishly, we receive abundance.

**Gabriel 10 December 2002**

## **Love Is**

Love is like a raindrop. It refreshes when it hits you,  
It washes and cleanses the negativity of everyday life.

It shines in the sun, taking in the light and growing ever  
brighter.

It reflects and shines showing the truth within,  
and even though it may disperse it never dies.

Like life, we experience what we have to, and then we  
move on.

Like the raindrop, love may evaporate, but it will never  
die.

It will merely go through the cycle and manifest elsewhere.

The truth of love is in the heart.

It shines magnificently like a universal beacon.

Lighting the way of truth.

**Gabriel 12 September 2002**

## **Faith and Trust**

Trust is a bond of love between two or more souls, whose  
strength lies in deep friendship. Trust means having  
complete and utter faith in another soul, so much so that  
you would gladly place your very life in their hands.

Trust can only be born out of complete unconditional love.

When you have trust, you have life, love and happiness.

Faith, is trust with different clothes on! Faith is what you have in a loved one, when you trust them completely and utterly. Complete and utter faith in God is your pathway to divinity.

Faith and trust go hand in hand, therefore have faith in God, trust in Spirit, and receive everlasting grace.

**Gabriel 28 September 2002**

Love is the same in all languages - it cannot be written in words. It can only be experienced - felt and given.

**Gabriel 14 October 2002**



## Chapter Five

### Your Questions Answered

*The mind is the switch, God is the electricity and the heart is the light. Use the switch of your mind so that the electricity of God can flow through you and turn on the light in your heart.*

*Stephen Turoff*

What started off as a booklet, is now turning into a sort of a monster. It has become apparent with each sentence that I write, that all the subjects we are just touching on within these pages opens up a real can of worms. So that's it then, this is now a book, not a booklet! The title has also now changed from "Angelic Wisdom", to "Angelic Wisdom Volume One". This obviously paves the way for more books in the future, to cover the subjects we are just touching on here, in more depth. It would appear that this is what the angels want, so who am I to argue.

It occurred to me that there are many subjects of a spiritual nature that people are curious about. So I had the idea of a sort of question and answer session with my Guardian Angel, to answer some of the questions that are frequently asked by people who are interested in discovering their spirituality. Also, questions that are frequently pondered over by people who are trying to

discover the secrets of life and the Universe etc.

Over Christmas 2002, I escaped all of the hype and went to stay at a retreat, about 5 miles up in the Cambrian hills from Lampeter in West Wales, near the Ceredigion coast. It was on New Year's Eve 2002 that I set about the task of grilling my Guardian Angel, Gabriel. I attempted to put myself in the position of the reader, and what followed was, I'm sure you will agree, at the very least interesting but extremely controversial to say the least.

It started off as a sort of a deadpan question and answer scenario, but it developed into quite a passionate exchange and in-depth conversation, sort of along the lines of the Conversations with God books. Please read on.

### **What is a Saint?**

A saint is a human soul that has ascended to mastery. A soul that has gone above and beyond the call of duty on many occasions, sometimes suffering great pain in the process. These souls have earned the right to dwell for eternity in peace and bliss, with the angels in the higher spiritual realms.

They did not seek fame or reward during their time on the Earth plane, and as a result they are given many gifts of love by God after their ascension. The saints work closely with the angels for the common good of mankind, and a number of them are listed at the back of this book, along with a brief description of their main tasks

### **What is an Ascended Master?**

A soul who ascends to mastery, is a soul who has completed all of their chosen tasks on the Earth plane, and has actively sought to grasp the true meaning of life through God's Universal Laws. Generally speaking, a Master has taken much longer than a Saint to ascend.

But this in no way detrimental to Masters, as the Saints are exceptional souls indeed. When you consider that it is only such souls as the Great Christ himself that have achieved higher spiritual status than the Saints, it is still a remarkable achievement to ascend to mastery. Masters also do not have to return to the Earth plane, having completed all of their tasks. But some choose to incarnate again in an attempt to achieve Saint status.

It must be emphasised once again, that when we talk of "status" within the higher spiritual realms, we do not mean rank and power. A master would strive for Sainthood simply for personal achievement, and out of a desire to serve God.

### **What is reincarnation?**

Reincarnation simply means to take on the physical form again. All souls will one day ascend to mastery, therefore it stands to reason that human souls need to reincarnate again and again until such time as they achieve their chosen goals.

Reincarnation is a process, which forms an important part of the cycle of creation. The Earth plane is a place for learning, and will always be the place where human souls

“reincarnate”(incarnate means to “take on the flesh”). It is interesting to note that in Italian “carne” means flesh or meat. Therefore, when a soul reincarnates, he or she simply takes on a vehicle of flesh in order to get from A to B (a bit like taking a bus really!!).

### **What is the cycle of creation?**

It is the life process according to God’s Universal Laws. A soul is created as a soul ascends to mastery, thus goes the eternal cycle of creation.

In the beginning (as the good book says), God created man, man walks the pathway of life, man ascends, man is created. So it goes on. It is not appropriate to enter into further detail in this first volume of Angelic Wisdom, as this is quite a vast subject. Note I said vast – this does not mean complicated.

The cycle of creation is simple, only man complicates the issue. The truth of life cannot be grasped by man’s materialistic mind within a few pages of a book. We may return to this subject in the future and devote an entire book to it.

### **What is the aura?**

The auric field is the layered field of energy that surrounds the human physical body. The layers are generally formed by bright coloured energies that glow and vibrate with warmth and love.

However, when humans get too wrapped up within the illusion of the physical world, and lose sight of their goals,

they become spiritually dis-eased. This is what man commonly refers to as illness or disease.

When this happens, the vibrant and warm, coloured energies within the aura get replaced by negative dull colours, causing imbalance within the “self”. Depending on the nature of the imbalance, the dis-ease can either be mental, emotional, physical or spiritual.

Conventional man-made remedies can help to put things right, but these are quite often chemical based and can cause harmful side effects. Because of the nature of life on Earth, books such as this should never advise people to forsake conventional medicine completely. Moreover, it is important to encourage people to consult their G.Ps if they have a health problem.

However, the soul that has found his or her spiritual pathway knows how vital it is to utilise holistic and natural remedies, and the importance of spiritual healing.

In a nut shell, the aura is your shelter whilst on the Earth plane (your bus shelter even!!), and like all bus shelters it will need repairing from time to time if not looked after.

### **What is spiritual healing?**

Spiritual healing is the channelling of pure cosmic, love energy for the purpose of bringing about wellbeing to souls whose “self” balance has been impaired by dis-ease.

Cosmic energy is channelled on many levels, according to the soul’s needs. The important word here is “needs”. The soul’s higher self will take the healing required according

to the soul's karmic pathway. Any excess will be redistributed to other souls (including the animal kingdom) in need.

### **How does spiritual healing tie in with the karmic pathway of the individual?**

Simple! Human souls walk their pathway according to their chosen tasks, and the experiences they choose. These choices are determined by the amount of karma that is outstanding from previous lives.

### **Define karma then?**

Basically, it's the age-old earthly theory that you "reap what you sow", however, the truth runs a bit deeper than this. It is understood in the higher realms, and indeed by our creator him/herself, that due to the negativity on the Earth plane, it is possible for the dearest and sweetest of souls to collect negative karma. Therefore, our creator has introduced a degree of leniency over the last few earthly centuries.

Instead of having to "pay back" karma purely on an earthbound basis, souls can elect to carry out karmic duty during sleep state. This duty could be the voluntary attendance of Halls of Learning, or healing work; such as helping souls whose time has come, to pass back to spirit.

Interesting, but what about the babies who never exit the womb, or only touch the Earth for a matter of hours, weeks or months? How are they walking a pathway according to karma?

It's difficult to answer fully within the scope of this book, in fact we may have to devote an entire book to the subject at some time in the future.

**Don't beat about the bush Gabriel, the readers are waiting.**

Patience was never your virtue my earthly brother, but seeing as you push me on the subject! There are a number of reasons why this happens, but I will explain two of these for your readers.

Firstly, and most commonly, a new soul may simply choose to experience life within the womb first time around. Alternatively, a more adventurous new soul will elect to spend a brief time on the Earth plane, before returning to the spirit world to plan the next journey with his/her angels and guides.

This is why children that pass to spirit at a very early age are often referred to as "passing angels" on the Earth plane. Because they are untouched by the negativity of mankind, they literally have an angelic look about them.

A pact will be made by the angels of the new soul, and the angels of another soul that needs to experience loss through bereavement, and on the agreement of the human souls, a deal if you like, will be struck.

**Quite controversial, I'm sure that will be questioned by many who take up this book?**

I'm sure it will, but life on the Earth plane is all about

self-discovery. In other words, life is a constant stream of asking questions and searching for the answers.

**Hmm, you said you would give two examples?**

Yes, you were definitely at the back of the queue when God was giving out the patience!

Another common example is when a soul realises that he or she did not appreciate motherhood in a previous life. But not motherhood in the sense of being a mother, more motherhood, as in being mothered.

**What are the karmic inferences then?**

I'm coming to that. On realising this predicament, a soul will choose for a mother, someone who has a love to offer which is so deep it will make the hardest of hearts weep with joy. The soul (by choice) is allowed to experience this maternal love for a short period before it is taken away again. The mother is chosen by the same process as the other example.

**Thank you for that, Gabriel, but as we are being controversial, let's really put the cat among the pigeons – what do you think of the Bible?**

The Bible, in theory, is a very good book. Indeed, the original concept was truly marvellous. Unfortunately, like most other things on the Earth plane it has become tainted. It is now nothing more than a history/reference book, which bears no resemblance to its original form.

**Why?**



Because it has been altered throughout the ages by man, more times than we angels would care to remember.

**How do the people who made the alterations get away with it?**

Quite simply, those who hold the most power on the Earth plane can virtually do what they want. It is all down to free will, and we have already mentioned earlier the reasons why God cannot step in to rectify this. Unfortunately, the church as we now know it, bears no resemblance to “religion” in the true sense of the word.

There is only one religion, the religion of love, and there is no room for power and politics within this religion. The religion of the Bible is not the religion of true unconditional love, which is what God created the Bible for in the first place. Quite simply, the Bible does not display the truth of God’s love. Even the account of the life of The Great Christ is considerably different to what actually happened during this wonderful soul’s lifetime on the Earth plane.

**Wow! I think we’ve opened a can of worms here. Finally then, and keeping with the mood, who is Sai Baba?**

Sai Baba is the father of all and the closest thing to God incarnate. He is wisdom itself, he is love, he is peace, he is eternal bliss. Quite simply he is you and I, he is your brother, your mother, he is your colleague at work, he is your local storekeeper, he is the man and woman in the

street.

He is “One”, as we are all One. We are all part of that “oneness”, that cosmic, creative love energy that we all commonly refer to as God. He is our divine father, who has come to the Earth plane as part of the great plan. The great plan that will see the lifting of the smokescreen that has left the Christ Consciousness covered up for so long. He is our saviour, he is love.

Love all, serve all!

**Thank you my dear brother Gabriel. That was rather passionate, and I don't think either of us could follow that. It's just as well that we now bring this chapter to an end.**

Some days later we realised that there were a couple of questions left unanswered. So, only a few weeks into the New Year, I once again found myself back at the retreat high up in the Cambrian hills in discussion with Gabriel.

**So, here we go again. A couple of questions remained unanswered from our last session.**

**Can you define a lost soul?**

A lost soul is a spirit that has truly lost its way. On leaving the physical body, some souls get “stuck” within the etheric body and remain there until they are guided back to the light.

**Why?**

Mainly by choice, but there are other factors involved.

**Explain please, also explain why a soul should get stuck within the etheric body?**

It's quite complicated to answer here; I feel another book coming on! But I will do my best to skim the surface, and we shall delve deeper into the subject in a future volume.

If a soul experiences severe trauma during transition, it can cause the soul to get stuck. This situation normally occurs on the field of battle for example, where the shock is so great, maybe from the impact of an artillery shell, that the spirit becomes dislodged from the physical body a split second prior to earthly "death", and ends up within the etheric body.

**But what about the angels and loved ones of that soul? Why don't they simply take that soul home?**

It's not as simple as that, you see, once in the etheric body the soul enters a kind of limbo world.

**Interesting.**

In human terms, that soul is then neither "dead" nor alive. The soul retains its "physical memory" from the Earth plane, but is in effect, back in spirit form. The result is total confusion. The soul genuinely believes it is still "alive" and well and living on Earth. So it stands to reason that the soul will cling on to "life" and in most cases will ignore, or forcibly stop, any attempts by the angels or loved ones to coax the soul back to the spirit world. It's

down to free will basically, and we cannot oppress the soul's choice.

### **So what happens next?**

The soul wanders aimlessly in its limbo world. But essentially, any one of three things may happen.

Firstly, the soul, believing it is still on Earth in a physical body, will stay in its home and try to carry on as normal, but will grow increasingly frustrated when it realises it can't. It may then start to levitate objects, or worse, if the soul was quite aggressive anyway, will start hurling things around.

### **Scary stuff. So this is what is referred to as “evil spirits” or “poltergeists”?**

Yes, but as we know, the soul is neither evil nor a poltergeist. The soul simply has a low level of spiritual understanding, and in time, must be coaxed back to the spirit world with love. Evil spirits and poltergeist are simply words used by man to describe a phenomenon that man knows little about, and therefore lives in fear of such phenomena.

The second possible scenario is that the soul may start to wander, and take up residence in someone else's house, with the same results. It's also worth adding that whilst wandering, the soul may link up with other lost souls and make friends, so to speak. However, the danger here is that if the other soul or souls are quite negative in their ways, for example, harbouring anger, resentment, or guilt

etc., this will rub off onto the soul that joins them.

If you ever hear people talking about a house that doesn't feel right, or that feels particularly cold or spooky, the chances are that the house is occupied by one or more lost souls, and the vibrations that people can feel are the negative vibrations of the ghostly occupiers.

### **Who mentioned ghosts?**

You were just about to, so I thought I would mention it first. Of course, I do mean the negative vibrations of the lost soul or souls. But humans often refer to such houses as being haunted by ghosts, whereas in truth a ghost is something quite different.

### **Enlighten me?**

A ghost is simply an earthly term used to describe the electronic energy of an event that happened many years ago.

### **What do you mean?**

As you know, everyone and everything has its own energy. Therefore, it stands to reason that if a person, or more importantly, a family with many similar traits in personality, have occupied a house for many generations, their movement and activity, will over time, create a build-up of energy.

This energy is the electricity produced by the human body. The energies produced by generation after generation of the same family remain long after the physical form has

gone. Thus you have your ghost.

Ghosts can look eerie in appearance, but they are simply action replays of events that have gone before. They can do no harm, they cannot communicate. They appear to walk through walls and come up through floors, simply because buildings get structurally altered over time and the energy always appears in the same place, and travels the same route in the same direction. There are ways to negate the energy, but it is not a matter of spiritual importance.

### **And the third scenario is?**

The third scenario is that the soul can become attached to the aura of a human soul still within the physical body. Tragically the results are normally detrimental.

### **Explain?**

When a human is suffering from depression, or lives a life of drugs and alcohol, or lives in fear, they become very vulnerable and are easy prey for a lost soul with less than good intentions. In extreme cases people have been influenced to commit serious crimes. When people say they hear voices in the head, they are not mad, (or schizophrenic, which is the new buzz word for such occurrences on the Earth plane), they have in fact got a lost soul (or entity) attached to their aura. The voices in the head are genuine, the person affected is simply communicating with spirit, albeit on a very low level of understanding. Unfortunately, due to free will, there is not a great deal that we can do to counteract this. In many

instances, the lost soul stays attached until the affected soul eventually passes back to spirit. and then simply moves on.

However, with the awareness of the planet being raised to a higher vibration and level of spiritual understanding, more and more lost souls are being rescued by people such as yourself.

Thank you for your faith in me and that positive comment, but I know that there is much more for me to learn regarding rescue work. I know that the lost souls that I have rescued wanted to be rescued. I do not have the experience at this moment in time to coax the reluctant souls back to the light. That in itself is an art form, it is a massive task.

Yes my brother, but one that we shall achieve in time. The truth is that the majority of lost souls are crying out to be rescued, it is only a small minority that choose to remain in the darkness for any length of time. A soul wishing to be rescued will make itself known to whoever is there. If the soul has difficulty getting through, then normally out of frustration, that soul will cause a disturbance in the home in an effort to get noticed.

**What's the difference between rescue and exorcism then?**

Exorcism is an extremely cruel way to rid a place of a lost soul. It is an ancient ritual, too complicated to go into here, but suffice it to say it involves invoking powers

unnatural to us angels, and even to mankind. It is simply a method of chasing a lost soul from its place of residence. The soul then has to wander again until it finds somewhere else where it can feel safe and comfortable. It can have a nasty effect on a place and leave behind a kind of “exhaust fumes” effect. Almost like having a nasty taste in the mouth after eating a piece of revolting food. Exorcism has no place in spirituality. We may touch on it again in the future, but it is not a subject that deserves much exposure in a spiritual book of wisdom and enlightenment.

**Thank you for that explanation. To wrap this one up, can you define the etheric body for our readers?**

Yes, the etheric body is another name for the aura that surrounds the physical body. It is your protective shelter of energy. Simple!

**I can see that we will have to write many books in order to broach the subjects covered in this book properly, but to wrap this chapter up, can you please explain exactly what a soul mate is?**

Yes, a soul mate can be defined as your Earth angel (in a symbolic sense). Your soul mate has been with you through many, many lifetimes and vice versa. You and your soul mate were attracted to each other more years ago than you could ever fit into an earthly calendar.

**How can that be? How can a new soul have had a**



### **soul mate for that long?**

A good question, but one that we will have to cover in more depth at some time in the future. This is another subject that we can only touch on in this volume.

In the spirit world you meet many, many souls before venturing down to the Earth plane for your first journey of discovery. There will always be one particular soul that you have a mutual attraction to. Sometimes due to similarities in character, sometimes due to similar interests and understanding. You and this soul make a pact to be soul mates for eternity. You agree to experience all aspects of life together above and below. You come together at some stage during each earthly incarnation, you teach each other lessons and help each other through difficult periods of life.

### **In what way?**

It depends on your chosen lessons according to your karmic pathway. But suffice it to say, that when you meet your soul mate there is a chemistry that passes all understanding. In most cases, you will encounter your soul mate for the purpose of cementing a lasting relationship. Thus, you help each other that way.

However, if you need to learn some very harsh lessons, due to severe misdemeanours in a previous life or lives, you may ask your soul mate to be the one to bring you those lessons. On a physical level this can be quite harrowing for both parties. But on a spiritual level, both parties have the

knowledge that this is for the common good of mankind.

**What do you mean by that? In what way?**

Quite simply, it's a case of "do as you would be done by". If you commit crimes against mankind it's only right according to God's laws that you seek retribution for your soul. You cannot progress spiritually until you recognise this and actively seek to atone for the wrongs that you have done in the past. Your higher self understands this; therefore you owe it to your "self" to make amends. In effect it is retribution for your soul. It sounds strange, but your soul seeks retribution from your lower self, and you will remain in spiritual limbo until such time as the karma is paid back in full. This relates to individual crimes, as each crime is atoned for, so the soul progresses a bit at a time.

**Your use of the word "crime" makes it all sound so horrendous.**

I use the word crime figuratively, and do not mean robbing a bank or anything like that. A spiritual crime could be not having respect for another soul's feelings, therefore you will need to experience emotional hurt and pain before your soul can progress, and your higher self will encourage your lower self to go through this experience, in order for such progress to be granted by God.

**This is getting complicated.**

I don't want to say I told you so, but you can see why we

cannot go into these subjects too deeply here, each one is a subject in itself. Now, if you will stop interrupting! Soul mates can be married couples, people who meet briefly for the purpose of having a loving relationship, or even an “affair” as you call it. But they can also be business partners, friends, brother and sister, twins, mother and daughter, father and son, the list is endless.

In a nutshell, the general rule is that soul mates come together for loving relationships. But they will also come together on a “horses for courses” basis. In other words, whatever the situation demands at the time.

**Thank you for your kind words of wisdom.**

*It is not possible to consider Creation and the Creator, Nature and God as different or separate. Just as the bubble is born in water, stays on water and disappears in water, so too the Cosmos is born in the Absolute, exists as a part of the Absolute and merges back in the Absolute. Recognise the truth that just as the bubble cannot be conceived without water, the Cosmos cannot be conceived without God.*

*Sri Sathya Sai Baba*

*All religions share a common root, which is limitless compassion. They emphasise human improvement, love, respect for others, and compassion for the suffering of others.*

*His Holiness the Dalai Lama*

## **Chapter Six Part One**

### **Meditation with the Angels**

#### **Get to know your Guardian Angel**

The following exercise will help you to connect with the purity of the angelic realms, but please note, if you are not experienced at meditation or communication with spirit, you must take care to follow the preliminary precautions carefully. You must take the time and care to protect yourself properly, as the idea of the exercise is that you eventually manage to communicate with your angels, especially your Guardian Angel. The point of the exercise is not to be communicating with the lower psychic realms. Not that there is any snobbery attached to this, it's just that we need to avoid at all costs, any contact with negative energies. We covered this subject briefly in the previous chapter (see "lost souls").

Sit comfortably in a chair that gives your back sufficient support, and make sure you are sitting upright. Your feet need to be firmly flat on the floor, and your hands should be held loosely in your lap, palms upward. When you are comfortable enough concentrate on your breathing, and try to regulate it and slow it right down if possible. Breathe through your nose, and if you are able, try to inhale for a count of five, hold for a count of five and exhale for a count of five. If a count of five is too difficult at first, start with three or even two, and build up to five at your own pace.

Say a short prayer to whoever you perceive to be God, and ask to be protected by the light of his/her love. Then visualise a beautiful column of pure white light completely enfolding you. Feel its warmth, feel safe and protected, and just sit for a few moments and try to feel the energy that this wonderful light of love enfolds you with.

Those of you who already have a little bit of experience may now visualise a beautiful lotus flower opening up just above the crown of your head. Those of you who do not have any experience, please do not do this yet. Please try this exercise a number of times before you visualise the flower.

You now find yourself on a pathway that winds its way through some woods. It is a beautiful summer's day, and you can see the light of the sun dancing through the trees. You follow the pathway, taking in the wonderful sights as you go. You can hear the birds singing, you can smell the beautiful natural smells of nature and you pause for a moment to take in nature and all its glory. Take a few deep breaths and see if you can really smell the scent of the wild flowers, and that wonderful earthy smell that seems to come from the trees. You think to yourself how great it is to be alive, and you amble slowly on your way.

You hear a lark in the distance, and you seem to be inadvertently following this truly beautiful bird song. The pathway seems to dip down and you follow it. It takes you to the edge of the woods, and it eventually meets a gate that you go through, making sure that you close it after

you. The footpath carries on and now goes up a hill. The hill is steep, but the pathway takes a nice leisurely route, winding all the way round. As you continue on your way, you admire the view and as if out of nowhere you are suddenly joined by another figure. Even though this figure is a stranger, there is something remarkably familiar about him/her. You acknowledge each other and continue your journey up the hill, again taking in the wonderful sights as you go.

You both reach the top of the hill together, and head towards a mighty oak tree that stands on its own, rigid and strong atop the hill. Underneath the oak tree is a bench, which you and your friend sit on. You sit there together looking out at the beautiful valley below. You exchange words of peace and comfort, and the more you talk the more you feel that you and your new friend are actually not new friends at all. There is a feeling that your friendship goes back further than mere words can say, and you sit for a few moments with your friend feeling totally safe, protected and secure.

Unfortunately, you cannot stay talking to your friend for too long and it is now time to return to your place of comfort where you sit in your chair. So you get up from the bench and start to make your way back down the winding pathway that takes you back to the bottom of the hill. Your friend comes with you as far as the bottom of the hill, and then bids you farewell until the next time. As you head back along the pathway through the woods, you glance back just in time to see your friend disappear in

the distance, as he/she makes their way across a field.

In the distance you can once more hear the sound of the lark, it seems to be guiding you home as it stands out from the rest of the bird song. The wonderful smells are still in the air and the light from the sun still dances through the trees, but all of a sudden you can feel yourself back in your chair again.

Take a few moments to ensure that the column of light is still enfolding you, and visualise it there in all its glory. If you have opened up a lotus flower, make sure you close it down again. Make sure that your feet are firmly on the ground, and if necessary visualise a huge pair of concrete boots that are keeping you firmly rooted to the floor and grounded. Finally, put an imaginary spiritual hat on your head for good measure, just to ensure that you are closed down properly, and when you are ready and you are sure you are grounded and closed down, open your eyes.

That was a simple meditation using visualisation, which in time (or sooner if you are lucky), will help you to make that connection with the angelic realms. However, please bear in mind the following.

It cannot be stressed enough how important it is to protect yourself with the column of light, and also to ground yourself properly. It is even advisable to visualise the concrete boots (or your own method of grounding) right at the start as you sit within the light.

If at any time you feel the slightest doubt as to whom you



are communicating with, or you feel any discomfort whatsoever, simply open your eyes and you will be back in your chair.

Do not despair if you don't achieve the desired results straight away. Meditation can take time to master. But once mastered, it is a discipline that forms part of the daily routine of those who truly walk a spiritual pathway.

Your friend on the hillside path may not be your Guardian Angel first time round. At first you may meet the spirit guide or departed loved one, who works with you and guides you at this moment in time.

It is understandable that these types of exercises can be very difficult to do whilst trying to follow the book at the same time. You may find it useful to read the text a number of times before trying the exercise, or even better, if you have the facility to do a tape recording, record the words onto a cassette tape and play them back over and over again until you have the exercise in your head. You could also ask a friend or partner to read the text to you whilst you sit in your position of meditation.

Take as long as you want on your journey along the pathway to the top of the hill. Enjoy the scenery and the natural smells of nature, as this will help your long-term spiritual growth.

Good luck, and don't give up!

## **Chapter Six Part Two**

### **Archangels for help in Daily Life**

#### **(Saints for help in Daily life)**

*The only true guardian of peace lies within: a sense of concern and responsibility for your own future and an altruistic concern for the well-being of others.*

*His Holiness the Dalai Lama*

*My religion is very simple: my key motivation is love, my religion is kindness.*

*His Holiness the Dalai Lama*

It was stated very early in this book that the angels will always help us when called upon, and they do this simply out of love and a desire to serve. It was also stated that all you need do to invoke the angels, is to ask for their help with love in your heart. As long as your motives are genuine, and you are not asking the angels to perform trivia for selfish reasons, your call will be answered. Your own angels can help you with most things in life, and they do this anyway whether you are aware of it or not. However, from time to time a situation will occur where a little extra is required, and I have included here an extensive list of Archangels who will help you with specific tasks and scenarios. They will not mind you

experimenting, but remember not to call on them for the sake of it, because you will be disappointed.

When you gain a bit of experience in the meditation exercise, and a genuine need for angelic help arises, try calling on your chosen Archangel from your bench on the hill, you may be pleasantly surprised. Read on!

**ACHAIAH** – Love and wisdom, specifically with regard to guidance in relationships.

**ADNACHIEL** – Love and marriage guidance.

**AMABAEL** – Problem solving relating to mechanics and machinery.

**AMBRIEL** – Carpentry, specifically anything involving working with wood.

**ARAEEL** – Arts and crafts or anything requiring workmanship.

**ARARIEL** – Love and happiness.

**ARIEL** – Peace and wisdom, will help with tactics to solve specific problems.

**ARMISAEL** – Tools, will guide you to the correct tool for the job

**BARAKIEL** – Wildlife, will help wild animals to find food.

**BARMIEL** – Detachment from stressful situations, will help when the need to work under pressure is required.

**BAZIEL** – Angel of kindness and understanding, will provide help for charity organisations.

**BEZMIEL** – Angel of distance and detachment from emotions, will help with stressful situations.

**CAMAEL** – The healing of wounds and constructive channelling of justifiable anger.

**CASMARON** – Peace and love in everyday life.

**CASSIEL** – Peace, serenity and wisdom. Cassiel will help to find inner calm.

**CRULERION** – Help for the weary traveller. Crulerion will bring peace to a troubled journey.

**DAVID** – Stability.

**DAZIEL** – Will provide help for cyclists on long or tricky journeys.

**DAZMION** – Angel of life, will give assistance with childbirth.

**EISTIBUS** – Opens windows in the mind for clarity and understanding.

**EMMANUEL** – Angel of direction, will help to find the spiritual pathway.

**ETH** – Forestry and vegetation/advice on planting shrubs

etc.

**EZRAEL** – Directions for travellers.

**FADZIEL** – Help in understanding other people's problems.

**FAZIEL** – Angel of purity and righteousness. Fazel will stand with you for extra support during difficult religious ceremonies, such as weddings and funerals.

**FREDERICK** – Can help to prevent conflict.

**GABRIEL** – Will cleanse negative energy to bring clarity of mind.

**GAZRIEL** – Helper of Gabriel during difficult tasks. Otherwise, angel of childhood. Gazriel will help you to rediscover that child within, also angel of children.

**GIDEON** – Knowledge and wisdom beyond your wildest dreams.

**HAMALIEL** – Endurance and wisdom to overcome difficult situations.

**HANIEL** – A bringer of love who will help you to understand the people you perceive to be your adversaries. If you are faced with a difficult situation, such as being verbally abused by someone, ask Haniel to place his mirror of love between you and your abuser. Haniel's mirror will negate the abuse and send back love. The

abuse will stop, but your abuser will not understand why.

**HARIEL** – Strength and wisdom to make important decisions.

**HAURVATAT** – Angel of light. He will blow away the negativity from dark places.

**IMAEEL** – Provider of solutions to problems, a spiritual arbitrator.

**ISDA** – Angel of water. Looks after waterways and brings rain when needed.

**ISIAIEL** – Angel of the sun. Isiaiel uses the sun's rays in many positive ways, such as bringing healing, upliftment and joy where needed.

**ISRAFEL** – Uses planetary energy for healing purposes. All planets have different energies. Israfel uses the different energies from different planets as other angels would use colours etc.

**JEZRIEL** – Angel of lost property. Lost your keys? Ask Jezriel where they are!

**JOPHIEL** – Strength to overcome difficult situations.

**JOSEPH** – Bringer of gentleness and calm.

**KASMION** – Healing. Specifically for people who have been treated with brutality.

**KAZIEL** – Angel of smokescreens. Can give anonymity and invisibility when the situation demands it.

**LAILAH** – Help with poetic inspiration, and the writing of love songs.

**LATRIEL** – Purity and wisdom, a helper of spiritual teachers.

**LAZRIEL** – Angel of bouncing babies! Ask Lazriel to keep your new born child amused. Ever wonder what babies find to giggle at when there seems to be nothing there? Look no further than Lazriel!

**LE LAHEL** – Angel of punctuality. Help with getting to engagements on time.

**MACHIDIEL** – Helps farmers with crop growth. Overseer of repairs to storm damaged countryside (smaller scale than Principalities).

**MANAKEL** – Angel of the sea. Specifically aids fishermen.

**MARK** – Sharpness of mind.

**MATRIEL** – Brings harmony in relationships and family related conflict.

**MATTHEW** – Will give the strength of wisdom for spiritual growth. Aids with focusing, so that learning is made possible.

**MELCHISADEC** – Angel of wisdom and study – help with exams.

**METATRON** – Angel of marine life. Will also help to keep pet fish fit and healthy.

**MICHAEL** – Gives strength and power to all souls to overcome adversity, for the common good of mankind.

**MIHR** – Understanding in difficult situations.

**MURIEL** – Angel of racial harmony and understanding.

**NARSINHA** – Angel of musicians. Specifically pianists.

**NATHANIEL** – Angel of nature. Specifically light.

**NATIEL** – Angel of art. Specifically painting.

**NAZRIEL** – Angel of humour. Need a laugh? Invoke Nazriel and you will have a job to stop!

**NESTER** – Angel of love and romance.

**ORIEL** – Angel of the sky and weather forecasts.

**OSMION** – Angel of breath. Ask Osmion to freshen up your mouth before attending that important meeting or interview.

**OSRAEL** – Angel of climbers. Ask Osrael to go through your safety checklist with you, before you go up that mountain.

**OZRIEL** – Angel of spring cleaning. Ask Ozriel to help with your housework!



**PEDAEL** – Angel of nature. Specifically streams, brooks and other small waterways.

**PHANUEL** – Religious holidays. Sit in meditation with Phanuel on special days, for an insight into what the day truly means.

**PHILIP** – Angel of human nature. Ask Philip to lighten the hearts of hard hearted people.

**PHUL** – Angel of building and construction.

**PURAH** – Angel of nobility, as in noble and fair actions.

**QUADIEL** – Angel of post. Ask Quadiel to ensure that special letter or parcel reaches its destination safely.

**QUASMION** – Tranquillity and help to connect with our deepest feminine characteristics.

**QUASRIEL** – And the Four Horse Riders of Strength. Will provide help to overcome severe adversity, when a cause of love is in danger of overwhelmed by negativity. Strength in love from the four directions, North, South, East and West.

**QUADRUPIEL** – Angel of rain. On a smaller scale than the Principalities, will ensure purification of rainwater for the benefit of localised vegetation.

**RACHMIEL** – Helps to brighten coastal resorts, after

mankind has done his best to cause ruination.

**RADURIEL** – Angel of recipes and cooking.

**RAHAB** – True religious study. Ask Rahab for guidance in finding the true meaning of life.

**RAHMIEL** – Angel of flexibility. Help with juggling your time.

**RAPHAEL** – Healing of the sick. Help with self-healing.

**RAMPEL** – Angel of jewellery. Ask Rampel to help you find that special gift for someone close to your heart, and ask for a symbolic interpretation of that gift.

**RAZIEL** – Angel of beauty. With Raziel's help, see beauty where none seems to be.

**REHAEL** – Help with putting out fires.

**ROCHEL** – Angel of feelings. Ask Rochel to gladden the heart of someone who has been emotionally hurt.

**SADRIEL** – Helps to preserve heritage, old historic buildings for example.

**SAHAQIEL** – Peace after the storm, helps to heal rifts and quarrels.

**SANDALPHON** – Helps to bring purity of heart for yourself and others.

**SERAPHIEL** – Angel of domestic pets, specifically cats.

**SHAMSHIEL** – Help to grow and cultivate citrus fruits and exotic fruits and nuts.

**SOFIEL** – Angel of light and time (day and night). Will help you to see the light in dark places.

**SOPHIA** - Will help you win an unavoidable battle, as long as there is love in your heart.

**SPUGLIGUEL** – Angel of peaceful contemplation. Will help you to focus during meditation.

**SUSUBO** – Will help to keep reservoirs and other water supplies pure, so that fish and other forms of marine life can survive.

**TABRIS** – The breaking down of barriers and the healing of rifts.

**THOMAS** – Determination to succeed.

**THURIEL** – Angel of animals in captivity. Ask Thuriel to give healing to those animals you know are suffering in captivity.

**TORQUARET** – Angel of intricate metal work and crafts, clockwork items.

**TUAL** – Angel of peaceful contemplation in numbers, group harmony.

**TUBIEL** – Angel of porcelain. Will help to protect your valuable pieces, especially during transit.

**URASON** – Angel of air. Will purify your home, leaving it sweet smelling. Will also help to counteract pollution.

However, this is down to the free will of mankind, and ultimately only mankind can stop pollution.

**URIEL** – Angel of happiness and humour. Ask Uriel to enter places of piousness and boredom, and watch in amazement as the most serious of faces crack a smile.

**URION** – Angel of gardens. Channels planetary energy to help bring balance to areas where it is needed. Urion will work miracles in your garden, you need only ask.

**VAZIEL** – Angel of love and wisdom in children.

**VERCHIEL** - Angel of Spring flowers and natural fragrances. Will help with your gardening.

**VRETIL** – Ask Angel Vretil for the answer to a particular question, whilst you walk through nature in peaceful contemplation.

**WRAZIEL** – Angel of cookery. Specifically cake making; ask Wraziel to liven up your kitchen!

**WREKADIEL** – Health and safety for the building and construction industry.

**WRYZADIEL** – Angel of hunger. Wryzadiel will guide you to your next meal. Specifically for hungry travellers.

**XANDIEL** – Angel of truth. Ask Xandiel to guide your heart when doubt prevails.

**XAVIER** – Angel of simplicity. Why beat about the bush? Ask Xavier for a direct solution to any problem.

**YAZIEL** – Angel of pollution. Specifically helps to break down exhaust fumes in the air, and helps to counteract the damage that these fumes cause.

**YOFIEL** – Angel of wild birds. Helps them to find food in winter etc.

**YUKRADON** – Angel of wild animals, such as foxes and badgers, specifically countryside animals. Ask Yukradon to intervene when you know that the animals of a specific area are being treated cruelly.

**YUSAMIN** – Angel of sweet scents and perfumes. Ask Yusamin to brighten up your home by bringing in wonderful fragrances.

**ZADKIEL** – Great wisdom. Ask Zadkiel for guidance, but be prepared for a few home truths.

**ZAGZAGEL** – Angel of brightness. Zagzagel will brighten your day, simply ask!

**ZERUCH** – Angel of shelter. Zeruch will bring shelter from the storm in times of need.

**ZUPHLAS** – Peace and serenity during meditation. Will help you to focus.

**ZURIEL** – Angel of mountains.

## **Saints for help in Daily Life**

Remember, true spirituality has nothing to do with the church or man-made religion. Therefore the names of some of these saints may be unfamiliar. You may call on the saints in the same way that you may call on the angels. But, just as the angels do not entertain trivia, neither do the saints, so if you want them to help you for selfish reasons, you will be disappointed. Also, do not look for the obvious, as neither saints nor angels can live your life for you. Ask for help and guidance by all means, and then look for the signs that your prayers have been answered. Your answer may be in the words of a song you hear on the radio, or you may be drawn to a particular book that contains the answers you are seeking. There are many ways that the answers to your questions may be highlighted.

**ST GERMAIN** – And The Red Flame Angels (often erroneously referred to as “the violet flame angels”). The burning away of negative desires and other negative energies.

**ST JUSTINE** – Will bring comfort to women during pregnancy and childbirth.

**ST MARK** – Wisdom and accountability. Will help to find the culprit when a wrong or unlawful act has been committed. His wisdom will help you find the right trail, in order to make the right person accountable for their

deeds.

**ST MARY** – Will bring great strength, justice and truth to situations where it is needed. Can help to turn around a seemingly lost cause in the name of justice and truth.

**ST MEGAN** – Bringer of spiritual wisdom

**ST WILLIAM OF ORANGE** – (No relation to the Orange Movement in Northern Ireland), Will give great strength and courage in fighting just causes. So called because of the bright orange cloak he wears, given by God in recognition of his great spiritual achievements.

*One of the things that meditation shows us is that the sense of peace already exists within us.*

*His Holiness the Dalai Lama*

*It is only with the heart that one can see rightly; what is essential is invisible to the eye.*

*Antoine de Saint-Exuperry*

*I consider compassion to be the basis and supreme support of humankind.*

*If your mind is dominated by anger, you will lose the greatest part of your human intelligence: wisdom, that is, the ability to discern between good and evil. Anger is one of the greatest problems that we have to face in the world today.*

*His Holiness the Dalai Lama*

*In this world, all qualities spring from preferring the well-being of others to our own, whereas frustrations, confusion, and pain result from selfish attitudes.*

*His Holiness the Dalai Lama*



## **Chapter Seven**

### **The End (of the Beginning)**

**Well Gabriel, here we are then, the final chapter of our book. It's been a long hard haul, and we have learned a lot. The next one will be easier as we will not make the same mistakes. But regardless of what we said in previous chapters, my feelings are that the next book we write should be on spiritual law.**

Yes my brother, it's very important that we write such a book. There are many books for us to write, but a book on spiritual law is a must for our next venture.

**As we are finishing this one off, can you clarify something you said in an earlier chapter? We spoke of the purity which is associated with angels, and the fact that angels do not really have wings. You said that the symbolism was the purity normally associated with white feathers. You gave Archangel Michael as an example, and said that in actual fact the colour blue was synonymous with Archangel Michael. What did you mean?**

When Michael is engaged in his work, he brings great strength to those in need. Remember that we are all beings of light, and Michael has the ability to separate the colour blue from the spectrum of colours from which light is made. Blue is symbolic of great strength, and Michael

intensifies this wonderful colour to bring to souls the strength that they need at a particular time. Michael has the ability to regulate the level of strength he brings, and each level Michael manifests is represented by a different shade of blue. This is necessary, because just like with all situations, the angels work on a “horses for courses basis”.

**That sounds wonderful, do all angels have a particular colour that they work with?**

Yes, we all utilise colour a great deal. We are all fairly consistent and flexible in our approach to our spiritual work, and versatile in the use of colours. But just as human souls normally have at least one thing that they excel in, we angels all have one particular colour that we emphasise and specialise in when carrying out our spiritual work.

**There will be many reading this book who will be intrigued and fascinated by your words. Are you able to tell us of your world?**

Yes. My world is one of great beauty, beyond the comprehension of the human mind. I come from a place so full of love, that it seems I am constantly weeping with joy. Our hearts do our talking for us, and the love we feel for our human brothers and sisters is untold, and beyond the boundaries of the Universe. To describe the angelic realms to you, my brother, I would have to say that home for the angels is a place beyond the stars, but at the same time it is right on your doorstep. It is a place free of worry and stress, full of joy, happiness and love. A place where

the inhabitants are constantly smiling, constantly having time for each other, a place of great opportunity and learning, and a place of great leisure. You have been there with me many times during your sleep state, when we come and pluck you gently from your physical body, and take you with us to those angelic classrooms of learning, compassion and understanding. It is not coincidence that you now work on the Earth plane as a medium, spreading the truth of spirit.

During previous lifetimes you have faltered badly, indeed you know as well as us, that we nearly had to take you back before your time. Simply because you abused your body so badly with drugs and alcohol, that we nearly couldn't keep you going any longer. You were oblivious to your own truth; you were missing the boat. We tried very hard to help you, but we just couldn't get through. You were so wrapped up in your illusion on the Earth plane that you missed the signs, time and time again. In the end we asked for divine intervention, and we put you in a make or break situation. It really was sink or swim for you. I must say that I was very anxious for you. It was not a case of the spirit not being willing, because it goes without saying that you are a true crusader for the World of Spirit. But your lower instincts took over, and we saw you plummeting out of control. But yes, it was your desire to enter our world of untold beauty that pulled you round. You really were running out of time, but as things turned out, it couldn't have been better, because you now have a world of experience that you freely give to others, and

people respect you for it. During your sleep state we showed you the beauty of our world, the amazing trees and flowers, unlike anything you will ever see on the Earth plane. Also, the most amazing animals you could ever wish to see. So different from the animals on the Earth plane, in that they are happy and free from the cruelty of mankind.

**I don't remember any of this.**

You won't. Your true memory will remain erased whilst you carry out your work on the Earth plane. We gave you so much support, you will never know while you are in the physical body. We had to, because you had made so much progress during your previous two lives that we couldn't let all that hard work go to waste.

**Enlighten me?**

We are not able to as yet, it is not meant to be, and we know that you understand.

**Yes I do.**

Good. Suffice it to say that you had lessons to learn, and you still do, therefore it is not permitted that we enlighten you just yet.

**I know that I have had to learn lessons of compassion, tolerance and understanding.**

Yes you have, and that is why you chose your family, because it is your family who have mainly brought you these lessons. You specifically chose souls that you have had to love from a distance, because their negativity does

not allow you to get close to them. You have had to tolerate this situation for many earthly years, and you will continue to tolerate it. They will never know what you do for them, not in this life anyway, but what you do, you do with a great compassion and understanding. You have suffered great hurt and pain at their hands, and also felt great despair, but you continue to love them from a distance. You know that it is not possible to help people who refuse to help themselves, but you have learnt to detach from your emotions, and you send them love constantly. You have understood these lessons and you have learnt them. However, there are other lessons that must be learned and we shall continue to give you guidance.

**I know that I also need to learn the lessons that relationships bring, I feel that I need to learn the lesson of unconditional love.**

Yes you are right, and you are getting there with that one as well, although you are not quite there yet. You know that we tease you at times, but you also know that we only do this because we know that we share the same characteristics as you. You tease us constantly, and sometimes we despair at your lack of discipline. But we know you have worked hard and achieved much in recent years, and it is for this reason that we ask you to tell us of your wisdom now.

**I am truly flattered, but how can I when my wisdom is the wisdom that my angels and**

**inspirers bring me. It would be like trying to teach granny to suck eggs.**

We are not asking you on a physical level, we are asking the true you, the spirit within. Speak to us of your wisdom, tell us your outlook on life?

**Life is an amazing journey. On this journey we encounter many obstacles, most of which we create for ourselves. We also have many opportunities to lessen these obstacles, and reduce the amount that we put there in the first place. The beauty of it is, that even if we miss the boat, which we invariably do throughout many, many incarnations on the Earth plane, we have as many opportunities as it takes to get there in the end.**

**The Earth plane is simply a huge classroom in the University of Life. At any given time, we can be top or bottom of the class, depending on the choices that we make. Or we can choose to tread water somewhere in the middle. Contrary to popular opinion, the world will never end, simply because if it did, there would be nowhere for human souls to learn the lessons of creation. The world will only end if our Creator decrees it, and why would God wish to bring the curtain down on such a beautiful place?**

**We are very fortunate to be around at this moment in time, as we are fast heading towards**

**drastic, positive changes in and around the planet. The vibration on the Earth plane is being raised as we speak, and it is no coincidence that time appears to have speeded up. A higher level of spiritual awareness is sweeping the planet, and indeed, it is difficult these days to find someone who has not got questions to ask regarding matters of a spiritual nature. There are wonderful times ahead, though how soon the good times arrive depends entirely on mankind.**

**There was a time when people were afraid to speak of their spiritual beliefs, but now there are many who freely talk about alternative and holistic therapies, meditation, dowsing, crystals, and demonstrations of mediumship. However, the secret is simply not to have beliefs, but to live your spirituality. At the end of the day, you can believe in anything you want to, but if in practice you choose a life of negativity, you shall have it. You most certainly will manifest, and attract into your life according to your thoughts, feelings and actions. You will also project outwardly a mirror image of what you have within, so if you are carrying around negative emotions of anger, fear, resentment and hatred, that is the image you will project to others.**

**Thank you my brother, but if you were asked to sum up your outlook on life and unconditional love, what would**

you say.

**For me the whole meaning of life is summed up in  
the words of Sri Sathya Sai Baba.**

**There is only one religion**

**The religion of love**

**There is only one language**

**The language of the heart**

**There is only one caste**

**The caste of humanity**

**There is only one God**

**He is omnipresent.**

**May God bless you Gabriel.**

Thank you my brother.



*Beware of feeling indifferent to other people. Treat them with the respect you would a treasure that has the power to enable you to achieve your worldly and ultimate goals. Make each person the sole object of your love.*

*His Holiness the Dalai Lama*

*Man strives to provide himself with food, clothing and housing for the sake of the body. He must also provide himself with something to keep the mind healthy and happy. It is the mind that conditions the body. The mind is an instrument by which one can ruin oneself or liberate oneself. The mind must become the servant of the intellect and not the slave of the senses.*

*Sri Sathya Sai Baba*

## **Acknowledgements**

For you especially Gabriel, I offer you these two humble poems as appreciation of your love and hard work in helping me to achieve my spiritual goals. For me these poems sum up the relationship we have, which I must confess, I sometimes cannot believe is real. A bond of love and friendship between a human soul and a celestial being, an angel. Two souls created of different vibrational frequencies, yet mirror images of each other. God bless you.

### **GABRIEL**

My friend

My brother

My guide

My lover

My sister

My mother

My father

My life

### **ANGEL OF MERCY**

Angel of mercy, angel of love

You are as the sea, gently lapping around my feet

You are as the breeze, gently whispering in my ear,

And you are like the sun, gladdening my heart with the  
warmth of your love

You are as the trees, rustling in the wind, calling, calling.

Angel of mercy, angel of love

You smile on me from high above

You are as the brightest star, shining your love down upon  
me from the heavens

For an eternity we have walked together, sharing the hand  
of brotherhood

You hold the key to my life

Angel of mercy, angel of love

Brothers are we, together, hand in hand on a pathway of  
learning

Going forward together in the light, nature and truth of  
God's Universe

In the name of love unconditional.

To all those souls in the World of Spirit, my homeland, that have worked with me and helped me along my spiritual pathway. To all my friends in the angelic realms, that work with me at this present time. Thank you, each and every one of you for all your hard work, patience, compassion and understanding. Thank you for the wisdom and knowledge you bring to me, and thank you for giving me the help and guidance I need to share this knowledge with others. Above all, thank you for your love, which I know beyond a shadow of a doubt, is unconditional.

On this side of life, I would like to thank the following people:-

Sue and John Geis – For digging me out of the mire, and for putting up with me during the early stages of my development.

Sue Crewe – An Earth angel if ever there was one. For designing the front and back covers of this book and for your hard work in producing the draft copy.

Last but not least

Sri Sathya Sai Baba – Thank you, for EVERYTHING.

**PART TWO**

**ANGELIC WISDOM**

**Volume Two**

**THE LAWS OF  
THE UNIVERSE  
(SECOND EDITION)**

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*Man strives to provide himself with food, clothing and housing for the sake of the body. He must also provide himself with something to keep the mind healthy and happy. It is the mind that conditions the body. The mind is an instrument by which one can ruin oneself or liberate oneself. The mind must become the servant of the intellect and not the slave of the senses.*

*Thought for the day by Sri Sathya Sai Baba 6 February 2004*

*Make your life a rose that speaks silently in the language of fragrance.*

*Sri Sathya Sai Baba*

*When the divine pebble of love is thrown into the pond of human ignorance and sorrow, the waves circle outwards until they reach the very edge.*

*Sri Sathya Sai Baba*

*Science gives but the first word; the last word is known only to the great spiritual scientist.*

*Sri Sathya Sai Baba*

*It is not possible to consider Creation and the Creator, Nature and God as different or separate. Just as the bubble is born in water, stays on water and disappears in water, so too the Cosmos is born in the absolute, exists*

*as a part of the absolute and merges back in the absolute.  
Recognise the truth that just as the bubble cannot be  
conceived without water, the Cosmos cannot be  
conceived without God.*

*Thought for the day by Sri Sathya Sai Baba 27 April  
2004*

## **Acknowledgements**

It would be so easy for me to sit here and acknowledge the priceless contributions to this book by my friends in the angelic realms. But I know that my dear brothers and sisters of light do not crave praise; they neither want nor need accolades. However, there is one soul that I feel I must give a mention to, a human soul who shows himself to me in the form of a monk, my dear friend brother Martin.

Life has taken me down many a winding pathway throughout many, many lifetimes, and it is difficult for me whilst in this physical body to fathom out exactly where Martin entered the equation. However, this I do know, our paths first crossed many earthly years ago, way beyond the scope of my human logical mind. Martin and I struck up a bond of friendship based on our respective predicaments at the time of our meeting. We were both in the depths of despair, both completely lost as far as our spiritual pathways were concerned. But with sheer hard work and determination we have helped each other throughout many lifetimes since, in order that we were both able to progress spiritually.

We have been both incarnate and discarnate together, and we have also helped each other from spirit whilst one has been in the physical body. That indeed is the situation we have now.

Martin and I are what you would call helpers, we are not



each other's main guides, but we come and go as and when required. He first made himself known to me during the early part of 2001. I was in the early stages of my spiritual development then, and quite green really as far as these matters were concerned. That time, as I remember, was a particularly difficult time for me. I was recovering from a serious stress related illness, and in truth, was totally lost. To cut a long story short, Martin went to great lengths to painstakingly help me through that period, and I am eternally grateful to him.

My mentor had explained to me that we all have one main Guardian Angel, or doorkeeper, but also many other guides and helpers that come and go depending on what is needed at any given time. When Martin suddenly was not there anymore, I simply presumed his task was complete and that he may or may not be making an appearance at some stage in the future. It was to my greatest surprise and pleasure when he suddenly appeared again during the early part of 2004 and advised me that he would be working with me again. Therefore it gives me great satisfaction my dear friend and brother to welcome your contribution to this book, whatever that may turn out to be. You really are a true diamond and I thank you with all my heart for your guidance and wisdom this time around.

May God's light continue to shine on you eternally for all the good work you do, not just for me, but for many other souls in need. God bless you.

On this side of life I would like to thank the following people.

Sue Crewe for designing the cover for this book.

Carol Wakefield for taking the time and trouble to proof read the draft copy.

Sue Colton, Sarah Thomas, and Daphne Fry for help beyond words.

To Ted, Vi and Beryl at Filton, to Ann and Ray Webster at Cowley, to Ron Gilkes at Jenny's Sanctuary and to John Rigby and all at The Sacred Hands Spiritual Centre, thank you all for supporting me on my new pathway.

To Bhagavan Sri Sathya Sai Baba, eternal gratitude for lighting the lamp of love in my heart.

*The diamond is first just a dull piece of stone, a hard pebble. Only when it is cut by a skilful artisan does it become a multi-faceted flame of fire. Allow yourselves to be so treated that all your dullness will disappear and you will emerge as a resplendent diamond.*

*Sri Sathya Sai Baba*

## **Introduction**

Welcome once again dear friends. It seems ages since Angelic Wisdom Volume One (AWV1), but here at last is volume two. Much water has passed under the bridge between volumes, and I for one, am a totally different person to the one who put together the first volume. Such is the extent of the spiritual changes that are taking place constantly, even as I write.

When I look back at the first book, I cannot believe that it ever got off the ground. Half of the book I actually wrote by hand (and typed it up whilst at my day job, but we won't worry about that!) The other half was typed up on a loaned laptop. The whole process from the day when I wrote the first line, to the day when I picked up the finished article from the printers, took a staggering nine months. Rather a long time for such a short book.

However, it just goes to show that you can achieve anything if you put your mind to it. Think about it, how could I have written and produced a book without having the facilities to do it? Simply with the determination to succeed and having the faith and trust in my own abilities, and the abilities of my inspirers. My interim booklet, Divine Interpretation, also took nine months to produce, and that is only half the content of AWV1. Both publications demonstrate the turmoil that I had in my life whilst I was writing them. For I am no different to you dear reader, there is no such thing as free ride as far as

the spiritual pathway is concerned.

So now we have reached the stage where we are ready to commence volume two, and the fact that you are reading this probably suggests that you have read volume one. This means that you have reached the stage in your life where you know there is a bigger picture of things, a grand plan of life, if you like, but you are not quite sure what it is. In other words, there is more to life than getting up in the morning, doing a 9-5 job, going home and going to bed etc. You have realised that we are all here for a reason. All we have to do now is find out what that reason is – simple. No, I don't think so. If it were simple there would be no point, because the spirit within requires a challenge and the higher self demands one.

No, we are all on a pathway of self-discovery and the reading of this book forms part of your journey. You have the free will to accept or reject anything and everything you read. But whatever you decide to take on board, you will do so because of a need. It is my greatest pleasure to help you fulfil this need. May God bless you

Richard Holmes 31 March 2004

In the previous book we mentioned an angelic hierarchy, and went into some detail breaking down this hierarchy. However, we also mentioned that there is no such thing as hierarchy in the angelic realms. In this volume there will be no further mention of the angelic pecking order, as we do not wish to dwell on something that does not exist.

But, for the benefit of those who may not have read AWW<sub>1</sub>, we will briefly recap. On the Earth plane we often hear talk of “Archangel”, “Cherubim”, “Seraphim” etc. These names however, are simply the product of mankind’s mind. In the angelic realms there are no such names, and the angels simply go about their tasks with no thought of rank or power. Henceforth, any contributing angels to this book will simply be referred to by name and general task description.

Brother Martin 13 April 2004

*Learn this lesson of light and love; move out, clasp, spread, expand, give up limits of mine and thine, his and theirs, caste and creed in one limitless flow of love.*

*Sri Sathya Sai Baba*

## **Chapter One**

### **An Overview Of Spiritual Law**

As well as having one main Guardian Angel, or doorkeeper, we also have many other guides, helpers and angels during our time on Earth that come and go as and when required. As with the previous volume many friends of spirit will be making a contribution, with the bulk of the work being carried out by my dear brother, friend and Guardian Angel, Gabriel. The exciting thing for me is that as I prepare to write, I do not at this time know who will be contributing and when. I have all this to look forward to. I ask you now to join me on my journey.

Kindest regards

Richard

Spiritual Law is the means by which the entire Universe is overseen by our Creator. Also referred to as Universal Law or the Laws of Nature, Spiritual Law is very precise and is not normally chopped and changed around under any circumstances. The laws themselves are a simple method that God devised when he first created mankind, by which he/she could ensure that all life in the entire Universe would run smoothly. Unfortunately, mankind held different views and decided to make life as complex as possible.

Because the vibration of the Earth plane is now being

raised and will in time reach that of a fourth dimensional frequency, all souls incarnate at this particular time have a wonderful opportunity to dissolve any karmic debt that may be outstanding, and wipe the slate clean in readiness for ascension. All aspects of this process will be covered in greater depth as the book progresses. But essentially, the Earth plane is in the middle of a period of fantastic changes, which will enable mankind to make giant leaps and bounds towards true spiritual enlightenment. It has been a long time coming, however, the finger of blame for this must be firmly pointed at mankind.

We in the angelic realms have been in despair for many, many earthly years at mans' seeming determination to destroy the planet. However, in the same way that there were many souls hell bent on destruction, there were equally as many who sought only peace and harmony. It is for this reason that the amount of spiritual progress made by mankind in general has been enough to instigate the changes we now speak of. As we have already stated, God's Laws cannot normally be chopped and changed under any circumstances, but more and more souls are being given grace these days because of the gargantuan efforts they have made to discover their spirituality.

The laws themselves can be split down into three categories, each one a mirror image of the other, but unique nonetheless. As with AWW1, the aim of this book will be to keep things simple, and yes, no doubt you will see many different book versions of Spiritual Law, each one with its own interpretation. But, as with everything

else in our books, we aim to keep this subject as reader friendly and as simple as possible. We simply ask you to follow your heart and take on board what feels right for you. If that means taking everything in this book on board, then we will consider it a job well done, but either way; please do not reject anything out of hand. As stated in AWW1, life is about self-discovery, so before you reject it – experience it.

The first category of Spiritual Law are the laws that govern how we actually go about selecting the life we will lead before we take on the physical form. These laws are known as the Foundation Laws, and in the same way that foundations on the Earth plane must be laid before a structure can be erected, so in spirit must we lay the Laws of Foundation before we incarnate. If a soul does not get this part of the journey right at the outset, it can cause problems during its time on the Earth. “Not fair”, I can hear you saying, but don’t forget, free will also comes into play here and although the individual soul will get all the help he/she needs from guides, angels and helpers, it is fundamentally the responsibility of the individual soul to make sure all is in order before incarnation.

The second category of Spiritual Law are the Redemption Laws that enable a soul to gain the experience necessary in order to pay off any karmic debt that may be hanging around. In simple terms, these are the laws that enable a soul to redeem his/herself.

Finally, the third category of Spiritual Law is the pathway



that the soul takes once he or she has taken on the physical form, in other words, the Progression Laws. These are very important, probably the most important of the three categories, as they ultimately determine whether the individual soul passes back to spirit with yet more negative karma. Which will in turn determine if, and when, that soul must return to the Earth plane in order to go through the whole process again.

To sum all this up, we can say that Spiritual Law is the simple mechanism by which all life's pathways are determined. All laws are activated by the thoughts, feelings and actions of the individual. Therefore we can say that the main crux of Spiritual Law is that all human beings reap what they sow. It sounds like the age old saying that is wearing thin, but this is the simplest way to explain it, and as the book progresses, hopefully all the lights you need will be switched on for you.

God bless you.

Thomas – Angel of determination

*Man is the highest object in creation. Man should not be a creature of instincts like the animals, which are subject to Nature, but should become a master of Nature. He should progress from the human to the Divine and be able to rule over nature. An intelligent human being should not regard himself as bound by worldly attachments. It is not the world that binds man. It has neither eyes to see nor hands to grasp. Man is a prisoner*

*of his own thoughts and desires. In his attachment to the ephemeral and the perishable, man forgets his inherent divinity and does not realise that everything in the Universe has come from the Divine and cannot exist without the power of the divine.*

*Sri Sathya Sai Baba*

*The whole of mankind belongs to one religion – the religion of man*

*Sri Sathya Sai Baba*

## **Chapter Two**

### **The Laws Of Foundation**

*Selfishness and self-interest and differences based on caste and creed should be totally eliminated. Everyone should deem himself a member of the human family. All caste distinctions are based on physical differences, similar to distinctions relating to age or sex. All bodies are made up of the five basic elements (ether, air, fire, water and earth), which do not have any distinctions of caste. All the elements are common to all beings. It is from a recognition of these basic common elements that we should develop the sense of human unity.*

*To promote the feeling of unity, we have to participate in service activities. We must utilise the body for cultivating good qualities, pure thoughts, doing good actions and experiencing sacred feelings. Only through sacred acts can our life be sanctified and made worthy.*

*Sri Sathya Sai Baba*

## **Part One**

### **The Law Of Decision**

The Law of Decision is probably the most basic and fundamental of all the Spiritual Laws, because without the Law of Decision all other laws are rendered obsolete. The individual soul must make a paramount decision as to whether it is appropriate to reincarnate at any given time. Of course, when we say all other spiritual laws are rendered obsolete, we do not mean this in a Universal sense. What is meant is that without the Law of Decision the individual soul will remain stuck in a kind of a time warp, unable to make further progression along his/her spiritual pathway.

Everything is based on free will choice and the decision as to when reincarnation (or initial incarnation for a new soul) is appropriate or not is no exception to this rule. What basically happens is that the soul realises that it must move on and seek pastures new, which relate to a higher understanding and higher spiritual awareness. Much soul searching is then carried out by the individual; this indeed is where the expression "soul searching" comes from. The soul weighs up the pros and cons, the whys and wherefores and generally takes a good look at itself and what has gone before.

The soul will call upon its angels, guides and helpers, and also other souls from the same spirit family, in order to seek advice and guidance. However, the choice of whether

to take on the physical form is ultimately the responsibility of the individual. Every soul is different and has its own uniqueness; therefore it stands to reason that some will seek ascension to mastery long before others.

Sometimes there is also a reluctance to reincarnate. The reason for this is virtually always because the individual knows that if its actions left a lot to be desired in previous lives, then the road will be a lot tougher than normal. In such cases the Guardian Angels and guides persuade and encourage individuals to attend halls of learning (spiritual classrooms) in an effort to help them see the light that awaits them beyond their ignorance. These actions are carried out with great love by the angels and guides, as in the spirit world no one is judged unfairly. However, it must be said that when a soul's actions are adjudged to be of exceptional value and/or good in the spirit world, then that "judgement" generally reaps rewards for the soul concerned.

When the soul feels ready to face its trials and tribulations on the Earth plane, it then makes the decision to take on the physical form and conveys this information to its Guardian Angel. A discussion then takes place between the two individuals to ensure that the soul is definitely ready to make the journey, during this discussion it is also decided what experiences and lessons the soul will need to face up to in order to achieve the desired spiritual advancement.

The purpose of the Law of Decision is to teach individual

souls to face up to and accept personal responsibility. Once the decision to incarnate has been taken, strict preparations must then be made to ensure as little hindrance as possible to the soul's journey. Which leads us on to the Law of Preparation.

God be with you

Emmanuel – Angel of wisdom

## **Part Two**

### **The Law Of Preparation**

The Law of Preparation is probably one of the most simplest of the spiritual laws, but on the other hand, if the individual does not get it right, it can be the law to induce the most pain and suffering for that individual during his/her time on the earth plane. Quite simply, if the foundations are not right at the outset it is usually a big problem trying to right the wrongs once incarnation has commenced.

First of all, the timing is of the utmost importance. If you get the timing right everything else normally falls into place smoothly. Initially, the soul will sit with guides and angels to start the planning process. During this process pacts will be made with other souls who will have volunteered to work as spirit guides in order to get their own spiritual growth up and running. Guardian Angels and other “elders” from the spirit family of the soul incarnating will invite in other souls who wish to enrol as guides in order to progress their own pathways. These souls will be given tasks in accordance with their current level of spiritual awareness, but these tasks will be sufficiently challenging so that spiritual growth can be achieved. With this in mind, please note that the mind-set commonly held within spiritual environments on the Earth plane, i.e. that to be a spirit guide you must be all knowing and supremely evolved, is a complete fallacy. Your growth is also your guides and helpers and angels

growth, therefore it is a two way process. This is why pacts are made at the outset so that all concerned know what is expected of them. Of course there are guides and angels who are all knowing and possessing supreme knowledge and wisdom. But the general rule of thumb is that these souls are the teachers of the guides and angels that work so closely with you dear reader. Even your Guardian Angel has a teacher whose knowledge and wisdom goes way beyond the boundaries of the Universe.

Once the guides and helpers have been established, it is decided who the main guides will be. These are generally souls from the same spirit family as the soul preparing to incarnate, and they will have crossed paths with each other throughout many previous lifetimes. The main guides will receive instructions from the Guardian Angel, who oversees the life activities at all times. In turn, the main guides will give instructions to the other guides, those we refer to as helpers. Along the way other friendly souls will give help and assistance as and when required.

The next step is to decide on the parents and lifestyle. In other words, does the incarnating soul need to experience wealth or poverty, or something in between? This decision is normally made in accordance with what the individual needs to experience and how it ties in with the parents to be. For example, the incarnating soul may be quite stubborn in character and may have chosen to learn the lessons of tolerance and understanding. Therefore, it will choose a family where one or both parents are also stubborn and have chosen the same lessons. Once the soul



incarnates and starts to grow as a human child, the stubbornness will kick in and create conflict within the family. This is where the University of Life brings the lessons of tolerance and understanding to the individuals concerned. Some souls learn quickly and end up living in harmony, whereas others simply will not bend, therefore we see families breaking up. The parents are almost always chosen from the same spirit family as the incarnating soul. These really are the main foundations – guides and parents.

Then the line of work is decided on, butcher, baker or candlestick maker etc., if at all a line of work is needed for the individual's chosen experiences. It could be that only a very short incarnation is required, therefore there must also be a plan of action laid on the table for the transition to be made ("death" to occur). This is very important for the individual's safety and welfare. Short incarnations are generally chosen by souls who are quite inexperienced or timid and need this reassurance at the outset. More adventurous souls are quite happy for the transition to be arranged once incarnation has commenced.

Everything else, such as relationships, gender, marriage and what the soul will achieve during life on the Earth plane is decided once the main foundations have been laid. These are all decided in accordance with the soul's chosen lessons. However, preparations are always made for a soul mate encounter, and we will cover this in more detail later on.

You can probably understand from these few short paragraphs how important the Law of Preparation is. A guide not properly prepared or the wrong choice of parents can cause mayhem. Remember, it may be the Guardian Angels and family elders who give advice and guidance, but the individual makes all final decisions. It is also the individual who makes the pacts, not the advisors; therefore all mistakes are down to the individual. It's all a part of learning to take responsibility for your own actions. But do not fear friends, there is no such thing as a soul receiving bad advice before taking on the physical form. All mistakes, without exception, are due to souls who think they know best and go against the advice they are given. God bless you.

With love

Ezrael – Angel of wisdom

*Meditation is constant inner enquiry as to who am "I", what is loving, and what is harsh.*

*Sri Sathya Sai Baba*

*Money comes and goes; morality comes and grows*

*Sri Sathya Sai Baba*

## **Part Three**

### **The Law Of Individuality**

The Law of Individuality is the Spiritual Law that teaches us about our uniqueness as individual souls. On the surface this would appear to contradict what has been stated previously in our publications; that is, that we are all part of God and therefore all one. However, this is where the “tapestry principle” explains what we are actually saying here. The magnificent and beautiful tapestry is made up of many tiny threads. The tapestry itself is the whole and the threads are the parts. Without the parts, the whole cannot truly shine. Therefore the parts must learn to compliment the whole so that it reaches full illumination.

Who is to say what is more important, the whole or the part? Without the whole, the parts do not exist, and without the parts, the whole would not exist. Therefore, as individuals we all have a responsibility to the whole, which in this case is God. Being an individual not only means that we have a responsibility towards God, but also a responsibility to mankind in general. In other words, the threads that makes up that magnificent tapestry.

As individuals we take on a great responsibility when we take on the physical form. Erratic or irresponsible actions can cause other souls a great deal of problems, which would hamper their own spiritual growth, so souls are taught the importance of right conduct before

reincarnation (or initial incarnation, whatever is appropriate).

The teachings show the individual how improper conduct and thoughts and feelings can instigate the Law of Cause and Effect, or karma, once on the Earth plane. The teaching is designed to instil into the individual the importance and high level of responsibility that goes hand in hand with life in the physical body. Even though the true spiritual memory is erased on commencement of incarnation, it is hoped the individual has sufficient sense of responsibility to identify right from wrong once in the physical form. The teachings centred on the Law of Individuality are geared up to having sufficient influence on the subconscious mind to trigger warning signals when the soul creates a situation on Earth that will mean a build-up of negative karma.

To sum up we can say that the Law of Individuality is a kind of a failsafe mechanism against accruing negative karma. Of course there are many souls who become completely lost once exposed to the pitfalls on the Earth plane. But the law works like this. If, as an individual, you study this law hard before incarnation, and seek help and advice from your guides and angels, understanding fully your responsibilities, your failsafe mechanism will be sure and strong. Whereas the soul who prepares lightly, and treats this law with flippancy, is likely to encounter problems during earthly life. In other words – what you put in is what you get out. Yes, dear reader, we are back to “what you reap is what you sow”.

**God bless you**

**Gideon – Angel of healing and peace**

## **Part Four**

### **The Law Of Magnitude**

A simple and easy to explain law, but one of great importance, which decides the size (or magnitude) of the soul's chosen tasks. In other words how far along the spiritual pathway does the soul want to progress? If there is a lot of negative karma to pay back, then the enormity of the soul's task may be too great for one incarnation. It may take two or even three goes (or even more) before the karmic debt is paid. It takes a really strong and determined soul that attempts complete karmic redemption all in one go. All souls have a mountain of some sort to climb; however, it depends on the individual soul's grit and determination as to how high the mountain is.

Quite simply, the Law of Magnitude is designed to assist incarnating souls in choosing their required tasks and experiences. It measures the amount of negative karma to be paid back and ensures that the soul does not bite off more than it can chew. Sometimes referred to as the Law of Measurement, this law works in the same way as many other Spiritual Laws. It helps souls to take responsibility for their own actions, as the final measure of karmic debt to be dissolved is decided by the individual. As ever, the angels and guides will only provide help and guidance.

Once the level of karmic debt has been decided, the

Universe will not allow or bring any experiences to the incarnated soul that will stretch the soul's endurance beyond the chosen limits. This is the simple Law of Magnitude.

Nester – Angel of love and romance

*A similar exercise has to be done in the cultivation of the heart by everyone. The heart is like a field. It has to be cultivated properly. It should be filled with the water of love. It should be tilled by the process of enquiry. Then the seed of the Divine Name has to be planted in it. You must erect the fence of vigilance to guard it. You must protect the crop (of devotion) by weeding out egoism. Only then will you reap the fruit of love for the Divine.*

*In the tree of every human life, there is the fruit of love. To enjoy this fruit, you have to remove the outer rind so that you can get at the juice within. Take, for instance, an orange. To enjoy the fruit, you have to remove the outer skin first. Then you also have to take out the seeds in the fruit and the fibrous parts. You should consume only the juice. You should realise that life has been given to you by the Divine so that you may enjoy this fruit of love. Get rid of ostentation and pride. Remove the seeds of bad thoughts and bad feelings. Throw out the acquisitive impulse. Then you will taste the juice of love.*

*Sri Sathya Sai Baba*

## **Part Five**

### **The Law Of Acceptance**

The Law of Acceptance decrees that the soul's "contract" becomes binding when the "terms and conditions" of the earthly life have been accepted. Once everything that we have covered so far in this book has been decided, a spiritual contract is drawn up and presented before God for his/her blessing and approval. The Great Spirit in his/her wisdom either agrees to the contract or advises against it (for various reasons). However, it is not the norm, though not unheard of, for God to deny a soul the chance to incarnate. A simple reason would be that our creator, in his infinite wisdom, will always see the bigger picture of things and may feel that the time is not right.

Once the contract has been approved by God the soul then has another chance to have second thoughts. It is rare however, for a soul to reach contract stage and then decide not to incarnate, but it does happen. Once the contract has been signed there is no going back; this is the Law of Acceptance – you are accepting the responsibility of a life in the physical form.

For a soul to decline incarnation once the contract has been signed would be to go against all spiritual principles, and is simply not done. Even the most spiritually ignorant of souls knows the importance and implications of the Law of Acceptance and would not wish to go against the grain.



Emmanuel – Angel of humour

## **Part Six**

### **The Law Of Birth**

The Law of Birth decides the time and place of incarnation and brings to a close our chapter on the Laws of Foundation. Time and place of birth are vitally important, as this is the launch pad, if you like, for the soul's time in the physical form. You may be wondering why time and place are still to be decided. Was this not all put into place under the terms of the Law of Preparation? Not quite. As you have probably gathered, the Law of Preparation is very precise and takes into account minute detail, but when we refer to time and place in accordance with the Law of Birth, we are referring to earthly time and place. All you ladies out there who have given birth before are probably thinking that it was you and your partner what made all the decisions as to where birth would take place, are you not? Well sorry to disappoint you, but it was us!

The decisions that you all made were influenced by the world of spirit (sorry, to all those amongst you that experienced any inconvenience!!), but this is the way it has to be. Decisions, such as whether to give birth at home or at the hospital, which hospital, type of birth etc. are all decided by us in conjunction with your higher self. The time of day is vitally important as well because young souls are greatly influenced by the climate and the degree of light that is present once they are born into the world. There will no doubt be a combined feeling of amusement

and bemusement amongst all you ladies and mothers out there, and of course, any men reading this will not have a clue what we are talking about. But not to worry, your turn will come in another life lads!

I'm afraid to have to tell you ladies that premature and late births are also down to us. It's all decided in accordance with the incarnating soul's needs at the time of entry into earthly life. Yes it's true, we have scuppered many a prospective mothers plans for giving birth to her offspring, but in the bigger picture of things it has all been done for the higher, long term good of all involved.

The Law of Birth is the law that ensures that the right conditions are obtained and maintained just prior to, during and just after a soul is born into the world. The responsibility for this lies with the Guardian Angel of the entering soul. The main reason for this is that the angel then takes the necessary steps to ensure that the spiritual memory is erased just as entry into life on earth is commenced. Because Guardian Angels love their human charges so much, they are there with the human soul all the way, just like a combined mother and father, ever watchful of the soul they love so dearly.

The Law of Birth continues to be in force until such time as it is apparent that the now human being is able to take responsibility for its own actions. This simply means that the angel will always be there to protect the child in accordance with its chosen pathway. There then comes a time when the soul is allowed to make its own mistakes,

this is when the Foundation Laws cease to be relevant and the Laws of Redemption take motion. We hope you have found this first section on the Spiritual Laws informative. We have enjoyed bringing you this knowledge from our dimension.

God bless you and please enjoy the rest of the book.

Peter – Angel of amusement

*The body will shine if the character is fine; service of man and worship of God will preserve its charm.*

*Sri Sathya Sai Baba*

*Devotion means giving up all other desires and dedicating all actions and thoughts to God. When you offer every act of yours to God, it becomes worship. Everything you do must be done as an offering to God. The body has been described as the temple of God. You must fill yourself with the feeling that God is in you, beside you, around you and with you wherever you go. When you love God with this consciousness, the love results in self-realisation.*

*Sri Sathya Sai Baba*

## **Chapter Three**

### **The Laws Of Redemption**

*Everything that annoys us about other people can help us to understand ourselves.*

*Author unknown*

#### **Part One**

##### **The Law Of Meditation**

This is fundamentally the most important Spiritual Law as far as the Laws of Redemption go. The only true pathway to complete self-discovery and enlightenment; the means by which an individual realises that he or she is a manifestation of God.

Meditation is the way to truth, and the only process through which complete spiritual enlightenment can be achieved. There are many “versions” of meditation doing the rounds on the Earth plane; however, the only true meditation is the meditation of the heart. The true spiritual seeker has an understanding of this simple fact, usually gained through sheer hard work.

The Law of Meditation, like all other spiritual laws, is quite precise – truth can only be realised by looking within. Within, in this case, means the heart. For the heart is the spiritual centre of all living souls and contains only truth. The heart never lies, and for many this can be

quite painful. True meditation helps the individual to face up to his or her trials and tribulations. In other words the scenarios that the individual chose to experience before taking on the physical form. Without true meditation there is only pain, both physical and emotional, and the only way to alleviate this pain is via a daily routine of self-healing and meditation (the healing aspect is covered elsewhere in this book).

When the individual first sets out on a pathway of meditation it is nigh on impossible to carry out a strict daily routine. This is because we are all too wrapped up in the illusion of our everyday materialistic lives. However, with a bit of diligence and hard work we can reach the stage where we are sitting in our special space on a daily basis in order to find that truth. The truth that our true self craves so passionately.

Meditation is also very much a discipline, and it really is a truly spiritual person who can keep up their routine on a daily basis. Quite simply, meditation is the doorway to enlightenment, for it is the only means through which the individual can transcend the illusion of the physical world and peep into the reality of their own spirituality.

Gabriel

## **Part Two (A) - The Law Of Attraction**

The Law of Attraction teaches us that we attract everything that we have into our lives ourselves. There are no mitigating circumstances or third party involvement, what we have for a life is crafted by us and no one else. Quite simply, this means that we create our own heaven or hell here on Earth by our own thoughts, feelings and actions. This means that if we are constantly complaining about our “lot” and life in general, then we will create a life that befits our complaints. Constant negative thoughts materialise into our daily lives as our reality. People who have miserable lives have simply created their own misery. For example, you may have come across people whose lives are always in total chaos, with one disaster following another. This is because their minds are always in total chaos; it is the chaos contained within the thoughts that creates the chaos in that person’s life.

Constant negative thoughts, feelings and actions create a negative life. Likewise, constant positive thoughts, feelings and actions create a positive life. The person who is angry and resentful will attract angry and resentful people into their life, whereas the person who gives selflessly with no thought of reward will attract positive, loving people into their life. The Law of Attraction overlaps with a number of other spiritual laws that we will cover simultaneously here in part two.

## **Part Two (B) – The Law Of Manifestation**

The Law of Manifestation is very similar to the Law of Attraction in that you manifest people, objects and scenarios into your life in accordance with your thoughts, feelings and actions. The only difference being that the Law of Manifestation covers a much wider area of the individual's spiritual pathway. The Law of Attraction relates specifically to the here and now, whereas the Law of Manifestation, once activated, can have a knock-on effect covering many lifetimes. In other words, in accordance with the Law of Attraction, by your own actions, you will cause the Law of Manifestation to "kick in". This means that simply by carrying out good or not so good deeds, having good or not so good thoughts and feelings, you will shape your day-to-day life in accordance with the Law of Attraction. But if you carry out hurtful deeds and constantly have the kind of thoughts that are construed as "evil", you will cause the Law of Manifestation to bring you the experiences that you need in order to learn the error of your ways.

Of course, we must also be aware of the relativity that relates to all aspects of life, the relativity that teaches us that for everything there is an opposite or counterpart. For example, black and white, up and down, in and out, darkness and light etc. Therefore it is also the case that if you are constantly performing loving tasks and give your love totally and utterly selflessly and unconditionally throughout your day-to-day life, then you will also cause the Law of Manifestation to be activated, only in a positive way.



The simplest way to demonstrate the difference between these two laws is thus. If you are quite a negative person in that your glass is always half empty as opposed to being half full, the Law of Attraction will bring you the negativity that you are asking for on a day-to-day basis. However, this does not mean that you are not a very nice person, so you will simply have the constant daily struggle that your thoughts, feelings and actions are asking for. In life, The Universe brings us what we ask for and nothing else. However, without spiritual knowledge, we inadvertently ask for the wrong things.

If you are the kind of person who inflicts their negativity on other people or the animal kingdom, by being physically or emotionally cruel for example, then you will cause the Law of Manifestation to override the Law of Attraction. You will be asking The Universe to bring you similar experiences in order for you to learn the error of your ways. This is also linked in to the Law of Karma, which we will be covering elsewhere in this book. When The University of Life brings these lessons to you, quite often you don't realise what is going on, especially if you are devoid of spiritual knowledge. So what happens is that you do not learn the lesson and at some stage in the future you are brought the same lesson again. This will continue to happen until you learn the lesson. Unfortunately, if you are not a good learner you will have to experience your lesson over many lifetimes until it is learnt. It will not go away under any circumstances, except by The Law of Grace, which we will also be covering later on. This now

leads us onto The Law of Divine Timing, which will further help to clarify part two A and B.

### **Part Two (C) – The Law Of Divine Timing**

Everything, but everything happens in accordance with Divine timing, in fact at any given moment The Universe is always in Divine and perfect order, regardless of mankind's perception; and it is this perception that often clouds the mind and prevents spiritual knowledge from entering the consciousness. You often hear people saying things like "he gets away with murder"; well the truth is that nobody "gets away" with anything. It's just that in accordance with the Laws of Cause and Effect, every action must be timed to perfection. The reason for this is because the events in your life, dear reader, are linked to events in the lives of many others, and our Creator takes everything into consideration when a chain of events is planned.

How many times have you come across or read about someone who seemingly does get away with murder? Everyone in his or her lifetime will come across at least one person who is either hell bent on destruction or simply overwhelmingly selfish. Their lives also seem to be perfect in that they never seem to experience any hardship or pain. It is when we come across such people that the cry goes up of "if there is a God why does he let these things happen", or "how come that person can get away with inflicting such atrocities on the innocent". The truth is that each and every one of us will reap our just rewards

when the time is right. What is difficult to understand whilst in the physical body is that the seemingly “evil” person is also bringing valuable lessons of life to those he or she touches. Remember that we spoke of relativity, the opposite or counterpart. This means that if we do not experience the pain we will not understand the ecstasy.

Darkness compliments the light. The artist, for example, does not only use bright and vibrant colours. It is the dark colours on a canvas that make the bright colours stand out and shine.

Many a Saint has had to suffer at the hands of wrong doers over the ages in order to achieve self-realisation. The spiritual pathway is not an easy pathway to tread for anyone. This does not necessarily mean that wrong deeds are right, not in the true sense of the word, but it does mean that everything happens for a reason. Doers of wrong deeds will always reap what they sow, however, the result of the deed will only manifest in accordance with Divine timing. The Law of Divine Timing is closely linked with The Law of Synchronicity, which brings us to the final part of part two.

## **Part Two (D) – The Law Of Synchronicity**

Synchronicities are chains of events that can be likened to a huge jigsaw puzzle. Life is like a huge machine and it is the synchronicities in life that are the cogs in the machinery. Every single thought, feeling and deed, no matter how trivial it may seem, causes a reaction in

accordance with the Laws of Cause and Effect. So watch your thoughts friends, because it's your thoughts that create your future! Remember that all feelings and deeds start with a thought, so it is your thoughts that are the most important, each one having a knock-on effect.

All actions create a synchronicity, which must find its place in God's master plan of life. Each synchronicity is fed into a kind of huge spiritual computer and then finds its place in the plan of life. The Creator knows best, this is why it sometimes seems that certain people really do get away with murder. Hitler, for example, will no doubt spring to mind as far as people of more advanced years are concerned. How could it be that someone could do what he did, only to take a seemingly easy way out when the game was up, and apparently go unpunished?

Well, just like most things on the earth plane, the final outcome in that saga was not what it seemed. Rest assured the soul that was Hitler has been made to endure untold suffering as a result of his actions. Although it is not appropriate for us to discuss the pathway of an individual soul, it must be understood that Hitler's actions created many synchronicities that found their way into God's life plan, those synchronicities will all surface in accordance with Divine timing, and The Law of Manifestation will bring that soul many, many difficult and extremely challenging experiences both back on the Earth plane and in the world of spirit.

To sum up The Law of Synchronicity, we can say that it is

an event which has been created by the thoughts, feelings or actions of a human soul, which will eventually manifest somewhere in life in accordance with Divine timing.

God bless you

Gabriel

*Faith is like our life breath. It is impossible to live for even a minute in this world without faith.*

*Sri Sathya Sai Baba*

### **Part Three (A) – The Law Of Magnetism**

Closely linked with the laws covered in part two, The Law of Magnetism however, does not fall into the same category because there are no karmic implications involved. The basis for this law is the attitude and feelings of the individual soul during their time on Earth. This means, just as with the Law of Attraction, that you will magnetise people and events into your life in accordance with your general feelings and attitude. Contrary to popular opinion, like attracts like when it come to The Laws of the Universe. Opposites most certainly do not attract.

Take for example the scenario of two people who meet, so say, by accident, in a supermarket. Those two people will have been attracted together by their own inner magnetism. Their lives may not be an exact parallel, but if you dig deep into these person's histories, you will notice that there are similarities, which caused their inner magnetism to resonate at the same frequency, thus causing a meeting. That meeting may be one of cordiality, or alternatively, it may be one of friction. It could be polite conversation by the vegetables, or it could be a clash of shopping trolleys, which causes an argument. Either way, both parties will have been attracted together according to the inner vibration that they were emitting at the time. This now leads us onto The Law of Frequency.

### **Part Three (B) - The Law Of Frequency**

Your inner frequency, or vibration, which causes people and events to be magnetised into your life is really determined by your mood, your character and your outlook on life in general. The Laws of Frequency and Magnetism overlap very closely, and they are also linked with The Laws of Projection and Vibration, which will take up the rest of part three.

If you are in an angry mood and are also one whose glass is always half-empty, you will not be resonating very well from the inside out. The frequency which your inner vibration will be resonating at will be quite low. Therefore you will magnetise others into your life that also emit a low inner vibrational frequency. But, just like the laws in part two, if you are a positive upbeat person and see only good in others, your inner frequency vibration will be high. This in turn will magnetise others of a similar inner vibration into your life. You should now be seeing a pattern developing, in that all of our Creator's Natural Laws are linked in one way or another, and for everything there is a knock-on effect. In other words you should now be gaining an understanding that God's Laws are in constant motion, like a giant piece of machinery that never shuts down.

Your inner frequency is very much determined by your mood, therefore, the happier your moods, the more positive your life will be on a day-to-day basis. If for example, you are always complaining and feel that the world owes you a favour, then there will always be a dark

cloud hanging over your head, signifying a negative mood. This will have a knock-on effect with regard to your general character, which will in turn determine the way you feel inside. This will create a low frequency vibration that will attract like-minded souls into your everyday life.

Have you ever noticed that in places where numbers of people gather, in the work place for example, people tend to section themselves off into smaller groups. You will have some groups who are positive and upbeat, and you will have other groups who are always complaining and looking on the black side of life. This is because they have all been sorted into these various different groups at a sub-conscious level in accordance with their inner frequency. Have you also ever been in a place where a number of people are gathered, yet you have not found yourself attracted to anybody in particular. In fact you probably felt totally out of place. This is because your inner vibration was not resonating at a similar frequency to anybody else's, therefore you did not magnetise anybody to you. We will now elaborate a bit more and move onto The Law of Vibration.

### **Part Three (C) - The Law Of Vibration**

Your inner vibration is fundamentally determined by your opinion of yourself. Do you hate yourself? Do you think that you are inadequate? If you do then you will have developed a low self-esteem, which will cause your inner vibration to resonate at a very low frequency. On the other



hand, do you appreciate the good things that you do? Do you love yourself unconditionally for the being of light that you are? If this is the case, then your inner vibration will be resonating at quite a high frequency. Thus you will magnetise similar people into your life. Remember, the Universe only gives us what we ask for and we are ultimately a mirror image of our thoughts. Therefore, if we think we are inadequate and downtrodden, then we will be. It really is as simple as that.

Have you ever wondered why people who are seemingly good friends suddenly fall out for no apparent reason? It is because people are constantly changing, and by that, we mean changing from inside themselves. Have you ever noticed that there was something that you enjoyed doing for years on end, but suddenly you lost all interest and stopped doing it? These things happen because people grow spiritually, even if they are not aware of it, and they move on from inside. People become friends because they resonate together and their inner magnetism attracts them into each other's lives. Once one of them starts to change within, they no longer resonate on the same frequency and the magnetism then starts to repel. One of the parties will have started to vibrate from within on a higher or lower frequency, and it will feel repellent to the other. Because of human ignorance people do not realise that these changes are taking place on a more subtle level, they simply think that they have fallen out over trivia. What they don't realise however, is that prior to the change taking place, whatever caused the fall out would

not have affected either party.

It's the same when we get fed up with a hobby or a past time. People say that they have grown out of whatever it is. But the truth is that age has nothing to do with it. We grow from within and it is our inner growth that no longer has any use for the hobby. In other words, it's the person we have now become from within that does not find the hobby interesting anymore.

### **Part Three (D) – The Law Of Projection**

We project outwardly a mirror image of what we are holding inside. If we feel good inside then we project a positive image to the outside world. If we do not feel good about ourselves, then we will feel bad inside and in turn we will project an image of a sad, down trodden soul with a low self-esteem to the outside world. Have you ever wondered why it is, that when you are going through a very difficult period in your life and you feel at rock bottom about yourself and everything else, you seem to attract someone into your life who takes advantage of you? Or worse still, you attract someone into your life that causes you harm or steals from you. There is a reason for this, and an understanding of the laws in part three, especially The Law of Projection will help to avoid this in the future.

As we have already stated, low inner vibrations attract other souls of similar ilk into your life. The Universe does not discriminate between types of low vibration; quite

simply, a vibration is a vibration to the Universe. Therefore, when you are emitting vibrations of a low frequency from within, you will attract other low frequency vibrations into your life. However, the image that you project to the outside world speaks volumes about how you feel about yourself inside. So if you have a low self-esteem and you are low in confidence, this will make you vulnerable and weak willed, and this is the image that you will be projecting to the outside world. Your inner vibration will also be very low, therefore you will attract into your life, not only other souls who have the weight of the world on their shoulders, but also souls who are vibrating at a low inner frequency for other reasons. They could be people who have no respect for others or for property, they could be people of a deceitful or violent nature, and they will all be heading your way. Later in this book we will be explaining how you can change your inner vibration, but for the meantime this is all you need to know on the subject.

As you will be aware from previous publications and from this book so far, we are keen to hammer home important spiritual tips to help you change your lives in a positive way. So it is for this reason that we repeat ourselves once again here. The Universe will only bring you what you ask for and nothing else. So if you are crying inside because you are holding a negative picture of yourself, the Universe will bring you the life of sadness and turmoil that your inner picture is asking for. In other words, you are what you think, and it's your thoughts that create your inner

picture of how you see yourself. On the other hand, if you are aware that you really are a manifestation of God and that you are a beacon of light that shines and lights the way for others, then this is the image that you will project outwardly. By this projection you will attract into your life loving and positive people. This concludes part three and brings us on to the Law of Affirmation or Positive Speech.

Gideon – Angel of healing and peace

*Man will realise his mission on Earth when he knows himself as Divine and reveres others as Divine.*

*Sri Sathya Sai Baba*

*Patience is all the strength that man needs.*

*Sri Sathya Sai Baba*

Life is like a bunch of flowers, either fresh and vibrant or dull and wilting. Life's lessons can also be seen in a bunch of flowers, in that you get out of your flowers what you put into them. With tender loving care you can create an abundance of colour and a richness that soothes and pleases. On the other hand, if you do not give your flowers the love that they need they will become jaded and dull.

In your life you are your own gardener; you create everything that grows in the garden that is your life. You have the free will to choose a vibrant happy life, or a dull and jaded life tainted by sorrow. How does your garden

grow at this particular time? If you are not happy with your garden and what grows therein, only you can change it. Like the materialistic flowers of the physical world, your body is only a showcase. A showcase that hides the truth within. However, the truth does not have to be hidden.

In order to make life's flowers grow you need to nurture them, just as you would the flowers that are planted in your materialistic garden. The food required in this instance, however, is not that of fertiliser, but the food of spirituality; the only true food there is. View your life garden as a series of trials and tribulations. Ask yourself what lessons are needing to be learned from these trials and tribulations, and then watch the flowers of your spirituality grow as you learn the lessons of life, that you have chosen, in order to become an enlightened being. Which after all is your true destiny.

You can never really be true to yourself until you realise that truth within, the truth that you really are a manifestation of God.

Gideon – Angel of healing and peace 16 April 2004

## **Part Four (A) – The Law Of Affirmation**

Sometimes referred to as The Law of Positive Speech, this is a very powerful way of bringing about life enhancing changes. Making positive affirmations, either aloud or in your thoughts, about you and your life really does bring about drastic changes for the better. It sounds too good to be true, but simply making bold, positive statements about yourself (leaving the ego aside, of course) will make your life better and healthier. It is too easy simply to give up when things are not going your way and to adopt a negative outlook. However, life, especially the spiritual pathway, is not meant to be easy, and even though it is hard to be positive when faced with difficulty, affirmations can bring about amazing changes for the better.

The Law of Affirmation is strongly linked to The Law of Clarity, and we will be discussing that law next, but for now try to think what might be a positive life changing affirmation for you. For example, are you searching for a happy, loving relationship, or a new and dynamic job? If you are, stop and think for a minute about what we have discussed so far in this book. Especially the laws in part three. If you are single, but longing for a relationship that is both happy and rewarding in that you and your partner will love each other totally and utterly unconditionally, what image do you think you are projecting to the outside world? How is your inner vibration at this moment in

time?

It could be that your inner vibration is very low at the moment and you are projecting a “woe is me” image. If that is the case, you will either magnetise someone into your life of a similar low vibration that may use and hurt you. Or, you will attract no one at all because your negative inner vibrations are repelling everyone you meet. We will now move on to The Law of Clarity and deal with these two laws simultaneously.

#### **Part Four (B) – The Law Of Clarity**

Remember, the Universe only gives us what we ask for, so it is vitally important to be crystal clear in exactly what you wish to affirm. We will stay with the relationship concept as an example of The Laws of Affirmation and Clarity working in tandem together.

You wish to be in a loving relationship, so in your quiet moments of meditation or contemplation you affirm this to the Universe. But how?

Like everything else there is a right and a wrong way of going about it. If you affirm to the Universe “I would like to be in a loving and happy relationship”, you are simply implying that this is something that you would like at some stage in the future. The Universe may well comply with your request, but it could take a lot longer than you wish. If on the other hand you affirm “I am in a happy and loving relationship now”, you are telling the Universe that

this is what you want and what you should have. If you say your affirmations with purpose and with love you will start a reaction in the ether (remember The Law of Synchronicity and what we said about today's thoughts being tomorrow's reality). This will bring you your loving relationship. Here are some other examples of positive affirmations and their not so positive counterparts.

I am happy with my life and everything that surrounds me  
– positive

I wish that I could be happy with my life and my surroundings – negative

I am in a job that gives me satisfaction and makes me happy – positive

I would like a job that gives me satisfaction and makes me happy – negative

My friends are trustworthy and loyal and are true to themselves – positive

I wish I could have loyal and trustworthy friends who are also true to themselves – negative

The Universe will only compute positive affirmations. There is an old saying on the Earth plane that if you throw enough mud at a wall some of it will eventually stick. In this case it means that if you affirm in the negative for long enough, you may eventually get what you are asking for. But expect the goods to be damaged!

Affirmations really are life changing. The three-step guide



to successful affirmations is this. Always affirm in the positive, remembering The Law of Clarity. Always affirm with purpose and love. Have faith that your affirmation will work. Faith is something we will cover during The Progression Laws, but this is another example of how all of God's Laws of Cause and Effect overlap at some stage or other. Here are some more positive affirmations for you to use.

I am happy with my life and all my needs are met abundantly for me.

My soul mate is in my life now and for eternity.

I am fit and healthy and have a zest for life.

I have a well-paid dynamic job that gives me satisfaction.

Love is in my heart now and always.

I am happy with everything in my life and I accept good graciously into my life at all times.

My life is in Divine and perfect order now and always.

Thomas – Angel of determination

*Ignorance is the most important cause of sorrow.*

*Sri Sathya Sai Baba*

## **Part Five – The Law Of Truth**

Truth is something that we can never escape from, no matter how hard we try. We can run for as long as we like, but eventually each and every one of us has to face up to our own truth. Truth is in our hearts; quite simply, the heart never lies. Everything about the heart boils down to truth. The spiritual heart is your true self and there is no escaping that. However, it is absolutely amazing that some people will go to all kinds of lengths to try and escape their truth.

People try to hide their feelings, their appearance, their character, even their very soul it would seem, in an attempt to escape from reality. If you ask your heart “what is my truth”? Your heart will quite simply tell you that you are a being of light, a manifestation of God here on the Earth plane, a spark of Divine love, a beacon lighting the way for many other souls who ask the same question. Remember what we said about meditation earlier in this chapter, because meditation is the doorway to your truth.

You cannot hide from your truth forever, but let us look at some of the methods that people use in an attempt to hide their truth. The most obvious is the plain and simple lie, told to others verbally, in an attempt to make people believe you are something that you are not. Another common method in this day and age, is to live way above one’s means in an attempt to imply status. There are also some souls who will dress in a certain way in order to make people think that they are something other than

who they really are. Then there are the body decorations, such as tattoos. Now before my earthly brother is inundated with complaints from people with tattoos, let me elaborate on that last statement.

People have used many methods over the centuries to decorate their bodies, and we are not saying there is anything wrong with this. The idea originated for the purpose of ceremonies and rituals etc. It simply added to the colour. But how many of you have seen the sight of a young man strutting down the street, in the middle of winter for instance, in a short-sleeved shirt that shows off a number of strange patterns and pictures on the arms. How many of you have also noticed the body language of such a person. Is he (or even she in some cases) saying “keep away” or “get out of my way”? The truth, dear reader, is that that person is probably very frightened inside, because of some deep rooted emotional problems, and it is that person’s way of dealing with their fear. We will cover such problems at a later stage in this book, but for now, to understand The Law of Truth, we need to understand one thing. There are only two emotions, love and fear; all other emotional conditions are linked in one way or another to these two.

The Law of Truth is simple, it means having an understanding of who you really are and loving yourself unconditionally for exactly that. It is the crux of self-realisation, which is the reason you all chose to be here in the first place. You all chose to come to the Earth plane in an attempt to take a step further towards your

own self-realisation, your truth. Your truth, my friend, is that you are a shining light of love, and one day you will realise this. You can paint as many pictures on your body as you wish, you can spend as much money on material possessions as you wish, you can utter as many untruths as you wish and you can dress in any fashion that you wish, but underneath it all you are spirit. Never forget this my friends, because it is your truth and you cannot function properly without it.

When we live a lie, we feel pain, and in many cases we simply cannot understand why. The reason for this is that it is a conflict of interests between the physical self and the spirit within (the truth). The inner self is at loggerheads with the physical self, which causes an imbalance within the self as a whole. The mind, the emotions, the spirit and the physical body are in a state of disharmony, and this can often lead to illness if not corrected. On that note, we have now concluded The Laws of Redemption. A good understanding of these laws will serve you well for the rest of your time on the Earth plane, and will also give you good grounding to enable you to get a clearer picture of The Laws of Progression. God bless you.

Emmanuel – Angel of humour

## **Chapter Four**

### **The Laws Of Progression**

*Most people today have no idea what is devotion and what is spiritual discipline. Different forms of worship, pilgrimages, meditation and the like are equated with devotion. These are not the indices of devotion. They can at best confer some mental satisfaction. As long as you think God is somewhere outside you, you cannot qualify for the Divine grace. The true mark of devotion is to recognise that God is within you, around you and everywhere. You must develop faith that you yourself are a manifestation of God*

*Thought for the day by Sri Sathya Sai Baba 24 March 2004.*

*Life is love – share it*

*Life is a dream – realise it*

*Life is a challenge – meet it*

*Life is a game – play it*

*Sri Sathya Sai Baba*

## **Part One**

### **The Law Of Karma**

We touched briefly on karma in AWV1, but we did not discuss the implications of karma in any great depth. The Law of Karma is probably the simplest Spiritual Law to understand in a nutshell. You reap what you sow – simple. The phrase “you reap what you sow” sounds very severe and always seems to imply punishment. Those of you who have read AWV1 and our other publication, Divine Interpretation, will know that the last thing that karma means is punishment. Because of this misguided mind-set linking karma with punishment, we would like to look at this law from a different angle here in AWV2.

Before we do, and this only applies to those who have not read our other publications, karma is not about punishment. Karma is simply about making choices that will enable you to progress spiritually. It is a common belief that God will punish you if you do wrong. This is not so. God punishes no one. The only true punishment is self-inflicted.

Have you ever wondered why some people appear to have everything, and others appear to have nothing? Well, everything that you have in your life is simply a tool in your karmic toolbox. You choose your required lessons whilst The Law of Preparation is in motion, and your karmic toolbox gives you the means to experience life in

accordance with your chosen karmic pathway. Whilst it is true that if you inflict pain and suffering you will have to experience the same in order to progress, it is also true that positive karma brings positive rewards.

Giving selflessly to others will ensure that the Divine gives you everything that you need in order to find happiness during your time on Earth. Remember, you only have what you need in order to live your life within the illusion of the Earth plane; and it is a fact that many souls confuse need with want. If you are not a materialistic person you will not need vast material wealth. How many people have you heard about, who have vast material wealth and are genuinely happy? Probably not many, for happiness rarely follows greed and personal gain. The kind of happiness that is true happiness is felt in the heart and not in the wallet.

However, material rewards are sometimes given to deserving souls who have striven to lead a life of spirituality. It is normal on the Earth plane to give negative criticism to people with wealth. But the truth is that the critics do not understand why those people have their wealth. Some have wealth because they have gone above and beyond the call of duty in previous lifetimes, and others have wealth because they need to learn that money does not buy true love and happiness.

No friends, karma is not about punishment. Karma is about duty. Duty to yourself and duty to God and mankind.

If you think of a human lifetime as being about getting from A to B, then quite simply, you and no one else decides what duty and service you will provide in order to make that journey as successful (to yourself) as possible. In other words, what duty, what service, and what karma can I perform in order to progress as far along my spiritual pathway as possible? This is karma my friends. God bless you.

Zadkiel – Angel of wisdom and truth

*Hate screeches, fear squeals, conceit trumpets, but love sings lullabies.*

*Sri Sathya Sai Baba*



## **Part Two**

### **The Law Of Faith**

Faith can move mountains; without faith, quite simply, all life is fruitless. Apart from your love, dear reader, it is your faith that gets you from one shore to the other in the sea that is your life. There is an old saying that the reason birds can fly and man can't is because birds have faith and mankind doesn't – in other words, faith has wings. Faith is one of the strongest forces in the entire Universe and faith in God really is your strongest ally. Unfortunately, it is a human trait that as soon as the going gets tough, the chin drops and faith goes out of the window. It is a fact of life that human weaknesses and frailties are mankind's biggest curse. All a part of the self-inflicted punishment you inflict upon yourselves in your quest for happiness.

When your faith is strong you really can achieve anything you want to. Faith is simply about holding onto a vision and not wavering from that vision. In the same way that the Laws of Manifestation and Attraction work, so it is with the Law of Faith. So strictly speaking your "lot" is what you make it. For example if you have ambitions to become proficient in your field of work, or you are seeking happiness via a relationship, the outcome of your vision will depend on the extent to which you have faith that it can and will be achieved. In other words, it's no good thinking that you want to be a good doctor or engineer and then not having sufficient belief that you can achieve the goal. Likewise, it is no good craving for your perfect

partner, but living your life believing that you will never find your perfect partner. Now you all know what I am going to say next? Yes, once again we remind you, that the Universe will only give you what you ask for, nothing more and nothing less.

There are no real secrets to success; it is all about having faith in yourself and God. Sticking to your plans and your desires, holding the vision and not wavering. There are many of you who may be thinking that it is easier said than done. But I guarantee that all of those amongst you who doubt that faith can work in such a simple way, will all at some stage in your lives have been victims of your own misguided blind faith. There is a big difference in faith and blind faith. Blind faith means that your heart desired a certain thing, event or person, but your head convinced you that it was unachievable. Therefore it was not achieved. Think about this my friends; just imagine that you desire the holiday of your dreams. What do you do once you get the idea? Do you go out and get a big pile of brochures, do you check your passport is up to date and valid for where you want to go, do you enthusiastically share your ambition for the holiday with family and friends and do you start to make preparations such as checking dates when you can go and buying the necessary items for travel such as sun cream, new t-shirts etc.? Or do you simply sit back and think that you can't afford it so it's not such a good idea anyway? Which of the two attitudes of mind do you think will get you your dream holiday? When you have faith the Universe will bring you

your heart's desire.

When you have total and utter faith in God you can achieve your heart's desire, in the knowledge that God will enfold you in the light of his love for every second that you walk the Earth plane. God will love you and protect you every second of the day; this is a simple fact. Now, this does not mean that God doesn't love you if you do not have faith. God loves all his children wholeheartedly, but we need to understand that we are all on a pathway of enlightenment, and learning to have faith is all part of our development. Therefore, we will all be tested at some stage or other, but those who achieve success during earthly life are those who have the most faith. Having said that, success can be measured in many ways, not all of them relevant. But the success that is meant here is spiritual success, the success of spiritual progression via a pathway of learning.

Don't forget also, the importance of having faith in yourself; because if you don't, you cannot expect others to have faith in you. Remember also that you are a manifestation of God here on the Earth plane; therefore to have faith in yourself is to have faith in God.

God bless you all.

Brother Martin

*Without developing devotion to God no human quality can grow. The first requisite is faith in God. Doubts are*

*raised whether God exists or not. Those who affirm that God exists and those who deny it are equally incompetent to say anything about God if they know nothing about the nature of God. To assert the existence of that which does not exist is ignorance. To deny the existence of that which exists is folly. God is omnipresent. There is no need to search for him anywhere. Everything that we see is a manifestation of God. Wherever we are, there is God. There can be no greater folly than to deny the existence of God when the whole Cosmos bears witness to his handiwork. Everything in creation must be viewed as a manifestation of God. Only with this basic faith can one develop one's human personality.*

*Sri Sathya Sai Baba*

## **Part Three**

### **The Law Of Abundance**

Abundance means to have everything that you need in order to get through your life in as spiritual and comfortable a way as possible. Humans often confuse needs with wants, and as a result, tend to complain when they do not get their heart's desire. It is actually this confusion between needs and wants that is the crux of mankind's unhappiness. It is also true to say that mankind's lack of understanding of this particular Spiritual Law, ensures for many that this ignorance of truth remains with them throughout many lifetimes.

Your angels and guides love you dearly and do everything in their power to help you during your time on Earth. However, they cannot live your life for you, and quite often have to stand back in despair, as you fall victim to your own spiritual ignorance and suffer needlessly. To focus on earthly trivia and materialistic gain is the pathway to unhappiness. But to be appreciative of everything that you already have in your life opens the doorway to an abundant life.

You will all have come across people who seemingly have everything, material wealth, family; good job, etc., but for some reason never seem to be happy. These are people whose materialistic cravings have not brought them abundance, and therefore they are devoid of true

happiness. You will also have come across people, who on the surface, seemingly have nothing, yet for some reason always display happiness. These are the people who have abundance. The richest people in the world are not those who have the most material wealth. They are those who are the most happy and content with what they have.

To have found your true spiritual pathway and to know that you are indeed a manifestation of God, and to understand that when you walk within the light of God's love all your needs will be met, is to hold abundance in the palm of your hand. To pursue materialism and to wallow in your earthly illusion, constantly craving things that do not bring enlightenment and love is to be left wanting.

The Law of Abundance decrees that when you walk a pathway of love, light and truth, all your needs will be met.

Emmanuel – Angel of truth and wisdom



*Who is the richest man in the world? Not the millionaire or the billionaire. It is the man who is fully satisfied with what he has. He who is filled with desires is the poorest man in the world. One who wishes to realise the Divine should cultivate contentment.*

*Sri Sathya Sai Baba*

*When the road ends, and the goal is gained, the pilgrim finds that he has travelled only from himself, to himself,*

*that the way was long and lonesome, but the God that led him unto it was all the while in him, around him, with him and beside him.*

*Sri Sathya Sai Baba*

## **Part Four**

### **The Law Of Challenge**

It is important to bear in mind that the ether is also brimming with souls who have not yet learned to focus on the light of God's love. Souls who do not have the same spiritual understanding as your guides and angels; and even yourself, dear reader. These are souls that you should avoid at all costs whilst you are in the process of discovering your spirituality.

Unfortunately, for many who are not given the correct grounding at the onset of spiritual development, such souls can present a huge problem. God introduced The Law of Challenge in order to provide help and assistance to earthbound souls who seek a pathway of light. The Law of Challenge will come into effect when the "medium" or learning soul has progressed sufficiently to take on a greater level of personal responsibility.

The Law of Challenge is quite simply this. If you are in meditation, or engaged in spiritual activity, and an unfamiliar being approaches you, it is your right as the communicator to know exactly who wishes to communicate with you. If this ever happens to you, simply say something along the lines of "in the name of The Great Christ Spirit and all that is love, who are you?" If you get a positive response it is also your right to ask the purpose of the visit. If you also get a positive response to this question, the chances are that all is well. But you should



also use your intuition to guide you. In other words, how does this approach feel to you? Does this soul's energy feel positive or negative? If the energy feels positive and your intuition is giving you positive feelings, then there will be a good reason for the visitation and you can communicate in comfort and safety.

If on the other hand you get no response to the first question, ask again, this time with more purpose, "in the name of The Great Christ Spirit and all that is love, who are you?" If you still get no response ask the question again with purpose. If the being still does not respond then they will have to depart. This is in accordance with God's Law of Challenge, and there can be no other outcome.

If you get a response to the first question but you are not satisfied with the response to the second question, you should take the following action. Simply say to the approaching soul, "thank you for your presence, it is much appreciated. However, I am engaged in spiritual activity and unable to communicate with you at this time". The being should then depart. If this does not happen, ask your guides and angels to take control of the situation.

The Law of Challenge is your security against the approach of dark forces or souls of a lesser spiritual understanding. Remember to send your love to these souls regardless. To send your love is correct practice, but you do not need to be in communication with such souls.

Gideon – Angel of healing and peace

## **Part Five**

### **The Law Of Miracles**

Miracles are everyday occurrences and are living proof of God's love and grace. A miracle can happen anytime, anywhere and such events demonstrate the extent that God will go to, in order to express his love for mankind. So what is a miracle? It is an event that occurs in seemingly impossible circumstances; a happening that defies all logic. Humans experience miracles on a daily basis, but are oblivious to the majority of such Divine occurrences.

Miracles happen because mankind constantly requires proof and confirmation that God really does exist. How then can we in the angelic realms describe a miracle to you? How can we convince you that miracles really happen? You are probably thinking that this is not possible, for many of you will not be aware of experiencing miracles first hand, and you are probably waiting for us to give examples.

The best example that we can give you, dear reader, is the example of how you came to be reading this book. Each and every one of you has a story to tell, each and every one of you has walked a pathway of many lumps, bumps, twists and turns. Indeed many of you will think it is an absolute wonder, a miracle, that you now read literature such as this. As you cast your mind back over the years and think on the journey that has brought you to this book, I'm sure you will agree that it is nothing short of

miraculous.

Look around you at nature, the different life forms, the trees, the vegetation, the wonderful colours and smells, is this not all miraculous? Indeed life itself is a miracle, the very air you breathe, the sunshine, the seasons, all are miraculous. Once you grasp an appreciation of all these things, then your whole life will be one miraculous experience for you.

Miracles are not impossible events. They are everyday occurrences and demonstrations of love in action, love in motion. When you understand the miracle that is your life, and when you are truly grateful for all that life gives you, then, and only then, can you say that you are on the right pathway to self-realisation. The Law of Miracles decrees that when you truly walk a pathway of light, you understand that everything in your life is a gift from God, a miracle. Armed with this wisdom your life becomes bliss – which is the ultimate miracle. God bless you.

Zadkiel – Angel of wisdom and truth

*Do not walk in front of me, I may not follow you; do not walk behind me, I may not lead you; walk beside me and be my friend. If you attempt to walk in front of me, you may be taking the wrong path; if you walk behind me, you may possibly desert me; walk abreast of me, then there is no chance of your going astray or away from me, because I am with you. The inner meaning of this is:*

*You and I are one. Divinity is omnipresent. The Divinity is the in-dweller in every being. That being the case, there is no need for you to go in front or walk behind. Take the Divine with you wherever you go. This is the true mark of the devotee.*

*Sri Sathya Sai Baba*

## **Part Six**

### **The Law Of Gratitude**

Gratitude is being truly thankful to God for all that you have in your life. The Law of Gratitude decrees that when you are truly grateful to God for all that you receive; God in turn shows his gratitude to you by filling you with Divine love. Have you ever wondered why it feels so good to give to others selflessly? Have you ever wondered why people's faces light up, literally, when you give of your love selflessly to them? The answer is simply that an exchange of love takes place between two spiritual hearts. Remember my friends that you are a Divine being; you are a manifestation of God here on the Earth plane. So it stands to reason that the God within you gives and receives love at will.

When you give selflessly to another human being, the Divine within them shows gratitude to you by filling you with Divine love. You could say that each and every one of us, angels included, is simply an extension of God. Remember we have spoken of the "tapestry principle". Each and every one of you has a spark of Divinity that dwells within, and that spark of Divinity is your very life force.

The more you give, the more you receive. The more genuine heartfelt gratitude you feel for what you receive, then the more you are filled with God's love; and the more

you are filled with God's love, the closer you become to reaching self-enlightenment.

To feel gratitude for what you have is to be truly thankful to God. God bless you.

Michael – Angel of truth and wisdom

## **Part Seven**

### **The Law Of Blessings**

Mankind is the possessor of untold blessings, but unfortunately, is not aware of this. Blessings are gifts from God, and the saying “to count your blessings” is not one to be taken lightly, for when you learn to count your blessings and appreciate your life for exactly the way that it is, that is when you truly start to open up to your truth, your spirituality. That is when you truly become aware of who you really are and your purpose in life. A blessing is a gift bestowed on a human soul by the Divine for services rendered.

You may be reading this book and wondering what the definition of a blessing is. Well, I can tell you that a blessing is a spiritual gift that touches the heart to the extent that the receiver feels totally overwhelmed in gratitude to the Divine for what he or she has received. A blessing is something that brings untold joy and happiness to the receiver. The Law of Blessings is an extension of The Law of Gratitude; in that when you give you receive, however, the difference being that The Law of Blessings kicks in when The Law of Gratitude has been surpassed. Remember how we linked in Attraction and Manifestation during the chapter on the Laws of Redemption? Well this works in a similar way. In showing gratitude to the Divine for what you have and what you receive you are filled with Divine love. However, when you go that extra mile you not only receive God’s love, but his

blessings as well.

Wants versus needs also plays a part in this however. Remember what we have said about people confusing what they want with what they need? This is the reason that many are not aware of the many blessings that they already have in life. You can say that this actually mainly applies to those who are already quite advanced along their spiritual pathways. What we mean by this is that when you become a fairly evolved soul and you are going for the big one – the home run! That is, ascension to mastery, you are tested constantly by the Divine for your resilience in the face of adversity. What happens is that you become blinded by your human frailties and the illusion of the materialistic life, and you fail to see exactly what you have got going in your favour. It is easily done, and it just goes to show, that in some ways life's pathway does not get any easier no matter how evolved you might be.

The key to this is complete and utter surrender to God. For when you put complete and utter faith in God and surrender yourself totally to his love, God takes charge of your life and meets all your needs abundantly. God will not let you down, ever. Unfortunately, even those who are on the verge of ascension are prone to spiritual ignorance on occasions, and when life's pathway continues to be difficult, we never need to look any further than the individual "sufferer" for the reason. Blessings are simply Divine gifts. The gifts themselves may never hold any



materialistic substance, but to the receiver however, these gifts quite often do bring materialistic reward. Remember, God doesn't want you living an unhappy life, but you cannot get away from the fact that regardless of where you are in life at this time, you are only walking your chosen pathway.

When man and womankind learns to open his/her eyes to exactly what they have in their lives, then and only then, will happiness prevail. You will probably have noticed how a number of these Progression Laws are linked together, in that it is all about looking through the cloud of human ignorance and feasting your eyes on exactly what you have in your life.

The Law of Blessings quite simply states that when you give yourself in total surrender to God, you will receive all that your heart desires. You will be truly blessed. May God bless you.

Nester – Angel of love and romance

## **Part Eight**

### **The Law Of Prayer**

Prayers are always answered whether you may think so or not. However, the answer that you receive may not be the answer that you want or expect. Thankfully, God knows exactly what you need and is able to tailor your prayers accordingly. Many people confuse prayers with requests for material gain. But a prayer without selflessness is quite simply not a prayer. Contrary to popular opinion, God listens to all prayers; thankfully he does not answer them all in the affirmative. A prayer offered with sincerity and selflessness will always be answered in the affirmative. Although, you may not always be aware that God has indeed listened to you and acted accordingly.

What you actually asked for, although in good intentions, may not necessarily be right for whoever the prayer was offered for. Therefore, God listens to your heartfelt plea, but adjusts the outcome accordingly to fit in with the bigger picture of things. The secret to successful prayer is faith and detachment. In other words, offer your prayer in love and sincerity with no selfish thoughts for yourself, have faith that God will take the necessary action and then detach from the outcome. This ensures that God will listen intently to what you have asked for and will act accordingly.

God does not listen to whining. So if your idea of prayer is to constantly moan about your “lot” and demand that you

have happiness in your life, then you are wasting your time! Think of the Divine as being on the end of a telephone, the Divine speaks to you constantly and you can constantly speak to the Divine. But think of it like this. Just imagine you have had to make one of those infuriating phone calls where you have been holding the line for ages whilst listening to a recorded message. In the end you get fed up and hang up the receiver. This is the same with prayer. If your prayers are simply whinges and whines about what you want and what you haven't got, then God will simply answer "no" and hang up the receiver.

It is not wrong to offer prayers for yourself as long as the motives are genuine. However, bear in mind that there is a big difference between asking God for Divine guidance and asking for a new Ferrari. Materialistic gain never has and never will be a justified reason for prayer. The Law of Prayer decrees that God listens to every word that you offer up to him. However, he will only act in accordance with his Divine plan. Therefore, no matter what you pray for, the outcome will always be Divine and perfect in every way.

Ezrael – Angel of wisdom

*Small minds select narrow roads; expand your mental vision and take to the broad road of helpfulness, compassion and service.*

*Sri Sathya Sai Baba*

*Learn to speak what you feel and act what you speak.*

*Sri Sathya Sai Baba*

## **Part Nine**

### **The Law Of Intention**

Intention is probably the most important thing in any thought, feeling or deed that you conceive, in that it is the intention behind the thought, feeling or deed that determines the outcome. The outcome in this case meaning the level of cause and effect. There have been many deeds carried out with good intentions that have not yielded desirable results. However, this does not necessarily mean that the perpetrators have acquired a degree of negative karma by their actions. It is what is in your heart that counts.

Your intentions count for everything, and this is a very important truth to grasp for all those who seek a pathway of light. Once you conceive a thought there is a simultaneous interaction between the mind and the heart. In this minute moment in time, your intentions behind the thought are determined. Remember, we have spoken previously about today's thoughts being tomorrow's reality. As soon as the thought is conceived it goes out into the ether and will manifest itself at some stage or other. This means that if you have a thought based on good intentions, but for various reasons forget to carry out the actions behind the thought, there is every chance that the manifestation of the good actions will take place anyway. For example, if you know of someone who is under the weather and needs healing, it may be your intention, via your thoughts, to send this person absent healing (please

see the section on healing for an explanation of this). If you then forget it won't matter because the thought has already gone out into the ether. Your angels in the higher spiritual realms will pick up on this and act in accordance with your thoughts.

If on the other hand your intentions behind a thought, feeling or deed are not good; if you were to wish someone harm for instance. It will not matter if a deed is carried out or not. The thought will have gone out into the ether tainted by your not so good intentions.

Your intentions are everything in accordance with God's natural laws, and you can never evade the outcome of the intent behind your thoughts. Remember, every feeling and every deed starts with a thought; this is why your thoughts are so important. Intentions decide the outcome of many a situation, regardless of whether those involved perceive the situation to be good or bad. For example, if by your intentions you wish to help someone in need, you may find that for whatever reason, you may not be able to help them. However, the interaction between your heart and mind has caused a re-action, which is picked up on in the angelic realms, and the angels will ensure that the needy person receives help.

This also applies in the negative. If you wish someone harm, but their pathway is such that this harm is not appropriate, then rest assured that your intent will come back to haunt you in the form of negative karma. There

will be a trigger in your mind that will cause you to remember the event that you wished to inflict on someone else. This trigger will remind you of the thoughts that you had whilst you are experiencing your negative karma. You will all have experienced this at some stage or other in your lives.

You may be wondering why we could be suggesting that it may be appropriate for someone to have harm inflicted on them. The answer is quite simple. Remember The Laws of Attraction and Manifestation? It could be that someone has attracted or manifested a slice of “bad luck” into their life as a result of their own negative thoughts and actions. It still does not make it right for you to wish harm on such people, and as with everything else, what goes around will eventually come around. This is what we mean by “appropriate” in the example quoted.

Because this kind of negative karma has been “earned” by a thought, and no actual harm inflicted on anyone, the retribution is normally quite swift and not as harsh as when actual harm is inflicted on another soul. It might sound as if there are disasters awaiting all of you just around the corner. But this is not the way it is, not so good thoughts and intentions are also negated by good thoughts and intentions. During the course of an earthly day, for the majority of people, thoughts with good intent even out against thoughts with not so good intent. It is the depth of your intent that swings the pendulum either way.

The Law of Intention decrees that it is the intentions behind all thoughts, feelings and deeds, which determines the level of cause and effect. Thus affecting your karmic pathway.

Michael – Angel of wisdom and truth

*Patience is all the strength that man needs.*

*Sri Sathya Sai Baba*

*Mankind will realise his mission on earth when he knows himself as Divine and reveres others as Divine*

*Sri Sathya Sai Baba*



## **Part Ten**

### **The Law Of Healing**

Healing is very widespread amongst spiritual seekers everywhere, but how many people truly understand how healing works? God's Law of Healing is one of the more simpler laws to understand, but unfortunately, not many do. There is much more to healing than the laying on of hands, indeed, the laying on of hands without the necessary healing thoughts is completely useless.

To begin with, the healee, in other words the person receiving the healing, must have an understanding of the need for healing, and above all, must want to be healed. There are many who simply do not understand how healing works; therefore, all attempts at healing these people will be in vain. First of all we need to understand the nature of healing and what the healing energy actually is.

“Healing” is what is given via God's grace to all souls on the earth plane, to assist with the difficulties of the spiritual pathway. Well-being is of the utmost importance to all souls in the process of making the spiritual journey on the Earth plane; therefore, God in his/her grace has allowed all souls on earth to receive help via healing. The energy itself is sent direct from source (God), and is diluted accordingly as it makes its journey to the receiver. Healing can be given directly (hands on) or indirectly (absently), and in both methods, can be requested by the

receiver or a third party (healer). God understands the needs of all souls; therefore a healee will only receive exactly what is needed and no more.

Healing can be requested at any time, and at a subconscious level, is always without exception, requested by the receiver's higher self. The requester, in the physical form, will not be aware of this at the time. However, there is a process, incorporating a kind of chain of command, which is always followed. This is God's Law of Healing. We will now explain this process in a bit more detail. First of all we will deal with direct healing.

Direct healing is where the healer lays his or her hands on the physical body of the receiver. This happens after a request or offer of healing from either party to the other. But what has actually happened is that the higher self, or subconscious, of the soul in need has conveyed a message of need to the higher self of the healer. This message is then in turn planted as a seed in the conscious mind of either the giver or receiver, and the healing process can then take place. Even in cases where the patient goes to a healing centre, and could receive healing at random from any healer present, the truth is that spiritual strings are always pulled, and it is the higher selves that decide who gives and receives healing from who. The healer is nothing more than a physical channel on the Earth plane for that Divine energy of love that brings comfort to so many.

In the case of absent (or distant) healing, the same process is followed, but the actual healing is administered by the

thoughts of the healer. Don't forget that the power of thought is beyond the scope of the human logical mind, and absent healing is a very powerful form of healing indeed.

So, we have established the process and nature of healing, but what actually happens during the healing process? As stated, the healer is simply a channel for God's love; so when the hands are laid onto the body of the patient, the energy of love flows through the body of the healer via the crown chakra. The energy then flows from the healer via the hands and into the body of the patient, thus the loop is completed. More experienced healers learn to regulate the flow of energy via their breathing. The idea is to breathe the energy into the body via the crown chakra, and into the heart chakra. On the out breath the healing energy is guided from the heart, up into the shoulders, and down through the arms and out through the hands.

Over time, healers build up close relationships with their spirit guides, and the healing process becomes a joyous experience for both guide and healer, as they learn to work together for the common good of all who seek their help.

The healing may be given for spiritual, mental, emotional or physical reasons. It is the guides and helpers of the healer that determine how the energy is distributed. They work in conjunction with the guides of the healee and therefore know exactly what is required.

Some ailments, conditions or diseases may be karmic; therefore a "cure" will not be forthcoming. But the healing

given will be designed to give the soul the inner spiritual strength required in order to cope with the condition. Also, the higher self of the healee will only take the amount of love energy that is needed. So it makes no difference whether healing is administered for one minute or one hour. Any excess healing energy is sent back up to source to be re-administered as and when required.

In the case of absent healing, the healer is placing the job of healing into the hands of God. God always acts accordingly to all absent healing requests.

Finally, a tip for all of you budding healers out there. If you are feeling overly tired after giving healing, it is because you are giving of your own magnetic energy, and not channelling the energy of love properly. Remember, learn to breathe with the energy don't just lay your hands onto your patient! God bless you and keep up the good work.

Zadkiel – Angel of wisdom and truth

*All the chaos in the world is due to the fact that people lead double lives. They say one thing and act differently. There should be unity in thought, word and deed. True spirituality consists of promoting human unity through harmonious living and sharing the joy with one and all. Bhajans (spiritual songs) and all forms of worship are only good actions, but are spiritually not important.*

*Devotion consists of expressing love towards all. You*

*cannot effect a change of heart by speeches. They often lead to confusion and conflict. Better than speeches is the practice of love, with faith in the Divine. Follow the path of love and redeem your lives.*

*Sri Sathya Sai Baba*

## **Part Eleven**

### **The Law Of Polarity**

The Law of Polarity governs the well-being of the planet in general, and is ultimately the responsibility of mankind. At this moment in time (August 2004) the planet is extremely sick. This is because of the actions of man/womankind. Every time an unholy action is carried out it causes a re-action out in the ether, which has a detrimental effect on the Earth plane. Likewise, whenever a righteous deed is carried out, the re-action has a positive effect.

We have stated in previous publications that it is no coincidence that time on the Earth plane appears to have speeded up. This is because the vibration of the planet is in the process of being raised from that of a third dimensional frequency to that of a fourth dimensional frequency. This is an on-going painstaking process, designed to enable mankind to achieve self-realisation during life on the Earth plane. However, with mankind, in general, determined to push the self-destruct button, the results have been near catastrophic. Without wishing to make this section too complicated, suffice it to say that every time an unholy deed is carried out it causes a planetary imbalance, upsetting the polarity of the Earth plane.

Some areas of the planet have been affected more than others. Hence, there are certain places on Earth that suffer

earthquakes, extreme flooding and other so-called “freak” weather conditions. God’s Law of Polarity decrees that the Earth plane should vibrate at a certain frequency, in order to function as God intended. In an ideal world of love, harmony, compassion and understanding, a perfect vibration will be attained and maintained simply through the right actions of the inhabitants. But in this world of selfishness and greed it is not possible. Only through spiritual awareness can mans’ understanding be progressed and raised. Only via right conduct and disciplined spiritual practice can mans’ bad habits be changed.

At this moment in time there are many highly evolved souls on the planet working very hard to bring about the positive changes that the human race cries out for. However, in accordance with God’s Law of Karma, mankind must repair the damage that mankind has caused. In other words, mankind is the cause of all planetary strife; therefore the effect is that mankind must work to repair this strife. It is the age-old story of man suffering because of man.

The polarity of the planet is the frequency at which the planet vibrates. Good and right actions help to maintain a healthy planetary balance. Wrong actions cause chaos, therefore think before you act.

Gideon – Angel of Healing and peace

*Love is like the mariner's compass, which points always towards the North. The thoughts of a devotee filled with love are always directed towards God, whatever he may be doing or saying. Such love has been described as Parama Prema –Supreme Love. God responds only to such love. It is not easy for everyone to understand the nature of this love. Love in man, if it is based on ego, assumes undesirable forms. If it is directed towards the Atma (spirit), it redeems man and sublimates him. Hence everyone should strive for Atmic realisation.*

*Sri Sathya Sai Baba*



## **Part Twelve**

### **The Law Of Reincarnation**

The cycle of life is an extraordinary journey through many lifetimes. During these many lifetimes we experience all the things that we need to, in order to become an enlightened being. How many lifetimes it actually takes is entirely down to us. The journey for most of us is an extremely bumpy one indeed, and I am no exception to this rule. Indeed, I have made so many rods for my own back that I could have started up my own lucrative manufacturing business!

I have chosen to write this piece myself, because reincarnation is a very fascinating subject, and one that many in spiritual circles are dubious about. Quite simply, I know that I have walked the Earth plane many, many times. I don't know exactly how many times, because my angels and guides will not tell me. They say it is not relevant for this life's journey for me to dwell on what is past. That is very true, but it is nonetheless important to understand God's Law of Reincarnation.

We choose this earthly life in order to discover who we really are. No other reason. In order to discover who we really are (to become a self-realised or enlightened being); we need to experience all aspects of life. From our very first incarnation we choose to learn about ourselves; what we are made of, where we have come from, where we are

going and how we will get there. Unfortunately, on the Earth plane there are many illusory distractions that divert us away from our chosen pathway. In our spiritual ignorance we tend to follow the illusion as opposed to the way of truth. When we lose track of our life's pathway we do not succeed in our goal; we do not achieve what we came here to achieve, therefore we must come back and try again. We initially incarnate (take on a body of flesh to use as a vehicle to get us through our earthly life), and when we get it wrong we have to re-incarnate – simple.

Reincarnation conjures up all kinds of weird and wonderful thoughts and images in the mind. But the truth is that there is nothing weird and wonderful, or indeed mystical, about reincarnation. It really is as simple as we have stated.

We choose a life on Earth; therefore we are “born”. Our lessons and experiences are pre-chosen by us and we are allocated a certain amount of time to achieve our goals. When our allotted time is up we “die”, and if we got it wrong we have to come back. For many souls the cycle of life is an eternal slog through birth, suffering and death, because there is a constant battle between the earthly senses and that truth of love within. For many, who succumb to their weakness of, and attachment to earthly desires, the cycle of life is one of constant torment. The idea is to release ourselves from the bondage of reincarnation, and the only way to achieve this is by constant enquiry, via meditation, into “who am I”. Only when we discover who we are as individuals will we free

ourselves from the chains that bind us to the Earth plane.

There are many who may as well have giant magnets attached to the soles of their feet. Those who are in constant bondage to earthly life; those who are seemingly “stuck” magnetically to the Earth. They are there for all to see. Indeed, as I go about my daily business I pass many people in the street whose faces are etched with the pain of bondage. People who are without direction; who are totally void of any spiritual understanding.

Invariably, most of us choose the hard way. So for many, myself included, we go about the task of discovering who we really are by experiencing what we are not. It hurts, doesn't it? The penny eventually dropped for me, how long will it take you? In order to free yourself from the shackles of birth, death and rebirth you need to raise your spiritual awareness, you need to realise what is truth and what is illusion. You need to realise that only that which is eternal is real – in other words, spirit. All else is illusion. When we focus only on that which is real, the spirit or eternal atma, we can realise the truth. The truth that we are all a manifestation of God here on the Earth plane. The truth that each and every one of us is a spark of Divinity, a light of love.

Ask yourself these questions. If you did not have a name and someone stopped you in the street and asked “who are you”, would you know how to answer? If you were asked how you came to be here, would you know the answer? Thirdly, if you were given a gift, but didn't need it, would

you accept it? They are simple questions, but quite difficult to answer.

The answers to the first two questions can only be found within yourself. The answer to the third question is this – there is no such thing as an unneeded gift. When someone offers you a gift, it is because they recognise a need within you. Having said that, only gifts given unconditionally from the heart are true gifts. Gifts given for personal gain are worthless. Today you have been given a gift. A gift in the form of an opportunity to release yourself from the bondage of reincarnation. Accept your gift with heartfelt thanks. But don't thank me, thank God. God bless you.

Richard

*Everyone has to make his exit someday. That moment should not be a moment of anguish. One should depart gracefully with a smile and a bow. In order to do that, a lot of preparation is necessary. To depart leaving all that has been accumulated during a long lifetime is a hard task. So prepare for it by discarding attachment to one thing after another from now on. You see many things in dreams and many things are acquired by you during dreams: power, self-status, reputation. But when you awake, you do not weep over the loss, even though for the duration of the dream, all that was very real and gave you real satisfaction and joy. That was a dream, you tell yourself; what prevents you from treating with similar nonchalance the possessions gathered during the waking*

*stage of life? Cultivate that attitude and you can depart with a smile whenever the curtain falls on this dreamland stage.*

*Sri Sathya Sai Baba*

## **Part Thirteen**

### **The Law Of Grace**

Grace is probably the most wonderful gift from God that anyone could ever receive. When God grants you his grace it means that he has recognised the efforts you are making to progress spiritually, and it is his way of giving you a “leg up”. Grace can be granted in many ways, the most common being the dissolving of negative karma. The Law of Grace is the only means by which other Spiritual Laws can be altered; and grace is granted only by God.

When we say that other Spiritual Laws are altered, this is not strictly true, as Spiritual Law is Spiritual Law, but this is the simplest way to explain what happens. For example, you may have been struggling throughout many lifetimes with certain life issues. You may have been presented with these lessons time and again during each of these lifetimes. However, due to spiritual ignorance you did not grasp and learn the required lessons. You may now be in a position where the penny has finally dropped, and you have found, and practice, a spiritual way of life. Unfortunately, because you dug such a deep hole for yourself during your struggle, you still find life very difficult. In these situations, your angels will ask God for grace on your behalf, in the hope that in his love and wisdom he will dissolve any remaining karma that may be attached to that particular life issue. When a soul has made such great efforts to walk a pathway of light, God rarely denies grace.

But make no mistake, your angels will not ask God for grace for you at the drop of a hat. Your efforts to find your spirituality must be truly gargantuan. As you progress spiritually, and gain an understanding that there really is more to life than the earthly illusion, you find that you, yourself, are able to request grace via your daily meditations. If, for example, you are faced with a difficult situation in your life, that simply will not go away, you have two choices. The person who does not understand spirituality will simply allow themselves to be totally embroiled in the illusion, and let it drag them down. This can eventually lead to illness and disease. We have all heard people say words to the effect of “I will never forgive them; I will take this to the grave with me”. This is an example of what we mean here. On the other hand however, the true spiritual seeker sees all situations as opportunities for learning and spiritual growth.

When you reach this level of awareness, you can access the situation at a much deeper level via your meditations, and ask your angels what lessons need to be learned and why the situation has arisen. Once you have this information you can set about the task of learning the lesson, and ask God for grace. You can either ask God yourself, or you can ask your angels to ask on your behalf. The Law of Grace is quite simple. It is a reward from God for sheer hard work. That is the easiest way to explain it. God bless you.

Gideon – Angel of healing and peace.

*The earth is a great enterprise, a busy factory, where the product is love.*

*Sri Sathya Sai Baba*

*Man must be unmade and remade.*

*Sri Sathya Sai Baba*



## **Part Fourteen**

### **The Law Of Perspective**

Perspective is the way that you see things. We all see things from our own perspective, which means that we are never wrong in our own minds. Our perspective is determined in accordance with our level of spiritual awareness. For example, you could have one scenario, and ask the opinions of six different people as to the rights and wrongs of the scenario. The six different people would probably have six different opinions, but they would all be right from their own perspective. No matter what your opinion of any given situation is, it is right for you at that time, in accordance with the level of spiritual understanding that you have achieved.

Take for example the homeless person who sits in the street begging for money. What is your perspective on this reflection of modern society? Let us play around with a number of possible opinions. First of all you could say that the person is lazy and doesn't want to work, and if they got a job they would not need to beg. Or, you could say "I feel deep sympathy for that person", and if faced with meeting a beggar in the street, you would want to give them some money. Alternatively, you might think that to give them money only encourages them to keep begging, and even though you sympathise, you would walk past.

However, let us look at the situation from the perspective

of the true spiritual seeker, the one who has found their life's purpose and who understands the ways of God's Laws of The Universe. The true spiritual seeker would understand that the soul who sits and begs in the street is doing so because of free will choices made prior to incarnation. He/she also knows that these choices were probably made for karmic reasons. There would also be an understanding that the soul is desperate for help, but the giving of money is not the answer.

One who looks at life from a spiritual perspective would instantly send out their loving thoughts to the beggar. They would ask God for help, guidance and healing on that soul's behalf. They may also go to a nearby food vendor and purchase some food and a drink for the beggar. They would offer the gift of food with love and compassion. Then they would sever any emotional attachment and move on, in the understanding that the situation is now in God's hands. What is your perspective? Whatever it is, it is right for you now.

Let us look at another controversial subject – immigration. Whatever your nationality, in your opinion, is your country being overrun with immigrants? What is your perspective on this?

Should they all go back to their own country because your country is for your country's people only, and they are taking all your jobs? Or, do you sympathise with their plight? But nonetheless, charity begins at home and we simply do not have the room. Or, do you think that your

country should continue to let immigrants in, because the people who want to stop immigration are mindless racists? What is the opinion, the perspective, of the true spiritual seeker?

One who truly walks in the light would have an understanding that there is only one caste, the caste of humanity. They would also understand that race, colour and creed are chosen prior to incarnation for karmic purposes, and are a necessity for the individual on a spiritual pathway of self-discovery. They would know also that it is not only individuals that have karma. Entire nations and continents have karma too. But above all, they would have an understanding that the race, colour or creed is simply a part of the earthly illusion. Underneath the flesh is a being of spirit, a being of light, a soul bringing lessons of tolerance, compassion and understanding.

Once you have an understanding that nothing happens by coincidence and that everything is part of God's Divine plan, you will have mastered The Law of Perspective.

Mark – Angel of guidance and higher spiritual awareness.

*Love lives by giving and forgiving*

*Self lives by getting and forgetting*

*Sri Sathya Sai Baba*

*Love is selflessness*

*Selfishness is lovelessness*

*Sri Sathya Sai Baba*

## **Part Fifteen**

### **The Law Of Responsibility**

Responsibility is the cause of all karmic debt. A simple statement, but one that rings very true. I can hear you saying “wait a minute, it’s not responsibility that’s the cause of all karmic debt, it’s our own actions” That may well be, but within the mechanism of God’s Laws of The Universe, it is The Law of Responsibility that causes you to be accredited with karmic debt. For it is true that every thought, feeling and deed has a knock-on effect, as we have stated many times before. When you have a thought, or a feeling or you carry out a deed, you and only you carry the responsibility that goes with it. There’s an old saying on the Earth plane that you can run but you cannot hide. How very true that is, for no matter how

much you may try to shirk your responsibility for your actions, the truth will always out; it is an inevitability.

The truth cannot be escaped from, no matter how long it may seem that an act of irresponsibility has gone undetected. In the bigger picture of things it may not be necessary to take responsibility for your actions for a number of lifetimes. It depends on where you are on the spiritual ladder. Souls who seemingly have no direction whatsoever, and who it seems, forever vibrate inside at a very low frequency; tend to pay back their karma over a number of lifetimes. This is because the consequences of their actions are sometimes so great that it would be nigh

on impossible to take responsibility for the whole lot during one lifetime. Highly evolved souls tend to pay back their karma as they earn it. This is because they have long since wiped the slate clean, and are generally on the Earth plane to take an active part in God's Divine plan to restore the Christ Consciousness to the planet. If it seems that you simply can't get away with anything at all in your life, and no sooner do you have a negative thought or feeling, or commit a negative deed, that something happens to you, then the chances are that you are a highly evolved soul.

Responsibility does not have to be a burden; in fact responsibility is a very valuable tool for all souls wishing to climb the ladder to Ascension. The more responsibility you take on board, the more negative karma you pay back and the more positive karma you gain. Responsibility is the key to Universal Love, that Divine energy we refer to as God. It is not a word to be feared, as would be the case on the Earth plane. Sadly, it would very much seem that responsibility is a dirty word in modern society. It is virtually impossible in many situations to find anyone wishing to take responsibility for anything. The game of life is full of people constantly "passing the buck". What they do not realise is the inevitability that the buck must stop somewhere at some time.

Your life is full of milestones, where you will have to take responsibility for your actions. Voluntary responsibility however, is the best, most positive form of responsibility there is. There is no comparison between taking responsibility because of past actions, and taking

responsibility because you want to. Voluntary responsibility is a fast track to Ascension. Souls, who constantly go the extra mile, by taking on more responsibility on a voluntary basis, ascend to mastery long before souls who do not.

Responsibility is the key to Ascension. If you can remember this alone, you will be half way there. God bless you.

Emmanuel – Angel of truth and wisdom.

*You are three people:*

*The one you think you are – body*

*The one others think you are – mind*

*The one you really are – Divine*

*Sri Sathya Sai Baba*

*Anger is the worst exhibition of the ego*

*Sri Sathya Sai Baba*

*It is not the standard of living that is important, but the manner of living*

*Sri Sathya Sai Baba*

*Immortality is the fruit of sacrifice*

*Sri Sathya Sai Baba*



## **Part Sixteen**

### **The Law Of Decree**

A decree is something that cannot be taken lightly, for when we make a decree we are making a promise to God, a commitment to the Divine. We are also making a commitment to ourselves. Decrees cannot be broken under any circumstances either, so when you make a decree you need to be 100% sure of what you are doing. Remember also The Law of Clarity, so be very careful how your decree is worded. The Universe will take your wording to the letter, so you need to be careful that you do not bite off more than you can chew.

The simplest way to explain The Law of Decree is to liken a decree with a law, only on a smaller scale. For example, when our Creator decided that there should be guidelines for spiritual progression, he/she came up with The Spiritual Laws. In other words God “decreed” that The Natural Laws of The Universe would be binding and absolute. But when an individual makes a decree, it is a law, if you like, that only applies to them and not to mankind.

You may wish to decree that under no circumstances should you be allowed to stray from your spiritual pathway. On the surface, that may seem like a simple and straightforward thing to request; i.e. “in the name of The Great Spirit I decree that I should, under no circumstances, be allowed to stray from my spiritual

pathway". You may wish to make such a decree because you are conscientious in your spiritual practices, and have a desire to be released from the bondage of reincarnation. However, as conscientious as you may be, you may not as yet have learned how to explore your inner self properly. Therefore, you may not be aware that you have a number of unresolved life issues hanging around in your unwanted baggage department.

These may be issues that will cause you great difficulty; therefore they are being resolved gradually over a number of lifetimes. In making such a decree you will be declaring to the Universe that you want to go hell for leather into your unresolved life issues, with no let up to catch your breath. The consequences could be very harrowing for you indeed.

A more practical decree would be "in the name of The Great Spirit I decree that I will now do my best to progress spiritually and resolve all outstanding life issues, within the boundaries of my capabilities and understanding". This way you are declaring to the Universe that you realise that enough is enough, and you want freedom from the cycle of reincarnation. However, you understand that it may be a long-winded process, so a degree of patience is needed. This way God will listen to your decree and act upon it in the appropriate way. He will ensure that you get all the assistance and guidance that you need to overcome your challenges. You will have decreed your desire to reach God; therefore God will meet you half way. When you invoke The Law of Decree, you are

declaring to God that you are ready to receive his/her love in all its glory. Other examples of decrees, good and not so good, are:

I decree that I will do my best to make the world a better place – good.

In the name of Love I decree that I will endeavour to carry out God's work to the best of my ability – good.

In the name of The Christ and all that is love, I decree that I will never knowingly commit a wrong deed. Are you sure about this? You are only human and cannot guarantee that you will not slip up. If you do, you will accrue negative karma, therefore, not so good.

I decree that I will love all living beings unconditionally. Great, if you have mastered the lesson of unconditional love. Not so great if you haven't. This would be a bold decree to make. As above, you will accrue negative karma if you slip up.

To sum up, a decree is a very powerful spiritual statement, so be careful what you decree. If you are in any doubt about your decree whatsoever, you are not ready to make it!

Michael – Angel of wisdom and truth

*The peace that pervades the heart can never be shaken for any reason; only peace of this kind is worthy of the name.*

*Sri Sathya Sai Baba*

*Light spreads; it mingles with the light from other sources of light; it has no boundaries, no prejudices, no favourites.*

*Sri Sathya Sai Baba*

## **Part Seventeen**

### **The Law Of One**

Oneness is Divinity. It is as simple as that. The Law of One is probably the most profound of all The Spiritual Laws, because it literally encompasses everything. We have stated many times before in our publications that all living beings are part of the same cosmic energy force that mankind refers to as God. But in our final piece on The Laws of The Universe we will elaborate on this concept.

God created everything with his energy, so regardless of whether we are referring to animal, vegetable or mineral, all is part of that great oneness, that Divinity. Different forms of life, as well as different inanimate objects, such as rocks, mountains, earth and sand, vibrate at different frequency levels. But no matter what the level of vibration may be, the energy is the same. In other words, creation itself is all part of the God force. Man/womankind is the highest form of creation on the Earth plane. Human energy is of the highest vibration.

Because everything has been created of the same energy, technically, everything without exception is spirit. However, there are only certain forms of spirit life that are on journeys of progression. Of those forms of life that are on journeys of progression, there are only a few whose journeys of life are determined by a certain level of personal responsibility. We know already that human souls most certainly are subject to high levels of personal

responsibility.

Certain other forms of life are also on spiritual pathways. However, the pathways of mankind, the animal kingdom, the birds and marine life are entirely different. Even the insect world has a spiritual pathway, albeit different to that of man. It is not true, as suggested in some religions, that man has evolved spiritually from microscopic life forms and insects. The spiritual pathway of mankind is totally different to that of other forms of life. If you do not do well in a particular lifetime, you will simply have to try again. You will not be made to come back as a slug, or some other form of lower vibration life, as a punishment.

However, it is true to say that all inanimate objects, the vegetation, the very air that you breathe, and even the humble slug, are all part of creation. Therefore all should be treated with equal respect. All are Divine in their own way. The purpose of the human journey is to realise that Divinity.

The sole purpose for choosing to incarnate is because you have a deep inner desire to become an enlightened being. It is a kind of a paradox really, that self-realisation, or enlightenment, can only be achieved via a series of journeys on the Earth plane, a place of illusion. But this is the way that God has decreed that it must be achieved. You must all seek the truth of your Divinity via a pathway of illusion. In other words, in order to discover who you really are, you must first experience who you are not. When you eventually reach enlightenment, you will have

reached a stage in your existence where you will see the Earth plane for what it really is – a classroom where the game of life is played. You will see all events as part of the illusion, and you will have learned how to transcend this illusion, this physical and materialistic life. You will have learned how to blend in with that cosmic energy force; you will have realised your Divinity. You will be at one with your creator.

The Law of One is simply understanding, via a pathway of experience, that you have never left the God you seek to return to. For God has never left you. You are one with God, you always have been and you always will be.

Mark – Angel of guidance and higher spiritual awareness

*All faiths have emphasised one common factor – that there is only one God and truth is his form. There are no differences between Hindus, Muslims and Christians on this basic concept. All religions, all scriptures, all spiritual teachings point to only the one truth, the unity of Divinity. Instead of realising this, men are lost in wrong paths.*

*Jesus sacrificed his life for the regeneration and welfare of mankind. Today there are some who exaggerate the so-called differences between different faiths and, for their own selfish purposes, exploit these differences and thereby bring a bad name to the great founders of these religions, who were spiritual giants. No prophet or messiah asked his followers to hate other religions or the*

*followers of other faiths. Every religion has declared that God is One and that the Divine dwells in every being. Jesus also proclaimed the truth that one spirit resides in all beings.*

*Sri Sathya Sai Baba*

*You are all one irrespective of the countries you belong to. Bulbs may vary, but the current is the same. Likewise, nationalities and personalities may vary, but the principle of the Atma is one and the same in all. Therefore, give up all differences based on caste, religion and nationality and spread the message of unity. Nations are many, but the Earth is one. Jewels are many, but gold is one. Stars are many, but sky is one. Bodies are many, but breath is one. You can experience bliss only when you render service keeping in mind the unity of all beings.*

*Thought for the day by Sri Sathya Sai Baba 29  
September 2004*



## Chapter Five

### Questions And Answers

It was apparent from the feedback I received from people who have read AWW1, that the most popular section of that book was the, Your Questions Answered chapter. It is for this reason that I decided to repeat the exercise here in AWW2. As an individual I feel that it is very important to be able to ask questions regarding spirituality, and even more important, to have my questions answered. I am sure that some of you would like clarification on a number of issues raised so far in this book, and as I typed, I also expressed a desire for further clarification. So once again I am attempting to put myself in your position as the reader, as I call upon the assistance of my friend and brother, Gabriel, and seek to dissect further some of the issues that we have covered so far. There are also a few other points that I will raise, not covered in this book, which hopefully, will help to further enlighten us. I hope this section of the book serves its purpose for you.

Richard

*Philosophy starts where physics ends.*

*Physics is useful, but it is only information.*

*Spiritual life is transformation*

*Sri Sathya Sai Baba*

**Gabriel, I don't feel very comfortable with The Law of Acceptance. I am not happy with the part that states, "once the contract is signed there is no going back". We are not talking about signing a contract with a rogue Estate Agent that might come back to haunt us. We are talking about commencing a spiritual journey. It makes it sound so severe. Souls are bound to be hesitant sometimes, not everyone is good at making decisions. Why is it so drastic to want to turn back once the contract is signed?**

A good question to start the ball rolling brother, and one that I will endeavour to answer for you in as simple a way as possible. Because you are in the physical form at the moment you see things from a different perspective to those in spirit. To take on the physical form is not something that is taken lightly in the world of spirit. Remember, it is a free will choice, so at the outset, there is a desire expressed by the incarnating soul. Once the desire has been expressed it starts a chain of events rolling, which has an effect, rather like a snowball. From the first tiny feeling of desire there grows a giant oak tree. It then takes a lot of hard work by a large number of souls to create the circumstances for the incarnation to take place. The incarnating soul has many opportunities along the way to have a change of mind. Each stage is meticulously planned, and on the completion of each stage the soul has an opportunity to call a halt to the proceedings. For a soul

to reach contract stage they must be pretty determined to commence the incarnation, and it is simply not thought of to have a change of heart once this stage has been reached.

**What if someone did though? What are the implications?**

It simply wouldn't happen. The soul would have a lot of explaining to do if they did change their mind. You must understand that souls take on the physical form out of a great determination and desire for spiritual progression, no soul would go as far as contract stage and then decline to incarnate. Contracts are signed with eagerness, not fear and apprehension.

**I think you have answered that one for me, thanks. But before we move on, just one more thing. You said that it was a free will choice to take on the physical form. Well, I was thinking, in accordance with my understanding, all human souls are on a journey back to source, even though technically, we have never left source. This returning to God is inevitable, and even though some souls take a lot longer than others, there is absolutely no way that a soul could not return to the God from whence it came. Is this correct?**

Yes my brother.

**So, what if a soul decided that it was happy just plodding in the spirit realms and chose not to**

**exercise its free will choice to incarnate for spiritual progression? If it's free will, then surely souls can use their free will to simply stay where they are?**

A good point, but one that we covered in our booklet, Divine Interpretation. For the benefit of those who have not read our booklet, the answer is simple. It is not in the nature of mankind to stand still and this situation simply would not arise. Remember the analogy we used in Divine Interpretation? You are in a job and happy to be plodding along, when suddenly you start to get itchy feet. You may not do anything about it at first, but the desire will have started to burn nonetheless. Eventually you start to look at the works notice board to see if there are any better positions advertised. You may also start looking in your local newspaper at the jobs section. In time, something will catch your eye and you will go for it. If you do not get that job, you keep looking until you bring about the change that you desire. It's the same with the journey of life. You can plod as long as you want to, but eventually, by your very own nature, you develop the desire to move on.

**Thanks for that Gabriel, now I would very much appreciate it if you would tackle The Law of Prayer for me. Quite frankly, I do not see the point of prayer if what we have said in this book is true. That is, that no matter what we pray for, God will always tailor our prayers in accordance with his Divine plan. As we do not have a clue as to what God's Divine plan is, it would seem to render all**

**our prayers obsolete. This is the way I am reading it, what is your perspective.**

A very good point Richard but one that is easily answered. When you offer your prayers to God, you are demonstrating a willingness to reach God. Therefore, God in his infinite wisdom understands what you are trying to say and acts accordingly. It really is as simple as that.

**Thank you, now I would like you explain in a little bit more detail what our brother Gideon meant when he gave us an explanation of The Law of Polarity. It was stated that every time a negative action is carried out it interferes with the polarity, the balance, of the Earth's vibration. It was also stated that this interference is the cause of the freak weather conditions that appear to be rife all over the world at this time. Are we saying then, that if someone robs a bank in Bournemouth a huge tidal wave will come and engulf the town?**

No, not at all, remember in AWW1, we spoke of rain clouds and how they constantly take in moisture until they literally cannot hold any more. Then they burst and return the moisture to the Earth in the form of rain? Well it is a similar principle. Every action, every feeling and every thought has an energy. We have stated many times already that our thoughts travel out into the ether and eventually materialise and come back to us. It is the same when we refer to The Law of Polarity. Every negative deed perpetrated by man creates an energy that travels out into

the ether. These energies build up over time until a kind of black cloud of negativity has formed. Eventually, these clouds become so heavy they literally collapse. The energies mingle in with all other kinds of energies and it creates a kind of “witches brew”, if you like, that causes havoc in the Earth’s atmosphere, which eventually causes the freak weather conditions. Of course, there is a lot more to it than that, but keeping in line with our policy of simplicity, this is the best way to explain it.

### **Speaking of witches brews then, what actually is a witch?**

The term “witch” falls into two categories in the earthly sense. Neither category plays any major part in spirituality. First you have what is commonly known as a black witch. This is simply a person who communicates with the lower echelons of the spirit world. The reason for this is purely and simply spiritual ignorance. Only those who are equally as ignorant can be affected by the actions of a black witch. In all cases the effect of a black “spell” is merely a state of mind. It all boils down to what we have said many times before. Tomorrow’s life is a manifestation of today’s thoughts. If you believe that a black witch can affect you, then you will be affected – simple.

The other category of witchcraft is that practiced by so-called white witches. It’s all very nice in theory, but the reality is that white witches are nothing more than misguided mediums. Let me explain further using one of our famous analogies! On the Earth plane, when someone

starts to develop an interest in matters of a spiritual nature, there is a danger in the early stages of development, of nurturing an attachment to the by-products of spirituality. People develop these attachments at the expense of spiritual truth.

For example, if a medium tells you that you have a Native American guide; it is easy to develop an emotional attachment to Native American memorabilia, at the expense of spiritual truth. People tend to go overboard, buying dream catchers, pictures of Native Americans and wolves, figurines and C.D's of Native American music. They then focus totally on this aspect, which is nothing more than an attachment to materialistic trivia. Such things are very nice and blend in very well in a spiritual environment, but they are only by-products, additions; they are not spirituality itself. Memorabilia will help to create an ambience; it is very decorative and very conducive to spiritual activity. However, focussing on memorabilia alone will not bring you the rewards of spiritual progression.

**All very interesting my brother, but what has all that got to do with white witches?**

If you will give me a chance to explain you will become enlightened! So-called white witches are in general, very well-meaning people. However, they spend far too much time dabbling with their spells and potions etc., so much so, that they become misguided. They focus on the by-products, for example, such things as five pointed

stars, and completely miss the point, which is simply that love is all you need to move a mountain.

**What do you mean?**

We will use you as an example. If you wish to achieve something positive for the good of others, how would you go about it?

**It would depend on the situation, but I would either offer a prayer to God or simply ask you and our friends in the angelic realms for assistance.**

And how long do you think that would take?

**Well, considering you all know my thoughts before I've even thought them; I would say that it would take no time at all. In fact, it's probably true to say that the wheels would be in motion before I'd even had the thought.**

Exactly, so with this in mind, you must ask yourself why on Earth anyone would need such trivia as witchcraft to bring about a positive event.

**I totally agree, but can you explain why it is that people who call themselves white witches are so adamant that their spells work?**

Yes, quite simply, The Law of Intention. We have spoken about intent a number of times already in this book. It's similar to when you may wish to perpetrate absent healing. It's what is in your heart that counts. We will use the example of wishing to help someone in need of



healing. You have two choices then, you can send out your loving thoughts, or you can cast a spell, the choice is yours. But the truth is, and this is without exception, there isn't a spell in the entire Universe that is a substitute for plain and simple love. Why waste your time dabbling with by-products of spirituality, when you can simply reach inside yourself and connect with that energy of Divine love.

**I have always thought that that was the case, and I have never given any credence to such things as witchcraft. However, I also have a problem with names such as shaman and lightworker, I see no reason on this Earth why anyone needs to refer to themselves as such. I do not see any reason to reach out beyond the simple philosophy that if you develop love you do not need to develop anything else. Have I missed the point here? Is there any relevance with the use of such names to describe the way in which you walk your spiritual pathway?**

Not really. Names are just names and nothing more. You are correct in what you say. However, in the case of the shamanic way of life, this actually encompasses a culture. So there is a slight difference, but in general it does not matter which label you choose to stick on yourself, you are still spirit and you are still on a pathway of progression. The danger with earthly labels is that, more often than not, by using them you restrict yourself to the views of that particular organisation. A lightworker supposedly

works with the light, but do we not all work with the light? Those who consider that they lead a spiritual existence will also consider that they walk and work in the light. If they then choose to call themselves “lightworkers” then so be it.

**Thanks for that confirmation. Now, I am also a little concerned about The Law of Decree. It was stated that a decree, once made, can never be broken under any circumstances. The implications of breaking a decree were also mentioned. I must say that I found this as severe as The Law of Acceptance. However, you have clarified my misgivings on that subject, can you do the same with The Law of Decree? As you will be aware, I have made two decrees myself since we wrote that section, and it has crossed my mind that as I am less than perfect, I may not be able to live up to them.**

Your feelings of apprehension are unfounded my brother. You made those decrees with purpose because you were ready to make them. We understand, that because we do not lead an Earthly life as such, that sometimes our explanations of things can seem a little daunting. But we can assure you that this is not meant to be the case. In the angelic realms our perspective on life is totally different to that of human beings, and in our efforts to make things as simple as possible, we sometimes use wording that can cause concern. Please accept our apologies for this.

**You don't need to apologise friend, I just need a little clarification. I have heard that as a safeguard, whilst making a decree, you can also invoke The Law of Grace. This is supposed to give you a kind of a safety net and prevents the individual from decreeing more than they can handle. Is this correct, and if it is, why wasn't it mentioned before?**

Whilst that may be true, we did not feel it necessary to mention it in this book. The important thing here is to understand that decrees cannot be taken lightly, and no one should make a decree until they are spiritually ready. It is also true to say, that as individuals, no human will encounter an aspect of their spiritual pathway unless they are ready for it. The mistake you have made here is that you have allowed your mind to be influenced by another book you have read on the subject of Spiritual Law. We said in the beginning that anyone reading this book could quite possibly have read other publications on the same subject, but will have found them different. This is a little lesson for you. No one is reading this book by coincidence and the text within has been tailored in accordance with God's Divine plan. Consider yourself corrected!

**That told me! Moving on then, what is ascension?**

Ascension is essentially your journey's end. It is when you reach self-enlightenment and no longer have to take on the physical form. Ascended Masters are those who have reached ascension, and as we mentioned in AWW1, no

longer have to return to the Earth plane. If they do, it is always through free will choice and a desire to help mankind.

**I have heard the ascension pathway spoken of, what is this?**

It is the final run in to ascension. Imagine that you are running a marathon and you are on the final mile, that is the ascension pathway. It is a pathway of opportunity, and a pathway of challenge.

**I have also heard that it can be very daunting, and that the individual can mistakenly think that they are having to learn karmic lessons, because the experiences can be quite severe. I have even heard it likened to a crucifixion?**

Yes, this is true. But what you must understand is that when a soul reaches the stage when they are ready to ascend, God is waiting with open arms and the soul is anxious to finish the marathon at a gallop. Because of this it is normal for individuals to choose some quite daunting tasks. Notice that I have said tasks and not lessons, this is very important. Souls ready to ascend have wiped the slate clean and are subject to instant karma. This means that any karma collected is paid off straight away. So the person who stubs their toe or bangs their knee on a table immediately after having a negative thought, is quite possibly on the ascension pathway. It is the final fling, the swan song if you like, before the curtain comes down on earthly life. Souls choose to be active in service to God and

mankind and go to great efforts to spread the word of love. As you know this can create difficulties in places shrouded by darkness. You also mentioned crucifixion; well everyone has their own equivalent of the crucifixion.

**It sounds quite horrendous.**

It's nowhere near as horrendous as it sounds. You must understand that it is no mean task to become ready to ascend. In most cases you are talking about more lifetimes than your logical mind can comprehend. When a soul reaches this stage we are talking about a real spiritual gladiator. It's the same as people who choose to climb Mount Everest or sail around the world single-handed. It takes a special kind of person to take on these tasks but they are taken on voluntarily, and the rewards are absolutely amazing.

**Thanks again for your words of wisdom, now can you tell me what a monad is?**

Yes, a monad is a soul group, or spirit family, whose members incarnate together throughout many lifetimes. Those not in the physical form at any given time normally provide assistance from the spirit world to those family members who are incarnate.

**Is the monad where the bulk of our guides and helpers come from then?**

Yes, most definitely. Monads are very close knit, but not in the same sense as on the Earth plane. On the Earth plane close knit means to be secretive and exclusive. Spiritually,

to be close knit means to constantly work together as a group for the common good of mankind.

**I have heard that the members of a monad must all ascend together. I find this a bit strange and quite unfair on souls who go the extra mile. Is this true? Surely it defeats the object of our individuality and uniqueness?**

No, it isn't true, and you are quite correct in what you say regarding individuality and uniqueness.

**I'm getting worried about you. That's twice in one book that you've said I'm correct!**

Well, we have both grown since our last two publications, and credit must be given where it is due; but don't worry, I won't make a habit of it! Your monad has worked extremely hard to help you get where you are today, and you have given considerable assistance in the progression of your family members.

**I don't quite know whether to take that as a compliment or not, but can you describe the structure of a monad and how individual members would recognise each other whilst incarnate?**

The true spiritual seeker treats all comments equally, regardless of whether they are complimentary or not. But to answer your question, a monad has elders who are the oldest souls. These souls are generally considered to be the "fathers and mothers", and are consulted on all matters of

spirituality. You then have different levels of wisdom and spiritual understanding, which determines where all other family members stand in the pecking order.

**But not the kind of pecking order we have on Earth?**

No, a spiritual pecking order born out of respect. Not all issues require the advice of an elder, so a soul seeking guidance would consult the relevant wisdom level of the monad.

**It all seems a bit complicated. What with wisdom levels. But how does a soul get born into a monad?**

It's not complicated at all; in fact it's very simple. When God creates a new soul he places that soul within a suitable monad. God knows best! But suffice it to say that it is considered to be a true blessing and gift of love when God delivers a new soul to its monad.

**Does God deliver the soul personally?**

No, there are angels whose specific task it is to deliver new souls to their families. In answer to the second part of your question, monad members do not readily recognise each other on the Earth plane. But suffice it to say, the more evolved souls become, they develop a kind of knowing sense that tells them when there is a soul group encounter. It's a case of "I feel as though I've known you all my life" kind of feeling.

**Finally, when a soul ascends does it leave the monad?**

Yes, but not completely. Ascended Masters go on to fantastic things, but they always return to the monad from time to time. Just like family reunions on the earth plane, so it is in the world of spirit.

**Thank you. It was mentioned in our piece on The Law of One that the humble slug should be treated with respect. Now, I do not believe in destroying any form of life just for the sake of it, but slugs and other forms of garden life can be a nuisance. Flies, for instance, can be an absolute nightmare during the summer months; surely it's acceptable to control these life forms?**

Yes and no. There is control and there is the indiscriminate murder of creation. We can take the Native American culture as a shining example of how life should be respected. The Native American Indians killed buffalo for use in their day-to-day lives. They did not only use the meat for food, but they used virtually the whole animal to make blankets, utensils, weapons for hunting and many other things. Before a buffalo was killed the Native Americans paid their respects to it by performing a ceremony of love and devotion. They recognised that the buffalo was providing them with sustenance and a means to live. Therefore, they did not kill the buffalo indiscriminately just for the sake of it.

**How can you compare a slug to a buffalo?**

Whether slug or buffalo, all are part of God's creation and



all have a right to life. All have a right to exist side by side on Mother Earth. However, when slugs, insects, or other life forms become “pests”, we must ask ourselves, pests to whom? God created all forms of life for a reason, and as such, all forms of life have a right to be here. Yes, I agree that sometimes certain life forms can get out of control and in certain cases will need to be culled and brought back into line. But this should be done in a respectful way, and prayers should be offered up to God for the tiny creatures being destroyed. In most cases, it is only because man has interfered with the environment that these situations occur. If your garden is overrun with ants or slugs, you can ask during your prayers and meditations for these creatures to be moved on. If they do not move on within a few days, you can take it that you have been given permission to carry out a cull. But you must offer a prayer of respect to the creatures that are to be culled.

A good example of mankind interfering with the environment is the plight of the foxes. Mankind has destroyed much of the countryside, in favour of the mass building of inferior housing. As a result, the natural habitats of the foxes and other country dwelling animals have been destroyed. This is why there is now an abundance of foxes living in towns and other built up areas. They simply have nowhere else to go.

**OK, that answers my query. Now, can you explain why certain things were mentioned in previous chapters that were to be discussed in more detail later in the book, but have not been brought up**

**again?**

Yes I can. We knew that you wouldn't miss a trick and we have simply been waiting for you to reach this stage of the book.

**I might have known! Anyway, Ezrael mentioned that there is always a soul mate encounter in life. Can you elaborate please?**

Yes of course, your soul mate is quite simply your heart and soul and loves you in a way that cannot be described in mere words. Your soul mate is your closest compatriot as far as human souls are concerned, and will always make contact with you in some way or another.

**I know that we touched on soul mates slightly in AWW<sub>1</sub>, and I know that there is to be more detailed discussion in AWW<sub>3</sub>, but can you just elaborate a bit more please?**

Your soul mate has a deep concern regarding your life on the Earth plane, and is very much a part of your life, whether you are aware of it or not. Sometimes there is only a brief, but nonetheless significant encounter, and sometimes you are with your soul mate throughout your whole lifetime. It simply depends on circumstances and what has been pre-arranged. Either way, during sleep state, soul mates are constantly together. They meet up to exchange notes and give each other encouragement. They also give each other healing when required. There is something about the healing administered by one soul

mate to another, it is truly an amazing sight to behold, and very effective.

**What about angelic healing, is it as effective as that?**

Yes, because healing is healing regardless of whom the healing process involves. But remember, everything is carried out on a “horses for courses” basis. If you need angelic healing, then you shall have it. Angelic healing is very powerful and it is not a case of who is better than whom. The object of healing, you see, is to heal. So, if you get healed then it has been effective. You know that we do not require praise and accolades for any of our work; we simply do it because we want to. The doing is our reward. In this higher spiritual context, soul mate healing is as effective as angelic healing.

**You really do have an answer for everything! Anyway, Emmanuel spoke of deep-rooted emotional problems, and about covering this in more detail. In this world of illusion, I’m not convinced that we would be considered qualified to speak on this subject. So, I feel that we need to be careful what we actually put into print here.**

Absolutely correct my brother. Before going any further I will offer this disclaimer. Neither the author nor the co-writers are stating that they are medically qualified in any way whatsoever; we simply offer an opinion based on the simplicity of Universal love! How’s that?

## **Truly brilliant Gabriel!**

Emotional issues can become very deep rooted and carried forward throughout many lifetimes. During these many lifetimes souls are presented with countless opportunities to deal with the outstanding issues. But the more opportunities that are missed, the deeper the problem becomes routed. This is where past life regression comes in.

**You have always told me not to look back, but to look forward, and you have never encouraged me to have a regression. The nearest I have come to regression is what you have very kindly showed me during my meditations and out of body experiences. Are you saying then, that there is a place for regression in today's society?**

Most definitely, for many the root of all the problems that they experience in their daily lives goes back to at least the childhood of the present life. But for even more souls, their everyday problems can be traced back beyond the scope of the logical mind. Regression helps people to go back to the situation that caused the problem in the first place and change the outcome. When you deal with the root cause of a problem, you eliminate the problem. There is nothing worse than treating symptoms.

**I totally agree with you and I can relate to all of what you have said. It fits in with the way you helped me to cope with my fear of dogs. You took**

**me back to the cause of the problem and we changed the outcome. You're quite clever really! Changing fear into love, quite amazing. Someone once told me that there are only two emotions, love and fear; all other emotions are linked to those two in one way or another. Don't you agree?**

Absolutely, and it is true to say that all deep-rooted emotional problems are linked to fear. Therefore, remove the fear and you will remove the problem.

**Is there any particular reason why we have covered this subject?**

Yes, quite simply to give people guidance. There are many reading this book that will be taking this on board. Either because of personal issues or because someone close to them has a problem.

**Thanks again. Brother Gideon spoke about changing one's inner vibration. Can we have some more information on this please?**

Yes, of course. To change one's inner vibration is one of the simplest tasks to perform. However, it does not happen overnight, so a degree of patience is required. How long it actually takes depends on the individual. Affirmations are the most effective way to change one's inner vibration. Coupled with a general positive attitude and a desire to serve. Service is the key however, because good service reaps positive karma. Affirmation and service go hand in hand; one without the other is not conducive to

changing one's inner vibration. In all things human we must start with the mind, because the mind is man's biggest enemy. Man has a habit of allowing the mind to rule the intellect instead of the intellect ruling the mind. Once the mind has control, you are a slave to the earthly senses. The consciousness can be broken down into four subtle elements, the intellect, the mind, the will and the ego. In an ideal world the intellect is in control of the human senses. When this is the case the will is strong, the mind is the slave, and the ego is non-existent, or at the very least, weak.

Unfortunately, for many it is not the case. For when the mind rules the intellect, the will is weak and the ego is rife. The secret therefore, is to develop a positive attitude through dedicated spiritual practice. When the individual has a daily routine of meditation and prayer, and seeks to discover his or her Divinity, the mind gradually resumes its rightful place as slave to the intellect. Armed with a strong will the individual can overcome all obstacles on the pathway of spirituality. We begin by training the mind to think positive. This is where affirmations come into the equation. Affirmations such as, I am happy, I am successful, I am in a well-paid job etc. Always affirm with "I am" or "I have" or "I will", never with "I want" or "I might" or "I would". Once the individual starts to think positively it becomes easier to think less of themselves and more of others. When this change occurs and the individual is involved in service, the two start to work in

tandem with each other and the individual's inner vibration will start to rise. Service comes in many forms, but suffice it to say, any action considered to be selfLESS, is considered to be an action of service. This is the most effective way to raise your inner vibration and thus attract more positive situations and people into your life.

**Finally my friend, I would be very grateful if you could answer one more question. As a medium, I quite often get asked this question, and I must admit it is one that I have pondered myself on many occasions. When I am giving public demonstrations, or even private sittings, I quite often come across people who are very cynical and who are simply not convinced that there is a life beyond the Earth plane. These people tend to put up barriers, and simply do not understand, that with any spiritual communication, you only get out of it what you put in. Therefore, with their barriers up, they are not going to get the convincing evidence that they require. But what these people quite often say to me is this, "I have never been given that one piece of evidence that proves beyond a shadow of a doubt the existence of spirit". In other words, if Uncle Charlie had a spot on his nose, why doesn't Uncle Charlie say "I had a spot on my nose"? If there was some kind of significant document floating around the family, why doesn't Uncle Charlie say so? I must admit that this baffles me too. If someone is a cynic,**

**surely that is a concern for the angels and guides? Why then, when a golden opportunity arises, doesn't Uncle Charlie bring through that gem of evidence that will convince the doubter?**

A very amusing anecdote Richard, but a classic example of someone using a sledgehammer to crack a nut! You answered the question yourself when you said that such people put up their own barriers.

**But what's stopping Uncle Charlie from slipping that gem into the equation? Some of the rubbish that I have had to deal with from the world of spirit in these situations is quite beyond me. The communicating soul quite often either cannot be recognised, or brings through information that makes no sense. Get out of that one?**

Yet another gem of amusement from yourself, but quite simply, when people put barriers up they are blocking the energy. You yourself always advise people that "we simply work on a vibration of love". I now ask you a question, when that love vibration does not exist earth-side, how do you expect us to communicate with you from spirit?

**Point taken, but I still think that Uncle Charlie could throw in something significant. As much as I love you my friend, your answer does not convince me on this occasion.**

OK, but think about this now. There are a number of other things that I could say on this subject, but here are just a



couple of examples of why we cannot do the impossible. Firstly, you have to question whether such people actually want a communication. Secondly, we can only give people what they want in accordance with their free will. If they are adamant that the barriers are staying up then we have to respect that. Also, there is the needs v wants scenario. What the individual wants might not necessarily be what they need, and I know that you have first-hand experience of this. Lastly, you have unfortunate situations where people will say no when they know very well that the answer is yes. You also have first-hand experience of this my dear brother. Do you want me to go on?

**No, you have convinced me. I was actually convinced already; I just wanted you to drag it out a bit more!**

Very funny, so much so that I am mildly amused at your attempt at humour. However, you will also be aware I am always at least one step ahead of you. Therefore, there was no question of dragging anything out; we said what needed to be said.

**Once again, I have been firmly put in my place! All that is needed now is for me to thank you wholeheartedly for your assistance and wisdom, also for your precious time. I am forever in your debt my friend and deeply grateful that you chose to work with me.**

Thank you too my brother. There is much more work for us to do, that involves more than just our writing. There is

a long pathway ahead for us and I shall enjoy walking it with you. God bless you.

*Body is like a flashlight,*

*Eye is like the bulb,*

*Mind is the battery cell,*

*Intelligence is the switch,*

*Only when the four work together do you get the light.*

*Sri Sathya Sai Baba*

*The service of man is the only means by which you can serve God.*

*Sri Sathya Sai Baba*

## **Out Of The Darkness And Into The Love**

My pathway has been hard and long, and like many of you, I have often wondered where it will all lead. Many times I have been down in the depths of despair, not knowing when my life will ever take a turn for the better. I have been in many dark places, places where I never want to go again. Now suddenly, I find myself on the threshold of something truly magical, something that I could never have wished for in my wildest dreams. My journey these days is one of happiness and love, for I have finally lain to rest my dark and desperate times, times when I swam in a sea of ignorance and spiritual destitution. I have finally let go of the past, the past that held me like a prisoner. For I suddenly realised that I was simply a prisoner of myself. I finally realised that I could no longer go through life with a heart full of anger and resentment.

When the penny finally dropped it was a big relief. However, that was when the hard work really began. Armed with this knowledge, that I only had myself to blame for the way my life was, I also knew that I was the only one who could change it for the better. Sai Baba says that in this life we are all gardeners, forever reaping the fruits of what we have sown; and truer words were never spoken. It is a difficult thing to accept, that we are all responsible for our own pain and despair. But once I accepted it, it paved the way for a new life; a new life to replace the one that I nearly lost before my due time. These days, when I think of my past roller coaster ride of

destruction, it makes me shudder. Yes, I have definitely learned the hard way, but the upside to this is, that all of my hard earned lessons have made me the person I am today. The hardest thing, I think, was learning to love and accept myself for who and what I really am. Yes, that must be the hardest thing, for when we are on our knees the first thing to go out of the window is our self-esteem; and once that has gone, it's very difficult to get it back.

No my friends, the spiritual pathway is not an easy pathway to walk. If it were, it simply would not be worth walking. But walk it we do, each and every one of us. Unfortunately, we often choose the wrong direction, and then it gets even more difficult to find where we need to be walking. Once the penny dropped for me, it was then just as difficult a task to turn my life around. But my dear angels and guides inform me that my true self is one that relishes the challenge and tends to do things the hard way. I suppose then, that I shall just have to live with that. But thankfully, I did find my way and I did manage to turn my life around.

The best advice I could give to anyone who struggles at this time, seemingly without direction, would be to look at all troublesome things in life from a spiritual perspective. For example, if you have situations or people in your life that are causing you hurt and pain, you need to find out why they are there in the first place. Obviously, they are there to bring you your chosen lessons, but you need to find out what it is you need to be learning. This information can be accessed via your daily meditations.

However, if you are someone who has just walked through the spiritual doors, you may not yet have a daily routine of meditation. In this case, you will need to find a quiet and peaceful time for yourself during the course of your day. Preferably in the morning before you go out to face the world. This is very important, this is what we call “me time”, it is time for you. Simply use this time to sit in peaceful contemplation for 5-10 minutes, this is sufficient. Allow your mind to clear, allow the dust of confusion to settle and simply send out a thought asking what you need to learn from the situations or people that trouble you. Then detach from the questions and have faith that you will receive an answer.

In due course the answers you seek will come. They could be in the words of a song you hear on the radio, or they could be in a book you have been guided to. Whatever method your guides and angels use to give you the answers you seek, it will be the right method for you.

Life is too short to give up on, so keep going. I wish you luck in your quest for answers, but remember, you choose your own luck. If you are diligent you will succeed, the key however, is selfless service. Because once you remove ego from the equation, you will receive the direction that you need to lead you out of the darkness and into the love. God bless you.

Richard Holmes

God + ego = man

man – ego = God

### **Recommended Reading**

**Conversations With God by Neale Donald Walsh  
ISBN 0-340-69325-8**

What I would call the first proper spiritual book I ever read, and one that really started to open my eyes to spirituality. This is the one that really started the ball rolling for me. A real eye opener that made me realise that the Universe of spirituality is truly a million miles ahead of psychic trivia.

**Healing The Past by Arian Sarris ISBN  
1-56718-601-7**

A truly incredible book that enables the reader to resolve all those niggly life issues that have been hanging around for many lifetimes. It teaches how to change the outcome of past situations that are causing problems in the here and now. I started to feel the positive benefits of this book about two weeks after I had finished reading it.

**Sai Baba – Man Of Miracles by Howard Murphet  
ISBN 0-87728-335-4**

The book of books as far as I am concerned. By the time I read this I had already found my spiritual pathway, and

Sai Baba had found me. But for anyone wishing to gain an understanding of a phenomenon that really is beyond all understanding, this book is an absolute must. It is said that one sixth of the entire population of the planet has now heard of Sai Baba. It is also said that no one will ever hear of the existence of Sai Baba until Sai Baba wishes it to be so. Without a doubt the best book I have ever read.

**Updated June 2011**

**Autobiography of a Yogi by Paramahansa Yogananda ISBN 0-7126-7238-9**

A truly life changing book that I had in my possession for quite some time before reading. It just blew me away and took my spiritual awareness on to another level. Every now and then a book comes along that hits you so hard you stay hit for some time...this is one of them.

**PART THREE**  
**ANGELIC WISDOM**  
**Volume Three**  
**INSIGHT**  
**(Second Edition)**

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## **Introduction**

Welcome to the third, and what will be the last volume, of the Angelic Wisdom series. The fact that you are reading this would suggest that you have read the previous two volumes and the two interim booklets, Divine Interpretation and Three Dimensions, Three Voices. The series is coming to an end because all concerned in the production have moved on considerably since Volume One first came into being.

The purpose of Angelic Wisdom Volume Three (AWV3) is to tidy up any loose ends remaining from the first two publications, and also to pave the way for new and exciting projects that are looming on the horizon. AWV3 will simply be a series of question and answer sessions. We felt, that as this has been a popular part of the previous two publications, it would be a good way of bringing the curtain down on the series as a whole. As ever there will be plenty of food for thought and healthy debate as I engage in conversation with my dear brother and Guardian Angel, Gabriel.

I hope you enjoy reading this volume as much as I have enjoyed writing it. To start the ball rolling I would like to share with you a most wonderful piece of spiritual inspiration that came to me from an unknown source. I sat down to write one day and felt a new energy around me. It felt so beautiful; I knew that it represented a special gift for me to share with whoever has the ears to listen or

the eyes to read. Read on and be inspired!

God bless

Richard

Special thanks to Jake Holly for the cover design and to Juliette Guest for proof reading the original manuscript.

The leaving of the Earth plane can be a traumatic experience for those we leave behind. Even with the knowledge that life goes on; our loved ones find it difficult to grasp the fact that we are free, happy and healthy. Sometimes we also feel grief this side of life, but not for the loss of a loved one. Instead we feel grief and despair at our inability to make you understand that it is not us that are the departed ones, but yourselves, that are separate from us and still need the restrictions of a physical body in order to further your spiritual growth. The physical body is very much a part of your earthly illusion, indeed without your physical form you would not be able to act out your scenes in the play of life in accordance with the scripts that you have written for yourselves. Your allocation of earthly time enables you all to experience what you need to in order that you may grow spiritually.

We understand your grief and can only try to gently coax you around to a spiritual way of thought and practice. Your soul families are with you all the time, in fact, if you could only grasp the truth of your spirituality you would understand that you can be closer to your loved ones than ever, even though they may have shed their physical bodies. Remember, your physical form is only a vehicle that has been finely honed to perfection, in order to transport you from one side of life to the other. When your physical form has served its purpose you too will shed it and move on.

Life in spirit is the real life. There are no restrictions, only

happiness and an abundance of opportunities for further spiritual growth. Look upon the Earth plane as a classroom where you have come, by choice, to learn. Also understand that you can never ever find happiness in materialism. Material objects are simply more of the illusion. They are tools that have been allocated to you in order that you may learn from your mistakes and experiences. The main mistake of mankind in general, is thinking that the physical body is real. It isn't. The physical body has been created from matter, which is a concentrated form of energy. Energy is eternal, it can neither be created nor destroyed, it simply exists. Matter, being energy, is subject to the same laws of the Universe; therefore it is in constant motion. It vibrates constantly at the required frequency, in accordance with the purpose that it serves. This purpose is always determined by our Divine Mother Father God, and everything has its purpose in the Divine plan. This constant motion is what causes the ageing process in mankind, in that nothing ever stands still, all is constantly in motion. In the same way that a cinema film on the earth plane will eventually come to an end, so must the physical body move on to become something else. This is the illusion. The physical form is simply a phase in the existence of the atoms and molecules from which it has been created. It can be likened to a mask that hides an unseen face. Only in this case, the unseen is the Divine spirit within.

My friends, know that you are Divine. Know that you serve a purpose on the earth plane; otherwise you would not be

here. Know that you are truly loved by the Divine Mother who created you and that you are never alone. God bless you all.

Source unknown

## Chapter One

**So my brother, here we are again. I'm sure we will engage in healthy debate, and I'm also sure that you will shoot me down in flames on a number of occasions as we progress through this volume.**

Yes, I'm sure too. However, the purpose of these exercises is to provide insight and learning for all concerned, therefore, as long as we achieve this goal, the means to the end is not of that much importance.

**Very diplomatic my friend, very diplomatic. The first thing I would like to ask you concerns Master Zadkiel's words of wisdom from the chapter, The Law Of Healing, from Angelic Wisdom Volume Two (AWV2). He stated that more experienced healers would consciously breath in the energy of love through the crown of the head, down into the heart chakra and then up into the shoulders, into the arms and out via the hands into the body of the healee.**

Yes, that is correct.

**Well, I am in agreement with that. However, something occurred to me after the event, which may have also occurred to other readers of AWV2. Hopefully, you can answer my query on this. My understanding is that the only way that healers can truly be instruments of light is if there is complete detachment from the healee whilst the**

**healing process takes place.**

Yes, that is also correct.

**It's also my understanding that when you hear people saying "I am a channel" or "I am an instrument", they are actually confirming that ego is present because the statement "I am" would imply attachment, therefore as long as there is attachment there is ego. This would seem to suggest that the only way anyone practicing healing can be a true channel is if they are completely and utterly detached. So, if you have someone consciously breathing energy in through the crown, down into the heart and up into the shoulders, then along the arms and out via the hands, how can there be detachment? This is an action that requires conscious effort. Therefore ego must be present. It also goes against what was said about the higher self of the healee only taking the amount of healing necessary for that particular spiritual journey. If you have a healer consciously pumping energy into a healee, it seems to be a bit of a contradiction.**

Bravo Einstein! Well done for bringing that point to our attention. Of course what you say is correct. But, what you must realise is that the breathing principle quoted by Master Zadkiel in that particular chapter refers to the initial commencement of the healing process. In the same way that when you prepare yourself for meditation, you

concentrate on your breathing and then at some point when you enter a relaxed state the breathing process takes care of itself and the “conscious thought” of breathing disappears from the mind. It’s very important for healers to get the breathing right, otherwise the consequences are as stated in that same chapter. Preparation via the breathing makes for “detachment”, non-preparation makes for “attachment” and ultimately health problems for the healer. This is because, in general, humans carry a certain amount of baggage around with them. This is part of the reason for being on the Earth plane in the first place; to resolve unresolved issues from the past. Therefore, where there is attachment there is a danger of the healer picking up unwanted baggage from the healee.

**Thank you. The next point I would like to raise also came about after the event. It also concerns a section in AWW2. During our discussion on witchcraft, you described so-called white witches as simply being misguided mediums. Now, I agree with this wholeheartedly. But it occurred to me that to refer to someone as being “misguided” could be deemed to be insulting, regardless of the circumstances. What do you say to that?**

Another very good point, and of course, under normal circumstances you would be 100% correct. For an insult to be delivered, again, there must be a degree of attachment, specifically of the emotional kind. The most obvious example would be to deliver an insult due to the emotional attachment of anger. However, in the realms of light we



have no attachments to earthly illusion whatsoever. Therefore, I was simply stating a fact, without opinion, that was completely free from any kind of attachment, emotional or otherwise. It is impossible for a being such as myself to deliver an insult, in any shape or form, because beings such as myself do not have these traits that are generally associated with humans. I hope that answers your question, but to elaborate just a touch before we move on. Ask yourself this question, why do negative emotions such as anger, hatred, resentment and fear, to name but a few, exist? The answer is that they exist simply because they are supported by humans. For example, fear exists because people become afraid and anger exists because people get angry. These kinds of emotions have no sustenance of their own; they have no basis except for the fact that humans create them and maintain them. Love, on the other hand, supports itself. It pervades all and everything. It has its own intelligence; it simply exists without opinion, bias or prejudice. It bathes all and everything in its light.

**Thank you for that wonderful answer Gabriel. To close part one, I would like to refer you to a section in Angelic Wisdom Volume One (AWV<sub>1</sub>). It concerns our reference to “dark angels” and Satan etc. Once again, I wholeheartedly agree with what you said about it not being worth to waste time on things that do not exist. The reason for me bringing this one up again, is that since we wrote AWV<sub>1</sub>, I have come across several references to**

such things in various publications, and I suppose, I would just like your opinion. Also it is quite amazing, the number of people who actually believe in dark angels and devils etc. My own personal view is this. There cannot be any such thing as dark angels because angels have been created in a certain way that defies the possibility of “renegades” in the pack. Celestial beings epitomise pure undiluted, unconditional love and it is simply beyond the realms of all logic that a celestial being would suddenly decide to “defect” to the other side so to speak. Of course there are beings on the astral plane of a lesser understanding, and we will revisit this subject later, but dark celestial beings, absolutely not. As for the devil, I have always believed that this reference was simply written into the Bible by religious leaders at some stage in time, simply to frighten ordinary people, who in those times especially, were extremely gullible. I also believe that the whole concept of “the devil” is actually symbolic of the illusion that is the world of matter, the Earth plane. Illusion is just that, a little devil, in that it fools us into thinking that we are actually bodies of flesh and bone as opposed to Divine beings of light simply passing through on a journey. The devil is the human ego that makes us feel emotions such as anger, resentment, jealousy, fear and hatred etc., and keeps us attached to the illusion that is our life here on Earth.

Yes, to an extent. You can also say that the devil is many other things. Namely, anything that detracts man from his true pathway, his spiritual journey, en-route to self-realisation. The devil is the human desires, the ego, the mind and even the intellect that also plays a part, albeit smaller, in deluding mankind. The devil is any material object or pastime that entices the individual into vain pursuits. Your assessment of so-called dark angels is absolutely correct and we will indeed touch on the subject of lost souls later on in this volume.

**The following are some words of wisdom uttered from the mouth of Sri Yukteswar Giri, one of the most influential Indian yogis ever to walk the Earth plane.**

**In shallow men the fish of little thoughts cause much commotion. In oceanic minds the whales of inspiration make hardly a ruffle.**

**Physicians should carry on their work of healing through God's laws as applied to matter. Wisdom is the greatest cleanser.**

**Imagination is the door through which disease as well as healing enters. Disbelieve in the reality of sickness even when you are ill.**

**Wrath springs only from thwarted desires. I do not expect anything from others, so their actions cannot be in opposition to wishes of mine.**

**Spiritual advancement is not to be measured by one's displays of outward powers, but solely by the depth of his bliss in meditation.**

## Chapter Two

**We said that we would touch on the subject of soul mates again?**

Yes we did, fire away my friend.

**I know that we have mentioned soul mates in both AWW<sub>1</sub> and AWW<sub>2</sub> but it is a subject that for me invokes a lot of interest. In this lifetime I feel that I have lived my life in various different boxes or rooms en-route to where I am now. I have spent a certain amount of time in each box before moving on to the next. In some of these boxes I have encountered people, mainly of the opposite sex, that I have felt a deep inner connection with, but as I have moved on from each box, so have I moved on from the people I now speak of. I have learnt that even if someone physically leaves your life you can keep connected to them via meditation. But I have always wondered at the purpose for the various meetings in the first place. I suppose what I am trying to arrive at here is a number of questions contained within one and I hope I am not confusing you my brother. Can you tell us if it is possible to have more than one soul mate? Or have I simply been meeting up with various close members of my soul family, hence the feeling of being connected beyond the realms of normality?**

It is possible during each incarnation into the world of matter to encounter at various times, members of your soul group who cross your path for the purpose of mutual support and learning. However, you only have one soul mate.

**That is what I thought. Now, on a personal note, I know that you will only allow me to know what is necessary for my own spiritual growth, but I honestly feel that I have not encountered my soul mate yet in this particular lifetime. I feel that I have encountered a number of close friends of spirit, but not my actual soul mate. Can you give me an insight into this?**

You have not yet encountered your soul mate because it has not been conducive to your pathway at this particular time. However, it does not mean that you are not in constant contact with your soul mate across the realms of time and space via your ability to communicate with each other telepathically. In time you will encounter your soul mate. It will be when you least expect it.

**Do we ever have lifetimes where there is no physical soul mate encounter, but where the coming together is entirely of a telepathic nature?**

Yes. As ever it all depends on the purpose for the incarnation. Sometimes, especially if there is only a need for a brief sojourn into the world of matter, a soul mate will simply act as a spirit guide from the astral planes.

Remember, soul mates love each other dearly and will always do what is necessary for each other. You, for example, are currently limited by a physical body. Therefore, you do not have a view of the bigger picture regarding your purpose for being on the Earth plane. You know that you are contained within flesh for the purpose of carrying out God's work, but you do not know the full extent of your spiritual goals at this time. As ever, the reason for this is that we can't let you cheat, as it would defeat the object.

**I cannot believe that you could even think of me cheating, let alone actually taking precautions against the event!!**

Well Richard, humans are humans and you are no different. But we know that you understand. Soul mates have been known to make great sacrifices for each other and your soul mate at this time does exactly that for you.

**Thank you for that insight Gabriel. I cannot begin to think what those sacrifices may be. I can only ask that you continue to guide me on my pathway in order that the sacrifices being made on my behalf at this moment will not be made in vain.**

**I can't think of anything else to add on this subject. Is there anything that you would like to further add?**

No, I think that just about covers the subject of soul mates as far as the Angelic Wisdom Series goes.

**Before we move on to the next subject will you give us some words of wisdom?**

Of course my brother.

We are one my brother, as are many others. The truth is that separation is only an illusion. We are all part of God's creation, no matter what walk of life we may come from. We all serve a purpose; we are all part of an intricate plan, a web of beauty that is a direct manifestation of God. God is everywhere, on all planes of existence. No matter where we find ourselves and no matter what situation we find ourselves in at any given time, there is always a reason, a bigger picture, that comprises a piece of the intricate jig-saw puzzle of creation. We all make choices that are designed to help us grow spiritually. This goes for us in the realms of light as well. Although our pathway may be different to that of humans we are still on a journey nonetheless. We need you as much as you need us, because we compliment and help each other. Without humans we would be unemployed! You keep us on our toes and keep us busy. The plight of the human race gives us celestial beings much to ponder over. It is our task to help you, but sometimes you make it extremely difficult for us. This represents a big challenge for us but it is one that we embrace gladly. Things are not as bleak as they may seem on the planet at this moment in time\*. That again is all part of the illusion. There is a lot to be positive about. Unfortunately, human nature being the way it is, good news is not GOOD news, so to speak. Because "good news"



does not make good news as far as media reporting goes, you only tend to hear about the negatives of life on the Earth plane, thus there is always an image of doom and gloom. So really the purpose of this piece of literature is to spread the positive message of love and light to our readers. Thanks to the efforts of many, many souls via prayer and positive actions, there is a reason to rejoice. Not in the future, but right now. We all have a responsibility to do what we can when we can in order to help the planet through its current difficult situation. "Good thinking" is the simplest most effective means of achieving this end. The power of thought is immense, we have said this many times before.

Therefore, if everyone were to "think good" now and always it would be the greatest medicine ever to nourish Mother Nature and make for a happy and bright future free from pain and suffering.

**Thank you for that Gabriel. Such simple words but so much power. I would now like to deal with the subject of lost souls in a bit more depth. We covered this subject in AWW1 and you said that we would return to it in the future.**

**Of course.**

**\*At the time of writing it was 2 January 2007**

Can you please give us a few more examples as to how souls become lost in the first place?

Yes. In AWW1 we gave the example of a soul becoming lost

whilst making the transition back to spirit due to severe trauma, such as “death” on the field of battle. But there are many other ways that a soul can become lost and I will give you a few more examples. Firstly, souls can become lost by simply refusing to return to the world of spirit whilst the transition is in progress. Sometimes the love between two or more earthbound souls is so strong that one or more making the transition at any one time can rebel against the process, so to speak.

### **How?**

So as not to complicate things we will use the example of one soul going through the process of “death”. You may have a situation where a partner knows that it is time to go but does not want to leave the other behind. That soul will fight to the very end in order to cling onto life in the physical body. Without exception, this would be a soul who did not have a great understanding of spirituality within the world of matter. Inevitably, the time comes when the spirit must leave the body, but as the transition is taking place the soul puts up a struggle, and in spite of all efforts made by the loved ones preparing to take that soul home, due to the struggle the soul ends up getting stuck within the etheric body. Once out of the physical and into the etheric, the same state of limbo that we spoke of in AWW1 is experienced. To recap, a situation of being physically “dead” but not being aware of it. Once free of the physical form a newfound strength is felt by that soul, who does not realise that they have left the body. They tend to stay within the surroundings that they were

accustomed to in earthly life, such as the family home. This can cause great difficulties for those left behind. The lost soul inevitably will want to draw attention to itself and will not be able to understand why it does not get a response. The soul's frustration normally leads it to cause disturbances within the household. Hence we return to what was discussed in AWW1, "poltergeists" and "evil spirits" etc. Which we know are simply names given by man to seemingly unexplainable phenomena.

A soul can also become lost when "death" occurs in a situation of extreme fear. If, for example, someone is running away in a state of severe panic, from someone else who wishes to cause them harm. When that person is eventually cornered or tracked down the panic will not go away. If anything it will have increased. A situation can then occur that the spirit will run as the transition takes place. This will inevitably cause utter confusion amongst those who have come to help. Once again, the transitory soul will be out of the physical body but still encased within the etheric. Seeing those who have come to "take me home" will confuse matters even more, and once out of the physical that soul will have got a second wind and will resist all attempts to coax it back to spirit.

Finally, I will give you one more example as to how a soul can become lost. As you are aware, not everyone on the Earth plane leads a life of spiritual bliss. There are some who have no concept of humanity whatsoever and who devote their entire lives to acts of greed and gain at all costs. Quite often they are also lives of violence. We prefer

to refer to such souls as “not so good”, but humans simply refer to them as being evil. Solely for the purpose of explaining this example simply and clearly I will continue to describe such souls as being evil. When such souls make the transition there is quite often a degree of resistance, just as in the previous two examples, but for different reasons. Whilst we know that the power of love is the most powerful force in The Universe and will ultimately win the day, evil is also very powerful and can create much damage. So when an evil soul makes the transition, if their evil is really deeply rooted, they can put up a very powerful resistance to the extent that they can struggle with those who have come to help them pass over. Once out of the physical body the helpers need to be really quick in taking that soul back, otherwise they will remain for an indefinite period of time within the etheric body.

**Thank you Gabriel. On that note I think we will bring the curtain down on part two.**

Words of wisdom from Albert Einstein

Nationalism is an infantile disease. It is the measles of mankind.

When the state becomes the main thing and the individual its weak-willed tool, then all finer values are lost. Just as the rock must first crumble for trees to grow on it, and just as the soil must first be loosened for its

fruitfulness to develop, so too can valuable achievement sprout from human society only when it is sufficiently loosened so as to make possible to the individual the free development of his activities.

## Chapter Three

**We have covered the subject of lost souls to the extent that a publication of this size allows us to, but in AWW<sub>1</sub> we touched briefly on the subject of Exorcism. I know that you were not too happy about this subject for the reasons stated at the time; however, you did say that we might return to it at some stage in the future?**

Yes I did and I will briefly go into it now. The reason why I still do not wish to devote too much time to this subject is because it actually goes against all that is associated with God and spirituality, even though it is practiced by people of a religious nature. Exorcism involves invoking certain forces that are best left alone to their own devices. Even though these forces may be utilised in the “clearance” of a person or building, they are not what you would actually call loving forces. The use of such forces can be likened on the Earth plane to using a sledgehammer to crack a nut. As we have already stated both in AWW<sub>1</sub> and in this book, when there is a spiritual or psychic disturbance, it is mainly due to the frustration of the lost soul at being unable to be heard. The majority of souls who become lost are more than happy to make the journey home. Therefore, it makes no sense to “run them out of town”, which in effect, is what exorcism does. In accordance with the Laws Of The Universe, there is always a right and a wrong way to do something. Exorcism was discovered by humans many centuries ago and was used as a means of

clearance simply because of ignorance of any other methods.

**If it exists then there must have been a valid reason for it in the first place, so how come it is so wrong now?**

Things exist in accordance with the era in which they are used. This is why God allows man to “discover” various things at various times. Because of man’s lack of understanding in days gone by, exorcism was used as a “horses for courses” method of clearance. But it has no place in modern spirituality. For example, an early dentist may have strapped you screaming into a chair, plied you with whisky, and used some horrendous implement to wrench out a troublesome tooth. These days’ patients are virtually led by the hand to a comfy chair whilst modern methods of anaesthetic are administered and suitable modern implements are used to carry out any necessary work.

To continue with the dental analogy, just because science and dentistry have progressed in the way described it does not mean that you could not still be strapped screaming into a chair and have your teeth wrenched out. But dentists do not work in such ways any more quite simply because humankind has progressed. So it’s the same with exorcism. The forces still exist but they are only invoked because of ignorance. Once invoked, those forces have a cycle to go through. In a nutshell, you can say that modern rescue methods involve the use of love and love only,

exorcism used anger, which has no place in modern spirituality and only exists anyway because of ignorance. Subject closed!

**Thank you, you're a star!**

Words of wisdom from Mohandas Karamchand Gandhi\*

One man cannot do right in one department of life whilst he is occupied in doing wrong in any other department. Life is one indivisible whole.

\*Mahatma (great soul) Gandhi was born plain and simple M K Gandhi. Great Soul was the name bestowed on him by the people of India.

**The subject of “letting go” is something else that I would like clarification on. What I mean is, I often hear people saying that a soul cannot progress because someone whom they have left behind on the Earth plane will not let them go. I'm afraid this is something that I just do not accept; however, as ever I am quite prepared to take it on the chin if you proceed to shoot me down in flames. If I explain to you my thinking on this subject, maybe you could then give me your view.**

**If a soul needs to return to spirit then that is that, nothing can hold them back, except for some of the things we discussed regarding lost souls. But under normal circumstances, getting stuck in the etheric body aside, when we need to shed our**



**physical form, we do so. I understand that due to close bonds of love between various souls and also a large degree of spiritual ignorance\*, some people find it very difficult to let go of their grief. But they cannot stop that member of their soul family progressing. Of course, the transitory soul will have a great deal of concern for the one still remaining in the physical form, and as the vibration within the astral world is not that much greater than the vibration within the world of matter, those souls will continue to feel emotions generally associated with humans. There will even be a degree of grief felt by the transitory soul at having left soul family members behind on Earth. But they cannot devote their time in the astral world to someone else's life on the Earth plane.**

\*The word "ignorance" here is not being used in an insulting way. It is being used in the context of its true meaning; lack of knowledge or understanding on a particular subject.

**Of course, they will more than likely be helping their soul family members from the astral side of life, they may even be devoting more time than is absolutely necessary to this work, but nonetheless, we all have our own pathway to walk so I simply do not see how the emotions of an incarnate soul can halt the progress of a discarnate soul.**

What you say is just about right, with a number of slight variations. Firstly, we need to understand that in the reality of things, nobody does anything to anyone else. Whatever we do is done to ourselves. Souls, who are, so say, held back, are held back because of their own weaknesses and not because of the actions of another. The lesson of detachment is one of the most powerful and beneficial lessons to be learnt whilst on the Earth plane. It is a lesson that, once learned, opens the doorway for substantial spiritual progression. It is true that astral souls have a great deal of love and concern for those still walking their pathway within the world of matter, but you are correct when you say that each and every soul is an individual and has a duty to themselves to work towards progression. Time spent in the service of others is part and parcel of life, whether in the physical world or the astral world, but attachment, especially of the emotional kind, can lead to difficulties. To close this subject, as you yourself have said most of what needed to be said, we also need to understand that learning does not stop just because a soul makes the transition back to spirit. Therefore if a soul is being "held back" it could also mean that because they did not learn the lesson of emotional detachment during that particular incarnation, they are continuing to learn the lesson from the spirit side of life.

**Thank you for that. All that talk of the astral world has reminded me of something else that I would like to ask you. Can you explain what is meant by the casual world and where the casual world lies**

## **in relation to the physical world and the astral world?**

Yes, there are three planes, or levels, of understanding, which in turn, are broken down into sub-levels. Each individual soul dwells on the level that is most suited to them at the time.

The physical world is where humans come to learn the lessons of life. You know this anyway, but briefly, you can describe the physical world, or world of matter, as a plane of low vibration based on illusion. It provides the individual with scenarios that promote the learning of spiritual lessons. Because the vibration in the physical world is the lowest of all the planes, a vehicle, in the form of a body of flesh, is required in order that the soul may make the journey. The flesh is comprised of matter, just as everything else on the Earth plane is comprised of matter. But the flesh vibrates at a unique frequency in accordance with the job it does.

The astral planes are the next planes up from the physical world. The astral world can be broken down into seven different planes, each one vibrating within a certain range of frequency. The lower astral planes are the planes that are closest to the Earth plane. As already stated, the vibration within these lower planes is not that much higher than the vibration within the physical world. Human souls flit between each world in a process called the cycle of birth and death. Each sojourn into the world of matter is known as an incarnation, because the astral

being is taking on a body of flesh. As the soul makes progress it will make its way up the seven levels within the astral world, and the time will eventually come when the individual no longer needs to incarnate into the world of matter. At this point in the soul's existence it gains promotion, if you like, and enters what is known as the casual world. The casual world is a plane of extremely high vibration and it is the world that precedes the complete liberation of the soul into eternal bliss. Once in the casual world there are a number of options open to the soul to aid the final push towards liberation. Some souls choose to flit between the astral and casual worlds in a kind of advanced cycle of birth and death, experiencing many "astral deaths" along the way. The purpose of these astral journeys is to work as spirit guides and teachers to those who dwell within the astral world. But each journey has its time limit, just as each incarnation into the world of matter does, therefore the casual soul will have to go through an astral death in order to make the transition back to the casual world. These deaths are not deaths in the same context as death for earthbound souls. It is simply a process that allows the shedding of the astral body so that the soul may dwell once more within the casual form, which is based on light.

**Do casual souls have form in the same way that humans within the physical and astral worlds do?**

Yes, but slightly different. Within the plane of high vibration thoughts manifest very quickly indeed, in terms of earthly time, a matter of a split second. Therefore

casual souls are able to “think” their form in accordance with any given requirements. Sometimes these highly evolved souls will take on a body of flesh and walk the Earth plane again. This is done purely out of choice and out of love for the human race. The purpose of such incarnations is to help mankind to progress beyond the sorry state it finds itself in and to help to open the eyes of humans to God’s love and spirituality in general.

**Thank you for that Gabriel, I think that will conclude part three.**

More words of wisdom from M K Gandhi

This is in essence the principle of non-violent non-cooperation. It follows therefore that it must have its root in love. Its object should not be to punish the opponent or to inflict injury upon him. Even while non-cooperating with him, we must make him feel that in us he has a friend and we should try to reach his heart by rendering him humanitarian service wherever possible.

The basic principle on which the practice of non-violence rests is that what holds good in respect of oneself equally applies to the whole universe. All mankind in essence are alike. What is therefore possible for me is possible for everybody.

## Chapter Four

**Something has occurred to me Gabriel. In our previous booklet Three Dimensions, Three Voices (TDTV), Gideon mentioned various dimensions but never spoke of the casual world. Explain please.**

Gideon was absolutely correct in the way he described the progression of mankind through to ascension. But what we are doing now is simply putting a finer point on the explanation. Liberation is not something that comes easy; it takes a lot of hard work. When a soul is on the verge of self-realisation there are a number of stern tasks to be faced, but as we have already stated in previous publications, these tasks are not faced for karmic reasons because the slate would have been wiped clean. These tasks are undertaken voluntarily as a sign that the soul is ready to give itself unto God. The casual world is beyond the astral world and is the final place of preparation before ascension is completed. It is a kind of a stepping-stone between fourth and fifth dimension.

**I have never heard of anything like this before. I always thought that we had the various dimensions, but now you are saying there are stepping-stones between them. I don't feel that I accept this and I am now questioning where this communication is actually coming from.**

Very wise to question my brother, very wise. But I can

assure you that this is I. We have said already that we cannot go too deeply into things in each individual publication. We are trying to deliver literature that people can understand, so this means that we cannot go too deeply into each subject at any one time. We are gradually feeding through additional pieces of the jigsaw.

**I understand that, but what makes it difficult for me to accept this concept is that I am led to believe that in terms of earthly illusory timescales, it's possible that the soul may remain in the casual world for years beyond my comprehension. If it's only a stopgap, how do you explain this?**

Quite easily. It simply depends on the individual soul. In the same way that it can take a soul "years beyond your comprehension" to scale the various astral planes, so can it take a soul a long time to breach the realms of bliss. The casual world is a kind of blending of the two dimensions. On the Earth plane people refer to Istanbul in Turkey as the place where "East meets West", so it's the same principle. It's a kind of a corridor, if you like, leading from the fourth to the fifth dimension.

**I am still a bit perplexed but nonetheless accepting of your explanation, and I suppose it makes sense when you really think about it.**

**Do you think we could now touch on the bible again? I know that we covered this subject in AWW1, however, since you guided me to finding**

out about and reading of the wisdom of Sri Yukteswar Giri, I feel it puts a new perspective on it. For the benefit of our readers, Yukteswar (1855-1936) was a great Indian yogi and spiritual teacher who had knowledge of the bible that went beyond the realms of normality. Since being made aware of Yukteswar I am now of the opinion that the majority of Christians, certainly all of those that I have met, do not really understand what is actually meant in these scriptures when they are busy quoting them at people. I would also like to point out that I do not make this statement with any kind of axe to grind; I am simply making it as a statement of fact. I don't want to contradict what was written in AWW<sup>1</sup> either, but I am now of the opinion that even though the bible has been altered considerably by religious leaders over the centuries, thus rendering its original concept null and void, it still contains some incredible symbolism. Also, one of the things that religious leaders tried to do was remove all reference to reincarnation. The thinking, I believe, behind this was that if people knew that they had a number of bites at the cherry, they would not be so concerned about leading righteous lives. Therefore, if you make people think that they only have one go, then they are going to "be good" so to speak. However, it seemed that this had the opposite effect. People thought that if they only had one goes, then they were going to enjoy



**themselves at all costs. But, where there are so many veiled and symbolic messages within the biblical texts, even today there are many references to reincarnation. What say you brother G?**

Yes of course you are right. The main point here is that the bible in its original form was a collection of sacred texts handed down to humankind by God in loving grace. Men then chose to alter these texts for reasons of their own gain; therefore as you correctly point out, the original concept of the bible has been rendered null and void. However, such was the vision of Yukteswar that he was able to dissect from the text the remaining wisdom of the ages. He was able to read the symbolism contained within the messages, as ordinary souls are able to read newspapers. Such was the depth of the original writings that no matter what mankind does to this book, there will always be a message within it for those who have the vision to see it and digest it. What you say concerning reincarnation is also correct.

**Thank you. Before we go on Gabriel, here is a gem of your wisdom that I found “by accident” the other day. I note that you imparted this little gem on me way back on 9 December 2003 and I thought I would give it some exposure here.**

“If you look out of your window you will see infinity.

The infinity that is God’s love.

Simply seek to be part of God's love".

**We are all a part of God's love whether we like it or not, but I suppose you mean to actively experience being a part of God's love and also to understand what we are actually experiencing. Is that so?**

Yes.

**Thanks for that friend. I would like to cover the subject of mediumship again if I may. I know we touched on this in AWW2, but I would just like to clarify a couple of points if possible.**

**As this takes up a large slice of my work with you I would just like a bit of an insight in how the process of communication works. Up to now I have simply accepted that under your supervision certain astral souls are brought forward who wish to communicate with members of their soul families who currently occupy physical bodies.**

Yes that is so.

**I have never given too much thought on how the process works, but recent events have prompted me to ask you. Now, I know that the subject as a whole could probably take up a whole book, but for the sake of this booklet, can you give a brief explanation of how you work with me and also if this is a uniform process across the board or do other teams have their own methods?**

We all work slightly differently, although the basics are the same. We all have our own special techniques that simply come with time, i.e. we learn on the job. I work with a team of specially selected helpers whose job it is to filter communicating souls through to you. Discipline is as important to us as it is to you, that is why we are very particular as to whom we allow to encroach into your space. The actual communication is performed by telepathy. We also use your senses that are in a heightened state when you are doing your work. We also superimpose pictures onto the “screen” of your mind (your third eye chakra). The method that we use is determined by our understanding of your ability to interpret the message. Sometimes we feel a certain message will be interpreted more easily via you clairsentience, so we feed information to your intuition. However, we are not always right but we are improving our working relationship all the time by this “trial and error” method.

**That makes a great deal of sense to me and would explain why sometimes two or three stabs at the cherry are needed before the receiving soul can understand the message being communicated. But what about mis-information? What I mean is (and please pardon the analogy), why do we hear “Auntie Gladys” being called out when there is no Auntie Gladys?**

A lot of the time when these things happen it is because of chaos ensuing on this side of things. From time to time we

have to let other souls have a go at helping us because that is the only way that souls learn and develop. Invariably there will be teething problems in the early stages of any learning process. As a human being there are certain words and phrases that are superimposed within your mind because of your human way of constantly thinking the same or similar thoughts. These imprints are very apparent on this side as all thoughts go out into the ether. So, to use the “Auntie Gladys” analogy, if for some reason you have been thinking about these words (and if these thoughts have been in some way amusing), a soul on this side who may be in the early stages of learning and may lack a bit of discipline, may pick up on this and feed the words to you, “just for a laugh” as you humans like to say. Whilst this may not be good practice, once the words have been uttered there is nothing we can do about it. This is where we rely on you to press on and wait to receive the correct information. Of course, there are also times when mediums simply interpret the information incorrectly.

**That’s a very good explanation and extremely diplomatic if I may say so. A clear and concise explanation that has seen the view from both sides. I suppose then, that having used the “auntie Gladys” analogy, this could apply to any train of thought or situation. For example, if the medium happens to be a railway enthusiast or a collector of some sort, if thoughts on such subjects have been dominating the medium’s mind, then there is the possibility that information regarding the**

**subject could be fed to the medium via a soul who wanted to be a bit mischievous, and I assume that there would also be the possibility of the medium's own mind getting in the way and tricking the medium into thinking that the information was coming from spirit side of life?**

Yes, this is so. This is why detachment is so important. It is so easy for the human mind to enter the equation and feed information that is not there.

**Thanks for that Gabriel. Now, to bring this particular subject to a close, there is something along similar lines that I personally find to be a particular bugbear. Sometimes when I am giving a demonstration of mediumship, it becomes apparent that there are person or persons sitting in the audience/congregation that are themselves trying to communicate with the world of spirit. I find this quite frustrating as it plays havoc with our own link to each other. However, what I don't really understand is this. When we are in communication with each other, as far as I am concerned, I am in communication with purity. If love is the most powerful force in the Universe and if we work together within the light of God's love, how come that such ignorant actions are able to interfere with what we do?**

That's a very good question Richard, but one that can be answered very easily. What you say is 100% correct. But

when I work with you it is in the capacity of “supervisor”. There are many that make up our team of helpers and each one is at a different level. You rightly say that the ignorant actions of a minority interfere with your link to us in spirit. However, it would be too easy to just let you have what you would call a cushy ride. People act in accordance with their free will, and ignorant or not, each action represents a challenge that must be dealt with. You and our team will only grow if you face up to and overcome such challenges. There have been some difficult venues that you have had to work in. But it is also true to say that no venue has been beyond your reach. You take each challenge in your stride as it comes, and whilst it is not always easy, you have been equal to each challenge you have faced. At the wave of a hand God could give us all an easy time of it, but ask yourself this, would it be worth it? The answer must surely be no!

**As ever you are right and on that note I think we will bring part four to a close.**

## Chapter Five

**So, my brother here we are again. In part four I would like to discuss some issues of an environmental interest and importance. A couple of things, that I for one, have spent considerable time mulling over.**

**Of course, how can I help you?**

**First of all I would like you to tackle an issue concerning the environment itself. It actually encompasses a few things, but I suppose what they are all leaning towards is the subject of pollution. I will break this question down into two parts. Firstly, I have heard it said that various spirit guides in recent years have forewarned of a petrol shortage in the future. It is said that the day will come when we simply will not have the petrol to run our cars and humans will have to seek an alternative method to get around. Now before I ask for your comments on this I would like to state how I stand on the subject. I stand a bit confused actually, but nonetheless, I will do my best to elaborate. It is my personal view that mankind now finds itself in a kind of catch 22 situation. I am in total agreement that petrol and diesel fumes do nothing but harm to our planet, and the roads, especially in The United Kingdom, are congested beyond comprehension. But there**

**are many such as myself who rely on our cars in order to get out and about to spread the word of love. Without my car I would not be able to do God's work, but at the same time, I agree that we need to do something to curb this pollution. What is the answer?**

It is a very difficult situation that the planet now finds itself in. Of course, you are right in what you say, that people such as you do need your cars in order to get around. But, in the natural course of time all things must change, and the day will indeed come when petrol will be so scarce that only the very wealthy will be able to afford it. It is also true to say that humans are great adaptors; indeed, change is a major part of the very essence of life on the Earth plane. In time, man will adapt as only man can, but rest assured, God's divine plan is very complex and covers all eventualities. Spiritual crusaders will always be supplied with whatever they need in order to spread the word of love. Remember, life on the Earth plane is only an illusion. Your human logical mind is telling you that you will not be able to function without petrol and like a lamb to the slaughter; you believe what your mind is telling you. Rest assured my brother; people like you will always be catered for when it comes to doing God's work.

**Thank you Gabriel. As ever, you are a star! The second part of the question is to do with cleaning materials, such as detergents etc. Cleanliness is of paramount importance, but it seems to me that many of the products on the market that we use**



**are extremely harmful to the environment. This to me seems like a kind of paradox. On one hand, we will kill harmful germs in order to achieve cleanliness, but on the other hand, we will damage the environment in order to reach this goal. The environmentally friendly products that are on the market are simply too expensive for the average person to buy. What do you say about this?**

Yes, you are right. This too is a very difficult situation. The simplest way to start the ball rolling in the right direction is for everyone to do what they can when they can. It may seem hard to believe, taking into account the current pollution levels on the planet, but more and more people are coming round to a more environmentally friendly way of thinking. Slowly but surely things are moving in the right direction. In the same way that media technology (such as televisions etc.) eventually reach more realistic pricing levels, so it is the same with all modern technology. Therefore it stands to reason that the natural products of which you speak, although they are at present beyond the budgets of ordinary people, will one day be more realistically priced, and in time, will replace the more harmful products that are currently in use. It will take time but the damage that has been caused can and will be rectified.

**That's good to know Gabriel. Now the next question I would like to ask you concerns the eating of meat. As you are aware I have made a number of failed attempts at becoming a**

**vegetarian, and at the time of writing, am still failing miserably. Before you give me your answer I would like to put forward my views on this and maybe then you could also tell me if I am on the right track or way off the mark.**

Of course, fire away.

**My understanding is that the animal kingdom, in their wisdom, knows that they are on the Earth plane for the benefit of mankind. The fact that Jesus Christ himself was a fisherman for a period of time would seem to support this. I also understand, rightly or wrongly, that even though animals feel pain, it is not in the same way that humans do. So, even though I never before had a problem with the eating of meat, my grievance, if you like, was with the way animals are treated. Many animals, including poultry, are treated with unbelievable cruelty and slaughtered in such great fear and pain. I also understand that when animals are slaughtered in such a way, the fear stays within the flesh, and this in turn, is taken into the human body when the flesh is eaten. It is this “disease” that causes a lot of the problems we get nowadays with diet-related**

**Illness. So even though I am still consuming meat, I am trying to eat only certain types of meat, especially organic or meat from animals that have been kept in a humane way.**

**You will also be aware, Gabriel, of my love and devotion for Sathya Sai Baba. Swami, in his wisdom, does not encourage the eating of meat. Indeed, none of the Sai devotees that I have had the pleasure to meet are meat eaters. For me, this predicament has been summed up by one of the Bal Vikas\* children whose pathway I have had the pleasure to cross on a number of occasions. How could the following words of wisdom, which you would expect to flow from the mouth of a sage, have come from the mouth of young lady of ten years old?**

**\*Bal Vikas children are the children of Sai Baba devotees.**

*“Sai Baba says never hurt anything. This is sometimes hard to take on, especially since you can be afraid of insects and kill them. Remember – it is the Lord”!*

*“Vegetarians have taken notice of the fact that Sai is omnipresent in animals, so they do not eat meat. If you are a non-vegetarian, then you probably don’t realise this, or you love the taste so much, you can’t resist it, but one day you will be a vegetarian definitely”.*

*“This is what he means to me and all I’ve got room for”.*

**What this young lady is saying is that she doesn’t eat meat because it means inflicting harm on a life form in which God dwells. It is a predicament Gabriel. But my excuse, albeit feeble, is that the preparation of nutritious vegetarian meals can**

**involve a lot of fiddling about and can be quite time consuming. What do you have to say on this subject?**

It is a question of discipline Richard. Of course, a lot of what you say is correct. God created the planet in such a way that mankind would have the sustenance required in order to survive. But, as you say, humans, being the way they are, have inflicted so much unnecessary pain and suffering on the animal kingdom. What we are seeing now is the emergence of the karma created by such acts. So mankind reaps, so mankind must sow. The pain and fear of the animal kingdom is now coming back to haunt the human race by way of food-related diseases that have been created as a result of man's own actions. Yes, the child utters a wisdom that is not usually associated with one so young. However, the message is clear. God is indeed present in all creation. In fact there is nowhere that God is not. God gladly gives humans the gift of food and it is not wrong as such if that food happens to be the flesh of animals. It is true that flesh contains a lot of nutrients that are conducive to a healthy life. However, most of the flesh that is consumed today has been contaminated. The animal kingdom has made huge sacrifices for the human race, but as you grow and become more disciplined, you realise the beauty in the animal kingdom, you realise the need to preserve this beauty and you also realise that the nourishment gained by eating flesh can also be gained by abstaining from eating flesh. It is simply a matter of discipline. In many ways you have a great deal of

discipline Richard, but in this particular area, you do not. In time you will achieve what we have discussed here.

**Thank you brother G, what about my theory on the pain of animals not being felt in the same way as human pain?**

Not true brother. Physical pain is the same for animals as it is for humans. The difference is that the animal kingdom is in acceptance of pain as part and parcel of their pathway. Humans do not accept pain gladly, quite simply because of earthly attachment. We have quoted Gandhi already in this publication, and he is probably a classic example of a human being that did accept pain. You see Gandhi was on the planet to carry out a spiritual mission. He lived his life virtually in a permanent state of equanimity, which means that he did not have any attachment to things of the Earth even though he was on the Earth. Because he was a spiritually evolved being he was able to rise above the illusion of earthly life, therefore he embraced both pleasure and pain with the same degree of indifference. He received beatings regularly and he was thrown into prison countless times, but he simply carried on his mission until it was complete.

**It makes me feel very humble brother. So, on that note I think we will conclude this part of our book.**

Some words of wisdom by Sri Sathya Sai Baba.

Love should be like a mariner's compass. Wherever the compass may be placed, the needle will point only to the

North. Likewise, man's love, in all circumstances, should be directed towards God. That alone is true love. It should be unaffected by pleasure or pain. It makes no difference between "mine" and "thine". Love has to be acquired only through love and not by any other means whatsoever.

Health is the essential prerequisite for success in all aspects of life, and for realising the four ideals that guide human life – moral living, prosperity, fulfilling beneficial desires and liberation from grief. Man seeks to live happily and peacefully, but happiness and peace are not won from worldly activities. The body that yearns to be healthy and secure is subject to disease, decay and death. However, the indweller, the self, within the body is not born nor does it die. The body is the temple of God. Hence, it is the duty of man to keep the body in good condition.

God has four qualities and it is only when you develop them that you can understand him. They are: Love, Beauty, Sweetness and Splendour. The cultivation of Love is enough to add unto you the other three. When you are full of Love for the Divine immanent in all creation, that stage is Beauty; when you are immersed in the sea of Universal Love, you reach the acme of Sweetness; when your mind loses its identity and merges with the Universal Mind, then there is Splendour indescribable.

## **Part Six**

### **What shall we talk about next Gabriel?**

Whatever you want.

**Hmm, we covered The Law Of Polarity to an extent in AWW2, which deals with the balance and equilibrium of the Earth plane. However, since we finished that publication there have been a number of major disasters that have devastated parts of the globe. Various hurricanes, floods and the tsunami of December 26 2004. What can you say on this subject? There are many who believe that such occurrences are because God is venting his anger. There are also many who have given various fantastic scientific reasons for these events, and of course, it gives some people the excuse to say that if there is a God then “why does he let these things happen”?**

A good point Richard, and of course humans will always seek to look anywhere and everywhere except to themselves for someone or something else to blame. The fact is that these adverse weather conditions are the result of many centuries of abuse inflicted upon Mother Nature by the human race. Remember, everything on the planet Earth comprises of matter, and there is no exception. Your flesh is comprised of matter, as is the mighty oak tree and the cup from which you drink your tea. What this means is that the planet itself is also comprised of matter.

Take your physical body for example. You have made no secret of the fact that for many years of your earlier life you abused your body with alcohol and other substances. After many years of abuse your body eventually started to feel the effects, and it is by God's grace alone that you are still on the Earth to tell the tale. You started to feel the effects, but to your credit, you heeded the warning and took steps to rectify the problem by adjusting your lifestyle and seeking a pathway of truth. Imagine the consequences if you had not taken the steps that you did? So it is the same with the planet. The planet is a living breathing entity in the same way that you are. So if you abuse the planet, eventually the planet is going to let you know. If for example, a human being were to venture outdoors in freezing weather conditions without suitable clothing it is highly likely that that person would catch some kind of chill. The body would react in certain ways to the treatment it has received. That person may develop a cough or cold, which would be made apparent by the display of various signs, i.e. sneezing, shivering or a runny nose etc. This is the body's way of saying "you have hurt me I now have this defect".

The person then takes steps to rectify the problem. If you abuse the planet for many centuries it will be more than the equivalent of a cold you have to deal with. So this is what is happening today. Take trees, for example, when God created the Earth he put certain amounts of trees in certain places to maintain a balance. The trees carry out a process that helps to keep the air clean and breathable.



God also allowed for the fact that eventually certain trees would “die” and need replacing. But mankind in its wisdom decided that entire forests would be cut down and replaced with concrete. Of course there is a need for housing and other essential buildings. But when these projects are undertaken without any thought for the environment there are bound to be consequences. It is a fact that there are right ways and wrong ways to do all things. However, humans tend to be motivated by greed therefore when projects are undertaken, the motivating factor tends to be material gain and not “how can we do this but keep the environment safe and balanced at the same time”.

**Thank you Gabriel that was really informative. Now, someone once asked me what actually happens when someone goes into a coma. I have my own theory on this but can you now give an insight on this subject?**

Yes my brother. Quite simply, comas generally represent a crossroads in the life of the person who is inflicted. They also serve as pathways of learning for the loved ones of the inflicted person. Once in a coma, the physical body of that soul enters a state of suspended animation where it is watched over by guides and angels until such time as a decision has been reached whether to terminate the incarnation or not. Whilst the physical form is at rest the spirit returns to the fourth dimension where further learning is undertaken with a view to enabling that soul to come to a decision. The soul may be experiencing

difficulties on the Earth plane with the pathway that it has chosen and it may be then appropriate for the incarnation to be aborted. The soul is not under any pressure to return to the physical body and can take as long as it wants to decide what to do. Sometimes an incarnation is aborted and the soul remains in spirit. However, if that soul has left behind a perfectly healthy physical body it may be used by another soul who will undertake to resume the incarnation. This is what happens when someone wakes from a coma but has no apparent memory of who they are or of their life prior to being in a coma. The loss of memory is because it is a completely different soul who has entered that particular physical body.

**Thank you Gabriel. I think we can call that end of part six.**

More words of wisdom by Sri Sathya Sai Baba.

Nature is a great preacher of spiritual truths. Consider, for instance, a tree. It puts up with heat and rain, summer and winter, and all the harm inflicted on it. It offers shade and fruits to whoever approaches it. It has no feelings of hatred or vengeance towards those who cause injuries to it. It seeks no return from those who benefit from it. Everyone should learn this lesson in selfless service and forbearance from the tree. Consider, next, the bird. The lesson it teaches is self-reliance. A bird perched on the twig of a tree is not affected by the wild swaying of the twig or the storm which might blow it off because it relies

not on the twig or tree but on its own wings for its safety. It knows it can always fly away and save itself. The bird is always happy and carefree, sporting as it pleases. Birds are not concerned about acquiring things for the morrow. They are content to make the best of the present, living on whatever they can get for the day.

## Chapter Six

**OK Gabriel, as we are dealing with a number of issues concerning the environment what are your thoughts on the safety, or otherwise, of consuming genetically modified food?**

It's like everything else Richard. You should not tamper with nature, full stop. If you do you must be prepared to deal with the consequences. Remember, we have stated a number of times already in this publication, what man reaps, so must man sow. It is simply not natural for man to interfere with nature. Going back to what we said before about everything being comprised of matter, all matter on the Earth plane vibrates at a certain frequency in accordance with the purpose that it serves. Therefore, the molecular structure of every individual thing has been designed to move in a certain way in accordance with that purpose. Remember, matter is constantly in motion, therefore the molecules of all things are constantly moving in accordance with God's Divine and perfect plan. It is not beyond man's grasp to interfere with the natural flow and process of all material things. However, as already stated, every action has a reaction, and if you go against the grain of nature, the actions that you take will create an effect to the cause which eventually must be rectified. A GM modified vegetable, for example, may for all intents and purposes look on the outside like a normal vegetable, but on the inside it will be a completely different object. God gave man food for the purpose of sustenance. In God's

wisdom, he created all foodstuffs to an exact formula in order to yield certain nutrients. So, if you interfere with the item of food, to the extent that it is modified and thus not vibrating in accordance with its purpose, what you get will not be what God intended.

**Thank you brother that was very informative. Finally, I have a question regarding a subject that I know will be close to many readers' hearts; Alzheimer's disease or dementia. I have a theory on this that I would like to run past you. It came to me whilst in a recent conversation with a friend.**

**All things have a reason, and dementia, surely, is no different. But why? So many people ask this question and it seems so sad to see people who were once sharp of mind heading towards transition in this way. But, I feel that dementia is actually designed to help the individual to let off steam before going back to spirit without accruing negative karma. It may sound crazy, but this is how I think it works (and I speak from a close family experience).**

**You have a soul who has spent a large part of their time on Earth in a state of submission. They do not have a very high self-esteem, and those who should be encouraging them simply take every opportunity to run them down and poke fun. Therefore, the self-esteem just gets lower and lower. They reach a certain age and have simply**

**not fulfilled any of their potential. As a result of this they become extremely angry and frustrated inside, but because of the weak personality, do not have the strength of will to let out these highly negative emotions. You can imagine how intense these emotions would be having built up over a whole lifetime. You can also imagine the consequences if all this “baggage” was taken back to spirit. It would simply create more issues to deal with in future lifetimes.**

**Because the negative or positive aspect of accrued karma is dependent on what is in the heart at the time of the thought, feeling or action and not so much the thought feeling or action itself, the individual’s state of sanity is removed and replaced with in-sanity. People with dementia are prone to becoming very aggressive and abusive. But because their sanity has been removed, they can unload the bulk of their anger and frustration before making the transition, without genuine malice in the heart. Therefore any aggressive actions do not accrue negative karma, but they do allow the individual to unload baggage. It’s all to do with The Law Of Intention. In other words, what was in your heart and what were your intentions when you did what you did? An insane person cannot be accused of malice therefore no negative karma is accrued.**

Very well done and spot on. Of course there are different

levels of dementia. Some people, for example, are less un-fulfilled than others. It's also true to say that some people would not on the surface appear to be unfulfilled and/or subdued. But humans are good at hiding their true feelings. Of course, there is a bit more to it than just what we have discussed here. However, you have got the gist of the reason for dementia, and keeping in line with our policy of keeping things simple, we will close the matter there.

**Thank you so much. So I take it part seven will finish the book. What have you in mind for part seven?**

To reverse the roles and have a conversation with you. I want to gage your opinion on certain things and I want to see how you have grown since we last wrote a book together. Of course, my brother, I already know these things. But I will work with you to put them down on paper.

**I sense an interesting conversation coming on with lots of differences of opinion and lots of you putting me in my place.**

We will see!

## Chapter Seven

Where do you think you are on your pathway?

**That's a tricky one, putting me on the spot straight away. Well, I can only be honest with you, and I wouldn't want it any other way. I am open to correction too and will always value your guidance. I honestly feel that I have wiped the slate clean as far as negative karma goes. The reason I think this is because, after all the pain of my earlier life, I do not really suffer in any way, shape or form these days. I feel that I have met and surpassed my original spiritual milestones (that being the reason in the first place for my present incarnation). I know that God gave me grace after I spent many years trying to self-destruct and I also know that my present pathway is a bonus in recognition of what I have achieved in the past. I feel that this life has actually been like two incarnations for me. I genuinely believe this and am so grateful to you all, and of course, to God for being so graceful and loving towards me. The obstacles that I face these days are totally of my own making and are completely unnecessary, but I am human, and I am weak in my humanness, so this is something that I simply accept and I try to bear the consequences of my own actions in the best way possible. I also feel that I am driving towards my**



**ascension, however, that may be a bit too ambitious an assumption at the present time, as I still have a number of the finer spiritual lessons to master. How am I doing here?**

Not far wrong my brother. You have some way to go yet before you ascend, but you are definitely going in the right direction. The finer spiritual lessons can be the most difficult to learn because they are not so obvious. You have begun to learn this now. Yes, I know what you are thinking, these lessons are most certainly there before your very eyes, every second of the day. Even though I said they are not so obvious, in many ways they are actually as plain as the nose on your face. It's just a matter of opening your eyes. Now, where do you think you are going?

**Ultimately, there is only one answer to that question – into the arms of God.**

Yes, most definitely, but where do you think you are going now?

**Well, my dear brother, I am not so sure. What I do know is that my life has taken many twists and turns, and whatever I do, wherever I go, I will always try to lead as spiritual a life as my human weaknesses will allow me to. I know that I am going onwards and upwards, of that there is no doubt, and I also have a vision of running a self-realisation centre. But to be honest my brother, I don't quite know how to get there. In my present circumstances I can't complete the**

**goals that my spiritual vision is materialising within my mind. So I suppose the correct answer to your question is “I don’t know, help”.**

I will help you to achieve your goals, simply focus on the vision and together we will achieve wonderful things. All the help that you need will be forthcoming. You accept that you have human weaknesses, and that is the key really. It is what separates great spiritual achievers, such as the likes of Gandhi, from ordinary mortals. Recognising that it is only the senses and the mind that feed the ego, thus keeping the individual chained to the cycle of birth and death and countless incarnations on the Earth plane, and seeking to transcend this state of being, is what will ultimately lead you to your ascension. Gandhi lived his life in a state of equanimity and was thus a shining example to humanity. What do you think we can achieve together?

**I think we have achieved a great deal already. For example, there are not many humans that share such a personal relationship with a celestial being as the one I share with you. We both recognise that it is a two-way thing and we help each other. We have a bond of love and a working relationship that has been forged through sheer hard work. Yes, without a doubt, we have already achieved much, but the sky is the limit. We will only have the restrictions that we impose on ourselves. But to be more correct, I should say that we will only have the restrictions that my human frailties impose on us.**

Not quite brother. I am learning in the same way as you are. Every day I spend with you is like a new adventure for me. As you correctly point out you are human, and your humanness can be unpredictable at times. I have had to learn to cope with that as you have had to learn to work with me. I have grown because of the work I have done with you and for you. All of us are on a pathway of learning.

**But you have a view of the bigger picture. Surely you will always know how I am going to react to any situation, you have the vision, so how can my human unpredictability be something that challenges you?**

Because when we are trying to help you we never know how long it will take for the penny to drop. For example, if we are trying to guide you in a certain way we will put signs there for you. It's your humanness that determines how long it will take you to see them.

Some of your views on spiritualism are controversial to say the least. Please explain them to me.

**Well, we touched on this slightly in TDTV, and as you will no doubt remember, our brother Gideon put me in my place. However, whilst my views and opinions on this religion have not exactly changed, thanks to Gideon's guidance, I now have a more subtle way of explaining things. Having said this, I still fully expect to have to engage in**

**some rather healthy debate with you now in order to state my reasons for holding the views that I do.**

**Firstly, I would like to emphasise that I fully accept that there is a need for the kind of “service” offered by the religion of spiritualism. There will always be a need to prove to people who do not understand the ways of spirit that there most certainly is life beyond this illusion. However, my biggest gripes revolve around what spiritualism has become and I actually see it as a contradiction of itself. I have a number of points to raise with you. Firstly, one of the biggest criticisms of conventional religion is how it appears to be rife with double standards and hypocrisy, and in many ways I see spiritualism to be no different. It misses the point. The point is that we are all Divine. We are all beings of light. We are all manifestations of God. We are all one. God is present in everybody, not just people whom we perceive to be “nice”. On the surface spiritualism appears to advocate this most fundamental of spiritual principles but it does not however put it into practice.**

**In what way?**

**The only wisdom is God’s wisdom, which is present on the Earth plane in many different texts, not just the writings of White Eagle and Silver Birch. There is wisdom in the Bible, the**

**Koran and the Gita and in many other spiritual texts. Ultimately, it is all the same wisdom but it's laid down in different ways to suit the many different peoples of the world. The political wing of spiritualism does not like people like me mentioning the name of Jesus in their churches, but Jesus was one of the greatest mediums, healers and spiritual teachers ever to walk the Earth plane; he had a message for everyone. The teachings of White Eagle and Silver Birch are simply the teachings of Christ, Buddha and Krishna etc. but stated in a different way so that the people whom these teachings are designed to reach can understand the message. They also do not believe in reincarnation because they say you cannot prove it. How ridiculous is that? What I am trying to say is that God's love appears to have been replaced by the egos and personalities of individuals who make up the rules to suit themselves. To close this first point I would like to add that there is only an *ism* on the end of spiritual because humans put it there. Over to you.**

Many valid points raised Richard. However, once again tainted with harshness. You really do need to learn to put your own prejudices to one side then you will be able to debate in a much more effective way.

**Well, I walked into that didn't I? Yes, I did allow my frustrations to cloud my views once again.**

**However, I would like to gently point out that the things that I say are based on experience and I have had many experiences in spiritualist churches of individuals believing that their own ego/personality self has more clout than God's love. What I mean is that in many of these establishments there are constant power struggles going on between various personalities and egos. You have the old school who have built empires for themselves over the years and now do their utmost to cling on to these empires for dear life. I still strongly feel that spiritualism, regardless of its talk, perceives young people to be a threat to old standards rather than embracing them as the future. This would appear to be substantiated by the fact that, on the various committees in the churches up and down the country, people under the age of 30 are somewhat of a rarity. I would also like to refer you to my own experiences, when as a "young man" of 32, I first entered a spiritualist church. You will be aware that because I found it to be such an unwelcoming place I eventually voted with my feet and stopped going. When I returned during the mid-1990's, it was only because I didn't know any other way and I found, to my dismay, that not a lot had changed and I eventually moved on again. I am now preparing for another battering from you!**

You speak a lot of truth Richard, and of course, what you

say could apply to almost any establishment on the Earth plane. Old habits die hard, and with the best will in the world, nobody is going to simply relinquish their grip on something just because there are younger people waiting in the wings. As Gideon stated in TDTV, the natural passage of time will eventually take care of things. You appear to have climbed down from your soapbox

**Yes, I have taken on board what you said. I have tried to put my point across without opinion, bias or prejudice but I accept that I still get a bit carried away. It's all a part of being human you know. What I like about you Gabriel is that you have an uncanny way of highlighting my faults to me in order that I can try to rectify them. For example, you know of my frustrations with spiritualism so you ask me for my views, knowing that I will immediately get on my soapbox, thus allowing me to see my own faults. Had I not immediately got carried away I would simply have said to you that I strongly believe that spiritualism imposes limitations on people and misleads them, then I would have explained why I think this.**

OK, now we have got there, explain why you think this.

**In order for me to explain properly this will have to be a bit long winded, but here goes. Firstly, I would like to re-emphasise that I fully agree with the principle of having places to go where people**

**can come to an understanding that life continues once the physical life comes to an end. If these places carry the label of “spiritualist churches” then so be it, I don’t have a problem with that. However, I see situations all the time where people have gone to their church, they have received a message; thus understanding that life continues, and then they remain stuck within this limiting mind-set instead of seeking their real truth, that they themselves are God. Spiritualism seems to dwell on this business of constantly seeking messages from astral souls, who when all is said and done, will only relate to them “things that are not real”.**

Hmm, interesting, explain yourself.

**Right, this is where it gets a bit long winded. We understand that life on the Earth plane is only an illusion, because everything, without exception, is comprised of matter. Matter = concentrated energy = atoms and molecules, correct?**

Correct my brother.

**If matter is constantly in motion, everything that we see is only temporary, thus it is illusory. So once again, using the “Auntie Gladys” analogy, when Auntie Gladys comes through in the spiritualist church, that soul knows that the soul family member she wishes to communicate with still occupies a physical vehicle of flesh, and thus,**



**also has a human logical mind that demands tangibility. Correct?**

Spot on.

**So therefore, the information she gives will always relate to the illusion that she lived whilst on the Earth plane. It will not relate to truth. For example, if Auntie Gladys said, “I am a being of light, names are meaningless, I am you as you are me”, the receiver of the message would not accept it as being Auntie Gladys. Therefore Auntie Gladys, even though she is not really Auntie Gladys, but God, would say something like, “my name is Gladys and I baked cakes and had a purple dressing gown, I also liked my garden”.**

Go on, you are confusing me.

**I don't believe for one minute that I'm confusing you Gabriel. It's just your way of keeping me on my toes! I accept that there is a need for the likes of Auntie Gladys and Uncle Albert to relate their illusion to their loved ones in an effort to demonstrate that they most certainly are living a healthy life in a happy environment. But I don't see that spiritualism does enough to encourage people to move beyond this limiting mind-set. I strongly believe that spiritualism simply encourages people to remain emotionally attached to “that which does not exist”, and as someone who has learned that the lesson of**

**emotional detachment is one of the most powerful spiritual lessons to learn, I do not see the validity in encouraging people to constantly seek messages from past illusion. The only messages that any of us need are contained within our hearts. God dwells within our hearts and is ready and willing to give us any message that we may need at any given time. This is what people should be encouraged to seek, communication with the God within, not communication with illusory trivia.**

Quite strong words Richard. Do you think that you may have climbed up on your soapbox again?

**No I don't. I feel that I am merely stating facts in accordance with what I have actually experienced.**

Fine, I accept that. Carry on.

**I have worked in many churches and centres in many towns and cities and I actually find it quite sad that there are some who attend their church or centre week in week out, year upon year, sometimes even sitting in the same seats every week, who, no matter what they see or hear in their church, will still only be there because they want a message from the past. That to me is truly sad. I know that you can lead a horse to water but you can't make it drink. But the whole structure of spiritualism seems to be so out-dated; people are not encouraged enough to look beyond the**

**illusion.**

Do you think that your comments could be construed as being quite rude on this occasion Richard?

**No not at all. Let me elaborate on that because we have just opened up another can of worms. Firstly, to repeat what I said a few sentences ago, I am simply making a statement of fact in accordance with what I have actually experienced. Whilst I accept that my frustration has a habit of clouding my views I still feel that my points are valid because they are based on truth and not figments of my imagination. As far as being rude goes I will say this. In life people take offence to many things, but emotions such as offence and indignation are only the result of attachment to the ego and nothing else. When trying to explain this point of view I will always refer to Gandhi as a prime and shining example of how this can be illustrated effectively. Gandhi walked the Earth plane to bring a certain message to mankind in the same way that many others before and since have done. When Gandhi became enlightened he reached a state of what we call equanimity (as already stated previously in this publication). What this means is that Gandhi was detached completely from his ego, therefore, whether he was receiving a beating, being thrown into prison or having praise heaped upon him, his reaction was always the same. He was truly a spiritually**

**“awake” person. So the answer to your question on whether or not my comments could be construed as being rude Gabriel, is that it depends on the level of spiritual understanding that has been attained by the individual reader.**

A good answer my brother and one that pleases me. Because there is far too much criticism in the world that is simply based on opinion and bias without foundation or genuine reason. If you have made those observations according to your actual experiences then that is quite acceptable. But you must also be just as ready to identify the positives as well as the negatives of all situations and this includes the religion of spiritualism.

**Yes of course. I understand that there are many genuine souls who stand under the umbrella of spiritualism who work tirelessly and selflessly with love in their hearts. Souls who have lit the way for many. I am simply saying that there is a need to move on and be constantly holding the vision of self-realisation as the ultimate goal. We should always be looking to develop instead of standing still and basking in temporary complacency. So, to elaborate a bit more and to sum up what I mean when I appear to unfairly criticise spiritualists and their religion, we need to understand why we have chosen to come to the Earth plane in the first place. It is because we need to experience certain things and learn certain lessons that will enable us to resolve**

**issues from past lives, that hitherto remain unresolved. It is only by freeing ourselves from these spiritual chains that we can progress as individual, unique beings of spirit and move on to the next stage of our existence. I have not once heard talk in a spiritualist church of the need to resolve these past life issues. Indeed, as already stated, the political wing of spiritualism does not even accept the concept of reincarnation. How then can souls who look to this religion for guidance ever be expected to reach self-realisation? Answer me that brother?**

A valid point and one that I welcome. I am pleased that you now offer your point of view in a much more constructive way, with reason and thought behind your statements. Although your views will not be accepted by everyone they are views that you are entitled to and views that are held by many others. This really is the beauty of the spiritual pathway. There are many different roads that lead to the same God. Suffice it to say that wherever the individual may find themselves at any given time, it is the right place for them to be AT THAT TIME. Whether you are in a spiritualist church in The United Kingdom or in a temple in The Himalayas, it is the right place for you at that time.

**Thanks Gabriel, a great bit of debate between us. Thank you so much for coming down to my level and looking at things from my point of view, and of course, for bringing this part of the project to a**

## **satisfactory conclusion.**

More words of wisdom by Sri Sathya Sai Baba

Most people today have no idea of what is devotion and what is spiritual discipline. Different forms of worship, pilgrimages, meditation and the like, are equated with devotion. These are not the indices of devotion. They can at best confer some mental satisfaction. As long as you think God is somewhere outside you, you cannot qualify for the Divine Grace. The true mark of devotion is to recognise that God is within you, around you and everywhere. You must develop faith that you are yourself a manifestation of God.

## **So what else to you want to ask me?**

I want you to analyse the words of Sri Sathya Sai Baba above and give me your philosophy on the subject of devotion.

**OK, I'll do my best. I feel that devotion goes hand in hand with love and faith, in that they are about the only things that we humble humans, and indeed yourselves, can offer to God as gifts. God has everything. He/She created all and everything, therefore what could anyone possibly give to God that God does not already have. God quite simply "owns" everything including ourselves. All we can really do is to seek to please God in the best way that we can. Baba also mentions spiritual discipline, which for me, is the**

stepping stone to love, faith and devotion. By following a daily routine of spiritual discipline one can cultivate the love, faith and devotion that is required in order to please God. The excuse often used by humans to avoid meditation is “I don’t have time”. This of course is absolute rubbish. There is simply no such thing as not having time. Time can be made if the individual really wants it. Not having time really means “I am so wrapped up in my daily illusion that I cannot see the wood for the trees”. Spiritual discipline is the means that enables humans to see beyond the illusion and focus on the reality of Divinity. Developing a disciplined daily routine of meditation, prayer and healing enables the individual to cultivate faith in God. It also helps the individual to cultivate a love for God. When you love God and you have faith that God is your constant companion and that every event in your life occurs for your long term good and spiritual growth, then you can also cultivate devotion to God. I would dearly love to say that I devote every second of my life, every thought, every feeling and every deed to God, but I don’t think I have quite got there yet. But that, surely, is my ultimate goal. Devotion isn’t about singing empty hymns or offering up empty prayers based on selfish requests. It’s also not about reading sacred scriptures. All these are good methods of spiritual practice but they count for nothing unless they

**are carried out with good intent. Devotional songs should be offered with thanks from the heart, prayer should be for the most part selfless and the reading of sacred texts should be done for the purpose of learning in order to put what is learned into practice. Reading simply to gain knowledge is fruitless. When knowledge is put into practice it becomes wisdom. When Baba speaks of “qualifying for Divine Grace” he is not saying that Divine Grace is for some, i.e. a chosen few, but not for others. He is saying that if you do not recognise that God resides within you then you are moving away from God (not literally, that is impossible with God everywhere). So if you are not aware that God is within you how can you expect to be open to receive her Divine Grace? When we recognise that we are manifestations of God and that Divinity dwells within our hearts, then we are open to receive the Divine Grace and Love that God wants us to have. Only through devotion will we “qualify” for this privilege, and only through spiritual discipline will we recognise the need to give our love, faith and devotion to him who made us.**

Thank you Richard

**Well, thank you too, for bringing this part of our association to an end. I always enjoy crossing swords with you even if it means being put in my place. God bless you.**



God bless you too.

**More words of wisdom from Sri Sathya Sai Baba**

**Seen through the eyes of love, all beings are beautiful, all deeds are dedicated, all thoughts are beneficial and the world is one vast family.**

**Have confidence in yourself and strive to understand well the nature of God's love. To secure that love is the sacred goal of mankind.**

**Close your eyes, withdraw your senses from the sensual objects. Search him in the heart with a one-pointed mind, devotion and pure love. You will surely find him; he is waiting there with outstretched arms to embrace you. If you cannot find him there you cannot find him anywhere else.**

**My birthday is the date when Divinity blossoms in your heart.**

**God is the doer you are the instrument.**

**The heart with compassion is the temple of God**

**It is part of human nature that man desires to reach the presence of the Almighty, to see him and be ever with him, for deep within the human heart is the urge to reach the place from which he has come, to attain the joy he has lost, the glory he has missed. Man is himself divine and so it is a matter of the deep calling unto the deep, of the part**

**calling for the whole.**

**Some words of wisdom from an anonymous source**

**Those who bring sunshine into the lives of others cannot keep it from themselves.**

**Afterthought**

**Hey Gabriel, I've had a thought. If the Earth plane is nothing but one big illusion, how can there be cause and effect. If all our actions are not real because life on Earth is an illusion how can there be re-action to action? You can't have a reaction to something that does not exist.**

Yes, very true my brother. But you see everything is created by the thoughts of man. Humans create all situations for themselves by the power of their thoughts. Life on the Earth plane is most definitely an illusion, but the actions of humans are the product of previous thoughts, which in turn became feelings and then actions. Today's thoughts create tomorrow's life; we have stated this on many previous occasions. Humans are slaves to their own thoughts. The human mind will "steal" your happiness and create for you unhappiness based on illusion. By the same token humans can also experience joy whilst on Earth. The thing to remember is that matter is constantly in motion and is driven by the thoughts of humankind. It's like a child having a piece of plasticine and constantly creating different objects from the same

piece. The plasticine itself will always remain the same but the object created will always be in accordance with the child's imagination. This is the illusion. Everything on the Earth plane is comprised of matter, which is concentrated energy. The energy will always be constant, but the scenarios of people's lives will always be a product of their thoughts. Thoughts are very confusing and changeable; therefore the illusion will change too. This is why some people appear to go from disaster to disaster throughout their lives.

**Thank you so much for that, and on that note we now bring this book and the Angelic Wisdom series to a close.**

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