

Through the Lychgate



Alan Santillo

Foreword

This book is dedicated to my Old Friend, Chuang Chou, who I first became aware of when my spirit guide was painted – an enigmatic Chinese gentleman in simple Chinese attire whose face shone with wisdom and evoked strong emotions whenever I looked at it.

For several months, I tried to find a name for him to no avail. Eventually, I was led to read 'Barefoot Doctor's Handbook for the Urban Warrior – A Spiritual Survival Guide'.* This book is a modern interpretation of ancient Taoist philosophy, with which I resonated strongly. After reading this book, I kept having a strong feeling that I would discover my spirit guide's name.

Almost a year after his picture was painted, however, I had nearly given up hope. Then one day while sitting at my computer, I suddenly had a name in my head – Chuang. It was so compelling that I searched on the internet and to my surprise, 'Chuang Tzu' appeared on the screen. Immediately, I had the name 'Chuang Chou' in my thoughts. As I clicked on the search results, I read: "*Chuang Tzu* means *Master Chuang*; his personal name was *Chou*. He was a Taoist philosopher of the 4th century BC, a leading thinker representing the Taoist strain of Chinese thought." I had at last discovered the identity of my Old Friend!

This book is a collection of my meditations between August 2001 and December 2002. The title of the book comes from the way in which these meditations began, walking slightly uphill in a narrow country lane, leading to a church. The entrance to the churchyard was through a lychgate from a past era. The significance of passing through the lychgate is one of passing from physical conscious reality into a state of meditative spiritual awareness. The written accounts of my meditations are reproduced as they were recorded at the time. My hope is that those who read these words will be encouraged to meditate as a way of gaining their own spiritual enlightenment.

Alan Santillo, May 2003.

**Barefoot Doctor's Handbook for the Urban Warrior – A Spiritual Survivor's Guide*, Stephen Russell (Piatkus, 1998).

THROUGH THE LYCHGATE

1st August 2001

I met with my Old Friend in the church again this morning. He told me my learning starts now. The teaching begins with relationships.

I questioned that others seemingly have all the power in my relationships.

He replied, "This is not so, that perception is flawed. Do we not have free will? Do we not make decisions for ourselves? As a human being we make all sorts of everyday decisions about our lives, so why should this be any different in our relationships? In reality, others don't control our lives unless we permit it.

Is this then not a conscious choice we make? If we choose to let others make decisions for us, are we not exercising our free will and making a choice? Is this the healthy and right thing to do? On the other hand, if we empower ourselves to take control of our own lives, make our own decisions, exercise our right to make our own life choices, what difference would that make to the way we live our lives ... to the quality of our lives?

Consider a relationship ... we like someone very much, we are physically attracted to them and want to get to know them. We like them, but we can't make them like us back ... they may not even notice us. This can give us the perception that they have power over us and we can as a result feel miserable, depressed, etc.

Consider another relationship ... we have deep feelings for someone, we love them, we care about them and feel that we would give them anything they ask for. They are the most significant person in our life, but we can't make them feel the same way about us as we do about them ... we can't even make them behave towards us as we behave towards them. This can lead us into perceiving that they

have all the power and we merely have the role of a puppet. Because you love someone, there are no guarantees that they will love you back in the same way and with the same intensity.

Both these relationships have moved from a position of healthy interaction to one of dependency. One person, or both people, have become dependent on the other in some way.

It may not be obvious who the dependent one is in a relationship. At first glance it is not necessarily the one who appears to be dependent who is the dependent one. One or both can be manipulating and controlling the behaviour of the other.

So just how do you move from this position of dependency on someone else? If you love yourself, you want the very best for yourself ... and who can you rely upon to do the best for you at all times and in any situation? Yourself. It is about taking control over your own life. It is about making your own decisions in every way in all aspects of your life, from the mundane everyday living to the deepest of relationships.

If everything you do is given as a free gift without any expectation of anything in return, then you can never feel resentful if the other person does not respond in any way, let alone in the way you would want them to. The other side to this is that the other person can never use anything you do in a resentful way either.

Your life choice is to only give to others what you can freely give without expecting anything in return ... to give only in the spirit of love with the best of motives. Your choice is not to give this choice making to anyone else; your choice is not to give another the power to manipulate and control you.

This doesn't mean that you become selfish. It doesn't mean that you go through life hurting others; it means that you consider others and

make your choices in the spirit of love and care for the well being of others. It doesn't mean that you don't give of yourself.

On the contrary, it means that you will give of yourself in a different way, in a true reflection of yourself. You will choose to give of yourself rather than letting others take from you. When you give, you will be exercising your free will, you will be making a choice to sacrifice something of yourself for another ... this is the act of love. Be it an act of sacrifice of time, money, emotion, etc, it is still an act of love.

The opposite of giving is receiving and accepting only what is offered, not what you want ... to accept freely without resentment only that which is offered.

The result of these loving acts is that when someone else does respond and love you back in the same manner, you are truly blessed, because the love you have given is returned a hundredfold. If this love is freely given, you will know true love, the love of giving and receiving from one to another."

As I sat there with my Old Friend, he said that someone (a presence) would go with me to watch over me. As I was walking out of the church, I felt a presence over my left shoulder and as I turned I saw an angel following me down the nave and out of the church.

21st August 2001

Inside the church, the stained glass window was of St Michael with his sword ... the colours were very vivid red, green, blue, purple, yellow and white. I met my Old Friend again.

I was thinking of my pathway, when my Old Friend spoke, saying, "Love. Love cannot be bought. Love cannot be earned. Love cannot be forced from another. Love is a free gift, both in the giving and in the receiving. Love is freely given without thought of any sort of gain

... it is selfless. Love doesn't seek anything in return. To love is a blessing; to be loved is a blessing beyond measure. Love should not be coveted; in its receiving should we give. We all have the capacity to give and receive love. We should all exercise this gift of love."

I was conscious of my Old Friend standing beside me and a Tibetan monk standing in front of me. As I looked at the monk, his face seemed to open and dissolve into a bright light. This bright light expanded and engulfed me.

When I could see again, I was aware that I was several feet up in the air over the church. I then seemed to go up further, before descending gently into the church, back with the Tibetan monk and my Old Friend.

22nd August 2001

I was met at the lychgate by my Old Friend. Instead of going into the church, he took me into the countryside and as we stood in a nearby field, he asked me what I felt and saw.

I replied, "I feel lots of different energies of many different intensities." My Old Friend asked me to describe them.

I seemed to float about 100 feet up in the air to view the surrounding area. What I saw was amazing ... I saw straight lines of energy (very strong, these seemed to be ley lines) and then there were lines of energy that weren't always straight and were of different intensities (I seemed to think these were earth energy lines).

Both these energy lines looked like they criss-crossed the landscape. Superimposed on this landscape of energy lines were pools of energy (more like the ripples produced when a stone drops in water) ... these pools interacted/interrupted the other lines of energy. They appeared to be centred on trees and buildings and stones, stone

circles and other ancient structures. These pools of energy varied in intensity throughout the landscape. Some of the strongest seemed to be centred around trees.

As I continued to view the scene below me, I started to become aware of more subtle energies emanating from other plants and structures.

I looked at my Old Friend and he answered my unspoken question with, "All that is around you has an energy field." He then asked, "What else did you notice about all these energy fields?"

I replied, "There appeared to be nodes of maximum energy (concentrations) and nodes of minimum energy." (This notion of minimum being a node and not an anti-node startled me).

He said, "Yes, both are concentrations of energy and the power ... the intensity at both have a different purpose."

I stood and thought about this for a while. Then my Old Friend said, "All this energy is there for the benefit of all, it is there to be used for healing."

He took me over to a big old oak tree and said, "Relax, feel the energy the tree wants to give you ... feel the energy flow into you ... don't try and take it, just accept what is given. Now give the tree energy ... feel the flow of energy out of you into the tree." He then asked me how it felt.

I replied, "It felt as if it was the most natural thing in the world to receive and give energy to the tree ... the tree and I both felt a joy at our giving and receiving." In my mind, I heard a resounding, "YES!"

My Old Friend then said, "Always remember, never take energy,

although it is right and proper to accept energy that is freely given. Finally, remember that the more you give, the more you will receive."

I was then aware of standing in the middle of a field of golden corn with my Old Friend and it was like being washed in a very gentle loving energy.

23rd August 2001

My Old Friend met me in the porch of the church. He said, "Today we continue with your learning about energy. We walked away from the church until we came to a small ancient stone circle and stood at its centre. He said, "What do you feel? Open your mind ... let your feelings guide you."

I started to feel the beginnings of an emotion ... a feeling ... not really one or the other, but both. This became stronger until I began to feel light and happy. He then said, "Now tell me what its intensity feels like." I replied, "It feels strong but light and airy ... strong and gentle."

We moved out of the circle until we came to a tree. He asked me again, "What do you feel? Don't forget to relax, open your mind and let your feelings guide you."

I was aware of the gentle beginnings of feeling joy, which intensified as I tuned into and became more aware of the tree's energy ... it was more than just a feeling ... more a state of being. My Old Friend seemed to know what I was experiencing as he just said, "Good." We moved through the landscape, repeating this exercise over and over again.

Eventually, my Old Friend asked me what I had learned. I replied, "I've learned that the way you feel in a particular place ... the way you experience a particular place, is intrinsically linked to the energy

of that place. The feeling/experience can be one of joy, happiness, peace, tranquillity, unease, depression, etc, and the intensity of the feeling/experience is reflected in the strength and quality of the energy."

It is difficult to describe this realisation, except to say that all energy has a direction, but this does not necessarily mean it has a flow ... this is more a knowing rather than an observation.

20th September 2001

I met my Old Friend again this morning. He asked me about love and I told him about the different types of love I feel for different people. He homed in on the *agape* type, the selfless love that we have for all Creation.

He asked me if I truly loved others without any expectations. I eventually had to admit that I found this the most difficult to achieve. There does appear to be some self interest lurking in the background of my mind when I love those around me, even if it is the expectation that they will at least like me.

He showed me something that I can't find the word to even begin to describe. It was like standing in the middle of the brightest, purest white light imaginable ... the warmth and feeling of total well being was beyond description. He said, "This is love without any conditions or expectations ... this is the love we all have the gift to give."

I felt that the love I give to others is but a dim counterfeit. The thought I had placed in my mind was that I should not feel this way, but aspire to erase all self interest from the love I give. I have been complacent and now I have been shown.

21st September 2001

I met my Old Friend at the lychgate. We strolled into the church, walked down the aisle to the pews in front of the altar and sat down

side by side.

My Old Friend said we would talk again of love. I said I thought we had covered love. He replied, "Your motives need to be the purest of motives. You are being prepared for the work/tasks ahead."

I asked how I was to change my own thoughts of self interest. He said, "You have to banish them from your mind."

I asked how. He replied, "Flood your soul with the light, even unto the dark recesses of your mind. The light is the key to banishing all dark thought. Love is light and love is the answer to all."

I asked him about my desires and needs. I asked, "Why do I have them and how do I overcome them?"

He replied, "These are your cross, the thorn in your side, your struggle with the physical world, with your existence here. What you need will be provided. You will be given what you need to do the work you were born into this world to do. If you stumble, then we will pick you up. Love will overcome all!"

I asked, "Why do I doubt?"

He replied, "It is in your nature to doubt. It is right and proper for you to question and test all things, so you will know them to be the truth. Remember, **love will overcome all!**"

26th September 2001

My Old Friend met me at the lychgate again this morning. Instead of going into the church, he took me to a wheat field.

As we stood in the middle of this wheat field, with the warm sunshine on our faces, he said, "I want you to feel the energy around you. Open your mind and feel it."

As I stood there, I began to feel different sensations ... and wow! I saw light that changed from red through to violet, to white and then it felt as if it went further ... then I was aware of changing musical notes. I said, "It's all at different frequencies."

My Old Friend said, "YES!" I don't know why I didn't see it so clearly before ... light and sound are only a very small part of the energy spectrum.

He then asked me if I could feel the energy. I became aware of vibrations and different sensations. I asked him if this was what he meant and he said, "Yes, now can you feel the energy flowing through you? Open your mind and let it in and let it out ... let it flow. We are now going to find a stronger source of energy."

He took me over to a big old oak tree and said, "Can you feel that?" I felt almost crushed under what felt like a heavy weight and then I felt alright again.

After standing there for a few moments he said, "Now think of love ... unconditional love. Love and healing are linked ... they form part of the one ... unconditional love and healing energy."

1st October 2001

I was aware of being in the lane just outside the lychgate, but as I went to walk through the lychgate, I found myself standing before a waterfall instead. I was aware of the Tibetan monk sitting on the sand of a small beach that bordered onto the pool in which the waterfall fell. I sat on the beach cross-legged just in front of him, facing him.

He said, "Concentrate on your breathing as if you were going to enter a meditation." I immediately and effortlessly started my meditation ritual. I heard him say, "The waterfall is of life giving energy ... all has energy ... it is limitless."

After a period of indeterminate time, I felt such tranquillity and peace fill me ... I felt I was overflowing with such peace. He then said, "Open your chakras ... do this one by one, imagining a bud opening into a flower, starting at the base chakra and finishing with the head chakra, until they are all fully open." It seemed so natural, there was almost a familiarity to it, as if I had done this a million times before.

As I sat there, I could feel and see a golden waterfall above my head. The waterfall was directly above the crown of my head and it was pouring a golden sparkling energy into me. As this energy flowed into me, I could feel myself glowing. I found myself inside a glowing ball of energy that slowly expanded with each breath, until it was big enough for me to stretch out my arms and hands and just brush the inside of the sphere. The energy was flowing into me through the crown of my head and flowing out of me in all directions.

I felt myself start to float upwards and outwards over the pool towards the waterfall. I seemed to float out until I was over the middle of the pool and halfway up the waterfall in height.

As I sat there cross-legged inside this sphere of energy, I felt totally at peace without any negative thought or feeling. I started to rotate slowly until I was facing the waterfall ... I found myself looking deep into the water at this mid point in the falls. I thought I could see something within the falls, behind the falls, on a hidden ledge. It looked like a unicorn. I wasn't sure, because the water was blurring its form.

As I sat there, I felt my hands being attracted towards each other ... my fingers felt as if they were alive with energy. I lifted my hands and let them move towards each other. They stopped about 18 inches apart and seemed to be pulsating as if I were holding a ball of pure energy.

I lifted my hands, palms outwards, towards the unicorn in the waterfall. There was a blinding flash and a hole appeared in the waterfall. Then, standing in full view was this beautiful white glowing unicorn, perfect in every detail. We both seemed to be held in time, looking at each other, deep in eye contact. The unicorn seemed to be pawing the ground with its front hoof and slightly moving its head whilst still maintaining eye contact with me.

After a while, I drifted back towards the beach and settled down again in front of the Tibetan monk. As I felt the sphere of energy dissipate, I looked up and saw the unicorn standing not far from me. Our eyes met and I felt as if something took place between us ... something of great importance. The Tibetan monk said, "It is now time to return."

I felt a great reluctance to leave where I was. As I closed my chakras, I could feel and see flashes/flickers of golden light around me in my peripheral vision. I then rose with the Tibetan monk and as I turned, I could see the lychgate at what looked like the end of a long tunnel. We both seemed to zoom down this psychedelic tunnel and I was suddenly aware of being just outside the lychgate again.

2nd October 2001

I met my Old Friend at the lychgate again this morning. Instead of going into the church, we walked through the wheat field to a small lake and sat on the ground underneath a large old oak tree. I could feel lovely energy emanating from the tree. I felt at peace just sitting there, gazing out over the lake.

Me: What is the significance of the waterfall in my last meditation?

OF: You already know the answer to that.

Me: Is it the life giving energy of our existence?

OF: Yes.

Me: What is the significance of the unicorn?

OF: The unicorn is a magical being ... it can transform ... it has great

import and power. To see one is very special and has great significance for the individual.

Me: What would happen if one touched a unicorn?

OF: You cannot touch a unicorn unless it allows you to touch it ... and the very act of touching a unicorn carries its own very special significance for the individual and Creation.

As I sat there basking in the peace and tranquillity, I felt a presence in front of me. I opened my eyes and to my amazement I saw a brilliant white unicorn standing directly in front of me, with its head drooped down to me at face level.

As I sat there, it moved so its head was within a few inches of my face ... I reached up and put my hand on its head, below its eyes. As I touched the unicorn, it felt as if I could see the whole of something so vast that it was beyond my comprehension. I can't even begin to describe what took place in that instant ... there was so much that I don't think my conscious mind is capable of even beginning to process. It was as if time ceased and everything was happening at once ... all together but somehow separate.

2nd October 2001 (Guided meditation)

I walked along a path towards a high brick wall and passed through the wall via a gate. On the other side was another path that led to a wood with a stream running through it. I put my hands in the clear cool water and put my hands to my face. I walked out of the wood towards a mountain.

I walked up the mountain until I came to a plateau. On the plateau was a single tree, as on the Serengeti in Africa. As I looked at the tree, I could see a lion stretched out along one of its branches. As we looked at each other, he yawned (the lion is symbolic of my protection). As I continued looking at the tree, I became aware of an eagle off to the lion's right, sitting on one of the tree's branches. I sat on the ground beneath the tree near the lion.

After a few moments, I was guided to fly with the eagle. I stood up, took three strides and launched myself off the plateau into space all in one movement, without any fear ... I just knew I would fly. I looked at where my arms and hands would have been and saw wings and feathers. I soared upwards on thermals and currents.

I became aware of another near to me. I looked to my right and slightly behind me to see another eagle ... it was my Old Friend. We glided through the air, using up-draughts and currents, gaining height. As I looked down, I could see all sorts of features in exceptional clarity and detail.

As we flew, I saw a rainbow and the thought in my head was to fly towards it. On reaching the rainbow, I saw a waterfall falling down cliffs into a lake. My Old Friend and I came to rest on a branch sticking out of the rocks about half way up the waterfall. I was aware that it wasn't water falling, but a golden energy. We perched there for a while enjoying the tranquillity and peace. I said to my Old Friend, "This is the life giving energy isn't it?" I heard the reply in my mind, "Yes!"

We eventually launched ourselves back into the air and started to fly back in the direction of the plateau. As we were playing with the currents and eddies, I realised we were not flying on air currents, but on energy currents. I could actually feel the energy lifting me and giving me buoyancy in the sky.

I reluctantly landed back on the plateau. My Old Friend landed back in the tree exactly where the eagle had been when I first saw him. The lion was still stretched out, yawning. I half lay on the grass beneath the tree, looking out over the landscape below me until I was called back.

5th October 2001

I met my Old Friend just inside the churchyard. We set off across the

wheat field to the stream running through the wood, stopping to dip our hands and faces in its water, then continuing out of the wood through fields to a cliff.

We sat on the soft springy turf of the cliff top, looking out to sea. The water looked deep and clear and the sky very blue ... I could feel a breeze of energy sweeping in from the sea and swirling gently around me.

After a while, we both arose and looked at each other ... we both took three quick fluid strides towards the edge of the cliff and launched ourselves into space ... I felt feathers clothe my body and wings appear instead of arms and hands. I was very conscious of my tail feathers steering and guiding me across the sky as they moved in tune with the energy currents we were riding.

I looked down to my left and could see a secluded beach with high cliffs all around ... the only way to reach it was from seaward. We spiralled down and both landed on the soft sand together, changing back into human form as our talons touched the sand. It was only at this point that I realised we had both taken the form of falcons.

We strolled slowly along the surf line of the beach with our feet in the water. Eventually we both sat side by side, cross-legged with the sea ebbing and flowing around our legs and bottoms ... I could feel the gentle energy swell of the sea rejuvenating me ... caressing me ... massaging me. I felt so peaceful and quiet.

After a while, my Old Friend said, "It's time to leave." I very reluctantly rose, took three quick fluid strides and launched myself once more into the air. We flew back to the church using energy currents to soar and glide across the landscape.

On reaching the church, as our talons touched the ground, we both changed back to our human form.

10th October 2001

I met the Tibetan monk at the lychgate. He spoke to me saying, "This morning we are going for a walk to the pool of life giving energy." We walked out of the churchyard, across the wheat field, through a wood and over a stream, to a quiet pool beside a waterfall. We sat on a small sandy beach directly opposite the falls.

After a few moments he said, "I want you to relax and imagine that you are drawing energy into your body through the base of your spine. This energy is going to build up just below your navel. With every in-breath you will draw energy in."

I sat there concentrating on my breathing, using a rhythm of a count of 8 on every in and out and a count of 4 between every in and out. I extended this to 10 and 5, slowing my breathing down and slowly slowing my heart rate.

After a while he said, "Now I want you to imagine that this energy you have built up just below your navel is going to start expanding outwards like a sphere. I want you to still draw in energy at the base of your spine on every in-breath, but I also want you to start expanding this sphere of energy outwards on every out-breath."

I started to concentrate and felt the ball of energy start to increase ... I became aware that I was now sitting inside the ball of energy. I continued to expand this sphere of energy. I felt some resistance to its expansion as it tried to expand through the earth under me and again as it touched the waterfall and other structures around me. It seemed to require more concentration on my part to get it to move into and through things in its way.

As I continued doing this, I could hear the Tibetan monk encouraging me to make the sphere larger and larger. Finally, I felt as if the sphere was encompassing the whole of the Earth and part of space around the Earth. I felt that if I opened my eyes (although I

hadn't been aware my eyes had been tightly closed until then) I could see the Earth below me. I realised I could see the entire surface of the Earth at the same time, as if I was not in just one spot, but everywhere.

I heard a voice in my head say, "This is your spiritual body." I felt as if there were many presences with me ... in fact a huge number of others ... not really with me, but more me. At this point I felt overwhelmed, whilst at the same time wanting to experience more. I felt the sphere starting to contract all on its own ... I could no longer sustain it.

In what seemed like a flash, I was back on the beach with my eyes wide open ... in front of me I saw a bright ball of pure white light/energy. As I continued to look at it, I was aware that it was the centre of a sphere of energy that was contracting like my own ... only it was glowing. As I watched, I saw the form of the Tibetan monk emerge ... at the same instant, I felt my own sphere of energy recede inside me to just below my navel.

I looked at the Tibetan monk, unable to say anything. He spoke, saying, "We were one."

I asked, "One what?"

He replied, "ONE." He rose and beckoned me to rise as well. As I stood up rather shakily, he reached out and touched my hand. As our hands touched, we seemed to move through a tunnel of psychedelic light towards the church. I was suddenly aware of standing at the lychgate with the Tibetan monk, with my Old Friend standing beside me.

15th October 2001

As I passed through the lychgate, I was met by the Tibetan monk and a North American Indian. The North American Indian said, "We

will go to the life giving energy pool and falls ... there is no need to walk now you have learned to fly." With that, he took three fluid strides, changing into an eagle as he flew into the air.

I just stood there looking at the Tibetan monk. He said, "You should follow."

I replied, "I would rather walk ... I enjoy walking."

The Tibetan monk looked at me, smiled and said, "No, flying is the way ... you'll end up doing it anyway, so stop any doubts and fly." I looked up at the eagle soaring above me, then took three quick strides and launched myself into the air, changing into an eagle as I went.

As I rose higher and higher, I became aware of a big bird above me ... it appeared to be dropping out of the sky at an enormous rate. Before I could move out of its path, it had struck me on my back, just behind my head. I started to fall out of the sky, dropping towards the earth. I heard a voice in my head saying, "Stop doubting ... calm your fears ... breathe!" I struggled to clear my mind of thoughts from my physical existence and as I did, I began to fly again.

The North American Indian (as an eagle) appeared to my right side and said, "See the rainbow over there and below us ... fly there." As we glided across the sky towards the pool and falls, I became aware of a difference between this form and other bird forms. The eagle is an altogether more purposeful bird, less prone to flights of fancy and more to flights of purpose.

When we arrived at the falls, the North American Indian landed on a branch of a tree on top of and overlooking the falls ... I landed beside him. He said, "Look at the water falling down ... it is energy. Look at the patterns it makes. What do you feel?"

I replied, "It draws me into it ... I feel as if I am falling with it, as part of it."

He replied, "Let yourself go ... you will not fall." I let myself go with the flow and felt myself become at one with the falls. I felt as if I was part of something eternal and so vast that it was beyond comprehension.

After a while I asked, "How do I return?"

He said, "Just relax and visualise yourself as you were before you joined."

As I was leaving the falls, I felt another presence ... one who was struggling. It was a younger female. I stopped midway and spoke to her saying, "Relax, stop struggling ... all is well ... don't fight the flow. Take my hand and follow me." She reached out ... our hands met and she stopped struggling. Slowly at first, then more quickly, she started to emerge from the falls ... then we were both out of the flow.

As I looked at her, she slowly disappeared before my eyes. I looked to my right and the North American Indian (as an eagle) was perched beside me. I looked at myself and found I was still in the form of an eagle. All the North American Indian said to me was, "That was done well."

Without any word, we both launched ourselves into the air. Using the energy current from the falls, we soared upward to a great height. I was aware that the energy current from the falls continued far higher.

We glided back to the church and as we both landed, changed back into human form. As I stood there, I realised that we were not alone ... the Tibetan monk and my Old Friend were there also.

My Old Friend said, "It is time for you to decide. Do you choose to join with us?"

Without any hesitation I replied, "Yes." I felt a resonance inside myself, like something sliding into its rightful place. I then heard a voice inside my head say something like, "Good ... so be it."

My Old Friend said, "It was the time for this choice. There is still much to learn."

16th October 2001 (Guided meditation)

I started on a path and passed through a gate in the wall to the other side. I walked past a river and uphill to a plateau at the top, where I came to a Tibetan monastery. I walked up the steps to the big double inward opening doors ... they opened as I approached.

I walked through the doors into the interior. I noticed the doors were a rich red in colour, inlaid with gold. Once inside, I was struck immediately by the size and splendour of the rectangular room into which I had stepped. There was a central aisle lined with very tall pillars either side. In between the pillars, people sat cross-legged, facing towards the central aisle. They appeared to be in a state of meditation. At the end of the aisle was a huge bronze bell.

The Tibetan monk approached me and showed me to a place between two pillars, then beckoned me to sit down crossed-legged like the others. After a while, I saw black doors upon which I placed a golden number nine figure ... as I placed the figure on the door, it glowed brightly. I did this four times. I had the feeling that I had been doing this over and over, four at a time.

As I sat there, a lion walked through the doors and came and sat beside me on my right hand side (no one paid the slightest attention to the lion). The lion then lay down and eventually rolled onto its side and went to sleep with its back against my legs and body, with

my hand resting on its shoulder.

I looked up and the Tibetan monk was standing in front of me. He said, "Patience ... you are rushing by the moments ... there is a message, something to learn in every moment. By rushing, you are missing that which is important for you ... savour every moment. You will get to where you are destined to be at the right time."

17th October 2001

I started in the lane outside the church. I found myself walking past the lychgate and continuing on up the lane. I walked across a field, through a small wood and out onto a cliff overlooking the sea.

I sat cross-legged on the grass, looking out to sea. It was a lovely sunny day and there were brightly coloured flowers growing out of every nook and cranny in the rock. I became aware of my Old Friend sitting beside me. He spoke to me saying, "Just relax, breathe and enjoy the moment."

After a while, he got up and launched himself off the cliff, turning into an eagle as he went. He flew close around me, exhorting me to join him. I rose, took three quick strides and launched myself off the edge, turning into an eagle as I went.

After enjoying the thrill of flying, I landed back on the cliff again, returning to my human form as I landed. I sat down again and watched my Old Friend soaring and gliding along the currents and up-draughts. It suddenly came to me that when I fly as an eagle, I am constantly learning and increasing my skills (whether of flying or of other things, I am not quite sure) and at the same time I am continually testing myself ... testing myself to the very limits of my understanding and learning.

My Old Friend landed, changing back into his human form, and accompanied me back to the gate in the field.

23rd October 2001

I started in the lane, passed through the lychgate and into the church. I started to walk straight to the front of the church, but felt compelled to stop and dip my hands into the cool water of the font and wet my face.

As I walked down the aisle towards the altar, I found myself in a temple with a huge statue of Buddha in front of me. I turned and there was my Old Friend by my side. We sat and I thought how the statue of Buddha was not there to be worshipped, but was there as a reminder to all who entered that enlightenment is the life path of all.

With this thought, I felt any unease I had vanish. I was about to ask my Old Friend a question when he said, "Be still ... sit and enjoy the quiet ... you are going too fast and are in danger of missing the moments."

26th October 2001

I started in the lane and walked up the path to the church. I entered and walked across the tiled floor to the font. At the font I paused and dipped my hands into the cool water. As I walked up the aisle, I saw an angel standing in front of me.

I sat down on the carpet in front of him. I bowed my head ... he raised his hands and it felt as if he had laid both hands on the top of my head. In my head I heard the words, "Know that you are forgiven."

I opened my eyes (I hadn't realised they had been closed up until that moment) and saw my Old Friend sitting next to me. I could feel the angel standing behind both of us.

Me: This forgiveness is not an easy thing to come to grips with.
OF: If it were easy, it would not be of any worth.

Me: I seem to struggle with forgiveness, both for myself and for others.

OF: Many search for forgiveness ... they seek it, but never find it.

Me: Isn't motive and intent enough to bring about forgiveness?

OF: No! The event ... the moment ... has to be informed and infused with love ... and then transformed with this love. It is in the transformation that forgiveness becomes.

Me: So how do I know when I truly forgive, or am truly forgiven?

OF: You will remember the event ... the moment ... but when you remember, all you will feel is love.

As we sat there, I became aware that both of us were in a sphere of bright light and we seemed to be floating several feet above the ground. As I looked at myself and then at my Old Friend, I saw that we were both beginning to glow and our skin was shimmering and full of light. I began to feel an intense joy in the very core of me. I heard a voice inside say, "This is what true forgiveness is ... know it ... remember it always."

Slowly, we both gradually transformed back into our solid form. I looked behind me and saw the angel smiling at both of us (it felt odd to see an angel smile). It was like he was watching over us and I felt he was protecting me. My Old Friend said, "Now you know ... love is all the healing you need."

29th October 2001

I entered the churchyard through the lychgate, closing it behind me. I then entered the church through the big oak door, walked to the font, dipped my hands into the cool water and wet my face. I walked to the front of the church and was met by an angel who glowed from head to foot. I sat at the angel's feet and felt surrounded in a golden light.

As I sat there, my surroundings started to fade and I found myself in a different place. As the structure solidified around me, I knew I was

inside a Tibetan monastery. I could see two rows of monks sat facing each other ... I realised that I was in one of the rows with monks sitting either side of me. The lama rose and stood at the end of the rows and started to speak. At first I was confused, because although he was speaking in an unfamiliar tongue, I understood his words.

He said, "I want you to consider Creation. Consider a butterfly, or a tree, or any animal. What is its purpose on this planet?" Then I want you to consider humanity ... and consider the purpose of humanity."

As I sat there, I thought how bees spend their life pollinating so that the species of plant will continue to perpetuate year after year after year. Without the bees, some plants would find it difficult, if not impossible, to procreate.

Then I started thinking about other plants, trees and animals. They all have their place in the scheme of things. There are hundreds of little ecosystems on our planet, all of which are finely balanced. All living things, except humankind, are part of one ecosystem or another in such a way as to create healthy environments for its inhabitants, plants and animals alike ... one dependant on the other.

Then I started to think about humanity ... we aren't needed, nor are we innately an essential part of any ecosystem. Quite the reverse ... humanity has contributed more to the destruction of the planet and its environments than any other living creature. So humanity is something of an enigma. We exist outside of the natural order of things on this planet. So why are we here? Where did we come from? Where are we going?

The reply that came instantly into my mind was that we are a vehicle for spirit and this is a learning ground for us. We are here to experience what we are capable of ... and we are capable of much destruction ... destruction not only in the physical environment of

this planet, but in human and spiritual terms.

Our path is one of enlightenment ... to bring into this physical existence that which exists in the spiritual ... to reverse the worship of money and power through manipulation, control and violence.

We need to live in harmony with this physical planet, with love and compassion for all living things ... to allow this planet to develop and change as nature intends ... and to adapt to and welcome these changes into our lives.

2nd November 2001

I walked up the lane, through the lychgate, to the porch of the church. My Old Friend appeared and we both walked into the church. I could feel the cool red and cream tiles beneath my feet. At the font, we dipped our hands in the water and wet our faces, before proceeding down the aisle to the front of the church, where we sat cross-legged, facing each other.

After a while, I saw two angels standing one on either side of me. They were tall and brilliant white. I felt and saw that I was enveloped in a sphere of golden light that the two angels appeared to holding. I felt as if I was floating.

I sat there and time ceased to have any meaning ... I just felt totally relaxed, with no conscious thought. It felt as if I was somewhere else and something was happening, but I couldn't quite bring it into my consciousness. I had the thought that the ugly is transformed by love into the beautiful.

9th November 2001

I met my Old Friend as I passed through the lychgate and he led me to a stream meandering through a wood. We stopped and sat on the rocks beside the stream, dipped our hands into the cool water and wet our faces ... it felt invigorating and refreshing.

We continued walking alongside the river, until we came to a bridge that was completely made of wood. We walked across the bridge, stopping briefly at its centre to look into the stream below.

On the other side, we suddenly came to a pool of water below a cliff, where a waterfall cascaded ... the water was bright and clear, the sun was shining and all was at peace. We sat down on the grass beneath a huge old tree.

Me: Why are we here?

OF: It is a place of peace and learning.

Me: What am I to learn?

OF: You already know the answer.

Me: Healing.

OF: So relax ... feel at one with your surroundings, with the natural world that surrounds you.

I started to breathe and relax. I began to feel aware of the tree, the pool, the waterfall, the plants and the grass beneath me. I began to feel as if I was floating several inches above the ground. I then became aware of a ball of white light/energy coming toward me. It was about six inches in diameter and perfectly spherical.

OF: Do you see the ball of energy?

Me: Yes.

OF: Try moving it.

After a while, I found I could not only move the ball of light/energy, but also place it exactly where I wanted it to be.

OF: Now visualise the ball of energy moving down into you from your head ... now move it to one of your hands and let it emerge from the palm of your hand.

I found that I could play with the ball of energy, making it travel

from my head and out of either hand. I could also move it in a loop around my body and let it eventually emerge from one of my hands. The more I played with it, the easier it became, until it felt like there was a continuous flow of balls of energy flowing into me from my head and emerging from either hand.

OF: Good ... now let the energy around you flow through you in the same way.

Me: WOW! Where are you and the others in this?

OF: You and others like you are our channels into the physical world that you inhabit. Through you and others like you, we are able to interface/enter/interact with this physical existence of yours.

Me: Why can't we in this physical world do this without you and the others?

OF: It is to do with the nature of your awareness (enlightenment/understanding) and the nature of your physical world/existence. You need our help to see ... not just in a visual sense ... those things that are not visible to you. Also, you need our help to transform and use the natural resources of Creation.

12th November 2001

I met my Old Friend as I passed through the lychgate. We walked to a path leading down to a river, where we came to a clapper bridge. We walked onto the bridge, took off our footwear and sat on the edge of the bridge, with our feet dangling in the cool water.

After a short while, we rose and walked across the bridge, out of the wood to a pool where there was a waterfall. We sat cross-legged on a small sandy beach opposite the falls. I sat with my eyes closed for a short while, trying to relax and still my mind.

I opened my eyes, looked up and saw all these beings around us ... there was a North American Indian, a Tibetan monk, a nun, another monk, a Celtic priest, my grandmother and many more. As I looked at them, their shapes began to change ... they still had the form of

humans, but no longer distinguishable as monk or nun, etc ... they all looked similar and were all light and clothed in cloaks of light. I felt more comfortable seeing them in this form ... it somehow felt familiar and reassuring.

Me: Who are all these people/beings?

A voice (more like a collective of voices): We are here to help you.

OF: They are here to work with you.

As I was looking at them, I had a sense of the waterfall defying the laws of gravity and twisting toward me until the water was falling over me ... only I wasn't getting wet.

A voice or collective of voices: We are joyful and happy to be with you (or more like 'for you to be with us'). We want you to be our voice, to speak for us.

Me: I'm not sure I can do that?

OF: The time will come. You have much still to learn.

Me: I want to experience more ... I feel the need to travel and learn more of other cultures' healing.

OF: It is more than this ... you still have much to learn about yourself and your true purpose.

Me: I feel uncertain about this.

OF: I will be with you and make sure no harm will come to you. My friend, the commitment we have (it feels more like 'the friendship we have') cannot be broken, so have no fear, I will protect you always ... we are one.

3rd December 2001

As I passed through the lychgate, I saw my Old Friend. He told me to walk with him and we started to walk through the graveyard, towards the wheat field.

OF: We find it of interest ... amusing ... that you think of your loved and cared for ones as lost to you when they pass to the world of

spirit. It is not that they are lost to you, more that they have moved beyond your physical senses. All those who pass to the world of spirit are still with you. It is not that they cease to exist.

Me: I understand this.

OF: We have been in this physical existence of yours. Know that it is a learning field. The learning is not only in the sadness and sorrow of your lives, but also in the joy and pleasure of your lives. Growth, learning and understanding are not only in the hardship and hurt of your physical existence, but also in the good times and the love you experience.

Me: But it seems that we are more aware, if not only aware, of the growth, learning and understanding in the midst of great hardship or great hurt in this life of ours.

OF: Then I say to you that you are missing out on much. Remember I said to you once before ... there is a message, something to learn in every moment. By rushing, you are missing that which is important for you ... savour every moment.

Me: Yes I remember, but I had obviously not fully understood your meaning.

OF: All things have many meanings. As you grow in understanding and knowledge, so the importance and meaning shifts.

I realised that we had continued walking and were now on a cliff overlooking the sea. Just behind us was an old gnarled and stunted tree growing out of the rocks.

OF: This is one of our favoured places. Sit with me and be still.

We sat and I felt my breathing alter to a slow rhythm. I became conscious of my heart rate slowing down. I looked out over the sea ... I could feel the cool breeze on my face and tugging at my clothing and I could hear and feel the branches and the leaves of the tree above my head and behind me.

After a while, I could feel myself floating a couple of feet above the

ground and I found I was inside a bubble of energy/light with my Old Friend beside me. I could sense other beings around me, almost as if they were on the edge of my vision.

OF: All is well, they have only come to see that you are still with us.

Me: Do they want to talk with me/through me?

OF: Not at this moment ... they just want you to be reassured that all is well. Let your mind go ... let it drift with the currents ... I will be with you.

Me: I feel weird when spirit beings talk with me.

OF: But you talk with me and with other guides and you don't feel this same ... weirdness?

Me: No. More it is that I don't have a confidence about passing on the messages I have been given.

OF: Why?

Me: Because I fear the effect it may have on the person I have been asked to share the message with.

OF: We would never give you a message that would hurt another. Your path is one of healing and this is one of the ways in which spirit can help in the healing process. Furthermore, I am with you and no harm will come to you or any other as a result of anything spirit gives you. Trust.

Me: I feel that I may not always feel it is right.

OF: We have been through this ... just TRUST!

6th December 2001

I arrived in the lane outside the lychgate. I could smell the flowers ... their colours were so bright and fresh. I passed through the lychgate and into the churchyard, where I was met by a nun. As she saw me, she threw back the cowl on her cloak so I could see her face. She was so beautiful and serene ... enigmatic maybe?

She spoke to me, saying, "Come walk with me."

We walked through the churchyard into the wheat field. When we

reached the centre, we paused and I could feel a gentle energy wash over me in waves. This was followed by a feeling that I was drawing energy in through my crown chakra, down through all my chakras to my base chakra and then circulating it up my left side and expelling it out of my crown chakra.

I stood there doing this, alternating the circulation between my left and right side for what seemed to be quite a while. I then found myself drawing energy into my base chakra and expelling it through my crown chakra ... as I breathed in, so energy flowed in and as I breathed out, so the energy flowed out.

After a while, I began to feel light. We then started to walk again, across the wheat field into a meadow. In the centre of the meadow was a very ancient oak tree. We walked to it and I trod carefully over its exposed roots, so I could touch its trunk. It was only then that I realised the nun seemed to flow across the ground rather than walk.

We sat down with our backs against the tree's great trunk. I asked, "What now?"

The nun replied, "Just close your eyes and relax."

I shut my eyes and felt myself start to drift, all weight going out of my body. I felt a gentle hand touch my right arm. I looked up and the nun was gently tugging at my arm, so I would open my eyes.

As I looked up, I could see a multitude of beings all around us. At the same time, I was aware that we were sitting in a golden ball of light/energy. The trunk was still at my back, but I could no longer distinguish the branches and a leaf above me ... there was just this golden glow.

As I sat there, a being detached himself from the many and came to

stand before me. He said, "We want to reassure you that we will not allow any harm to come from anything we ask of you. We want you to know that you are one of a number who are to work together. We have chosen you as others have chosen their link ... channel ... into your existence. You will all have many gifts, but they will not all be the same, just as you are not the same ... we value your uniqueness.

Do not panic or be afraid. Do not worry when those around you talk of healing and you are unaware of that healing ... what will be done through you will always be for good and will never cause harm.

Many others have already chosen to work with you. As you learn and develop, so these will be with you. They will help sustain you and care for you ... they will help you to direct the abundant energy you will be given.

You will learn also that this energy is not just a force, but a word, a gesture, a thought and much more. We are not limited by your physical constraints, so expect the unexpected and most of all TRUST!"

I just sat there speechless ... I felt as if a connection had been made inside myself at some fundamental level ... somewhere beyond my consciousness, beyond my intellect, beyond my reasoning, beyond thought. It felt rather like it had happened in some deep recess of my brain.

Slowly the being returned to the many and the golden energy/light bubble faded until I could once again see the canopy of the tree and the meadow spread out before me.

The nun touched my arm and beckoned me to rise. She then beckoned me to follow her. We retraced our steps back to the lychgate.

2nd January 2002

I met my Old Friend and the nun as I passed through the lychgate. The three of us set off across the churchyard, through a gate and into the wheat field. As always, I could feel the gentle, soothing energy flowing around and through me.

We crossed the wheat field and followed a path through a wood to a river, where I dipped my hands in the cool water and wet my face. We crossed a wooden bridge and followed a path up a mountain to a plateau, where we sat on the ground side by side, beneath an old gnarled tree.

After a while, an eagle came and sat in the tree. It then dropped to the ground in front of me, before hopping/flying onto my right shoulder. I could feel its talons biting into my flesh as it steadied itself. I turned my head and looked into its eyes.

After a while, it launched itself back into the tree above my head. I felt compelled to rise and take three quick strides to launch myself into the air. As my feet left the ground, I changed into an eagle and began to fly.

As I looked to my right, I saw the nun changing into a beautiful falcon. I looked to the left and saw my Old Friend changing into a lovely hawk. I began to feel the currents of air plucking at my feathers ... I felt a joy at being free of the earth.

I heard a voice in my head saying, "Follow us." I saw the falcon take the lead and with my Old Friend I followed the hawk to my right.

As we flew, I became aware of a crystal pyramid amongst a lush green landscape before us. The pyramid became bigger and bigger as we flew closer. I tried to fly to its pinnacle but the air became too thin to support me. I felt as if I had been able only to get about halfway up its height before gliding to its base and landing. As I

landed, I saw the nun and my Old Friend in their human form standing before the pyramid. I too changed back into my human form just as I touched the earth.

Before me, a piece of the pyramid slid open. I felt compelled to walk inside, but the nun and my Old Friend stayed outside. I turned to them and my Old Friend said, "Go on, this is for you."

As I looked at the inside of the pyramid, it seemed as if I could not see the other side and its apex was also too high to see. I started to walk toward its centre, then I started to run. I seemed to be getting nowhere ... the place I had started from seemed a step or two away no matter how hard I ran. I stopped and with resignation realised that the centre could not be reached by physical effort.

I relaxed, closed my eyes and thought, "If you have brought me here, then you will show me what I need to know." With that, I felt a rush ... I opened my eyes and found myself suspended in a ball of transparent light/energy suspended in the centre of the pyramid. (How I knew it was the centre, I'm not sure ... it felt as if I was being held in place by beams of energy from each of the five points.) As I sat there in this sphere, I heard a voice:

Voice: Welcome.

Me: Why am I here?

Voice: You know why you have come here.

Me: What is going to happen in my life?

Voice: You are going to grow in understanding and knowledge. You will become a channel for spirit. You will first overcome your fears and then you will become the channel we know you to be. You must and you will trust ... it is the way to enlightenment and life ... there is no other choice. You are to help some of those around you through difficult times in their lives ... stay close to them.

Me: Who?

Voice: You will know them when the time is right.

Me: What of this centre for healing I have seen? When will it come into being?

Voice: It will happen ... time is irrelevant ... the people are being gathered.

Me: What is this place?

Voice: It is the place of all wisdom, knowledge and understanding ... it is a fountain of life.

Me: Why am I here?

Voice: So you will know it is.

With that, I blinked and found myself standing just as I had been before, near the opening of the pyramid. I turned and walked back to join my two friends. We launched ourselves back into the air and took the same forms as before. We returned to the plateau, returning to our human forms. The three of us wordlessly retraced our steps back to the lychgate, where we hugged and I passed through the lychgate back into the lane.

8th January 2002

As I walked up the lane to the lychgate, I was very aware that the short path to the lychgate was uphill and I was also very aware of the intensity of the colours of the flowers in the hedgerow. I passed through the lychgate and greeted my Old Friend.

We set off across the churchyard, through the wheat field. I was very conscious of the sun warming me to my bones and of the subtle energies surrounding me. We followed a path through a wood to a river. We followed the river until we came to a waterfall. Here I felt something pulling me to follow a path downwards. I resisted and spoke to my Old Friend:

Me: I do not want to go down ... it feels as if it is like going back ... I want to go forward. What is in the past has been dealt with ... it is right for me to go forward.

OF: The choice is yours ... and you have chosen wisely.

With that, I started along a path that crossed over the river via a wooden bridge. This path slowly climbed upwards, becoming steeper until we came to a rocky outcrop high above the canopy of trees around us. As far as I could see in every direction there was lush vegetation of trees.

Both of us sat cross-legged on the ground. We sat there for a time without speaking. I became aware of a beautiful eagle flying toward us. It circled us twice and then landed on the rocky ledge before us. As it landed, it turned into a North American Indian. He stood before me, looking down at me.

N. American: Your life is about to change. You are going to experience great change. It is to happen soon. We feel you are going to find it difficult to come to terms with this change.

Me: Why am I going to find it difficult? Is this change going to make my life more difficult?

N. American: We feel your struggle to come to terms with this change will be because of who you are, not because of the change. This change is good for you, your life will be transformed.

With that, he turned and launched himself off the ledge, turning back into the eagle once more. As I tried to follow his path through the sky, I saw a pure white owl flying toward me. It also landed on the ledge before me. As it landed, it turned into a beautiful young woman who was clothed in a shining pure white garment. She stood before me looking into my eyes.

Woman: Your life is on the threshold of much change. Your life is going to be transformed and you must be ready for it. This change is going to be enjoyed by you, it will bring you much joy.

Me: How am I to prepare for this change?

Woman: You must open your mind and soul ... you must accept and embrace this change with your whole being. Do not struggle against what is to come. You must believe and trust.

With that, she approached close to me and bent down and kissed me on the cheek at the same time as putting her hand on my other cheek. It was as if I experienced an enormous electric shock ... my whole body was tingling. She stepped back and looked deep into my eyes, then turned and launched herself off the ledge, turning once more into a pure white owl.

I felt myself expanding ... my body was of the same proportions, but I seemed to be outside my body as well as being inside it at the same time. The only way of describing this feeling is as if I was in more than one place at the same instant. I seemed to be aware of something quite profound about myself, but I couldn't quite grasp it.

I heard my Old Friend calling me back. We both rose from the ground and I started back down the path from this lofty place. It was difficult at first. I had to pick my way down a very narrow rocky slippery path. The going then started to become easier, until the path was wide and flat and we could stroll along without thought for where we placed our feet.

Something suddenly clicked in my head ... the path and the message about myself were synonymous with each other. I realised I had made the path difficult and arduous to begin with ... my life struggle has been a struggle with myself. I have not made my life any easier.

OF: You have discovered an insight about yourself. Now use that knowledge and understanding to accept the changes that are about to take place in your life.

8th January 2002 (Guided meditation)

I started by imagining a pink cloud, which I drew down through my crown chakra, letting it permeate through my body in stages. I was led through a door to my safe place, then after a short while was guided onto a path that ultimately led to a sand dune overlooking the sea.

As I sat on the dune looking at the sea, I was struck by the blue of the sky and the water, also by the golden yellow of the sand and the green of the tufts of grasses. It was very warm and peaceful.

I became aware of a black spot in the sky ... as it came nearer, I recognised it as a bird. It wasn't until it came and landed on my left forearm that I realised it was a jet-black raven.

As I looked at the bird, I noticed it had something in its beak. I held out my right hand, palm upwards, underneath the raven's head. It opened its beak and deposited the object into my hand. To my surprise, I saw that it was a perfectly formed brand new oak leaf and its colour was a beautiful green. I looked back at the raven. It looked me in the eye, then launched itself back into the air and flew away.

As I sat there looking at this lovely leaf, it was time to go back. I felt sadness as I realised that when I returned, I would no longer be able to see the leaf. As I turned this thought around in my head, I knew that it didn't matter if I could not physically see it. Every minute detail of it was etched in my memory and all I had to do was think of the leaf and I would see it.

10th January 2002

I started in the lane and passed through the lychgate, where I was met by my Old Friend. We set off across the churchyard, through a gate and into the wheat field. We crossed the wheat field to a path that led to a stream, where we crossed a bridge and then rose to a rocky ledge overlooking the sea.

I recognised this as one of our special places, where we sat down cross-legged underneath a stunted ancient and twisted tree. On this walk, I had been very much aware of the energy of the wheat field; of the trees I had passed close by; of the stream as it flowed on its way to the sea; and of the surrounding landscape as we walked through it.

As I was sitting there, I became aware of having various conversations with different people. Try as hard as I could, I was unable to recall a single word, but in myself I felt very relaxed, with a sense of everything being right. I was also aware that around me the climate had been changing. It had gone from winter to spring, summer, autumn and winter again.

I suddenly found myself in the dark ... I was in a tunnel ... there wasn't even a small glimmer of light. I turned to my Old Friend and asked what I was doing there. He replied that it was in my own power to change my situation. I decided that I would be in sunlight ... and I found myself in a light ... not just any light, but a light so bright I could see it as day through my closed eyes. As I opened my eyes, I found that the light did not hurt my eyes and I had a feeling of tremendous well being.

I heard my Old Friend calling me but didn't respond to him ... I felt him gently shaking my arm and calling me. I was suddenly back on the ledge looking out at the sea. The sea and sky were so blue. The leaves of the tree above our heads were the most amazing green.

Without speaking we rose and my Old Friend took my hand and guided me back to the path. We walked side by side, retracing our footsteps back to the lychgate.

14th January 2002

I found it very difficult to start my meditation this morning. I seemed to spend a lot of time in and out of the lane ... my thoughts were drifting from one thing to another. I eventually passed through the lychgate and was met by my Old Friend.

OF: You still don't trust, even after all this time?

Me: I am sorry I have doubts. It is in my nature to question everything.

OF: Know that what you need for your material existence will be

given to you. We are taking care of all you need.

Me: Knowing and trusting aren't the same thing.

OF: Come.

We walked away from the churchyard to our special place, the rocky outcrop overlooking the sea. I felt the scenery passing me by very quickly. Once on the rocky outcrop, we sat down beneath the tree, looking out to sea.

Me: I am afraid ... I wasn't sure before ... but I know I am afraid.

OF: Of what are you afraid?

Me: I'm not sure?

OF: You are feeling uncertain mainly because you really are aware, deep down in the heart of you, that your parents are going to pass from this life soon.

Me: Yes. It seems that this throws my very existence into some sort of uncertainty.

OF: All life is uncertain from your perspective. From our perspective, all life has purpose.

Me: It doesn't feel like I don't trust ... more that I feel the future is uncertain.

OF: That is meant to be the nature of your existence. So trust ... your path is laid out before you.

With that, I felt myself surrounded by a sphere of light. I felt myself floating above the ground. I felt myself relax fully ... my mind became quiet. It felt so lovely to be still.

I eventually heard my Old Friend calling me back. I felt aglow, sure and positive at some deep level. I was left with a feeling/awareness of being confident and no longer uncertain, almost as if in some way I have faced my fear ... how and when doesn't seem to matter.

The scenery around us seemed to blur and I found myself back at the lychgate. The nun was there with my Old Friend. She said, "You

have seen ... so now trust."

16th January 2002

As I stood in the lane, I was struck by the beauty and lushness of the flora. I passed through the lychgate and was surprised to see a Native American Indian. He started to walk toward the wheat field ... it seemed the most natural thing to follow him.

He led me through a wood to a stream, then across a wooden bridge to the other side and onto a path that led to the foot of a mountain. At the foot of the mountain, he paused and glanced at me, then proceeded to follow a steep and arduous path up the side of the mountain.

As we climbed, it became colder and colder. There was snow on the ground and the going became more difficult. Eventually we reached a rocky ledge high up, overlooking the surrounding landscape. Backing onto this rocky ledge was a cave.

I followed the Native American into the cave. I expected it to be pitch black, but to my surprise it appeared to be lit by some trick of the sun reflecting on natural rock crystals inside the cave. The walls of the cave were covered in ancient cave paintings of animals and plants.

As I walked around the cave, I became aware that there was more than one cave, there were several interconnecting ones all decorated and lit in the same manner. I became aware that I was warm and there was a fire burning in the centre of the outermost cave. What was peculiar was that there appeared to be no smoke and the fire seemed to have been burning for a long time without anyone tending it.

The Native American moved to the mouth of the cave and it seemed that I should follow him. We sat down overlooking the landscape

spread out before us. I was aware that I was no longer cold ... I had somehow acquired what I seemed to know was a prayer shawl and it was wrapped around my shoulders and body. I felt more than heard him say, "It is now that you should say prayers for all those you know." I sat there and prayed for healing and love for everyone I know.

As we continued to sit there, I became aware that the Native American was chanting an incantation very quietly. As he chanted, I felt as if my eyes were closed and I seemed to drift up and outwards. I found myself a few feet up and in front of myself, looking at myself sitting in the cave mouth ... I noticed that my eyes were open and not closed. I rotated and looked down at the trees and wildlife below me. There was a richness about all that existed as far as I could see.

The symbolism of what I was being shown was connected to my own life. The Native Americans were provided with all that they needed for their existence ... as the seasons came and went, so the richness of their landscape changed to provide for their needs. So too with my life ... as my life changes, so will I be provided for. As my spiritual journey unfolds before me, so I will be sustained in my physical existence.

I returned to my body. The Native American rose and started back down the mountain. As I followed him, I was aware that I was no longer wrapped in the prayer shawl. We retraced our steps back to the lychgate, where we were met by my Old Friend. The Native American Indian clasped me in his arms, looked deep into my eyes and said, "You must not stray from your path." I turned to my Old Friend and he said, "It is time for you to return ... trust."

17th January 2002

I passed through the lychgate and was met by my Old Friend. We set off across the churchyard and followed a path to a sand dune

overlooking a lovely sandy beach, where we sat down on top of the dune, looking out to sea.

As I sat there, I became aware of something coming toward the beach in the water ... it was seemingly moving very fast and in a straight line. As it came closer, I saw it was a dolphin. When it reached close to the surf line it started to chatter loudly ... I rose and walked toward it, as it felt as if it was calling to me.

As I walked into the water, I began shedding all my clothes. I approached the dolphin and she let me touch her. It then felt quite natural to catch hold of her dorsal fin and she started to swim away from the beach out to sea. I didn't feel afraid ... quite the opposite. As we swam, she played and I had so much fun diving down and then being pulled back up to the surface by her. After a while, she towed me to a deserted island and I swam from her back to the island's beach, where I lay naked in the sun.

As I lay on the beach, I began to feel and see the beach shimmering in a golden light ... the surrounding scenery seemed to disappear, leaving me surrounded in a silvery/white light. I felt my mind drifting and heard a voice saying, "Your life is set to change." I felt I saw and experienced things connected with this change, but am unable to recall what happened.

After what seemed a long time, I felt myself back on the beach and my surroundings were as they had been before. I became aware of the dolphin chattering to me from the surf line. I swam back to her and she carried me back to the beach from where we had started. I walked up the beach, dressing as I went. I saw my Old Friend sitting exactly as I had left him. He looked up as I approached and said, "So now you know what change is to transform your life."

20th January 2002

I started in the lane and passed through the lychgate. I walked

through the churchyard and into the wheat field, which I crossed to another field beyond. I then followed a path to a stream. As I followed the stream, I came to an ancient clapper bridge, which I crossed.

Three paths appeared when I had crossed the bridge: the path to the left of me was called righteousness, the path in front of me was called wisdom and the path to my right was called knowledge. Without thinking, I started down the path called wisdom. I eventually, after a hard climb upward, reached a rocky plateau high up in the mountains. I felt I was in a very ancient mystical and sacred place. I called to my spirit guide, Chuang Chou:

OF: Why have you come to this place?

Me: I am in need of guidance.

OF: You are hearing the voice of the many.

Me: I am hearing the voices of many souls, there is great sorrow and much pain. I am feeling emotions that seem to come from nowhere ... they overwhelm me ... they come unbidden.

OF: You are being called by the one to save the many. Through the one, many will be restored to us.

Me: Why me?

OF: They have a channel to you through your connection to one close to you. It is she who has opened your heart and mind.

Me: What would she have me do?

OF: They need to be guided to the light. You cannot do this alone. It will need the help of those around you in your physical existence to help the many to return Home. I and many other spirit guides will be with you all ... and many spirits will be there to welcome them back to the light. There will be much rejoicing.

Me: Whom must I seek to help me?

OF: You know those who have the knowledge to complete this purpose.

Me: Thank you, Old Friend.

OF: Do not be afraid, all will be well. It is now time to return.

22nd January 2002 (Guided meditation)

I was guided to my safe place, which is a beautiful garden that has within it a huge variety of trees and plants. I found myself near an ancient maple tree that had grass growing under its branches. I followed the meditation to a clearing in a wood and sat down on the log in the centre of this clearing.

After a while, I looked up suddenly and there standing before me was a beautiful female child. She was standing with her hands on her hips, looking me up and down with a kind of intensity. She was blonde with a cerise band of cloth tied through her hair to keep it off her face and was wearing a pure white dress down to her knees. I noticed that she was barefoot.

As she approached me, I knew it was she who was the link ... the one through whom many would be saved. I knew her name was Emily. She caught hold of my hand and led me across the meadow to the edge of the trees. She turned me around to face the clearing. As I looked, the clearing was transformed into brilliant white light. As I continued to look, the light seemed to acquire a liquid quality.

Emily led me back to the log through/over this liquid looking light. We sat on the log. She raised my left arm and wrapped her arms around my waist. I held her close to me with my left arm. I felt an intense love and warmth from her. As I sat there staring into the light, I could see what looked like buildings within it ... they were indistinct, but they were buildings nonetheless.

After a while, Emily disengaged herself from me, looked at me and said, "You know what you are to do." She then turned and as she walked away from me, she disappeared.

I sat there on the log feeling at peace, until I was called back. On returning to my safe place, I noticed that the ground beneath the maple tree was covered in a multitude of different flowering plants.

24th January 2002

I started in the lane and passed through the lychgate. I met my Old Friend and we walked through the churchyard to a cliff path. We followed the path down into a wooded valley to a wooden bridge across a stream. We crossed the bridge and followed a path to a beach, where we sat down side by side on a sand dune, looking out to sea. The sea and sky were intensely blue and the sun warmed us.

After a while, I rose and removed my shoes and socks and walked down the beach to the surf line. I started walking along the surf line with the sea washing against my feet and legs. As I walked, I became aware of a small female child walking beside me ... I looked down as she caught hold of my hand ... it was Emily.

She half dragged and pulled me around as she jumped up and down in the water beside me. I suddenly stopped and knelt down on the sand and she reached up and wrapped her arms around my neck ... I felt an intense love from her as I held her close.

As I knelt like that, a wave came in and wet us from head to toe. Emily started to giggle with delight at my being soaked ... I started to laugh with her. She then disentangled her arms from around my neck and looked me in the eye.

Me: I feel such sorrow that I will never be able to do this in my physical world.

Emily: We will know each other when the time is right. Through your love and compassion, many will return to us.

Me: I have intense feelings that seem to spring unbidden from deep inside me ... feelings that it seems you have brought to life in me.

Emily: You are now aware of your life purpose. You know you are, as an instrument of spirit, to love.

With that, she disengaged herself from me. As she walked away from me, she vanished. I retraced my steps back to the sand dune

where my Old Friend was still sitting.

OF: Do not look so sad. You who had no love as a child are to teach those around you love ... for you know what it is to not know love and also what it is to know love. This is your life purpose. Although you will be called by spirit to use other gifts, this will run throughout all you do.

Me: How can I teach others about love when I don't understand what love is?

OF: You are to show them. By loving without judgement ... unconditionally ... no matter who they are, or what they do ... by showering them with the boundless love that you have been given by spirit. Let all you meet know the love that is now fully realised inside you.

Me: I do not feel prepared for this.

OF: Many are here to help you. Just trust.

With that, he turned and we retraced our steps back to the lychgate, where the nun and the Tibetan monk (who I feel is called Hu) were waiting for us. I then passed back through the lychgate into the lane.

29th January 2002

I started in the lane, passed through the lychgate into the churchyard and met my Old Friend. We walked through the churchyard into the wheat field. As I walked through the field, I was very conscious of waves of energy washing over and through me.

We followed a path through a wood to a stream and came to a wooden bridge, which we crossed to the other side. I stopped and stood, unable to decide which path to follow.

OF: You are uncertain which path to follow.

Me: Yes. You choose a path for us to follow today.

OF: It is not for me to choose your path ... only you can choose.

I had flashes of following a path to a cliff ... and then to a beach ... and then to a place high up in the mountains ... and then to a waterfall.

OF: There are many different paths you are to follow ... there are many different directions in your life. It will not matter which path you choose, because in the end you will travel them all.

Me: I still cannot decide.

OF: Just start walking ... any path will be right.

I began walking without thinking where I was going or the direction I was taking. The path led to a beach. I walked to the surf line and lay down on my back in the sand, with my feet and legs in the sea. I shut my eyes and could feel the water washing over my feet and legs ... I could also feel the warmth of the sun on my face and body.

A shadow was suddenly cast across my face. I opened my eyes and looked up ... all I could see was a silhouette of someone standing above me. I sat up and saw that it was Emily. She came over to me and wrapped her arms around my neck. I felt strong feelings of fatherly love (I think she appears to me like this because it does evoke such strong feelings of fatherly love in me).

We rose and I started walking along the beach with the sea lapping against my feet. As I walked, I became aware of a dolphin swimming close to the shore. I walked out into the water until I was up to my chest in water. Emily was now laughing and moving around to look at the dolphin. He swam in close and kept touching my legs as he swam around us.

Emily gave me a strong hug and launched herself into the sea. I was startled and tried to catch her, but the dolphin was there ... he swam under her and rose up with her sitting on his back ... she was smiling and so happy. She waved to me and the dolphin swam away with her. I suddenly felt as if sadness was consuming me.

As I turned and started to walk back out of the sea, I became aware of another dolphin. She (I seemed to know it was the other dolphin's mate) swam toward me and stopped right in front of me, touching my torso. I reached down and touched her.

She turned with her head vertical as I stroked her. I suddenly felt all the sadness flow out of me, to be replaced by an intense joy. I looked down at her and said, "Thank you" ... and with that, she turned and sped off in the same direction as the other dolphin.

I walked out of the sea and up the beach to where my Old Friend was waiting. He spoke to me and said, "It is so." We retraced our steps back to the lychgate, where Hu and the nun were waiting for us. I passed back through the lychgate into the lane.

30th January 2002

I started in the lane and passed through the lychgate into the churchyard. My Old Friend was waiting for me. We set off, following a path that led through the field of ripe wheat to a bridge across a stream in a wood.

We crossed the bridge to the other side and made our way to a beautiful waterfall. At the base of the falls was a pool of water surrounded by trees. We sat in the dappled shade of an ancient oak tree.

As I sat there with my feet in the water, I looked up and saw a pure white unicorn standing on top of the falls. After a while, I became aware of a young woman standing close to me ... I felt she was watching me. I looked up and immediately saw that it was the one I know as Emily ... only now she was not a young child, but a beautiful young woman of about 30 years old.

Emily: Thank you all for your selfless love. Thank you for trusting and believing. Many were restored to us.

Me: Thank you for trusting us with this purpose. All of us feel it was a privilege and honour to have been a part of this purpose.

Emily: Know that this is just the beginning. There are many around you who are lost. They will come in ones and twos and threes ... and in greater numbers.

Me: I do not understand how we will know where to look for them.

Emily: Be still ... be quiet ... and listen. You will hear them and know (this wasn't meant just for me to listen, it was meant for all to listen and is as much about keeping an open mind as it is about keeping an open heart). Do not be afraid, we will be with you all.

With that, Emily approached me, hugged me warmly and kissed me lightly on the right cheek. I opened my eyes and she was gone.

OF: Be still and believe ... where two or three or more are gathered together in love and in spirit, all things are possible (the sense of this was that the gathering would be to commune with spirit in universal love ... more of being connected to ... or being one with).

I sat there bathed in the light, feeling loved. I could feel the energy from the water flowing over and through me.

The next conscious thought was being aware of my Old Friend calling me back. I felt refreshed in mind, body and spirit. We retraced our footsteps back to the lychgate. When we arrived, there were several spirit guides there. What I noticed was that they all seemed to be smiling.

5th February 2002

I started in the lane and on passing through the lychgate, was met by my Old Friend. We started off through the churchyard toward the cliff path, which brought us to a rocky outcrop sheltered by an ancient tree. Here we sat down, looking out to sea.

After a while, I seemed to be compelled to stand up, take three

strides and leap off the cliff edge into space. As I fell, I felt myself begin to fly. I looked to my left and then to my right, seeing and feeling wings and feathers. I began to soar in the air currents without effort ... to truly fly like this in reality would be the most amazing experience. After a time, I started to fly out to sea ... I didn't have a purpose or destination ... I just felt compelled to do it.

As I turned and started to fly back to the land, I spotted a beach in the distance ... on the beach stood a figure clothed in white. The white was so bright, I felt drawn to it ... so I flew to the beach. As I landed, I turned back into my human appearance. I approached the figure. He (it was a he because he had a beard and looked to be about 70 Earth years old) pulled back his hood, looked into my eyes and spoke:

Figure: Many have been gathered and prepared ... the way is now open.

Me: What way? I don't see any path (the beach was surrounded by high cliffs and there seemed to be no way to or from the beach except from the sea).

Figure: You will know the way to go ... at every step of the way, you will know the way you are to go.

As I looked at this figure, it was as if he was pure light, but he looked solid. He reached out and touched me (he certainly felt solid). I was about to ask his name, when I seemed to think he was called Knowledge and Wisdom.

Me: How am I to find the path away from this beach?

Figure: How do you feel you are going to leave here?

Me: I feel I should fly ... as this is the way I arrived.

Figure: Always trust your inner wisdom ... it was given to you in the beginning.

With that, he backed away from me and vanished. I took three long

strides and launched myself back into the air. I flew back to the ledge where my Old Friend was sitting. As I landed he looked at me and spoke.

OF: You have found the one who points the way for you.

Me: What way? How will I know the way?

OF: There are signposts even in the wilderness and deserts of your life. Although what is to come has already happened, you are still to experience it.

Me: I don't know if I understand?

OF: You will.

11th February 2002

I passed through the lychgate and walked to the entrance porch of the church. As I stood looking out over the graveyard with the sun in my face, I heard the church door open and saw it was my Old Friend. He greeted me and said, "Come, let us walk."

We walked out of the churchyard into the wheat field. It felt so good to feel the gentle energy wash over and through me. We followed a path to a stream in a wooded area, until we came to a wooden bridge, which led to a path in the mountains.

We eventually came to a rock ledge high up overlooking the surrounding landscape (I was surprised to find that I was not fatigued). This place felt very sacred. We sat on the ground, looking out over the mountains.

As I sat there, my thoughts seemed to stream through my mind, though I cannot remember them. Suddenly, I was aware of this being standing in front and close to me. He was about 5 feet 10 inches tall, clothed in white from head to foot and he seemed to be glowing.

Being: There is much that is for you to learn. Where you are to go is

in the making. It will take five of your years before you are ready. It will all come into being when the time is right. You have many decisions to make along the way, but all has been prepared for you. Do not fear. Do not try to run before you can walk. Listen to us and do what we ask of you. You will be tried and tested to make sure you are prepared for what is to come.

With that, he vanished. I found myself in the same place, but it was different ... somewhat surreal, as if I had stepped into a different dimension of the same place. I was in a place of light. I felt peaceful and secure ... sure that this was how it should be ... confident and without concern or worry ... totally at ease.

The scene changed again, as I heard my Old Friend call my name. I returned to the rocky ledge.

OF: We are pleased with your progress ... we are pleased that you have begun to trust. You still have much to resolve in your physical existence, but we know you will be able to do this now.

14th February 2002

As I passed through the lychgate, my Old Friend was waiting for me. We set off through the churchyard toward the sea. We followed a cliff path until we came to a bridge over a chasm. We crossed the bridge and continued on the path until we came to a plateau high up in a chain of mountains that ran parallel to the sea. Here we stopped and stood, looking out over the sea.

I became aware of the beautiful nun (the same one I have seen many times before). The three of us sat down cross-legged on the ground, with my Old Friend on my right and the nun on my left.

Nun: It is time for you to be refreshed. Relax and let all your Earthly cares and thoughts wash away from your mind. Open your mind and listen to the living Creation that surrounds you.

As I sat there, it was as if a curtain lifted and I became aware of a multitude of beings around us ... the physical feel of my surroundings seemed to drift away. A being detached herself from the multitude and walked toward me.

Being: You have been hearing one calling to you, but you have been dismissing it as a figment of your own imagination. This is not so. You know the one of whom I speak.

Me: A girl?

Being: Yes. She is with others in a place of darkness.

Me: Is this in the place I know as Devonport?

Being: Yes. In the house that was and is no more.

Me: The house I keep seeing as a house within a house ... as if there are two houses superimposed one on the other?

Being: Yes. She and others (and here I can only describe what was conveyed to me) were abruptly and crudely brought into your existence, only to die before their intended time (I am sure she meant they were aborted by some very crude means).

Me: How many are there?

Being: Many. There are also those who were trapped when the house came down. They all wander aimlessly ... always in darkness. We would ask that you tell the others about them so that they can be restored to us.

Me: I can feel a great sorrow.

Being: We ask you to do this for us not to bear their pain and sorrow, for it is simply not yours to bear. I know how you feel so overwhelmed by these feelings ... how great is your compassion for these lost souls. This is why I have come to you. All of you will be truly blessed for all that you do for us (she meant all those who do rescue work).

With that, she returned to the multitude. I became aware of my surroundings returning and the multitude of beings disappearing. I noticed that the nun was holding my left hand and my Old Friend was resting his hand on my shoulder.

Nun: There will be many spirits with all of you who do this, both to help you and to welcome those who were lost to us. There will be much joy.

I felt my great sorrow lighten somewhat as my thoughts continued to be filled with those who I felt were in such darkness and suffering such sorrow. Also in my mind was that the being who had come to me was connected to one of those who we were being asked to help to the light. I had a strong feeling that one of the unborn children was hers. As I thought this, I felt a great sadness and felt tears rolling down my face.

My Old Friend and I retraced our footsteps to the lychgate and I passed back into the lane.

15th February 2002

As I passed through the lychgate, I was met by my Old Friend, Hu and three other spirit guides. Without really knowing why, I started to walk out of the churchyard and into the wheat field beyond. I noticed that I was alone, but I seemed to know where I was going.

I followed a path downhill through a copse of trees to a river. I came to a wooden bridge, which I crossed over to the other side, then followed a path uphill to a wood. The path led through the wood to a large meadow surrounded by trees. Near the centre of this meadow was a log on which I sat. I could smell the freshness and scent of the flowers and feel the warmth of the sun.

I closed my eyes and felt as if I was weightless. After a while, I became aware of birds singing. I opened my eyes and there were lots of birds flying into the meadow. They came in ones and twos ... all different types of birds ... blackbirds, sparrows, finches, doves, owls, eagles, sea gulls, etc.

As I sat there watching these birds land in the meadow all around

me, a raven appeared, flying straight toward me. I noticed it had something in its beak. As it came closer, I held out my arm for it to land upon.

It flew down and landed on my outstretched arm. I was amazed at how big and heavy a raven is up close. I reached out my left hand and the raven put what seemed to be a piece of card into my palm. I looked at it and to my amazement, it was a playing card. I turned it over and it was the ace of diamonds.

I looked at the raven (who was looking at me) and at the same time I became aware of a shadow passing over us. I looked up to see an albatross circling overhead. I looked down at the raven again and it launched itself back into the air.

I don't know how long I sat there with the birds, but a time came when they all started to depart. The first to leave was the raven and the last to leave was the albatross.

I stood up and retraced my steps back to the wheat field. As I passed through the dry stone wall into the churchyard, I was struck by how different the church and lychgate looked from this direction. The place, although familiar, looked totally different ... yet it really was the same place.

19th February 2002 (Guided meditation)

As the meditation started, I felt a presence with me. I was trying to see who it was, but the presence was just outside my vision. I then realised I had a great weight on me and the reason I couldn't see this presence was because he was sitting on me ... more like he was sitting over me ... I felt I was inside him looking out. He was very dark, taller than me, had much larger feet than me and was dressed in an old black suit (circa the 1700-1800s, I felt). He had an austere, long, sallow face. There was an overpowering feeling of heaviness. I followed the meditation and this presence followed with it me. As I

walked and moved, I felt a resistance, as if my arms and legs wanted to move differently. When I reached the clearing by the river and sat on the log, it was a relief. Although this feeling was very uncomfortable, I made a decision to stay with it and gain as much as I could from it.

I looked around the clearing because there was a distinct lack of sound ... no birds or animals ... just stillness. I noticed that the place was filled with the accumulated rubbish of bygone ages. I rose and started to collect this rubbish into a bag ... the presence moved with me and my arms seemed to be trying to move in two different directions as I picked up the rubbish.

Eventually the place was cleared and restored to its natural state, just as nature had intended. I then became aware of birds and woodland creatures returning and filling the area around me. I returned to the log and sat down.

The presence with me was beginning to feel more and more uncomfortable, so I reached out with my mind to call Chuang Chou, only to find that he was already standing there with me. He looked at me and said, "I know you are not yet ready for this." With that, the presence that had been with me departed. I felt a brightness and lightness enter my being ... I felt so light and quite relieved as the meditation ended.

21st February 2002

I passed through the lychgate and met my Old Friend, who appeared to have been waiting for me. We set off across the churchyard in the direction of the cliff path. We turned west and followed a very broad unsurfaced path into a valley, across a wooden bridge and uphill toward a rocky peak.

Here we left the path and walked some distance toward a rocky promontory overlooking the sea, until we came to a hewn out area

big enough for several people to sit in comfortably. The ground was covered in coarse grass. We sat in this sheltered place looking out to sea.

As I sat there, my surroundings became more and more distant, until all I was aware of was my breathing rhythm. I became aware that I was sitting inside a sphere of golden energy ... all I could see was a golden glow all around me.

As I sat there, a raven flew through the sphere from the outside and landed on my knee. As I looked at the raven, it deposited a silver coin in my hand. The coin was perfectly formed and very old. The raven looked into my eyes and then flew back through the sphere of energy, disappearing as it passed through the sphere.

I do not know how long I sat like this. My mind felt as if was drifting from one thought to another, but exactly what those thoughts were, I don't recall. The energy sphere then appeared to disperse and I was again aware of my Old Friend beside me. He said, "It is time for you to return."

22nd February 2002

As I was walking toward the lychgate, I noticed for the first time a spring of fresh water bubbling into a small natural granite sink. I washed my face in its water and continued to the church, where I met my Old Friend. Together we walked into the wheat field.

OF: Feel nature's rhythmic energy washing through you ... feel the natural energy of nature as you move through your natural world.

Me: It feels soothing and relaxing ... I feel all my tension being washed away.

OF: Good.

We then entered woodland and followed a path to a bridge over a river. We crossed to the other side and continued along the path. As

we emerged from the woodland, I realised we were going uphill toward a mountain. Near the top of the mountain was a small plateau on which grew an ancient gnarled and twisted tree. We sat beneath the tree, shaded by its leaves and branches.

As I sat there looking out over the landscape spread before me, I noticed that the shape and shadows of the landscape were changing, as if I were looking at a time lapse film. I then became aware of an eagle heading straight for me. It landed on my left arm (I had to support my hand on my knee to hold the eagle's weight).

The eagle had something in its beak ... it was a very rare orchid. The eagle gave me the orchid, looked into my eyes and then launched itself back into the air (the force with which it pushed itself back into the air felt quite real on my arm ... in fact it felt as if I nearly toppled over). I sat there wondering about the significance of the orchid until it was time to return.

26th February 2002

As I walked up the lane, I again saw the freshwater spring at the side of the lane. I know it is an ancient and holy well. I paused to wash my hands and face in its clear, cool waters. I met my Old Friend and we walked through the wheat field to a path through a woodland landscape.

We crossed a beautifully made bridge spanning a river and then followed a path up into the mountains. We eventually came to a small plateau ... I could see the sea in the far distance. We sat on the ground, side by side. As I sat, I became aware of a being in front of me in the form of a woman.

Being: Thank you for restoring them to us.

Me: We have not yet done this.

Being: It will be so. There will be many with you. All of you will be truly blessed.

With that, she bent toward me and kissed me lightly on the cheek and was then gone. I sat there for a while, before I became aware that I could no longer feel the ground beneath me. I looked down at myself and found that I was glowing ... the light seemed to be coming from inside me and was expanding outwards.

As it continued to expand, I was inside the outer rim of it and its centre was inside my solar plexus. I looked up and could see a number of beings around me in a circle. The sphere of light had expanded so far now that it was impossible for me to estimate how far it had expanded. I felt that it wasn't me who was driving this sphere, but the ancients surrounding me. They were channelling such amazing energy through me ... it felt limitless. I had this feeling of love that was not mine to keep ... it was just flowing through me.

I am unsure how long this lasted, but when it ceased, it was like a switch being thrown. Far from feeling depleted in any way, though, I felt so at peace. I became aware that I was sitting alongside my Old Friend. We rose and retraced our steps to the lychgate.

OF: All those who are lost to us will be restored to us when it is right ... through your trust (he didn't just mean me, but all those who trust) anything can be achieved.

4th March 2002

I started in the lane and stopped at the holy well to wash my face and hands in its water ... this feels like a cleansing. My Old Friend was waiting for me. We walked across a meadow into a valley covered in trees. We followed a path to a bridge over a river, close to a waterfall. As we walked over the bridge, I could feel the spray from the waterfall wetting my face and clothes.

We then followed a path up into the mountains, emerging from the trees and finding ourselves on a small plateau, where a single ancient tree grew. We sat on the ground, looking out over the

landscape before us.

Me: I feel as if I am in a wilderness ... as if I am just drifting along without any real direction.

OF: What you perceive is not the reality of your situation. You are on a path and your direction is clearly marked.

Me: I keep hearing this message, but cannot see where it is leading me, or how the resources I need to carry out what is before me will come.

OF: Did not the raven give you a coin? Is this not telling you that the resources you need will be given to you when and as you need them?

Me: Yes it is, but I seem to not be able to believe that this will happen without my doing something.

OF: Have faith and trust. This is the first step to receiving. All that you need will be given to you.

I sat there for a while and then someone I know came into my thoughts. I could see her lying down in front of me. I stretched out my hand and saw my hand pass through her outer skin, grasp some lumps one by one and crush them into non-existence.

Me: What does this mean?

OF: You want so much to help your friend, to remove her cancer. You doubt even now that you are able to help her.

Me: Yes, I feel it is only me wishfully thinking that I can remove this burden she has to bear.

OF: Her path is her path. Just have faith and trust.

I continued sitting there and the next conscious thing I remember is seeing an eagle's head close to the right side of my face, filling my vision. Its left eye was looking right into my right eye ... its head part turned toward me. It was so close that I could only see its beak, eye and head. I wasn't startled, nor did I feel uncomfortable. This image faded and I found myself back on the plateau with my Old Friend.

5th March 2002

I started in the lane, washed my face and hands in the holy well and met my Old Friend. We walked out of the churchyard, through a meadow and then down into a valley to a stream. We crossed over a bridge to the other side and followed a path to a beach. When we reached the beach, we sat down on a sand dune facing the sea.

As I sat there, I began to start thinking of people I know who are in need of healing. As I started to ask for their healing, one by one, I visualised them before me. I found my hand moving to the areas in them where healing was needed ... mending bones, moving my hand deep into someone's brain to a gland where the body produces the chemicals necessary to combat cancer ... my fingers moved to stimulate this production of chemicals.

I then saw my father-in-law before me and I was inside his arteries, removing constrictions and then into his heart, repairing a valve.

I became aware of a being materialising before me ... it was a beautiful serene woman who was glowing with a golden iridescent light. She moved to my right side and put her hand on my shoulder ... all that I was feeling intensified ... it was like a huge surge of energy jolting, then flowing through me.

I continued thinking of people I know who are in need of healing ... I could see physical things being righted and chemical imbalances being put right. My hand moved to different areas of the body at great speed, stimulating the production of chemicals in some cases and stopping or reducing their production in others.

As I drifted back to the beach, I was aware that there were three other beings (four in all now) similar in form to the beautiful female being around me. Two of them were behind me and one was on either side of me, all touching me on the shoulders. I was also aware that the area around us was glowing with a bright incandescent

gold. Slowly, this glow began to subside and the four beings moved away from me. It felt as if each one in turn bade me farewell and then vanished.

14th March 2002

I started in the lane and was very conscious of the warm sun on my face and the multitude of coloured flowers growing in the hedgerow. I paused by the holy well to wet my hands and face with its water. I passed through the lychgate, where my Old Friend was waiting for me and we walked to a rocky outcrop overlooking the sea.

OF: Sit, relax and close your eyes. Let the thoughts of your mind be still. Concentrate on your breath. Let your body and mind flow to the tune of the natural world and energies around you. Let your being just be.

I felt myself become weightless ... I seemed to be floating. It was as if I opened my eyes and found myself in a different place. I was in a place of bright white light.

As I looked around, I could see that I was surrounded by a number of beings, all of whom were shining with bright white light ... they seemed to be shining from the inside out. I was aware that they were chanting ... their words were in a language I did not understand ... one I have never heard before. I felt unafraid and full of well being.

I could hear a voice calling to me from a long way off. I started to concentrate on the voice, trying to pinpoint where it was coming from. I was then back at the rocky outcrop with my Old Friend ... it was he who was calling me. I looked up and he was standing beside me, beckoning me to rise. I tried to stand, but couldn't. He offered his hand and lifted me to my feet.

OF: It is time for you to return.

Me: What just happened?

OF: You have taken the next step.

Me: I don't understand.

OF: It is not for you to understand ... just trust ... you have taken the next step.

With that, we made our way back to the lychgate. I passed back into the lane through the lychgate. Again, I was very aware of the warmth of the sun and the many coloured flowers.

18th March 2002

As I walked toward the lychgate, I paused by the holy well to wet my hands and face in its cool water. I was very aware of the warmth of the sun and the multitude of different flowers all around me. I passed through the lychgate to find my Old Friend waiting for me.

Me: It's good to be with you again Old Friend. The noise of this existence has inhibited my spending time with you.

OF: We are here now and that is all that is important.

We set off through the churchyard into the wheat field. As I walked through the wheat, I brushed my hands over the tips of the ripening stalks. I could feel a gently healing energy washing over and through me. We followed a path that eventually led to some sand dunes. Here we sat down in the dappled shade of a tree, facing the sea.

As I sat, I became aware of a being standing close to my left side with one arm extended so that his hand rested on my left shoulder.

Me: Who are you?

Being: I am here to help you.

Me: Help me ... in what way?

Being: With healing.

I then became aware of other beings of light standing around me ...

all of whom were touching me. I then had an image of a person standing with their back toward me. I found myself moving my hands down their back, re-aligning vertebrae as I moved my hands from their neck downwards.

Me: What just happened?

Being: A healing. This is what we are here for ... to guide your hands and help you with the work you are to do.

I then saw another before me, sitting down. I saw my hand enter her head and stimulate several different areas of her brain. This I felt was to help her control her eating disorder which is linked to the production of chemicals within her body ... this will help restore the chemical balance. I then heard my Old Friend calling my name and I returned to the sand dunes.

Me: How long am I to continue doing this work?

OF: Until you are ready.

Me: Until I am ready for what?

OF: You will know ... when you are ready.

I looked at him and he was smiling at me. I felt at peace as we walked back the way we had come to the lychgate. Here we were met by the beautiful nun. She looked at me ... I felt so much love coming from her. I then passed back through the lychgate.

19th March 2002 (Guided meditation)

I was led in meditation to a meadow with a stream flowing through it. For me, it wasn't a meadow, but the Great Plains of America and there was a Native American encampment. There were lodges, dogs and a number of people. I could hear the noise of the dogs barking, the children playing, of horses and people talking in a strange tongue.

I saw the sun set and the moon rise. It was a full moon and the

surrounding landscape was illuminated, almost as if it were daytime. A Native American approached me and invited me to join his tribe around the fire. This I did and sat with a number of other tribe members. I knew that the Native American who had asked me to join them was one held in very high regard by the tribe ... a man of knowledge and wisdom.

He presented me with an eagle's feather, one that had special significance and powers (or properties). This he put into my hair (I was amused by this, seeing that what little hair I have is exceedingly short). I could hear the rhythmic beat of the drums, feel the heat of the open fire and smell the scents and fragrances coming from the burning wood.

My vision/state seemed to shift and my vision altered. I became aware that I could see that which is not normally visible. All around us were beings ... the ancestors of those who have walked this land before us. They were/are the custodians or guardians of the land and people who now live on this landscape. They showed me that although healing others and ourselves was a central purpose for all of us, there was another purpose we all have that is just as important. That purpose was the healing and the care of the landscape around us.

I was then transported to a very ancient, sacred site, where I was shown that just as our chakras are to us, so it is to the land ... just as our chakras need to be balanced, exercised and cared for, so these ancient sites need to be balanced, exercised and cared for. The energies that flow through these sites are vital for the well being of the Earth.

I was again back at the fire and had the feeling that I was on the verge of something wonderful ... that I was about to pass through a door or veil into another dimension of understanding and knowledge, when the meditation ended.

21st March 2002

I started in the lane and today was met by my Old Friend and the Native American spirit guide known as Running Horse.

Me: Why are you here, Running Horse?

RH: I have come to reassure you that one close to you is well.

Me: Thank you for easing my thoughts.

RH: You are now one with us ... you are linked (have a bond with) my ancestors.

Running Horse then clasped me firmly and seemed to vanish. My Old Friend just stood there with his usual enigmatic smile. We walked into the wheat field. As I walked through the waist high ripening heads of wheat, I thought how the energy I felt washing gently over me was cleansing me ... it was washing away the noise and burdens of the physical world in preparation for a spiritual journey.

We followed a path to a bridge over a river. I became fascinated by how the bridge was constructed ... how the joints were made ... how elegant it was ... and the way it was formed into a thing of beauty. As we reached the other side, my thoughts cleared and we continued walking until we came to a rocky plateau overlooking the sea, where we sat side by side on the soft mossy ground.

As I drifted into quiet, I became aware of the sounds of the sea and the sounds of birds flying overhead. My consciousness seemed to suddenly shift and I found myself on the Great Plains of America. I had, it seemed, passed both backwards and forwards in time ... it was as if I existed in all time in a single place.

I saw the plains teeming with bison ... with Native Americans riding bareback in amongst the herd, killing one or two animals ... just enough for their needs ... not wasting a single item. I then saw the plains cultivated in crops ... these crops being harvested. I was then sitting on the ground in the middle of the plains and all I could see

was lush grass. The thought I had was one of economy of energy ... nothing wasted.

I could see the Native Americans living a circular life of death and rebirth ... this being an integral part of their culture ... interspersed with ritual to mark (as an outward reminder) the death or birth as they grew from conception; birth into the world; into childhood; and then to adulthood. It was a rich culture, where they treated all life and objects with respect. They saw themselves as the custodians and guardians of all living things and material objects ... including the Earth.

I could see clearly how this physical life was seen as a parallel to their spiritual life ... the transition from the physical to the spiritual being seen as the ultimate rebirth. All material objects were not seen as their personal possessions ... they were seen as being given into their care, to be used the best way they could, before being passed on to another ... they saw themselves as custodians, whose responsibility was to cherish all that they were given.

This has a parallel in their spiritual life, where they become custodians, guardians and spiritual guides, but in a very different way. They were not detached or separated from their spiritual life when here in their physical form ... there was no division, just a transformation and transition from one life to another.

I felt that I was being told I would never possess great wealth, but I was to accept all that I am given in this physical life and to use it wisely for the benefit of all. I am only a custodian of the material objects around me, I can never possess them ... including the earth upon which our house is built. The parallels have been drawn and they are straight and true.

I already know this, but I have to rediscover it in this physical life, so that I am prepared for the spiritual life. I have to understand that

there is no division between my physical life and my spiritual life ... they are but one and the same. It is all about love, awareness, knowledge, wisdom and enlightenment ... it is not a case of where one ends and one begins.

With this thought, I heard my Old Friend calling me back ... I reluctantly returned to the plateau overlooking the sea. We rose and retraced our steps back to the lychgate where we encountered the beautiful nun. She gives out such love ... I feel so completely at ease and safe when she is near. I then passed through the lychgate back into the lane.

25th March 2002

I started in the lane, but had difficulty in maintaining myself there ... my mind kept on drifting to other things. I eventually managed to move to the holy well and wash my hands and face in its water. As I passed through the lychgate, I was greeted by my Old Friend.

Me: I am sorry it took me so long to reach here this morning. My mind was drifting and was full of different thoughts.

OF: It is of no consequence ... you are here.

We set off through the churchyard to the wheat field. As we walked through the wheat field, I began to find it easier to remain in the meditation ... my mind became quiet and my body totally relaxed. We entered a grove of trees and followed a path to a bridge over a river. As we crossed this bridge to the other side, I noticed how it was constructed out of nothing but wood ... no metal or other materials had been used to fix it together ... it had a real elegance.

After crossing to the other side, we followed a path to a waterfall that cascaded down a very high cliff into a pool that was surrounded by trees. We sat on the ground beneath a very ancient, gnarled tree.

As I sat on the ground, I gazed into the falling water ... I felt myself

rise and walk into the pool toward the falling water. I approached the water and instead of stopping, carried on walking. As I passed through the falling water, I found myself in a place of golden light. All around me, all I could see was a golden light. Suddenly before me I saw two rectangular doorways, one of deepest purple and the other of deep blue.

Voice: Choose which you will enter.

Me: I am to choose one colour alone?

Voice: Each is a pathway ... a life purpose. This is the moment for you to choose ... and yes, you have only the colour to guide your choice.

I walked unerringly toward the purple doorway. As I passed through it, I found myself in a golden light ... and then in a purple light ... and then back to gold again. I felt that this changing light was penetrating my soul ... it felt so right.

Voice: We will always be with you. Do not fear that you will lose your way or stumble, for we will be with you to guide you and protect you.

I then walked back through the falling water to where my Old Friend was sitting, to find there was a pure white unicorn standing on the edge of the pool, waiting for me to return. I walked up to this being and rested my body and head against it. It was as if I became one with this being who had the form of a unicorn.

I opened my eyes and looked at my Old Friend who was standing a couple of paces away, watching me ... he was smiling and I felt such love from him that I was near to tears. He told me it was time to return, so I reluctantly left the side of the unicorn, placing my hand on its muzzle in way of saying farewell.

OF: We will be together again.

With that, we left that lovely place and retraced our footsteps to the lychgate. When we arrived at the lychgate, the beautiful nun was waiting for us. I then passed once more into the lane.

10th April 2002

I started in the lane ... there were clouds in a deep blue sky ... the flowers were a multitude of colours and seemed to fill the air with their fragrance. I stopped by the holy well and washed my face in its cool clear water, then passed through the lychgate and into the churchyard, where I was met by my Old Friend.

Me: I have missed these meetings with you. I have been distracted by the physical world in which I live at present. I don't understand why it is so different for me when I am at home ... why I don't seem to be able to find time to meditate and be with you.

OF: It is a matter of discipline ... a matter of will.

Me: I will try to put this right.

We started walking from the churchyard through the wheat field. It felt so good to be there again. I began to feel the heaviness flow away from my physical body and my mind became quiet. We followed a path slightly downhill through trees to a river.

As we walked along the riverbank, we came to a bridge, which was made of wood and arched over the river. We crossed the bridge and down a path that eventually came out on sand dunes, where we sat overlooking the sea. As I sat there, I became aware of the warmth of the sun and the sounds of the sea.

Me: I feel as if I have lost my way ... my connection.

OF: You have only lost the familiarity of this ... it is still as it was.

Me: I feel as if I have lost my way ... I have regressed ... my physical world has distracted me from my spiritual awareness.

OF: Relax ... all is well.

Me: Help me see my path.

OF: It will be lit with light always ... just open your eyes and see it.

With that, a bright light appeared in front of me and then surrounded me ... I felt so much love ... I could feel the presence of many. I saw a pillar of light within the light before me, as if it was guiding my way. I found myself asking for healing for certain people, who appeared before me one by one as before, until I found myself back on the sand dune with my Old Friend.

Me: Thank you for being with me.

OF: We have always been with you ... and we will always be with you. There are many here with you to help you in your purpose.

Me: I feel restored.

We then rose and retraced our footsteps back to the lychgate. At the lychgate, the beautiful nun was waiting for us. She said, "We never left your side ... only your awareness changed. Just trust and all will be as it should be." I then passed back into the lane.

12th April 2002

I started in the lane and stopped by the holy well to drink from its waters before passing through the lychgate. My Old Friend and I set off toward the cliffs and the sea, where we followed a path through a grove of trees to a bridge spanning a chasm. We crossed the bridge and continued until we came to a rocky promontory. Here we found a cave dwelling that overlooked the sea.

OF: This is an ancient place where many have come to commune with the spirit world ... a place of meditation and enlightenment. Sit.

We sat on the ground in front of the cave dwelling's entrance facing the sea and immediately I saw someone I know standing before me for healing. My right hand entered his shoulder and I found myself removing calcification, mending scar tissue and renewing tendons. I finally put my hand on his shoulder and I felt a great heat flowing

out through my hand.

This vision disappeared and there was then a kaleidoscope of images ... a succession of different people before me, each of whom I touched in a different manner. The rate of change of these visions seemed to speed up.

The images then stopped and I saw before me a plant with a single bud on the end of one stem. This bud slowly started to bloom until it became the most beautiful flower. This image then changed to that of a star being born in the cosmos. It started off as a black speck and ended in the most spectacular display of light ... it seemed like it was lighting up the whole of Creation.

I suddenly found myself sitting on the earth beside my Old Friend. I felt disappointed that I had had to return so soon.

Me: I didn't want to return ... I felt so right where I was.

OF: It was time for you to return. It is good that you accept without question the work you are doing with us.

15th April 2002

I started in the lane, stopped at the holy well, then passed through the lychgate. I was met by my Old Friend and we walked through the churchyard into the wheat field. I could feel the warmth of the sun and the gentle flow of energy over and through me.

We followed a path through some trees, to a bridge over a river. We crossed the bridge and continued until we came to a clearing in a wood. In the centre of the clearing was a single large standing stone. We both sat on the ground with our back to the stone. I could feel such warmth and energy from this ancient stone through my back.

Me: I want so much for those I know who are in need of healing to

be made well.

OF: Your wishes out of the purest of motives are heard. There are many who are here to help you and to be with you.

I was overcome with sadness for all those I know who need healing. After a while, I became aware of a beautiful being of light standing before me. She spoke to me, saying, "You are in need of healing." She reached out and touched me and I felt such energy and love.

The next thing I was aware of was the image of a statue, or carving. I was uncovering it and all I could see was the left eye of the figure. It was almond shaped and as big as me. Then I could see the right eye and the bridge of the nose ... I was standing at the level of the bridge of the nose. As more of it was revealed, I could see it as an ancient Egyptian female.

The next image was of two precious metal hallmarks. Then I had an image of a priest ... he was dressed in a single flowing garment from head to foot. He was standing in a carved out cavern or cave and making an offering. He wasn't bowing or kneeling, just standing upright and holding out this offering ... I couldn't see what the offering was, or to whom it was being given.

I was then back at the stone again, with this beautiful being still touching my forehead. The being of light then vanished and I could hear my Old Friend calling my name.

16th April 2002

I started in the lane, paused by the holy well, opened the lychgate and passed into the churchyard. I was met by my Old Friend and we set off through the churchyard to the wheat field. We walked to a bridge over a river ... the bridge fascinated me as it was made entirely of wood, even the fastenings.

We crossed the bridge and followed a path upward to a small

plateau. Even though it was steep, the going seemed very easy. On the plateau was a very ancient olive tree, all twisted and gnarled by the ages. We sat beneath its branches in the dappled shade of its leaves.

As I sat, I found myself drifting upwards ... I seemed to be in a mist or cloud. I then had an image of myself as a bird soaring high in the sky ... I had a feeling of freedom, lightness and joy. This vision then changed and I was in a very different place:

It is October 1854 and I am near a place called Sevastopol. Exactly what the date is, I don't know, but we seem to have been here forever. I am cold and miserable. I am in a uniform and riding a horse. My feet are firmly planted in the stirrups and my back is ramrod straight ... I am in the centre of a charging mass of men. I have a lance and it is lowered ... the noise is deafening, with cannon firing all around us. I don't know how, but I've lost my lance and now have my cavalry sword in my hand ... the noise of horses and men falling and dying are all around me. The images suddenly stop ... all is black ... I don't know where I am.

I then found myself in a place of tranquillity and light ... there was a being of light with me.

Me: What was that?

Being: There are many who are not at rest.

Me: Who are they?

Being: They are the casualties of war ... many soldiers, women and children for whom physical life suddenly and brutally ceased to exist.

Me: Are we meant to help them in some way?

Being: They are lost souls. We look for your help in order for them to be restored to us.

I heard my Old Friend calling me back to the plateau and the olive tree. We rose and retraced our steps back to the lychgate. On

reaching the lychgate, we were met by the beautiful nun. She said, "Do not be alarmed by what you have been shown. You know what you are to do."

19th April 2002

I started in the lane, then paused by the holy well before passing through the lychgate and into the churchyard, where I met my Old Friend.

We walked to the wheat field and followed a path beside a stream to a bridge. We crossed the bridge and followed a mountain path to a place high up in the mountains, where we sat beneath an ancient tree overlooking the surrounding landscape.

(I have had a realisation why many of my meditations include an ancient or very old gnarled tree. The trees survive because they are gnarled and twisted and therefore the wood is of no use for anything humans could devise. The tree is a tremendous source of energy that has accumulated over the ages and in a way is a source of spiritual knowledge and wisdom. The tree is part of what makes the place spiritually special).

As I sat there, I found myself in another place and saw a male person before me for healing. He was stretched out on his back and I had my hand inside his head. There were pathways in his brain that had been damaged and I carefully mended some ... it felt like I had to trace each pathway meticulously before the connection could be made.

This image changed and I lost track of what was happening. I remember seeing a new born baby being held up and an image of me standing in front of a log cabin in snow covered mountains ... there was someone standing on the veranda of the log cabin behind me. All I remember after this was wave upon wave of different coloured energy flowing over me.

The next thing I remember was being back under the tree with my old Friend. We rose and retraced our steps back to the lychgate. We embraced and I passed back into the lane.

22nd April 2002

I started in the lane, paused by the holy well, then passed through the lychgate into the churchyard. I met my Old Friend and we walked northwards through a meadow toward a wood. We came to a bridge over a river and crossed over it to a path that took us to a small mountain. Although the path was steep, the going was easy.

Eventually, we came to the top of the mountain to find a large flat area with several ancient oak trees growing there. It was as if the mountain top had been sliced off to make a large flat platform.

From this place, we had unobstructed views in all directions and could see the surrounding landscape spread out before us. We sat under one of the oak trees.

I could see the remains of a Christian church, which was built on the remains of an Anglo Saxon church, which in turn was built on top of a Roman temple, which in turn was built over the remains of a Druid place of worship, which was standing over a much earlier place of spiritual worship. I felt this was a place that had been used for communing with the spirit world since the world began.

As I sat there beneath the tree, I could feel the outpouring of millennia of energy filled with the love, knowledge and wisdom of the ages. My surroundings faded and I found myself in what appeared to be a misty place, but full of light. I was aware of beings all around me. I received several messages for people I know.

The image changed and I found myself back beneath the oak tree with my Old Friend. We rose and retraced our steps back to the lychgate.

25th April 2002

I started in the lane and walked slightly uphill to the lychgate, where I was greeted by my Old Friend and the Tibetan monk, Hu. We set off through the wheat field to a forest. As we walked through the trees, I could feel the trees giving out loving energy ... all I had to do was open myself to it.

We came to a stream and crossed over a bridge to a large meadow surrounded by trees. We sat up against a large stone in the centre of this meadow. As I sat there, I became aware of a figure standing before me ... it was Emily.

Me: Hello Emily. Why have you come to visit me again?

Emily: I have come to thank all of you for helping to restore so many to us. I thank you for your sharing.

Emily then faded and I drifted from that place. I began to have ideas and concepts of sharing. I felt I was being shown that in our sharing, we become more powerful spiritually. It is important for us to work together harmoniously, because in that coming together of different spiritual gifts and awareness, we strengthen and enlighten one another. Also, in our coming together, we can be used by spirit in different ways ... again, because of the diversity of our gifts.

When we come together and share, the spiritual forces that surround us multiply and enable us to reach out far beyond the confines of ourselves. So it should also be in our physical existence on this planet. We should share ourselves with those we know and meet. Through that sharing, we have the opportunity to change that which appears unchangeable through our love ... love being the manifestation of spiritual energy in our physical existence.

I felt myself drift for a while, then felt called back to my Old Friend and Hu in the meadow. We rose and retraced our steps back to the lychgate.

26th April 2002

As I walked up the lane, flowers of all different colours were in bloom all along the hedgerow. I could feel the warmth of the sun on my face and body. I paused by the holy well and washed my hands and face in its cool water. As I passed through the lychgate, I was met by my Old Friend. We walked to a cliff path that eventually turned into a stony broad thoroughfare that felt very familiar to me.

Me: I know this place.

OF: Yes ... we have walked this way many times.

Me: This place is in what I know as South East China.

OF: That is so.

We continued until I found a hidden overgrown path. After walking along this path for a while, we found our way to a place overlooking the sea, standing at the head of a horseshoe shaped broad bay surrounded by high cliffs. Beneath me was a drop of several hundred feet.

The place I was standing in was flat and wide. There was a cave dwelling cut into the rock at its back, with a fresh water spring that fell in a waterfall to a pool, before cascading over the cliff. There were several ancient trees growing around the rocks and many plants in crevices and fissures. A seat carved out of the rock overlooked the sea. It was polished smooth by the many who had rested there over the millennia. The whole place was tranquil and still ... it was a place of meditation and healing.

We sat side by side on the rock seat. After a while, I drifted from that place and found myself inside a building, which was on a high place that overlooked the sea. It was built around a quadrangle, the centre of which was a beautiful Zen garden. The garden had a number of different places where one could sit and meditate. The rooms surrounding this garden were individual sanctuaries and places of healing. I seemed to be watching over this place and those

who were in it.

My consciousness asked a question ... not to anyone in particular, but just a question to all of Creation. The question was, "Is this where I am to go and what I am to do?"

The answer I heard back was, "Yes." I don't know how long I stayed in this place, but the next thing I remember was hearing my name being called. It was my Old Friend calling me back to the seat carved out of the rock. We rose and retraced our steps back to the lychgate, where we were greeted by Hu.

Hu: So now you have seen. Your path is one of healing and enlightenment.

Me: When is this to happen?

Hu: It has already begun.

2nd May 2002

I started in the lane and was surprised at the vibrant colours of the hedgerows. I wet my hands and face in the holy well before passing through the lychgate, where I was met by my Old Friend and Hu. We walked through the churchyard, over a stile and into the wheat field. I was struck by the detail of all that I saw.

We followed a path across the wheat field to a river flowing over granite rocks, before coming to an ancient granite clapper bridge. The stones of the bridge were untouched by tools, they were just rough lain over blocks of granite in the river.

We crossed the bridge and followed a path up a high rocky mountain to a place near its summit. Here we found a small mossy flat area, protected by rocks. The view from this place was amazing ... we had unobstructed views over the surrounding landscape and in the distance we could see the sea. Here we sat cross-legged on the ground.

Me: Why have you brought me here this morning?

Hu: It is you who have brought us to this place.

Me: I don't understand?

Hu: Where we go when you are with us is your choice ... the places are of your choosing.

Me: Why here, then?

Hu: For you to meet and be aware of the helpers who come to do healing with you.

Me: Thank you all for being with me and using me as a channel for healing.

As I sat there, I began to have a shift of consciousness and awareness. Suddenly I saw a male person stretched out before me. I found myself putting my hands on the places around his skull where healing was needed. I found myself making bone grow to strengthen these places.

This image changed and I found another male sitting in front of me. I had his hands palm upwards and I could see a film covering all the joints and bones in his wrists. I ran the forefinger of my right hand around all the bones in his left wrist, cleaning away the film and calming the inflammation. I took his right wrist and did the same. I became aware that this arthritis was not just confined to his wrists on this side, but had begun extending down to his fingers. I moved my finger meticulously around each bone and through each joint, until all the film seemed to have vanished, calming the inflammation as I went.

This image changed and I saw a female lying face down on a platform before me. I was seeing her spine and the arthritis I saw was different in nature to that I had seen with the previous male. There wasn't a film around the joints, but the bones' exterior layers looked different ... as if they were not completely solid, but full of very small holes, as if the structure of the bone was changed. I found myself again using the forefinger of my right hand to move

between the joints of her spine, changing the bone structure back to a solid healthy state. I then had my hand inside her head and was stimulating a part of her brain, so that the chemical imbalance that was causing her condition would start to reverse itself.

I spoke to her saying, "This physical condition you have is due to your mental and emotional state. You can make yourself whole again ... love is the key ... love is healing." I then saw her standing before me and I put my hand on her head and a bright light/energy pulsed down through my hand and through her body. Immediately following this, she became illuminated in a bright white light/energy from head to toe.

This image changed and I had a woman in front of me lying face downward on a platform. I had my hand inside her left breast and I felt my fingers close around and crush a lump. I then put my hand inside her head and stimulated a part of her brain, so that the body's natural immune system would produce the correct chemical to kill any cancerous cells left in her body.

This image faded and I found myself once again near the summit of the mountain with my Old Friend and Hu. I thanked those helpers and guides who had been with me. We rose and seemed to fly back to the lychgate, where we embraced and I passed back into the lane.

3rd May 2002

I started in the lane and paused at the holy well to refresh myself. I passed through the lychgate and met my Old Friend and the spirit guide known as Osaka.

We greeted each other and set off through the wheat field to a huge circle of stones in the middle of a vast plain. There were four tiers of concentric stones, well over three times my height. We made our way to the central area within the circles of stones, where we sat on

the ground.

Me: I feel that the energy from this place is very different from that of the energy in those natural sacred places I have visited in my meditations.

Osaka: That is so. These places were in greater part special before humans came. It was because of their specialness that humans marked these places with differing structures. There are also places where the structures humans constructed caused them to become special and the natural flow of energy around them was diverted and concentrated at those structures. In ancient times, humans knew that the Earth should be nurtured and cared for ... and in caring for their environment, their own health and healing was affected and assured.

Me: So why do these places feel so different?

Osaka: Because in the construction of these structures, the energy has been changed ... it has been concentrated and fashioned into a different form.

Me: The energy here feels very strong and angular ... whereas in those natural places, although the energy is as strong or stronger, it feels much more gentle and smooth.

Osaka: Although you will feel drawn to the natural sacred places that have existed since the beginning, you will also feel the need to seek out these ancient sacred structures. For some it is different because of their inherent nature and soul ... the natural places are those where they will feel they belong ... they will feel drawn to those places and should seek them out.

Me: Why should we seek out these places?

Osaka: They are beneficial to you ... they have their place/purpose.

6th May 2002

I started in the lane, feeling the warmth of the sun on my face and body. I paused at the holy well and dipped my hands in its cool soothing water. I passed through the lychgate, met my Old Friend and we walked through the churchyard into the wheat field.

We followed a path to a fast flowing river where there was an ancient clapper bridge fashioned out of natural rocks, untouched by tools of any kind. We crossed the bridge and followed a path up a mountain to a small plateau, where there was an ancient gnarled tree. We sat beneath its branches in the dappled shade. I lay on my back, gazing upwards at the patterns of light formed by its leaves.

Me: The dream I had last night ... was it just a dream or is it an event that will truly come to pass?

OF: It is intended to come to be. You are being prepared to carry out this purpose. It was not just a dream.

Me: When will this happen?

OF: When you are fully ready to fulfil this purpose.

As I lay there on my back gazing upwards, I saw many images. I saw a psychic artist in a studio with a gallery of his paintings. I saw visitors coming to hear speakers from all over the world. I saw people of many different races, backgrounds and beliefs ... all coming together in harmony. I saw many being healed. There were many more images ... far too many to recall clearly.

After a while, I felt myself being called back to the plateau. We rose from underneath the tree and retraced our footsteps back to the lychgate. On arriving at the lychgate, there were a multitude of spirit beings there ... I was overwhelmed and had the feeling of wanting to run away and hide.

My Old Friend said, "All these and many more are here to work for this purpose. They are eagerly awaiting its creation." I had the impression of many different languages being uttered in greeting. I felt unable to speak, so bowed to them all and passed through the lychgate back into the lane.

9th May 2002

I started in the lane and paused by the holy well before passing

through the lychgate. I met my Old Friend and we set off into the wheat field. I could feel the gentle energy washing over and through my body. We followed a path out of the wheat field into woodland, which brought us to an arched Chinese wooden bridge.

We crossed this bridge to the other side of the river, then followed a path up into the mountains, until we came to a Tibetan temple. I entered the temple and saw a number of people sitting on the floor in a circle around a great flame that was burning in their centre.

I saw a Tibetan monk standing to one side of them ... I recognised him as Hu. He beckoned me to sit with the others in a place that had been left for me. I noticed that we were all dressed the same in a simple orange/brown robe made from a single piece of cloth.

As we sat there looking into the flame, the nature of the flame changed. It was hot reds and yellows and as a flame ... and then suddenly it was no longer like this, it was cool blues, but still had the appearance and movement of a flame.

One by one, we stood and walked through the centre of this cool blue flame before returning to sit as we were before. When we had all passed through the flame, I noticed it was once more as a hot and burning fire ... yet none of us had been burned. I felt as if I had somehow been changed ... exactly in what way I could not define. As we sat there on the floor, Hu stepped into the circle and sat on the floor. He suddenly held out his hand and a rose appeared in it.

Me: Where did the rose come from?

Hu: It has always been there.

He then reached out again and had a beautiful crystal in his hand.

Me: Where did the crystal come from?

Hu: It has always been there. Only now you are able to see it. Your

eyes have been opened and you are now able to see what has always been.

Me: Please explain what you mean?

Hu: Because your expectation is to see a tree, you will see a tree. If you expect to see a building, you see a building. Take this temple, what do you see? Do you see blocks of stone, columns holding up the roof? Look beyond the physical structure ... what do you see?

I suddenly saw a focus of energy, the like of which was just amazing. Energy was being focused and rearranged into something quite awe-inspiring.

Hu: I can see that you now see ... you are seeing in a different light ... you are seeing with different eyes. You are seeing that which has always been. So as you go through your physical existence, look to see beyond the physical ... look always to see that which is visible to your spiritual eyes.

When your expectation is to see a stone standing in the earth, look to see what has always been there before the stone came into being. It is the same with all things. All this is there ... to be used for the greater good of all Creation.

With this, we all rose and bowed to Hu and then filed out of the temple. I was met by my Old Friend and we retraced our footsteps to the lychgate. Here I was aware of others. I bade farewell to my Old Friend and the others before passing back into the lane.

14th May 2002

I started in the lane, where I could feel the warmth of the sun and see the clear blue sky. Although the sun was warm, I could feel the cool early morning air on my skin. I paused by the holy well and took a sip from its clear cool waters.

I passed through the lychgate and was greeted by my Old Friend.

We started walking through the churchyard into the wheat field, only there wasn't wheat growing in it any more, but knee high grass and wild flowers. I just stopped in my tracks for a moment as I took in this change. The energies I felt were also different ... they were much stronger, yet still gentle and instead of flowing over me, they flowed through me and seemed to be drawn to me.

We continued to the corner of the field, where there was a path running through a woody glade. I could hear the sound of water as we walked through the dappled shade. As we came closer to the river, I could see an ancient clapper bridge spanning the fast flowing water. I had an image of these big flat stones being rolled and dropped into place. We crossed the bridge and followed a path up into the mountains, to a grassy plateau where we sat under the branches of an ancient oak tree.

As I sat, I was aware of an animal moving toward me from my left and slightly behind me. I turned slightly to see a lioness slowly walking toward where I sat. She came round behind me, lying on the ground with her back behind my back and her head against my right side, so that my right arm fell over her neck. I was a little puzzled because it was a lioness and not a lion (my usual animal protector). This change seemed significant to me.

I felt my state of being alter and was fighting someone ... it felt like I was fighting for my survival, but not in a life or death way. I finally lashed out with my right hand both physically and in my meditation, because I felt my hand impact on the desk in front of me.

In this act, my state of awareness shifted and I was somewhere else ... it was peaceful and I felt calm and tranquil. Here I ceased to have any conscious memory of what took place. I was then back on the plateau with my Old Friend.

Me: What does all this mean?

OF: This is a time of change ... of necessary change.

Me: What change?

OF: The change that needs to be wrought in you before you can continue with your purpose. There will be more changes to come in your life ... but do not worry or be afraid. You will be protected and helped every step of your journey. We will be with you always.

With that, we rose and started walking away from the plateau. I was aware that the lioness had risen and was walking beside me on my right, with my hand brushing her neck. As we walked further down the path, she visually vanished from my sight, but I could still feel her presence.

We retraced our footsteps back to the lychgate, where I was aware of many beings around us and of the lioness's presence by my side. I then passed back through the lychgate into the lane. Strangest of all is that I felt the lioness's presence still with me when I was back in the lane ... and still so when I was back in my seat in front of my desk.

15th May 2002

As I passed through the lychgate, I was greeted by my Old Friend and we set off through the churchyard into the meadow of wild flowers and grass. I became aware for the first time of a huge ancient oak tree standing in the centre of the meadow ... I could feel the energy from this tree nurturing all that lived around it.

We left the meadow through an opening that led through a wood to a river. As we approached the river, I could see a Japanese style wooden bridge. As we crossed it, we found ourselves in a Japanese landscape and instead of a path, there were stepping stones, which we followed to a temple. The sides and front of the temple opened on great sliding doors. We went inside and at first I thought I was joining others such as myself, but as I surveyed my surroundings more carefully, I saw that they were all beings of spirit.

I sat on the wooden floor with them and closed my eyes. I listened to my breathing and my state of awareness seemed to shift. I saw a female before me lying on her back ... I put my hand on her abdomen for a moment then transferred my right hand to her head. I reached into her head and my hand seemed to be guided to a spot that I touched in order to stimulate the natural production of chemicals into her system. I then returned my hand to her abdomen and felt it pulse with heat and energy.

This image changed to a male and I was running the forefinger of my right hand around the joints in his wrists.

This image changed to a female sitting in front of me. I had my hand on her neck and could feel an intense heat and a flow of energy into her that flowed down her spine.

This image changed and I had a lady lying in front of me. I had my hand inside her left side crushing a lump and then the forefinger of my right hand extended and began zapping lymph nodes with intense blasts of energy/light.

The image changed and I had a man sitting in front of me. I put my hand on his neck and reset a bone that was out of alignment.

Then there was another man sitting in front of me and I was using my forefinger inside his knee to cut, smooth and renew cartilage.

Then I saw another male sitting in front of me with his hands and arms held out toward me. I started aligning and setting bones in his wrists. I also reduced the inflammation and swelling in the joints of his arms, wrists and hands.

This image shifted and I saw a female sitting in front of me. I was standing behind her ... I put my hand on her head and could feel a constant pulsing flow of energy through her body from her head to

her feet. This image then vanished and suddenly I was back in the temple.

I rose and stood looking at the beings of spirit that surrounded me. I bowed to them and thanked them for being with me and for all the healing that had been carried out through me. My Old Friend and I then left the temple and retraced our footsteps back to the lychgate.

21st May 2002

I started in the lane and paused by the holy well, where I wet my face and sipped from its cool clear waters. As I passed through the lychgate, I met my Old Friend and we set off through the churchyard into the meadow. I was once again struck by the energy emanating from the ancient oak tree in its centre.

We then passed into a grove of trees and followed the path to a fast flowing river, where we came across a granite clapper bridge. As we walked across this bridge, I was struck with the feeling of treading a path that had been trod by thousands before us.

Once on the other side, we followed an ancient path up into the mountains. Although the path was steep, the going appeared easy and we soon came to a grassy plateau where an ancient rowan tree seemed to grow up and out of the rocks from which the mountain was formed. Here we sat on a recumbent stone.

As I looked around, I began to see that the stone we sat upon was not just a random stone, it was part of a very old structure that had fallen into disrepair. I became aware that this stone was part of a stone circle and with that realisation came the awareness of a vortex of energy that seemed to rise out of the earth beneath our feet into the sky. I had the impression that this column of moving energy reached far out into space.

Both my Old Friend and I rose and walked into the centre of this

vortex of energy. As we stood there, my awareness shifted and I felt detached from my earthly physical body ... I felt part of something altogether much vaster.

After a while, I became aware of my partner, only she had no physical body ... we were both in the form of our souls/spirits ... I couldn't really comprehend exactly what we were. We came together and the feeling I had was overwhelming ... it was too much ... so intense. In our joining, because that's what it felt like, there was the expression of so much love that it was almost too much for me to bear. Yet at the same time it was the most amazing feeling. There are simply no words that can express what I experienced, it was just so good.

This whole experience was like being connected ... being part of something so very vast, yet there was also an individual element to it that existed at a much deeper level, just between the two of us. I felt many connections/communications with others, both through myself and through the other, at the same time as this individual joining between us.

How long all this lasted, I don't know. I eventually felt myself back in my physical body and my Old Friend and I walked out of the vortex of energy. I was aware that the intensity of the energy was subsiding as we moved out of its centre. As we walked, I looked back and saw a symmetrical ancient stone circle, complete with all its stones standing upright, as if they had just been placed there.

We retraced our footsteps back to the lychgate, where I was aware of a number of spirit beings. I half saw Hu and as I was about to walk through the lychgate after saying farewell to my Old Friend, I saw the spirit guide Osaka step toward me.

OF: Go in peace.

Osaka: Now you know how much we love you. Go in love.

27th May 2002

I started in the lane and as I walked toward the lychgate, it wasn't there. I continued walking along the lane and came to a gate leading into a field. I passed through the gate without any effort ... I didn't open it ... I just passed through it. I found myself in a large field of grass with a big chestnut tree standing in its centre. I walked through the field and found my way blocked by a river, so I followed the river until I came to a bridge.

I crossed over the bridge and followed a path into a wood. I eventually came to a large clearing surrounded by trees. In the centre of this clearing was an ancient stone circle of about 40 to 50 feet in diameter. I walked into the stone circle and sat on a stone in its centre. As I looked around me, I could see that the circle was surrounded by a henge and that there was an avenue of stones leading to the circle from the edge of the woods.

As I sat on the stone, I began to ask for forgiveness ... forgiveness for all the things that I have done or said in my life that have caused pain to others. I just sat there pouring it out ... it seemed endless.

Eventually I sensed a bright light around me ... I could feel how precious life is ... all life. I began to have the thought/idea that all life should be treated with respect. This is not easy to put into words, but it has to do with many things.

Even when people do great wrong, we should not lose sight of the fact that they are a life and no matter what they have done, their life is precious. Right and wrong are judgements, which are very subjective and depend on teaching, belief, culture and race. Love and motivation are important. It is about intent. There was more, but I just can't put it into words.

After a while, I was back sitting on the stone and my Old Friend was beside me.

Me: What am I doing here? Why am I here?

OF: You, and only you, chose to come here. This was your choice.

Me: But why?

OF: For you to learn/see something important for your continued growth and understanding.

28th May 2002

I had great difficulty starting my meditation this morning. I eventually started in the lane and paused by the holy well to wet my face and take a drink from its clear cool water. I met my Old Friend as I passed through the lychgate.

We set off through the churchyard into the wild flower meadow and followed a path to a river. Here we came across a bridge. As we passed the halfway point on the bridge, the landscape before us changed. We found ourselves in a foreign land ... in a mountainous region of China.

We followed a path up into the mountains until we came to a plateau overlooking a huge valley, where we sat under an old gnarled tree, looking down the valley. As far as the eye could see, the sides of the mountains were terraced in paddy fields. I could see the sun glistening off the surface of the water ... the air was so still and warm.

As we sat there, I had the thought that rice is the staple diet that feeds the physical body to keep it alive. I was then distracted by a number of different mundane everyday thoughts of my physical existence. I dragged myself back to where I was sitting overlooking this valley and began to think of how this physical life distracts me from my spiritual life.

I became aware that I no longer have to struggle, as I did in the past, to provide food for us to live ... in a way, I now take it more for granted that we will have enough food to sustain us.

My thoughts began to shift to my spiritual sustenance ... what is the staple diet that keeps my spiritual being alive? I realised that at the moment I seem to have to struggle to provide myself with spiritual sustenance. The parallel is that this too will change as I grow and develop in wisdom and understanding ... but more importantly, as I grow in love ... because love is the staple diet of our spiritual life.

28th May 2002 (Guided meditation)

I was led through a park to a channel of water and asked to choose either a black or white boat that had the shape and form of a swan. I chose a white boat, although I thought I would like to take a black one.

The boat effortlessly moved off down the channel toward a large tunnel. I was aware of lush ferns and many different types of mosses lining the channel edge ... I was amazed at the many different colours of the mosses.

As I approached the tunnel, it appeared to be brilliantly lit. As I entered it, I could see that the rock surface was covered with crystals of many different types, all reflecting a myriad of colours. My swan boat came to a stop in the middle of this huge cavern/tunnel ... the water was flat and still.

I was told to sit and wait. As I sat there, I was aware that someone was in the boat with me. I wondered what she was doing there. I tried to alter my thought pattern to make her go ... but she didn't go. It was only after I relaxed and accepted that she was meant to be there and acknowledged her that she vanished and was replaced by another.

After I accepted that she too was meant to be there and acknowledged her, she too vanished. Then another appeared ... and so on, with a number of different people, some of who were just grey shapes (these I felt I didn't yet know). Eventually, I was

beginning to wonder what this was about, so called out to my Old Friend for help.

OF: Your coming together with these people was not an accident ... it was meant to be. This is a nucleus/core of people with whom you are to form bonds.

Me: You mean form friendships with?

OF: No ... you are to form bonds. This is different from a friendship, in that these bonds will last for all time. This is only the beginning ... this circle of people will increase as you grow.

All through this experience of different people coming into the boat with me, I had been aware of a unicorn standing at the water's edge looking directly at me. This unicorn was of brilliant white. Despite all the colours being radiated from the crystal lined cavern/tunnel, it appeared as if all the colours were being reflected in perfect harmony by the unicorn's body/form. The impression I had was one of satisfaction or approval from the unicorn ... as if what had been brought into being was happening as it should.

9th June 2002 (At home in our special room)

As I passed through the lychgate, I was greeted by my Old Friend. We walked through the churchyard to the wild flower meadow, which has an ancient oak tree at its centre. As we passed the oak tree, I could feel its lovely benevolent energy.

We followed a path from the wild flower meadow that led us through a wooded landscape to a fast flowing river. Across the river was an ancient Chinese bridge constructed of only wood.

We crossed this bridge and followed a path up into the mountains to a plateau. On the plateau, the most beautiful natural garden had been lovingly created by using all the natural plants and rock features. There was water flowing out of a fissure into a natural pool and an ancient tree seemingly growing out of the nearby rock. The

garden was so tranquil and peaceful. We sat on the ground beneath the branches of the ancient tree.

As I relaxed, I found myself in a healing meditation. A female was before me. I was resting my hand on her forehead and calming her restless thoughts and anxieties.

Then there was a male ... my finger was in his wrist joints, soothing and reducing the swelling and inflammation.

Another female was next and I was stroking her head, soothing her into sleep and rest.

Then another female was before me ... I had my left hand on her neck and my right hand on her solar plexus and energy was flowing from my left hand to my right.

Another female appeared and I placed my hand over her abdomen to soothe and calm; I then had my hand in her head, trying to stimulate her body to produce the right chemicals and hormones to balance her body. I had an overwhelming feeling that synthetic chemicals were inhibiting her body's natural ability to produce the right chemicals and hormones necessary to bring about chemical balance. I felt myself creating a sphere of light/energy around the centre part of her brain that stimulates the natural production of these chemicals and hormones and a barrier to the synthetic chemicals.

Then another female came before me and I had my hand on her forehead, calming and soothing her; stilling her mind; giving her peace, rest and reassurance.

At this point, everything started to really speed up. There was a man with kidney failure. I had my hand on his kidney, repairing the damage I found.

Then there was a baby with whooping cough, followed closely by a woman who was miscarrying; I had my hand inside her womb, reducing inflammation and swelling and stopping the flow of blood.

Then there was a baby with lung problems, followed by a woman with a brain tumour, who was closely followed by a woman with breast cancer.

There were many more, but I cannot recall them. I felt so overwhelmed by what was happening, I had to ask for it to stop ... and it did.

I returned to the plateau and was again with my Old Friend.

OF: Your garden is to be a place of meditation for you, like this one you are in now. It will be tranquil and peaceful. It is also to be a place where you will sit, relax and rejuvenate. It has been infused with much energy and love by spirit for all those who visit there to benefit by.

We then rose and retraced our footsteps back to the lychgate. When we arrived at the lychgate, I heard rather than saw the spirit guide known as Osaka.

Osaka: You have been aided and helped by the love energy your partner has imparted/infused into this place where you now sit. Remember that she and her guides and helpers are with you when you are called to do healing.

I then passed back through the lychgate into the lane.

13th June 2002

I began by being aware that I was in the lane and the hedgerows were filled with many different varieties of wild flowers. I could see the blue sky and feel the warmth of the sun. I paused at the holy

well, took a sip of its clear cool water, wet my face and passed through the lychgate. I was met by my Old Friend and we walked off through the churchyard into the wild flower meadow.

I walked up to the ancient oak tree and hugged its trunk. As I touched it, I felt a healing energy pass through my body. We then left the oak tree behind and followed a path to a river (it looked like the river Cam running through the pastures of Grantham).

As I looked along the river, I was aware that there was no way to get across. I then saw a stack of bricks standing as a pillar, pointing up into the sky. As I looked at the bricks, they slowly toppled over, bridging the river and falling onto a person who was standing on the other side. This person was a friend of mine and he was forming a supporting pillar for the bridge that the bricks now formed. He wasn't in any distress ... on the contrary, he was effortlessly holding up the bridge.

This image vanished and the Mathematical Bridge (from Cambridge University) appeared, spanning the river. I crossed this bridge and we followed a path up into the mountains to a hermitage high above a valley. Here there was a small natural garden with a dwelling hewn into the rock. Here we sat on a rough rock seat under the branches of an ancient rowan tree, overlooking the valley.

As I sat on the seat, I saw the image of a Mississippi river boat, with a huge paddle on the stern to propel it along. I was dismantling the drive gear to the wheel. Once the propulsion system was disconnected, I noticed that the boat was still moving in the same direction without any loss in speed.

I was being told that I must not drive myself or let anyone else drive me along. I am to listen to my inner self and go with the flow of what feels right for me. Yes, I am to listen to others and take note of what they say, but I must always listen to my inner self.

This image shifted and I found myself asking about my partner. I was told her writing is important and is what she is to do. Her writing will encourage, inform and give hope.

I had an image of a theatre, where she was sitting behind the scenes and a play she had written was being performed on the stage before an audience. The play was being enacted exactly as she had intended in its writing ... the messages in it were being conveyed to the audience without any distortion. She was not controlling or directing the performance, but was watching over the performance.

This image faded and I was once more sitting with my Old Friend on the rock seat under the tree. I was also aware of Hu with us.

Hu: Remember to always listen to your inner self ... always stop and listen before you act.

My Old Friend and I then retraced our steps back to the lychgate, where we bade each other farewell.

25th June 2002 (Guided meditation)

I was led to my safe place and found myself in our back garden, standing beside the red maple. I followed a path to a brick wall, then passed through a door into a meadow of tall grasses and wild flowers. I followed the path to the trees and on to the clearing where I was guided to sit on a comfortable log.

I rose from the log and walked to the nearby river, where a Native American was waiting for me in a native canoe. I climbed into the canoe and he powered it with a paddle along the river, until we came to the top of a waterfall. Here, he brought the canoe to the right side bank of the river and beckoned me to get out.

I found myself in a small clearing overlooking the falls. In the clearing was a Native American medicine man with a raven (or crow)

perched on his left shoulder; a living flame fire (a fire with no combustible material, just a burning flame); and the medicine man's lodge. The Native American who paddled the canoe indicated that I should sit opposite the medicine man, but with the burning flame between us.

As I sat there, the raven/crow launched itself from the medicine man's shoulder and landed on my right shoulder. As I looked at it, I could see it carried something in its beak, so I held my right hand open for it to drop it in my hand. As the object dropped in my hand, it glistened and sparkled in the light of the flame. I thought at first it was a crystal, but as I looked closely I could see it was a diamond.

I said to the medicine man that I couldn't keep the diamond and made to hand it back to him. He just looked at me, then with his right hand he made a gesture of moving his closed fist from his heart, to open that hand and extend it toward me ... a gesture I took to mean that the diamond was a gift from his heart that I was meant to keep. I thanked him and kept it. After a while, the Native American who had paddled the canoe came toward me and beckoned me to rise and return to the canoe, which I did.

I settled into the canoe and the Native American pushed off from the bank. I thought we would be driven over the falls by the flow of the river. However, with great skill and strength, the Native American powered us slowly away from the falls, back the way we had come.

It was hard and progress was slow at first, but the further we travelled away from the falls, the easier and faster we moved, until we were gliding along without any effort at all. I was taken back to the exact point of my departure and the Native American indicated I was to leave the canoe and return to the log.

Once back at the log, I lay on the ground, using the log as a pillow, with the thought of just bathing in the sunshine until called back. As

I lay there, I became aware that I could hear the landscape around me. I could hear the grass moving; the leaves in the trees rustling; small animals moving over the ground in search of food; birds singing and even a bear roaring amongst the trees. It was like hearing the landscape breathing and bursting with life.

23rd July 2002

I started in the lane ... what I could feel most was the warmth of the sun on my face. I started to see the ground beneath my feet and the grass growing in the centre of the lane ... then I became aware of the hedges and the flowers growing there. I started to move up the lane and paused by the holy well to wet my face and drink from its cool clear water.

I felt somewhat refreshed and continued to the lychgate, which I opened and passed through. I found myself in the familiar churchyard and became aware that my Old Friend was waiting there for me with another spirit being. This other spirit being was a beautiful nun who greeted me.

Me: It's been so long since we last were together and you are still here waiting for me?

OF: Time is of no consequence. It is good to be with you again.

Me: I feel strange to be here again after so long.

OF: That is more your perception than reality.

The three of us seemed to stand there for an age. As we stood there, I became aware of seeing sheets of plans, drawings and symbols spread out before me ... it appeared as if they were constantly moving and being placed one on top of the other, not neatly, but with bits of the ones underneath showing. They were strange, like nothing I had seen before.

As I looked at them, they seemed to be changing before my eyes. I suddenly had the knowledge that these plans, drawings and symbols

represented my life plan ... and they were changing. Something had occurred that had resulted in my life plan being altered. I looked up into the face of my Old Friend and was about to ask him what this meant, when he spoke to me.

OF: This visit you have just completed to the ancient sacred places, where the spirit world has met your physical world since the beginning, has wrought changes in you that are to alter the course of your life plan in this existence. These changes are all of benefit for you and for others.

Me: What changes?

OF: You are not fully aware of what has happened and is to happen in you, but do not be afraid, for all is well.

With this, the images faded and we started to walk through the churchyard. We entered the wild flower meadow and passed the ancient oak tree. As we walked, it felt as if I was floating and my feet weren't actually touching the ground. We seemed to glide over the landscape through a wood to a river, over a bridge to the other side and up into the mountains, to a crescent shaped rocky outcrop. Here we came to a halt and sat on the ground.

We sat for some time before I suddenly felt myself leave my body in the shape of an eagle. I soared up into the clear blue sky and out over the surrounding landscape. As I looked below, I became aware that the topography was changing as I flew over it ... fields, trees, paths, hills and even mountains were changing their shapes and positions. Eventually I returned to my body on the ledge.

Me: What just happened?

OF: This is to reinforce that your life plan has changed and is changing ... it is the same vision given to you in a different form, so you will believe and not doubt.

We rose and retraced our path back to the lychgate, where the nun

was waiting for us.

Nun: You have been in many lives ... and you will now be in many others' lives. All these lives you are to touch, you will do so with love and wisdom.

I bade farewell to them both and passed once more through the lychgate into the lane.

25th July 2002

I walked up the lane between the hedgerows and passed through the lychgate into the churchyard, where I was met by my Old Friend.

My consciousness shifted and I could see a round stone basin some 10ft in diameter and some 4–5 ft deep. The surface of the water was still and my reflection was so clear that I could see every wrinkle and defect in my face and on my skin. As I looked, the water suddenly began to ripple and my reflection became distorted and unrecognisable.

My consciousness shifted again and I was back in the churchyard with my Old Friend. We started to walk across the churchyard to the wild flower meadow, when I felt myself start to float and move quickly over the landscape. I eventually came to rest on a raised grassy hill in the centre of a flat landscape. I could see to the horizon in all directions around me.

As I took in my surroundings, I realised that my Old Friend was with me. We sat on the grass, gazing out into the landscape. As I sat there, my consciousness shifted and I was taken to another place.

All I can remember is a round natural pool of deep, clear, cool water whose surface was flat and still. In the surface of the water I could clearly see my own reflection. I seemed to stand there gazing into the water for some time. Suddenly the surface of the water started

to ripple and I could no longer discern my reflection. I don't know how long I remained in this place before I returned to the grassy knoll.

As I sat there on the knoll, I had to concentrate to keep myself from going back to the place I had been ... wherever it was, it had felt so calm and peaceful that I wanted to return there. Instead, I rose and floated back across the landscape to the lychgate. I said goodbye to my Old Friend and passed back into the lane.

Note: On coming back to my chair, I felt very heavy and tired and just wanted to sleep ... I wanted to sleep so much that I couldn't open my eyes for a short while. When I looked at the time, an hour had passed.

30th July 2002

I started in the lane and could feel the warmth of the sun. As I walked up the lane, I was amazed at the brilliant colours and variety of flowers growing in the hedgerow. I paused by the holy well and wet my face in its cool water. I passed through the lychgate into the churchyard, where my Old Friend was waiting for me.

Me: It is good to be with you. I seem to be struggling with my physical self yet again.

OF: This struggle with your physical existence is the thorn in your side. Come, we will go to a quiet place.

We walked through the churchyard into the wild flower meadow. I paused beneath the ancient oak tree ... I could feel its healing energy enveloping me. We moved on through a grove of trees to a river. Across the river was a simple wooden bridge, wide enough for one person to walk at a time.

We crossed this bridge and followed a path up into the mountains, to a small plateau backed by rocks. Into the rock was built a cliff

dwelling. We sat on the ground in front of the dwelling, looking out over the landscape. I became aware that there was a fire burning in front of us ... it seemed to have no source of combustion ... it appeared to be a living flame that seemed more to warm my soul than my body.

As we sat there, a most wonderful sunset developed before us. I felt my mind quieten as the wonder of what was happening filled my consciousness. I became aware that beings were beginning to appear seated around the fire. As they came fully into focus, I could see they were Native Americans. I then began to hear them chanting ... I was enthralled with the rhythm and began to feel myself being pulled upwards.

As this pull became stronger, I realised that my body was still seated on the ground, but I was moving up and away from the plateau. I am not quite sure at which point I ceased seeing or being consciously aware of where I was, but I have no recollection of where I went or what I saw or what happened to me.

My next conscious moment was descending back into my body. As I became fully back into my body, I was aware of something glowing and I could see all the Native Americans looking at me with enigmatic faces. I realised that it was me who was glowing brightly and illuminating the space around us. The Native Americans all stood up and one by one they returned to wherever they had come from. I was left sitting on the plateau with my Old Friend.

We rose and I could feel his thoughts ... so following his thoughts, we both strode quickly to the edge of the plateau and launched ourselves into space. As we leaped off the plateau, we both turned into eagles and soared over the landscape. I was aware that I was still glowing brightly.

We glided back to the wild flower meadow, where we turned back

into human form as we landed. We then walked back to the lychgate. At the lychgate, my Old Friend draped a spiritual cloak around me for my protection.

1st August 2002

As I stood in the lane, I felt the warmth of the sun on my face and I could see the mass of different coloured flowers in the hedgerow. On approaching the holy well, I noticed that it looked significantly different from previous meditations. Instead of being a small spring by the side of the lane, it was a pool of water with a small open sided building over it set into the hedge.

I walked in under its roof and bathed my hands and face in its cool water. Instead of continuing up the lane, I found myself walking through the building and out the other side into a meadow ... it was more like a huge grassy plain than a meadow in the traditional English style.

As I stood there looking out over the plain, I felt a movement near to my right side. I looked down to find a large male wolf standing beside me. He started to move off in front of me. I followed until I caught up with him and we were walking side by side. I noticed that as we walked, his tongue lolled out from the side of his mouth.

Eventually, we came to a wide, deep canyon with a river running through it. The wolf led me down a steep winding path to the bottom of the canyon, where there was a bridge. We crossed the bridge and he led me up a steep winding path to the canyon rim. I then followed him toward an isthmus of rock that jutted out into the canyon.

This place was rich, green and fertile and seemed to be teeming with wildlife. When we reached the isthmus, I followed the wolf out onto it. The wolf lay down, so I sat down on the ground beside him. I was

conscious that the wolf's body made contact all down my right leg and thigh ... I could feel his breathing and warmth.

As I sat there, I could see right down the length of the canyon ... it was the most amazing vista. I began to drift and felt myself rising up above my physical body. As I looked down on the earth below, I could see a barren red sandy land. Then I could see the land being covered in a flood. As the flood waters receded, the land became fertile and produced all manner of flora and this in turn became inhabited by all manner of wild life.

I returned to my body beside the wolf and seemed to sit there quietly for some time before I felt the wolf sit up. As he sat up, I began to notice other wolves appearing one at a time, all sitting beside one another and forming a circle with us as part of the circle. As I continued to look, I became aware that with each wolf was the human form of a person I know.

I began to feel aware of the communication that was happening between the wolves. I seemed to know they were all from the same family and this was a coming together not only for them, but also for all their human charges. The feeling I had was that they were watching over all their human charges and that they played an important part in bringing us all together, forming a link between us.

After a while, the human images and the wolves disappeared, one by one in the same sequence they had arrived. We sat there for a while longer before the wolf rose and stood waiting patiently for me to follow. He then led me back across the canyon to the holy well. On arriving back at the holy well, I met my Old Friend, who spoke to me:

OF: This is good that you know each other.

Me: Where do I go from here?

OF: Forward (more a sense of onward progression ... moving forward on my spiritual journey in understanding and enlightenment ... in love ... but he just used the one word, 'forward').

6th August 2002

I started in the lane, paused by the holy well to wet my face and hands in its cool water, then passed through the lychgate into the churchyard, where my Old Friend was waiting for me.

Me: It is good to be with you again. The burden of my everyday physical existence clogs my mind and thoughts ... the noise of life interferes with my meditations.

OF: It is part of your life to struggle with your physical existence ... it will continue to be until you are in true harmony with all aspects of yourself. Then and only then will your mind be truly free.

We started walking through the churchyard and emerged into the wild flower meadow. When we had crossed the meadow, we happened upon a river. Tied to the riverbank was a Native American canoe and beside it a Native American. As I looked at the canoe, I could see it was made of wood and animal skins ... I could see the wooden ribs and the stitching holding the skins together taut over the wooden frame. I was also aware of the bright colours with which it was decorated.

My Old Friend and I got into the canoe and the Native American knelt in the canoe and paddled it away from the riverbank into the centre of the river. As he took us up the stream, I became aware that we were approaching a waterfall.

Just before the falls and at a point where the river left the pool at the base of the falls, he pulled us toward the riverbank, where we alighted from the canoe. He made the canoe fast and led us to a clearing beside the pool at the base of the falls and facing the falls that fell from above us. In the clearing were three tepees or lodges.

He led us to a place beside the pool under an ancient tree and motioned for us to sit.

After a short while, we were joined by a Native American holy man ... he seemed old, yet appeared to be of no age at all. He sat down with us, forming a circle/triangle with us. I was struck by the visual difference between the three of us ... my Old Friend dressed in simple Chinese attire, myself in European dress and the Native American in Indian garments. Yet this striking difference in our physical appearance seemed to accentuate our oneness.

Me: What does my future hold?

Holy Man: Your future is but the next moment ... it is but a heartbeat away ... it is indiscernible from one moment to the next. The future becomes the past in but a moment. You would know your future and in that knowing the very nature (mystery) of your existence would cease to be.

Me: But surely to know that one is on the right path and following one's life purpose is OK?

Holy Man: Your path is laid out before you, this you already know, you have already been told/shown. I see you with many others, all in harmony ... with many different gifts, but as one ... all growing in understanding, knowledge and wisdom (enlightenment). Much has already been written, but there is also much that has yet to be written.

Me: Why do I sometimes feel in such a void spiritually? At these times, why do I seem to struggle so much with my physical existence?

Holy Man: When you feel spiritually quiet, you are at a subconscious level consolidating and internalising spiritual knowledge, wisdom and enlightenment. The struggle you perceive at these times is the harmonising of your physical and spiritual self. This is your innate being ... your true self.

At this point, I seemed to see many different visions and images that

flashed through my mind/vision so fast that I was unable to fix on any one of them ... in fact I was even unable to remember any of them. These images seemed to fill my memory until it overflowed to a point where I ceased to see them ... I only sensed them. I also lost a sense of being seated with my Old Friend and the holy man beside the pool.

Eventually, when the images and visions ceased, I gradually became aware of my surroundings and of being seated on the ground once again. The three of us rose and the holy man turned and walked back to his lodge. The Native American returned, led us back to the canoe and paddled us back to where we had started our journey with him.

My Old Friend and I then retraced our steps back to the lychgate. At the lychgate, we were met by a nun clothed from head to toe in a lovely blue robe. She spoke to me saying, "You will be in harmony with your true self. Trust and know it to be so." I bade them both farewell and passed back into the lane.

12th August 2002

I started in the lane, paused by the holy well, then passed through the lychgate into the churchyard. Here I saw a nun of great spirituality, who seemed then to be a Native American holy woman, who seemed then to be a Celtic mystic, who in turn seemed to be an Oriental woman of wisdom. I tried to stabilise the image into one of the four, but it was impossible. I called for my Old Friend for help.

OF: It is good to be with you again.

Me: It is good to be with you again. It would seem that my mind is playing tricks on me and I am trying to create images.

OF: Quiet your mind and let go of your thoughts. Now you will see that there is not one spirit in the form of a female, but four. Your image was not one image, but four images. They have come to work with you ... to work through you ... to teach you and show you many

things. Go with them.

I found myself in the centre of these four spirits who were in the form of four females. They guided me out of the churchyard and across the landscape to the sea. Here we embarked on a small boat powered by a single individual, clothed from head to toe in a black cloak, who stood in the stern of the boat. We eventually beached on a gravel beach and disembarked.

I then followed these four up the cliffs toward a huge mountain that seemed to rise up from the centre of the island we were on. At the foot of the mountain there was a large raised area a couple of hundred feet above the surrounding land. As we approached this raised area, I could see a large stone circle come into view.

The five of us walked to the centre of this stone circle. All the time we walked, I was in the centre of the four. At the centre of the circle, I was signalled to sit ... the four also sat ... one to the east of me, one to the west of me, one to the south of me and one to the north of me. I faced south, looking out across the landscape.

As we sat there, I began to hear the four chanting in a strange, but somehow familiar ancient language. After a short while, I felt myself rising up and out of my body. I seemed to be pulsing many different colours, but started as red and then yellow, etc. As I rose higher, I looked down on myself and saw that the four had become more.

There were more beings in the human female form of many differing nationalities and eras, sitting so as to form a human medicine wheel with me at its centre. I began to see a pillar of yellow/gold light going from the top of my head up to further than I could see. I spiralled around this pillar, reaching out my hand to touch it ... it felt unbelievably smooth and symmetrical.

After a while, I just seemed to be at peace and there were no

images or thoughts. This was followed by an image of blue sky with cumulus nimbus clouds over a large mountain range. Other images followed, but it was like I was flying swiftly over the landscape. I seemed to visit many different places and felt as if I was being shown/taught many different things at each.

Eventually I returned to my body in the centre of the stone circle. I opened my eyes and saw that there were just the five of us again, but now I could smell many different herbs that were burning slowly in many different types of bowls all around me, between me and the four.

After a short time they rose and signalled me to follow them. We walked back to the boat ... again with me in their centre. The boat took us back to the mainland and we retraced our path over the landscape, back to the lychgate where my Old Friend was waiting for us. I then returned to the lane.

15th August 2002

I started in the lane, wet my face and quenched my thirst in the holy well, then passed through the lychgate into the churchyard. Here the same four female beings as in the last meditation met me. My Old Friend was there, but he stayed in the background.

The four beings led me across the landscape to a mountain that had the characteristics of China. At the foot of this mountain was a raised plateau with an ancient tree growing on it. This tree I felt had been growing there since the beginning ... but the beginning of what I wasn't sure.

This was where we sat under its branches in the dappled shade. I felt cool and comfortable. As we sat there, I began to see a child lying on the ground before me ... I felt myself rise out of my body and go to a place where I picked some herbs and leaves. I brewed these into a drink. I returned to my body with this drink and slowly

helped the child to drink it. After a few moments the child woke and stood up, then looked at me, laughed and ran off giggling.

The Oriental female being said, "She has been restored to life. The natural plants around you hold all that is needed to keep life healthy. Your physical form is designed to digest and live off all that grows naturally from the earth. Your body is not designed to absorb synthetic substances that have been created or manipulated. Seek always what comes from the earth ... that which is from nature.

I have the feeling that as I started to drift, there were several others that came before me and all left healed ... I think that most were children.

My consciousness shifted and I found myself in a place of peace and tranquillity. It felt as if I was separated from my body and connected to something else ... yet at the same time I had the feeling that my body was comfortable and relaxed. How long I stayed there, I am not sure. Whilst in this place I felt as if I was being shown many things ... none of which I seem able to recall. I eventually returned to my body, feeling relaxed and at peace.

19th August 2002

I started in the lane and walked to the holy well. The holy well was different in that it had a roof over it supported on four columns. I passed from the lane under the roof and knelt by the water to refresh myself. I then walked past the well into a meadow beyond, where I was met by four spirit beings in female form ... my Old Friend was also with them.

Oriental female being: Greetings ... there is much for you to learn that will aid you in your purpose.

Celtic female being: We are here to reveal much to you if you open your mind to us ... if you keep nothing hidden and lay bare your innermost thoughts and emotions.

Native American female being: Although your path is laid out before you, it is not an easy path to tread. When you need guidance and feel lost, call and we will be there with you.

Nun female being: Come ... there is much for you to know.

With that, they led me across the meadow to a river. On the river was a flat bottom boat into which we all climbed. I then punted it across the river to the other side ... the boat seemed to move easily and swiftly through the water and I didn't feel as if it took any effort at all.

Once on the other side, they led me across a plain to a boggy, marshy place. I couldn't see a path or a way through this place. The Native American female spirit being just continued walking straight into the marsh, so I followed her and the other three followed me. I found that there was a path, but it was only a foot's width across and raised slightly above the marsh around us. This path wound tortuously around until we came out the other side onto solid ground again.

We then continued to a mountain at the foot of which was a temple that was raised on a dais. The temple looked to be Tibetan. It was about 7 metres across and 4 metres deep, with a huge bell at its centre. We halted just in front of the temple and the Oriental female spirit being walked into the temple and struck the bell.

The five of us then sat on the ground ... the four female spirit beings in a circle around me, holding hands. I could hear them chanting in a strange language that I felt was a part of Creation. It felt as if the very landscape and air around me was in harmony with their chant.

My awareness seemed to shift and I could see before me a straight road leading into the distance. I seemed to know that this was my path ... I could see no end to it. I then asked, "What of my partner's path?" and immediately saw another road that this time seemed to

wind and twist its way into the distance. There were places along both our roads where they seemed to come together for a while and then diverge again.

I felt myself drifting, as if I was going to sleep. All my surroundings became misty and grey, although I was still with the four female spirit beings around me holding hands. We seemed to be somewhere else and I could hear other voices, but it wasn't as sound, it was more inside my being. I was being asked to help them ... but how or why was not clear ... they were crying out for help.

All the time I felt at ease ... safe, protected, lifted up. It felt as if I knew what it was I was to do, but I couldn't bring it into my consciousness. We returned to the place before the temple. I found that my eyes had been open all the time and I could see every detail of what was around me.

Celtic female being: You will know when the time is right.

We rose and retraced our steps to the river, where I again punted us back to the other side. We returned to the holy well and I passed back through the holy well into the lane.

23rd August 2002

I started in the lane and refreshed myself from the holy well, which was simply a bubbling pool of water inset into the hedgerow. I then passed through the lychgate into the churchyard, where I was met by my Old Friend.

Me: It's good to be with you again.

OF: It has been a while since we last communed. Come ... walk with me.

We set off through the churchyard into the wild flower meadow beyond. As we approached the ancient oak tree growing in its

centre, I became more and more aware of the life giving energy that was flowing from the oak tree into the surrounding land. This energy felt as if it was healing and nurturing the land all around the tree.

We stood for a while under the branches of the tree. Suddenly I started seeing images. I was standing in a crowd on the edge of a stepped pyramid. Above me and to my right were four individuals dressed in different clothing to myself and those around me. My attention was riveted on a boy spread across a raised stone. He was face up with his legs dangling down and was being held by two of the robed people.

Suddenly, one of the robed people plunged a sharp object into his chest ... the next thing I saw was his bloody pulsating heart being held up in the air and I was surprised because he didn't scream out (or if he did, I didn't hear it). The noise around me seemed muffled and surreal.

This boy was replaced by another and the same ritual was repeated. When I pulled my attention from this place, I could see blood running deep red down the sides of the stone. I had the impression of hundreds of children being murdered in this fashion in front of crowds of people. Inside my head was a soft small voice full of love and compassion, asking for these children to be restored to their spiritual home.

This vision faded and in its place was an image of a Native American ... he appeared to be a chief or elder of his tribe. He wore a head-dress of feathers that reached from the top of his head to the heels of his feet. I saw a link between his head-dress and the feathered serpent of the Mayan culture Quetzalcoatl.

It seemed very clear and significant that this Mayan influence was so closely linked to Native American culture. The feeling I had was one of a being who was loving and compassionate, one who valued all

life as being sacred. This was linked to a great sadness for humankind ... for all the terrible acts that had been committed by a few who, through power and greed, sought to rule over their own kind.

The Native American chief was shown to me to symbolise hope for humankind ... the return to true spiritual awareness ... the pathway for a return to valuing all life as sacred, through love and compassion for all Creation. It seemed clear to me that the Native American chief was the continuation of a teaching that was linked to and preceded that of the Mayan, Olmec and Egyptian cultures ... to even older cultures that have not yet come to light ... that this teaching is the embodiment of our spiritual nature manifest in human form.

This all faded and I was once more beside my Old Friend beneath the oak tree. We continued our journey to a river and here we crossed over to the other side via a narrow curved wooden bridge. We followed a path to an ancient sacred site overlooking the sea, where we stopped and stood looking out over the vast open expanse of water.

As we stood there, I felt an intense feeling of love and compassion flow through me ... an energy so strong and alive that I felt connected to all that surrounded me. I felt on the verge of being both a spiritual being at the same time as existing in physical form ... I can't really describe what I mean here, it was as if I had substance, but I didn't ... as if everything around me was solid but wasn't. It was beyond any experience I have ever had.

29th August 2002

I started in the lane and saw this start of my meditation as a form of mandala expressed in physical form.

The lane is the beginning of moving from the physical realm to the

spiritual realm.

The holy well is a step on that journey ... a preparation for the next transition. The wetting of my face and hands and the drinking of its water is a symbolic washing away of the grime (corruption) of the physical world.

The lychgate is the passing through the veil to the next stage, ever closer to a state of spiritual awareness.

The meeting of my spirit guide (my Old Friend) is my finding one who will help me and guide me through this transformation.

The journey across a landscape to a bridge across a river or other obstacle is analogous of my search for spiritual enlightenment.

The bridge is symbolic of a crossing over to the other side ... of stepping into the spiritual realm.

The sitting in a place of spiritual significance is symbolic of surrendering myself completely, as well as the opening of my mind to the possibility of all things spiritual. ... of reaching oneness with spirit.

This whole ritual in meditation is one of spiralling upwards in consciousness and awareness to a place of spiritual oneness.

I paused by the holy well, drank its clear cool water and wet my face. I passed through the lychgate where I met my Old Friend, who bade me walk with him. We set off to the north through the churchyard and entered a vast plain with mountains in the distance.

After a while, we came to a gorge with a vast river flowing at its bottom. We found a rope and wood bridge across the gorge. We crossed the bridge and followed a path up to a butte where there

was a tree. We sat beneath the tree, overlooking the gorge and the river. This was a place where many before me had sat in their quest for spiritual enlightenment.

As I sat, I became aware that we had been joined by five Native American wise men. The seven of us were seated in a circle.

Wise men: You will always struggle (battle) with your physical self ... with the physical world ... this is your path. Your physical nature seeks to corrupt and change you ... it seeks to mould you into conforming with the ways of your physical existence. But know that your spiritual being is far stronger than you think or realise ... your spiritual self will always prevail. Listen to your spiritual self in times of weakness and hardship. Do not become what the physical world would want ... be true always to your spiritual being ... your spiritual self that has been since the beginning. Dig deep inside yourself and remember, for this will sustain you always.

There was a pause ... a silence for a while. I had a sense of them (beings from the spiritual realm) always being with me and that they would not place me in any situation, or with anyone who would be able to harm me or those I love.

Wise men: You are to help many ... your path is spread out before you. You know this. Treat all with love and compassion. You will not judge, but will always find it in your heart to understand even the darkest of souls.

They rose and all made a gesture using their right hand, of moving their fist from over their heart to an outstretched open hand toward me with the words, "Go in love and peace always." I returned their gesture without really thinking about it. They seemed to smile (this being the first movement of their faces since they came).

My Old Friend and I retraced our steps back to the lychgate, where

the four female spirit beings were waiting for us. I thanked them and passed back through the lychgate.

10th September 2002

I started in the lane, paused by the holy well and passed through the lychgate into the churchyard. Waiting for me were my Old Friend and the four female spirit beings. They all greeted me and we moved off through the churchyard toward the north.

We entered the Great Plains with mountains in the distance, which we walked toward. After a while we came to the edge of a great lake, where we found a boat of simple wooden design with a single mast and sail. All of us climbed into the boat. A strong breeze appeared and filled the sail, moving the boat swiftly across the water.

We travelled across the lake until we came to a huge waterfall cascading out from the mountains. I was surprised that we carried on moving at the same speed, straight for the falls. The boat sped through the water and emerged in a huge cavern the other side of the falls.

I found myself in a cavern lined with crystals and lit by some means with brilliant light reflected by the crystals. The boat moved to a carved stone quay where my Old Friend and the four female spirit beings disembarked. I was told by gesture from the Native American female spirit being to remain in the boat. The boat then moved out into the centre of the cavern.

As I waited in the boat, I became aware of a golden light surrounding me. This light began to change to a brilliant white ... at the same time I felt myself beginning to shrink ... the boat and the surrounding images seemed to get bigger very rapidly.

Eventually I felt myself to be the size of a grain of sand. After a brief

moment, I began to grow again until I reached my normal size, but I didn't stop growing ... I got bigger until I was outside the cavern and eventually above the Earth, amongst the stars.

As I looked around me, a simple thought began to form itself in my head, that the stars all looked different from where I was ... the same stars, but they formed totally different shapes from those they formed when viewed from the surface of the Earth. Also, they didn't seem to move ... the Earth was moving/turning.

Slowly, I became aware of other celestial bodies moving and changing their positions relative to me. It seemed it was being pointed out to me that time, as we know it on Earth, only exists on Earth and nowhere else in the universe. It all depends on one's viewpoint. All the star maps and astronomical observations that are embedded in our ancient cultures are from observations made from the Earth ... they cannot possibly be made from anywhere else ... the only exception is of the shape of the Earth ... that can only be seen from observations from space.

It would seem that our view of the cosmos is limited by our viewpoint ... we see it in one particular way when we are on Earth. If we move into space, then our viewpoint changes and we begin to see differently. It seemed as if the following was being implanted into my consciousness: *Open your mind to the possibilities of what are not yet seen or understood, for in seeing, you will understand and in understanding, you will see.*

I returned to my normal size and found myself once more in the boat. The boat moved back to the quay, where my Old Friend and the four re-embarked and the boat travelled back to the shore of the lake. We disembarked and retraced our path back to the lychgate, where they all bade me farewell.

Note: I had a feeling that this message was to work on many

different levels within my life and understanding. It felt that it was about trusting; being non-judgmental; accepting that which seems to be extraordinary; to see things from a different point of view from my own and to be open to all possibilities. It was about not having any preconceptions ... to be willing to accept what spirit is to show me and ask me to do.

16th September 2002

I started in the lane, paused by the holy well and passed through the lychgate into the churchyard. Here I was met by Chuang Chou, the Tibetan monk and an enigmatic tall dark spirit being.

As I stood there, I was very conscious of this tall dark spirit being. I became aware that I had a name for him ... he is called Asambaiya. He is a holy man, one who has much wisdom and knowledge and he has come to teach and reveal many things.

My Old Friend and I set out from the churchyard across the Great Plains toward the foot of some mountains. Here our path was blocked by a wide, fast flowing river. Without hesitating, I followed Chuang Chou right into the river. To my amazement we seemed to just walk through (or across) the water as if it wasn't there ... what was even more startling was that neither of us were wet.

From here, we followed a path up into the mountains and eventually came to a wide flat plateau. On the plateau stood a pyramid that had been built at the beginning of human life on Earth and was far more ancient than any human could imagine.

As we approached the pyramid, I could see a stairway carved into its structure. We climbed these steps until we reached the top, where there was a flat open area with seats carved in stone set around the four sides. Here we sat side by side, facing south.

After a while, I became aware that all the seats around us were

occupied by others. The whole area became illuminated in a white light at the same time. It was as though we were being told of how symbiotic is our relationship to the Earth and the rest of Creation. We were also being shown that many souls on Earth are awakening to this symbiosis ... and moreover, that there is great hope for humanity.

I was suddenly back on the pyramid with Chuang Chou. I gave thanks for what I had been shown. We both rose and retraced our path back to the lychgate. I bade farewell to Asambaiya, Hu and Chuang Chou and passed once more into the lane.

20th September 2002

I started in the lane, paused by the holy well and passed through the lychgate. Here I was met by my Old Friend and Asambaiya. After greeting each other, we set off from the churchyard into a barren landscape. It was hot and dusty ... not many plants seemed to grow there.

Asambaiya: You see only a barren landscape where nothing appears to grow. The reality is very different from your perception. You see what you expect to see ... you feel what you expect to feel.

We continued until we came to a dried up riverbed, which we crossed. We then came to the base of a cliff rising up before us. There seemed to be no way up its vertical face. Asambaiya continued to walk toward the cliff face ... as we got closer, he disappeared from sight.

We followed his footsteps and saw that there was a cleft in the rock with steps cut into the rock face. We followed him up these steps until we emerged on the plateau above. There we saw a lone gnarled and ancient tree growing not far from the cliff edge. We made our way there and sat on the ground beneath its branches, shaded from the heat of the sun.

As we sat there, I gazed out over the landscape. After a while, I became aware that we were being slowly shrouded in darkness. It wasn't a darkness of night coming, but a darkness of being covered over with a covering of some description. Eventually we were completely shrouded and it was pitch black all around us. It felt oppressive and like my very life was being snuffed out.

Suddenly I felt this surge of energy flow through me and burst outwards, ripping the shroud around us into nothingness. A bright light surrounded us and expanded outwards, illuminating all around us.

Slowly I began to see again and the landscape around me was no longer barren. I could hear all manner of creatures and see all manner of plants and living things. The whole landscape had blossomed ... it was rich and fertile.

Asambaiya: There is much for you to learn and know about your true self ... about your true nature. Do not fear ... trust.

After a short while, we rose and retraced our footsteps back to the lychgate, where I bade them farewell and returned to the lane.

24th September 2002

I started in the lane, paused by the holy well and passed through the lychgate. Here I was met by Hu, my Old Friend and a tall slim female spirit being clothed from head to foot in the most intense blue I have ever seen.

This female spirit being led us off through the churchyard into a cornfield. The corn was about waist high. From here, we moved into a wheat field that stretched as far as the eye could see in all directions. In the distance I could see some sort of a structure. As we approached, I could see that it was a stone circle. The stones stood between 2 to 3 metres high.

She led us into the centre of this stone circle and we all sat down on the earth. I noticed that the wheat didn't come right up to the stones, but stopped about a metre short of them, forming a perfect circle around the stone circle. I was aware that when we sat on the ground, we all sat on a cardinal point ... me to the west, Hu to the east, my Old Friend to the north and the female spirit being to the south.

As we sat there, I could hear the female spirit being begin to chant/sing in a strange tongue ... her voice was melodic and her words seemed vaguely familiar. I then felt a wind start to blow from behind me ... as I looked at the others, a wind was also blowing from behind them.

Suddenly the female spirit being began to shine/radiate light ... and so did the others. As I looked at myself, I was also glowing/radiating light. I was aware that I was outside my body and rising up joined with (as part of) the other three ... not separate, but as one.

Suddenly we were in the most beautiful garden/landscape. It felt intensely lovely just being there. As I looked at it, I began to see people. I looked more closely at the children and their colour disappeared and they began to look grey/dark.

As I looked even closer, I could see that they were afflicted with every kind of disease ... some were starving. The whole landscape started to lose its colour, the flowers started to shrivel up, the trees began to die and the people became sick. I turned to the other part of me that was the others and asked:

Me: What is happening? What can I do to change this? I want this to stop!

Consciousness: How can you heal this if you yourself are not whole? Your motive is true and right, but you must first become healed/whole. There are many who are awakening to what is

happening. Knowledge, wisdom and understanding are essential, but they must be tempered with love and compassion.

Something else was then said that doesn't seem to make sense ... it was something like, "If you don't allow the fight, then you cannot lose the war" (more like the light cannot be defeated?)

We then returned to being seated on the ground in the centre of the stone circle. The female spirit being then asked me to hold her hand, which I did. The others then held hands and completed the circle. I felt an intense warmth travel into my body from her. It seemed to fill me completely. The ache in my back disappeared, as did the ache in my neck and shoulders. I felt at peace.

After a while, this intense energy slowly receded and I was once again aware of my surroundings. We rose and retraced our steps to the lychgate. I thanked them all, bade them all farewell and passed back into the lane.

27th September 2002

I started in the lane and met my Old Friend by the lychgate. I greeted him and had the expectation that we would journey to a sacred place. Instead, he just looked at me.

Me: I am in need of your help. I feel I am sinking fast into the dark pit. I have been searching for the good in what I am experiencing ... but seem unable to find anything that makes any sense.

With that, my surroundings faded and I found myself in a place with no visible feature. It was completely white ... no wall, no ceiling and no floor ... just whiteness. As I looked down at myself, I saw my clothing disappearing bit by bit until I was naked. I wasn't aware of any sensation of being hot or cold, just naked. I seemed to stand there for an age before I became aware of a voice (more inside me than outside).

Voice: What is it that you need to live? Not what you would like or desire, but what you need to sustain life in your physical existence.

I seemed to stand there for a long time, trying to formulate what I would need to sustain my life. I thought of all the more likely things such as air/oxygen, water, food, clothing to keep me warm and cover my nakedness, a roof over my head to keep me from the elements ... and then I stopped.

I found myself thinking of all sorts of other things that I would have liked to justify, but couldn't. Slowly I began to realise that I couldn't do without love ... it was more important than all the rest, because without it there didn't seem much point in being in this physical form ... life would be less than life without love.

Voice: You now realise, not just with your mind, but in your very being, that the material things in your life are just that ... things.

For the first time, I think I know deep inside myself what I am being shown. It is not something that I can put into words ... but I do now realise how important this teaching is. Now all I have to do is live this realisation and break a lifetime's habit.

4th October 2002

I started in the lane, paused by the holy well, stripped off my clothes and bathed in its waters. I then dressed and passed through the lychgate, where I was met by Chuang Chou, Hu and Asambaiya. They all greeted me and we proceeded to walk toward the north, out across the Great Plains.

As we walked, I could see buttes and bluffs spread out before us. I became aware of an eagle flying above me and then of a presence walking by my right side.

When I looked down, I could see a large wolf walking so close to me

that I could feel her touching my leg with every step. I reached down and touched her, running my hand from her head down her back. She turned her head and looked at me without pausing in her step. She had the most beautiful eyes, so big and deep. I realised the eagle was also keeping pace with me and flying along directly above me. I was puzzled at how the eagle could fly so slowly to keep above me as I walked.

I began to realise that the she-wolf was nudging me in the direction she wanted to take. She led us to a cliff face and into a narrow rock defile. Here she climbed an ancient staircase hewn out of the rock face. This led to a cave with a large opening facing out onto the Great Plain. Here, all five of us sat on the earth.

As I took in my surroundings, I could see that there were four ancient trees growing out of the rock and on one of these trees to my right the eagle had come to rest. I was aware that the she-wolf had lain down to my left, almost on top of my left leg and close up against me. Both she and the eagle appeared to be asleep, but I had the impression that both were fully aware of all that was going on around them.

As I sat there, my consciousness seemed to shift and I seemed to be in a place of white, where I was both in material form and in spirit form at one and the same time. My spiritual form was confronting my material form. It felt as if my spiritual form was not so much doing battle with, but rather teaching/informing my material form.

At the end of this confrontation, my material form seemed to reach agreement with my spiritual form ... it felt as if they had reached a harmony.

I was then standing on Dartmoor, where I had found my special piece of cassiterite rock. I was being told that I was meant to find this stone and that it had special meaning (properties, energy and

significance) for me. Amongst other things, it was meant to remind me of the power of Mother Earth. It was also to remind me of the circular nature of this existence. I was left with the knowledge that the Earth needs healing and for this to begin, humanity needs to change and stop its quest for material things (humanity's greed is at the root of the Earth's destruction).

My consciousness again shifted and I found myself in another place, showing many others a new way (here it all began to be unclear and I seemed to drift off ... I can't really recall much else). I was then back sitting on the cave floor with Chuang Chou, Hu, Asambaiya and the she-wolf ... the eagle was still perched as if asleep in the tree.

The she-wolf lifted her head, looked at me and rose to her feet. She started to walk away to retrace her steps out of the cave, then paused and looked back at me, as if waiting. We all rose and followed her. On emerging once more onto the Great Plain, I was aware that the eagle had rejoined us.

We retraced our path back to the lychgate. I bade my friends farewell and passed through the lychgate. I was aware that as I passed through the lychgate, the wolf and the eagle followed me, both fading from my vision as they did so. I feel that they are still with me as I sit here writing this.

10th October 2002

I started in the lane and passed through the lychgate. Here I met Chuang Chou and we started walking.

I had a sudden shift of scene and found myself on a rounded hill with Hu, who was telling me I needed to meditate. I had to discipline myself and make time to meditate every day ... it was important because I needed to spend time in contact with (in communication with) the spirit world. This was important for my own growth and development. Without this contact through meditation, I would not

grow as I needed to (or was capable of). It was their choice to want to spend time with me ... helping me to grow.

The return to my chair in my office was similar, in that I had a shift of consciousness back to the lychgate. As I bade farewell to both Hu and my Old Friend, I was aware that I had been told I would meet many from the spirit world.

11th October 2002

I started in the lane and passed through the lychgate, where I was met by Chuang Chou, Hu and Asambaiya. I was taken to the middle of a great expanse of grass, where we sat on the ground in what appeared to be an ancient circle.

As I sat, I was aware we had been joined by a number of other spirit beings. I had a shift of consciousness and seemed to be somewhere else ... I was then standing with my father-in-law before me and I had my hands on his head. There were words being spoken, "This man is blessed." I felt energy surging out of my hands into his body.

I then had a person I did not recognise before me ... I was standing behind him with my hands on his head ... again there were words, "Heal this man." I was aware of energy surging out of my hands into this person.

I had another change of consciousness and was back sitting in the circle. I stood up ready to go, but the others stayed seated. I sat down again and Hu spoke to me:

Hu: There is much healing to do.

Me (after a while): What of me?

Hu: Your needs in your physical existence will be taken care of. You will be given what you need to fulfil your purpose.

We seemed to sit there for no time, yet for a long time. I remember

rising and returning to the lychgate ... how, I don't remember. I was aware of a female spirit being with us and knowing that she had been with us at the beginning ... I felt that she is somehow one who has great importance for me. I bade them all au revoir and passed back through the lychgate.

14th October 2002

I started in the lane, paused by the holy well and then passed through the lychgate, where I met Hu, my Old Friend and the beautiful nun clothed in blue.

As I stood there with the three of them, my surroundings faded and I found myself in a different place. I was sitting on the grass looking out over a landscape with Hu beside me. I became aware of being with a younger man ... he couldn't have been more than 25.

I saw myself moving through time with this younger man, teaching him ... encouraging him to explore and see beyond the physical world around him. I watched him grow in understanding, wisdom, knowledge and love. I was then back on the grass with Hu.

Me: My hope for spiritual understanding, wisdom, knowledge and love is through you and others of the spirit realm.

Hu: Your hope is not in us, but in yourself.

Me: All of us need teachers and mentors.

Hu: You are your teacher. Seek and you shall find. Look and you shall see. Ask and you shall know.

I seemed to just sit there for a long time ... I felt at peace, with my mind calm and thoughts quiet. I then became aware of my surroundings once more ... these faded and I was back at the lychgate, where I was again with my Old Friend, the nun and Hu. I had the feeling of knowing that I would be shown many things, but what I learn from what I will be shown will come from within. I bade the three of them au revoir and passed through the lychgate back

into the lane.

Note: Understanding, insight, wisdom and love come from within, although the stimuli come from many sources ... it is what we do with all we experience that is important.

15th October 2002

I started in the lane, passed through the lychgate and was met by my Old Friend, Hu and the beautiful nun clothed in blue. We all greeted each other and I then stood with them, wondering what was to happen.

After a while, a bright light engulfed all of us and we seemed to float upwards and then across the landscape beneath us. We came to a high point where we settled back on the earth once more. Here we all sat on the ground in a circle. There seemed to be others with us in groups, but at the same time together.

As I sat, I was aware that the light had not disappeared, but had become more subdued and subtle. I was told that I would meet many different people on my journey and some would become lasting friends. A turning point had been reached ... I had now reached a stage in my life where I was able to build relationships that would be lasting instead of transient.

A short while later, I became aware that I no longer had any conscious realisation about my surroundings ... all I could see was bright white. This then slowly materialised into a hospital. I was in a room that was all white. There were people dressed all in white in the room with me.

At first I thought that they were operating on me, but as I became more aware, I realised that I was operating on myself. I was removing stuff from myself and putting it into black plastic rubbish bags. What I found amusing was that the bags were the black

plastic rubbish bags we use to put our rubbish in for the dustbin. The people dressed in white around me were taking the full bags away and giving me more bags to fill.

Eventually this scene finished and faded. I was once again back with my Old Friend, Hu and the beautiful nun. The light once again engulfed us and we retraced our journey back to the lychgate.

As I was bidding them farewell, the beautiful nun spoke to me saying, "There is one in your life right now with whom you are to become a lasting friend ... treat this person well. Do not try to force this friendship ... let them feel their way at their own pace." I asked, "Who?" ... but she just smiled. I then passed back into the lane.

17th October 2002

I started in the lane, paused by the holy well and then passed through the lychgate, where my Old Friend, Hu and the nun clothed in blue were waiting for me.

After greeting them, we set off across the landscape until we came to a wide and deep chasm. I looked up and down the chasm for some means of crossing. All I could see was a flimsy rope and a wood slatted footbridge. The footbridge seemed very precarious and was attached to both sides of the chasm by two ropes.

We made our way to the footbridge and started walking across it. I was surprised that it held the weight of all four of us without any signs of complaint. I remember feeling that we were going downhill as we walked toward the middle of the bridge and climbing uphill as we walked away from the middle of the bridge. When we reached the other side, we made our way to a sacred place where we sat on the ground in a circle.

I seemed to drift into a peaceful trance ... I was aware of the presence of a young man who I appeared to be teaching ... it was

not so much teaching as a kind of sharing. I seemed to feel that there were others who came and went during this time as well. What I felt most was an overwhelming feeling of being at peace ... and as if I was surrounded with love ... of well being.

I gradually became aware of my surroundings once more and the four of us retraced our path back to the lychgate. I thanked my Old Friend, Hu and the nun and then passed back into the lane.

18th October 2002

I started in the lane, paused by the holy well and passed through the lychgate, where I met my Old Friend, Hu and the nun clothed in blue. I was aware of another spirit being close to me on my right side. I turned to look at her, but she seemed to move just beyond my vision. However, after a while, she came into my vision and I saw her to be a female Native American, whose age it was impossible to guess. She looked young, but seemed to have an age to her at the same time ... I felt that she had great wisdom.

After a while, I began to feel a shift in my consciousness and found myself trying to walk along a path, but the going was really difficult. Every step seemed to take a great deal of energy. I began to wonder why it was so hard. It began to dawn on me that I was trying to pull something along with me, so I looked over my shoulder to see what it was I was dragging.

When I looked back, I found myself grasping two ropes that were attached to a huge sledge. On the sledge there was a microwave oven, a fridge, a car, a TV, a video recorder, clothes, etc. It was piled high with all sorts of material things.

I was just staggered by what I saw. I stopped trying to move and stood staring at this lot for a time, then I dropped the ropes and turned in the direction I had been trying to walk and just walked away, leaving it all where it stood. I felt so light and joyous not to

have to have to drag all those things with me.

I was then back again with my Old Friend, Hu, the nun and the Native American. The Native American female spirit reached out and caught hold of my hand ... I instantly found myself in a Native American village. There were children playing and men and women walking around ... the feeling around me was one of contentment and happiness ... love. She began showing me the earth ... as she picked up handfuls of earth, one after another, I could see that they were all different ... all were contaminated in different ways.

She said, "This is what humanity is doing ... this is our very life." She then showed me a handful of earth that was healthy and said, "This is where our life springs from ... without this, we will not be able to survive." I then followed her as she wandered through the landscape, showing me many plants ... it felt as if she was showing me how each one was connected to our well being and life on this Earth. The words and thoughts I had in my head were that Earth/earth healing and the care of environment is of the greatest importance.

21st October 2002

I started in the lane, paused by the holy well and passed through the lychgate, where I met my Old Friend, Hu, the nun and the female Native American. We greeted each other ... the Native American female seemed to stand behind the others as if she was trying to blend into the background and go unnoticed.

I stood there for a while with them, not speaking or moving ... just feeling good to be with them again. My surroundings started to fade and I found myself on a horse ... a pure white horse in amongst a great number of other riders.

Suddenly we were all in motion, riding across the plains ... it was like we were racing each other but it wasn't a race. I found myself

gliding swiftly across the earth on the horse, seemingly without effort. I looked around to see where the others were and found that I was way out ahead of them and leaving them further behind.

As I rode on, I became aware that I was not alone. I looked over my other shoulder and saw another horse close to me and alongside of me. As I looked again, I saw that it was a female rider and she was laughing as she rode. Her horse also seemed to move without effort.

I looked behind again and no other riders were in sight ... there were just the two of us tearing across the plains. It was as if both of us were one with the horse. I felt an unparalleled joy in my heart as the two of us rode on. Eventually it felt as if we had reached our goal and both horses of their own accord slowed to a halt. Both of us sat on the ground side by side, breathless and laughing.

My surroundings dissolved and I found myself thinking of people who are suffering illness of various kinds. It was in my thoughts that they be healed and that those caring for them receive healing also.

I seemed to spend some time wishing for healing and love to surround and heal all those that I know who are ill and many who I did not know who are ill. My next conscious awareness was seeing my Old Friend, Hu, the nun and the Native American back at the lychgate. I thanked them for all I had received and for them being with me and then passed back into the lane.

24th October 2002

I started in the lane, paused by the holy well, then passed through the lychgate, where I was met by my Old Friend, Hu, the nun and the Native American female spirit.

As I stood there, the surroundings began to recede as we all began to drift upwards away from the Earth. As I looked down, I could see the Earth below me, with the sun and the moon and other planets.

All were connected with energy streams.

We began to drift back toward the Earth and as we got closer, I could see more and more energy streams connecting all living organisms ... every living thing ... every blade of grass was interconnected ... even the rocks and grains of soil.

As I looked closer to the ground, I perceived a stream of energy connecting me with all this around me ... it was going inside me and was emanating from my soul. I was connected via a great network of energy, not just to Earth energies and all that was living on the Earth, but to all of Creation.

Every thought, every idea I have ripples out into Creation ... and in doing so, alters in some small way not only the energy around me, but has an impact on the whole. Not just this, but every thought and action I take also goes inward and changes the energy in myself.

I perceived that if my thoughts and actions made these tiny ripples in the energy of Creation, then when many are joined together in the same thought or the same action, these tiny ripples could become waves. These waves would then have a greater impact on the energy of Creation and in doing so would cause change.

My surroundings altered and I could see many of us sitting on the ground with the intention of healing the Earth. This intent was causing a transformation in the energy flow at the place where we were sitting ... and the Earth was being healed and blossoming where once it had been barren. I could feel the changes in the energy around and in me ... it was as if the pulse of Creation was quickening ... was becoming vibrant once again.

My surroundings seemed to shift and I found myself at the lychgate. I was being told that pureness of motive and intent infused with love was the way ... no half-heartedness, it had to come from my soul ...

and in doing so, all would be transformed, including myself.

I thanked all four of my spirit friends and then passed back into the lane.

25th October 2002

Today through the lychgate, I met my Old Friend, Hu, the nun and the Native American holy woman.

Me: I am very much aware of the wants and desires in my life in this physical existence. I am concerned that they are inhibiting and will inhibit my spiritual growth.

OF: The fact that you are so aware of them speaks of your intent for change. Far from inhibiting your growth, the very nature of your awareness of these feelings and desires within you will contribute to your growth. This awareness will enhance your understanding and shed illumination on the true nature of your life.

Me: I am concerned because these feelings and emotions seem to overwhelm me at times in my life ... and I feel a loss of peace and harmony with others and myself.

OF: This is all part of the process of your growth. It is an integral part of your spiritual understanding. Love yourself as you are ... be gentle with yourself.

As I stood there, I felt the four of them reach out and touch me ... I felt a wave of love sweep over me and I felt reassured and at peace.

After a while, my surroundings faded and I found myself in the centre of an ancient stone circle surrounded by a henge of earth. The four of them were with me and we were sitting in a circle on the earth.

Me: what is this place?

Hu: This is a place of the ancients ... you will know it as a Druid place of spiritual awareness.

We sat there for what seemed like no time ... and yet it seemed as if an age had passed. My consciousness returned and I found myself sitting in front of the Native American holy woman. She was holding both of my hands in hers and looking into my eyes. As I looked back into her eyes, a still small voice in my head told me that she was a 'spirit seeker', a 'seer', a being with great spiritual presence and awareness.

NA: I see your path laid out before you. It is clear and straight. It is no longer hidden from you. You have the choice ... to follow or not to follow the path before you.

Me: How can I follow this path when the nature of my physical existence puts stumbling blocks in my way?

NA: There are no barriers in your way except those of your own making. All that you need will be provided. All you need is to trust. You have the choice.

As I sat there with her holding my hands, I felt as if I was connected to an amazing source of energy ... its power and strength were beyond anything I have experienced ... it felt as if it would consume me, were it not for her. What was amazing was that this energy was flowing gently into me in spite of its power and strength. The only way I can describe it is as one of those WOW! moments when something beyond experience happens.

After a while, she released my hands and I seemed to lose conscious thought for a while. My next lucid thought was that I was back in the stone circle. All four of us then shifted back to the lychgate. I thanked each one of them for being with me and for what I had been told and shown, before I passed back into the lane.

29th October 2002 (Guided meditation)

I started in my safe place ... I found myself on the island of Samson in the Isles of Scilly (usually I am in a beautiful garden). We were led

to a wall, through a door and into a meadow ... I found myself on a path with waist high heather and ferns growing all around me.

I was then led to a temple ... I first of all saw an entrance grave and thought how it wasn't a temple. Then columns seem to sprout out of the ground in front of me and I found myself standing before the entrance to a Tibetan temple.

I walked through the door and entered a long wide hall with tall columns running down each side. It was suggested to find a door marked 'rest room'. Immediately I saw a door between the columns, opened one of them and walked through into the room beyond. After a few moments, I felt impatient to move on and was relieved when we were asked to leave this room and go in search of the meeting room.

I found the meeting room, opened its door and entered. Inside, I saw a circle of chairs in front of a panoramic window. I noticed that the chairs all faced outwards and not inwards. I chose one of the chairs facing the panoramic window and looked out on the heather and sea beyond.

I then became aware of a coyote ... then I thought how I didn't know the difference between a coyote and a wolf, so it became a wolf. I was aware that it was sitting on my right hand side, close up against my foot and leg.

After a short while, I became aware of a tower of brilliant coloured light in front of me. The only way I can describe it is that it had the appearance of sunlight reflecting on ruffled water. The light appeared to be dancing and as it danced, it changed colour and each colour changed in intensity.

This light started to move toward me and as I looked down at the wolf, I could see that its head and paws were in this light, but its

hindquarters were not. The wolf's paws and head had become like the light, but its hindquarters remained solid and normal. I put my right hand out, so that it touched the light. Where it touched the light, my hand became as the light.

I tried this several times until I pushed my hand into it up to my elbow ... this had the effect of all that was in the light being like the light and all not in the light looking normal and solid.

I stood and walked into the light. When I looked down at my legs and body, I saw that I no longer had any substance and that all of me had taken on the appearance of the light. I had no shape or form, there was just the light (but I seemed to be aware of myself inside it).

I seemed to be standing there for an age until I returned, holding the ball of this light in my left hand. It felt strange to be looking at my hand and seeing my arm and finger tips all in the right places but seemingly not connected, except by this ball of light.

31st October 2002

I started in the lane, paused by the holy well and passed through the lychgate, where I met my Old Friend, Hu, Asambaiya and others. I greeted them all and stood silently with them for some time, waiting patiently to see what would develop.

As I stood there, I began to see people moving toward me ... first was my father-in-law. I put my hand out and rested it on his chest and felt energy flowing through me into him.

Next was a female ... I had my hand on her head and energy was flowing through me right down through her body.

Then came another and I put my hand on the side of his head ... again, energy flowed through me into him.

Then another and I had my hand on her abdomen. They came one after another and I felt compelled to rest my hand on some part of their body. In each case, I could feel varying amounts and rates of flow of energy through me into them. In the end it became a blur and I lost track of events. Eventually this came to an end and I was conscious of being with my Old Friend and the others once more.

After a while standing quietly with them, it was as if I blinked and when I next looked, I was in a room in our house. As I sat there, for some reason I looked up and standing there looking around the open door was a face ... as it came into focus, I saw that it was a wolf's face. This wolf walked up to me and it was as if I knew I was to follow her.

We started to walk and the landscape around us continually changed. We saw many different lands and visited many healers and spiritual beings. We were shown many things. As I walked, I began to wonder how long it would be before we stopped. It was as if a small voice in my head was telling me this was not my home, I was only visiting, but I would always return home and home was where I had begun.

Eventually I found myself back in the room in our house. From there, I returned to the lychgate. I thanked all those there and then passed back into the lane.

4th November 2002

I started in the lane and noticed birds singing ... so many different varieties. I passed through the lychgate, pausing by the holy well. I was met by Asambaiya, my Old Friend and the Native American holy woman. I greeted them all and asked the holy woman her name ... she really is so unimposing and quiet. She replied that I would know in time.

I found myself asking her for healing for all those who I know are in

need of healing. With that, she took both my hands in hers and I found myself take each in turn and touch them to my lips in thanks. I felt as if I knew that all those I had mentioned would be helped appropriately, because she would see that it was so.

The next image I saw was of leaves and clouds. I was looking upwards through the leaves of trees as I walked along. I could see a myriad of different colours as the sunlight shone through different coloured leaves. I looked ahead of myself and saw a clearing with a stone circle in its midst.

I walked into the centre of the stone circle and found to myself surprise that I was standing next to Asambaiya. He looked at me and told me to connect with each of the stones, so I walked around the circle, touching each stone in turn, before returning to the centre

As I stood there with Asambaiya, each of the stones started to change shape and turn a brilliant white. A beam of pure white light shot out from each of the stones to a point at the circle's centre (the same point where Asambaiya and I stood). I felt as if there were a number of beings around us, but was unable to see if this was so because of the light. A column of brilliant white light then shot up into the sky. I was aware that I was being spoken to:

Voice: The written word is a powerful medium, far more powerful than the spoken word. It transcends aeons. If it is written in truth, then that truth is everlasting ... it cannot be corrupted. There are those who would seek to hide its truth by their own words, but the truth still remains in the original words. The truth is there for all to see, but can and will only be seen by the few. The truth will be revealed when the words are informed by love (or read in the spirit of love). As the words were infused with love in their writing, so they must be read ... and then the truth will shine forth.

I then seemed to lose conscious thought for a time. The next image

was of standing beside Asambaiya in the centre of the stone circle, in the clearing in the wood. He turned to me and led me from that place back to the lychgate. How we got there I am unsure. I thanked them all and the passed back into the lane.

11th November 2002

I started in the lane, paused by the holy well and passed through the lychgate, where I was greeted by my Old Friend. I had noticed that the hedgerows in the lane looked to have been newly cut back, although there were still flowers growing in them.

Me: Is it just you this morning?

OF: No, others are here and you will become aware of them when it is right.

Me: This physical existence of mine still feels as if it inhibits my spiritual growth. I am very aware of the distractions and noise of living in this world.

OF: It is only natural that you should feel this way.

I stood there with him for a while wondering what would occur next, when I became aware of the Native American female spirit who is the seer. She came close to me and said, "Close your eyes ... take three slow deep breaths." I did as she told me. She then spoke saying, "Open your eyes". I found myself in a different landscape. I was standing with her on a bluff high up in the mountains. We both then sat on the earth, facing each other.

I'm not sure how long we sat there, but it was for some time. I waited patiently for any signs, images or messages, but none were forthcoming. I stopped waiting and sat there, just enjoying the peace and quietness of my mind. It was almost as if I was in a trance ... I lost conscious thought of everything.

After a time, I became aware that she was holding both my hands in hers. I opened my eyes and saw her looking deep into my eyes. She

then spoke saying, "Open your eyes and you will see."

She then looked intently into the palms of my hands and said, "Look and you will see ... it is all there for you." She then gently let go of my hands and stood up. I followed suit and the images around us seemed to dissolve.

I found myself back at the lychgate with her and my Old Friend. I thanked both of them and then passed back into the lane.

12th November 2002 (Guided meditation)

I followed the guided meditation from my safe place (Samson on the Isles of Scilly) to the temple and into the cave. Once in the cave, the crystals I saw were all colours ... some even being metallic and black. There was a spring flowing out of a cleft in the rock at one end of the cave and this ran into a round pool. I sat in a natural stone seat that had been carved out of the rock and waited.

The Native American female seer came to meet me. She knelt before me and held both my hands in hers, palm upwards. She looked at me and said, "Open your eyes and you will see ... it is all here before you ... there is so much for you to see ... all you have to do is look." I was then overcome with a feeling of great sadness ... and through this ran pulsating feelings of pain. These feelings of sadness and pain changed in intensity and emphasis as if I was coming close to different people.

I looked at her and was about to ask what all this was about and who these people were, when she spoke to me saying, "You will know who they are when you come close to them."

These feelings of such deep sadness and intense pain seemed to be overwhelming me ... suffocating me. I felt choked, tears were forming in my eyes and my whole face had become tense ... it was all I could do to prevent myself from sobbing.

A wolf suddenly materialised at the end of the cave behind the seer. She walked toward us and sat down to one side of us and between us. The wolf then lifted her left paw and placed it on top of my hand that was being held by the seer. Immediately the intensity and depth of this sadness and pain lifted and I no longer felt overwhelmed and suffocated.

As I sat there, a tear ran down my face and dropped onto the floor of the cave. This was followed by another and another. I looked down to see where they were falling and at that very spot, a flower started to grow. This turned into a beautiful small, delicate yellow flower.

After a while sitting there in quietness, the seer let go of my hands and reached into her tunic. When her hand became visible again, she held an eagle's feather. She offered it to me and said, "Carry this with humility and always hold it in the highest of respect. It is for you to keep always." With that, she rose and slowly faded from my sight.

When it was time to return, I noticed that the she-wolf was still by my side. She rose with me and followed me back to my safe place outside the wall on the hill overlooking the beach on Samson. Even when I returned to my seat in the house, I had the presence of the she-wolf with me.

15th November 2002

I started in the lane, paused by the holy well and passed through the lychgate. Here I met my Old Friend, Hu, Asambaiya, the Native American seer and a nun clothed from head to foot in the most amazing blue.

After greeting them all (it is interesting to note that my greeting to each is different) my Old Friend led me away from the churchyard. We travelled southwards to a cliff overlooking the sea. On reaching

the cliff, we turned west and followed a path to a sheltered natural rock outcrop, where we sat on the earth looking out to sea.

As I gazed out, the seasons seemed to change and the character of the sea with them ... eventually the sea returned to flat calm and the sun was again shining down on us.

A little while later, I became aware of a pillar of bright light/energy some 7 or 8 feet high, hovering just above the ground in front of me. I greeted this being ... I say being because the light seemed to me to take on the rough outline of a human form with what looked like a human face.

A voice spoke: "You are on the verge of knowing something very important ... you are on the very edge of becoming aware of something that is going to change your life ... your eyes will be opened and you will see (receive enlightenment/know)." It felt as if each word was taking a long time to be said ... as if they were being spoken very slowly and deliberately to make sure I heard them.

This pillar of light/energy was swirling around in front of me the whole time ... I thought I could see many different shapes within it and these shapes were changing all the time. Suddenly the pillar started to form a projecting branch that took the form of an arm and hand. In the hand was enclosed something I could not see at first. This object was placed into my right hand.

The voice spoke to me a second time saying, "This is a star plucked from the cosmos. It is to remind you of the beauty of Creation. It embodies the energy/power in all that exists, that which is seen and that which is unseen. You will carry it always within you."

I looked down and in my hand I held what was a micro star ... it was glowing so brightly I thought it had blinded me. When I looked up, the face in the pillar was smiling. The pillar then dissipated and I

could see the sea beyond once more.

My Old Friend and I rose and retraced our path back to the lychgate. Here I thanked my Old Friend, Hu, Asambaiya, the Native American seer and the nun for being with me. I then passed back into the lane.

18th November 2002

I started in the lane, paused by the holy well and passed through the lychgate, where I was met by my Old Friend, Hu, the nun and the seer.

After greeting them, they took me out of the churchyard into a field of ripening corn. I was led into a field of ripening wheat, then into a field of potatoes ready to be harvested, then into another field that contained yet another crop that was ready for harvest ... and so on. I was shown many different birds and animals harvesting nuts and wild berries.

This went on for some time, until we finally came to a halt in a clearing in a wood. Hu turned to me and said, "The plants in their death give life ... they nourish other forms of life and also produce the seed of their next generation. So it is with our lives ... as we live in this experience, we sow seeds for our next generation ... and in our death, that seed is left behind as nourishment for others. Also in our death, we return to spirit and take with us the sum of our experience in this existence and our return enhances and adds to the whole ... and so nourishes."

I returned to the place in the wood and we all retraced our steps back to the lychgate. I thanked them all and passed back into the lane.

21st November 2002

I started in the lane, paused by the holy well and passed through the

lychgate, where I was met by my Old Friend and the elegant nun clothed in blue.

After greeting them, I was led across a fertile landscape to a beautiful garden. Its style was Chinese and everything looked as if it was lovingly tended. I was led to a seat that looked as if it was a naturally formed feature in the rock, but upon closer examination, I saw it had been skilfully carved to look like a natural feature. Here the three of us sat looking out into the garden, where I could see many different shapes and images, all of which looked quite natural.

OF: All that you see has been lovingly crafted. Take the trees ... each branch has been trained and shaped to form the most pleasing and the most beautiful of shapes. As the tree has grown, the new growth has been tested to see if it will add to the tree's beauty. If it does not, then it is pruned; if it does, then it is encouraged and trained, so that it will grow to its best. It is so with all the other plants. So it is with everything in this garden, even the rocks and stones ... even down to individual grains of sand. They all appear to be different individual pieces, but they have been changed and shaped until they fit into the garden, until they form an integral part of the whole.

Nun: And so it is with your life. You have been encouraged to grow in many different directions and ways. As these have developed, some have been pruned, whilst others have been encouraged to grow to their very best. Like the tree, you have had free will to decide whether you want to continue giving life and energy to a particular branch or shoot ... whether this growth is in balance and harmony with you or not. We cannot decide where new growth will begin, we can only shape the growth depending on its potential for your good. Like the garden, all of you has the possibility for change and as this change occurs, so you become more (closer to) your true spiritual self.

As I looked at the garden, I ceased to see just the physical shapes and images of beauty, but I became aware of the tremendous love

that radiated from all that was the garden. It was so intense, I felt tears running down my cheeks and I felt so humble. I felt almost as if I was not worthy to be in the presence of such beauty and love.

Nun: So it is with you ... as you grow into your true self, so you too will also radiate a beauty and love to all around you.

OF: Know that you are still in the process of becoming. Do not doubt this, for we are here to help prune and train your growth (these were the words, but there were a myriad of different images with them).

We then sat for a while in the garden. As I sat, I looked at the nun and it was as if a veil across my eyes was lifted. Her cloak, which covered her from head to foot wasn't just a plain beautiful blue ... it had the most amazing and intricate patterns all over it. The cloak was predominantly this amazing blue, but the patterns were Celtic in design ... and so beautiful. Then I felt compelled to look upon her face and I was stunned to see that she had a tattoo on the right side of her face. It was a Celtic pattern in many different colours that seemed to blend with her face perfectly ... rather than disfiguring her face, it seemed to enhance her beauty ... in fact it was almost too lovely to look at. The other striking feature was her eyes ... so deep and so blue. I found it difficult to look away.

It was then time to leave, so I reluctantly rose and followed my Old Friend and the priestess. I thanked them for being with me and passed into the lane.

25th November 2002

As I began to construct the image of the lane, I became particularly aware of the vivid colours of the flowers and plants and of the warmth of the sun on my face and body. As I passed through the lychgate, I was met by my Old Friend, the Native American seer and the Celtic priestess. I was then taken to another place ... it was white and all around me was a mist. I looked down at myself and

found that I was naked. When I looked up, the Celtic priestess was standing in front of me, looking at me.

Priestess: What do you see?

Me: I am naked. I have no clothes on.

Priestess: To me you are not naked. You are clothed. I see a spiritual being clothed in human form.

Me: That is not my perception.

Priestess: That is because your viewpoint is not mine.

I stood there for a while feeling vulnerable and naked.

Priestess: So what is the truth of your situation?

Me: I have to accept that what you say is true, but what I perceive about my situation is also true for me.

Priestess: So what is the truth?

Me: I don't know.

Priestess: When two or more people view the same event, or are involved in the same situation, their truths about that event or situation will be different. In some cases, they may be very different to the point where it would seem they are talking about an entirely different situation or event.

Me: I know this.

Priestess: So where is the truth in this? The truth is coloured by the very nature and life experience of each individual. To perceive the truth, you would have to strip away the colour and leave only the black and white of the event or situation ... there would be no grey even, just black and white with no question about that which is black and that which is white. For those in their human experience, this is not possible. To know the truth, you would have to suspend the human experience and view it from a wholly spiritual perspective.

Me: But we have to live this human experience, we cannot just suspend this and become purely spiritual in nature when we choose.

Priestess: No, that is true. But through spirit you can be shown that which is hidden by your human experience, although even that is not

easy, or straightforward, or wholly possible in every case.

Me: That still doesn't change the fact that each individual will still believe that their own perception of events and situations is true for them. It doesn't make their own perceptions less valid ... they still perceive their own personal truths.

Priestess: But all human perceptions are flawed ... they are all coloured ... they all contain only elements of the truth. If you were to listen to many different individuals' perceptions about the same event, some elements will be in the majority, but not all the individuals' perceptions. Because all have these elements, these elements are true and you can begin to construct as true an account of the event or situation as possible. When there are just two individuals who share the same event or situation, there is much difficulty in knowing the truth.

Me: So how can this be resolved?

Priestess: Where human emotion is concerned, arriving at and finding the truth is not of importance. What is of importance is being able to perceive the other person's truth through their eyes, and so come closer to understanding their pain and sadness. It is through this understanding of their truth that their healing is possible.

Me: This is easier said than done ... all others' human experience will always be filtered through my own human experience and so coloured, so that it no longer holds true to their perceptions.

Priestess: It is our intention that you will be helped to suspend your own prejudices and biases so that you will be able to perceive more clearly others' truths. It is through the unconditional love (energy) of Creation that your eyes will be opened ... and through this love (energy) the healing will begin.

I started to become aware that I was no longer naked, but was clothed again ... not in conventional material that I am familiar with, but with something else ... I have no words to describe it because it is beyond anything I know.

My next conscious thought was of being back at the lychgate in

conventional clothes with my Old Friend, the seer and the priestess. I thanked them and passed back into the lane.

2nd December 2002

I started in the lane, paused by the holy well and passed through the lychgate, where I was met by my Old Friend, Hu, the priestess and the seer.

After I greeted them, the priestess put her hand on the front part of my head. I felt compelled to close my eyes for what seemed an age, but in reality was probably only a few seconds. I found myself standing in a huge circular room with a domed roof. I was surrounded in bright white light ... so bright that I couldn't quite distinguish much of what was around me.

As my eyes became more accustomed to the bright whiteness, I began to see that this room was full of what looked like books. Every conceivable space was packed with them. They all had white covers with no markings on them ... to me they all looked the same. I stood there for a while, wondering if I should, or even if I could, move. I then realised that the priestess was still with me. She was standing slightly behind me and off to my right hand side.

Me: What is this place?

Priestess: It is a hall of knowledge.

Me: It feels familiar in a strange sort of way ... as if it is a construct in my memory.

Priestess: You have been here many times.

Me: Why am I here now?

Priestess: So that you will remember. So that you will not question its existence. You will come here to learn much.

I reached out and touched a book. With that, my consciousness seemed to drift. I don't know how long I was in this state. Eventually, I was back in the hall of knowledge with the priestess,

standing as before in the centre of the huge room. She reached out her hand and touched me on the front part of my head once more.

I was then back at the lychgate with my Old Friend, Hu, the priestess and the seer. I thanked them all for being with me and returned to the lane through the lychgate.

Front cover photograph: The lychgate of Rame Church
situated near Rame Head, Cornwall.
Photograph taken by Alan Santillo