



Into the Circle

Alan Santillo

Foreword

This book is a continuation of my first book *Through the Lychgate*. It contains a collection of my meditations between December 2002 and September 2003. The title of the book comes from the frequent imagery that was constantly in my consciousness during the course of these meditations. The significance of moving into the stone circle is one of passing from physical conscious reality into a state of meditative spiritual awareness.

The visual images of the stones comprising the stone circle that appeared in these meditations were so striking and the images so strong and familiar that I felt compelled to discover if it was a real place, rather than one that existed only in my consciousness. By chance, I was given an original water colour of "Callanish Stone Circle" by an artist called Andrew Harward. As I unwrapped the painting and the stones were revealed, my heart was in my mouth and I was tingling all up my spine as I recognised the stones from my meditations. I subsequently put "Callanish" into a search engine on my computer and discovered that it was located on the Isle of Lewis in Scotland. I was also able to discover from photographs that the views from the circle were similar to those I had experienced in meditation.

I have visited many prehistoric sites throughout England and Wales and I feel a deep connection with these sacred sites of our ancestors. There is no doubt in my mind that these uniquely special sites should be treated with great care and preserved for future generations.

The written accounts of my meditations are reproduced as they were recorded at the time. My hope is that those who read these words will be encouraged to meditate as a way of gaining insight and spiritual enlightenment.

Alan Santillo, September 2003.

INTO THE CIRCLE

3rd December 2002

I found myself on Samson, standing on the knoll overlooking the beach. I then walked to a high wall, which had a door that I passed through, before continuing my walk along the path toward the other end of the island.

As I reached the top of the hill on the far end of the island, I saw in front of me a stone circle consisting of 12 standing stones. I walked around the circle, touching each stone in turn. I then walked to a particular stone to which I felt drawn. I sat down with my back against the stone, inside the circle, with my feet facing toward its centre. As I sat there, I felt warm and comfortable ... at peace.

After a short while, I saw my Old Friend come into the circle and sit with his back against the stone to my right in a similar way to myself. Then the seer came and sat in a similar way against the stone to my left. More beings entered the circle, choosing a stone of their own, until all the stones had beings seated against them, all with their feet pointing toward the centre of the circle.

After another short time, the Celtic priestess appeared at the centre of the circle. She began to glow with a bright white light that expanded outwards in all directions until the whole of the circle of stones, including those in it, were encompassed in the light (the light formed a hemisphere). Then I noticed that there were lines of light/energy radiating out from her that touched all our feet.

This light/energy expanded and began to join us together, until eventually it formed a complete circle joining all of us completely, with the priestess at its centre. We stayed like this for some time. I began to hear and feel my connection with those around me ... and I knew that they could hear and feel me.

The priestess began to speak: "We are all come together here to make a whole ... we all have a purpose, a place, a part in this purpose. None of us can fulfil the purpose without all the others." She then pointed at me. "You are the gateway, the pathway, the channel for the energy and love of Creation from our spiritual realm into the physical realm.

Each one of you is a key to a part of this purpose ... you each have your own part to play." She then pointed to Chuang Chou. "Your part in this purpose is already known ... you are to be with this child for the length of his Earthly existence ... you are a constant in his purpose in being." (She was pointing at me again.)

She then pointed in turn to the others. "You are to become one with these two and myself. In our coming together, we will be a force/energy/love that will bring about all that is determined in this purpose. Many will be touched by this love that will be poured out into the Earth."

I had the feeling that although all those beings in the spiritual realm were already at one with each other, this vision/imagery was essential for me to understand what was taking place. It had the feel of the priestess being the key to facilitating this oneness for the 13 of us to enable this purpose; at the same time, the connection/oneness with the whole of Creation was still a part of this group. I saw Chuang Chou and the others as keys in their own right, keys that will open different things at different times, together or singularly. I am aware that Chuang Chou is going to be with me for the whole of this physical existence that I am undertaking ... and that reassures and comforts me.

We all sat there for some time, until eventually the light slowly began to diminish ... the energy joining all of us, however, remained. One by one, each of the beings in the circle seemed to fade, until I was on my own with the priestess. She looked straight into my soul ... I shook myself and thanked her and all the others and made my way back through the door in the wall and onto the knoll from which I had started.

6th December 2002

As I started to concentrate on my breathing, I instantly found myself on Samson, standing on the knoll overlooking the beach and looking out across the sea. As I turned and looked toward the other end of the island, I saw a wall that ran from one side of the island to the other. In the middle of it, at the end of a track, was a door. I made my way to the door and it opened as I approached it. I passed through the door and found myself in bright white light. I looked down and saw that I wasn't standing on anything, yet the pressure on the bottom of my feet told me that I was standing on something solid. Out of the bright light, I saw a being coming toward me – it was Chuang Chou.

We moved off through the light to a door. When we passed through the door, I found myself in a huge circular room with a domed roof. All round the walls were shelves full of books, but what really caught my eye were the beds. The room had several landings that ran completely around the room. On the ground floor and all around the landings were bunk beds ... hospital type beds. Some of the beds were occupied and others were empty, but their coverings were rumpled. As I continued to take in this scene, I saw many wandering around ... some bent over and others using various different aids that enabled them to walk.

Me: All this looks out of place in these surroundings. This feels and looks surreal.

OF: These are those who have chosen a physical existence of suffering. Their learning is not only for themselves. They have chosen these lives so that others may also learn.

Me: Why are they not whole whilst they are here? Why do they appear to me as if they were in their physical existence?

OF: You are being shown their attachment to their physical existence for you to understand their suffering. Some will return to us soon, whilst others still have much to accomplish. Those who choose a life of suffering have much to teach others about selfishness and selflessness. They bring out the best in others by their suffering. They also bring out the worst in

others. Feeling compassion for those who suffer is about placing yourself in their situation ... it is about seeing and feeling their experiences from their perspective ... placing yourself in their shoes. It is about authentically opening yourself to loving them and yourself. Compassion is not pity.

Me: What does this have to do with selfishness and selflessness?

OF: Selflessness is about giving of yourself ... giving only that which you are capable of giving without detriment to yourself. It is about choosing what you will give to others after considering yourself and others. It is selfish to give without considering yourself, to give more of yourself than you feel willing to give. Selfishness is not considering yourself and only considering others. It is selfish to consider others before yourself and to give more of yourself than you feel able ... this only leads to feelings of resentment, bitterness and anger. There is always the potential to overreach yourself and be overwhelmed by the need of others. Listen and be always open, so that you may be guided to maintain your balance, lest you fall from love and compassion into resentment and bitterness.

My Old Friend then turned and led me back to the door through which we had entered. We retraced our steps back through the bright light to the door in the wall. I passed back through the door to the knoll on Samson.

12th December 2002

I found myself on the knoll near the landing beach on Samson. I passed through the door in the wall and made my way to the stone circle. I walked into the centre of the circle and the stones were immediately luminescent. Bright white light shot out toward me ... engulfing me.

I found myself, or rather my consciousness, floating in bright white light. It felt as if there was no down or up in the conventional sense of my physical points of reference. As I floated, the bright light faded and I sensed that I was far out in the Universe ... out amongst the stars and solar systems.

I began to sense that I was a part of all Creation ... I was aware of a star

going supernova ... and of a tree being felled on the surface of the Earth. I can only describe it as being connected to all that is ... all that is seen and not seen ... all that is perceived and all that is beyond perception. The vastness of it was startling ... it was almost too much to bear. Time felt as if it was compressed into nothing ... as if all was happening at the same instant. I felt on the verge of panicking ... the same sort of feeling as I felt when totally alone and isolated ... completely desolate.

This feeling slowly diminished. My awareness began to expand. I started to see something that feels very profound for me. The spirit guides and spirit beings that we see, hear and feel around us, both in and out of meditation, are in reality an integral part of ourselves. They are projections of our self that are manifest as other entities, so that we will listen to the remembered revelations we already know. Chuang Chou, Hu, etc (and all others' spirit guides) are an integral part of the Great Mystery that is Creation, but so are we all.

We are all spirit having a human experience. At our fundamental level of being, as we are all part of the One, then it follows that all that we appear to learn and understand on this plane is a remembering of what we already know being brought into our human experience. All wisdom, knowledge, love, etc, is not new, we simply remember what we have known since the beginning of the Great Mystery/Creation.

Having said all that, the images and entities that are manifest in our human experience are not just figments of our imagination. They are a part of our human experience as we strive to remember who we truly are. They are the means by which we communicate with ourselves and the Great Mystery/Creation. When we are fully integrated with our true selves, we will know that all these others are a part of ourselves ... we will be aware of our connectedness with the Great Mystery/Creation once more.

Note: This whole experience felt completely beyond my human brain's capacity to cope with it ... beyond its ability to process all that I was

experiencing. I don't feel that I have expressed what I experienced very well ... I am trying to use words from a vocabulary that is not capable of expressing the experience I am trying to record.

3rd January 2003

I started on Samson and became aware that Chuang Chou, the Celtic priestess, the Native American seer and Hu were with me.

Chuang Chou and the priestess encouraged me to move from where I was seated overlooking the landing beach and to walk through the door to the other side. After passing through the door, I found myself in the centre of the stone circle. Chuang Chou and the priestess were with me. The stones started to glow and emit a bright golden light that enveloped me.

After a short time, I felt myself rising upwards ... it was really more like a moving through, although my interpretation of what was happening was one of moving upwards ... through layers of different coloured light/energy. It felt as if each layer was vibrating at a different frequency/intensity. It started with red and moved through to violet before I passed into a pure white light/energy. I was in this light for a short while and was conscious that I had lost all feeling of my physical body.

At this point, I began to hear (more understand or know) the following: my spiritual self finds it difficult to integrate with my physical body in this physical environment. It finds it difficult to come to terms with/understand/comprehend the needs of my physical body ... the need to breathe, eat, sleep, to have physical contact with others, etc. Part of my purpose is for my spiritual being, through having this physical existence, to know and achieve integration through this physical experience. It is about bringing into balance my spiritual being with my physical manifestation ... the harmonising of the eternal with the temporary ... the ethereal with the temporal. It is about the coming together and integration that transforms the spiritual, bringing it into physical expression.

After a while, I felt it was time to return. I found myself back in the centre of the stone circle. I was very aware of my feet solidly planted on the ground and the earth beneath them ... I also felt very cold from the waist down. Chuang Chou and the priestess were standing with me, looking intently at me. Slowly I began to retrace my steps back to the knoll overlooking the beach. My old Friend and the priestess accompanied me. I thanked them both for what I had been shown.

7th January 2003

I started on Samson with my Old Friend and the Celtic priestess. We passed through the door in the wall to the other side. (I have realised that on all my visits to Samson, the door has always been green in colour, whereas today it was black.) The three of us made our way to the ancient stone circle. I walked around the circle touching each stone in turn, like I was greeting old friends, before placing myself at its centre. The stones began to emit a golden bright light that enveloped us.

I found myself in a place of bright white light ... there were no visual references to indicate up or down. I asked about my future, not so much in words as in thought. I was then shown the following. First I saw myself working with other healers – there were many different people who received much healing in a variety of differing ways. I then saw myself sitting with a number of different people, one at a time, listening and talking with them ... and I could feel that there was much healing in these encounters.

After a while, it was as if someone was speaking to me, but it was not in words: "Teaching is not only a formal process with many, it is about every encounter with each one ... it is about passing knowledge, understanding and wisdom; this can happen in a single word or many words. Be patient with yourself and with all those you meet."

There was then a pause, where I had no images at all, just the white light of which I seemed to become a part. I then saw the image of an island

and knew it was Cyprus; then the image of another island and this was Malta. This was followed by the image of passing through clouds and laid out beneath me was a city. I could see the streets laid out in straight lines – it wasn't a big city. I had passed over a small town that consisted of a straight main street with some buildings scattered around it just before passing over the city.

The next image was one of a cluster of islands and I knew that they were the Isles of Scilly. Following this, it was again as if someone was speaking to me, but not in words: "There is much learning for you still to do ... it will come from many different sources, in many different ways and from many different places."

I found myself in the white light again. After a while, I felt myself being tugged back to the stone circle. My next conscious image was of standing with my Old Friend and the priestess in the circle. We retraced our steps back to the knoll.

I looked up to thank the priestess and found myself gazing into her face that was shrouded by the hood of her clothing, only to see not a face, but stars ... where her face should have been was full of stars ... all different coloured stars. Suddenly the stars vanished and there was her face again with its amazing Celtic designs. I thanked them both and returned.

Note: All through this meditation, I felt a calm reassurance that all was well ... a feeling of contentment.

9th January 2003

I started on Samson and found myself with my Old Friend, the Celtic priestess, the Native American seer and Hu. I greeted them and then my Old Friend, the priestess and I passed through the door (which was green again) to the other side. We made our way to the ancient stone circle.

I walked around the circle, touching each stone in turn ... I was conscious

of the fact that I walked around the outside of the circle rather than the inside. I then stood in its centre. I was bathed in white light and lost all sensation of the ground and my body. The white light appeared to be more liquid in nature, as if I was floating in it ... almost like floating in water, but very much less dense.

I stayed in this state of suspension for the whole of the meditation ... it lasted for 30 minutes. I was aware of many images flowing through my consciousness, but can recall none of them clearly. I was left with a feeling of being at peace and in harmony, of being in balance.

10th January 2003

I started on Samson with my Old Friend, the Celtic priestess, Hu and the Native American seer. I thanked them all for being with me during the previous day's healing session with a 5-year-old boy. I asked that his healing be continued until he next visits for healing.

Hu, the priestess and I set off to the door and passed through it to the other side. We made our way to the ancient stone circle, where we were all bathed in bright white energy/light. I found myself standing in a huge bright white domed building with Hu. I knew this to be a hall of knowledge.

Me: I have learned so much already about my spiritual existence ... but I know this to be just a speck of what there is yet to know.

Hu: There is much that you are yet to be shown ... much that you are yet to understand.

As I stood there looking around this huge building, I became aware of a voice that was not a voice ... it was like I was hearing the words, but they were within. What I heard was this: "This is the Hall of Knowledge and its shape and form are an image that represents this to you. In this building is contained all the knowledge since the beginning of Creation. This knowledge runs like threads throughout all Creation.

Each small, infinitesimal particle of Creation has inherent in it part of the knowledge. The combinations that these energy particles can form are infinite. So it is with your thoughts ... all of the particles that make up your physical form are a part of this knowledge, just as much as they are part of Creation. Your thoughts are but electrical impulses formed by the combination of the electric fields of many different particles that make up your memory.

It is the unique combination of these particles that give rise to your understanding and knowledge that is linked to all Creation. Each particle by which your physical form is now formed has been in many different forms since the beginning and this has been remembered. Remember ... energy cannot be created or destroyed, only converted from one form to another ... you know this to be so."

I had a sudden understanding about a sensation I had experienced recently, when I felt I lost contact with the floor and the chair and felt as if I was levitating - it was my ethereal body that had started to separate from my physical body. Although my physical body was still sitting on the chair, my spiritual body was about one foot higher.

I felt myself being tugged back to the stone circle. I seemed to float back to the stone circle where Hu, the priestess and I retraced our steps back to the knoll. Here I thanked the four of them for being with me and for all that they were teaching me.

13th January 2003

I started on Samson with my Old Friend, Hu, the priestess and the seer. We all made our way through the door to the other side and then made our way to the ancient stone circle. On reaching the stone circle, we walked into its centre. My Old Friend, Hu, the priestess and the seer stood equidistant around me. After a short while, a white light emanating from the stones started to envelop us. This light/energy intensified and seemed to form a sphere around the five of us. The images around me

disappeared and we were left suspended in this light/energy.

As I relaxed more and more, I began to have thoughts about love ... the love I feel for others and the love I feel from others. As I changed from the love I feel for others to the love I feel from others, the image that appeared was of myself inside a pyramid of crystal. I immediately associated the pyramid with protection. I knew instantly that I was protecting myself. The question was, why do I feel I need to be protected from the love I feel from others? There was nothing difficult about the answer to this question ... it was all about self worth, about my worthiness of being loved.

As I sifted through these feelings associated with my life, I began to see that there was no reason for me to be inside the pyramid. All these feelings were old and not relevant to who I now am ... so I just dissolved the pyramid. I initially felt naked and vulnerable, but also OK ... it was like stepping from a cold winter's day into the warmth of a summer's day. It wasn't just the warmth of feeling, but the abundance and colour of all that was around me ... it was a feeling of joy.

I again found myself in the white light/energy. This light/energy began to dissipate and I was once more aware of being in the stone circle with my four spirit friends. They all walked towards me and hugged me at the same time. We then retraced our steps back through the door to the knoll. I thanked each one of them and then returned.

14th January 2003

I started on Samson with my Old Friend, the Celtic priestess, Hu and the seer. The five of us then passed through the door to the other side. We made our way to the ancient stone circle, where I sat on the ground at its centre with the four of them around me holding hands.

After a while, the stones began to glow and we were surrounded in a brilliant display of coloured light/energy. I focused my mind on asking for

some words, images or thoughts for my partner. I tried to focus this meditation on her. We seemed to sit in this swirling rotating light/energy for some considerable time.

The first image I had was one of a rocket being launched and making its way up out of the Earth's atmosphere on a journey to the stars. I knew it to mean a journey into the unknown, a journey of exploration, a journey into something wonderful. It was a journey to the stars, not the planets – a journey of enlightenment and illumination. I also knew that this was for my partner and that this journey was not past or future, but in the present.

The images faded and I was again in the multicoloured light/energy. I remained floating here for some time before returning to the circle and being aware of my four friends. We all then retraced our steps back to the knoll. I thanked each one of them.

21st January 2003 (Guided meditation)

I started on Samson and followed the guided meditation to the meadow, where I sat on a log and waited for a visitor.

I sat on the log for a short while before my surroundings disappeared and I found myself in bright white light/energy. Whilst in the light/energy, I was aware of several images, but was unable to recall any of them. I was eventually joined by my Old Friend, who spoke to me saying, "Read the book." There was a long pause and he spoke again saying, "Read the book and all will become clear" ... his meaning was more like, "and you will remember."

When it was time to return to the log, I felt as if I was being catapulted back into my body on a long line of elastic ... it was quite a violent feeling. I found myself holding a log, about 2-3 inches in diameter and very heavy. When I looked at it, it wasn't made of wood, but of silver ... in fact it was solid silver in the shape of a log.

23rd January 2003

I started on the knoll on Samson, walked to the beach and sat with the water lapping over my legs. I felt myself soaking in energy from the sea. After a while, I rose and made my way through the door to the other side. Here I was met by my Old Friend, Hu, the Celtic priestess and the Native American seer. To my surprise, I had a name in my head for both the Celtic priestess and the seer. The seer I think is called Morning Cloud and the priestess is called Adrigal.

The four of them accompanied me to the ancient stone circle, where we seated ourselves on the ground at its centre. As I sat there connecting with the earth and the landscape around me, I became aware that I was viewing many different pendulums. They were of many differing materials, shapes and designs. I knew I was to choose the one that harmonised with my energy. I reached out my hand and took one. I could not see its shape or what it was made of. I knew it was a crystal ... but I could not see which crystal.

These images faded from my sight. I then became aware of being in bright white light/energy. I was standing asking my four guides for help in a forthcoming healing session ... I asked for the highest of energies to be available for us to use ... I also asked for other guides to join us in the healing.

The next image was of my Old Friend standing before me, speaking. He was not so much saying the words as the thought was in my head. This thought was, "Read the book ... it is important for you to know/remember." This image then faded and many different images started to flow before me. I cannot remember any of them ... just that they were there. This all faded and I felt myself being pulled back toward myself sitting in the stone circle.

When back in the stone circle, I rose and thanked my guides for all that I had experienced. I retraced my path back to the knoll.

26th January 2003

I started on Samson with my Old Friend, Hu, Adrigal and Morning Cloud. I thanked them for being with me during the healing session that had taken place. We made our way through the door to the other side and then to the ancient stone circle. We sat in the centre of the stones and were enveloped by white light/energy. I felt myself rise up beyond the Earth until I was amongst the stars.

After a short while, I saw the image of a human egg being impregnated by a human sperm. This began to grow from a single cell into an embryo, then into a child and finally into an adult. The adult then became old and died. I not only saw this physical life cycle, but I saw it in the form of energy.

I saw the same cycle as the life energy becoming one with the developing embryo, then absorbing and transforming energies from many different sources to sustain and enhance the physical life experience of the spiritual life energy. I saw this in such detail – eg, energy in the form of food containing the nutrients, which in their turn had transformed energy from the sun, water, air and the earth to form their substance, in turn being absorbed and transformed by the human body.

During the life span of this physical life, I saw the life energy of the spiritual life form change within the human form. Finally, at the end of the physical body's life, I saw the life energy separate from the physical form ... having been transformed during its life experience in physical form by all the energies absorbed and transformed by it. This life energy was itself transformed ... it shone so brightly ... it was radiant ... it had a beauty all of its own.

The message I felt I was being shown was that if we use the energy we take in to sustain us during our physical existence wisely, our life energy will be transformed in a manner that enhances us. If we do not, then we are not enhanced. It also felt that I was being shown about balance and

harmony ... not just within us, but with the whole of Creation. The way we live our lives in the physical existence – ie, the way in which we transform and use the energy we absorb, matters greatly to both our own life energy and Creation. The whole is a cycle ... one of many cycles that form Creation.

I returned to the circle with a bit of a rush as I felt myself being called back. I thanked the four who were with me and then retraced my path back to my starting point.

28th January 2003

I started on Samson and made my way through the door to the other side with my Old Friend, Hu, Adrigal and Morning Cloud. We sat in the centre of the ancient stone circle and were surrounded by bright white light/energy. I felt myself lifted up. I remember being in a place of tranquillity and peace and my mind became still. It felt as if I was travelling beyond the Earth and our solar system. I had the feeling of many different images, but can recall none.

I was brought back to my body with a jolt when the phone rang. I had to return to the light and then return to where I had started. I was left feeling disjointed.

29th January 2003

I started on Samson with my Old Friend, Adrigal, Hu and Morning Cloud. We made our way through the door to the other side and then to the ancient stone circle. We sat in the centre of the stones in a circle. I thanked them for being with me during yesterday's healing session.

After a while of quiet and tranquillity, I felt us being surrounded in bright white light/energy. I found myself standing and looking down at a young girl, who was lying on a bed in front of me. I found myself reaching out my right hand and watching as my fingers passed through her skull into her brain. My finger changed shape and moved toward a part of her brain

that sends different messages to the rest of her body. The messages that I was stimulating were to do with telling her body to kill the cancer cells, to change them from active to passive ... and also to produce the chemicals she needs to shrink the tumour.

This image was followed by one of a young boy. He also was lying on a bed in front of me. Again, I watched my fingers enter his brain and then his spine. I felt as if I was stimulating natural chemicals to balance his internal energy patterns and manipulating his spine to enable communication and the flow of energy around his body.

After a while, I found myself back in the circle. We all rose and retraced our path back to the knoll.

30th January 2003

I started on Samson with my Old Friend, Hu, Adrigal and Morning Cloud. We made our way through the door to the other side and then on to the ancient stone circle. I noticed that we walked slightly upwards to the circle and that it was situated on a flat area on the top of the hill.

We made our way into the circle and sat on the ground, the five of us forming a circle. I noticed that there was a space to my right for another person. As I sat there, I became aware of this sixth person ... to my surprise it held the image of my partner. The circle now being complete, we were all enveloped in pure white light/energy.

It felt as though all of us were rising. Any form of our surroundings vanished and I found myself looking down on my partner's friend, who was lying on a platform of white. I felt myself sink into a meditative healing state in preparation for healing. I reached out my hands and started giving her healing. I felt and saw the fingers of my right hand move inside her cranium and move toward the point in her brain that stimulates the production of hormones. I felt a gentle increase in the energy flow and recognised my partner's energy harmonising with my

own, along with Adrigal's ... there were others, but my conscious thought had moved on before I had time to recognise them.

Next, the fingers of my right hand moved out back to a point just over the woman's eyes. I felt my hand moving down to the base of her neck and move into her body to her spine. I felt my fingers manipulating each vertebra in turn, all the way down her back ... making small movements to align and release tensions. I was struck by how frail her body seemed ... it took me by surprise ... there seemed to be nothing to her physical body. This healing energy poured out upon and through her for some time.

Eventually, I found myself standing back with the six of us in a circle around her. She was encircled in a white light/energy field. I formed the thought that this energy field would not only promote healing, but form a protection for her. This image eventually faded and the six of us returned to the circle.

When I looked around, I could see no sign of my partner ... but knew that she had been with us. I thanked the four and gave thanks for my partner being with us. I retraced my path back to the knoll.

3rd February 2003

I started on Samson with my Old Friend, Adrigal, Hu and Morning Cloud. We passed through the door to the other side and walked toward the ancient stone circle. As we approached the circle, I could see it was illuminated by a pillar of bright white light/energy. In this white light/energy, there were many different coloured stands of light swirling around in the pillar. We entered the stone circle and walked into the pillar of light/energy. When we reached the centre of the circle, we stopped and stood in a circle. I became aware that all I could see was this pyrotechnic display of coloured light/energy.

As we stood there, I began to feel myself float in what felt like an upward direction ... my feet had left the ground and we were all surrounded in the

light/energy. After a while, we seemed to reach a different place ... it felt as if we were waiting for something or some one ... it also felt as if we were one of many that had come to this place.

Suddenly, it felt as if we were called. I heard a voice that wasn't so much a voice of sound, but more a voice that filled this place ... that was a part of this place we were in. It spoke, but not in words: "Any who are here who have performed any act that has not been done with the best of motive and in love must leave now."

I felt my heart stop ... a great sorrow came over me as I straightened up and looked at my Old Friend, Adrigal, Hu and Morning Cloud. I could see only love in their eyes ... I felt tears in my own as I knew I must leave them. With a great sorrow in my heart that weighed me down beyond measure, I started to walk away from them. With all my being, I wanted to stay, but knew I could not pretend I had always acted in love and with the best of intentions.

As I walked away, I suddenly heard this same voice command me to stop! It felt as if my feet could no longer move. I felt myself being turned around and as I looked up, I found myself with my Old Friend, Adrigal, Hu and Morning Cloud again. Then I heard this voice say, "You have opened your eyes, you have sought to become. You are not meant to be perfect, but your intention and motive are now as they should be. Continue to strive to do all that you do in love. Trust. Go in love and peace."

I felt such a joy in my heart to be with my Old Friend, Adrigal, Hu and Morning Cloud ... I felt tears running down my face. We all formed a circle and descended back into the stone circle. All of us retraced our steps back to the knoll.

4th February 2003 (Guided meditation)

I was guided to a stream, where I removed my shoes and socks and sat with my feet in the water. I sat there and I sat there ... I was just happy

to enjoy the peace and tranquillity and the pleasure of my feet in the stream. As I listened, I began to realise that it wasn't quiet, although it was peaceful. I could hear lots of different sounds – there were lots of different animals inhabiting the landscape around me. There were lots of birds and the sound of the breeze moving through the branches of the trees. This place was full of flora and fauna ... it was very fertile.

As I sat there, I was suddenly startled by a big fish surfacing in the stream next to my feet. I knew it was a sturgeon. I felt a coin in my right hand – it was a shiny new 1p coin. I felt that I had to throw it into the stream and as I did, the sturgeon caught the coin in its mouth almost before it touched the water. The fish then swam upstream with it.

I sat there for a while longer and found myself gazing at the multitude of pebbles just below the surface of the water. My gaze focused on a particular pebble and I felt compelled to reach into the water and pick it up. When I turned it over, I could see a concentric pattern of circles etched into its other side. Each of the concentric circles contained all the colours of the rainbow and in each successive circle, the colours were shifted round by one colour. As I looked more closely, I could see that all the colours were part of the structure of the stone. I knew that I had been given this pebble because it had a special significance for me. When I returned from the meditation, I brought it back with me.

6th February 2003

I started on Samson with my Old Friend, Adrigal, Hu and Morning Cloud. We passed through the door to the other side and made our way to the ancient stone circle. As we approached it, I noticed there were many different coloured energies/light swirling around and above the circle – they seemed to stretch upwards as far as I could see.

We paused for a few minutes, looking at this amazing pyrotechnic display before walking into the circle's centre. When we reached the centre, we stood in a circle. After a short while, it felt as if I was moving upwards and

the visual markers of my surroundings disappeared.

We came to a place where there were many different representations of animals. It felt as if they were totems in the sense of the Native Americans. They were carved, painted and drawn on many different materials. The whole place seemed to be infused with different energies, all of which seemed to be emanating from these carvings, paintings and drawings.

I saw my stone in my hand (the one from my previous meditation, with the multicoloured concentric circles carved into it) and it seemed to be pulsing and glowing ... it was emitting energy.

I then had a pebble with no image on it in my hand, but as I looked at it, an image of a bear (similar to the relief of the bear totem used by the Native Americans) began to appear on it.

When it was completed, I was told (not so much in words, but more in knowing) that I should close my hand over it and infuse it with energy and love associated with the bear. As I did this, the pebble grew hot in my hand.

I opened my hand and could feel that the energy contained in the pebble had changed ... it was more powerful and purposeful. I then heard a voice (more a knowing) say, "Do this with all that you make/create ... in its making/creation, so it shall be empowered." I knew that this applied to all that we write, as well as all that we create/make in the spirit of love.

I stood there for a while longer, enjoying and taking in how all these different energies harmonised. As I was about to leave, I heard the voice (again, more like a knowing) say, "Remember it is all about transformation ... transformation!" I then felt myself returning to the circle. When we were back in the circle, I thanked my guides and all the others I knew had been with me. We then retraced our path back to the knoll.

7th February 2003

I started on Samson with my Old Friend, Adrigal, Hu and Morning Cloud. I greeted them and then we passed through the door in the wall to the other side. On reaching the other side, we made our way to the ancient stone circle. Here we stood in its centre and formed a circle holding hands.

I felt us being surrounded and enveloped in bright white light/energy ... this changed from pure white to white streaked with a multitude of different colours. I felt my feet lose contact with the earth.

The next conscious image I had was of the 4-year-old girl I know who is suffering from a rare form of cancer. She was laid out in front of me on her back on a white platform. I found myself moving my hands over her ... they were about 6 inches above her body. I stopped with one hand over her heart and the other over her forehead. I could feel my hands pulsing with heat. The intent in my thought was to kill the cancer cells. This was added to with the thought to kill the cancer cells and enhance her immune system, to counteract the effects of her medical treatment that has ravaged her immune system.

After a while, I saw my left hand, which was over her heart, move into her chest and start to squeeze the tumour I could see there ... it was entangled all around her heart muscles. I could feel flashes of hot energy flowing into the thin fibres of the tumour with such precision that it avoided all healthy tissue. This continued for some time.

I could feel energy from my right hand stimulating areas within her brain that produced chemicals that would kill the cancerous cells and stimulate her own immune system to produce white cells (I had the thought that her white cell count was extremely low). After a while, I could feel the tumour reducing and her body coming alive. I withdrew my hands and my thought was to place her in a sphere of healing light/energy so that this healing would be continued after I left.

I returned to the stone circle and asked Adrigal stay with the girl, to continue her healing and protect her ... Adrigal assured me that all this had been taken care of and what was determined would be. We all returned to the knoll and I thanked all of them and all others who had been with me.

10th February 2003

I started on the knoll with my Old Friend, Hu, Adrigal and Morning Cloud. After greeting them, we passed through the door to the other side and made our way to the ancient stone circle. Here we walked into the pillar of light that surrounds this structure and stood in a circle at its centre. After a short while, I no longer felt my feet on the earth.

We all seemed to drift upwards until we came to another place ... all around us was white light/energy. After a while, I began to have images and thoughts about energy, healing, love and transformation. They are all linked together. Energy informed by love is healing. Energy informed by love also equals transformation that results in healing. Love is healing. The common factor is LOVE.

My thought was how to transform energy so that it is in the right form to heal according to the individual's need? The answer was simply with love, the right intent and the right motive. By implication, if everything we do is done with love and without ego, then all will be as it should be.

After a short while I heard a voice saying, "Trust and do not seek to understand the whole. It is not possible, for you are not capable of seeing all that there is whilst in your physical form ... be content and at peace. You do not need to test all stringently ... you will know when it is true and when it is false."

There was then a time of quiet and the next thought/image was of us being back in the circle. We retraced our path to the knoll, where I thanked my guides for being with me.

14th February 2003

I started on the knoll with my Old Friend, Adrigal, Morning Cloud and Hu. We greeted each other, then passed through the door and followed a path to the ancient stone circle. As we approached, I could see the pillar of white light/energy with strands of many different coloured light/energy swirling around inside it. If anything, it feels as if it is stronger every time I visit here. We passed through the stones into the centre of the pillar of light/energy.

After a while, I found we were in a different place, surrounded by the white light/energy. My Old Friend told me to sit. I saw my legs and body sit cross-legged. When I looked at my guides, I saw they too appeared to be sitting cross-legged. I was puzzled because I had no idea of where up or down was. My Old Friend said, "Up and down have no meaning here, nor is there any meaning in sitting or standing. We only use these terms and images so you will feel comfortable/at ease by using familiar concepts that apply in your physical frame of reference."

After a while, I saw the boy I know who suffers from epilepsy lying before me. I saw my hands over him, my left hand over his head and my right hand over his body. My left hand was stimulating his cerebral cortex, whilst my right hand was moving up and down his spinal column. As I looked more closely, I could see shaped beams of energy/light emanating from the palms of my hands. After a while, I could see white light/energy with blue and purple intermingled with it flooding through his body. I could feel it begin to flow more harmoniously ... eventually, I felt it was completely in harmony with his natural energy.

This was followed by an image of the 4-year-old girl I know who suffers from cancer lying before me. I found my hands over her body – my left hand over her head and my right hand over her heart. Again, I could feel shaped beams of energy flowing out of the palms of my hands. My left hand was stimulating her immune system, whilst my right hand was destroying the tumour. After a while, I felt the energy from my palms

change to a fan of energy that was vibrating very slowly. Both my hands were over her body and this energy was massaging her internal organs. I could feel her blood becoming more oxygenated and the flow around her body increase. I could also feel the blood carrying the toxic substances in her body away from her vital organs and out of her body. The final image was of surrounding her in white healing light.

Another woman I know was then lying before me. I found my left hand over her head and my right hand over her body. There were waves of energy/light emanating from my palms. I was stimulating her immune system with my left hand and massaging (with energy) her internal organs. I could see her blood being enriched with oxygen and flowing more freely around her body. I could feel her whole body relaxing. I again finally surrounded her in white light/healing energy.

I then saw another woman lying before me. I had my hands either side of her head. I could see and feel gentle waves of energy/light pulsing from my palms. I could feel her internal rhythms synchronise with this energy. I could also feel a calm descend over her.

I moved my hands so that my right hand was resting over the centre of her spine, just below the back of her head, with my left hand over the front of her body. I could feel and see energy flowing into her and through her. I then moved both my hands so they were above her body and felt waves of energy/light massaging all her internal organs. Finally, I began to feel waves of love and energy emanating from my chest/heart area (more like love energy) bathing and illuminating her all over. As her image began to fade, I saw this energy surrounding her.

After a while, I found myself back once again with my Old Friend, Adrigal, Morning Cloud and Hu. I felt reluctant to return to the stone circle ... instead of a smooth return, I felt as if I returned in a series of steps. Eventually, when we were all there, we passed through the door to the knoll.

17th February 2003

I started on Samson with my Old Friend, Adrigal, Hu and Morning Cloud. We greeted each other and I thanked them for being with me when I am being used for healing. We passed through the door to the other side and made our way to the ancient stone circle. Here we made our way to its centre and stood in a circle. All of us were bathed in the light/energy that illuminates the stones and the circle.

After a short while, we all appeared to be in a different place. All around us was white, with no visual references. As I stood, I recalled a dream I had experienced the previous night: I was on a ship asleep in a bunk bed, when a man burst into the cabin and shot the man in the bunk beneath me. Another man who was asleep in another bunk in the cabin rose out of his bunk. The man who had used the pistol saw this man and realised he had shot the wrong man. He then took the right man out of the cabin to the galley, intending to shoot him there. There was a struggle, during which the man with the pistol was stabbed in the groin. The man who stabbed him ran off. The stabbed man staggered back to the cabin, where I was pleading for help.

I looked around the cabin and realised there were two women and three children in the cabin with me. I heard a voice inside my head saying, "You are the only one who can help him now." I made the stabbed man lie down and told the women to find me a needle and thread and to get something hot to sterilise the needle with. I cut away the man's trousers and saw the knife sticking into him. I thought that if I withdrew the knife he would haemorrhage, because the knife had pierced an artery. I knew if I did nothing, he would die. With great trepidation, I pulled the knife out and applied pressure to the wound. The man passed out when I did this. I gently released the pressure and saw that blood was not gushing out. I probed the wound and felt damage to his blood vessels being repaired. I then used needle and thread to close the wound.

This image vanished and I found myself in another place ... I felt relieved

that it wasn't really happening. My consciousness shifted and I felt there were a number of different images, none of which I can recall clearly. I have a partial feeling/image of myself sitting quietly, healing myself. There was a voice saying, "You need to look after your own health first ... make sure you are healthy in mind, body and spirit ... if you do this, then all else will follow."

After a while, I felt myself being called from a long distance. After some effort, I found myself back with my four friends. I felt at peace and quiet ... my whole being felt rejuvenated. As I was preparing myself to return, Hu spoke to me saying, "You must finish what you have started ... it is important that you do this."

I then found myself back in the stone circle with my four friends. We retraced our path back to the knoll. I thanked them for being with me.

18th February 2003

I started on Samson with my Old Friend, Adrigal, Hu and Morning Cloud. We made our way through the door to the other side and on to the ancient stone circle. Here we gathered in a circle at its centre. After a while, I began to feel light and found myself in another place. It feels like time and the physical laws that govern my physical existence are suspended as soon as I walk into this light/energy.

I was surrounded in the white light/energy. I saw myself sitting cross-legged on the ground in deep meditation. I was then conscious only of a spiral shape of deep purple. I have no recollection of anything for sometime ... I'm not even sure if one minute or 30 minutes had passed before I had my next conscious thought/image.

I heard a voice ... it was more inside my thoughts. It said, "It is not how a thing looks, feels, or even seems ... it is the meaning it has for you that is important. How you relate to your physical existence is what is important, not how you think your physical world relates to you. Open your eyes and

you will see.” It felt as if this was about more than just opening my physical eyes ... it was more about awakening in a much wider sense.

There was what seemed to be a short time of silence and then I was back in the stone circle. We all retraced our path back to the knoll. I thanked and embraced all of them. I then asked them to be with me for the coming afternoon’s healing session.

18th February 2003 (Guided meditation)

From my safe place, I walked along a path to a wall, before passing through a door in the wall and finding myself in a meadow. From there, I followed a path to a temple and once inside, found a door marked ‘Happiness’.

This door also had a number 7 on it, underneath the word ‘Happiness’. I entered and found myself in a large library, three walls of which were bookshelves from floor to ceiling. All the shelves were crammed full of books. All the books had different titles and were different colours and different sizes. The fourth wall was one huge transparent window. I sat in a chair (one exactly like my computer chair) looking out of this panoramic window.

I saw a fertile valley full of lush vegetation and teeming with wildlife and birds. I sat there for a while and before long, I began to realise that the valley was entering the room as if the window didn’t exist. This encroachment continued until the whole room was part of this fertile valley – I was sitting in a computer chair in the middle of plants and trees and animals.

I sat there for some time before I noticed Hu standing beside me on my left. He spoke saying, “Everything is not as it seems. See beyond the usual and the expected. Look beyond the physical.” I sat there thinking, ‘This is another obscure thing for me to ponder’ and as I finished, thought I could see it ... I could see the energy ... everything was just pure energy ... all

the plants, animals, birds and myself were just energy. Everything had its own unique energy shape and form, but more importantly, everything was in harmony ... even I was in harmony with Creation. It felt weird seeing no solid shapes, just their energy forms. Everything was integrated and balanced ... in perfect harmony ... one.

I sat there for a while before I was called back. I felt myself catapulted back into the library ... it felt like I returned in a very sudden rush from somewhere distant. I noticed that all the books were now pure white, they had no titles and they were all the same shape and size. I was guided to retrace my path back to my safe place and then back into my physical existence.

Note: I was reminded of my partner’s recent channelling when she spoke of Oneness. My thought first was that the integration of harmony and balance of self and Creation is Oneness ... and through this Oneness comes perfect love. My second thought was that if love is healing and healing is energy, then the integration of energies through harmony and balance brings us full circle. The love cycle maybe?

20th February 2003

I started on Samson with my Old Friend, Adrigal, Morning Cloud and Hu. I greeted them and we made our way to the ancient stone circle on the other side. As we entered the bright white light/energy, I was very aware of its shape, form and intensity. After a short while, I felt myself to be in a different place. I opened my eyes, although I had not been aware that my eyes were closed, and found that Adrigal was holding my left hand and my Old Friend was holding my right hand.

Me: Where is this place? What is this place?

Hu: You should know ... it is you who have brought us here.

Me: I don’t understand?

Hu: It is always you who chooses where we go.

Me: I seem to remember that I have been told this before.

Hu: You are learning well ... but you must persevere ... you are not yet fully aware. You must make more time in your life to practise and develop your breathing and energy control. Listen to yourself ... you know in yourself how it should be.

As I stood there, I had an image of myself standing on a sloping beach alongside a lake. With me was an elderly man ... although he looked to be quite old, he seemed to be in good health, very alert, full of vital energy and ageless. He was just looking intensely into my eyes.

I turned and started to walk into the lake. I stopped when I was up to my knees, turned and looked at him. I felt him saying, "Not far enough." I continued to walk into the lake until the water was up to my waist. I felt him say, "Not far enough." I continued into the lake until I was standing with the water up around my neck. I felt him say, "Not far enough." I continued walking into the lake, passing under the water until I came out the other side and was again on dry land. I felt him say, "Know that there are no half measures, nor any turning back ... there is only forward."

After a while, I had another image. I was in a room and I was standing between two people. One was a big, healthy strong adult male and the other was a child. I felt that this child was young, but was not sure exactly how old he was (I felt he was somewhere between 10 and 18 years old). I could both see and feel the adult's rage and anger. He seemed unaware of my presence until he tried to hit the child. He had a look of puzzlement on his face, because his fist met a wall of energy I instantly put up between him and the child.

He tried a second time and again I put myself (a wall of energy) between him and the child. I saw the elderly man from my previous image standing to one side. He was looking into my eyes and I felt him say, "Use this love (energy) you are enveloping (protecting) the child with to heal this between him and his father ... love will transform/heal/change everything."

Following this, I had the image of being in a place of vibrant purple light/energy. It was all around me and was constantly changing hue. It felt good to be in this place. This image faded and I was again with my four friends back in the ancient stone circle. We all retraced our path back to the knoll. Adrigal, my Old Friend and Morning Cloud hugged me. Hu clasped his hands in front of himself and bowed low to me and I returned the gesture.

21st February 2003

I started on the knoll with my Old Friend, Adrigal, Morning Cloud and Hu. We made our way to the other side and then on to the ancient stone circle. As we approached it, the light/energy surrounding it seemed an order of magnitude brighter than I have seen it before. We entered the circle/light/energy and stood at its centre in a circle.

After a while, we were in another place. There were no visual clues to where we were ... all around us was white light/energy. It felt as if Hu spoke to me.

Hu: Everything is not what it seems. It is not what something looks like, nor what it appears to be that is important. It is what it means to you.

Me: I believe I have begun to understand that I should view my world in terms of energy shapes and forms.

Hu: That is not sufficient. You have still to open your eyes fully to understand.

Me: How?

Hu: How can something that seems to be solid pass through a seemingly solid structure?

Me: I'm not sure.

Hu: Two seemingly solid objects can pass through one another if they pass through the spaces between the particles that make them what they seem to be.

Me: But that would mean the spaces would have to be big enough for the particles to pass through.

Hu: That is so. If they are not of sufficient size, then the spaces between the particles can be persuaded to become wider/bigger by imparting energy to the particles. Anything is possible ... open your eyes to the possibilities and then you will see. Your physical constructs limit the limitless.

All was quiet for a while before I heard another voice, but again it was a voice that wasn't really a voice.

Voice: There are certain molecular structures that are not natural to your physical existence. That does not mean these structures cannot exist in your physical existence, just that they do not belong in it. Some are less able to remain in your physical existence than others.

It is not that these structures are hidden from humanity. It is not that they will be advantageous to your development or understanding. It is that they are dangerous to your very existence. You have been given such responsibility, yet you have shown yourselves not to be ready for such responsibility. If humanity continues to artificially construct and maintain these molecular structures in a place they do not belong, then they will destroy you. The seeds of your own destruction are being sown by your selves.

One example is your single-minded course in what you know as genetic engineering (I had the sense of there being many more examples, too numerous to even quantify). You would change the natural course of Creation ... you would seek to change the natural balance and harmony of Creation. You are creating energy shapes and forms that are not in synchronisation and harmony with what Creation has brought into being.

You would argue that all things are dynamic ... all things change over long periods of time ... and what you are seeking to do is exploit knowledge, understanding and technology to speed up this process. You would also argue that you are creating a better life.

How can you be creating a better existence when what you do is against/out of step/at odds with Creation ... is out of synchronisation and not in harmony with Creation? If you change your course and work with Creation, you will know such wonders, but if you persist in what you do, you will cease to be; you will be the source/cause of your own destruction."

I felt myself being called back and once more found myself standing with my four friends in the stone circle. We retraced our path back to the knoll, where I thanked them for being with me. My Old Friend, Adrigal and Morning Cloud hugged me. Hu bowed to me, as I did to him.

24th February 2003

I started on Samson with my Old Friend, Adrigal, Hu and Morning Cloud. We made our way to the ancient stone circle and stood in a circle at its centre. As we stood in the radiant white light/energy, it struck me that we were five and as we stood there we formed the five points of a pentagram. After a while we shifted to a different place.

I found myself in a dark cave; it was narrow with a high roof. I was lying on the floor of the cave. I rose and stood, only to be knocked back down on the floor. This pattern of me rising and being knocked to the floor continued for some time until I began to feel very weary. It was a struggle for me to rise, but each time I got up, I was knocked down. It didn't cross my mind to stay lying on the floor of the cave, somehow I felt driven to rise ... as if it was life to get up and death not even to try. How many times I had risen up only to get knocked down, I don't recall.

I became aware of a person kneeling some way in front of me, watching me. It seemed to me that she was willing me to get up each time and that she felt great sorrow for me. As I rose for the 100th or so time, I had this thought, 'I have only to connect with the energy of Creation, the energy around me and I will no longer feel weary, nor will I be trapped here in this dark place.'

Suddenly I was standing in bright white light/energy. It not only surrounded me, but was in me as well. I no longer felt weary, but at peace and aware of being loved. I stood like this for some time, not wanting it to end. It felt that I was being shown that I have the courage and stamina to prevail, to endure much ... that it is my own self that traps me in the dark recesses of myself ... that I have the power to illuminate all that I experience and feel ... to light not only the dark places within, but the dark places that inhabit this physical existence.

My next conscious thought was of being in another place. I was standing on a high place, looking over the Earth. Much destruction was being wrought. There was much sorrow and pain. I watched and felt all this with much love and compassion. I began to move through the Earth, carrying the light with me, illuminating the darkness around me. I felt my whole being crying out with love for the whole of Creation.

I became conscious of being called back and of being with my four friends. We returned to the stone circle and retraced our steps to the knoll.

27th February 2003

I started on Samson with my Old Friend, Adrigal, Morning Cloud and Hu. I greeted them and we all made our way through the door to the other side and then on to the ancient stone circle. As we approached the stone circle, I became aware that the light/energy surrounding it seemed different this morning. There appeared to be more movement in the swirling light/energy. We all entered the circle/light/energy and stood at its centre. Almost immediately, we all seemed to start moving upwards away from the earth.

We eventually found ourselves in another place that was illuminated with an amazing bright white light/energy.

Me: During my healing meditations, what is taking place when my

hands/fingers appear to enter into another head?

Adrigal: You are stimulating the pituitary gland so that it will produce hormones and other chemicals to balance the body and bring it back into harmony. This is the first and also a vital part of the healing process. Harmony and balance of all body functions are essential for maintaining health. You are also stimulating the thymus gland, which is situated in the neck, to produce lymphocytes to enhance the immune system.

Me: How do I know about this?

Adrigal: You have been shown. It is of no importance (it will not alter the outcome) that you are unaware of what is physically occurring. When you are in healing with the boy who has epilepsy, his thyroid gland is also being stimulated. This is the gland you are stimulating into secreting hormones when you giving healing round/near his throat chakra. This will encourage/help his healthy growth/development. When you are being used for healing, we know you would seek to understand what is taking place, but this is not important, as your understanding does not impede the healing process. The healing that takes place is according to the individual's need. (I had the feeling that this is much more complicated, but I could not realise the sense of it.)

Me: It is only that I feel more comfortable/relaxed when I understand.

Adrigal: When we feel it is right, you will be shown/given/told what you need to understand. Trust!

There was a silence for a while, when I couldn't recall having any images. This quiet was followed by a very powerful image of a baby. He was crying whilst the mother was holding him in her arms ... I seemed to know it was a male baby. The mother seemed very upset and worried about her baby. I spoke to the mother and asked her if it would help if I held him for a while to give her some rest. She reluctantly gave me the child and I held him to my chest.

He immediately stopped being fractious and became quiet. I could feel energy from my heart chakra surrounding him. The sound and vibration of my heart was part of this healing, as was the harmonising effect of the

healing energy. After a while, I gave him back to his mother. I noticed that he was surrounded in a white bright glow. This bright white glow expanded to encompass both him and his mother. I felt them both to be at peace. The mother looked at me and smiled as the image faded.

I felt called back to rejoin my friends. We then retraced our path back to the knoll, where I thanked them for being with me.

28th February 2003

I started on Samson with Adrigal, my Old Friend, Hu and Morning Cloud. After greeting them, we passed through the door to the other side and then made our way to the ancient stone circle. I had a thought as we approached the stone circle that it was a beacon ... it seemed so bright and intensely illuminated. We entered the circle/light/energy. After a short while, I felt myself to be in a different place. I stood with my four companions waiting. A voice seemed to be in my mind, talking with me:

Voice: You have forgotten how to listen ... you have forgotten how to hear. All around you Creation is speaking and you do not hear it. The noise and chatter of your existence has deflected your attention so that you no longer even know it is there ... so you don't even try to hear it.

Me: How can we hear if the noise of our life is so great?

Voice: Be still and listen to the silences. You can create/find the stillness/silence by quietening your minds. You are capable of feeling/knowing/hearing the shapes of many different energies ... even the subtle changes that appear so small that they would go unnoticed.

Me: Shapes of energy ... you mean intensity of the energies?

Voice: No, I mean the shapes. The idea of shape is more complex than intensity or physical geometric shape. It is about form and composition ... it is about structure.

Me: This would imply that we have to have a greater knowledge of Creation than we possess at present.

Voice: The knowledge is a part of you ... it is not available ... not seen ... whilst you are in this physical existence ... but there is a knowing ... you

know. You are receptive to and affected by such small and subtle variations/changes in the energy around you that you do not even notice they have an impact on your being.

Me: How do we become aware of these variations/changes?

Voice: By tuning into them ... or by tuning out the noise of your existence. When you do this you sense/feel these changes. When you are used for healing, you are becoming attuned to and you are listening and hearing Creation speaking. Those unexplained feelings that you have when you know how another is feeling or that something is not right, are a part of the hearing. Your feelings of love and compassion are capable of altering the energies around you, as well as in others, in a beneficial manner ... just as effectively as when you are used for healing. The way you live your life in this existence has an effect on the whole ... because you are a part of the whole ... you are connected to Creation ... you are an integral part of Creation ... a part of the Oneness. It is time for you to wake from this malaise into you have fallen ... it is time to listen ... Creation is crying out to you.

This was followed by a silence. As I waited, listening intently for more, I had the image of a crystal pyramid fill my mind. It was so perfect and so smooth. It glistened and shone with a myriad of different colours. I felt myself pass into its geometric centre, pause, then pass through it so that I was once again outside it. It seemed to grow until I felt it was encompassing the whole of our planet and our solar system.

I felt myself being called back. I reluctantly returned to the stone circle with my four friends. We retraced our path back to the knoll. I thanked them all for being with me and returned to my chair.

3rd March 2003

I found myself in a beautiful Oriental garden overlooking the sea. I was aware that Hu, Morning Cloud, Adrigal and my Old Friend were with me. I was amazed at the beauty of the garden ... its structure and the forms and variety of plants and trees. As I moved through the garden, I felt at

peace. I came to a lovely wooden Chinese bridge spanning a stream and crossed it to the other side.

When I looked around me, the scenery had changed and I was standing on the edge of a great plain. Stretching out away from me in all directions was grassland as far as the eye could see. I started to move forward into this grassland, when I found myself standing in sand dunes. The land around me was barren, there was no sign of life to be seen ... not even a single plant was growing.

This image changed and I was seated on the ground in front of a large 'V' shaped channel. I was pouring a huge hopper of sand and rocks into it. The idea was to grade the material so that the large rocks were at the apex of the 'V' and the dust sized fragments ended up at the tips of the arms of the 'V'. As I sat there grading this material, I felt confused ... and began to wonder why on Earth I was sitting there doing this. I was still pondering on this when the image changed yet again.

I found myself in a hollow in the sand ... I was still in this barren landscape, but now I was standing in a hollow looking down a hole. The hole appeared to be out of context with the natural landscape around me. It looked as if it had been constructed by some ancient culture/race. I knelt and peered into the hole. I could see a crude wooden ladder leading down into it.

I slowly clambered into the hole and climbed down the ladder. When I reached the bottom, I found myself in a wide hewn out corridor. As I stood there wondering what to do next, the sand started to pour into the hole from above. I started to climb back up the ladder as fast as I could, but the sand was pouring in so fast that I fell off the ladder and had to scramble out of the way so as not to get buried by the sand.

After a while, the sand stopped falling and I was surprised to see that I wasn't standing in darkness. I could see clearly all around me as if I was

standing in a brightly lit room. I looked up at the hole and saw it was blocked by sand. I climbed the ladder and tried to prise the sand loose, but it was so compressed it was like prodding concrete. I stood for some time contemplating my surroundings. I was intrigued by the light, as there was no explanation of where it was coming from, it just 'was'. Although I felt I was trapped in this underground place, I surprisingly didn't feel any panic.

I started to explore my surroundings and found that this corridor led to a large chamber. All around this chamber were strange painting/pictures. The symbols and shapes made no sense to me and I cannot even recall any of them. I continued exploring this large chamber until I came to a symbol carved into the rock. I touched it and without a sound a part of the rock moved and I found myself looking out onto the beautiful Chinese garden in which I had started. I walked out into the warm sunlight and was greeted by my Old Friend, Adrigal, Morning Cloud and Hu.

I felt myself being called back. I passed back over the bridge once more and back to my chair.

4th March 2003 (Guided meditation)

From my safe place, I followed a path to a door in a wall. I didn't open the door to pass through to the other side, I just passed through. Although it was a guided meditation, I lost contact ... my consciousness shifted and I found myself in a different place.

I was seated by an open log fire ... I could see the sky above me and it was early evening. Morning Cloud was with me and she was preparing something over the fire. I noticed that what she was preparing was made of maize and contained a number of different herbs. She said, "This will heal/make whole your heart." It felt like she was saying that my heart was broken or wounded.

She cooked this cake she had made and handed it to me. It was yellow

(that is how I knew it was maize) and it was more like a biscuit than a cake, about six inches in diameter and about half an inch thick. As I was contemplating this, I started to hear the beat of drums. I began to feel my whole body resonating with their vibration. The whole of my chest cavity and internal organs were vibrating in synchrony with the vibrational energy of the drums. I began to feel as if my whole body was being cleansed. This whole sensation felt quite wonderful. After a while, I felt my consciousness shift again.

I found I was standing in front of a man with Morning Cloud still beside me. I had an image (much more than an image, as there were what appeared to be words, although the words weren't vocal) and I could hear Morning Cloud speaking to me (but not in words from outside myself). She said, "He was expecting a younger version of himself, but you have been sent/arrived/are here instead." I had the sense of this man expecting a younger version of himself to carry on with his purpose in the same way he had, but that this was not to be the case, because I had come. I had the sense from Morning Cloud that this purpose would be completed as intended, only that now it would be completed in a different manner/way.

As I stood there, a raven landed on my left shoulder. I had the sense of Morning Cloud communicating with me, telling me that the raven was confirmation for me. I felt the raven would be indicative of more than this ... it would not only signal/confirm something was about to occur, but it would happen soon afterwards, if not at that moment. I also had the sense that it would convey the truth of what was happening.

At that moment, when I was asking what this was all about, I heard the guided meditation ending. I reluctantly started to feel myself returning. I suddenly had a sense of how far away I was from my physical body. I kind of boomeranged back (like being reeled in on a high speed fishing line). It felt like quite a harsh ride, sudden and unexpected. I arrived back in a rush and sensed that I was trailing behind everyone else as I gathered my thoughts and touched my physical surroundings.

6th March 2003

I started on a rocky promontory with my Old Friend. I felt myself to be on the knoll on Samson, but somehow it wasn't the same. The knoll was separated from the main part of the island by a deep gorge. Spanning the gorge was a wide bridge that was built into the rock on both sides. This bridge was built of the strongest materials imaginable ... it was unbreakable. We both walked across it to the other side. Here I found myself in the familiar landscape of Samson. We made our way to the ancient stone circle and into the white light/energy that illuminated it.

As we stood in its centre, I began to notice that the intensity of the light/energy was changing. It faded until we were standing in what looked like twilight. I looked at my Old Friend to see if he was experiencing this same effect.

OF: What do you think is happening?

Me: I seem to feel that we are still standing in the light/energy and that its intensity has not changed.

OF: That is so. What else do you feel?

Me: If that is true, then the only way the intensity of the light/energy can have changed is because of my perception of it ... it is as if I have moved out of phase with the light/energy.

As I said this, the light/energy began to get brighter again and I found I could move in and out of phase with it to varying degrees. My Old Friend began to speak again: "It is not that the light/energy has changed, but that you have changed in relation to the light/energy. This is about your free will. It is your choice how you interact with all that is around you.

As humans, you were not born into your existence as evil, with corrupt thoughts and anger in your heart (out of synchronisation or harmony with Creation). You were born into your existence in synchronisation and harmony with Creation ... you were born into your existence with love in your being. You were born so that this love might shine out on the world.

It is your life experiences that have shaped the way you behave and how you interact with Creation. The destructive nature of humanity, your selfishness and your anger have been bred out of your own hearts and your own desires ... not out of the true nature of your being.

Be true to yourselves ... to your own true nature. Seek to see beyond your life experiences ... seek to be in harmony with Creation ... seek to be at oneness with Creation. Do not seek to be a construct of the expectations of others, or to be shaped into what the world would have you be.

You are all unique and differ in many ways ... this is the richness that you as physical beings have. Only seek to change the destructive motives and intentions that have become a part of you in your physical existence. Do not seek to change other qualities that are an integral part of your love that shines out as a beacon from Creation."

(I had the sense that these qualities are not necessarily qualities that are found acceptable by the world. I also had the sense of great courage being needed to withstand the pressures of the world to conform to the world's expectations.)

My Old Friend continued to speak: "It is by your own free will that you choose how you live your life in the face of your life experiences."

First and foremost, love Creation. Secondly, shape your motive and intent by love. Stand firm to what you hold true from your own true nature ... know that in your loving, truth resides. It is by your own free will that you choose how you live your life in the face of your life experiences."

I then felt I was losing a memory of what I was being shown ... for although I write this as if I was hearing my Old Friend talk with me, it is much more complicated than that. It was more like seeing an image that was not just visual, but multi-dimensional. It is easier to write it in the form I have chosen, as it is better transcribed in this manner.

I felt myself being called back, so asked my Old Friend to return with me to my chair and help me to recall what I had experienced. I returned to the stone circle with my Old Friend and we retraced our path back to the knoll.

7th March 2003

I started on Samson on the knoll with my Old Friend, Adrigal, Morning Cloud and Hu. Once again, the knoll was separated from the main part of Samson by a deep gorge and again, a wide and strong bridge spanned the gap. We all made our way across the bridge to the other side and then on to the ancient stone circle. Once at the circle, we made our way into the light/energy to its centre.

After a short while, the five of us started to drift upwards in a lazy spiral. My consciousness shifted and I found myself standing in a beautiful Oriental garden. As I looked around, I was struck by the beauty of the plants, trees and physical structures ... all were in perfect harmony with each other and with the space that they all occupied. There was a deep peace and tranquillity to the garden.

I wandered slowly around the garden enjoying all around me, even the air I breathed felt different ... pure. I reached a spot that had a vista down a valley. As far as I could see were fields of rice along the valley's sides and in the valley much flora and fauna. It felt good to be in this place.

As I stood there looking at this, I began to discern a change in the landscape ... it was far off in the distance, just beyond my vision. This change was rapidly moving closer to where the garden was. I began to see concrete and steel structures growing out of the ground. This jungle of concrete and steel continued to grow until it was on the boundaries of the garden.

I watched with dismay as these technological changes threatened to engulf this beautiful garden in which I stood. It began to become apparent

that there was some force around the garden that prevented the concrete and steel jungle from invading it also. I felt myself drift slowly up into the air so that I was several hundred feet above the landscape. I could see that the garden was surrounded by great structures of steel and concrete. I slowly returned back to the garden and immediately felt the peace and tranquillity once more.

As I pondered on these changes and as to why the garden had survived, I began to realise that there was much love and energy in the garden. This energy was flowing through me and into all that existed in the garden ... it flowed into the earth that sustained all that existed in this space. I suddenly thought of our own garden and realised that our own garden is a place of peace and tranquillity that will be sustained by the love and energy that flows through us into it. Also, that it is out of our loving efforts and loving care that this healing space is being wrought.

I started to return to the stone circle with my four friends. We then retraced our path back to the knoll. I thanked them for being with me and returned.

10th March 2003

I started on the knoll on Samson. The island was back to normal this morning ... the knoll was joined by an isthmus to the main island once more. I made my way to the door and passed through it to the other side, where I was met by my Old Friend, Adrigal, Morning Cloud and Hu. We made our way to the ancient stone circle and sat in a circle at its centre.

OF: You are not your usual self this morning?

Me: I feel blackness all around me. I feel weighed down by the act of life ... suffocated by the very act of living.

OF: What is it you are struggling with?

Me: I am struggling with life itself.

OF: All you have to do is ask and you will know.

Me: I don't quite know what to ask. I feel confused and unable to move. I

feel trapped.

OF: The answers to what you seek are inside yourself.

Me: I am afraid because I fear what I might be told. I am caught between wanting to know and fearing where what I am told might lead me.

OF: Your path is laid out before you ... your physical existence and your spiritual journey are one and the same ... both form part of the other ... they are inseparable. You know we would not ask of you that which would be detrimental to your well being and health. Trust in the love that surrounds you and is part of you ... trust in us.

Me: Why do I find myself so hard to contend with?

OF: It is a part of your purpose in this physical existence of yours to bear this thorn in your side. It is in your own power to overcome and change that which needs to be healed/transformed inside yourself. Through love, everything is possible.

As I sat there, I looked to my right and saw a big black cat, a panther, looking at me. I looked to my right and saw a jet black raven also looking at me. I looked to my front and I was looking down a black tunnel.

I sat there for some time trying to see to the heart of my feelings, but for some reason, any sort of clarity was not possible. I felt somewhat less anxious knowing that my four friends are still with me. We all eventually rose and retraced our path back to the knoll. They didn't bid me farewell, as I felt that they would be with me.

11th March 2003

I started on the knoll with my Old Friend, Morning Cloud, Adrigal and Hu. We passed through the door to the other side and made our way to the ancient stone circle. We entered the stone circle and sat in a circle at its centre. I felt my mind drifting off in all sorts of directions and found it difficult to stay focused. Eventually, my mind became still and I felt myself drifting upwards whilst slowly rotating clockwise. I was aware that the white light/energy was speckled with a myriad of different coloured light/energy.

After a while, I found myself walking down a path between high hedges. As I walked, I passed different entrances to other gardens. They all had names, like Mediterranean Garden, Woodland Garden, English Cottage Garden, etc. I eventually found one marked Zen Garden and made my way into it.

I found an ancient stone seat under a tree that felt as if it had been growing there since the beginning of Creation. I sat there in the dappled sunlight for how long I am unsure. I was not aware of any images or thoughts, although I felt as if I saw many different things. I felt at peace the whole time and didn't want it to end because it felt so lovely.

I felt myself being called back and found myself once more in the ancient stone circle with my four friends. We all made our way back to the knoll, where I thanked them for being with me.

12th March 2003 (Guided meditation)

I followed the meditation to a plateau and sat beneath a tree. I was visited by a huge lion, who slowly made his way toward me. He rubbed himself against my legs and body. When it was time to leave, I found myself hugging him around the neck.

I was given two gifts whilst under the tree. The first was a beautiful oak leaf ... absolutely perfect in every detail. The second was a stone of jet ... so black you could see nothing in it. It was without blemish and ultra smooth and into it was carved the form of a raven. I brought both back with me.

13th March 2003

I started on the knoll with my Old Friend, Adrigal, Hu and Morning Cloud. My mind seemed to keep drifting to thinking about Jesus and the Christian faith. The thoughts I had that I can recall are:

1. Do all Christians believe that Jesus was who he said he was? That he

was God manifest in this physical existence as a three dimensional human being?

2. What if Jesus was an 'inspired' being? If so, then as the definition of 'inspired' is God given, then Jesus was invested with the true spiritual nature of God, but was not actually God. In other words, he would still have been God manifest in physical form on this Earth.
3. Do all Christians truly believe all that Jesus taught was the truth? Do they believe that what Jesus said, he meant? That he was careful about what he said and how he said it, so as to make his meaning clear? If so, then when Jesus said that he was the way, the truth and the light, he meant just that. He didn't say that he was the only way, the only truth and the only light. It is therefore the way in which humans interpret or perceive his words that is divisive.
4. Do all Christian believe that the Ten Commandments were given to humanity by God? If they do, then when Jesus reduced them to two – firstly, love God (totally and wholly) and secondly, love your neighbour as yourself – he meant exactly that. So if your neighbour is every living being and you love them with the unconditional love that Jesus spoke of, you must accept them as they are. You love them whatever they believe. In other words, you don't judge them. This doesn't mean that you condone what they do, it just means that you love them for who they are.

When I was eventually able to clear my mind, we all passed straight through the door to the other side and made our way to the ancient stone circle. The light/energy enveloping the circle this morning was not white, but a shimmering deep gold. We made our way into it to the stone circle, where we stood in a circle at its centre.

As I stood there, I became aware of Adrigal placing her hand on the top of my head. I could feel her hand touching my crown chakra. The strange thing was that it didn't feel uncomfortable, as it felt as if she was opening my crown chakra. I felt it open wider than I have experienced ... in fact, I hadn't realised that it would open so far. I felt the energy flowing into me

increase in intensity and vibration. She began moving to my third eye chakra and opened this in the same manner. Again, the energy flow changed and the vibration and intensity increased.

She continued working down my body, opening one chakra after another. With each chakra, the intensity and vibration of energy increased. Finally, all my chakras were wide open and I could feel myself completely transformed by the energy as if I was just light and energy. It seemed to be flowing in through my crown and out through my chakras, my hands, my feet, and other places as well. It was as if I was completely transfused and transformed by it. It also felt as if my whole body was vibrating at many different vibrations all at the same instant. I was also unable to see anything except the light/energy because of its intensity.

This continued for some time, until I became consciously aware of seeing my four friends around me once more. I more felt than heard Adrigal saying that this is the energy of Creation, the love that is freely given. The sense of it was of healing, transformation of many different kinds and on many different levels. It was more than this even ... all encompassing ... universal ... without limit.

I heard myself being called back. I seemed so far from my body ... further than I have ever been before. My chakras began slowly closing one after another, until I was back with my friends in the stone circle. I thanked them for being with me and for all that I had experienced. We made our way back to the knoll where we bade farewell to each other.

14th March 2003

I started on the knoll with my Old Friend, Adrigal, Hu and Morning Cloud. We passed straight through the door to the other side and made our way to the ancient stone circle. We then made our way to its centre and stood in a circle holding hands.

After a short while, I became aware that all I could see around me was

the light/energy. As we stood there, I began to feel a question forming in my thoughts.

Me: Does spirit have gender?

Adrigal: That is a difficult question to answer. We take on the form of male or female so that you will sense us in forms that are familiar to you whilst in your physical existence. In our spiritual form, we have no concept of male or female. We are part of Creation, we are part of the Oneness. As we are one, we are all things, neither one nor the other. We have no need of concepts that define us as anything other than the spirit of Creation. Differentiation is a phenomenon that exists in the physical world ... it is how you make sense of and come to terms with how you sense your physical world that surrounds you. There are many phenomena that you use to make sense of your physical world that have no importance or meaning (the sense I had is more complex than this) for us.

Me: Such as?

Adrigal: Time ... space ... to such concepts as money and clothes. We are not confined by your physical structure and the concepts that result from your existence in that form. That is not to say that the experience gained by having a physical existence does not have great value/import. On the contrary, it does, and you should value greatly (make the best possible use of) your time in this physical existence of yours.

There was a long period of silence and I found my thoughts begin to drift off onto other things. Unfortunately, I cannot recall any of these thoughts. I heard myself being called back to my friends. I seemed to be a long way from myself and took some time to return. Once back in the circle with my friends, we made our way back to the knoll, where I thanked them for being with me and returned to my chair.

18th March 2003 (Guided meditation)

I left my safe place (mine was a beautiful Oriental garden) to pass through a door in a wall that led to a meadow. I walked across the meadow to a clearing in a glade of trees. Here I found a stream and a log.

I sat on the log and Asambaiya seemed to appear on my left-hand side. He was carrying a shield made of animal hide on a frame of some sort, a longish spear, a pouch that hung around his neck and a shaped piece of wood. I had always considered Asambaiya as a shaman, but as this thought sprang into my consciousness, the word 'king' overwrote it. He is a very graceful person, whose movements are fluid and unhurried. He moved close to me and gave me the shield, then the spear, then the pouch and finally the piece of wood. As soon as it touched my hand, I could feel the smoothness of it worn that way from a lifetime of being handled.

Asambaiya spoke to me saying, "All these objects are symbolic to/for you. They are all you need for your life in your present existence. The shield symbolises the protection that you already possess. The spear has a number of different meanings for you. It symbolises protection, it is the implement for providing sustenance and it is a weapon against slavery to the physical world and its material values. The pouch contains special healing herbs that symbolise the healing that is an integral part of your existence. The piece of wood is a talking stick, but it is much more than just that, it contains great wisdom and knowledge ... it contains truth. It also symbolises the sharing of this wisdom and knowledge with others.

The knowledge, wisdom, understanding, love and all that you have been and are given is not for you alone. It is to be shared. What has been and is given, you should in return freely give.

It is not for you to limit or decide when to share or give what you are given. We will be with you and will guide you always. Listen and trust in us, for we will not fail you.

Do not concern yourself with the outcome of what you share ... or of your healing work. Know that everything any of you do with love, the right intent and with the correct motive is of great value. Nothing you do goes unnoticed.

Your prayers and intent may not be fulfilled the way you would want/expect/anticipate, but that does not mean they are wasted, or of no account. On the contrary, they are of great import.

All your voices individually seem so insignificant to each of you ... you find it difficult to see how your one prayer will change anything, but I tell you that collectively each small voice adds to the next, until there is a force of great magnitude that can wreak great change. Have courage, have faith, believe and everything/anything is possible."

With this, I heard the meditation ending. I thanked Asambaiya for being with me and for all that he had given me. I returned through the door back to my safe place and then to my chair.

24th March 2003

I started on Samson with Adrigal and my Old Friend. We made our way through the door to the other side and then on to the ancient stone circle. Once there, we made our way into its centre and stood together holding hands. After a short while, I began to feel myself rising slowly upwards.

I reached another place where I stood in bright white light. Adrigal was with me and looking into the depths of my being through my eyes. She spoke to me saying, "When we are healing, some times have been different from others. In the beginning, you were not aware of what was taking place, but as you have grown in your understanding and knowledge we now become one.

When we are healing, you are now in harmony, in synchronisation, in tune with us. Your intent and the healing energies are one. You know where to place your hands and where the healing energies must flow without conscious thought. You no longer feel hesitant or uncertain ... you have a confidence ... a knowing. Do not deny this, for it is so.

I know you feel it ... this harmony ... this oneness. You cannot make it

happen. You cannot manufacture it. It is, or it is not. You are still learning how to be in harmony, in synchronisation with the healing energies, with those who are working with and through you and those with whom you are working in your existence.

Seek not the sensations that feel good for you. It is not about sensations or the next experience. You will not be a seeker of sensations and experiences. You will be shown much. You are to experience much. It is important for your development/learning. Be patient and trust.

Healing is about love. The love that you feel flowing through you is like nothing you have ever felt before. This love and compassion fills your being until it can longer be contained, then it bursts forth on the world.

When you feel the darkness descend on your soul and your thoughts are black, think of this love. This love is with you and within you and will illuminate the darkness/blackness you feel inside yourself. Use your intent to love, even in the depths of such darkness, for it will overcome and transform the darkness and your black thoughts. Love is about transformation. Healing is about transformation. Love is light and the light will transform you. Love always."

With that, I felt myself being called back and slowly we both descended to the stone circle. Once back at the circle, I noticed that both Hu and Morning Cloud had joined us. We all made our way back through the door to the knoll. Here we said our farewells until next time. I thanked them all for being with me and for all that I had received.

28th March 2003

After much effort, I managed to still my mind and started on Samson with my Old Friend, Adrigal, Hu and Morning Cloud. We made our way through the door to the other side and followed a path through bracken to the heath surrounding the ancient stone circle. Here we made our way into the light/energy that illuminates and suffuses the stones and stood in a

circle at its centre. Very slowly at first, we began to lose definition of our surroundings as we began to rise upwards. After a while, I found myself in a different place.

My Old Friend began to speak to me: "Creation could be defined purely in terms of energy, in terms of how this energy interacts and changes from one form to another. In the beginning all that is, was ... in the beginning the consciousness that is Creation was One. It was and still is an integral part of the energy that is Creation. As energy changes form, so does the consciousness of Creation change.

In your existence, energy is seen as power, a commodity to use without thought. It is squandered. Technology is seen as the answer to all the problems of your existence. It is seen as progress. But I tell you this ... you have lost your way.

The wisdom and knowledge are an integral part of the energy of Creation, as much in your existence as it was in the beginning. You can use technology to try to quantify different energies, but that will not give you wisdom, knowledge or understanding.

At the beginning of human life there was a knowing that the energy of Creation on its own was not enough. It required physical beings with conscious thought and reasoning to bring that energy together (more like gather it together, bring it into cohesion?) In doing this, so understanding and wisdom became flesh.

The ancient sites of your ancestors bear witness to this ... they are places where the energies of Creation have been brought into focus. They are repositories of information, knowledge and wisdom. These were the first attempts at bringing the wisdom and knowledge of Creation into your physical existence.

There are many other energy forms that your world does not know exist.

Your technology is not yet capable of knowing of their existence. Yet, in the beginning of human life, these energies were known.

You have forgotten much. Your world is reliant on technology and science to provide the way forward for understanding and knowledge ... although this does mean that you will gain wisdom. You are blinded. You are content to let a few lead you into much destruction with their technology and science.

It is not through science and technology that you will gain wisdom. Every spirit manifest in physical form has the potential to interact with the energy of Creation and in so doing, will bring much love, wisdom and healing into the physical world.

At this point, I felt myself being called back. I returned with a start to the stone circle. I felt as if I was a very long way from my physical body. We all made our way back to the knoll, where I thanked my four friends for being with me and for all that I had been shown.

1st April 2003 (Guided meditation)

I was led from my special place, through a door in a wall to a meadow and then to Atlantis. Here I was guided to an island surrounded by a canal and accessed by a bridge that had a seat at its centre.

The island I found myself on was perfectly circular with lush green grass. The seat was peculiar, in that it looked to be transparent and of some weird three dimensional construction. As I sat in it, the seat disappeared and I found myself floating a couple of feet from the ground.

As I sat there, the island became enveloped in what appeared to be a hemisphere of white light/energy. As I examined the inside of this light/energy, I became aware that it was in fact a sphere and I was at its centre. The inside was sparkling with streaks of different coloured light/energy. As I looked around this sphere, I became aware that my Old

Friend was with me.

Me: What is this place?

OF: This is your space. Only one has ever come here ... you. In this space there is only you. Here you see yourself as you really are with no pretence. Here you cannot avoid yourself.

Me: Why am I here?

OF: You have brought yourself here. The person you are now is different from the person you were. It is necessary for you to see yourself as you truly are.

Me: Why? Why now?

OF: You have been going through a period of great change and this is the closest you have ever come to being able to face your true self without any deception.

Me: I know myself for all my weaknesses and my strengths ... for all my shortcomings and all my gifts. It is impossible to deny or to avoid either.

OF: There will be other changes that you will strive to make within yourself ... and that is as it should be. You cannot define yourself by what is outside yourself. You are who you are because of what is within. You cannot find meaning for who you are outside yourself. You are who you are by virtue of yourself.

Me: I see that this includes how I live my life ... I can only live it for me.

OF: Yes ... you cannot live your life for any other reason than for yourself. You will know what is right for you. This may come into conflict with that around you in your physical existence. When this is so ... ask and trust that you will know what is right for you. Know that you are both an individual, yet part of the whole at one and the same time. You cannot be separated from Creation, but you are who you are. You are both one and not one at the same time (time not in the sense of hours and minutes). You must not/cannot exclude one from the whole, no matter what you do or try to do in your physical existence, for in trying to do so, you affect the whole. All are connected. All are part of Creation. If one were to be excluded (separated) then the whole becomes less ... it is diminished ... it loses a part of itself, just as you cannot exclude part of who you are. If

you were able to do this, then you would become less ... you would be diminished ... and no longer your own true self.

Here I had the thought of Saddam Hussein ... no matter who he is, he is still part of the whole of Creation. He is as much a part of and connected to Creation as we all are and it feels like even if he were to be killed, he would still be a part of Creation from the spirit realm. I cannot articulate the whole of this clearly, but it is as though nothing and no one can be separated from Creation. We are all connected, no matter what.

I was then aware of being called back. I found it difficult to return. It took me some time to get myself back on the island and then I seemed to be a long way behind every one else.

29th April 2003

I started on the knoll with my Old Friend. I was aware of another presence I did not recognise. I tried to discern who/what this presence was, but it was only a vague form on the limits of my peripheral vision.

I passed through the door in the wall and made my way to the ancient stone circle. What was noticeable was that the stone circle was a little different from my last visit. The stones were situated round a raised mound that had its highest point in the centre of the circle. I made my way into the light/energy that engulfed the circle and stood at this highest point within its centre. As I stood there, I was aware of my Old Friend and this other presence being with me.

After a short while, I felt myself ascending inside the column of light/energy. My next image was of being in an alien landscape. It was grey and barren ... there appeared to be no living creature or organism around me. I started to walk and as I looked behind me, I could see my footprints in the sandy surface. I continued walking and came to a crater; it looked as if it had just been made. As I walked on, I came across another crater and yet another crater. The whole surface of this planet

seemed to be pock marked with these craters, all of which looked as if they had just been made.

OF: This landscape you are in is millions of your Earth years old. These craters you see around you have all been made at different times in the history of this place.

Me: How can that be when they all look so new and fresh?

OF: There is nothing in this place that moves. Only a new impact from a meteor or dust particle can change the appearance of what you see around you. This landscape had remained unaltered since the last meteor or dust particle impacted on its surface until now.

Me: What do you mean, until now?

OF: By your presence, you are changing the landscape you walk through. You disturb the ground on which you walk. All you have to do is disturb just one grain of sand and you have altered what was. So it is with your life. As you move through your life, you affect all that is around you. You alter the landscape through which you move, not just in the physical world, but also in the spiritual world of Creation. Your actions, thoughts and words affect that which is around you. One word can ripple through time and have a profound effect on what is to be. One act can change the history in your existence. One thought can result in a very different life.

Me: This seems extreme.

OF: So be careful what you do, what you say and what you think. Never hold a hateful thought, speak an angry word or take a revengeful action. Always act, speak and think out of love. Never act in haste or speak without thought. In difficult times, always seek to love. We are here with you always ... love is our being. Love is the answer to all your life experience. Do not be concerned with where you are going; be confident (of good heart) and go forward in love.

With that, I felt myself being called back. I descended from what seemed to be a long way off, back to the circle. The three of us then retraced our path back to the knoll, where I said my farewell to my Old Friend and the other presence.

1st May 2003

I started on Samson with my Old Friend, Adrigal, Morning Cloud and Hu. It felt good to be with them again. We made our way through the door and onto the ancient stone circle. Here we passed into the swirling light/energy vortex and stood in a circle at its centre. After a short while, I felt myself drifting upwards within the column of light/energy.

We came to a place where all around me was white light/energy. I was lying on my back in mid air and Adrigal was standing by my head with her hands on my forehead. The feeling of love that emanates from her is just amazing. I could feel healing energy flowing through me and in me. I felt so relaxed and after a few moments was no longer aware of my physical body.

After a while, I began to feel myself shifting through bright white light/energy until I came to a different place, whose beauty was just breathtaking. It wasn't something that could be described in physical terms ... it just was. I felt as if it was both inside me and outside me at the same time. Both I and the beauty around me were one and the same ... I existed in it and it existed in me. (As I recall what I experienced, I realise that I cannot remember seeing any individual thing ... everything seemed to be one). I seemed to remain here for some time until eventually I felt I was being called back. Reluctantly, I felt myself returning.

We then made our way back to the knoll, where I thanked those with me and said farewell to them.

6th May 2003

I started on the knoll with my Old Friend, Adrigal, Morning Cloud and Hu. We greeted each other and then made our way through the door to the ancient stone circle. This morning, rather than feeling my feet walking on the ground, it felt as if we all were just skimming across the ground. The other difference was that the light/energy in and around the circle was more radiant than usual ... somehow brighter and more energetic than I

have seen it before. We made our way into the circle and stood in a circle at its centre.

After a while, I felt myself moving slowly, but with purpose, in an upward direction. We eventually came to a place of great light/energy, where we came to a halt. Here Adrigal began to speak: "You have been called to work with children and we have decided that you should understand more about their spiritual wellbeing.

Babies and young children are very aware and open to spirit ... they perceive the spirit world around them in a way that adults have long forgotten. They often commune with spirit, but this is feared or misunderstood by adults and treated as being an illness or a deviation that is undesirable.

As children grow into adulthood, so they begin to forget. It is easier for them to forget because the adult world around them seeks for all to conform to their ideal of what is 'normal'. Any deviation from normal human behaviour is treated with suspicion and fear and has the potential to ostracise an individual. It is therefore easier to forget and conform.

As you grow older in your physical world, so you forget more and more of your spiritual roots, unless there is an awakening. When this happens, there is a remembering ... and with this remembering, so you become more childlike. Be clear, I say you become more childlike, not more childish. In becoming more childlike, you are more able to accept those things you perceive that are a part of your spiritual existence. You are also more able to understand a child's perceptions of its own spiritual existence.

Children are caught between two existences, their spiritual and their physical. By becoming more childlike, you meet them at their own level in their spiritual existence. By using the knowledge and wisdom of your adult

experience, you will be more able to offer them unconditional love and protection in their physical existence (the physical world).

Always treat children with love and respect. Always listen carefully to what they have to say ... for in listening to them, you will gain understanding. All children deserve to be shown unconditional love."

With this, I felt myself being called back. I felt myself slowly descend. After what seemed like a long time, I found myself back in the stone circle. We all retraced our steps back to the knoll, where I said farewell to my companions.

9th May 2003

I started on the knoll with my Old Friend, Adrigal, Morning Cloud and Hu. We made our way to the ancient stone circle and stood in a circle at its centre. After a short while, I noticed that my four friends' clothes had changed – they were all clothed in bright white flowing garments that reached down to the ground. I looked down at myself and saw that I too was wearing a similar garment. As I stood there, I began to feel a change slowly coming over me. Instead of feeling the light/energy flowing over and through me, it was like I was becoming the light/energy ... it was me and I was it.

My next conscious recollection was that all of us were slowly ascending in a lazy spiral and that we were all part of the energy, yet were individually discernable within the energy/light. Eventually, I found myself in another place.

Hu began to speak: "You keep wondering what the consciousness of Creation is; who or what God is; what terminology to use for your own concept of the Great Spirit or God to describe the source of all wisdom, knowledge and Creation itself.

The source of all that is, is Creation itself. The energy that is all that is, is

the consciousness of Creation ... and they are One.

This consciousness that is Creation is constantly changing, evolving into what it is becoming. By virtue of each living creature on your Earth changing second by second, minute by minute, Creation is also changed, because all are part of Creation. Even the movement that an atom makes, or for that matter the movement that even smaller particles make, has an effect on Creation ... no matter how miniscule, it still causes a change in the consciousness of Creation.

Creation is changing and the consciousness of Creation is changing. It therefore follows that what you envisage, or define, or call God or Great Spirit (or for that matter any other definition or description you might use for this) is also changing. Nothing in Creation is static ... everything is dynamic.

The question you ask is not one that we can answer for you ... your view of the consciousness of Creation depends on your development, your understanding, your knowledge and your wisdom. No one description of what you call God is wrong ... and no one description is right ... all are valid for different individuals, depending on their life experience.

You must form your own view of how you see what you call God. Most importantly, be of open mind and allow the possibility of your view of God to be dynamic ... be open to the possibility of change in how you see/understand/view the consciousness of Creation."

I seemed to remain in this space for some time ... I am aware that I saw many things, but sadly am unable to recall any of them. I thanked Hu and the other entities I felt with us for all that I had been shown.

I felt myself being called back and began to descend to the stone circle. The five of us then retraced our path back to the knoll, where I thanked each one of them for what I had experienced.

10th May 2003

I started on the knoll with my Old Friend, Adrigal, Morning Cloud and Hu. Instead of taking the path to the door in the wall, we followed a path I had not noticed before, which led to a beach. Once on the beach, we walked along the sand until we came to a door in a wall. We passed through this door to the other side.

We then continued along the beach until we came to a cave, where we all sat or lay on the warm sand in the sun. I felt myself relax and all the tension drained from my body. As I lay there, I became aware that all our bodies were clothed in glowing white robes ... even the cave was glowing with a white light/energy.

After a while, I looked up and saw Hu sitting cross-legged beside me. Hu spoke to me saying: "It is not only you who receives. We also receive much from you. Through your openness, we gain much understanding of your physical existence. There is mutuality in our coming together. It is in your wish to be truly open and honest in heart, mind and body, together with your thirst to know, which draws us near to you.

It is in your willingness to explore and reach out to us, that we may truly know you. That you are willing for us to know all those parts of your humanity, the good and the bad (the desirable and the undesirable) only serves to draw us closer to you.

As you experience your human emotions, desires and wants, so the form of your energy changes. It has many different shapes, colours, vibrations and intensity, all of which convey much of your human condition. It is through this energy that we sense and begin to understand what it is like to be in your physical existence.

We can only begin to know what it is like to have physical form from coming close to you in your physical existence ... without your openness, our knowledge/understanding would be but a shadow of your reality.

Know that we sense your love as much as you sense and feel the love that we have for you."

With that, I felt called back to the cave. All of us rose and retraced our path back to the knoll, where I thanked my friends for what I had been given.

13th May 2003 (Guided meditation)

I started from the knoll and was led through a door in a wall to a place where there was a large crystal on which I was asked to stand. Upon standing on the crystal, I ceased to follow the meditation – although I was conscious of the voice, I was not hearing the actual words.

As I stood on the crystal, my consciousness shifted and I found myself on an island. I was at the top of an extinct volcano, looking down into its crater. At the centre of the volcano was a lagoon. The water in the lagoon was calm and deep blue; the plants were all rich greens and the flowers were a variety of vibrant colours. The sea around the island seemed to form eddies that made overlapping circles of choppy water.

After a short while, this scene was overlaid with first one person and then another ... and another ... and another, until all the people I have met and known in our spiritual sphere seemed to be there in front of me. I felt myself sending all of them much love and healing. I felt, rather than heard, a voice talking to me.

Voice: It is right to think of all these people ... every thought, every intention you have of sending them love and healing and every time you mention their names has a beneficial effect on them. All of you have not been brought together by chance ... it is important that you all care for one another ... love one another.

I felt my consciousness shift once more and found myself in a different place ... I was surrounded in white light/energy. I was aware that another

being/entity was with me ... I more sensed the presence than saw it. As soon as he spoke, I recognised the feel of who it was.

Hu: You are not listening to us. We know that you hear us, we know that you know you have understood what we have shown you. It is time for you to trust us without reservation. This asking to be shown again to confirm what you have been shown to ensure its authenticity is to stop. We would never ask you to do anything that would harm another in any way. You know what you should do ... just do it ... just do it with the love and sensitivity we know is in you.

With that, I became aware of being called back and felt myself return from a long way off.

15th May 2003

I started on the knoll with my Old Friend, Adrigal, Morning Cloud and Hu. We made our way through the door to the other side and on to the ancient stone circle. We walked into the bright white light/energy and stood in a circle at its centre. After a short while, I began to feel myself drifting slowly upwards within the light/energy until I arrived at another place.

Me: I would ask about healing a girl I know, but am not sure how to put into words what it is I would know.

OF: She has much love for her parents and she has chosen this life path so that they may gain much knowledge and understanding. Her healing is an essential part of both her learning and her parents' learning. Her parents have chosen a difficult life path and she has chosen to be a part of that life path. All who seek healing (come for healing, receive healing) receive much love, but will not necessarily be healed of their physical illness (dis-ease). There are many who choose life paths so that others may gain much wisdom and knowledge. It takes

such great love and sacrifice to choose these difficult life paths.

Me: What of the healing of the boy I know?

OF: He sheds such love on all those around him. Many will gain much from spending time with him. Have you not learnt much and gained much knowledge from him?

Me: Yes, I feel he draws out the very best in me ... such unconditional love I could never have imagined from someone other than those close to me. My understanding of healing has grown beyond what I thought possible.

OF: His life path is not a short one in your Earth plane time. He has much still to do in this life of his. Your continued participation in his healing is meant to be.

Me: Is this through distant healing?

OF: Through your intent and will born out of love, for him to be healed and made whole, you have much understanding. This understanding is to be used to continue on your healing path. You have much still to learn.

Me: What of my future?

OF: If you were to know your future, you would not follow your life path that you have chosen. But know this, you are loved by more than you know in your physical existence and the love you give to others is received and valued more than you realise. Out of this love comes a power for much healing.

Me: I am amazed at what love can achieve.

OF: You and I have such love for one another. We have been together in a past life many of your Earth years ago, though for me it seems like it was but a moment past. There is a bond between us forged in love that will never be broken. It is out of choice that only one of us will be in physical form so the other may be with us in spiritual form. Know that you are loved, even when you feel aloneness.

With that, I felt myself being called back. I reluctantly returned to the stone circle and then we all retraced our path back to the knoll. My Old

Friend hugged me goodbye, as did Adrigal, Morning Cloud and Hu. It was a surprise that Hu hugged me instead of his usual formal hand clasped bow and for this reason it felt more potent.

20th May 2003

I started on the knoll with my Old Friend, Adrigal, Hu and Morning Cloud. After greeting each other, we made our way through the door to the other side and on to the ancient stone circle. On arriving at the stone circle, we made our way into the light/energy to its centre, where we stood in a close circle.

After a while, I noticed that all of us were wearing bright white gowns that seemed to glow brightly. I began to feel myself slowly start to ascend. After a short time, we arrived at a different place. In this place there was no colour ... just a brilliant white glow all around us.

I began to have a very strange feeling ... one of myself being drawn out of myself through my crown chakra. It was the weirdest feeling, yet strangely not unpleasant. Once free of my body, I lost all sensation of having any physical form at all ... I even lost the sensation of breathing.

I felt several presences with me and was startled to know more than hear, feel or sense the being I know as my Old Friend communicating with me: "You are in the process of being prepared. You have come a long way, but there is even further for you to go. You have learned much, but there is far more than you as of yet do not know. You have gained much insight and wisdom, but this is nothing compared to what you are yet to understand.

Wisdom, learning, understanding and enlightenment transcend your physical existence. It is when your spiritual knowledge informs your physical understanding that true wisdom is gained. All learning takes place both in the spiritual and the physical world you are a part of. It is when the two are integrated that you become that which you are to be.

Your purpose (path) is before you, but you are in danger of being distracted from following it by worldly things. Wealth is to be used to further and benefit the whole of Creation, not to be wasted on trivia and physical pleasures that last but a moment. However, that is not to say that your life should be full of hardship so that you have little time to pursue your spiritual purpose. It is about balance and of not losing sight of your purpose for having this physical experience.

In your human terms, the more you are given, the less you will have ... in spiritual terms, the less you have, the more you will be given. You will come to a point where whatever is changing in your physical world, your spiritual focus will not falter. It is by seeking knowledge, understanding and enlightenment, moment by moment, with purpose in both the spiritual and the physical, that you will gain wisdom ... and with this wisdom you will fulfil your purpose.

In all this talk of spiritual and physical, there is one common factor that will sustain you through all that will come to pass ... and that is love. Love is the sustaining force of Creation. Never doubt for a moment that you are loved."

I began to feel a tugging at the edges of my consciousness ... gentle at first and then more persistent. I began to feel myself re-entering myself. We all returned to the stone circle and then retraced our path back to the knoll. I thanked all who were with me for all that I had experienced.

29th May 2003

I started on the knoll with my Old Friend. After a short while, Adrigal joined us, then Morning Cloud and Hu. We made our way through the door to the ancient stone circle and into the light/energy to its centre. Here we stood in a circle. As we stood, I felt another presence join us. When I looked up to my right, I saw it was Asambaiya. To my left was Adrigal. As we stood there, it seemed as if I had my eyes closed and when I opened them, all of us were clothed in a brilliant white garment. It was

strange to see Asambaiya clothed in this manner, but it felt it was as it should be. I could feel his courage, strength, serenity and wisdom.

After a short while, we all started to rise in a slow spiral. Eventually we came to another place and it seemed as if it were Asambaiya communicating with me: "Still your troubled mind ... still your noisy thoughts ... be still! Life is not what it seems. Be still and listen to the silence, for in the silence is the essence of life.

Be still and live your life a moment at a time, for what has not yet come to pass is just one of many possibilities. You cannot change what will be, by worrying about what may be. Still your thoughts and listen to your breath ... for your breath is life.

Be concerned with the art of living. Do not be distracted and weighed down with the clutter and noise of living. You are your greatest distraction ... you are caught up in the imponderables of what may be. Still your mind and set yourself free!"

I felt a calm descend on my mind ... I felt at peace for the first time in days. My runaway thoughts just stopped spiralling around in my head. It felt good to no longer hold my thoughts in check lest they career out of control into chaos. I hadn't realised just how much energy it was taking to control and hold in check the brainstorm building up in my mind. In fact, I hadn't realised that my mind had been in this chaotic spiral of thoughts ... nor the consequences of it continuing. It almost felt as if I had been holding my breath for days and now I was breathing again. I could feel what I can only describe as relief from Asambaiya. Suddenly, I could feel the love that all these spirit beings/entities have for me.

I felt myself being called back. We all returned, from what seemed a very long way off, to the centre of the stone circle. All of us then retraced our path back to the knoll, where I thanked them for being so patient and understanding with me.

2nd June 2003

I started on the knoll and found myself with Asambaiya. As he stood before me, his appearance changed and he became clothed in a glowing white gown that covered his whole body except his head, face and hands. We greeted each other with our hands clasped together in front of us and with a slight bow toward each other.

It seemed as if we sped across the landscape, through the door to the other side and then into the centre of the ancient stone circle and its light/energy. We then seemed to rise quite quickly upwards until we arrived at another place. After what felt like a short time, I was aware of Asambaiya communicating with me (the easiest way to describe this communication is that it was as if he was talking with me, but in reality it was more complicated than that).

He said: "This is a time of change for you ... a time where all things become possible. Be on your guard, for there are forces that would try to seduce you from your chosen path. Be alert to all that is around you ... do not be complacent, for your spiritual path is not assured ... it is a path of intent and will. Keep focused and do not be distracted or led astray from the path you now tread. Do not be deceived by the dark deceitful forces that you feel around you ... they are sent to test you ... to test your resolve.

You have been/are being refined in the spiritual fire ... this is a period of test. A test of truth. Stay true to your chosen path ... choose what you know deep inside yourself to be the truth. Keep your footing and do not waver, even when the path may seem difficult and treacherous ... this is but an illusion. It is what is chosen that is important. Along the way there is much that is to be accomplished. This is not an easy path, for it requires much discipline, determination, courage and most of all love ... all of which we know is in you.

There is much still that will change in you ... you are still in the process of

becoming. You are becoming who you truly are. You will become truly integrated ... no longer spiritual being or physical being ... but both spiritually and physically as one in your physical form.”

After what seemed like a very long time of stillness, I felt myself being called back. We returned to the ancient stone circle and made our way back to the knoll. Here I thanked Asambaiya for all that I had been shown and for being with me.

9th June 2003

I started on the knoll on my own and gradually became aware of a presence with me. I turned and found Adrigal standing beside me. She greeted me and we made our way through the door to the other side and on to the ancient stone circle. As we approached the stone circle, I noticed that the light/energy in and around it was vortexing quite rapidly and not moving in its usual gentle fashion. Without breaking stride, Adrigal walked unhesitatingly into it and I followed. When we reached its centre, I became aware of other beings within the light/energy somewhere above us. We rapidly began to rise until we came to another place.

Adrigal spoke: “There is much healing that is needed on your Earth plane. This healing is not confined to the healing of the physical body. There is much emotional and mental anguish that needs healing ... and there is much spiritual confusion that cries out for the truth. It is about bringing mind and body into balance/equilibrium/harmony through spirit.

It is time for you to become more effective in the ways of healing. It is time for a shift in the level of healing with which you feel comfortable. You are not only to work with healing the body, but with healing the mind with spiritual truths. For this to come to pass, you must be truly open to spirit with no reservations or doubts.

This requires you to be truly open and to trust in us, for through that trust comes a great healing gift. You must trust that we will not let any harm

come to you ... we will protect you and guide you always. Listen to us at all times and you will know what is required of you ... it requires your consent so that the healing power of spirit can flow through you as it is intended it should.

This healing path that you are to follow was decided upon long ago. It is but one of the many strands to your purpose. All that is needed is for you to fully embrace it so all that is intended will come to pass.

It is not an easy path, but what is of worth is never easy. The love that you have always had in you, hidden until now, was always intended to be the core of this healing purpose. All those who have eased this love you have into your conscious life on the Earth plane (some at great cost to themselves) are an integral part of this healing path that you follow/are to follow. There are others who you have yet to meet on the Earth plane who are also a part of this healing path. Many will be drawn to you ... be vigilant and listen. Know that we will not desert you. Our love for you is everlasting and unending.”

After what seemed to be a short while, I felt myself being called back. We descended to the stone circle and retraced our path back to the knoll, where my Old Friend was waiting for us. I thanked them for what I had been shown and for being with me.

13th June 2003

I found myself standing beside an ancient stone circle. My thought was that this was a place called Callanish, in Scotland. I was aware that there were two presences with me ... one was Adrigal and the other was my Old Friend. I stood there looking out to sea, feeling a breeze on my face. After a short while, Adrigal turned and gestured for me to follow her and my Old Friend into the stone circle.

As we passed between two of the upright stones, it felt as if we were passing through a door. Once inside the stone circle, I found myself in

bright white light/energy. I began to feel myself rising upwards in a lazy spiral. Eventually, I began to lose a sense of my body and the sense of breathing. What happened next is best described as hearing the being I know as Adrigal speaking to me.

She said: "This time is right for the integration of your spiritual self and the physical person who exists. This transformation will bring about a oneness ... the coming together of spiritual awareness and physical existence. Do not try to force this transformation, for in doing so you will inhibit it. Relax ... breathe ... and let happen, as it surely will. This process cannot be hurried. Just be ... and let what is to be unfold at its own pace. Only through this oneness can your spiritual self enlighten your physical experience ... and through this enlightenment, you will find much wisdom. There will be a sense of knowing much that seems beyond your experience on the Earth plane.

The science and technology of your physical experience seek to describe your existence, but much is beyond your comprehension. With this transformation will come much enlightenment that can only be accepted through faith ... a knowing that it is so without being able to bring proof into your physical existence. Your physical existence will be informed by your spiritual awareness and so bring true enlightenment and wisdom.

Your time for this is now ... this transformation, this integration has begun. Trust us. Know that we love you. Know what our love for you means. Feel the love we have for you and believe ... do not doubt that it is so. Listen to your spiritual self and know."

What seemed like a time of peace followed. I then felt myself being called and we all returned to the stone circle from what seemed a long way off. I had a sense of travelling through a long brightly and colourfully lit tunnel of energy ... a sense of free-falling came to me as I neared the ground.

Once back in the circle, we again passed between the same two upright

stones. Once outside the circle, I could see the sea and feel the warmth of the sun and a fresh breeze on my face. I thanked both my friends, as well as all those others I had sensed around me, for what I had been shown.

17th June 2003

I found myself on the coast near Callanish ancient stone circle with my Old Friend and Adrigal. After a few moments, we made our way between two of the upright stones and crossed over into a most brilliant pyrotechnic display of light/energy. As we moved to its centre, I began to feel myself becoming lighter. Once at the centre, I felt myself being drawn out of the top of my head. I continued to rise, seemingly leaving my body in contact with the ground. We eventually arrived in another place.

Adrigal: You are still struggling ... fighting within yourself. Relax ... quiet your mind and trust that all is as it should be.

OF: Now is the time for you to stop this ... stop resisting what is to happen ... stop resisting your becoming who you are. Accept this ... this truly is the way forward for you.

I found myself beginning to relax and my mind taking on a different form (shape/feeling?) I began to feel lighter, as if a bright light or energy were expanding through my consciousness. Eventually, this light/energy felt as though I was it and it was me.

Adrigal: We are with you ... you are not on your own.

I felt as if Adrigal was to my right and Chuang Chou was to my left. Each had a hand on my shoulders. I began to feel as if there were others with me. My vision seemed to clear and I found myself sitting facing another. Adrigal and my Old Friend were still with me, but I had the impression (not a sense or a feeling ... something far more profound) that I was listening to this other being. I could feel energy coursing through me.

After a short while, this being rose and left, only to be replaced by

another. This whole process was repeated over and over and over again ... just how many times I lost count. I felt as if some sort of healing process was taking place through me for these others ... as if they were sharing something with me about themselves ... and in return they were becoming whole again.

After what seemed a long time, my perception changed and I was again standing with my Old Friend and Adrigal ... I felt myself being called back. We returned, from what seemed a long way off, to the stone circle and retraced our steps between the stones back to the open space beside the stone circle over looking the sea. I thanked my friends for what I had been given.

24th June 2003

I found myself on the shore near Callanish stone circle, looking out to sea. It felt cool and I was wrapped in a blanket. With me were my Old Friend, Adrigal, Morning Cloud, Hu and Asambaiya.

I found myself telling them about the conflict that I still feel going on within ... the conflict between my physical existence and my spiritual existence.

OF: Let us journey to the other side, where your questions may be answered.

As we passed between two of the tallest stones in the circle, I found myself in bright white light/energy. All six of us appeared to be clothed in bright white glowing gowns. We stood in a circle at the centre of the stone circle. After a short while, I felt myself begin to drift slowly upwards in a slow spiral. We then came to another place.

As I stood waiting in this place, the light/energy beneath my feet began to dissolve and it was as if I was standing suspended in the upper atmosphere of the Earth, looking down on the Earth. I could see as far as

the Pacific Ocean, the two poles and as far as India. As I looked down, it was as if the Earth came up to meet me. As the Earth came closer, I could see that the outline of England was beneath me. As it came closer still, the outline of Cornwall was beneath me. As it came closer still, it was as if I was standing above Cornwall, somewhere on the North Coast. Here the movement ceased and I remained suspended above this part of Cornwall.

Asambaiya said: "Of all the places on the Earth, it is here that you are to fulfil your healing purpose. You are to learn many different ways (ideas, concepts, teachings, practices, etc.) ... understand that this learning is for the future ... it is freely given to you and in return is to be freely given.

Many seek, but they stumble in the darkness, unable to see the light. The light will guide you and you in turn shall light the way.

Trust that what you are called to do is right ... do not doubt when others around you doubt ... be assured that you are on your own true path.

This conflict you feel is but part of your journey ... it requires discipline and determination on your part for you to become whole. Accept what you are and who you are ... fully human in your physical existence and fully spiritual in your spiritual existence ... you are both one and the other, not one or the other ... soon you will know this and you will be at peace with yourself."

I had to return at this point, as my meditation was interrupted. I felt all of us immediately return to the stone circle and once more pass through the two stones. I thanked my friends for being with me.

24th June 2003 (Guided meditation)

I started on the shore near Callanish stone circle. I followed the guided meditation through the gate in the wall, into a meadow and then through a forest of open spaced trees to a clearing. I found myself a mossy place to sit with a granite rock to rest my back against.

As I sat there, it felt such bliss to have my mind quiet and not buzzing with the usual myriad of random thoughts. I was quite prepared that this would continue through to the end of the meditation, but I was suddenly jolted out of this reverie by sensing, then seeing, a huge number of objects flying through the air and converging on where I was sitting. I soon realised that they were heading straight for me ... I felt rooted to the spot and unable to move.

Just when I thought they would all strike me, I sensed a presence with me – an aged Native American standing just behind me. He suddenly raised his right hand and the objects stopped in mid air. I was then aware of Asambaiya standing to one side of me. I felt myself stand and reach out toward the suspended objects and grasp one in my hand. I realised that although it had a solid representation as a house brick, it was actually an idea. I felt the compulsion to squeeze it in my hand. It crumbled to dust.

After a short pause, I reached and took another object and this time it was a thought ... again I squeezed it and again it crumbled into dust. I repeated this again and this time it was a concept.

I began to wonder what this was about, when Asambaiya spoke to me: "These are the conflicts you are facing. You feel they will crush you under their weight and number. They are the representations of your thoughts, your physical traits, your ideas, your character, the individual parts that make you who you are.

You have the power in you to resolve these conflicts you feel inside yourself. They will not crush you under their weight or number, for you know how to solve them.

The time is now ... it is upon you. Take heart and do not be deflected from your path ... the time for you to be whole is here."

With that, we were called back. I returned to the Callanish stone circle and

thanked Asambaiya and the Native American for all that I had been given.

Note: Somewhere during this meditation, I must have asked Asambaiya who he was. He told me he is from a time before ... a time before this time?

26th June 2003

I started my meditation beside the Callanish ancient stone circle. I was sitting on the ground facing toward the sea with the stone circle at my back. As I sat there quietening my mind, I became aware of a presence with me. This presence was not one I recognised. I turned to find an enigmatic looking older Native American standing just to my left and behind me. He turned and walked between two of the circle's upright stones. I felt I was to follow, so did.

As I passed between the stones, I found myself in brilliant white light/energy. I joined this man at the centre of the stone circle where the light/energy concentration was at its greatest. After a short pause, I felt myself being drawn up out of my body. As I drifted slowly upwards, I was aware that this Native American was beside me. We eventually came to another place.

Me: Who are you?

NA: I am a signpost ... I am one who has come to point the way.

Me: Are you to work with me?

NA: I am here but for a short while. I have seen what you are enduring at this moment and am here to give enlightenment and understanding. This enlightenment and understanding is a signpost that will point the way when all around you seems unfamiliar. Do not falter, for you are near the end of this time of conflict. Such peace and wisdom are close at hand. Rest in the knowledge that all you endure is part of your core purpose. Close your eyes and rest ... cease struggling and fighting yourself ... harmony and peace are within your grasp ... be at one. Rest in the love of those who love and care for you.

I found myself drifting into what seemed like a sleep, but is best described as a peaceful state. It felt as if everything around me slowed down and came to a stop, yet was still moving at the same time.

After what seemed a long time, I felt myself being called back. I returned slowly to the stone circle and we both retraced our steps to where this meditation began, where I found my Old Friend waiting for us. I thanked the wise Native American Indian seer and my Old Friend for all I had been shown.

27th June 2003

I found myself standing beside the Callanish stone circle, looking out to sea. With me were Morning Cloud, a Native American holy man, my Old Friend and Adrigal. Morning Cloud and the Native American holy (wise) man beckoned me to follow them through the stones into the circle.

As I passed through to the other side, I felt the light/energy that illuminates this ancient stone circle flowing through me. The light/energy has a quality not unlike that of standing under a waterfall in the fresh cold mountain water – not only my skin, but my whole being tingles all over. As we moved toward the centre of the circle, these sensations became more pronounced as the energy becomes stronger. It seemed as if we suddenly shifted from there to here ... to this other place.

Morning Cloud said: "You have come so far in your understanding ... of how your human experience is informed by your spiritual awareness (understanding, knowledge, wisdom) ... yet, you still war within yourself. You cannot change your basic human nature by force, or will it to be different and it will be so. You have been given your human nature so that you can exist in the physical environment in which you find yourself. This human nature of yours is an integral part of your human experience ... it is just so.

You strive for your vision of perfection ... it was never intended that you

be perfect in human form. You are striving for the impossible, to be perfect spirit in human form. This can never be so. This does not mean that you can allow your human nature, in all its guises, to rule your actions and your life ... to allow their freedom of expression as a way of life. When your human experience is truly informed by your spiritual self, your human nature is guided and constrained so that your life reflects your spiritual wisdom. Your human nature no longer controls you, you control your human nature and so live a life of love.

So love yourself ... not as an idea ... but as a reality. With this love, you will completely and wholly accept yourself both as the fully human and fully spiritual being you are. Know that we have complete knowledge of both your humanity and your spirituality and we still love you ... our love for you is far greater than you will ever comprehend ... when you transcend your physical form, you will know that what I say is true."

The Native American holy man then said: "Listen to this one, for she knows that what she speaks is the truth. Stop this fruitless battle that you rage against yourself ... it serves no purpose ... it saps your energy and distracts you from your purpose. Seek always to act out of love ... for yourself and for others. In so doing, you will become as one."

There was then just silence ... I felt a peace washing over me. My next conscious remembrance was of being called back. I returned to the stone circle and passed back through the stones to stand with my friends looking out across the sea. I thanked them all for what I had been shown

1st July 2003

I found myself on the shore near the Callanish ancient stone circle. As I stood there looking out to sea with the sun warming me, I gradually became aware that Adrigal was with me. She motioned me to follow her through the stones into the stone circle to the other side. As we passed through the two tallest stones, I noticed that the light/energy was different, both in colour and quality. The colour ranged from turquoise to

deep purple and it seemed to me that the energy was having a therapeutic effect on me in a physical, emotional and spiritual manner.

After a short while, Adrigal and I were standing at the circle's centre, looking down at a granite cist set into the earth at our feet.

Adrigal said: "This is where the physical is laid to rest in death. This is also where the spiritual is born to new life. So the time is upon you. It is now that you must face your very self. There is no escape from this ... and only you can accomplish the transformation into what you are to become.

It is reasoned and rational thought that sets you humans apart from all other living creatures. It is your free will to choose one path or another. You can no longer hide behind your human nature. Your free will is about choosing over your human nature by reasoned and rational thought that is informed by your spiritual awareness, knowledge and wisdom.

You cannot avoid this moment of realisation ... you can no longer hide from it. You know this to be true. You know what you will choose even before you confront yourself with the choices. You can no longer ignore what you know to be true. You can no longer live a lie.

The choices you make will not be easy, they will even cause you much pain, but through that pain you will learn much. This is true free will ... to choose with love even when that choice is not the easiest path. Stop before you act. Think before you speak. Let your spiritual wisdom inform your whole life, so that the choices you make are made in the spirit of love. If you do this, you will always choose what is best for yourself and others."

After what seemed like a long time of quiet, I felt myself being called back. We returned to the stone circle and I saw myself lying curled up in the cist. As I watched myself, I saw myself emerge from the cist. What I noticed about myself was that I glowed with a different life energy ... an

energy that emanated from deep within myself ... I looked to be at peace with myself.

This vision faded and I found Adrigal looking deep within my eyes. We turned and made our way back through the stones to stand looking out to sea once more. As I stood there, I was aware that the Native American wise man and my Old Friend were with us. I thanked all of them for what I had been shown.

8th July 2003

I found myself beside the Callanish stone circle, gazing seaward. I could feel a fresh breeze against my skin. After a short while, I became aware of another presence with me ... it was the one I know as Morning Cloud. She has such a gentle touch that is so light, it is almost unnoticeable.

Morning Cloud: There is much that is to be realised in your life.

We passed through the stones into the stone circle. As we moved into the light/energy, I found myself not in the usual bright white light/energy I had anticipated, but in something altogether visually very different. I found myself walking through vibrant, different concentric bands of coloured light/energy, each with a different intensity, as we walked toward the circle's centre.

At the centre of the circle was the brightest most intense white light/energy I have ever encountered. As we came to a halt, all that surrounded us seemed to dissolve, until we were just enshrouded in this white light/energy. I felt Morning Cloud move close to me and it was as if she was speaking to me, but not by sound, more as if she was inside my mind.

Morning Cloud said: "You have much that you are yet to experience. Do not get bogged down by complacency. Be alert to the possibilities that surround you. Free your mind. Free it from the shackles of convention and

the so-called immutable laws of your physical world. Free it from the disbelief that what you experience is not possible ... for all things are possible. Anything and everything is possible in the spiritual realm of your existence.

Do not look to others to confirm what you experience is so ... trust in your own judgement ... trust in your own spiritual wisdom and knowledge ... it will not fail you. Do not feel superior or more knowledgeable than others ... do not boast, or set yourself above those around you ... your path is just a very different one. Use the spiritual wisdom and knowledge that you are given wisely ... use it with humility.

Tread carefully ... wait to be asked and then give freely. Do not rush to tell everyone what you are shown. Rather, wait and listen until the time is right. You will know who to share this wisdom and knowledge with ... not all will understand; not all will be able to comprehend or accept ... but do not despair, for it will all bear fruit."

I then became aware of my surroundings slowly becoming clearer once more. We retraced our path back through the stones to stand looking out over the sea. I thanked Morning Cloud and all those who are a part of my spiritual journey.

29th July 2003

I started by the ancient stone circle. The sky seemed overcast and I could hear the sea breaking gently over the rocks. After a short while, I became aware of Adrigal being with me. A little while later, she was joined by my Old Friend. We made our way between the stones to the other side and into the stone circle. Here we made our way to the circle's centre, where we were joined by Hu, Asambaiya and Morning Cloud.

As we stood in a circle holding hands, I felt myself moving upwards away from my physical body until eventually I came to a different place. This place was filled with bright white light ... all around me all I could discern

was white light/energy.

I am unaware of how long I stood there before my consciousness changed. The change was quite unexpected and I found myself in a large kitchen, where I was making and baking bread. I could feel the dough on my fingers as I kneaded it and shaped it into different sized and shaped rolls and loaves. I was very aware of the smell of the freshly baked bread as I took it out of the big clay oven. These images and feelings continued for some time before they faded and I found myself once more in a place of white light/energy.

I was given no explanation of what these images and feelings meant ... nor any indication of any lesson or understanding that I was to gain from them ... just peace and tranquillity. As I stood there contemplating what I had just experienced, I had the thought of wheat turned into flour ... of flour combined with other ingredients to form dough ... and of this dough being transformed into bread by fire/heat ... and bread being a staple diet, the food of life. It struck me that this was an illustration of a process of transformations ... the dynamic and cyclic nature of our lives.

After an indeterminate time, I felt myself being called back to the circle, where I joined my friends once more. We all made our way across the stone circle and between the stones to where I had begun my journey. I thanked them for all that I had experienced.

30th July 2003

I started on the grass next to the Callanish ancient stone circle, looking out to sea. The sun was shining and I could hear the sea gently lapping against the shore. I was aware that my Old Friend and Adrigal were with me.

We made our way between two of the tallest stones that form the circle and passed over to the other side. Once in the stone circle, we were in bright white light/energy. We continued walking until we came to the

centre of the circle, where we stopped. After a short while, I felt a change in my surroundings:

OF: We are now 200 miles below the surface of the Earth. What do you feel?

Me: I am only aware of being in the light/energy. I am feeling the same calm and peace I felt a moment ago ... nothing has changed for me.

A few moments passed and I felt another change in my surroundings.

OF: We are now 200 miles above the Earth. What do you feel?

Me: I am only aware of being in the light/energy. I am feeling exactly as I felt a moment ago ... nothing appears to have changed for me.

OF: It does not matter where you are, or what you are feeling, you can always be in the light ... even in the darkest of places, you can be in the light. The choice is yours. Your life can be illuminated with the light and so be transformed. Even your darkest moments can be transformed by the light in the blink of an eye. Remember this and do not forget that you only know the light because of the darkness ... so count your dark times as gain, for they illuminate your understanding of your own life and bring you into the light.

There was a short period of silence and then my consciousness shifted and I was travelling through a circular rough hewn tunnel about three times my height in diameter. I eventually came to a halt at the end of the tunnel several hundred feet up in the air, on what appeared to be the side of a cliff. At some point as I was travelling through this tunnel, I must have opened my eyes, because I could see the end of the tunnel becoming closer and the light becoming brighter and bigger.

As I stood on the end of the tunnel, I looked out over a most amazing landscape. It was brightly coloured and full of living things, but it was not of this Earth because much of what I saw was completely alien to me. I was surprised to find that I was feeling calm and relaxed as I stood there.

After a while, I felt myself being pulled back down the tunnel and the next conscious image I had was of being in bright white light/energy again. Whilst standing in this light/energy, I was conscious of having a bouquet of brightly coloured flowers put into my hand.

I then felt myself being called back and returned to the stone circle. I was conscious that I still had the bouquet of flowers in my hand and felt I was to put them in the ground at the circle's centre. This I did and they immediately started to grow. The three of us then retraced our path back through the circle and the stones to the grass where I started this meditation. I thanked my friends for all that I had experienced.

1st August 2003

I started beside the Callanish stone circle. As I looked out toward the sea, I noticed that I could see land ... this was a bit of a surprise to me, as I have been here many times before but have never seen any land. As I looked at the land, I began to discern that it looked like an island ... as I continued to survey the scene before me, I began to realise that it looked as if there were more than one island between me and the open sea. I felt a presence with me and turned to find that my Old Friend was beside me. Without a word, we turned and made our way into the circle between two of its stones and in so doing, passed over into the bright white light of the other side.

Once in the circle, we made our way to its centre. As we approached the centre, I could see an object through the light/energy ... it was a stone standing in the circle's centre. I have been here many times before but have never noticed this.

OF: Touch the stone.

I reached out and touched it and wondered that the frequency of the energy of the stone began to change to match my own natural vibration. It surprised me because my own experience has been that when I have

felt the natural vibration/frequency of different natural objects, they have always remained constant, unchanging.

As I stood touching this stone, I perceived myself to be moving toward another place. I eventually felt myself come to a halt and found myself sitting cross-legged in space, looking at all of Creation. I could see even the most distant objects with great clarity.

As I sat there, wondering at what I saw around me, I had these thoughts: 'All of Creation is chaos, therefore our physical world is part of this chaos ... so our physical nature is, in fact, inherently chaotic. All of Creation is also 'One' ... so within this chaos are the patterns for all the material physical forms I see around me ... therefore also within this chaos must be the patterns for our physical existence.

This follows that our life is chaos. It is only the way that we perceive our lives and those material things around us ... the manner in which we arrange our material world to suit our own viewpoint ... that makes it appear to have order and structure. As we take note of and an interest in certain things, whilst disregarding others that do not fit or conform to our viewpoint, we begin to create order out of our natural chaotic world. It is this ability to categorise what we see around us in our physical world that gives us the impression that the chaotic reality of our existence is seemingly organised and meaningful.

Why does it matter so much to us that our physical lives have structure and form? Why does it matter to us whether life is chaotic or organised? Why is physical shape and form important to us?

Physical form is but an outward representation of what is within. What we perceive as ugly on the outside in physical terms has a beauty beyond comprehension or measure on the inside. Why do we value what we see on the outside? Why do we place so much concern or judgement on what we perceive through our physical existence? If we were to see what is

only on the inside and disregard what is on the outside, then what we would see would be true from a wholly spiritual perspective.

If this were so, then this would seemingly turn our perceptions of our existence into chaos, for what we have been taught is of value becomes but nothing through this spiritual perception. Our spiritual nature would then bring a different order and structure ... different patterns and meaning ... to our seemingly chaotic existence. Our worldly values and judgements would become void ... we would be freed from the constraints and chains of our narrow physical existence and would see Creation in very different terms. Through the chaos, there is spiritual structure and purpose in our existence.

If all this is so, then it is our spiritual nature that brings meaning and purpose to our existence. To be free, therefore, is to live our lives from a spiritual perspective, to see all things through our spiritual eyes ... this would be freedom indeed. So is this not the essence of what we know as unconditional love?'

After a short time of quiet, I began to feel myself being called back. I returned to standing beside the stone with my hand resting on its surface. My Old Friend and I had been joined by Hu, Adrigal, Morning Cloud, Asambaiya and others whose names I do not know. We all returned to the place where I started this meditation outside the circle. I thanked all of them for what I had experienced.

8th August 2003

I started by the sea close to the Callanish ancient stone circle on the Isle of Lewis. I felt a presence with me ... it was my Old Friend. I know it is him because I recognise the pattern/vibration of the bright light/energy form that is him. I also recognised that Adrigal was with him, but further away.

After a short while, he led me between the stones of the circle into its

centre. As we entered the circle, my soul felt warmed and illuminated by the bright white light/energy that engulfs this place.

As I stood at the circle's centre with my Old Friend, Adrigal joined us and stood with her right hand resting on my left shoulder. I began to lose all sensation of having a physical body and started to drift out of myself in an upward tight spiral. As I became further from my body, so I rose faster, until I came to another place.

OF: Have you not heard? Have you not listened to what you have been told? Do you not understand? Do you not trust in what we show and tell you?

Me: What is it I have not heard? What is it that I have not understood?

OF: We have assured you ... and reassured you that all your needs will be taken care of. We have told you time and time again that all that you need in your physical existence will be provided.

Me: Although I have heard and feel I know this, it would appear that this is not so ... it can't be so if you are telling me this.

OF: You are back in this place yet again because you do not believe in your heart ... nor trust in your soul ... that what we have shown you is the truth. This is a waste of your energy and life force ... this you should know. So believe what you have been shown ... know in your heart and trust unconditionally and without reservation in your soul that we will not lead you astray.

Me: What about my partner?

OF: This applies to both of you. NONE of your life experiences are for nothing ... all have a purpose. Nothing that you feel led to do will be lost or be for nothing ... all has purpose. Trust us and be concerned not with material things. There is much work for you both to do ... be concerned with this and trust us, for in that trusting, much will be revealed to you. Nothing of consequence comes easily ... all true spiritual learning, understanding and enlightenment is in opposition to your material existence. So set yourselves free ... be not concerned with the material world ... seek your true purpose in your coming into being. Trust in us.

Know that we love you timelessly.

With this, I felt myself being called back. I returned to the circle and found that Adrigal was still standing with her left hand on my right shoulder. I felt so much love from both my Old Friend and Adrigal. We retraced our path back to where we had started. I thanked them for all I had been shown.

19th August 2003

I started standing beside the Callanish ancient stone circle looking out to sea. I became aware of a presence with me and turned to find Adrigal standing close beside me, to my left. After a short while, I became aware of my Old Friend standing close to my right side. We moved toward the stone circle and passed into the circle between two of the tallest standing stones.

As we walked toward the circle's centre, we were bathed in bright white light/energy. On reaching the centre, the three of us stood in a circle with our hands touching. After a short time, I felt myself drifting in a lazy spiral upwards until I reached another place.

Adrigal said: "We know your concerns. We never left you. We have been with you always."

My Old Friend then said: "Both you and your partner have spent a lifetime working your way to this moment in your existence. It is a time for change. There are choices to be made. Regardless of the choices you make, know this – the words that your partner writes and the words that you speak will be heard. Do not doubt this. Many will read and hear your words, but only those who your words are for will heed them.

The words that have been given and will be given to both of you are not esoteric, they have purpose. There are those who have yet to read or hear what has already been given you, and what will be given you when the

time is right ... these words have purpose for those who are destined to receive them. It is for your partner to continue writing what is given her ... she is not to despair or falter in what she knows to be her purpose and path in this life she now lives.

My friend, you are to teach ... but not as a master to a pupil, more as one who shares enlightenment, wisdom and understanding. As one who journeys alongside others for but a short part of their life path."

Adrigal then said: "Love and healing are the way. Listen and be always guided by us. Know that you are both loved. Know that we are with you for all time."

This was followed by a period of silence, during which I felt an overwhelming feeling of being loved. The very space I inhabited seemed to be filled with loving energy ... it seemed to flow over and through me.

After a while, I felt myself being called back. I returned to the circle and the three of us made our way back to the place outside the circle, where our journey had begun. I thanked both Adrigal and my Old Friend for all I had been shown. We hugged and I returned.

2nd September 2003

I started on the shore by Callanish stone circle. As I stood there looking out toward the islands, I became aware of other presences with me. I recognised them as my Old Friend, Adrigal, Morning Cloud, Hu and Asambaiya. I could feel their love for me as they joined with me.

After a while, we made our way to Callanish and passed through two of the tallest stones into the stone circle. As we made our way to its centre, the intensity of the white light/energy through which we were passing seemed to be intensifying, reaching a climax at the centre of the circle.

At the circle's centre, we came to a halt. We stood there for a short while,

forming a human circle. I began to feel my head becoming heavy and then as I rose out of myself, the heaviness receded and I drifted slowly upwards inside a column of bright white light/energy until I came to another place,

Me: I am troubled ... I am troubled by my physical existence. Every way I turn it seems as if this physical existence of mine is closing in on me ... suffocating me.

Adrigal: It is only an illusion ... it is your perception ... your interpretation of those events and situations you find yourself surrounded by in your physical existence. The power of spirit has the ability to change your perception of these physical manifestations ... this is true enlightenment and insight. Look beyond your emotions ... seek your true feelings ... seek to commune with your soul, for by communing with your soul the true nature of things will be revealed.

Me: What of those close to me?

OF: Love is the healing energy of Creation ... love is healing.

With that, my consciousness shifted and I found myself standing next to a white hospital bed with pure white sheets covering a male child. I reached out and gently rested my hand on the child's head. I felt a flow of energy passing through me into the child. The child seemed to come alive ... to burst with life and energy.

This image changed to that of a woman lying on a white hospital bed covered with bright white sheets. I again reached out my hand and rested it palm downward on her stomach. I felt a flow of energy passing through me into her. Again, she seemed to come alive and burst with the energy of life ... it was like she had awakened from a dark place.

OF: You know the answer to all that you would ask. All that you need do is reach out and touch those close to you with love. Touch them with love in your heart. Reach out and touch them with love in every fibre of your being.

Adrigat: You know in your heart that this is the way.

After a while, I felt myself being called back. I returned to the circle with my friends. We all retraced our path back to where we started. I thanked them all and asked them for their blessing. One by one, they reached out their hands and gently touched me on my forehead.

Front cover photograph: Grey Wethers restored stone circle situated below Sittaford Tor, Dartmoor, Devon.
Photograph taken by Alan Santillo.