



INSIGHTS & INSPIRATIONS

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By Michael G. Reccia

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Author's Note:

The quest for spiritual awareness immerses the individual in an ongoing, constantly-unfolding process... one that demands those seeking a higher perspective not only adopt - and adapt - to new ways of looking at life and the world but that they also unlearn a great many things.

As the seeker begins to view this life from a spiritual viewpoint, it becomes apparent that much they have been taught, much they have been led to believe, much they have simply accepted as 'the way things are' is at best flawed and, in many cases, completely false.

Responding to promptings and inspirations via their heart-centres, the spiritually-minded discover that they are slowly but surely disentangling themselves from concepts and restrictions that have been formerly regarded as sacrosanct and 'etched in stone', and that they are giving themselves permission to think outside the box; to consider and to live life in liberating and revelatory new ways.

My involvement with Joseph and his soul group has been an eye- and heart-opening experience for the best part of two decades now. Much personal change has taken place in me over that period, and I cannot - and have no desire to - approach my existence here as I did before that connection with so many enlightened and enlightening spirits was forged.

What follows are four essays, written with the intent of sharing with you just a handful of the insights I have gained as a result of freeing myself from the confines of societal thinking and working with Joseph, The Persian Gentleman, the Big Indian, and other key members of the soul group. Respectfully offered, I hope you will find them stimulating. I also hope they will provide food for thought and will be of some help and inspiration on your personal spiritual journey.

As some dear friends of Jane and myself are fond of saying:

Big Love!

Michael G. Reccia

Part I. Spiritual Development & Mediumship Are Moving Targets

Many years ago a lady from the congregation approached me following a service I'd just taken at a spiritualist church (almost always people would form a queue after a service, wanting even more than the intense burst of spiritual energy you had just expended in the last hour and a half or so, and not realising that you only wanted two things at that point: a cup of tea and to go home). In almost all cases each of their questions would be preceded by the identical opener: 'I know you must be tired, but I just wanted to quickly ask...'

This lady was different, however. She fixed me with a steely gaze and queried, a little aggressively: 'How long do you think it will take me to develop spiritually?'

'I don't know', I replied. 'I sat for seven years to get to the point where I could take a service.'

She literally snorted at this, saying: 'I was thinking around a week or so. I've bought these tarot cards and I want to start charging for readings.'

My reasons for recalling the above incident are twofold: First, I was appalled at the time, and still am, by the realisation that

this lady's sole reason for wishing to develop any latent spiritual gifts she might have was so that she could make money from them (don't get me wrong, those who work spiritually have to be able to live and to pay their bills, but that shouldn't be their primary motivation in doing the work) and, second, it amuses me to consider that the delicate and intricate business of spiritual 'awakening' would in her case take 'around a week' and then would then be an accessible, integral, and fully formed part of her persona.

Spiritual development is a road – a highway that stretches ahead of us from the point of our first stirrings of spiritual awakening to infinity. It's an open-ended and ever-expanding process whereby the individual at first becomes aware of an initially intermittent desire to discover who and what, exactly, they really are and their place in the scheme of things and then, as a result of a growing urge to satisfy that desire that eventually cannot be ignored, gradually experiences a reconnection with their spiritual consciousness that adds to their knowledge and completely changes their perspective on life.

Then, as their life journey continues, and via the regular accessing of the promptings of the 'Divine-within', of inspirations from their greater self, and, in certain cases, of the additional harmonious input of wise discarnate spirits who communicate with them in the name of the Light and enlightenment, this gently unfolding stream of guidance and illumination proves to not only be the key to their own spiritual progress but also a means of delivering transformative heart-Light energy to every soul on Earth, to every life on Earth and to the planet itself.

As with spiritual development, mediumistic development is also a moving target, as I have discovered (and continue to discover) over the four decades that it has been the dominant motivator in my life. Many people, and indeed a number of mediums themselves, are of the belief that the sole purpose of mediumship is to bring through 'messages' from departed family members and friends to those who are still on Earth.

Not so.

True, the delivery of such messages, with their obvious implication that there is, in fact, life after physical death, is definitely one of the functions of mediumship, and has its place, but it represents only a small part of what can truly be achieved by the medium if they are open to the possibility of their gifts continuing to evolve with a view

to them bringing instruction, enlightenment and much-needed positive change to humanity.

In higher vibrations than those which, relatively speaking, exhibit conditions similar to those on Earth (and from which many of the personal 'messages' received originate) exist more highly evolved spirits who have accessed and regained a great deal of the spiritual knowledge we lose when we choose to incarnate here – spirits such as those who comprise the Joseph soul group, who are anxious to reconnect us with that knowledge; who are fully aware of and troubled by the present evils and insanities of our world, and who wish to share information and techniques that, if heeded and practised, can return this planet and every life on it to a state of harmony, finally banishing violence, depravity, greed, corruption and injustice from our experience here forever.

My eventual conscious connection with Joseph and his vast soul group (I had been super-consciously connected to them since before birth – a truth I became aware of once my personal spiritual development process began) came about because of a burning and ongoing desire to be of service spiritually; to answer my own questions regarding the nature of myself and of this and other realities, and a wish to then share any knowledge gained with as many souls who would be receptive to it as I possibly

could. As an early 'apprenticeship' I worked mediumistically for many years delivering personal messages of the type mentioned above, but at the same time I tried to introduce some spiritual concepts – some seeds of greater consciousness – into each reading and, when conducting church services, preferred to take Sunday meetings that would allow me to spend a portion of my time on the platform talking to the congregation about spiritual matters rather than concentrating solely on clairvoyant communication.

And my mediumship continues to evolve for two reasons: One, I have never allowed my mind to become closed to new possibilities – there has never been a point at which I have become satisfied with – and therefore confined by – the perceived limits of my mediumship, and, Two, the disciplines of communication with higher realities are always observed, practised and maintained to keep them in 'tip-top condition'. Crucially, I am always aware that I do not and cannot dictate what I receive and when I receive it, but that those who guide me from Joseph's soul group are in charge of the content and nature of each communication. I answer their call and follow their instructions, as it were – always being aware that it is they and the Divine-within who hold the greater knowledge, and that it is my role and duty to act as a conduit and to distance my little self from the communications as much as possible, thereby preventing myself from

sub-consciously influencing and colouring them and, as a result, enabling them to flow through my mind in as pure a way as possible.

So – the reason for me writing this blog is to emphasise the fact that spiritual development and mediumship are ongoing, unfolding, long-term processes... constantly moving targets. All too often the spiritual seeker expects 'instant mash' as my spiritual teacher used to call it.

Please don't expect everything at once.

And please don't feel discouraged if your development doesn't appear to be progressing according to a timescale your conscious mind has decided is 'reasonable' and in a direction your conscious mind has decided is the one it should proceed in.

Spiritually speaking we never stop learning. Your spirit – the real you – will respond to the disciplines you adopt and reveal and hone any gifts you have been given at a pace that is right for you. When the pupil is ready, as the saying goes, the teacher will appear. Simply as a consequence of you wishing to develop spiritually (for the right reasons, of course) you will be led into situations and introduced to those souls on Earth and beyond this reality who can advance your development when the time is right for each new step in that development to manifest itself.

Similarly, my advice to up-and-coming mediums would be: never become satisfied, comfortable and complacent with what you can do. Never 'box in' the unfolding of your mediumship. Always seek the next revelation, the next connection – not as a means of aggrandising yourself or what you are capable of in the eyes of others, but in order to bring to humanity the spiritual insight and teaching that is so sorely needed at this time. Dedicate your life to helping your brothers and sisters remember who they are, to making them aware of the good

they are capable of, to illustrating and suggesting the ways in which they could be living their lives if they choose to do so, ways that would and will completely and positively transform their experience here...

The journey never ends – and that's an exciting prospect.

We continue to grow and to evolve. The only limits to our spiritual development and/or our mediumistic capabilities are those we mistakenly decide to impose on ourselves.

Part II. You Are Not a Fixed Point in Time & Space

A curious opening statement from the viewpoint of a seemingly material existence – but not so strange when one considers that the physical manifestation so many of us supposed to be the totality and encapsulation of ourselves is only a small part of what we, in greater reality, actually are.

In the course of my experiences over forty-plus years spent working as a medium I have been made aware on numerous occasions of the fact that our human form – this seemingly finite and confined assembly of flesh and blood we consider to be ‘ourselves’ – is simply a convenient, temporary housing for the spirit being we really are, and that that spirit is not as inextricably tied into our physicality as we might think it is. Allow me to present a little evidence to support this claim by way of just a few examples taken from my personal history and that of my spiritual mentor, Joan...

One: Many years ago, while in the neophyte stage of my spiritual development, I attended a ‘closed circle’ meeting every Tuesday evening which was led by a medium friend of mine – Bruce – and which comprised of a group of six people that included myself and Joan, my spiritual teacher. I have to admit that this event, for

reasons too complex to explain here (but which I intend to cover at some point in the future as they, too, offer valuable insights regarding spiritual progress and awareness), could be quite a hit and miss affair, and on the occasions when, at best, nothing in particular appeared to be happening, Joan and myself would take ourselves off into a deep meditation with the intention of putting our hour spent in the circle to some constructive use. A couple of days after one such session had taken place Joan went to visit a friend who was hospitalised at that time. The lady in question seemed quite surprised to see her but said she was happy that she had come to visit her again so soon.

‘So soon?’ queried Joan.

‘Yes,’ said the lady. ‘You visited me just the other night, after all... Tuesday, I believe.’

‘I can’t have done,’ Joan replied gently. ‘I have an appointment every Tuesday evening.’

‘Oh, yes, I’m quite sure of the day,’ said the lady. ‘And you brought a friend with you. That nice young man with the black curly hair and the beard.’

I remember having ‘blanked out’ during the circle that week whilst meditating, and during that ‘gap’ in my everyday consciousness Joan and myself had gone

'walkabout' in our astral bodies and decided to visit Joan's friend in hospital, a lady who had never met me physically yet subsequently described me in detail, placing our visit at the exact time we had been meditating in the circle.

Two: I was having a haircut. The young lady snipping my curls (Where on Earth did they subsequently disappear to?) seemed distant and troubled, so I initially remained silent, refraining from the usual light banter one traditionally indulges in on such occasions. Suddenly I became aware of a young man – seemingly a discarnate spirit – standing next to her and wishing to speak to me. He explained that he was in a hospital bed, showed me the room where that bed was located, then went on to explain that my hairdresser regularly visited him there. He told me she held his hand and talked to him in a specific way whenever she visited him, informed me of his preference in music, and also said he was able to travel at times and had seen and spoken to his departed grandfather, who had told him it was not yet time for him to pass over.

The young man was quite insistent that I pass on everything he had said to the young lady attempting to make me look respectable... and I eventually bit the bullet and did so. She looked shocked, explaining that her boyfriend had recently been in a motorcycle accident and was currently in a coma at a local hospital, with her regularly

visiting him. She confirmed his tastes in music, the special way she held his hand when visiting him... in fact, all that he had told me about himself and his situation.

Checking in a few weeks later I discovered that the young man had made a complete recovery since my last visit. It was not, as his grandfather had advised, his time to leave the Earth, but his spirit had been able to leave his body, visit his girlfriend unseen, talk to me and also interact with spirits from higher vibrations of reality while his physical body lay unmoving and in a coma in a hospital bed.

Three: We are able to travel at night during our sleep time... around the world and to higher dimensions as the spirits we really are, freed temporarily from our bodies – if, that is, we haven't locked ourselves into those bodies as a result of excesses: too much food, too much drink, too much work, too much worry... or as a consequence of ill health. We don't always remember having done so but travel we do.

On many occasions in the past, I have been called upon to assist in 'rescue work' – working alongside my spiritual mentor Joan to accompany, and/or talk to some departed soul or souls with a view to persuading them to move onwards into the spiritual realms and to leave their deceased physicality behind – something which, for a variety of reasons, they are often reluctant to do. Sometimes I would return to my sleep and

experience a total recall of the events of the previous night upon waking (verified, when talking to Joan, by her recalling exactly the same events). Sometimes I would simply discover there was a 'hole' in my memory of the night before – a 'gap' indicating that my consciousness had been elsewhere for a portion of the night. On one particular occasion Jane physically witnessed my return from such an 'outing', seeing me as a solid, physical being enter the bedroom, cross the floor and get into bed beside her, despite my Earthly body already lying next to her in bed asleep at the time.

Then there was the occasion when I was staying with my grandparents as a child, sleeping in a big bed next to my grandfather at night. One night I witnessed him, in his astral form, against the backdrop of a blaze of white light, float in through the door, move towards the bed and reach out for me, realising, as I cried out in shock at this super-real vision, that he was already in bed in physical form next to me.

Let's end this handful of examples with an amusing tale concerning Joan, who, as a naturally curious and inquisitive person, would often take herself off in astral form during spiritualist services, particularly if she felt the medium holding the service was 'below par'. On one particular afternoon she moved out through the wall of the church she was visiting and found herself in the house next door, first examining ornaments

on the mantelpiece in the living room, then turning to discover she was standing next to an elderly gentleman who was soaking himself in a tin bath in front of the fire. Sensing, but not seeing, her presence he shivered involuntarily as though someone had 'walked over his grave', and at that point the Big Indian, a key member of Joseph's soul group, who was a guiding influence in Joan's life as he continues to be in mine, stood in front of her, folded his arms and looked at her with the sternest of expressions. Embarrassed, she moved back through the wall and into her physical body, suitably chastened for having gone where she really shouldn't have.

The point of the above recollections... and of this article?

To convey to you the fact that you are not the fixed and locked-in point in time and space you probably consider yourself to be.

That there is far more to you.

That your experience on Earth is a fragment of a much bigger picture, and that 'time' and 'space' are not the confining, rigid concepts they appear to be.

Certainly, your physical body and mind represent 'You Central' on Earth, but every second you are here, connected to that physical and mental manifestation of yourself, you remain a spiritual being. As such you are capable of – at times when the clamour of this world has been sidestepped

or quietened by you, such as when you are asleep or in a suitable peaceful state of contemplation – tuning into your greater consciousness... that more complete expression of you capable of accessing knowledge and guidance that can and will help you to successfully and constructively navigate your journey through this life (and understand your true reasons for being here).

Should you wish to further examine the concepts offered by this article, safe

connection to your greater consciousness, and to the Divine guidance within you, is humbly offered via [my free Higher Consciousness Living \(thejosephhub.com\)](https://www.thejosephcommunications.co.uk/my-free-higher-consciousness-living), all modules and videos of which can be found on [The Joseph Hub – Your Online Resource For Spiritual Guidance & Development](https://www.thejosephcommunications.co.uk/the-joseph-hub-your-online-resource-for-spiritual-guidance-development).

I'll be delighted if you decide to join me, via the course, for the unfolding journey of self-discovery, personal freedom and limitless possibilities we can take together.

Part III. No Such Thing as a Dumb Animal

On my daily stroll I regularly encounter a number of dog walkers – all shapes and sizes (the dogs, not the owners). Every so often a cat will also cross my path, either greeting me with mock friendship prior to unsheathing its claws and attacking my ankles or, with disdain, scooting away over the nearest wall.

For many of us dogs and cats are our only ongoing connection with the animal kingdom. Our pets notwithstanding, we tend for the most part to forget that our planet is not the exclusive domain of human beings and that we share our world with countless other expressions of life. Many humans consider themselves to be occupying the uppermost branches of the evolutionary tree, feeling that other forms of life, while perhaps passingly appreciated for their beauty, grace, agility and so on, are beneath us on all counts: intellectually, emotionally, spiritually.

We couldn't be more wrong.

Animal forms come under the stewardship of deva spirits, those behind-the-scenes architects of our world that are the planners and bringers into being of the landscapes against which we play out our lives here. Devas are responsible for the existence of the animal kingdom, specific devas providing the energies that manifest

and maintain specific non-human forms of life on this planet. As such, the animal forms under their guidance and imbued with their energies have far greater intelligence, empathy, understanding and capability than we give them credit for. I could share with you many incidents drawn from personal experience that add weight to the above sentence – far too many to shoehorn into the length of this article. I will however, attempt to recount within its limits just a handful of the most significant examples to back up my earlier pronouncements.

Take the case of my lovely cat Penny. She came into my life at a time when I was wading through a two-year period of ongoing emotional trauma and was finding it challenging to manage my life. Throughout this demanding time Penny was a constant companion whenever I was at home, sitting on my knee like a dog, snuggling her head into my chest and offering me a constant stream of affection. One evening, at a time when my problems were at last beginning to clear and I had all but recovered in health and confidence, Penny hopped onto my lap and I heard a voice in my head utter the single word: 'Goodbye'. She then immediately jumped down and went to the door to be let out. The next morning she hadn't returned home... and later that day, while searching, we came across her

unmarked body lying by the side of the road. She had known her time with me was over, and that her mission was accomplished, and she had said farewell – letting me know she was about to leave.

Staying with the subject of cats: following the intense moment which had seen my spiritual mentor Joan lose her mother, she and her best friend Betty found themselves sitting silently in her front room as they attempted to come to terms with their grief. Joan had two cats, and as the ladies sat there both felines entered the room together. They moved as one to the centre of the room then parted, one making straight for Joan, the other for Betty. Each then showed their chosen human a huge amount of affection and concern for a few minutes, placing a paw on each side of the ladies' necks and gazing into their eyes compassionately. Next, as if by some unseen signal, both cats simultaneously jumped down, passed each other as they again crossed the room, then went to the lady opposite the one they had just been comforting, jumping up to share their affections with this new focus of their compassion and understanding. Some minutes later they simultaneously leapt down and walked out through the door together.

...A lady called me one day in my capacity as a medium. She told me she owned stables and that one of her horses

was currently very depressed. Could I possibly come out to talk to and listen to her, please? I did so, and the horse, as a clear voice in my head, told me amongst other things that she had an equine companion she had previously met up with daily but was currently no longer taken to see, and that she had a favourite tree she used to be taken to stand under – a place where she felt secure and peaceful – somewhere she could think clearly. These trips had also stopped for some reason. I related all this to her owner and she confirmed the information as fact, taking immediate steps to resolve the situation.

When Jane and I first became a couple, she owned a rascally and mischievous spaniel named Molly, who exhibited human levels of intelligence and comprehension with shocking frequency. On one occasion Molly insisted on behaving badly and making noise while I was attempting to receive information from the Big Indian, a key member of Joseph's soul group. He turned his attention to her and sternly commanded her to leave the room. She did so immediately, hiding in the pantry and having to be coaxed out by us once this loving but no-nonsense visiting spirit had concluded his communication and left.

On another occasion I felt I should try to connect with Molly spirit-to-spirit in an attempt to understand what made her so darned awkward all the time. She let me

place my hands on her head and immediately I did so she, as a spirit, began to talk to me psychically. She described the kennels she had been raised in as a puppy with their 'big iron gates' (later confirmed by Jane); said she had been brought up with Labradors (Jane informed me that the kennels in question also bred Labrador puppies); told me she didn't like the breeder (Jane subsequently revealed she didn't take to her either); that she missed her mother; that her name was 'all right' but she preferred Polly to Molly, and said she was simply being playful on those occasions when we considered her behaviour to be deliberately anti-social.

My Cairn terrier Vicky contracted diabetes and was becoming increasingly sick despite her daily injections. It became apparent that she was suffering greatly and so I asked her psychically whether she wanted to go home. 'Yes,' she replied, a heart-breaking answer but it would have been cruel and selfish to cling on to her. On the night following her passing I was abruptly woken up by her distinctive barks – three of them to let me know she was perfectly all right.

Joseph, of course, is far more capable of explaining things from a spiritual perspective than I am. Let's conclude, therefore, by considering the significance, stature and role of animals in our world – and our negative influence on them – from the soul group's

viewpoint. Here's Joseph from the book *Trance Mission*, addressing the following question from a member of the audience: What is the role of the animals in our evolution?

Joseph: Poor, innocent, lovely, wonderful animal forms!

...Poor, innocent, wonderful, lovely animal forms!

The animal forms are created by angelic beings of a different nature to mankind. They are created by devas – by great, wonderful nature spirits. And just as you are a part of a group soul – in other words you are part of a family of souls that work together with certain purposes in mind to elevate themselves and others – devas become animal forms; they extend themselves into consciousness expressed through animal forms.

The animal forms are as relevant as you are. Each form of nature is as relevant and as important to God as you are. But, again, an effect of the Fall is for mankind to believe that they are the pinnacle of evolution in physical matter.

Not so!

As a result of the Fall you ignore at best – you dominate and cause cruelty to at worst – the animal kingdom. They have a right to be here too because they bring back to the devas that they are part of evolution, so that the devas evolve, move on, move

upwards, create new forms. It is a cycle: the consciousness goes back; it brings with it experience; the consciousness is brought forth into new forms and new experiences. That is how things should be.

So, from the point of view of the animal kingdom, they are existing on this planet as they should. But I should qualify and tune that a little because there are animals, are there not, that are violent? There are animals that feed on other animals, and you look at the animal kingdom and say: 'Why is there such violence? Why do they have to kill each other?' It is not in order to survive. They are acting and have acted for years and millennia on the instructions of the Field that seeks always more discord and more violence; on the instructions of the Field that say: 'You have not enough power. You have not enough energy. You need to take it from that form, from this form ...or you will not survive.' And so we – mankind – through our thoughts, through the Field, have harnessed, shackled animals with the need to survive by preying on other animals. We have polluted their thought-processes whilst they are on Earth.

Originally there was a harmonious blend between all physical animal forms, including yourselves, because originally you did not need to kill to eat. You did not need to eat! You simply needed to recognise and take in and give out energy. In the harmonious time before the Fall you took in energy from the

Godhead, you sent it out from your heart-centre and you created. There was energy for all because the misconception that you were separate from God hadn't yet taken place. And the animal forms that were part of Creation and were as loved as you are, were free to come and go and exist without violence, without preying on each other.

So, the animals are extremely important but I have to say to you that everything that is of nature in your world is extremely important. God does not say: 'This blade of grass is more important than a human being. This human being is more important than this tiger. This tiger is a bit more important than this penguin.' God sees you as the Whole of Creation that you are. God sees you as parts of Himself – integral parts of Himself. There is only one organism in this room tonight. There is only one organism in this town tonight. There is only one organism in this country here tonight. There is only one organism in this continent here tonight. There is only one organism around the globe tonight – including the globe itself...

...GOD!

So...dumb animals? Not a bit of it. Their actions speak volumes... as indeed they are capable of doing if we know how to listen. They have an equal right to be here; they are an equal expression of Creation, and their interactions with us prove them to be, in many cases, far more loving, giving, selfless,

caring, spiritually knowledgeable beings than certain of the human souls currently walking this Earth.

I, for one, am immensely grateful for their presence and innocence, and often remind myself that they have much to teach me.

Part IV. The Slow but Steady Decline of Spiritual Awareness

Concept by Michael G. Reccia and R. Jane Kneen

One might assume that the countless material and technical advances humanity has made as it has 'evolved' through the ages to the present day have contributed much that is positive and vital to the wellbeing of all human souls on this planet. For example, generally speaking we are now infinitely more comfortable, better sheltered, wealthier, more able to communicate effectively across distance and to traverse that distance quickly and safely; privy to a year-round supply of a wide variety of life-sustaining and palette-pleasing foods from around the globe, and so on, than we have ever been in this current cycle of civilisation. From a spiritual standpoint, however, the intellectual and technical achievements of civilisation can also clearly be seen as the slow smotherer of spiritual consciousness and higher-consciousness-connection as the deification of the material increasingly blinds us to our Divine origins and capabilities... relentlessly distancing us from who and what we really are, clouding our true reasons for being here, denying us our rightful place in the scheme of things and ignoring our connection to all things.

To substantiate this claim, let's hop into the 'time machine' and journey way back to a point in our ancient history at which modern science and academics would refer us as being 'primitives'. 'Primitive' we may have been when compared to the academic 'accomplishments' and material opulence of the modern world, but at that time, having, in terms of the Akashic history of this world, only 'recently' begun to revisit the Earth as spirits in physical form following the most recent 'Fall' of civilisation (for a complete explanation of this cataclysmic cyclic event and its origins I would strongly recommend you refer to Joseph's landmark book *The Fall*) we also, as 'innocents abroad' as it were, unpolluted by yet-to-unfold millennia of complexity and overthinking, happened to have a far better equipped spiritual toolbox than any 21st-century human does. We were, compared to 'today's model' of the human being, infinitely more in tune with ourselves and our non-corporeal origins, with our true nature and with the natural world around us. Consider that we were capable of conscious communication with deva spirits; we acknowledged the rhythms of the Earth and lived and worked in harmony with those cycles; we established

and revered sacred spaces... and community and family – the strength and value of the tribe – were recognised as vital factors that allowed us to survive and to thrive.

Crucially, there was a far more active connection to our heart-minds in that distant-past era and, as a result, to opportunities, taken by activating that built-in spiritual interface, to explore and maintain a real-time link to the Divine and to seek, obtain, trust and rely on spiritual inspiration and guidance from within. Further, and while understanding it was not the be-all-and-end-all, we embraced our physicality more consciously... our head-minds – those fight or flight computers in our skulls – being gainfully occupied by the concerns of our day-to-day survival. The head-mind had not yet appointed itself as the ruler supreme of our physical consciousness; had not yet taken over from the heart as the prime focus of our being and the prime motivator of our actions.

Next, our personal connection to the Divine, already struggling to maintain itself having been severely weakened and clouded due to the effects of the Fall, was muddied even further as organised religions became more established and grew increasingly complex and power-hungry, many of them vigorously enforcing the man-made dictate that a holy 'go-between' was essential in presenting the concerns and requests of the individual to the Divine.

Slowly but surely individual and community-based reliance on the God-within began to wane as religions grew in influence, a percentage of them actively discouraging their members from examining – or even daring to think about – the greater mysteries for themselves, simultaneously marking out strict mental parameters for their flocks to adhere to and to be confined within, the penalty for not doing so being exclusion from their religion, from society and from heaven – and/or worse.

In relatively modern times – the past few decades up to the present – the new religion of 'convenience' has further distanced us from our spiritual origins, blossoming at an alarming rate during the past handful of decades from that seed first planted at the time of the industrial revolution which introduced us to a brave new world offering us commodities we previously didn't know we needed and comforts we previously didn't realise were lacking in our lives; a shift in core aspiration that has moved us even further away from spiritual contemplation and into an ever deeper focus on the material. The natural world and our connection to it has increasingly taken a back seat, with us concentrating instead on getting our hands on the next shiny bauble; on that must-have acquisition that promises so much yet can deliver only a sudden but temporary high – a transient rush of contentment that leaves us panting for more.

As we journey back to the here and now – today – we discover the final misstep in the process of allowing ourselves to be incrementally divorced from the spiritual. The gravest threat to maintaining that essential connection to our spiritual roots in this cycle is snapping at our heels at this very moment, with many of us completely unaware of it or choosing to ignore it as we opt for ultimate convenience and non-thinking ease in all aspects of our lives.

We shop online rather than visiting a store. So convenient. We wave our cards over readers rather than choosing to punch in our PIN numbers, themselves once regarded as a convenience when compared to those oh-so-troublesome bank notes we used to carry around and had to heft out of our pockets and wallets with great physical effort. We are willingly handing over ‘menial’ tasks, and many not-so-menial ones, such as the blessing of actually being able to think, reason and form moral opinions, to our AI systems, trusting in the unfeeling machines we have created to take the decisions big and small we would hitherto have taken for ourselves as individuals.

Unable to look away we gaze enrapt into our mobile phones and other devices day and night, ignoring the beauty and potential of the world around us... the world that is also a living, feeling spirit; the world that we are here to interact with and which, through its generosity and patience,

supports and maintains our physicality...for now. We are even planning to surgically implant chips into our God-given brains to dispense entirely with the inconvenience of the decision-making process. These procedures are already being hyped and touted as ‘enhancing the human being to the next level’. Hmmm – could it possibly be, seeing as how we were designed by the Divine, that our quest to improve on the already-perfect is not only ill-advised, but also highly foolish and dangerous?

So – here we stand. We have arrived at a pivotal point in our history where, step by step, we have all but eradicated our ability to think, to examine logically, to reach out with our hearts, to consider anything greater and ‘wiser’ than ourselves. We’ve done this willingly and naively as a global society. IF we take the final step, blending ourselves with our machines and handing over our spiritual sovereignty to them, the disconnect with our Earthly *raison d’être* will be complete and absolute – and at that point the brutal truth is that there will no longer be any reason for us, as spirits, to incarnate here.

Humanity teeters at the edge of the precipice. The path we tread over the next few years – perhaps over the next few months – will either re-establish and reinforce our spiritual roots, leading to a reinvigorated society that has much in common with that of our ‘primitive’

ancestors, or one in which we face a Godless, and perhaps mercifully short, future as mindless worshippers of technology and materiality, unthinking slaves of convenience always choosing what is easy for us over what is good and right and harmonious and spiritually-based, permanently disconnected from our greater selves, our greater purpose and the bigger picture.

The key to ensuring this does not happen lies in keeping our heart connection alive and strong, recognising and applying a greater power, a higher energy, to our lives and having the strength and moral fortitude to say NO to and reject anything that could cause our moral compass to fail and us, as a result, to become shipwrecked on the rocky, treacherous reefs of rampant materialism and inflexible head-mind thinking.

To conclude, and to contrast with our current 'civilised' lack of spirituality, allow me to return you to that time when we would be regarded from today's standpoint as 'primitives', and in doing so to illustrate just how advanced, how spiritually-minded we were then with a trio of short excerpts – truly beautiful words – taken from addresses given to us by the soul group member we respectfully refer to as 'The Aboriginal Gentleman' (featured in the book *Many Voices, One Mission*).

'We understood about the 'secret places' of the world, and to us they were not

secret because at that time we communicated with the Earth. We spoke to the Earth, and we knew there were places where you could talk to the spirits of the Earth and that the spirits of the Earth and the Earth itself would speak back ... would tell us if it was happy ... what was wrong with it ...and what we could do to restore a balance and to ensure that energies flowed as they were supposed to flow.'

'We were aware of the nature spirits and the great devas and would commune with them. We would ask them if they would take care of our crops and our animals. They would, when we were not directly speaking to them in the sacred places, talk to us through our animals and inform us of anything they wished to communicate to us. So, it was quite natural for us to commune with the planet and with the planetary forces that sustained the planet in a state of equilibrium.'

'...And nature was our byword and the yardstick by which we lived because everything we did was designed not to disturb nature – not to disturb the natural path of the evolving planet that would sing to us. And the devas would sing to us and show us, in the dreamtime, a picture of the destiny of the Earth and of the evolution of the planet, the solar system and the heavens.'

...I think you'll agree it's high time we worked together to regain so much that we

have lost ... high time we re-established a spiritual approach to our lives, to each other and to our world.

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