



# From Garden to Mountain

**Alan Santillo**

## Foreword

This book is a continuation of my second book *Into the Circle*. It contains a collection of my meditations between September 2003 and November 2009. The title of the book comes from the manner in which the imagery in my visualisations that were in my consciousness changed from being that of a garden to that of being in the mountains. The significance of being in the garden of being in the mountains is one of being in a safe place where I am separated from the physical world in which I live, thus enabling me to expand my consciousness beyond the limitations of my physical existence and awareness.

My hope is to reassure all those who meditate that there are no limitations to what can be experienced during meditation, the physical laws that govern our existence cease to apply when the consciousness is freed from the restrictive confines of the physical body. Meditation is all about awareness and stilling the mind so that it is free from the distractions of our physical existence ... the cessation of our thought process. Meditation is not a technique but a way of life. I would encourage every one to meditate and incorporate it into their daily lives as it brings positive benefits to all at whatever stage of their lives.

Alan Santillo, December 2009.

## FROM GARDEN TO MOUNTAIN

4<sup>th</sup> September 2003

I found myself in a different place this morning, on a small plateau overlooking a valley. It was a surprise to see a valley stretching out below me running toward the sea. To my left was the sea itself. As I sat there cross-legged on the ground, I began to look around. There was a natural rock basin, into which flowed a constant stream of fresh clear cool water. There was also a large and very ancient tree. As I continued to look around, I began to see that I was sitting in a beautiful natural garden. The garden, the valley below and the surrounding countryside were covered in plants of every type and teeming with wildlife.

As I sat there taking everything in, the place began to become illuminated in a bright white light/energy. This light/energy gradually became brighter and more intense, until I could no longer see the surrounding physical features around me. All I was aware of was the bright white light/energy.

After a while, I began to feel myself moving upwards and out of my physical body ... it was as if I was leaving my body through the crown of my head and moving up and away from myself. I don't know how far I moved away from my physical body, as I seemed to remain in this suspended state for some considerable time.

At some point I was aware of something being conveyed to me – more inside myself than audible words or images, but nevertheless expressed in words: "Do not worry, all will be as it should be ... what is about to come to pass is for your benefit ... no harm will befall you."

With this, I felt myself being called back to my physical body. I did not want to return, but in a resigned way, I knew I had to. On returning to the garden, I was aware of other presences around me. I had been joined by my Old Friend, Adrigal, Hu, Morning Cloud and Asambaiya. I thanked them all for all that I had experienced.

19<sup>th</sup> September 2003

I found myself in the beautiful garden once more. With me were my Old Friend and Adrigal. At first I found it difficult to remain fully in this place, I seemed to slip between being there and being aware of the chair in which I was sitting. Eventually, I lost all sensation of my physical body and surroundings.

*Me:* I have found it difficult to meditate of late. I have missed these times with you.

*OF:* You are here with us now. We know of what you speak. We have been with you even though you have not been aware of our presence.

As I stood there, the colours of the flora and structures surrounding us began to change. Their already bright colours began to become even more vibrant and much brighter. Gradually the intensity of their colour and vibrancy increased, until my surroundings melted into a bright white light that enveloped all three of us.

I found myself sitting with Adrigal, but not on anything of any substance. I was aware that she was viewing me with some concern.

*Adrigal:* I know that there are still times when you struggle with your physical existence and the physical world around you. This is the nature of being in your physical form. Regardless of your growing understanding, you need these reminders so that you will not become complacent, but will remember where you have come from. This physical awareness that causes you such concern will be a constant thorn in your side ... but rejoice, for it will serve to teach you much.

We sat there in silence for a while, then Adrigal conveyed that she wanted me to lie on my back with my hands by my sides. I stretched out and she stood close to my left side. I watched her stretch out her hand and rest it on my forehead. I was surprised that I did not feel any oppressive or heavy unpleasant feeling, more my own energy seemed to rise up to meet

her hand as it descended onto my head. It was like recognition ... a joining.

As I lay there, I began to feel an energy moving down my body, cleansing me ... it seemed to work its way from my head down through my torso and out of my toes. This was repeated time and time again. I became aware of a haze of bright energy surrounding Adrigal. As she gave me healing (because this can only be described as healing) I saw my own energy pattern beginning to extend beyond the shape of myself ... uniformly outward around myself. With each cycle, my energy pattern extended further and further. When Adrigal removed her hand from my head, I saw that I was encompassed within her energy pattern and she within mine. Our energy patterns extended outward way beyond us, diminishing gently in intensity and strength.

I became aware of my Old Friend approaching us and even felt the first touch of his energy pattern as it joined with ours. This touch of his energy is how I recognise him, even before he takes on any form ... his energy pattern moves and reflects in a unique way ... as do all individuals' energy patterns. The feeling that seemed to permeate through every atom of my being was just amazing ... indescribable. If this is the unconditional love of Creation, then my understanding of love is but a shadow of reality.

I have said many times before that I did not want to return when in a meditation, but this morning, I really did not want even to move. I felt myself being told it was time to return. Reluctantly, I found myself back in the garden. The bright white light receded and the colours and shapes around me became clear and well defined once more. The three of us were still in the same position and our energy patterns were still combined and glowing as before.

My Old Friend said, "What is happening in your physical existence will be for your benefit ... do not worry about what might be. Take care in all that you say and do and all will be well. Know that we are with you ... always."

To have reached out and touched them both would have been without meaning. I felt myself thanking them from some deeper perspective that required no word or gesture. I gradually became aware of myself sitting in my chair.

Note: The feeling I had was that at the beginning of this meditation, the energy pattern/aura that surrounds me had shrunk to that of only a few millimetres and at the end of this meditation, my aura extended yards beyond my physical form. I also had a strong sense of being cleansed.

### 23<sup>rd</sup> September 2003

I found myself in the beautiful garden high up in the mountains, where it is so peaceful and serene. I was aware that Hu was with me as I stood there and we both sat down on the earth under an ancient tree. Spread out before us was a wonderful, rich landscape. As we sat there, I gradually became aware of everything becoming brighter. This brightness continued increasing until our surroundings become indistinct and all that was left was the bright light/energy.

Hu: Meditation is not just a series of experiences. It is not only many different experiences. It is a voyage ... a voyage of discovery of self.

Me: I know this. I also know that I need to be constantly reminded of this.

Hu: It is more than just a journey of enlightenment ... it is a time of tranquillity and peace. Even more than this, it is a time of realisation of that which you already know. The very life that you live in your physical existence clouds the reality that life is to be enjoyed, not endured. Your physical world obscures the reality of your life. Your true nature is subject to the corruptions of the world from the very moment you emerge into physical form. Your true purpose in being fades until it is forgotten and is but a dim and vague idea of reality.

Me: This seems a difficult course.

Hu: Deep down in the heart of yourself, you know that happiness is yours by right and not to be won or gained through what you do ... yet you are constantly striving for a happiness that always seems just out of your

reach. It always feels dependent on your circumstances, or the situations in which you find yourself. Why do you strive for that which is yours by right? Happiness is but a heartbeat away and yet you do not even recognise it. Happiness is not dependent on any thing, it is a state of being. Open your eyes ... wake up!

Me: I know of what you speak. I know of these vague feelings just on the edge of my consciousness. When I reach out to touch them ... or when I try to bring them into focus ... they seem to dissipate into nothing. I seem unable to give them form, or life. It seems that the more I strive to attain a state of happiness, the more it recedes into obscurity.

Hu: This is why meditation is so important for you. It is more than just a way of finding momentary peace and tranquillity ... more than just experiences that bring spiritual understanding ... it is a way of losing the self and connecting to the infinite. In so doing, you are able to realise a state of true happiness that is not of the world, but of spirit. This will transcend all your Earthly worries and cares and be a legacy for all time. Listen to us ... trust in us ... and worldly things will no longer overwhelm you. This is the truth ... you know it to be so.

As we rested in this place, we were joined by my Old Friend and Adrigal. After what seemed like a long time, I began to notice a change in the intensity of the light/energy and the terrace on which the garden flourished began to have shape and form once more. When all was back to as it had been, I thanked my friends for being with me and for all that I been shown.

#### 26<sup>th</sup> September 2003

I spent some time concentrating on my breath and then found myself on the terrace in the garden overlooking the valley and the sea. I was aware that both Hu and Adrigal were with me. The three of us sat cross-legged beneath an ancient maple, silently taking in the beauty of all that surrounded us.

Hu said: "Do not fight the light/energy. Let it envelop you. Welcome it in

like an old friend."

I hadn't realised that this bright light/energy that appeared and surrounded us was somehow connected with me ... that I was capable of preventing it, or allowing it. Somehow, this felt to be quite a revelation. As I contemplated this, I began to become aware of the light/energy slowly blossoming around us, until my visual surroundings faded and all that remained was the bright white light/energy.

In this place, the act of walking, or in fact the act of any physical movement, has no meaning. I am in a place where I am no longer aware of my physical body ... not even the breath that flows in and out to sustain it. Up, down, left or right has no meaning, although sometimes it is easier to say that I am standing, or sitting, or lying down ... it is the best description of what I sense to be a change in my form.

What I experience whilst in this place is difficult to convey, so sometimes it is easier to describe something I am realising as a voice speaking to me, or as a picture that I see. The reality is somewhat more complex, as there is neither a voice nor an image. It is as if there is no longer I, yet there is still me.

After a while, Hu began speaking to me: "Relaxation is not inactivity, nor is it the pursuit of leisure activities. True relaxation is the art of being. It is about spending time with your self. It is about knowing your self. It is about loving your self and accepting your self – for if you are unable to love your self, how can you love others?"

Do not be afraid to give of your self for fear of rejection. Do not be afraid to care for fear of being hurt. Do not be afraid to love for fear of misunderstanding or misinterpretation. So put away your fear and speak the truth from your heart in the knowledge that your words are born out of wisdom ... care and know that the kindness you show will bring forth change ... love and know that your love will instil hope.

The flame that is the spark of your life was never destined to be hidden ... but to shine out in such brilliance so as to light the darkest of places. You know that your path is a difficult one ... but know that we are with you always and will never fail you.

This we impart to you is not just for you. There are many for whom this message comes. When they hear it, it will speak to them ... and they will know in their hearts that it is for them.

Love overcomes all fear ... so put away your fear ... give of your self, care and love unconditionally."

A long silence followed and after a while, I gradually began to feel myself being called back. My surroundings gradually began to take shape and form once more, as the bright light/energy receded. I thanked Hu, Adrigal and my Old Friend (as I knew he had been there with us all the time - even though he had not been visible to me, I had sensed his energy).

#### 30<sup>th</sup> September 2003 (Guided meditation)

From my safe place in the garden terrace high up on the side of a mountain, I was guided through a gate into a meadow. This led to a beach, where I removed my shoes and walked across the sand. The sand was warm and dry and I could feel the sensation of it moving through my toes and under my feet as I walked.

I walked toward the water's edge and felt the now wet sand as I walked barefoot across it. As I walked along the edge of the sea with my feet in the surf, I came to a log, upon which I sat and relaxed for a while. Out to sea there were some dolphins playing in the surf. I felt the energy pattern of my Old Friend with me.

As I sat there, I began to lose the sensation of my physical body. I seemed to be floating so that it seemed as if I was rotating and I lost conscious thought of which way up I was, or whether I was sitting,

standing or lying down. The edges of my consciousness seemed to blur to the extent that I could no longer distinguish between myself and my surroundings. It was as if I had become one with all that was around me. Such a peace invaded my whole being ... all I could feel was a sensation of love. I seemed to be still aware of the sand, sea, sky and dolphins, but it was more as if they were a part of me.

As I existed in this place/space, I became aware of myself asking a question ... it was not in words, more a thought or image: "Where am I going? What is my purpose in being?" It is easier to explain the reply I was given as being a voice speaking to me, although this is far from the reality of what I sensed: "This journey is your purpose ... this is why you are here. Your being is your journey ... it has no end ... it just is." This answer felt so simple and it was as if I already knew this was so. I felt myself flowing into all that was around me ... time seemed to be meaningless.

This way of being was broken by a thought ... a message conveyed to me deep into my consciousness: "Much is going to happen in your life, but be assured it will all be to your benefit. Do not worry, all will be as it should be."

I was then called back. I slowly returned and as I found my physical surroundings once more, I felt I had been given something to bring back with me ... it was inside my self ... it was love and peace.

#### 1<sup>st</sup> October 2003

I started my meditation in the terraced garden. As I stood there under a maple tree, I was joined by my Old Friend, Adrigal, Hu, Morning Cloud and Asambaiya. I gradually began to feel the consciousness of my physical body recede. My surroundings then began to fade, until I felt myself to be an integral part of all that surrounded me.

I slowly became aware of all getting brighter, until all that I was conscious

of was the light/energy. As I continued in this place, I had the feeling of peace wash over me until all I was, was peace. This was followed by a feeling of love that grew to such an intensity, that I felt I *was* love.

I remained like this until I began to feel myself being called back. All around me seemed to shift and the garden began to slowly take form around me once more. I was struck by seeing Asambaiya standing in front of me. He was smiling ... it felt a most odd thing for him to be doing, as he always seems so peaceful and enigmatic. I felt I had been given/shown something beyond value. As I write this, I have this feeling deep in my consciousness that I have been given an amazing gift. I thanked my friends and reluctantly returned.

### 3<sup>rd</sup> October 2003

I started with my breathing exercise and then visualised the terraced garden in the mountains. After spending some moments enjoying this place, it slowly dissolved, until I was in and surrounded by this white light/energy. Almost immediately, I sensed that this meditation was going to be different ... as if I was on the verge of discovering something very profound ... that what I was about to experience was significant and would come in a different manner than usual.

As I waited quietly, feeling a peace descend over me, I began to consolidate my understanding about what this bright white light/energy is ... not outside myself, but inside ... intrinsically me ... the part of me that is who I am.

I have previously, in another meditation, realised that the beings who communicate with me are somehow a part of me. I have often tried to describe what it is that I experience whilst in meditation and find it easiest to describe the experience as someone speaking with me or as an image. The reality is, however, more of a remembering ... a realisation of something that is just on the edge of my conscious thought that becomes a knowing that has been recalled to consciousness.

Whilst in this meditative state of being, it is as if I am aware of how I relate to the whole of Creation. There is a fading of my physical boundaries and there is an awareness of everything else ... it can only be described as becoming one ... or as oneness with all Creation. There is no sense of I (or ego) ... although there is still me.

Previously, I have realised that these beings who I sense with me ... and their energy patterns ... are all part of this oneness and are therefore an integral part of me ... yet at the same time they have their own me-ness, and this was again being conveyed to me very strongly.

It is not by chance that I feel my Old Friend is a very close friend, someone who I feel knows me better than myself; or that Adrigal is just such a beautiful, loving and healing guide; or that Asambaiya is so enigmatic, has so much inner strength and serenity; or that Hu has so much wisdom and knowledge; or that Morning Cloud is so compassionate and caring ... for they all are the embodiment of who I really am ... as much as the me who is having this physical experience.

It is through this oneness that all we need to know is within ourselves ... the answers to all that we seek, we already know - it is just that we are unable to remember what we know. The very life and physical existence we are in intrinsically inhibits our ability to remember to such an extent that there is a very real feeling that we have to learn about ourselves and who we are for the very first time.

The reality, however, is that we need only learn how to remember what we already know. Meditation is the way that works for me, although there are many different types of meditation in all manner of ways to attain this state of oneness (connectedness) and awareness of Creation.

I began to feel myself being called back and so returned to the terraced garden. I thanked all those who had been with me for the insight and understanding that I had experienced. I then returned to my chair.

7<sup>th</sup> October 2003

I started on the terrace in the garden overlooking the valley and the sea. My first awareness was of the brilliant vibrant colours of the flowers, trees and plants. Then the perfume of the flowers around me assailed my senses ... so delicate and fragrant as they changed and blended together in perfect harmony. My consciousness was drawn to the colour of the leaves of the trees. All the autumn colours were displayed in front of me down in the valley – red, brown, green, gold, yellow, etc.

As I stood there looking around me, I caught sight of the beach and felt a longing in my heart to be there. In no time at all, I had made my way down from the terrace to the beach. The sand felt soft and warm beneath my feet, the air seemed pure and fresh in my face and the sea looked blue and inviting. I sat on the edge of the sea with my feet in the warm water.

As I sat on the sand, basking in the warmth of the sun and with my feet in the cool water, I began to have the following experience: I was in the womb and it was time for me to emerge into the world. I was aware of my heart beating and of being in a fluid ... dark and light seemed to have no meaning for me. This all began to change and I felt myself moving toward a brightness. I felt myself trying to suck in the air around me; it was as if I was drowning in the air ... my nose and mouth felt filled with fluid that stopped the air passing freely into me.

Then this blockage seemed to disappear and I was breathing for the first time ... it felt strange and unnatural, yet familiar and normal. The brightness around me began to subside, until it became comfortable and I could see what I now know to be shapes and colour. The feeling I had was one of not wanting to be in this place ... I wanted to retreat to where I had been before ... yet I felt this intense curiosity of wanting to know where this place I found myself was and to explore the seemingly infinite space around myself.

These images and feelings faded and I was again aware of being on the

beach. I gradually became aware of two dolphins in the surf not far from me. Their chatter seemed to be directed toward me, as if they were inviting me to join them. I rose and walked into the sea toward them ... they swam eagerly to meet me. The sense of love and friendship I felt from them was overwhelming.

We spent some time swimming together and playing in the water ... a word that comes to mind to describe this playing is "frolicking". After a while, it seemed that they had to leave. We reluctantly parted and I made my way back to the beach and retraced my path back to the terrace.

Once on the terrace, I was met by my Old Friend and Adrigal. They said nothing, but just stayed with me for a while before I felt myself being called back. I thanked them for being with me and for all I had experienced.

14<sup>th</sup> October 2003

As I sat listening to my breath, I found it difficult to visualise the terraced garden. The more I tried to relax, the more difficult it became, until I had the thought of just being in the moment and making the most of this quiet time. Almost immediately, I found myself in the terraced garden. There is such peace and tranquillity in the garden ... so much so that it seemed to me I no longer had a physical body. There is such beauty in the flora that grows here that it stills the mind. I became aware that both my Old Friend and Adrigal were with me ... it was so good to be with them again.

After a while, I began to sense rather than see a bright form moving toward me ... the light given off by this form was so intense that if in my physical world, I would have been instantly blinded. I was intrigued by the thought that I was able to stay in its presence.

A voice said: "It is time for you to move forward in your life, but before this can happen, there is much forgiveness that is needed in your life. I am here to show you the way."

With that, I felt a pressure on my left chest ... there was no pain or hurt, just a pressure. I looked down and saw writing appear over my heart ... etched into my skin as if it penetrated deep within me.

The voice spoke again: "This is the number of forgiveness. It is written in the very heart of you, lest you forget. It is there as a reminder for all time." (The sense of the word 'time' I seemed to understand as the duration of this physical existence.)

As I looked up, this light had moved close to my right side, so that it was almost on top of me, as if it was standing right beside me.

The voice said: "First you must forgive yourself. It is not the actions, words or intent that you are to forgive ... it is yourself that you are to forgive. The first act is to accept that you are worthy of love always ... in all situations, you are loved. Accept this love ... feel this love ... know this love ... be this love."

I felt this intense feeling of love engulfing me and becoming me ... it was almost a shock to feel this ... it was/is so beyond anything I have ever experienced that I am at a loss to describe what it was like ... all I can say is that nothing else existed. The connectedness that I felt was one of being a part of all ... a sort of a contradiction that nothing existed but all was/is one. The intensity of this feeling faded to a point where I was again aware of the light, but now it seemed that I was inside the light.

The voice said: "Now for you to forgive ... you know who you are to forgive, for that which is in your past, but you are as yet unaware of those who you are to forgive in your future." (Again, the sense was one of this meaning my physical existence.) "In the act of this forgiveness, you will be forgiving all those who are in the past, present and future."

I began to feel as if my whole self was being turned inside out .... as if my soul was being exposed for me to see. There were so many that I thought

I had forgiven ... I was shocked to see that although I had gone some way toward healing these hurts, there was still a need for me to forgive. As I worked through each, visualising the person and then letting myself feel love for each person, it seemed as if a great weight was lifted from me.

The voice spoke again: "Finally, you now have to ask for forgiveness for all your actions and words toward others. This is a most difficult task, for to go to each individual and ask for forgiveness is not appropriate ... even if you could do so. It is, however, within your self to enter all past situations in humility and with remorse for your actions and words. Bring love into all that is past, into all that is present and all that is future. Do this and know that love is the answer to all."

I began to feel a change occurring in myself ... an intention to be mindful of my words and actions seemed to be implanted at some deep level within. It can only be described as feelings of love and compassion for all.

As these feeling began to consolidate within me, I became aware that this light was no longer just engulfing me ... I *was* this light ... this love ... this compassion. To know that I can be like this gives me such hope for the future.

After a while, I found the forms and shapes of the terraced garden becoming visible to me once more. It was so good to find both Adrigal and my Old Friend were still with me. I thanked them and all those who had been with me for the experience and understanding I had been shown.

#### 14<sup>th</sup> October 2003 (Guided meditation)

I started from my safe place in the terraced garden in the mountains. From here I was led through a gate into a meadow and then to a place where there was a wooden seat. As I sat on the seat, my consciousness shifted and it was as if I was still in the terraced garden at the same time as I was sitting in this seat in another place. It seemed as if everything was happening at the same time ... therefore everything was one, and I

was part of the oneness. I began to feel an intense warmth flooding over and through me. My whole being felt brighter ... illuminated. It was like strolling along the beach with one's feet in the water on a warm summer day ... like taking a walk in the first rain after a drought ... like seeing your own child being born ... like just being with one you love ... this and lots more all rolled into one. I began to realise that this intense feeling that was consuming me was one of love. I began to feel that I *was* this love.

After a while, I was aware that I was not alone ... I could feel those around me in the room we had started this meditation from ... I could feel their energy ... their spirit. It was an odd sensation to be aware of the real world, while being in the spiritual world at the same time. The best description I can find is that we were connected ... more than just connected ... we were one. This intense love I was experiencing ... this love I was ... enveloped all of us ... it *was* all of us ... it transcended all barriers ... it united both the spiritual and the physical ... all were one.

I felt I stayed in this state for some time ... it seemed impossible to examine or rationalise what I was experiencing ... what I was. The only way I can describe it is to say it was love.

My next conscious recollection was of being called back far off in the distance. I was given these words for all of us: "Know that you are all loved more than you can ever comprehend." It wasn't as if I brought the love back with me, more that it stayed with us ... it was with us and I had this surety that it was to remain with all of us ... that it was a part of each of us.

#### 20<sup>th</sup> October 2003

I started this meditation in the terraced garden high up on the slopes of a mountain overlooking a fertile valley and the sea. I found myself seated under a large ancient Japanese maple with Hu, the Tibetan Buddhist monk. As we sat there side by side, I began to realise that Hu was not only a monk, but a great teacher of an ancient way of life. I had the

feeling wash over me that I was about to learn something beyond price ... that what I was about to embark upon would be life changing for me.

We continued to sit there for some time before all around me seemed to fade and I was conscious only of Hu sitting beside me.

Hu: You know and believe in the power of distant healing?

Me: Yes. I know its power and have no doubt that healing results.

Hu: Then you understand how it works?

Me: I think so.

Hu: It is the energy of thought ... and it is through the energy of thought that we are all connected and become one.

Me: I believe this to be so, but not that it is by thought alone that we become one. There is also the spiritual energy of Creation that binds us together ... that which was before all that is came into being.

Hu: But it is by thought that you have come to this understanding and knowledge ... it is by thought that you have gained this wisdom ... it is by the energy of thought that you are here now with me. In your present physical form, it is through the power, the energy, of thought that you transcend your physical constraints and limitations and become aware of your spiritual nature and your spiritual heritage.

Me: I cannot disagree, as I see no flaw in what you say.

Hu: So? ... If this is so, then by the power of your own thoughts ... your thought energy ... you have the power to change your life from what it is now to how you know it should be?

Me: That would seem to follow ... but I don't see how to do this ... or quite what you mean by changing my life.

Hu: This is best described as a transformation. You are about to embark upon a transformation that will change your life. You are about to discover a way of life that will change you forever. It is about realising your true nature ... it is about unveiling your innate joy and happiness ... it is about knowing how to use your thought energy to live a different life in this physical existence of yours.

Me: How will this happen?

*Hu:* You have been given a book to read ... it is not by accident that this book has been given to you ... and it is no coincidence that the one who has given it to you (your partner and prompter) does so at this time in your development. Only now are you willing and able to accept what you are to discover/learn/understand/internalise ... only now is it possible for you to live this transformed life.

With this, it was as if my mind began to flood with questions ... it felt as if my mind was going to explode with so many different thoughts. Suddenly I felt a presence on the edges of my consciousness and my mind became peaceful and calm. I felt a relief spread through my whole being as my mind became quiet once more.

I stayed in this state for some time before I felt myself back under the tree with Hu sitting beside me. I became aware that my Old Friend had also joined us and was sitting to my left beside me. I thanked them both and returned to my seat.

22<sup>nd</sup> October 2003

I started on the terrace under an ancient maple tree. Hu was seated beside me to my left and we were both looking out over the valley and the sea. As we sat there, I became aware that Adrigal was with us ... she was standing directly behind me.

*Adrigal:* Lie on the ground.

I lay on the ground on my back and she knelt beside me and placed her right hand on my forehead and her left hand on my feet.

*Adrigal:* This stress you are experiencing in your physical existence is doing harm to you. Be open and receive the healing love that is given to you.

With that, I felt a surge of energy/light pulse through my body from head

to toe. This sensation happened three times before I felt myself relax, followed by a gentle flow of energy/light steadily rippling through my being. After a while, I sat up and resumed my position beside Hu. Adrigal sat directly behind me. I became aware that my Old Friend was sitting to my right.

*Hu:* Look at the beauty that surrounds you. It is the beauty of Creation. It is in all things ... you only have to open your eyes and see it.

As I looked at the flora around me, such feelings began to stir inside me ... the colours began to become vibrant ... and the scents seem to take on such lovely aromas.

*Hu:* You must begin to believe that your thought energy sent out into the world has the power to change your life ... for only if you believe will it be so. Half belief or the thought that maybe it will have an effect is not enough ... you must believe this in the heart of yourself.

*Me:* I have been trying to believe.

*Hu:* I want you to consider what it is you want for your good or benefit. I want you to consider that you will have to have the will and discipline to carry this to its completion. I want you to consider how you will apply this change to your life ... and more importantly, how it will change you.

*Me:* I know inside myself what it is I want for my well-being and benefit. It is not easily articulated because it impacts on so much of who I am and what I would do with my life.

We seemed to sit in silence for some time ... it felt as if Hu was thinking about my answer ... or testing it in some way.

*Hu:* I want you to think of one or two people who you think may be hindering you ... or opposing you in any way. Now I want you to visualise them one at a time. Picture them clearly and focus on them. Now have this thought: 'May love, understanding, self-knowledge and wisdom come to you. May good fortune flow toward you.' Finally have this thought: 'I

reclaim the power you would take from me ... it is mine and mine alone.' Repeat this three times. When you have done this, give thanks.

Me: I will endeavour to discipline myself to carry this through to its completion.

Hu: Repeat this process at least once every day ... if possible, do it twice, once at the beginning of your day and once at the end of your day.

I began to feel my surroundings come into focus once more; the vibrant colours returned, as did the sweet aromas and scents. I sat with my three friends, listening to the rhythm of life around me ... and enjoying the beauty of Creation. After a while, I felt myself being called back. I thanked my friends and gave thanks for my life and for the whole of Creation.

#### 29<sup>th</sup> October 2003

I started sitting under the red maple next to Hu in the terraced garden. I could hear drops of rain gently falling on the leaves above and on the ground around us. Under the tree we were completely dry, whilst around us all was wet. The rain cleared and bright sunshine flooded the landscape surrounding us. As I sat there, I became aware of a deep purple light emanating outwards from between us. Eventually, all that I was conscious of was this purple light/energy.

After a while, what took place is best described as Hu talking with me: "Acceptance is a most difficult thing to master. It is the essence of life ... it is an essential part of your learning. This is something you have to understand and master. It is a necessary part of your well-being.

Acceptance is the thought energy of empowerment and self-awareness. It is the key moments in your life when you communicate clearly and with compassion with your inner self and with others.

Acceptance is not weak or servile, it is strong and purposeful. It is not about sitting back and accepting the inevitable. It is about actively accepting situations, events and people around you. Acceptance is the

wisdom of knowing when you do not have the power to change events, situations and people and it is best for you to accept them as they are.

It is in your nature to rail against and fight against acceptance. Enlightenment is the act of acceptance that allows you to see that acceptance in the wise choice. In the very act of acceptance, everything will come into great clarity and focus ... it will give you insight and will bring much healing into past events and situations in your life. It is healing in its very nature ... it engenders forgiveness and compassion ... it will show you that all things are possible.

The very act of acceptance brings you into the here and now ... it is grounding in its nature and anchors you in the moment of your life. To accept is to live every moment of your life ... to experience your existence in knowledge and with an inner understanding and wisdom of your own true self/nature."

This was followed by a long period of quietness, during which the purple light/energy that surrounded us became streaked with bright silver light/energy. This seemed to continue for some time. My next conscious image was of being in the cosmos. I could see stars, planets, galaxies, etc. They all seemed to be moving past me at some speed ... I seemed to be stationary.

After a while this faded and I felt myself being called back. I once more found myself seated cross-legged on the ground under the tree beside Hu and my Old Friend. I gave thanks for what I had experienced.

#### 10<sup>th</sup> November 2003

I started in the terraced garden sitting cross-legged on the ground under the branches of the red maple tree. After some time, I began to feel the presence of three others with me – my Old Friend, Hu and Adrigal.

Hu: Your mind is much troubled this morning. There are many things that

are concerning you ... they disturb your peace.

Me: There are many things that I would change if I had the power to change them.

Hu: I sense that by power you mean wealth ... money?

Me: Yes ... in part. But I would also change how some people behave toward others ... how they treat other people.

Hu: You would have it in your power to manipulate and control how other people behave and act? You are asking to have the power to change others' life scripts and life learning. No matter how hard it is for you to stand by and watch others struggle and suffer in your physical existence, know that this is their life path ... and through this life path much learning, understanding, knowledge and wisdom will come to them. You would deny them this, their life learning journey of discovery?

Me: No ... more I would wish that other people could be aware of the impact their actions and behaviour have on the people around them. I would have them be aware of the pain, anxiety, hurt, stress, etc, in which their actions and behaviour result. It is not my intention to interfere ... or try to manipulate ... or control the life journey of others. I find it difficult to articulate what is in my heart as I see those I love and care for struggle and suffer when the very act of just living is so difficult for them.

Hu: It is right and proper that you have much love and compassion for others. Be careful what thought energy you send out, as it has much power. It is better to send out love and compassion than to send out thoughts that seek to specifically change another. As for wealth ... money. Are you not provided for? You do not need more than you have. There are many who have much less than you ... and whose life is more difficult than yours.

Me: The material issues of life sometimes seem such a struggle.

Hu: Before you expand on this, know that I am already aware of what you would say. In your own mind you would justify it thus ... or thus ... and all would sound plausible. You will have what you need ... you will be provided for. Trust us and know this. It is easy to think that money will solve many worries that concern you ... but know this ... money in itself is not the solution.

You have much still to learn of acceptance. Have we not always been with you? Have you not always been loved since the beginning? Stop this fighting and struggling. Be open to the possibilities around you ... accept the love you are showered with ... and trust.

At this point, I seemed to be surrounded in bright white light. I lost any sensation of my physical body. I had the impression of being elsewhere ... but just where, I seem unable to bring into any sort of focus. It felt like I experienced much ... but exactly what I cannot recall.

I felt myself being called back, so returned to the maple tree with my three friends. I thanked them for all that I had been given. I bade them farewell and returned to my chair.

Note: I was surprised to note that this meditation had taken around 50 minutes.

#### 11<sup>th</sup> November 2003 (Guided meditation)

I started from my safe place in the terraced garden under the red maple tree with Hu. I was then led to a door in a wall, through the door into a meadow, across the meadow to sand dunes, then to a beach and to a log by the water's edge. Here I was asked to sit and allow myself to be at peace.

When I had been asked to follow the path to the wall with the door, I noticed that I was not actually moving and the door immediately appeared in front of me. When I passed through the door, I was in exactly the same spot from which I had started. All through this guided journey I didn't actually move, but the scene around me immediately reflected what I was being guided to see. This made sense to me, as I have come to a place where I no longer need to journey into meditation ... all I have to do is still my mind and be my breathing.

Once at the log, I noticed it was made of oak. I sat on it with a feeling of

contentment at being near the sea with the feel of warm sand between my toes, but I had no expectation of anything occurring ... I was just enjoying the peace.

For some reason, my attention was drawn to the water in front of me that was beginning to lap around my feet. It became calm, with gentle ripples running through it. A face appeared in the water ... it was that of a beautiful young woman. As I gazed into her face, I felt wave upon wave of love and compassion wash through me. My first thought was that I didn't possess this much love or compassion ... it just wasn't in me.

The love and compassion felt endless and it began to extend outwards from me, encompassing all around ... the feeling I had was one of it extending outward to infinity. I was surprised at the strength and depth of the love and compassion as it flowed through me ... my thought was again one that I just didn't have this much love and compassion in myself.

I then understood that it wasn't so much in me as *me* ... when connected to Creation, I *was* the love and compassion ... it was an integral part of me ... as it is an integral part of all. I think at that moment I understood something that has eluded me until now ... something that is an innate part of who I am.

This image faded and all I was aware of was the colour yellow ... great swathes of it extending all around me in every direction. Then my consciousness shifted and I was once again sitting on the oak log on the beach, with the sea washing gently over my feet. This time, though, the sea was ripples of gold and purple of random shapes washing over my feet and ankles.

This then shifted back to the beach and sea as I know it. As I was being called back, I had the following given to me: "Who is leading who?" This was repeated twice more. I then thanked the guides and beings who were with me and returned to my seat in the room with the others.

13<sup>th</sup> November 2003

I started in the terraced garden with Hu. We were sitting cross-legged in the shade of the maple tree. My awareness of my physical body began to fade and I found myself in a state of calm and peace.

Hu told me that he wanted to talk with me about friendships. I replied that this is an area of my life that I still find difficult – that I make many acquaintances, but few friends.

Hu said: "I know this. This is a part of your life path. Many will walk with you but for a short time in your physical existence.

You can develop and maintain many friendships, but you may only ever meet one soul mate in a lifetime. Friendships and soul mates are not one and the same thing ... although your soul mate can also be your closest friend. Everyone has a soul mate ... and when you meet your soul mate, you will know them ... you will recognise them instantly. But for all people, it may not be the one they are romantically attracted to, or it may not be the one with whom they share their life. Count yourself fortunate that you are with your soul mate ... enjoy and rejoice in this ... do not be so concerned about friendships.

Friendship, like any relationship, is based on unconditional love and acceptance. It must be given time and energy for it to grow and remain healthy. Communication in any relationship is of paramount importance ... it is about listening, not just to the spoken word, but to body language; the way in which thoughts are formed and expressed, as well as behaviour patterns and traits.

Relationships are also about purity. Purity is about knowing how to act appropriately at all times and in all situations with the best of intentions and motives for yourself and for others, with no self-interest at the expense of others. Purity is the first step in behaviour that allows you to make friendship relationships that are healthy. To achieve purity, first look

inside yourself and connect with the innate wisdom and innocence that is in you – that is a part of who you truly are. In doing this, you will focus on the loving thought energies of your body ... and this loving energy will guide your choices and behaviour.

All relationships are also about trust and this is true for friendships. Mutual trust is earned over a period of time. Even though we can sometimes feel instinctively that a person can be trusted, that trust will only be consolidated and built on over time. When you trust someone, you give them a part of yourself ... a part of your inner self ... that is why trust has to be earned over time. Too much trust too soon and there is a potential for that trust to be abused ... and the friendship will come to an end.

Do not misunderstand ... there is conflict in any loving relationship. You cannot always be in accord ... in any case, this would be unhealthy and unnatural. Where there is conflict, use love ... use love with compassion and understanding. This requires you to put aside your feelings and any preconceived thoughts and really listen ... and in this listening with love, there will be resolution.

Friendships do have a natural course. Some last but a few moments, whilst others last a few months, or years ... others may last a lifetime. Whatever their duration, be joyful at what you have shared with the other. Know when it is time to let go of a relationship and be joyous that what you both needed to share or learn from one another has taken place ... accept that this relationship is no longer necessary or relevant ... or needed. Part always with love in your heart."

After a while of silence and reflection, I felt myself being called back. I returned to the terraced garden and found myself with Hu, my Old Friend and Asambaiya. I thanked them for what I had been given.

17<sup>th</sup> November 2003

I started on the terrace sitting cross-legged on the ground beneath the

branches of the maple tree with Hu. As I sat there, I could smell the fresh earth, feel the gentle breeze on my face and hear the rustle of the leaves. A feeling of peace and tranquillity came over me. After a while, my consciousness shifted and I became aware that I was sitting in a place of bright white light/energy.

Hu began to speak: "Illness ... the nature of illness is difficult for you to comprehend. You see it as something external to yourselves. The reality is somewhat more complex and will be difficult for you to accept.

Illness is more about imbalance in your lives than about the external effects of the lives you lead. It therefore follows that well-being is about balance. Imbalance leads to, and results in, illness. If you abuse yourself in any way, treat yourself badly, do not care for yourself properly or do not take responsibility for your own welfare, then illness will inevitably result. It is about taking control of your physical, emotional and mental well-being ... your mind, body and spirit are one and the same ... not separate, but one.

Well-being is about knowing yourself ... your inner self. It is about listening to your natural rhythms. Yes, I know, what you say ... "balance by its very nature changes from moment to moment." That is true, but if the foundation at the heart of your life stays anchored to a true understanding and knowledge of your inner self, then any shifts in circumstance or changes in situation will not cause you to become unbalanced and ill."

I replied: "This all sounds very good, but how can one stay balanced when one's equilibrium is continually being rocked back and forth by external events and circumstances?"

Hu said: "All of you in your physical existence are governed/controlled by emotions. Whether you are aware of it or not, you all have an emotional state of being that reflects who you are. Whatever you may think, it is this

state of being that determines what you feel, how you think, even how you act and behave. It is this emotional state that determines your well-being ... or ill-being.

Everyone is susceptible to illness ... but if you can begin to understand how your illness is created in yourself, then you gain much wisdom. Illness should not necessarily be considered as a negative life experience ... on the contrary, illness serves to tell you that something is not as it should be in your life ... it is an opportunity that can lead to life giving change.

When you feel unwell or at unease, first look to yourself, as these are signs of which you need to take notice, for they are indicative that all is not well with you in your life. Even if you do not feel ill, be alert and aware of your innermost feelings ... examine your thoughts ... examine your emotions. Be honest with yourself. Look to yourself for the healing you need .... for you, and only you, know the healing you need to overcome your illnesses.

Well-being is about taking control of your own life and your own health. It is about listening to your inner self and knowing what is right and what is wrong for you. In its simplest form, it is about knowing when to say yes and when to say no. This becomes easier when you learn to trust in what your body, mind and spirit are saying to you. Only you know what is right for you."

I spent some time reflecting on what had been shared with me ... I wanted so much to accept this as being the truth, but a nagging doubt that this is not the whole truth still lingered with me. I know that there is truth in what was shared, but cannot quite bring it all into complete focus or clarity ... I know that I will have to revisit this again. It is not that I do not trust what I have been given ... more that it is a difficult concept to accept.

I stayed in this peaceful place for some time before feeling myself being

called back. I returned to the maple tree with Hu and found that Adrigal and my Old Friend were also with us. I thanked all who were with me and returned to my chair.

24<sup>th</sup> November 2003

I started sitting cross-legged under the red maple with Adrigal to my right and Morning Cloud to my left. I felt surprised at not being with Hu or my Old Friend. My first thought was, 'Why aren't they here?'

*Adrigal:* I know you feel somewhat disoriented as things are not as you expected. Know that Hu and Chuang Chou are here with us .... as are many other spirit beings. I can feel your doubt ... you are asking yourself if this is real or a construct of your own imagination. Know it is real and that you are here with us ... and that we are with you.

I sat there for a while, seeking to still my thoughts and free my mind from any conscious images or constructs. I began to lose any sensation of my physical body and my mind became still again. All my worldly concerns ceased to be, as if they were frozen in time ... and time itself ceased to be.

*Morning Cloud:* There is darkness all around you. It assails you from all directions and from the most unlikely sources. Be not afraid, for you are a child of the light and these dark forces/energies cannot harm you. You have known from the beginning that these dark energies exist. But know that you are a child of the light and that the light will always protect you and keep you safe, for where the light is, darkness cannot exist. In this light, there are no shadows or places for the darkness to hide itself ... this is the light that cleans and purifies all it illuminates.

The image that formed in my mind was of Morning Cloud holding her hand out to me with an amulet in it. This amulet was radiating bright white light.

*Morning Cloud:* Take this, for it is a talisman of the light. Its power is in

your belief and it is to serve as a reminder that you are a child of the light. Wear it always.

I reached out and took it from her and hung it around my neck. As I looked down at it, it took the form of my cross on its silver chain, only it was different in that it glowed. As I looked up, I saw a rent appear in the air in front of me. Bright white light sprang from the rent, illuminating me. It seemed to expand rapidly, until it consumed all that I could see and all that existed.

As I looked around me, I became conscious that the structure of everything was different. I could no longer see the solid form of plants, trees, rocks, etc. What I saw was their energy/light ... where the energies/light touched and merged there was irradiance ... where the energies/light touched and did not merge, they wavered back and forth until a balance occurred. The whole landscape had such brilliance and beauty. I became aware of an image of many people forming in my thoughts, only I saw them as energy/light patterns. They were all of differing colours/vibrations and of different patterns. These images faded and it seemed as if I sat there for a time in quiet.

During this quiet time, I dimly recall something about life paths ... mine and others ... about their connectedness, yet at the same time the separate nature of all life paths. I also had the feeling of being shown something about the linear nature of my own life path ... about putting one foot in front of the other ... about how we walk our individual paths.

My next recallable conscious image was of hearing Morning Cloud speak again: "We know your doubt. You doubt because what you receive from us does not seem to fit the facts of your physical world. You see discrepancies and inconsistencies between what you are shown by us and what your physical world tells you is so. I tell you that there are no discrepancies, nor are there any inconsistencies. You only see in part ... you are not meant to see the whole. At best, what you are witness to are

but a few of the pieces of the whole. Because you cannot make sense of them ... nor fit them to your physical world view ... it does not make them false.

Know that what you are given is sufficient for the purpose ... no more and no less. Cease trying to make sense of all that you experience or are given ... just accept it for what it is ... be still and listen. Trust!"

With that, all around me became quiet once more. The next conscious image I had was of being called back. I returned to sitting under the maple tree with Morning Cloud and Adrigal. I thanked them, and all the other spirit beings that had been with me this morning, for what I had been shown.

#### 5<sup>th</sup> December 2003

I started on the terrace in the garden. I was conscious of Hu sitting cross-legged on the ground to my right side. He appeared to be motionless and in deep meditation. We were both sitting in the dappled shade of an ancient red maple tree. As I looked out over the valley, I began to lose the sensation of having a physical body, until eventually it felt as though I was floating several inches above the ground.

Hu said: "Your life is not measured in human terms. All that is taking your energy and attention are but distractions to the real meaning of your life. The true value in your life is not judged by the hardships you face, or by the amount of wealth you have or do not have. It has no bearing on the physical material state of your situation."

I replied: "The reality for me is that I have to live in this physical world and my well-being is affected by my material situation. If the major part of my life is concerned with just living in this world and with my physical well-being, how can I find the time and energy for me to continue my spiritual journey? It is far easier to find the time and energy for spiritual exploration when not distracted by the everyday acts of living this life."

Hu said: "That may feel to be so, but I tell you this ... it is more about how you live your life ... it is more about how you conduct yourself and it is more about love and compassion than about your actual situation in the physical world. Love and compassion are the key to life. It is about your love and compassion for humanity, for the flora and fauna, for the Earth and for Creation itself.

Through your love and compassion, you are connected to the One, the love and compassion of Creation itself. You are at one with the love and compassion that has always been. It was, is, and always will be ... it is never ending. It was before life as you know it, and even the cosmos, came into existence ... and it will still be when all ceases to exist. This love is the essence of all life, it is the essence of all that exists. Without it, there would be nothingness.

So focus on the essence of your life ... know that the physical trials and tribulations you endure are but nothing compared to the reality of your true life. The richness of your life is measured and weighed in very different terms to humanity's values.

Know that what you endure in your life is not for nothing ... there is value in all that you experience. Know that you are loved. Trust that all you need will be provided."

With that, I felt all around me coming back into focus ... I hadn't realised that all had faded into the light/energy that had surrounded us. I became aware once more of Hu sitting next to me and I slowly began to feel the earth under me again. I also felt my Old Friend to be with us. I thanked all who had been with me this morning and returned to my chair.

12<sup>th</sup> December 2003

I started on the terrace in the garden with Hu. He led me along a path away from the terrace toward a headland overlooking the sea. The path appeared to have been carved by hand out of the rock face. The path was

a sheer drop of several hundreds of feet to my right and rose up above me like a cliff on my left. As we walked along the path, we passed through several short tunnels. We eventually came to a small plateau overlooking the sea. Here we sat cross-legged on the ground, looking out toward the distant seaward horizon.

As we sat, I felt a great calm and peace descend on my being. All the worries and cares of this life seemed to drift away as my thoughts became still. I began to hear the sounds of the sea and the breeze that blew softly in my face. I began to lose all sensation of my physical body and it felt as if I was floating above the ground.

After a while, it was as if Hu spoke to me: "Do not make haste ... be calm ... be still ... do not struggle. You have come a long way since your entrance into this physical world in which you find yourself. You have learned much about yourself. You understand many things about your physical world. You have discovered/remembered much knowledge of the spiritual nature of your true self.

You have blossomed like a flower, but you have not yet reached your true potential. There is a promise of much more to come. You cannot rush what is to be ... all will come of its own accord in the fullness of time. Be patient ... trust ... and know that the path you tread is leading you to true enlightenment.

The time is not yet right ... it is close ... it is upon you. You will know when it is right for you to continue your spiritual journey, but now is a time for rest ... now is a time when worldly matters draw your attention and fill your thoughts. These you are to deal with in a way that is informed by your spiritual knowledge and understanding.

The way in which you conduct yourself in all things will influence the way in which your spiritual knowledge unfolds. Do not seek revenge, or the destruction of others ... do not become bitter or angry ... rather, keep love

in your heart always. Meet all adversity with love and compassion. This is the way to true enlightenment and spiritual knowledge. This is the true nature of your life.”

With that, all became silent once more ... my mind became still, without thought ... there was only the light. My next conscious thought was of being stirred from this state of being ... I could hear my name being called.

I returned to the plateau and became aware of the ground beneath me and of Hu sitting beside me. I then became aware of others with us ... my Old Friend, Adrigal, Morning Cloud, etc. I was aware that they were sitting around me in a circle ... I felt loved, protected and cared for ... I felt at peace. I thanked all of them for what I had experienced.

#### 22<sup>nd</sup> December 2003

I started on the plateau on the rocky outcrop overlooking the sea. I was sitting cross-legged on the ground with Hu beside me to my right. As I sat there, I was conscious of my breathing ... I became the breath I was breathing until my body no longer seemed to exist.

As I hovered in this state, it was as if I could hear Hu speaking to me: “Negative thought attracts negative thought. As this negative thought gains momentum, it spirals inward into your soul, where it chokes the light. It fills your being with darkness and drags you deeper into the blackness of anger and depression. The hand of despair clutches at your heart and seeks to crush your last vestiges of hope. Do not let these negative thoughts invade your mind. Do not let this darkness crush the last vestiges of salvation from your heart. Rise up against the agonies of the dark pit.

Positive thought attracts positive thought. As it gains momentum, it spirals outwards into Creation as light expelling darkness from its path. Positive thought fills your soul with love and joy; it lifts your being with happiness.

All that surrounds you becomes larger than life itself ... it fills you with hope.

Look not to the past ... focus on the good things that are your life in the present ... see the hope in your future.

Do not be blinded by the darkness and blackness of what you perceive to be your existence ... do not be blinded to the reality of what is. Open your eyes and see ... feel the joy that is the reality of your life. Look around you and see the world you inhabit as it truly is ... feel the love that surrounds you ... banish dark thoughts from your mind and soul ... seek the light.

This time of your life is but a moment ... a temporary passing ... it is but the blink of an eye. Trust and know that we are with you always. Know the love ... see the joy ... feel the happiness. This is the reality of your life.”

My next conscious image was one of being in the light. I could feel many with me, some whose energy I recognised. The only way I can describe what I felt is by saying that it was like being loved and hugged by many at one and the same time.

As I came back to the plateau on the rocky outcrop, it seemed as if all my senses had heightened. The smells, sounds and sense of touch were overwhelming. After a while, I felt myself being called back to my chair. I thanked Hu and all those who were with me for all that I had experienced and been shown.

#### 6<sup>th</sup> January 2004

I started on the plateau on the cliff, sitting cross-legged on the ground with Hu. Both of us were facing seaward, watching the sun gradually rise above the horizon as the darkness of the night receded. As I sat there listening to my breathing and quietening my mind, I became aware of what can only be described as a voice from inside my self calling out:

"Where is my life going? What is happening to me?"

This was followed by silence. I then heard this voice inside my self call out again: "Show me the way. I have lost myself ... I need guidance."

I then heard Hu (this is best described as a voice speaking directly inside my mind) say: "Open your eyes and see."

I opened my eyes and I was standing before huge white double doors that towered far above me. In front of me were two huge round doorknobs, one on each door. I reached out and put my hands on these doorknobs and pulled the doors open toward myself. As the doors opened, bright white light/energy streamed out toward me. This light/energy was so bright that I felt blinded by it.

I made to move forward through the doorway, but it seemed as if my body was pushing against something that resisted my attempts to move. I ceased trying to move and stood there. I then felt a compulsion to kneel down and as I did so, I sensed a being appear from my right hand side from out of the light. I heard a metallic sound and I instinctively swung around towards this being.

As I moved, a shining sword appeared in my right hand and I thrust it out and upwards toward this being. I saw, heard and felt it strike another sword that was descending toward me. This other sword slid along the length of the sword I held as it deflected the blow that had been aimed at me. The tip of the sword I held struck solidly into something that can only have been this being. The sword I held instantly disappeared, as did the being.

I stood up and made as if to take a step forward into the light/energy through the doorway, but rather than me moving, the doorway seemed to move toward me and this light/energy engulfed me. I found myself in what I can only describe as a large hall/room with a high domed ceiling

that seemed to hang a great distance above my head. The walls of the room, as everything in it, were bright white and seemed to be distant from me.

As I stood there in the centre of this great space, I again heard a voice as if someone was speaking directly inside me: "This is all part of your life experience. This fatigue you feel is but a passing moment in this life you are living through. All that you are feeling and experiencing is part of this life journey you have embarked upon. Cease struggling, but do not give up fighting, for all life is dynamic ... it is not a passive passing of time. Stand firm and know what is right ... fight for what you know to be true ... do not waver, for you will prevail."

All became still and quiet. I was aware of being in this place/space, but not of anything happening that I can recall with any clarity. My next conscious thought was of being back on the plateau with Hu. I once more became aware of my surroundings and found that my Old Friend, Adrigal and Morning Cloud were with both Hu and myself. I thanked them all for being with me and for what I had experienced.

12<sup>th</sup> January 2004

I started on the rocky outcrop with Hu. We were sitting cross-legged, facing each other under the branches of an ancient maple tree with the cliff and sea to my left. Between us were three bowls. As I looked at these three bowls, I saw that one was filled with rice, one was filled with crisp vegetables and the other was filled with fish. All the food looked freshly cooked and steam was coming from the freshly cooked food. What puzzled me was that the food didn't seem to be getting cold ... it just looked freshly cooked and steaming hot.

I sat there for a while, wondering why this food was before us. I looked at Hu, who was looking at me. It seemed to me that he was not so much looking at me, but looking inside me ... examining me in great detail ... examining my flesh and bones, my internal organs and the structure of

the cells in my body.

Me: Is this food here as a symbol? Is there something I am to learn from this food?

Hu: The food is an example ... it symbolises the sustenance that your body needs to survive in your Earthly existence ... it symbolises the physical manifestation of the energy your physical body needs to sustain itself in your existence.

Me: I can see that it represents a well balanced diet with all the necessary nutriment needed to sustain my body.

Hu: That is true. So why do you keep filling your body with toxins? Why do you keep consuming food that contaminates the cells in your body?

I felt unable to reply. I was caught off balance ... it was not what I had expected. In fact it wasn't something I had expected to encounter in any meditation, which goes to show that one should always enter into meditation with an open mind and be open to any and all possibilities.

Hu: You must be pure in body and mind as well as in spirit. Listen to me. All this processed food is doing you great harm. It is polluting your body ... and if you pollute your body so easily, how easy is it for your mind to become polluted ... and if your mind becomes polluted, how easy will it be for your spirit to become polluted by the darkness?

Me: I begin to understand.

Hu: Take care in what your body consumes and you will take care in what you think ... and be more careful where your spirit wanders (not quite the right word, it felt more about what company my spirit keeps/seeks/comes into contact with). So cease consuming processed foods full of poisons and seek the simple foods that come from the earth, for their energy is pure and uncontaminated. This energy will be the food for your mind and for your body and will be in harmony (compatible) with the energy of your spirit.

In the silence that followed, I became aware that my surroundings had

ceased to be and that I was sitting in bright white light/energy. As I sat there, my surroundings gradually began to return and where I was sitting with Hu was illuminated by a bright white light/energy that seemed to emanate from a break in heavy black clouds that seemed to cover the earth around us. The two of us were in light and all around us was in a sort of semi-darkness.

It is difficult to determine how long it remained like this. My next conscious realisation was that my Old Friend and others had joined us and then the clouds dissipated into nothing and everything was in bright sunlight once again. I thanked all those who were with me.

20<sup>th</sup> January 2004 (Guided meditation)

The meditation started by breathing in a pink cloud, which was love energy. The intention was to go from my safe place and after a short stay there, to a house where there was an old lady. I followed as far as my safe place, a large wide natural ledge on a cliff overlooking the sea. There I met my Old Friend and after the blink of an eye, found myself in a large room.

The room was filled with bright white light and there was another being with me. I lost all sensation of my own body, including my breathing. As far as I was aware, what happened whilst I was in the room took place between that last conscious breath I took and the next. In reality, I was there for maybe 10 minutes or more.

I wasn't sure what took place ... my only feeling was that of being asked questions, or of asking questions and being enlightened about my life. I was then suddenly brought back to conscious thought by hearing Morse code. At first I thought it was a mobile phone, but it went on too long for that and the words were of various lengths. Because I had not fully returned to my body, I wasn't sure what realm I was in, so I didn't connect completely with the first short sequence of dots and dashes. I asked for help and found myself suspended between the reality of my

physical body and of being in the spirit place in which I had been.

After a short silence, the Morse code began again, this time beneath the music that was playing ... it was so soft and fast (around 25 – 30 words per minute). I felt as if my subconscious was reading the words, yet I am not conscious of what those words were. The Morse ceased and I began to think I had imagined it, so I asked for confirmation that this was reality and not a dream, or a figment of my imagination. The Morse started again, this time very audibly and I was fully conscious ... the two words I heard very clearly were "connecting people". I felt the presence of my Old Friend close beside me ... always a sign confirming that what was happening was real.

I began to settle back into my deep meditative state, when my face began to uncontrollably itch ... just as if I had walked into a spider's web. The whole surface of my face and neck was tingling and itching and had become ultra sensitive. I immediately asked my Old Friend what was happening. He replied that it was one I knew who had passed over to the spirit realm. I immediately felt the presence of my grandfather (Frederick James Santillo). I also knew why he had made his presence known ... it was to reassure me that he was with my father, waiting to greet him when he makes his transition back to the light.

At this moment of realisation, I was gently called back. I tried to remain with my grandfather, but we slowly drifted apart ... the link I felt was broken and I very reluctantly returned to where I was sitting.

26<sup>th</sup> January 2004

I started in the garden overlooking the valley. I found myself walking towards what looked like an impenetrable mass of vegetation, only to discover a path leading through it, wide enough for a person to comfortably walk through. The path was so well hidden that one would have to know it was there to find it. It was wide enough for two people to walk along side by side and was cut into the side of the cliff.

I followed it through several natural rock tunnels, until I came to a small natural plateau high up in the cliff face, overlooking the sea. I recognised this place as one that I have frequently visited previously in meditations.

I was somewhat puzzled by the route I had travelled to reach it. As I looked around, I saw that Hu was seated cross-legged on the ground beneath an ancient rowan tree. I sat cross-legged beside him, facing seaward. As I sat there contemplating this journey I had made, I realised that although I had made my way here previously, there was a message in discovering the journey that had brought me to this sacred place. I had known it was here ... more than that ... I have always known of this place.

As I sat there, my mind became quiet once again and I found myself in another place. There was brilliant whiteness all around me. Gradually, through this bright whiteness a structure began to appear. I found myself in a building. As I looked around, I could see the walls and the roof as if they had just been built ... but I felt (more a knowing) that this building was not newly constructed, but had been constructed over a period of many years. What was startling was that there was no interior, just a vast space extending away from me to all the walls and the roof.

Hu spoke: "This is a symbol of your journey ... you have laid your foundations on solid ground. The walls and the roof are the basic structure that is now in place and of solid construction. They will withstand the worst earthquake and any storm. Now it is time to furnish the inside. Your life experiences are the furnishings and interior divides that will fill this building ... they will give it its unique character and define its purpose.

You are far from knowing (more realising ... or having the wisdom to fully know) how this will be, for there is much that you have yet to understand and know. But know this, you have reached a milestone in your life. You are now on the next part of your journey (realisation ... path to wisdom)."

This was followed by a silence. I then felt a shift in my consciousness and

found myself in a different place. I was standing in a landscape of people ... there were many nationalities of all ages and stages of life in this physical existence. Amongst these people were different beings ... they also appeared to be at different stages of awareness and differed widely in appearance. I could also perceive angels, archangels and other angelic beings.

It appeared that as one moved, then all moved (some almost imperceptibly) and as one thought was formed, so others' thoughts were affected. All of us were connected in more ways than I could understand, but I could tangibly feel the ebb and flow of movement of the whole ... sometimes noticeably, sometimes very subtly.

This image faded and I was once more sitting on the ground beside Hu. I became aware of being called back. I thanked Hu, my Old Friend, Adrigal, Asambaiya and Morning Cloud ... and the others who I felt were with me. I then found myself back in the garden ... how I had journeyed there I did not know.

#### 13<sup>th</sup> February 2004

I started on the rock ledge/plateau overlooking the sea. The first image I had was of feeling a cool, almost cold, breeze blowing into my face ... the clouds above my head were dark and heavy as if I was in the middle of a storm. I could hear more than feel rain around me. The sea close to this place was also storm-like.

As I lifted my gaze to the horizon, I could see the sun shining through the clouds ... even further away, I could see clear blue skies. The sea also became less choppy the further I looked toward the horizon, until it was flat and calm.

I realised that I was not on my own, but that Hu was sitting to my right. He seemed, and I felt him, to be calm and still ... it was as if a calm and tranquillity existed around him and that somehow this extended out from

him to envelop me also.

It felt somehow good (comforting and refreshing) to be sat in the midst of the storm ... like the challenge of how I imagine a vision quest ... a test ... a necessary part of a life transition. Far from feelings of any negativity or annoyance at being cold and wet, I felt almost elated with determination, knowing that I would be stronger in some way in seeing this through. This whole experience had the feeling of something spiritual, something beneficial and positive ... yet at the same time, it was daunting to sit there and brave the forces of nature.

After some while, my consciousness seemed to shift suddenly, but I have the feeling it was gradually shifting and I suddenly realised it had shifted. I had the image of myself as a child standing beside Adrigal. I was standing on her right and she had her hand across my back and resting on my right shoulder. We were looking out over a vast landscape of life.

As we stood there, I could see myself getting older and as I grew into an adult, I became taller and bigger. Then I continued to grow older until I was old and near the end of my Earthly life. Then I was no longer in this Earthly form, but different, with no physical body to speak of.

All through these transitions, Adrigal and I stood in exactly the same positions, her with her arm across my back and her hand resting on my right shoulder and both of us looking out across this landscape of life ... until I became Earthly no more, then it was different. We were still standing there in my mind's eye, but no longer in physical form. The landscape of life had become dimensionless ... there was a knowing between us ... a knowing that had been there for the whole of this Earthly physical existence, but was somehow obscured from my understanding or awareness whilst I was in this physical life.

I know that I had several other images and visions, but for some reason I am unable to recall any of them ... I was just left with a feeling of being

shown some things that were of great importance for me.

My next conscious thought/image was of being back on the rock ledge with Hu, Adrigal, Morning Cloud, Asambaiya and my Old Friend. I had a feeling of being loved that seemed to extend to the depths of my soul (in feeling this, I realise that this is the same feeling I had when I was standing with Adrigal and passed from this Earthly life).

I had the feeling of being sucked back through a tunnel ... although it wasn't a tunnel, just the returning to this time frame ... a feeling of being compressed back into this time frame. I thanked my spirit friends and returned to my chair.

16<sup>th</sup> February 2004

As I drifted into a meditative state, my first awareness was of clouds passing across my vision from left to right with a background of different blue skies. It felt as though I sat there for some time watching the clouds pass.

I slowly became conscious of Hu sitting cross-legged to my right. We were sitting just under the branches of an ancient tree in dappled shade. As I became more aware of my surroundings, I saw Adrigal kneeling on the earth close to my left side. This seemed incongruous, as I have never seen her do anything but stand ... it felt different somehow. Further to her left was Morning Cloud, also kneeling on the earth and just in front of me to my left hand side (between me and Adrigal, but slightly forward and not under the branches of the tree) was my Old Friend, sitting on the earth.

We sat there for what seemed like some time without me being aware of anything happening except the clouds moving across my vision.

*Me:* What do these clouds mean?

*Adrigal:* This is about your life and its linear nature. All possibilities exist ... but in your physical existence you may only live one of an infinite number

of possibilities at a time. It is about life choices. You must continually choose which, out of a number of different possibilities, your life is to follow. Your whole existence is about choices. You choose what food to eat, what clothes to wear, what words to speak, which way you will behave, etc. Your life is full of choices that shape who you are ... who you will become. This is a time of choice. It is now a time to choose the course your life is to take from now.

*Me:* But I thought my life path was already decided before I came to this existence. If that is so, then it suggests that I have already chosen.

*Adrigal:* Your life experiences were chosen, but the path through those life experiences is governed by your free will. You can choose any one of a number of different possible paths to follow throughout this physical existence ... this present life you live.

*Me:* Surely if the life experiences are already chosen, the pathway is of little importance?

*Adrigal:* The pathway is as important as the life experiences, for the way you choose to live your life determines who you are to become ... and who you are in the throes of becoming is vital to the whole (to us all).

*Me:* Is there a right and wrong choice, then?

*Adrigal:* It is not about a right choice or a wrong choice ... it is about making the best choice from the choices that you perceive ... for there are many choices that you do not perceive, but which also exist. Do not fear or worry, for we will always be with you ... we are here to help you ... but remember the final choice will always be yours ... and yours alone. Take comfort from knowing that we love you as we have done from the beginning ... and will do until eternity. We will watch over you and you will come to no harm. The path you take may not be known, but the outcome of this life experience you follow is assured.

There was a silence that followed, during which I know many images flashed across my consciousness, but sadly I can recall none of them. The next conscious memory was of being called back and returning to my friends under the tree. I thanked them for what I had received this morning and returned to my chair.

23<sup>rd</sup> February 2004

I started on the cliff overlooking the sea, under the branches of the ancient rowan tree. Beside me to my left was Hu and to my right (sitting at right angles to me and facing me) was my Old Friend.

As I sat there, I was aware of the black thunderstorm clouds over us, the gale force winds and the driving rain. I noticed that just a short distance away was bright blue clear skies with brilliant sunshine.

OF: The storm is nearly over ... so also is this most difficult period of your life. All that you are having to endure/experience at this moment in your life is for your development (understanding, learning) ... it is an essential part of your life journey. It must be completed (finished with, worked through) before the next phase begins.

Me: I am weary of this ... I feel tired in the heart of me.

OF: But you will endure this ... you will understand why this is important.

There was a silence that followed. How long this lasted, I am unsure. All sense of time and feeling ceased.

My next conscious image was of a small girl ... mainly her face, which I seemed to see with great clarity. It was unexpected and almost felt like an intrusion into my meditation. She had short brown hair cut in the form of a bob. Her eyes were big, round and hazel in colour. Her face was more round than elongated. Her nose was small and sort of round ... and her mouth wide and full lipped. Her expression was neutral, neither sad nor happy. This image moved in and out of focus a couple of times before disappearing. It felt as if she was trying to tell me something ... I had the strong impression that she had passed quite recently, more weeks or months than years. I tried to hold her image and asked her name ... but she didn't or wouldn't give it. This then slowly faded.

I was conscious of a number of different images, none of which I can clearly recall. I finally felt myself returning to a sitting position under the

tree with my two friends and then I felt myself returning to my seat. I thanked my friends for being with me and for what I had experienced. I was amazed to note that this meditation had taken around 45 minutes.

22<sup>nd</sup> March 2004

I started this meditation on the cliff overlooking the sea. I was seated cross-legged on the ground. I was aware that Hu, my Old Friend, Adrigal and Morning Cloud were present and close to me. As I sat there, I began to lose conscious awareness of my body and my breathing. My mind became quiet and peaceful ... such bliss to be at peace.

Me: Where is my father now?

My Old Friend replied: "He is Home ... he is well and joyful. He knows of your love for him now. This was hidden from him in his physical life when he was with you. He became aware of it as you sat with him at the end of his life with you.

It was important for you to be with your father in that way. There are many things you had to learn. There is one that you have not yet understood/internalised/realised. Your father's life script was the way it was so that you could follow your own life script ... because of who he was, you are in part, who you are becoming. The gift that was given to you was to be with him at the end of his Earthly journey. His gift to you was that you would know and understand that you have it in yourself to love people even when they would cause you hurt and harm. Treasure this gift, because it came at a price.

You now truly understand what it is to love beings no matter how they behave or act during their Earthly existence/journey. This is now not just words to you ... it not just a concept ... or an idea of how you should behave or act toward others. It is a reality. You truly have the love and compassion for your fellow beings that does overcome all. It is real and it is one of the life purposes that you were to know in this lifetime.

Know that your father is at peace .... know that he loved you ... even though it was not in his life script to be able to show that he loved you.”

I sat there in tears ... this just seemed too much to take in after the life I remember with him. Slowly, as I thought about the words given to me, I began to see what my father missed by choosing to live the life he had ... I feel so sad that he was unable to accept and feel the love that was given to him.

This all began to gently fade, until I was back beneath the tree with my friends. I felt their presence so close to me ... their love and compassion was very tangible. After a while, I thanked them for what I had been shown and returned to my chair.

29<sup>th</sup> March 2004

I started sitting cross-legged under an ancient rowan tree on the rock platform overlooking the sea. As I sat there, I became aware of Hu sitting not far to my right, then Adrigal kneeling close to my left side and my Old Friend sitting close to my right side. After a short while, I became aware of Morning Cloud kneeling in front, facing, me. A little later, I was aware that Asambaiya was standing just off to my left and slightly to my front. As I sat there I felt an intense warmth (their love for me) envelop my entire being. I felt myself begin to rise up above the ground and all sensation of my own body and my breathing ceased.

As I floated in this state of being, I became aware of the rhythmic sounds of the sea as it washed in and out over the rocks below. After a while, a bright golden glow surrounded me. Within this bright glow I saw a face ... a being. My immediate thought was that this was an angelic being ... an angel ... an Archangel.

It was as if this being was reaching out to me from the depths of Creation ... from before the beginning of time. This being touched the crown of my head with its hand (I say 'its' because I had no sense of gender). It was as

if I could see and feel a healing energy so amazing ... so powerful ... so intense ... yet so gentle ... so beautiful ... so full of love.

Inside my self I could hear the echoes of some ancient wisdom (understanding, knowledge), a knowing that this healing energy, this healing love, was not just for individuals. This healing love was capable of healing whole nations in the blink of an eye.

I felt as if I understood that there was no need for all the pain and suffering that is in this physical world in which we live ... that all of it could be healed, even whole nations ... even the whole Earth. Yet this is not yet to be. Why one person is healed and another is not, or why one part of the Earth is fertile and another is barren, or why one nation is prosperous and another exists in poverty ... this is all for a purpose. All the pain, hurt and suffering in the world is for a purpose.

This does not mean that we should despair or give up hope. On the contrary, we should continue healing those around us and the Earth we inhabit as we feel led to do ... for this is as it should be. When healing does not result, it is not that we have failed in some way ... neither is it through any fault of our own (for that would be arrogant and egotistical). It is simply that it was/is not to be. We are not to feel burdened with the pain and suffering of humanity ... for it is not our burden and it is not our suffering. Our love and compassion are all that is required of us.

This being removed its hand from the crown of my head and I stayed in the golden glow for some time, before the glow slowly dissolved and I found myself once more seated on the ground with my friends. I thanked them for what I had experienced and returned to my chair.

Note: I have tried to put into words something very complex and profound about healing and suffering, both in terms of humanity and of Earth. It is difficult to find words to express quite what it was I experienced, as it was beyond words ... beyond feelings.

5<sup>th</sup> April 2004

I started on the rock ledge overlooking the sea. I was seated cross-legged on the ground beneath a large rowan tree. Hu, my Old Friend and Adrigal were also seated near me. It was raining hard and we were seated just far enough back under the branches so as not to get wet.

As I looked out at the rain, I first thought how wet, cold and uncomfortable it would be to be out in it. This changed to a feeling of being refreshed and a thought of how good it would feel to walk in the rain, letting it wet me all over. As I contemplated these diverse thoughts, I felt as if Hu was talking to me, not in words but more as if he spoke both from inside me and around me at the same time.

He said: "The rain is seen as a dark and forbidding time, a time to be inside and by a warm fire ... the sun as a time to free, to be out in the open air, to be at one with nature. But I tell you this, both are an integral part of the one. One cannot be without the other. The rain is as much a time of rejoicing as the sun ... without both, life would not flourish.

So it is with your own life. There are times that you feel you enjoy, and there are times that you feel are awful. But both are a necessary part of your being. One cannot be without the other. Through one comes growth, just as the rain is necessary for the growth of all living things. Through the other comes hope, just as the sun brings the hope of renewal and sustained life. This is the way of all physical life.

So it is with your physical existence and your spiritual awareness. Your spiritual awareness informs your physical existence ... and your physical experiences awaken your spiritual memory. Both are an integral part of your being. One cannot be without the other in this physical existence of yours.

Now is a turning point in your life ... all the barriers of deception that you have built around you concerning your life have been stripped away. You

can no longer say that you do not remember ... you can no longer pretend that you do not know ... for all that is of importance is clear to you."

There was then a silence and unexpectedly, it was as if a different voice spoke with me, the one whom I know as Adrigal.

She said: "The anger and frustration you feel inside yourself ... the anger and frustration that you feel for yourself ... you now know why that is so. You see clearly now your own complicit part in all that has gone before. You have aided and abetted your own manipulation ... and you can see your complicity in it. This is why you feel so much anger and frustration with yourself. You have deluded yourself into feeling that you had no choice. But the stark truth is that you were able to choose ... and you chose not to see.

You can no longer hide from the truth ... it is clear and unequivocal. Do not feel disheartened, do not berate yourself for what is past, for all has been a necessary part of your life experience ... all is an integral part of your being. Now is a time for spiritual awakening ... a time of renewal ... all that has gone before is now past. Great change is upon you and those around you. See all as a blessing, for you are truly blessed."

As her voice faded, all around me became tranquil and I felt surrounded in love. After a while, I became aware once more of the rain falling and of being beneath the rowan tree. I thanked my all my friends and the others that were with us.

19<sup>th</sup> April 2004

I started sitting on the rock plateau overlooking the sea. The sun was shining and we were sitting out in the open with the ancient tree at our backs. With me were my Old Friend Chuang Chou, Hu and Adrigal. As I sat there cross-legged on the ground, I could feel the sun's rays warming me through to my core. After a while, I became conscious of my Old Friend communicating with me ... it would be easier to say I heard him

speaking to me, but with sounds and words:

He said: "You have been reading what you see as my teachings. They are not so much teachings as a way of life ... a way of being.

What is knowledge? Knowledge is infinite, it has no boundaries or restrictions. Yet your physical existence is constrained, it is bounded by the perceptions of your physical body and your physical environment. It would follow then that knowledge, as you seek/see it, does not exist, it is but an illusion; it is but a concept, an ideal that has no meaning.

But I know you would argue that knowledge does exist ... and I would have to agree with you. It is in our understanding of the nature of knowledge that we differ. You believe that you can acquire knowledge through teachings and life experiences, but I tell you the knowledge you seek is flawed because of the perceptions of your physical world.

Stop seeing with your eyes, stop listening with your ears, stop thinking with your mind. To know knowledge, the perceptions and limitations of your existence need to be transformed.

Free your mind, free yourself, from your perceptions and the limitations that surround you. Seek knowledge with that intrinsic innate part of you that was in the beginning and always has been.

Set yourself free ... let your spirit fly ... just be. Then and only then will there be no limitations or restrictions ... all becomes possible ... and knowledge abounds; and with knowledge comes wisdom."

All became tranquil and quiet. It seemed that all ceased to exist ... that I could see nothing, hear nothing, feel nothing ... yet I could sense that everything was. This reminded me of something I have read recently that was attributed to Chuang Tzu: "nothing is something ... and something is nothing."

Sometime after this, I became aware of being seated on the ground overlooking the sea once more. I thanked my friends for being with me and for what I had been shown. I also thanked them for enriching my daily life.

22<sup>nd</sup> April 2004

I found myself in a different place within the garden, beside a small lake. To one side of the lake was a waterfall, which flowed into the lake. Beside where I was seated cross-legged on the grass was a stream that flowed away from the lake. There were trees and all manner of flora and fauna.

As I looked around, I saw a wood building set back near the trees behind me. It was built in a Chinese style ... simple and functional, yet also elegant in its own way. I became aware that my Old Friend was seated on the ground opposite and facing me.

He spoke: "Tao is the way ... the way of life. Tao is what it has been labelled, what it has come to be called by those who would define all that is. In the beginning it had no name, it was not anything, yet it was everything ... it was not everything but it was anything.

Take the flora and fauna, all the living things in this place. Do they care or worry where the water that sustains their life comes from? Do they worry or care where that water goes?

Do all the living things in this place worry or care where the air that sustains them comes from ... or where it goes?

The cycle of their life is determined by what they are and the nature of their creation. They are in harmony with the rhythm of Creation ... they are at one with the way of life.

It is us who struggle with living. We strain and fight against the natural way of our lives. We complicate and hinder our lives with the baggage and

debris of society and politics ... of money and poverty ... of greed and virtue.

How much better is it to just be? To be in harmony with Creation ... to be at one with the natural rhythm of nature; to be in tune with the world in which we live.

To begin to know of what I speak requires that the values by which we judge ourselves and others, rich or poor ... famous or infamous ... master or slave ... outspoken or quiet, have no meaning. There is no judgement and all human meaning becomes as nothing.

Spiritual and physical harmony within the womb of Creation is Oneness. Tao is the way ... the way of life."

The images and words ceased and my whole being was quiet ... tranquil. I am not sure how long I remained in this state of being, but I eventually began to become aware of my breathing once more. This was followed by awareness of my physical body and of sitting on the grass with my Old Friend. As I was thanking him for what I had been shown and experienced, I felt Adrigal close to me and the presence of other beings around me. I thanked them and returned to my chair.

26<sup>th</sup> April 2004

I found myself beside the small lake within the garden again, where the waterfall cascaded into the lake and the stream flowed past me. The many different trees and all the flora and fauna were there, as well as the Chinese style wooden building. I was sitting cross-legged on the ground with my Old Friend sitting across from me.

He spoke: "Look around you. See the nature of all that exists here. If you were not here, all this would be as it was intended it should be. Your being here does not enhance what is ... nor does your presence change what is.

You are like a breath riding on the breeze ... you are as a ripple rolling across the surface of the lake. You do not exist here in physical form ... you are here as spirit. As spirit, you are as one with Creation ... you are a part of all that is. As spirit, you can wander where you will ... you can be anywhere and everywhere in the blink of an eye. As spirit, you are in harmony with all that is.

As a physical being, your very presence changes the nature of all that surrounds you ... just by being in a place, you change the ebb and flow of the nature of Creation. It is your innate way, by being in your physical form, for you to act, to do. You cannot help yourself ... your natural response is to do. It is this urge to do that is your undoing.

Quieten your mind ... cease running around aimlessly ... stop trying to change your life journey. All your striving and struggling is of no avail ... by your very actions you hinder the natural rhythm of Creation. Be still.

Stop doing ... just be. Actionless action ... that is the nature of true Oneness (true knowledge and true wisdom)."

I sat there by the lake, lost in the tranquillity and beauty of Creation. How long I remained in this state, I am not sure. My next conscious thought was of being called back and of being with my Old Friend once more. I was aware of others being with us. I thanked them all for what I had experienced and then returned to my chair.

13<sup>th</sup> May 2004

I found myself near the lake, sitting cross-legged on the grass beside a river that flowed slowly past me. I could hear the gentle sound of a waterfall away to my right. I was aware of bamboo almost breathlessly swaying across the river from me. As I sat there in this peacefully tranquil landscape, I felt the presence of my Old Friend.

He spoke: "Death follows life ... life follows death ... and all forms of life

are one. Life goes on as it always has and always will, since the beginning ... with perfect clarity of purpose. It undergoes the transformation of all life that nothing can change ... neither wisdom, nor understanding, nor any knowledge can alter this. As surely as death follows life, so you cannot comprehend your beginnings whilst you exist in physical form ... so how can you ever hope to understand or even change that existence? No understanding and no knowledge can alter the inevitable ebb and flow of Creation, it just is!

Even as I resort to these imperfect words in order to communicate with you, I cease to have wisdom, I cease to have understanding and I cease to have knowledge. Meaning is constantly seeking to express and hear what cannot be said in words. Words only have specific meanings and the nature of life/Creation/Oneness cannot be restricted by words. It is limitless (boundless, unrestricted) and beyond description.

Too much importance and too much time is spent seeking to express what it is impossible to say in words. Those with perfect understanding do not discuss ... and those who discuss have not achieved perfect understanding. The knowledge of your life cannot be heard in words. Only the words of actionless action that you experience express the truth of Creation (life) ... and you know by this experience what your life is for (your life purpose). So, be silent and just be ... rest (reside) in actionless action."

During all this, I spent some moments unaware of being anywhere ... it was as if time had suspended itself ... I had no sense of where I was, no sense of my body or even my breathing. After the images ceased, I do not know how long I remained in this suspended state.

My next conscious remembrance was of being beside the river once more, sitting with my Old Friend. As I slowly became conscious of my surroundings, I was aware that Adrigal, Hu and Morning Cloud were with us. I thanked them and all those who had been with me.

2<sup>nd</sup> June 2004

I found myself by the lake near the river and the waterfall. Although I was sitting cross-legged, I was actually about two metres above the ground, seemingly floating in free space. In a similar position was my Old Friend. The place we were in was fertile and teeming with flora and fauna, yet there was no sound, not even that of my own breathing or heartbeat.

My Old Friend spoke: "You are in this place ... yet you are not of this place. You are of this place ... yet you are not in this place.

This physical existence of yours is but a temporary displacement where your perception is governed by the seeming physical constraints of your being in physical form. The spiritual reality is vastly removed from these perceptions.

In this physical existence of yours, you are led by many diverse feelings ... feelings that seem beyond comprehension or control. But I tell you this ... if you cannot control these feelings, how can you hope to avoid bringing harm to your spirit? Moreover, if you cannot control your emotions, but stop yourself following them, you will cause even greater harm to your spiritual self.

Seek to understand your feelings and exert control over your emotions ... let your spirit inform all that you feel ... all that you do; for harming your spirit transcends this temporary physical life.

Accept yourself as you are. Be true to yourself both in this physical existence and to your spiritual self ... this is the true harmony of the Oneness."

We sat there suspended in silence for what seemed a long while. The tranquillity and peace permeated into every atom of my being. I felt myself being called, so thanked my Old Friend and all those others who had been with us.

8<sup>th</sup> June 2004

I started in my usual manner by concentrating on my breath, losing first all consciousness of my surroundings, then all sensation in my body. My next conscious image was of being seated cross-legged on the grass beside a waterfall overlooking the lake and the valley beyond. I felt a presence with me and turned to find that my Old Friend was seated close to my right side.

After sitting there for some while, I was conscious of my Old Friend speaking to me, as if his thoughts were mine: "At the start of this life you found it difficult to accept anything that you could not prove using any of your five senses or your rational thought ... your reasoning. You struggled and fought against it, but your spirit would not be silenced ... it would not go unheard.

You learned to find ways of testing this spiritual knowledge that came to you seemingly unbidden ... and in this testing you learned to discriminate between the true and the false. Slowly you began to accept that which you knew to be true. You came to recognise when your spirit would not be still ... and you listened to what it was showing you.

Now you have no need of finding ways of testing this spiritual wisdom and knowledge, for you now have remembered your knowing. This knowing is an integral part of who you are ... the you who has always been and always will be.

This knowing is now easy for you as it *is* you. To speak about it is very difficult. Not to speak about it is very difficult. Knowing and not speaking of your knowing is to follow your spirit into the Oneness of Creation ... to be spirit. Knowing and speaking of your knowing is to be rooted in your physical form ... to be human.

You cannot tell others of your knowing and remain in the Oneness. Yet in the speaking of it, it becomes but a dim reflection, a distortion, of its truth.

All have their own truths and each must follow their own path. Remain humble and listen to those who would share themselves with you ... treat all they say with respect and import. Never try to persuade them to your truth ... point the way, but do not seek to change them to your way.

Let your spirit remember the great beginning ... be guided by your spirit and know the reality ... know the wisdom from the beginning. By doing this, you will know."

We sat there in silence for some time before I began to feel myself being called back. I was suddenly aware that Adrigal, Hu, Morning Cloud and many other spirit beings had been with me and I thanked them all.

24<sup>th</sup> August 2004

I found myself in the garden beside the lake ... all that I could see, hear and feel was the waterfall in front of me. My eyes were fixed on the water that was falling ... after a short while the water seemed not to be falling, but rising upwards. As I continued to gaze at this sight, the water was water no more ... it was energy, life giving energy ... love energy being poured out all around me.

As I sat there cross-legged on the ground, I became aware that I was no longer alone ... I felt the presence of one called Alysha. I thought at first it was my healing guide, but I knew it was not. I then looked beyond her and knew that Asambaiya, Hu, my Old Friend, Morning Cloud and Adrigal were also with me.

I lost all sense of my body and my senses ... all around me filled with bright white light and I found myself in another place. I cried out, asking for help to see my way through the blackness I felt inside myself. All the while I could feel this lovely energy, the energy of love all around me, but I would not let it in ... all I could feel was the darkness in my soul.

As I existed there in this bright white light, I found myself laid bare ...

naked in all senses of the word. Alysha was beside me, pouring something over my body and my soul ... I could see the blackness being washed away ... it was as if I could not only see, but feel it flowing out of me. I watched it flow into the light and blaze into incandescent brilliance.

My next conscious image was of glowing white ... without a stain. The feeling was of being clean ... not just in my body, but in my soul as well. I could feel the love around me flowing in and around me ... it was so good to feel this once more. How could I have drifted so far from my spiritual roots without realising it?

I knew that I was once more connected to spirit ... I felt once more the unconditional love of Creation. There was also the feeling of forgiveness ... total forgiveness and unconditional acceptance.

My next conscious image was of being back by the lake and the waterfall with Alysha, Hu, my Old Friend, Morning Cloud, Asambaiya, and a host of others. I asked them to be with me always ... to keep watch over me and guide me at all times and in all ways.

I began to feel myself being called back. I thanked them all for being with me and for the experience I had been given. I then returned to my chair.

#### 5<sup>th</sup> October 2004

I started my meditation by centreing on my breathing ... as I became less and less conscious of my body, and then my breathing, I found myself high up on a mountain sitting cross-legged on some sort of mat/blanket made from a soft material.

As my surroundings came more into focus, I saw that I was sitting on a large flat rock overlooking the world ... as on a very high place having an unobstructed view. I became aware that I was not on my own and that other entities/beings were with me, shadow-like/mist-like in form. The feeling was one of being surrounded in love.

My next conscious thought was of my soul being aware of my physical body ... a feeling of being separate from, but having to become enmeshed with, something almost alien. As I continued examining this separation of soul from physical body, it started to become evident that my soul was trying to come to terms with this integration and its manifestation into the physical life I am at present experiencing.

As my soul became more detached from my physical body, I became more aware of the potential that my physical body has for becoming a destructive force ... the potential for its inherent reactive reflexes and inbuilt need for survival to overwhelm any rational thought process. I was surprised how strong these needs and wants of my physical self are. On its own, the latent raw physical energy that my body is able to mobilise seems staggering. The potential for wreaking havoc in the guise of self preservation feels to be overwhelming, as does the ability I have for harming others ... for whatever reason or imagined justification.

As I contemplated all this, it became clear that the seeming disregard that many who walk this Earth in this physical life have for others around them is due to their soul being overwhelmed by the self interest of their physical self ... in the thin guise of being free ... to be, to do, and to behave as they want, because we live in a free society.

My soul, and for that matter all souls, are essentially loving and compassionate ... our basic self, who we are at soul level, has no potential for harm. It is only when we incarnate into this physical existence that we become even remotely capable of harming another living entity.

As I continued to examine this melding of seeming opposites ... soul and physical being ... it was as if my thoughts crystallised into one thought. It seemed clear to me that the integration of our spiritual self and our physical self in this existence is the key ... if the integration is such that our spiritual self is sufficiently aware that it is not overwhelmed by the physical reflexes, needs and wants of who we are in this life, then it is

able to inform and prevent us from becoming self centred and selfish ... it allows us to be the loving and compassionate beings we really are.

The key in this life is our awakening to the spiritual side of who we are ... to our soul self and our purpose for incarnating into this physical experience. The final realisation I had was that not all will become aware of their spiritual nature ... neither is their life path designed for them to. But those of us who are privileged to have a life path that involves a realisation of the spiritual nature of our existence, in whatever way, have a responsibility to continue to bring the light into the darkest of places and the love of Creation into the world around us.

At some time during all this, a ball of bright light had appeared before me ... when I first saw it, it was some two metres in front of me and some two metres in diameter. It remained stationary for a short while, before expanding and engulfing me.

I found myself in a bright white corridor with many others. As I moved down the corridor, others passed through what looked like doors on either side of the corridor, until I was on my own. I continued walking until I came to a different place. There was another presence here, but its shape and form was changing all the time and I could not form a stable image in my mind. I felt my own shape and form was doing the same.

After a while, I became aware that I was looking at writing ... not so much seeing it with my eyes, more that it was in my consciousness. The script was very peculiar, flowing curves that joined with other curves and circles with lines over and under the circles ... it was this script that spoke of my soul and my physical existence. Although this script was like nothing I have seen, it made perfect sense to me and I have reported what it spoke of in this meditation.

After the writing stopped, the light around me began to change from white to shades of blue and then purple. I remained there for a while,

during which I remembered nothing, until I was called to return. I immediately found myself sitting cross-legged once more on the rock, looking out at the world. I felt the presence of my Old Friend, Adrigal, Hu and the others. I thanked them all for that I had experienced and returned to my chair.

11<sup>th</sup> October 2004

I started on the flat rock, sitting cross-legged on a woven mat, looking out across the world. I was aware of my Old Friend sitting just behind me to my left. As I sat there, the scene in front of me began to become brighter and brighter, until all I was aware of was being surrounded by bright white light.

As I sat in this white light/energy, I lost all sensation of having a physical body, although my outline seemed to still exist. As I looked around me, I saw Adrigal standing directly behind me. To my surprise, she was holding a huge sword by its pommel with the tip pointing straight down ... almost casually resting both her hands on it. I felt myself ask why she, a healer, was holding a sword.

*Adrigal:* It is a symbol of protection ... here for you to see, so that you will know I am here to watch over you." There was a heavy sense of her meaning much more than just protection.

I sensed Morning Cloud standing to my right and again, to my surprise, she had a full quiver of arrows slung on her back and a large bow in her right hand. I felt myself ask why she, a person of peace and love, was holding a weapon of destruction.

*Morning Cloud:* It is a symbol of protection ... a visual image, so you will know beyond doubt that I am here to watch over you.

As I lifted my gaze, I could see Alysha standing close beside me, almost in front of me. She was holding a strange implement that I did not recognise

... but instinctively I knew it was a weapon of some considerable strength.

I turned to my left and saw Hu standing beside me. I was expecting to see him with a weapon in his hands, but he was just standing there relaxed and calm as always. I felt myself ask why he was not carrying a weapon.

*Hu:* I am the symbol of protection ... I am here so that you will know the symbols are but symbols and that I am here to watch over you.

I lifted my gaze beyond those close to me and saw Asambaiya standing with a hide shield and a spear clasped in his hand, Running Horse with a war axe in his hand and Osaka standing composed and enigmatic as ever close by, but a little further away. My Old Friend was standing beside me within the circle of those close around me.

My Old Friend said: "Know that we are here with you always. Our protection is never ending and never failing ... you have been equipped with all that you need to shed light into the darkest of places. You are prepared in this way so that you are able to bring love into the most desolate of human conditions.

All is as it should be. Even as I am with you now, you do not fully understand or know of what I speak ... but in time you will come to know ... and you will draw to you all that is needed, whatever you encounter." (The sense was one of things beyond just this physical world.)

I tried to unravel the confusion of my thoughts ... the things I could not see ... but it was as if I could not reach far enough to grasp what I knew was just out of reach. I felt myself relax and just be ... how long for, I am unsure. I eventually felt myself being called back. I returned to the rock and thanked all those who had been with me before returning to my chair.

29<sup>th</sup> October 2004

I started sitting on a flat rock high up in the mountains. I could feel the

woven material I was sitting cross-legged upon. As I sat there becoming more and more at peace, I became aware that those I know as Alysha, Adrigal and Morning Cloud were with me, sitting close to me and forming an equilateral triangle around me, with me at the centre.

After a while, I lost all sense of my surroundings and that of my physical body ... even my own breathing. I found myself in a different place. All around me was bright white light. Adrigal, Morning Cloud and Alysha were still in the same position around me, but now it felt that we were all standing ... maybe not so much standing, more in an upright position but with no physical point of reference.

As we stood there, the light around us seemed to glow much brighter and a lectern appeared in front of me with a large closed book on it. The cover of the book opened and the pages started to turn over, one after the other. They began to turn faster and faster, until they began to slow and finally stop. When I looked down at the pages, I saw that they were completely blank. As I looked at them, words started to appear as if they were being written, but there was no pen.

I kept looking at these words as they slowly appeared, as if written with great deliberation and care. The form of the writing was strange, yet their language seemed very familiar to me. The letters seemed to flow one to another in circles and arcs with lines connecting them, or with lines slightly above or below each character. The whole appearance of each individual character was one of elegance ... very much like a piece of art that evokes a response of pleasure ... all being elegant in design ... each small part of the whole fitting perfectly with the rest.

I was transfixed by the words and their apparent magical appearance. Then it was as if Adrigal spoke to me,

*Adrigal:* This is the book of your existence ... it is recording your life ... everything you are.

*Me:* If that is so and the pages are blank, then nothing is certain ... nothing is fully ordained or decided upon.

*Adrigal:* That is so. Your intention is recorded, but the reality of your existence is as yet undecided. It will only be when it is ... and what is, is now ... and now has always been what is. (I had the sense that 'what is' was when everything came into being ... Creation itself.)

I felt my eyes tear away from the page, the writing and the book and the lectern faded into nothing. I felt myself asking what this meant, but no answer was forthcoming ... there was just silence, peace and love. I remained in this state for a while ... the nearest feeling I can equate it to was of floating in a warm body of water ... but being totally weightless with no sensation of the water.

The next conscious memory I have is of what seemed like Adrigal speaking to me, saying: "Know that you are loved."

With that, I felt myself returning to the rock in the mountains. I was aware of my Old Friend being there as I returned. I thanked all those who had been with me for what I had been shown and for what I had received.

1<sup>st</sup> November 2004

I started sitting cross-legged on the flat rock high up in the mountains. As I sat there, I became aware of the first rays of the sun rising up over the horizon and rolling back the darkness of the night. I could feel the warmth of their rays on my face and body as it rose in the sky. I felt the presence of Adrigal and my Old Friend with me ... Adrigal to my right and sitting slightly behind me and my Old Friend to my left and sitting slightly behind me.

I sat there for some time, until the brightness of the sun became so bright that my surroundings faded. I found myself high up above an ocean. As far as I could see there was water and in the water were many islands and reefs all spaced out. Below me was a shoreline ... a sandy beach. The

water was perfectly calm ... not even a ripple on its surface.

In the furthest distance, at the limit of my vision, I could see a ripple start. As it sped toward me, it got bigger. As it passed every underwater obstacle and every island, a part of its wave front was changed. At each one of these obstacles, part of the wave was reflected back toward the source. Every obstacle produced secondary ripples that interacted with the wave front and continued onward with the unchanged original wave. This happened at an untold number of obstacles and still the wave rolled onward toward the beach. The wave front of the original ripple eventually impacted on the beach. Part of its force was absorbed by the beach and a small part of it was reflected back toward the source.

On its journey back to the source, part of it was again changed by the obstacles in its path, before it again reached its source. As I pondered on what I was seeing, my next conscious awareness was of Hu communicating with me.

He said: "What you are seeing is an illustration ... an analogy of what happens to knowledge that enters your physical world. It is a visual representation about truth. The knowledge is the pebble that caused the original ripple at its source ... the source being Creation. As this knowledge travels through the world ... through individual people's consciousness ... so it is changed ... distorted.

This changed and distorted representation of the truth of that original knowledge is then entered back into the world alongside the uncontaminated knowledge that originated from the truth. This happens many times and the true knowledge is modified and distorted in many different ways by many different individuals ... so much so that it can become unrecognisable as even being related to the original knowledge.

However, the original pure truth of the knowledge still exists and still journeys in the physical world ... unmodified, uncorrupted and

uncontaminated ... until it washes up on the shore of its intended destination ... and this destination may be a single individual.

At all stages of its journey in the physical world, the true knowledge and all the modified, contaminated and corrupted knowledge are returned to the source ... here it is recognised for what it is and the truth is recognised by its purity.

There is much knowledge that has been given into the physical world that has been modified, corrupted and contaminated by human thought, but the essence of the truth of the original true knowledge is also in the physical world. You are to seek out and find the truth in all things, no matter how daunting that may seem to you. Know that you will recognise the truth of the knowledge that you are to find and know."

All around me became silent and the scene before me faded. I found myself in a different place with the one I know as Adrigal. As I was in this place, I saw Adrigal raise her hands and arms and bright red light flowed over me, engulfing me entirely. This was followed in turn by bright orange light, then bright yellow light, then bright green light, then bright blue light, then bright indigo light and finally bright white light. The only way I can describe what happened next is to liken it to a sudden shift in phase as two frequencies come into synchronisation and lock. This was followed by a feeling of complete calm and peace.

I'm not sure how long I remained like this. My next conscious thought was of being called back and returning to sitting cross-legged on the rock. I thanked Adrigal, Hu and my Old Friend, as well as all the others who had been with me, for what I had been shown and experienced.

12<sup>th</sup> December 2004

I prepared the room by lighting two candles and cleansing the space around me, extending this out to encompass our house and garden. I started concentrating on my breath ... feeling the energy rising up through

the ground and entering my feet on my in-breath and on my out-breath flowing back down my legs in to the ground carrying all negative energy and thought with it.

When I felt light and as if I was beginning to float, I started to feel bright light/energy entering my crown chakra on every in-breath and on every out-breath flowing down through my legs into the earth. I felt suspended between the physical plane (Earthly world) and the spiritual plane (spiritual world of Creation).

I found myself sitting cross-legged on a cloth of woven material high up in the mountains on a large flat rock. I sensed that Adrigal and my Old Friend were with me. As I sat there at peace, I became aware of Hu hovering in a sitting position directly in front of me:

*Hu:* We have been trying to get your attention ... you have not been listening ... there was no other choice. (I slipped whilst installing an extension socket in our loft yesterday afternoon ... this resulted in my right ankle becoming very sore and swollen and making it difficult for me to walk.)

*Hu:* This is the start of a new phase of your journey ... there is much that is about to come to pass ... and you are needed to listen so that you will understand. Yes! It is more than just understanding ... you will take all that you are to experience and know and make it your own.

I felt a shift of energy ... more a shift in the shape and quality of the energy pattern around me.

*OF:* It will become a part of you ... it will change you ... it is shaping who you are to become. I know that you have always known (meaning at a spiritual level) that these changes that have occurred in this life experience were leading you to who you are to become. This is a time when many choices (possibilities) will present themselves. Wake up! Shake

yourself! This is not a passive acceptance. This is about choosing ... about accepting the mantle of who you are!

All around me seem to go quiet ... I felt myself surrounded with love ... such tranquility ... I felt as if I could stay there forever. I then heard a soft, gentle voice emerge from within this energy/light/love.

Adrigal: Listen and you will hear ... look and you will see ... be open and you will know. Know that you are loved. (The sense of this is that I have always been loved ... and that I will always be loved.)

I became aware that I was no longer on the rock ... I was in a very different place surrounded in light. I felt Adrigal come close to me and put her hands (this is the only way I can describe what I felt that translates into words) around my ankle and give me healing. As this was taking place, I asked for healing for Kay and tangibly felt this request acknowledged and granted.

The next thing I recall is being called back and sitting on the large flat rock once more. I thanked all those who were with me and returned to my chair. I went through my routine of making sure that I was grounded and fully aware of where I was ... then I surrounded myself with light.

#### 13<sup>th</sup> December 2004

I lit two candles and cleansed the space in our room, the house and the garden. I settled myself and concentrated on my breath until I found myself sitting cross-legged on the large rock high up in the mountains. As I sat there, I felt myself drifting from place to place. I was aware that at some point I had been joined by my Old Friend and Adrigal.

I eventually came to rest in a place illuminated with bright white light ... everything all around me was brilliant white. As I rested there, images started to appear in front of me. The images were of faces ... one inside the other ... a montage. The images began as quarter views and half

views and then started to be images of nose and mouth intermingled with eye and nose and then just one eye. All the images were different in their shape, size and form. The images started to surround me and then move through me, until I felt to be at the centre of this rotating and changing display.

How long this lasted I'm not sure ... it seemed like a long time. These images then changed into geometric shapes that fitted into holes of the same shape. The shapes weren't symmetrical, but each was a unique key to a unique lock ... not so much a physical lock ... or not necessarily meant to represent a physical lock. How I knew this I don't know ... I just knew.

It felt as if I was being shown how the keys work ... how to use them ... and how to recognise them ... and to know when to use them. It felt as if there was more to this, but I felt myself drifting as I watched the shapes and patterns change colour. I felt drawn into the kaleidoscope of rapidly changing shapes and colour.

My next conscious remembrance was of being catapulted back to the large flat rock and of being seated cross-legged on a mat of woven fabric. I became aware of my Old Friend being close and of Adrigal, Hu, Morning Cloud and others being with me. I felt slightly weird ... off balance as if I was in free fall, yet I was not falling. When my surrounding stabilised, I thanked them for all that I had been shown. I then returned to my chair and closed down.

#### 15<sup>th</sup> December 2004

I started by cleansing the space around me, the room and the house. I then focused on my breath, relaxing my body until I was aware of only my breath. This awareness faded and I found myself sitting cross-legged on a woven mat on a large flat rock high up in the mountains.

I was aware that there were others with me. My Old Friend was seated directly west of me (on my left); Adrigal was seated directly east of me

(on my right); Hu was seated behind me; Morning Cloud was seated behind me and to my left; Asambaiya was seated in front and to my right; and Alysha was seated in front and to my left. All were equally spaced around me.

An opening appeared directly in front of me, filled with bright white light. This opening moved toward me and engulfed all of us. I found myself in a different place. It was as if I was moving forward into the future and backward into the past, whilst at the same time being in the present. I could sense that as I moved into the future, there was an equal and opposite transfer of energy into the past, whilst in the present all remained as it was.

It felt like this transfer of energy from future to past and past to future was necessary to maintain the equilibrium of energy in both past and future. It was as if there is only so much energy that exists and at all times the total energy at any one instance must always be a constant. So for me to move into the future there must be an equal and opposite transfer of energy to where I originally existed.

It was as if I existed outside of what I was looking at ... I seemed to be contemplating the elegance of what was taking place rather than actually being in it?

This all faded and my next conscious image was of an intricately wrought pattern ... as I looked at it, it became a three dimensional object. It appeared to have been made of some very hard and durable metal. As I continued to look at it, it was placed in my hand and I had the image in myself that it was a key ... this key operated a lock that was not so much physical in the sense of a three dimensional object ... more that it was energy, space, spiritual ... etc.

At this point, as I started to struggle to grasp its significance, I found myself rushing backwards. My next conscious image was of being once

more seated on the flat rock surrounded by the six with whom I had started the meditation. As I looked at them in turn, all appeared deep in meditation ... yet I felt linked to them as they were linked to each other.

This all faded and I felt myself being called back, so thanked all those around me and any others who had been with me for what I had experienced and been shown.

19<sup>th</sup> May 2005

I started by going through a relaxation sequence and as I relaxed, I found myself seated cross-legged on the large flat rock high up in the mountains, overlooking a valley. As I sat there, I became aware of mist/cloud rising up out of the valley toward me. This cloudlike formation began to glow more intensely as it came toward me. The closer it came, the more intensely it glowed and the more spherical it seemed to become.

Eventually it came to a halt a couple of feet in front of me, so that it cut through the rock upon which I was sitting. The sphere was about six metres in diameter and the middle of it was in line with my eyes. I stood up facing the sphere and as I stepped toward it, a doorway opened, allowing me to step into its interior. It felt natural to stand at its centre and as I did so, the doorway behind me closed.

I found myself in a place of intense whiteness ... bright white light emanated from everything around me. The light was so bright that I felt blinded, but I seemed to be able to see in a different way (like seeing visually but with great clarity). As I looked around me, I was in a vast round domed room with landings and staircases all around the walls, leading up to where the domed roof started. I was only able to distinguish the features of the room as I moved around.

My attention became drawn to what appeared to be a blemish in this bright whiteness – high up near the edge of the dome there was a discontinuity in the white light. I made for the stairs and as I climbed

toward this apparent blemish, I spiralled around the room ever upwards and closer to this place. As I walked, I became aware that what appeared to be the wall were actually shelves closely stacked with books, so tightly that there didn't appear to be space for any shelving ... and more interestingly, all the books I was passing looked the same ... bright white ... as if they were generating bright white light.

As I approached the place where I saw this apparent blemish ... on the top row of what looked like books (the last row in fact) I could see that it was a book, but it was no longer white all over its spine ... there was writing on it. The writing looked alien to me, but as I stopped in front of it and looked at it, these words seemed to jump out at me: "These are the lives of ....." I couldn't make out the name, as it wasn't really written in words ... more in symbols ... or signs ... or hieroglyphs maybe?

I felt compelled to pick up the book, for it was indeed a book. As I handled it and looked at its cover, I could see that the whole cover, front and back, was covered in these symbols/signs/hieroglyphs. As I tried to trace these symbols/signs/hieroglyphs with my finger, they changed and moved. I tried to follow the images so that I could see them more clearly, but they only seemed to move and change more quickly.

I found myself opening the book ... the cover seemed to me made from what looked like stone that had been cut extremely thin (it wasn't brittle or fragile, but strong and without flaw). The pages were of the same sort of material, but even thinner.

Each page I turned was covered from top to bottom, edge to edge, in neat writing. Each page was in a different script, or language, but written by the same hand ... the way the characters and images were formed made that very clear ... and there were hundreds of pages, all different. I tried to focus on one page and tried to read in an attempt to at least make some sense of what I was looking at, but the images wouldn't stay still ... it was as if they were alive. I thought that they were moving at random,

but as I continued to look at them, each page moved in a pattern and no two patterns were the same.

I closed the book and saw that the images on the cover also moved in a pattern ... far more complex than the individual pages, but a pattern nonetheless ... and it appeared to be a pattern that wasn't being repeated. Everything just froze as I seemed to have a conscious thought: 'How can you have a pattern that doesn't repeat itself?' ... then it was gone and I was standing there holding the book again. As I replaced the book, I was aware that it had no weight to it. When I had pushed it firmly back into its original place, it became as all the other books ... bright and white ... the images that set it apart had vanished from my sight.

I retraced my steps back to the centre of the room. As I stood there, I was once again in the sphere of light. Almost immediately a doorway in the sphere opened and I stepped out onto the flat rock on the plateau where I had started this journey. I sat down cross-legged on the rock, thanked my spirit guides for what I had been shown and for what I had experienced, then returned to my chair.

20<sup>th</sup> May 2005

I started with a relaxation exercise, then found myself on the large flat rock high up in the mountains overlooking the valley.

As soon as I was seated cross-legged on the rock, I was aware of a person with me ... not a spirit guide, but the energy pattern I felt was very familiar to me. I looked up and saw someone I know. My first thought was, 'What is she doing here?'

I rose and walked toward her and realised that she had come for healing. I stood beside her and put one hand on the area just below her neck on her back. I then put my right hand on her heart ... there was an immediate rush of energy through me, not violent but strong and gentle. I turned and called Asambaiya ... he was instantly beside me ... I asked him

to be with this lady and protect her as the healing continued.

I returned to the rock and sat down cross-legged on it again. I became instantly aware of other spirit guides with me, particularly Adrigal, Chuang Chou and the other three. As I sat there, I saw a sphere of bright white light/energy appear before me ... I stood and a portal opened in the sphere, through which I stepped. Once inside, the portal closed behind me. I sensed that time and space had no meaning in this place.

In front of me stood a bright white table/couch. On this couch appeared a woman of about 35-40 years of age. I sat her up and put my left hand on the nape of her neck and my right hand on her heart. I felt her heart being healed ... not in any physical way ... most definitely an emotional healing symbolised by the healing of her heart.

She was followed by a young man. I put my hand on his abdomen. He was replaced by a baby boy not more than a few months old. I picked him up and cradled him in my left arm ... I felt immense energy flow from my heart chakra, engulfing him in love. He was in turn replaced by a baby no more than a few minutes old ... it was a girl. I also picked her up and could feel energy being blown into her lungs, like air flowing into her.

Quickly, a man of about 80 took her place. I was aware of his frailty ... I could feel his bones ... I could feel arthritis all through his bones ... healing energy flowed and coursed through his body.

He was in turn replaced by a pregnant woman in her late 20s ... here I asked her if I could put my hand on her abdomen. She replied that it was why she had come, because of her baby. I reached out and gently rested my hand on her huge abdomen ... there was such an amazing response. I could feel the soul within reach outward and such gently loving energy flowed through me ... so light, the like of which I could hardly feel ... yet the life within beat stronger with every passing breath. I looked at the woman and she was smiling.

I was aware of more passing images, but they are beyond my recall.

My next conscious image was of the portal re-opening behind me and I stepped out onto the flat rock once more. I sat down and gave thanks to all the spirit guides who had been with me this morning. I then made a deliberate act of closing myself down before I returned.

#### 22<sup>nd</sup> June 2005

I started this meditation by lighting three candles and playing a spiritual music CD. As I sat relaxing, I could smell the sandalwood fragrance of one of the candles. Soon I lost an awareness of my body and breath ... this was a gradual move from feeling my physical self into one of being in bright golden light.

As I looked down on my body from the front and slightly above it, I recall feeling at peace. This faded and I found myself standing in the midst of a lavender field ... 'lavandula' ... the fragrance wove itself all in and around me. I saw it being processed into oil in a room that was bathed in bright white light. It was like seeing the natural healing energy of Creation being held in a physical vessel to be used when needed. What was being conveyed to me was the great healing properties of 'lavandula' ... and that I should make use of that for myself and others. I was left with the image of washing my face in a bowl of water with the very hint of lavender in it.

This image faded and I found myself standing in front of a young woman who was sitting cross-legged on the ground (in the lotus position). She was clothed from head to toe in very fine (small diameter) pure silver chains, upon each of which had been fixed a multitude of different natural crystals and minerals ... each chain was made up of a different combination of crystals and minerals. She just simply shone with bright white light and tranquility ... she radiated love.

As I stood there, she unwound a single chain that seemed to wind over and around her many times. When she had it hanging from her hand, she

offered it to me. I reached out and took it ... I could feel the pulsing energy held within all the different crystals and minerals. I felt that I should hang it around my own body and I wound it around myself. Again, I felt what was being conveyed to me was that these crystals and minerals had great healing energy ... not only that, but different crystals and different minerals concentrated the healing energy in a different way. I felt that I was to know that this was so and that I should make use of this knowledge for myself and others.

Once more this image faded and I found myself holding a triangular pyramid in the palm of what passed for my outstretched hand ... my hand didn't seem solid, more ethereal. Each side of the pyramid was identical in size and shape, each radiated all colours, thousands upon thousands of them blending from the base to the apex where all the sides came to a point, whereupon there glowed a brilliant white light. Each colour also seemed to pulse at a different frequency and also have a different energy.

What I felt being conveyed to me was that the three sides were symbolic of my mind, spirit and body ... and that all three were perfectly balanced ... and only when the three were in perfect balance would I be in perfect health. As I looked at this pyramid I had the thought: 'but it has four sides, there is the base it stands on.' Immediately I thought of the Native American medicine wheel ... the base was Mother Earth and the other three faces represented the other three cardinal points, with all points inbetween running up the sides of each triangle.

This image eventually faded and I found myself with my Old Friend. I felt at peace and didn't want it to end. Slowly I became aware of the spirit I know as Adrigal, then Hu and Morning Cloud ... all were equally spaced, forming a circle around me. I knew it was time for me to return. I thanked each one of them in turn and as I moved to face them, I could sense others inbetween them, so thanked them as well. I found myself back in my physical chair. I found it particularly difficult to ground myself ... even after repeatedly grounding myself, I still felt very light when I stood up.

28<sup>th</sup> June 2005

I prepared for this meditation by lighting three candles, playing a piece of soft music and holding my fluorite egg in my left hand. I concentrated on my breathing until I found myself seated cross-legged on the flat rock in the mountains. As I lost conscious thought of my body and breathing, I was aware of it being intensely cold around me. There was snow on the ground and I was seated in a cleared space on the rock.

I sat there watching the sun rise. As the sun became visible, so the landscape glowed whiter and whiter. This faded and all I was aware of was brilliant silver light, with threads of golden light running through it.

This all faded and I found myself in a huge chamber that was lit brighter than day. I was standing on a wide platform that ran around the perimeter of the chamber and this platform surrounded a vast lake. The inside of the chamber was covered in a continuous unbroken face of crystals. The light shone brightly from each individual crystal in a multitude of colours.

After a while, the surface of the lake rippled as if disturbed and slowly a large dolphin came to the surface. It swam slowly toward me until it was right in front of me; it rose out of the water looking me directly in the eyes. On its nose was a pure gold ring. The dolphin seemed to be offering me the ring, so I reached out and lifted it gently from the dolphin's nose.

With a satisfied look, the dolphin sank back into the lake. It swam back to the centre of the lake and disappeared. On examining the ring, I could see that it had very fine threads of pure silver wound through the gold. I put it on the third finger of my left hand ... it fitted perfectly. I felt myself lit up from the inside, as if energy was surging through me from head to toe.

After a while this faded and I found myself in a place of pure white light. This is where I remained until I was called back. I returned to the rock, thanked all those who were with me for what I had experienced and learned. I then returned to my chair.

6<sup>th</sup> July 2005

I started by concentrating on my breath. This soon changed into seeing a bright light above the crown of my head. I felt this light radiating down through my crown chakra into my body. As it flowed downward through my body, I felt my brow chakra open wide, radiating a beautiful, almost purple coloured light, then my throat chakra opened wide and started to radiate a lovely pure sky blue light. This was followed in turn by my heart chakra radiating green, my solar plexus chakra radiating a brilliant yellow, my sacral chakra radiating orange light and finally my base chakra radiating pure red light.

As I sat there, I could feel and see a subtle change occurring with my heart chakra and my sacral chakra. It is hard to explain the physically felt change, but this was reflected in a colour change. My sacral chakra was changing between orangey red and orangey yellow, whereas my heart chakra was changing from green through to pink and back again.

I remained in this state for some time before I became aware that I was sitting on the flat rock high up in the mountains. As I looked out, I could see snow topped mountains all around me as far as the horizon. The sun was rising above the horizon and forming bands of bright coloured light across the sky.

A thought passed into my mind that the lovely thick warm blanket upon which I sat and that was wrapped around me had been made by Running Deer (a woman of great spiritual awareness). I tried to change this thought, but my mind seemed set upon this fact.

As I continued to sit there and surrender myself to nature and Creation, I became aware of another presence beside me. It was tangible, in that I could feel its warmth and feel its size. I was almost afraid to move so that I could see who it was, in case it disappeared. I slowly moved my head a fraction to my left and I could see the steam of its breath. As I slowly moved my head further round, I could see it was a pure white wolf sitting

beside me, so that from its shoulder down, it rested against me. Its head was in line with my own ... and it felt huge, yet very comforting. I wasn't afraid, more I felt I could rest there forever.

As I sat there, I started to become aware of geometric symbols being placed around me ... double triangles in the shape of a star, a five pointed star, a double five pointed star, a seven pointed star ... all star-shaped, but all different. They were being placed all around in the air and on the ground beneath me. I lost track of what was happening ... it felt as if I drifted off.

My next conscious feeling was of something heavy resting on my thighs ... I looked down and there was the wolf seemingly asleep, almost curled around me and lying so its head rested on my thighs. As I became aware of it, it opened its eyes, looked at me and all around, then closed its eyes again.

I sat like this until I felt I was being called back. I felt my Old Friend and Adrigal close by. Adrigal seemed to speak, but not in words ... I felt I was being told that the wolf was a protecting spirit that I had forgotten was with me (although the colour of the wolf I had previously with me was very different to this one?) No sooner had this come into my mind when I felt/thought: 'It is the same wolf ... but as you have changed, so has she.'

Adrigal then conveyed to me that the shapes and symbols placed around me were ancient signs of protection and healing ... and that I needed these because I had become remiss in making sure of my own personal well-being.

I thanked them both and all those who had been with me, before returning to my chair. (At the beginning of this meditation, I had felt compelled to pick up and hold my chrysocolla egg and it was only when I was back in my seat that I became aware that I was still holding it in my left hand.)

7<sup>th</sup> July 2005

As I prepared myself for this meditation, I felt compelled to pick up my large fluorite egg and hold it in my left hand. I concentrated on my breath until I found myself sitting on the flat rock high up in the mountains. There was snow on the ground and I was wrapped in a blanket watching the sun rise.

As I sat there I became aware of the white wolf sitting on my left side ... she was right up against me and I could feel her lovely warmth seeping through me. As I sat there, I lost all sensation of my physical body.

After a while, I became aware of a bright golden light coming toward me ... as it approached it I could see and feel it vibrating. It came to rest directly above me and then started to flow down through me. As it flowed into and through me I could feel all my chakras opening and spinning. I felt as if I rose up out of my body and looked down on myself. I could see all my chakras spinning and glowing with coloured light/energy. As I looked, I could see that the coloured light/energy was not pure, but a continuum from deep purple/indigo through to deep red. Overlaying this, my body was surrounded in a bright golden light. I watched fascinated as my whole being pulsed with this light/energy glowing brighter and brighter.

This phenomenon continued for some time before the pulsing ceased and my being just glowed. I felt I had no weight ... no substance ... as if I was totally ethereal. I felt almost surprised ... and yet not really surprised that the wolf was still beside me ... it felt like she was intermingled with me, yet separate at one and the same time (I can't really describe exactly what I mean, as I have never had this feeling before).

There was then a large gap where I seemed to drift off until my next conscious image/thought was of seeing golden light all around me ... I seemed to be back inside my body. I could feel the tangible presence of the wolf sitting beside me. I felt the presence of Adrigal standing behind

me with her hands on my shoulders. My Old Friend was sitting to my right. It felt so peaceful and tranquil.

I felt myself being called back, so thanked my Old Friend, Adrigal and all those who had been with me. As I started to return to my chair, I was aware of a deep purple light surrounding me ... as I came back to fully awake, I could still see this beautiful deep purple light. As I became full awake this faded and I closed myself down and grounded myself.

15<sup>th</sup> September 2005

I had a very short meditation this morning and found myself somewhere completely different ... as soon as I started my breathing relaxation, I was sitting cross-legged in a temple on a slightly raised platform. Around me were others of whom I was aware but did not physically see ... but they were there nonetheless.

As I sat there, I began to see many different coloured threads of light/energy filling the huge open space of the temple in front of me. As I watched, these threads began to intermingle in seemingly random ways, forever changing their position and the patterns they made.

I became aware that these threads of energy were connected to other life forms ... human, animal and plant. All were connected ... all ebbed and flowed with the rhythms of Creation. As I continued watching them with fascination, I became aware that these threads of light/energy were also part of the physical structure I was in (the ground surrounding me) stretching out as far as I could sense. It was clear that all of Creation was present in this pyrotechnic display.

As I returned from this meditation and all faded, I felt love, peace and tranquillity fill me. I felt a sadness at having to return.

Note: What follows are the words I found myself writing to Kay immediately following this meditation:

"I know you keep wondering what your purpose is in this life ... Even though there is greater purpose to your life, I feel that this deep connection you have with the written word is not just something that is coincidental ... I feel that it is an intricate thread that weaves through the whole of your life pattern. Furthermore, in one way or another, this gift will not be silenced ... cannot be ignored ... it will find any avenue for expression. There will come a time when you will know where your life path is leading you and in the midst of it, running through it will be this thread of expression in the written word, of that I have no doubt."

11<sup>th</sup> October 2005

I relaxed my body and started my breathing routine in preparation for meditation. I very quickly lost conscious thought of my breathing and found myself standing before a temple in a beautiful Zen type garden. As I looked around, I could see beautiful healthy trees set in the centre of seas of sand and gravels. As I looked at the pools of sand and gravel, I could see they had been formed into different patterns that fitted perfectly with the shape and type of tree that stood at their centre.

I turned and walked up the broad paved causeway toward the huge temple doors. As I approached, they slowly and effortlessly opened in front of me. I continued walking, entering the temple. As I stepped inside, I found myself in a huge room supported by four enormous pillars (set in the corners to form a square) that stretched right up to the roof. In front of me was a huge bell that seemed to fill the space between the columns.

Sitting around this room were what looked like monks of various ages, all dressed in the same simple clothing (it looked like a single piece of broad material wound around the body). I found my attention focused on the huge bell ... it looked to be older than time itself ... it appeared to be tens of metres high and tens of metres in diameter. As I continued examining this object, I noticed that the light around it seemed to be shimmering ... as I looked more closely, I could see that this shimmering was spherical in shape and was such that it passed through the floor under the bell and

touched all four columns.

I started to walk toward the bell and as I became closer, I could see that the air did indeed shimmer as if the sphere was a barrier of some sort. As I reached the edge of this shimmering, I stepped through it and found myself in bright white light that stretched as far as the eye could see ... there was no trace of the bell and no trace of the temple or any of surroundings at all ... just bright white light.

I walked a number of steps into the sphere, although there was no indication of my having moved anywhere ... just the sensation of my legs moving as if I was walking. After a short while, I turned around and again had the sensation of walking. At some point, I passed from the sphere into a totally different environment.

As I emerged from the sphere, I found myself on a slight rise in the middle of what looked like a city, but not as we know it. There were tall buildings set in lovely parks, each one of a different design, but all bright white in colour. As I stood there looking around, I felt a presence with me. I turned to my right and there standing beside me was my Old Friend, Chuang Chou. I greeted him and he beckoned me to follow him. I followed him to what looked like the tallest of the buildings and followed him up the steps into the building.

As I walked into the building, I began to experience a very strange but somehow wonderful feeling. It felt as if the boundaries of who I am started to become fuzzy, less distinct ... as if the boundary of me was slowly dissolving into all that was around me. I began to feel other thoughts ... the thoughts of others ... not so much thoughts, but ideas, concepts, feelings, emotions ... shapes and patterns of ideas, concepts, emotions and feelings ... and much more than this. I could still feel me ... I still knew me ... the me I am, but I didn't know where the boundary of me began or ended. The only way I can describe it is knowing myself, yet at the same time stretching into infinity. I looked (not so much with my eyes

but with myself) for my Old Friend and was surprised to be able to identify and know him in the midst of everything else. It felt as if I asked him what was happening ... and it felt as if he replied. Yet it felt more of knowing that what I was part of, was all of Creation ... yet I was not seeing it as I perceive it in this physical life. To try to describe it makes no sense whatsoever ... I can't even begin to put it into words ... it feels like a passing thought that is in one's consciousness for a split second, then gone again so quickly that you are hardly aware it has even been there.

I don't know how long I was there like that. I felt myself being told that I had to return ... I had the thought/feeling that if I returned, I would forget what had been. I felt I was assured that I would remember and would be able to record it in such a form that I would know it was true and not a fantasy or some trick of my imagination.

I reluctantly found myself back on the rise and then in the sphere of light and when I next emerged, I was back in the temple. I retraced my steps out of the temple, back to where I had started this meditation.

#### 4<sup>th</sup> December 2005

It was 08:26 in the morning (I was still in bed). I started this meditation with a Tao breathing technique. I found myself sitting cross-legged on a flat rock high up in the mountains overlooking a deep gorge/valley. I became aware that my Old Friend was standing in front of me. As I looked up at him, the following became clear in my thoughts:

*OF:* You have been here before. I know you are aware that you know you are capable of much, both for the light and the dark. I can see your awareness of the potential you have for destruction and for causing much harm. But you know the truth and this is in your long distant past. This is not now!

*Me:* I find myself either fully in this physical world or fully aware of my spiritual nature. I am in either one state or the other ... rarely in both simultaneously. I feel I am either a fully physical being or a fully spiritual

being. The struggle to integrate my whole being, both physical and spiritual, is tiring me.

I became aware that we had left the rock and I was drifting out over the gorge/valley. Beneath me was a wondrous landscape of beauty, full of life and energy. This must be the way birds see the world, as every minute detail I gave my attention to came into sharp clear focus.

*OF:* This journey into spiritual truth and awareness is one that has many pitfalls and struggles along the way ... it is not won easily. If it was easy, then its worth would be but nothing. This is an integral part of your life journey in this lifetime. Be content to endure it, knowing that the goal you seek is within you grasp.

The whole image suddenly shifted and I found myself simply dressed and carrying a lighted flaming torch. I was leading a huge number of people toward Glastonbury Tor. There was no monument on its top as there is today. When we reached the base of the tor, the mass of people stopped and fanned out to surround the tor around its base. I started to wind my way up the ancient pathway to its top.

At the top, I stood in front of a funereal pyre that had a body on top of it. I found myself entering an almost trance like state and words began to erupt from my mouth in a strange tongue ... I cannot recall the words, nor can I recall the sense of them. In a dream like state, I lit the pyre and stepped back to watch it being consumed by the flames. The heat should have burned me, but I was cool and untouched by it. When the flames eventually burned out, I began to speak again in the same strange tongue. My voice seemed to carry for miles around.

This image then changed once more and I found myself at Silbury Hill. Again, I was leading a huge procession toward Silbury Hill. On reaching the base of the hill, the throng spread out around it whilst I climbed slowly to its summit. At the summit, I found a funereal pyre with a body laid out

upon it. I again seemed to enter a trance like state and again began to speak in the same strange tongue as before. I again lit the pyre and again stood beside it until it was consumed by the flames. I then spoke once more.

As I stood on top of Silbury Hill, it was as if I could see the physical symbolism of the spiritual journey we take from the physical world after our physical death, to the after life, our spiritual home. The building of the hill through human endeavour and hardship is an integral part of our human struggle to spiritual awareness. The journey up the hill is our life that concludes in physical death and when the flames consume our human body, we continue our journey back to fully spirit (our spiritual home) as the smoke rising up into the sky. The strange words are the catalyst to help with that transition of the soul from the physical to the spiritual ... a form of healing and of pointing the way Home.

I stood there for a while before I seemed to drift upwards, until I was many miles above the Earth. Here I found myself with my spirit guides around me. As I looked at them, I perceived them as forms of bright light, with bodily shapes and substance. I looked at my own feet and they were the same, as light. I looked at my own self and found I was the same as they were. As I looked, I could see the individual particles of light drifting apart more and more rapidly. All the particles that made up me began to intermingle with thousands and then millions of others, yet all that I am was still connected as me and at the same time as a part of all around it. Eventually every particle that was me was spread out around the Earth. I seemed to know that all the particles of me would have to coalesce back together for me to return.

I felt myself being called back. All of me resumed the shape of me in the same place at the same time. I returned first to the rock high in the mountains and then back to my body in the bed.

I looked at the clock and the time was 09:38.

20<sup>th</sup> December 2005

As I entered this meditation, I found myself on a high cliff overlooking the sea. I was sitting cross-legged on the ground, facing the ocean that stretched as far as I could see. I was aware of the sound of the sea as it washed over the rocks below. I could smell the salt in the air. I was also aware of another strange sensation, as if I could feel the particles of air as they collided with my skin ... not like a breeze, but like the individual particles in the air impacting on my skin's surface.

Slowly I became aware of others with me. I felt my Old Friend sitting close beside my right side, Adrigal at my back, Morning Cloud to my left and Hu to my front. Standing in an arc either side of Hu were Alysha, Asambaiya, Osaka and Running Horse. My first thought was, 'What are Osaka and Running Horse doing here?'

This thought had not been completed before Running Horse stepped toward me and placed his right hand palm first on the centre of my chest, over my heart area. I felt an intense heat and as I looked down, I saw his hand was glowing with a bright white light. As I continued to look, his hand appeared to melt into my body. After a short while, he slowly removed his hand and stepped back.

Osaka then placed her hand in the same imprint that Running Horse had made. Again, I felt intense heat and saw her hand glow with bright white light as it melted into me. After a short while, she withdrew her hand and stepped backward.

Asambaiya then stepped forward and this whole act was repeated yet again. Until this moment, I had not realised just how tall Asambaiya is ... he seemed to stand feet away from me as he stretched out his hand to place it on me, towering over me.

It was only after a while that I realised I was standing and not sitting ... at some point I must have risen from my seated position, although I cannot

recall doing this. I was still puzzled over what had happened, so asked, "Why are you here and what is the significance of what you have done?"

Osaka: We were asked to come by those who love you. They are concerned (worried) about you and we are here to heal you.

It was only then that I remembered that Asambaiya is one of my son's spirit guides. Although he is often with me, he is also with my son.

I had already begun to shift in consciousness and drift away from the place I was in. I have no recollection of anything else from this meditation, other than being called back and returning to the cliff, where I thanked all those who had been with me. I then returned to my chair and to this reality.

8<sup>th</sup> January 2006 - Regression meditation with my partner (guided meditation from a CD – *'Past-Life Regression with the Angels'* by Doreen Virtue, PhD).

This regression started by following a spoken guided relaxation, which then led into being taken back to a past life:

#### First past life

When I landed, I found myself in a semi-open space on the slope of a hill. The country was Spartan and rough, with trees all around me. I looked down and saw that I was wearing animal-skin boots sewn with strips of cured animal skin. My legs were covered in animal skins sewn to be as trousers. The climate was warm and the air fresh. I had in my mind that the year was 10-something, I was 30 years old and my name was Nal.

As I stood there, I started to remember why I was there on my own. I had been part of a community where the social code was quite strict. I had been pursued by another man's woman. I had avoided her advances for some years until this year, when I had succumbed and slept with her. We

were found together and I was cast out. Her man was someone I recognise in this life. I knew that we must have been betrayed for him to find us together. I realised that his woman was the one who had betrayed us for her own ends.

I then moved forward in time to my death. This was not long after my thirtieth year. I had spent the intervening time avoiding all human contact. I was alone and curled up in a snow hole. I was cold and my death was due mainly to starvation. My right knee was somehow injured and I could no longer provide for myself.

I had an overwhelming feeling of aloneness ... and the feeling that no-one should have to die alone. My feelings were of betrayal, aloneness, lovelessness and great sadness.

I forgave the man I recognise in this life and the woman ... and I forgave myself for choosing to be alone and loveless.

#### Second past life

I then moved backward in time and found myself as a 5 year-old boy beside my sister, who was much older (17-20). I instantly recognised her as my daughter in this life. She was looking after me and radiated such love for me. I was wearing a rough garment in the form of a smock.

I could see my mother (my partner in this life) working in a circular enclosure of stones with wooden poles leading to an apex, but with no roof. She was boiling herbs and plants and mixing them in different quantities for different purposes. She had some important standing in our community as a healer.

The cluster of round houses were on the slope of a hill in a sheltered valley. We always came here at this time of year to harvest the plants and herbs and to fish. I could smell the sea, but not see it. My sister always treated me with love and kindness, she took me with her when she went

to gather plants, roots, bark, flowers and fungi for our mother. She wasn't like the other adults, because she let me roam free and never complained if I had picked the wrong thing.

I was happy and loved being with my sister. One day we came back to the place in the valley to see and hear people coming. They were running and some were on horses. They tore into our homes and started hitting everyone. My sister hid with me behind some wood and bracken in the place where our mother was working.

I watched as this man climbed down off his horse and approached Mother. He hit her and she fell. I rushed out and stood between him and Mother. He just looked down at me, speaking some language I didn't know and then laughed at me. He raised his hammer and started to bring it down toward me. I reached into the fire and pulled out a metal thing Mother used. I shoved it upward into his chest and he fell on top of me. I felt this great weight and horrible smell of him. I could see nothing, he was crushing me.

The next thing I remember is my sister standing over me, pulling the man off me ... she was crying, but when she saw me, she picked me up and carried me away from that place.

I then moved forward in time to just before my death in this life. I was in a community with my sister – she had a family, but still treated me with much love and kindness. I was a healer like my mother, but it was time for me to move on. I walked out of the camp and found a suitable rock. I lay down on the ground behind the rock and curled into a ball. The life went out of me. At the moment of my passing, I felt loved and happy.

I then followed the guided meditation back to this life.

20<sup>th</sup> January 2006

I began by concentrating on my breath. I found myself on a cliff-top,

sitting cross-legged on a large flat rock overlooking the sea. The day was drifting over the distant horizon and night was falling. A small wood fire burned to my right, keeping me comfortably warm with its heat. I looked up and the sky was full of stars. They seem bright and very clear against the backdrop of the night sky.

I felt the presence of my Old Friend, Adrigal, Morning Cloud, Hu, Asambaiya and Alysha. I know now that Alysha is a spirit guide who is with my daughter, just as Asambaiya is with my son.

As I looked up at the stars, it was as if one of them began to grow bright in my vision. It was as if I was viewing it through a telescope in increasing magnification. I was still seated on the rock, but the star was growing bigger and bigger in my vision, until it finally was on top of me and engulfed me.

My next remembrance was of being in a huge room that was brilliant white. All around me was bright white light. It was as if I thought, 'I will move there' and there I was ... there was no sensation of moving from place to place.

I found myself in front of a huge wall; there were no stairs or walkways. I looked up and it seemed to stretch as far as the eye could see. It was the same to my left and right. I thought myself moving up this wall and instantly I felt myself moving upwards. As I moved, I could see that the wall was composed of rectangles of what looked like white tiles with seemingly no gaps between them. The thought I had was that they were books.

After a while, I came to rest high up beside the wall. I thought the nearest tile (book) into my hands and there it was. It opened and I could see that it was full of signs and symbols. The fascinating thing was that these signs and symbols were in motion, continually changing. The pages of the book turned backwards and as the pages turned further back through the book,

the movement of the signs and symbols slowed down until they stopped altogether. The pages then moved forward and the symbols began to move again, faster and faster as the pages turned over.

I had the thought, 'What does this mean?' It was as if I had the knowing that this was the book of life ... my life. The fixed symbols and signs were of my life already lived and the moving ones were the possibilities of the life yet to be lived. The further into the future, the more possibilities my life has ... the greater number of possibly destinies.

Another thought formed, 'How will I know which life to live?' Again, a knowing was in my thoughts. There will be many symbols that I will recognise that will be there to guide me and there will be signs to point the way. It is for me to be present in every moment of my life, so that I will recognise them and know them as they appear.

This all suddenly changed and I felt all around me dissolving. I saw a pattern in the shape of a wheel, but it did not have the spokes of a wheel. The pattern was more complicated ... the only connection I have is that it looked somewhat Celtic in design. I was suddenly sitting on the flat rock with the star, retracing its path back to its place in the night sky.

As I started to come back, I had an impression of a face ... I know it is one that is coming into my life, but why or when, I do not know.

30<sup>th</sup> April 2006

As I relaxed and began to focus on my breath, I found myself on a sandy beach. I seemed to know it was in India. The world around me and my own awareness of my physical body faded. The sound of my breathing became the sound of the sea lapping on the beach; on my in-breath the sea receded and on my out-breath it rolled gently against the sand. My breath became one with the rhythm of the place I was in.

I slowly became aware of an energy close beside me to my left. I turned

and found an Indian man sitting there wearing a simple cloth garment, with a head covering of a wound piece of cloth. Slowly I became aware of the presence of my Old Friend to my right, Adrigal behind me and Morning Cloud directly in front of me.

As I sat there, it was as if the Indian gentleman spoke to me, but not in words, more inside my consciousness. I knew him to be one of great spiritual understanding, knowledge and wisdom; much more than a guru or a swami. What he conveyed was this:

'The whole of Creation is constantly changing and seeking a state of equilibrium. If one blade of grass should be lost or changed, then the whole of Creation must change for equilibrium to be re-established. It is time for you to become one with yourself. Your physical self is not under the control of, nor is it being informed by, your spiritual self. This is affecting the equilibrium.'

I found myself replying that I have been integrating my spiritual and physical self, to which I heard:

'You delude yourself. You have not been ready to accept the healing you need for this to happen.'

I sat there in silence for a short while before I could feel/hear Morning Cloud speaking to me (not in a verbal sense, more in my consciousness):

'You have not known who I am. I have been with you but seemingly almost unnoticed. It was the same when I was a healer in physical form and my quietness was mistaken for placidness. The herbs and medicines I used were just outward symbols for those who did not understand the healing I gave. I have been waiting for you to come to a place where you will accept the healing I am to give you. This is the healing of the rift between your physical and spiritual self. It is only now that you can accept it and know it.'

I replied: 'I have always felt your love and compassion; your simple quietness I have always sensed as a great strength. I have, from the beginning, felt a mother presence in you and the love I have felt for and from you has been like a mother's love ... complete and sufficient in itself and I have valued this greatly. I have always felt a strength and power in you, but have not truly known it.'

This was followed by another silence, during which the space around us became illuminated by a bright radiance that seemed to emanate from the four of them, engulfing me. I heard the Indian gentleman, who I seemed to suddenly know as Paramander, speak to me again (in the same sense as before):

'This light, this illumination, this brilliance is an integral part of our spirit; it is an integral part of who we are. When in physical form this same illumination, this same radiance, is still a part of us as the spark of our spiritual self. The natural brilliance and luminance of this spark is kept inside us whilst we are in physical form, as it would literally blind us and those around us. However, there are those who shine and light the spiritual paths for those who seek spiritual awareness and enlightenment. Those are the significant ones in your life, the ones who share wisdom, knowledge and understanding. There is no reason to seek them out, for they will reveal themselves when the time is right and you are awake ... when you are ready to see and accept.'

A silence slowly surrounded us and I just seemed to exist there in that place, aware of nothing other than the brightness of the radiance around me and in me.

After a while this radiance slowly faded and I became aware once more of the four around me, the sand I was sitting on and the sea lapping gently on the beach.

Paramander said: 'Rise up and walk into the sea. The dolphins you have

been aware of since you first sat here are waiting for you. They have much healing for you.'

I rose without thinking and walked directly into the sea. I had a fleeting thought of not being able to swim because of the hernia operation I had recently had, but instantly dismissed that thought, as I was completely unaware of my physical body and therefore it didn't exist in this place.

When I got to waist deep in the water, I could feel the dolphins brushing against me. I found myself stroking them as they swam slowly past me. I was suddenly aware that I was floating and being carried for small distances by the dolphins as I placed my hand on their dorsal fins. After a while, I felt them nudging me toward the shore, so I thanked them and made my way back to the beach, where I sat down in the same place as before.

As I sat there, I felt calm and at peace inside. I slowly began to feel a gentle tugging that was pulling me back to reality. I didn't want to leave this place ... I felt so content and at peace. I felt the tugging becoming stronger and knew that I could no longer resist it. I thanked Paramander, Adrigal, my Old Friend and Morning Cloud for all that I had received and for being with me.

22<sup>nd</sup> May 2006

Extract from meditation:

Just after I had settled into my meditative state, I found myself seated cross-legged on a raised mound in the middle of a ripening wheat field. The sky was blue and the sun shining. I could feel the warmth of the sun on my whole being. As I looked around me, the wheat field was spread out in a beautiful golden colour and the heads of wheat were full and dripping with their seed. As I gazed upon this, the whole field seemed to undulate gently as the stalks moved in unison in the gentle breeze. I looked further and saw the hedgerows full of flower ... and full of wild

berries, fruit and nuts ... all was in abundance and rich with life.

As I sat there, I felt I was being shown in a very visual way about my own life ... that I would be provided for and nourished, so that I would grow healthy in mind, body and spirit. I was shown that I was to concentrate on my journey and not be concerned about the material things of this world, as all that I needed for my journey would be provided.

Near the end of my meditation, I found myself in a place where a woman was lying on a bed. The sheets were white and clean, the room was ordered and pristine. I was sitting beside her bed, holding her hand. I am not sure whether I was alone or if someone else was with me ... I can't even recall what was in the room ... the overriding image I have is of this woman that I know very well lying on her back in the bed ... and the whiteness.

As I was sitting there, the woman sat up, yet her body remained lying flat. She stood up and looked around her. She looked at us with what I can only describe as love. I saw a doorway open and beings of light enter and take her by the hand. It was as if I recognised these beings of light as ones that I knew who had already departed this Earthly existence. Among them was Emily, our unborn child and many more.

They led this woman toward the doorway of light. They all looked at us as if we were being told that this was not goodbye but au revoir and that we would see them when it was our turn to leave this Earth. They all passed through the doorway and it closed behind them.

I was left with a feeling of joy ... I felt no sadness ... just love and joy. I felt so humble to have witnessed such a beautiful experience.

Shortly after this, I returned from my meditation. As I reflected on this experience, I realised that the woman had died and we were privileged not only to have witnessed her transition, but to have been a part of it.

### December 2006

I started a relaxation using my breath as the key. I slowly became less and less aware of my physical body and more aware of my breathing, until all I was aware of was my breathing. I then became slowly less and less aware of my breathing until I found myself standing on a light grey granite set path. As I looked around, either side of the path was interspersed with mature Japanese maples and camellias. As I started to walk along the path, a great sense of peace and tranquillity was in and around me. The sunlight through the leaves created complex patterns on the ground, whilst the translucent colours of the leaves were surreal and vibrant.

As I continued walking slowly along, I was joined by my Old Friend. No communication took place, although I felt at one with him. We continued along the path and the Japanese maples and camellias became less dense and less mature. My Old Friend began to lead me and the maples and camellias became even younger and more spaced out ... but still the garden held such vibrant colour and beauty. I could see rocks and other paths, but still my Old Friend led me along this same path.

Eventually I could see a wooden bench in the distance and as we approached it, I could see that my partner Kay was sitting on it. I was led directly to the bench and sat beside Kay, facing her. As I looked at her, I saw that she was the person she is now, but her physical image was that of when she was in her late teens or early twenties.

I felt (or rather feel, as it seemed that it was happening in the present and was very real, like I was living it moment by moment, rather than it being a meditation) such love for her ... love that goes beyond any human understanding. I can't remember if there was any communication between us, but it felt/feels so right for us to be together. My overwhelming feeling was that of feeling at one with her.

This image then changed, so slowly that I was not really aware of the transformation, until I found myself standing in a group. We were all

looking at a baby who was lying naked on its back on a soft bright white blanket, gazing up at us and smiling. There were eight of us in two rows, yet we seemed to be making a circle around the child ... but at the same time there was no shadow and it was light all around us. I know Kay was there because I had the sensation of standing with her in front of me, yet I was able to reach out and touch the baby without any trouble.

I am unable to say who all the others were, except that I know our son and daughter were there with us ... I have the firm impression that the baby was either our son's or our daughter's.

This scene then faded and I found myself returning first to the garden to the place where the meditation started, then back to where I was sitting.

20<sup>th</sup> February 2007

I could hear the sound of water as if I was by the sea. Slowly I became aware that I wasn't by the sea, but standing beside a large pool of water with a waterfall tumbling into it. I felt myself dive head first into the cool clear water. I slowly felt myself rising toward the surface. I could feel my breath being slowly exhaled from my lungs as I rose ... it felt comforting and I felt at peace as I was being slowly carried upward.

My consciousness suddenly shifted and I found myself standing naked under the cascading water of the falls. I was aware that the water seemed to have no weight as it fell over and around me ... it felt light and my whole being felt alive. I looked around myself and saw that my Old Friend was standing beside me, as were Morning Cloud, Hu and Alysha ... Adrigal, it would appear, has completed her part in my life path). All of us were naked ... it felt as if we were all being renewed ... as if we were connected ... as if we were one.

This image shifted and I was walking along and down streets and alleys. Alysha was with me, walking by my side. I stooped and bodily picked up a male who was curled up in a ball, as if hiding from the world. I stood him

on his feet ... we began walking with him between us ... as we walked he gradually became more vibrant, as if he was waking or beginning to live again. We stopped walking and he continued walking away from us, as if walking a different path.

Alysha paused and scooped up another bundle of humanity, this time a female ... she stood her on her feet and we began walking with her between us. As we walked, it was as if the female gradually began to come alive once more (to wake up as if from a deep sleep). Gradually she became more vibrant. Eventually we stopped, but she continued walking away from us, as if following a different path.

This process continued again and again, gradually becoming less defined ... fading more and more each time. I noted that Alysha carried her sword sheathed and hung in the centre of her back ... I am not sure of the significance of this, or its importance.

The next image I had was of walking along the surf line of a beach with Kay. The sun was shining and I could feel its warmth on my body and face. The sand felt soft and wet and I could feel the sea washing gently over my feet as the water moved in and out. I felt happy and could feel myself smiling ... as I looked at Kay, she was happy and at peace ... we were holding hands. Behind us, Osaka and Alysha were in conversation, walking along side by side, like two who are very old friends, content in each other's presence and happy to be together.

The next image was of Kay and me on the same beach with a young child (I think female, about 4 or 5). The child was running between us and the water's edge, laughing and jumping as the water splashed up over her legs and body.

This image shifted and Kay and I were sitting on the sand, each of us with a young child sitting between our outstretched legs, with the sea washing gently over our legs. The children were laughing and pushing themselves

into us as the water washed over their legs ... they changed places with each other and continued their game with us. All of us were laughing, happy and joyful ... it was just so much fun ... and I felt fulfilled. Behind us, sitting on the sand, side by side, were Osaka and Alysha, watching over us.

I felt my Old Friend's presence ... I could feel him looking at us, content for us. I turned to him and said, "I can go Home any time now." His reply was that when the time is right, then it will be so.

I felt myself being called back ... I didn't want to leave, but could not hang on to the images. They disintegrated and I reluctantly found myself back in this world. I thanked all who were with us and gave thanks for the experience. I surrounded myself with light and grounded myself. It is now today!

#### 27<sup>th</sup> June 2007 (at Unity Healers)

I led the group into a guided meditation, which started with them visualising themselves by a wide river; crossing a bridge to the other side; following a well worn path through trees to a wide clearing; then sitting down in the centre of this clearing under a tree or beside a log.

I followed them into the meditation and found myself standing beneath a large old oak tree. I was immediately aware of My Old Friend, Alysha, Hu, and Morning Cloud.

I felt at peace and completely unaware of my physical breathing or my physical body. It was like being an integral part of something beyond myself, yet at the same time being aware of my own self.

After being with them for a while, I found myself asking for wisdom. It was as if I stretched out my hand (although I didn't seem to possess a physical hand) and Hu placed wisdom in my hand. I looked at what had been placed in my hand and thought, 'If this is wisdom, what should it

look like?' The harder I looked, the more difficult it was to define any shape. I eventually asked Hu what shape wisdom was.

He replied: "Wisdom doesn't have any shape or form, but is born out of the experience of one's soul." He continued by saying, "You have been given wisdom to know."

After a few moments, it felt as if at some level this had meaning for me. I then stretched out my left hand and asked for peace. Again, it was not as if I had a physical hand ... the best way of describing what I felt is that it was more like I was a part of something else and what I was given became a part of me.

Morning Cloud reached out toward me and placed something in my hand ... I again looked at what was in my hand to discover what it looked like. Although there was something there, I was again unable to define any shape to it.

Morning Cloud then spoke (not in words, but as if she was a part of me): "You asked for peace, but you have been given much more ... Love. This love is not for you to keep, but to give freely to all that you meet ... you are to give it without concern or thought, for it is infinite."

I suddenly became aware that I was under the oak tree again, surrounded by these four spirit beings. My Old Friend was telling me I needed to return in order to lead those in meditation back.

I suddenly remembered how I came to be where I was and started to return to my chair. As I did so, I found myself speaking and bringing the others slowly back with me. I arrived back before they did and was surprised to see that the meditation had taken around 12-14 minutes, whereas I usually only allow 5 minutes. The others in the group thought that they had only been gone for around 5 minutes and were as surprised as I was.

11<sup>th</sup> November 2009 (Guided meditation)

I was led along a path between two mountains to a lake. The lake I arrived at was Llyn Idwal tarn below Glyder Fawr in Snowdonia. The lake was crystal clear and I could see the reflections of the surrounding mountains on its surface. Here a golden ball of light was to appear and the intention was to enter inside it. The ball of light did arrive, but it hovered in the middle of the lake just above the water's surface. Without a thought that I couldn't walk on water, I just walked out onto the surface of the lake ... and upon reaching the ball of light, walked straight into it without hesitation.

Inside the sphere of light there was no sense of space ... I could just see to infinity in all directions ... all I could see was light. I asked: "Where am I going?" Immediately a road appeared in front of me that ran straight and unerringly into the distance as far as I could see. I noticed that this road was littered with sharp stones and other obstacles, I was also aware that I was barefoot.

As I looked out at this road, I noticed another alternative road that meandered across this road in great big wide loops off to either side ... each loop running off into the distance. The surface of this meandering road was smooth and easy. I seemed to know that I could take either road and reach the same destination. There was no choice but that I would follow the straight obstacle ridden road ... not even for a moment did I consider, or even contemplate, that I would take the much easier but very much longer road.

As I stood there (not really standing, sitting or lying, I was just there) I felt totally at peace and relaxed as if in an oasis of calm and tranquillity. For some reason I turned around and looked back from where I had come. The road was again completely straight and there was also again the meandering road, with obstacles strewn along its length, winding its way across the landscape and crossing the straight road at intervals. I knew at soul level that I had walked the straight road and that I had

endured and come through many trials in life to reach this point. I also knew that I am who I am because of those experiences I have encountered over the course of my journey so far.

I turned around to face the way ahead again and it was as if someone was communicating with me, inside my being ... in words this is the essence of what I felt: "We will test you ... put you in situations where nothing will be given and nothing will come ... this is to see if you are true, or whether you will make up that which was not given." I knew that this was about clairvoyance, a path I do not want to tread, nor one I feel equipped to follow. I pondered on this for a while, wondering why I should be led where at soul level I feel I do not belong.

I was then aware that the path in front of me looked very different from the path behind me ... the path behind me felt heavy and very much of the material physical world, whilst the path in front of me felt light and bright and to be of the spiritual world. It would seem that I am at a crossing point in my life where the trials and obstacles will be more spiritual than physical.

My thought was that this had come at a moment when I had at last begun to feel that my life was more settled and peaceful, both in the material world and the spiritual world. Following this, I seemed to sigh and step out onto the sharp rock strewn road in front of me in my bare feet. To my utter surprise, I could not feel the road beneath my feet. There was no physical discomfort or pain and when I looked down, my feet weren't actually touching the surface, but I was moving along the road all the same.

The last communication I sensed was like a kaleidoscope of images one on top of the other, some several deep, others on their own, running one after another ... far too fast to remember or even seemingly to recognise.

We were then called back to the room. I reluctantly and with difficulty

found myself back in the sphere of light, walked back across the lake's surface and retraced my steps back to where I had started. Only when I had returned and rerun the whole meditation in my mind did I realise that Alysha and my Old Friend had been with me the whole time ... there with me, but just hovering in the light ... a part of the sphere of light, perhaps.

This meditation has brought me more questions than answers ... but what is certain is that this is the beginning of a new phase of my life and only time will reveal what I am to learn and who I will become.

Following this meditation I talked the whole thing through with Kay. She feels that this clairvoyance part could be something I will use as a resource in healing ... I hope this is so as my whole being feels very uncomfortable about going along this path. I feel I need to ask my Old Friend about this and much more of what I sensed, but am not able to put into words.

Front cover photograph: Saussurea alpine garden,  
Monte Bianco (4810m) Italy.  
Photograph taken by Alan Santillo.