



# THE JOSEPH PERSPECTIVE

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## Key themes from the Joseph Communications books illustrated by examples from 40+ years of mediumship.

By Michael G. Reccia

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## **Author's Note:**

*'It's a funny old world' is a statement I feel every one of us can relate to.*

*Each new day seems to express-deliver an overstuffed package of additional dictates and absurdities to our doorsteps. Each new day we are assailed by situations and mindsets guaranteed to set our thoughts racing and our stomachs churning.*

*But could there perhaps be an underlying reason for all this madness - a core reason for our world presenting itself as such a 'funny old' place... 'funny' in the sense that there's so much here that could be so much better than it is at present? What on earth lies behind the obsession of so many souls with the lifelong accumulation of material objects, for instance? Why on earth are so many of our governing bodies so hellbent on acquiring power and control? Why on earth does our past and our present us with such a disturbing catalogue of violence, cruelty and intolerance?*

*Answers to these questions have been provided in great detail and with absolute clarity by Joseph, the discarnate spirit spokesperson for a vast group of souls concerned for our future and determined to share with us information that, if acknowledged and acted upon, can positively transform our world and our experience here. There are eight books in the Joseph Communications series, delivered over a number of years by Joseph and members of his soul group through me while in a trance state, and I urge you to read them all - not for my benefit (neither I nor any member of the Band of Light - Joseph's name for our little 'action group' on earth - takes any monies personally from their sale) but in order to consider a wider, more liberated view of existence here.*

*I digress slightly... back to the point of my brief introductory 'ramble': why is it such a funny old world?*

*The answer, and a key theme of Joseph's books, is simple:*

***We have forgotten who we are.***

*We have forgotten why we are here.*

*We have forgotten the good we are capable of creating and expressing and sharing.*

*As a result of being submerged in the negatively-charged collective field of human consciousness we have blanked out all memory of our origins and our heritage... turned our backs on the fact that each of us is a spiritual being, an immortal facet of the Divine... that each of us is, in greater reality, angelic in nature and capable of infusing our own experience and that of every other life on Earth with Light, positivity and Divine love.*

*In order to make this world less of a 'funny old place'; in order to put things right here, we simply need to remind ourselves of our higher purpose in being on Earth; we simply need to investigate, examine and reintroduce a spiritual perspective into our thoughts, our lives and our approach to others.*

*The sixteen articles in this e-book delve into a variety of aspects of the greater world we each a part of. It is my sincere hope that something from each piece will strike a chord with you - and that this free e-book will leave you wanting more: more spiritual knowledge; more food for the soul; more of the unquenchable inner Light that is freely available to each of us all and is sorely needed at this time.*

*Each article contains within it echoes of and/or direct references to the Joseph Communications' message, a message I invite you to continue to investigate with us via our frequently updated websites, our regular YouTube videos, and, of course, the Communications books themselves.*

*Much love.*

*...And much Light to you.*

*Michael*

## Part I. Walking with Angels

Joan, my spiritual teacher, had smoked heavily for many years – an addiction that had its roots in the second world war. She'd been a nurse during that conflict, working as part of a medical team whose members had suffered from breakdowns and severe mental stress and fatigue due to the extreme day-and-night injuries and suffering the unit had had to witness and attempt to treat. Unlike the majority of her colleagues, Joan had emerged from those years mentally unscathed. She was, however, now reliant on cigarettes for comfort in times of stress.

One day many years later, as she sat, cigarette pack in hand, by an open fire in her home, an angel suddenly appeared next to her, looked her in the eye and then, in a display of very un-angel-like behaviour, began to cough! This shining being's convulsions grew steadily worse, the coughs becoming louder and louder and more and more exaggerated and violent until Joan glanced at the pack of cigarettes she was gripping and about to open.

'Ahh,' she said, grasping what was being pointed out to her and addressing the pack, 'I believed I was in control of you. Actually, you're in control of me.' And with that she threw the pack into the fire, never touching another cigarette for as long as she lived.

The angel abruptly stopped coughing the moment Joan understood what she was being shown, smiled at her and then disappeared.

I, too, have been privileged to communicate with angels on several occasions. How to describe these luminous, Light-cocooned beings in a few, totally inadequate words? Well, from the perspective of my clairvoyant and clairaudient senses they appear to me as very tall, slim, elegant figures. They pulse with and radiate outwards a brilliant white Light. They are neither male nor female (seeming to be a combination of both) and they communicate with a powerful, almost 'booming' voice that reaches me without them physically appearing to move their lips. There is a 'cowl' of light around their head and shoulders that gives the impression of a 'hood' or 'wings' (this feature having almost certainly given rise to the popular artistic depictions of haloed and wing-ed angelic beings) and their personal vibration is so powerful it can take hours following a connection with them for me to mentally readjust... to slow down my own vibration and 'come back to Earth' as it were.

Allow me to recall a personal angelic visitation: Some months ago Jane and I had

taken two-and-a-half days off from our Communications work, intending to recharge our batteries. However, Jane awoke on the first morning of our hoped-for break feeling sick and with a growing headache which was threatening to rapidly develop into a migraine, a condition which in Jane's case usually proved to be very severe and took at least a day of bed rest to put right. I placed my hands on her shoulders to hopefully give her some energy healing and as I did so I was instantly joined by an angel dressed in a golden robe. This beautiful spirit stood between me and Jane, positioning its hands 'through' mine, and allowing me to feel a powerful Light energy flowing into Jane's body. The angelic presence then stepped backwards 'into' my body (in that at this point we both seemed to be occupying the same space) and I could feel that same delightful energy now flowing through my being. A few moments later the angel disappeared, as did Jane's potential migraine, allowing us to fully enjoy the day ahead.

A great joy for me during this encounter was the sense of reconnection to angelic vibrations – a sudden and certain remembering that this world, with the many corruptions, deceptions, pomposities and sufferings of humanity, is an illusion, and that physical death is merely the joyful stepping into an infinitely kinder, more loving, totally liberating reality. I also once again experienced a welcome inflowing of

the knowledge that the angelic realms are levels of higher vibrational reality each of us will visit and re-experience at some point in our infinite existences...

..I say 're'-experience because a key theme of Joseph's message for humankind is the reveal that each of us – compressed as we are while on Earth into heavier, restricting matter and dense vibrations which have a numbing effect on our spiritual memories – is not just a human spirit; not simply a human soul; but, at core and in origin, an angelic being. As the result of a series of negative events that took place millennia ago but are much too intricate and detailed to relate within the confines of a single article (but which are explained fully and precisely in Joseph's game-changing book 'the Fall', available in hard, e-copy and audiobook format and also free to listen to in its entirety, chapter by chapter, in the media section of this site) we have simply forgotten that fact.

I leave you with a suggestion that investigating Joseph's book the Fall is an extremely enlightening experience and point out that the two small examples of angelic interaction given above are an excellent reason for each of us to feel happy, at peace and joyous today, no matter what society may be prompting us to believe to the contrary.

...Not only is each one of us connected to the wisdom, influence and guidance of

angelic beings, whether we are consciously aware of this or not, but each of us IS at core an angelic being, destined to one day re-enter amazing worlds of Light and love...

...And no-one and nothing can ever take that delightful heritage and destiny away from us.

## Part II. Inanimate Objects Are Anything But...

Many years ago, whilst still honing and developing and my mediumistic abilities, I lived alone in what was, spiritually speaking, a most curious house – but that's a whole other story; one which I hope to tell you in due course. Back to today's theme: One day during that period and whilst out and about I came across an unusual, lidded, red-glass vase in an antique shop that I really liked the look of, thinking it would look great at the top of the stairs on the small table that stood by the window.

I bought it and installed it, and it did indeed look rather classy once in place, but every time I walked past it feelings of unease and disturbance suddenly swept across me for some reason – feelings that grew more intense and unsettling as the weeks passed by. I finally mentioned this to my spiritual teacher, Joan, and we connected over the phone to see if we could get to the bottom of this strange phenomenon.

I knew that the vase was somehow causing these negative feelings in me, and so, psychically linked and with me holding the vase as we discussed the matter, we 'read' its 'history' and discovered that it had once belonged to a very angry, very bitter man who had treated his daughter dreadfully, controlling and restricting her life in many ways. Having discovered this I

thanked Joan, put down the phone and filled the kitchen sink with cold water. I then immersed the vase in it, washed it thoroughly to dissipate any 'bad vibes', dried it, held it in my hands and infused it with Light via my fingers to 'rededicate' its vibrations and raise them. Finally I placed it back in its chosen spot. The uneasy feelings disappeared and the vase gave me no further trouble from that point onwards.

On another occasion an interested-but-sceptical friend of mine was extremely wary of my mediumship and was looking for proof from me that what I was telling him about me was more than just deluded imaginings. I asked him to bring along any object when he next visited me and to reveal nothing regarding its history. He brought a watch with him, which I held, shifting my spiritual consciousness into my hand and connecting with the watch to sense what information the timepiece might contain and share. I then relayed to my friend the impressions I'd received, which included information about the owner having been at sea and descriptions of various 'vistas' I'd picked up from the object. He was astounded... The watch had belonged to his grandfather and everything I'd told him rang true and was specific and accurate with regard to his departed relative.



...He needn't have been astounded – the watch had, as a matter of course, taken on...'recorded'... some of its owner's dominant vibrations and I'd gained access to these by 'tuning in' to its 'history'.

As a final example of today's theme, a couple of years prior to Joan, who always described herself as 'my second mother', passing on she presented me with a scarf for Christmas. She explained that she had put love into it and that I should be able to feel that love whenever I wore it. I have it to this day, and the vibrations of warmth and love it gives out are tangible, every bit as strong as they were when I first received it, and still bring me comfort whenever I wear or touch it.

...As Joseph explains in detail in his Communications books, we are 'radiating' spiritual beings. We infuse the objects closest to us – the things we repeatedly interact with – with something of our dominant vibrations. Knowing this, and in order to create an ideal, protective and nurturing personal living environment around ourselves, it's a wise move to hold the objects within (and, indeed, touch the walls of) our homes frequently, communicating via our touch (and/or our voice – it's perfectly OK to talk to things!) our wish to infuse them with love and peace and harmony.

Equally important for our protection, wellbeing and peace of mind is to always

remember to engage our spiritual senses before buying something secondhand (or indeed, something 'new') – anything from a vase to clothing to a car (and especially a house!)- to make sure, via the impressions we receive from these things, that the objects are spiritually compatible with us, are calm and peaceful, and are not harbouring any negative vibrations or nasty psychic 'surprises'.

Joseph greatly expands on this fascinating subject in a whole chapter of his book *The Spaces Between*, (Chapter Six: *Your Dance with Reality*). Here's a very brief excerpt:

'I wish to tell you that you influence everything and every object that you come into contact with during every waking moment and every sleeping moment.

'With every object that you encounter, as soon as you attach relevance and consciousness to it, you begin a dance of energy with it – something that I could describe as the 'energy exchange'. And, were you to look with psychic eyes, you would see people sensing and reacting with a myriad of objects during every day, and with each object there is an exchange of energy.'

Finally, we term the ability to 'read' objects psychically, as I did with the vase and the watch, 'psychometry', and how to access and use this gift, should you choose to, is

explained in [Module 5 Part 2 of my free Step-by-Step Course in Higher Consciousness Living](#).

Until next time, I hope this article will cause you to consider the things you have

around you, the houses you live in, the cars you drive, the clothes you wear, the objects you interact with, in a new light...I conclude as I began, by repeating the heading from this piece: Inanimate Objects are Anything But...

## Part III. From The Sublime to The Ridiculous

Over the course of many years, I visited the homes of (and also opened my own home to) thousands of people, conducting one-to-one readings during a period in my life when I was working as a medium but not yet engaged in the greater imperative of bringing through and promoting the Joseph Communications' vital global message.

During each reading I was privileged to have working with me, as an intermediary between this world and higher vibrational realities, a trusted member of Joseph's soul group... different members on different occasions according to the needs of different 'sitters'. Readers of the Joseph Communications books will be familiar with certain of these personalities – spirits such as 'The Big Indian' and 'Silver Star' – who would, to put this in Earthly terms, position themselves between me and the discarnate family members and friends eagerly wishing to communicate with their loved ones on Earth, acting as enablers of the communications and as filters of the vibrations reaching me. They would also surround me with a bubble of protective energy to prevent any negative vibrations from the communicators (Or indeed, on occasion, from the Earthly sitters themselves!) latching onto me and lingering once a reading was over.

### The Sublime:

Having worked for a full forty minutes with each sitter (and recorded the resulting communications on cassette tape... these usually being comprised of contact with 'departed' family members, information regarding their life, insights into future trends, advice relating to their current problems and challenges, etc) I would encourage my sitter to contemplate and consider higher spiritual themes by asking them to participate in what was my preferred part of the reading. The communication would be steered towards its 'peak' as a result of me explaining the following to the person I was sitting with:

'Today I have been working with a very highly evolved spirit, and It is they who have made this communication possible. At this point this guiding influence is offering you the opportunity to gain a deeper insight into any aspect of spirituality you might like to examine. You can only ask them one question – but this can be on any spiritual subject you wish to gain a greater understanding of... Perhaps there's something you have always wanted to know about life, death, 'heaven', the universe, karma, angels, God... you can ask anything regarding the spiritual aspects of life. Let me have your question, I will pass it on to the

spirit working with me on your behalf and they will answer from their perspective.'

### **The Ridiculous:**

The following three examples are actual questions from sitters in response to this invitation, and representative of the type of thing subsequently asked by a high percentage of the many souls I sat with over the years (bearing in mind, as I said earlier, that they had already enjoyed forty minutes of bespoke communication and insight):

'Um... when will my house sell?'

'Err... which of my two boyfriends should I be with?'

'Can they tell me which car I should buy?'

### **Back to the Sublime:**

Fortunately, I also at times had the privilege of sitting with men and women who were a breath of fresh air... who truly wished to see and understand 'the bigger picture'; earnest, enlightened seekers who asked highly spiritual questions of the soul group members working with me and were rewarded with in-depth answers that would massively advance their spiritual knowledge.

...Clearly seeing that bigger picture is, in a nutshell, what the Joseph Communications information is leading us to, and is why we work as hard as we can to present that information to as many souls globally as we can possibly reach.

Apropos those lesser questions:

...The house? It will either sell or it won't.

...The boyfriend? That's entirely up to them.

...Which car to buy? Of little consequence in the greater scheme of things.

The solution to every situation in your life lies in simple phrase Know Yourself.

Know Yourself – your true self – and you not only automatically know the answers to relatively minor questions such as the ones asked above, but also instinctively know what to do and when to act (and when not to act) in every challenge, big or small, in your life.

Know yourself – your true self – is a key theme at the heart of the Joseph Communications books.

...Each book dares to ask, and to then provide answers for, the big – the important – questions we should all be asking on our journey through life, each book bringing us greater knowledge regarding our true self, our origins and our spiritual capabilities.

When we expand our perspectives spiritually we transform our lives, discovering who and what we really are, where we came from, why we are here, where we are heading and what we can expect after physical death.

If the majority of my sitters had asked the type of questions they could and should have asked, the answers they received would have set them on the path to spiritual enlightenment and to a great satisfaction in their lives. In choosing to de-mystify the core 'mysteries' of life, they would have discovered they were not helpless, storm-tossed souls at the mercy of a cruel and random world, and that they had the ability and power to shape and uplift not only their own lives, but also the lives of others, and to contribute to a kinder, nobler, more loving experience for all humanity, all life here and the planet.

Seeking answers to spiritual questions rather than the material minutiae of life opens us up as a powerhouse for good – as wielders of the Light energy that lies within us, which is ready and waiting to be streamed out from our hearts for the benefit of all humanity and our world via our

unbreakable connection to the Divine force that flows through us and all creation...

This positive sea change in the way we think and live is not some unattainable 'pie in the sky', but an eminently achievable new way of life that becomes reality once we understand the 'spiritual physics' that lie behind the illusion of physicality and appreciate how creation really works, celebrating our true, equal place in the greater scheme of things as immortal, spiritual beings.

Amidst the ridiculousness of today's spiritually-starved material existence sublime revelations can still be found if we ask the right questions... those 'bigger picture' questions...

...It then becomes our joy to actively encourage other souls – through example; via the new way in which we choose to live, interact with others, and bravely explain our enlightened viewpoint whenever invited to do so – to earnestly ask them to teach me.

## Part IV. Visits with a Soul Group 1

The Joseph Communications are the end result of the streaming of information from a vast group of souls, with Joseph, acting as their spokesperson, using me as a conduit between higher vibrations and Earthly consciousness.

'Soul groups' are mentioned often in Joseph's books, with the term being fully examined and explained by him, his insights including a look at how groups choose and construct the environments they live in.

As this is a popular subject and I have been privileged observe the workings of soul groups first hand, I thought I'd share my experiences with you in a two-part article offering additional insights into the subject from a personal perspective. Here's Part One:

Occasionally, in those distant days when Joan, my spiritual teacher, and I would sit together for guidance and inspiration, spirits from Joseph's soul group would take us, in deep meditation, to higher vibrations, where we would share exactly the same visual and sensory experiences, leaving our physical bodies behind for the duration of each 'visit'.

Each journey would begin with a sudden shift in consciousness – one minute we would be meditating peacefully, the next we would suddenly find ourselves walking in the open air on a familiar narrow path winding

its way up a mountainside. To our right was a bare, rockface; to our left a sheer drop affording breath-taking views across a stunningly beautiful, tree-covered valley.

A member of Joseph's soul group always walked ahead of us on this familiar route, with a second group member bringing up the rear.

...On Earth I'm not at all comfortable with heights, but during these journeys I experienced no fear whatsoever at suddenly finding myself high up and very close to a sheer 'drop', instead feeling joy and wonder as I marvelled at the landscape stretched out far below us.

At a certain point on the route, we'd encounter a huge waterfall, its thundering waters cascading down from the mountain, across our path, over the edge and down into the valley. Again, I felt absolutely no fear at the prospect of voluntarily walking into and through such a powerful body of water.

Our little party would calmly head straight into the waterfall, discovering it was not water at all, but a curtain of energy, composed of glowing, multi-coloured particles of Light.

Passing through and under this Light-curtain we were not harmed in any way –

we could feel and see its energy gently passing through our bodies; cleansing us of the dense, negative atmosphere of Earthly life... raising our vibrations to allow us to consciously interact with the souls waiting to greet us.

Emerging from this 'Light barrier' we found ourselves in an even more beautiful, etheric landscape, suffused by bright, golden Light. The closest analogy in Earthly terms is the type of landscape you see in films based on Tolkien's Lord of the Rings... colourful, hyper-real, larger-than-life when compared to Earthly vistas. Energised, we would walk the remainder of the path that led to our soul group's home...

Joseph's group prefers an 'alpine' setting, and so the path would suddenly open out into colourful, vibrant surroundings – blue mountains with snowy peaks, lush meadows with bright yellow flowers, clear blue skies. Here and there unobtrusive single-storey dwellings were visible, blending in perfectly with the landscape. (Should the group ever desire something different, this setting will change by communal consensus, with them 'thinking' an alternative environment into being).

Next, we would meet with a number of group members – familiar spirits from our extended 'family' wishing to speak to us or take us to some venue to advance our understanding. Sometimes we would simply

listen and discuss things with these guiding friends, receiving instruction and inspiration before returning via the same route that had brought us here. On occasion, however, the landscape would transform from an alpine vista into that of a vast amphitheatre. ...and when I say 'vast' I'm not exaggerating. We would find ourselves sitting, facing towards the centre of this huge, open-air structure, shoulder to shoulder with, and ringed by, thousands of spirits in luminous coloured robes, seated in ascending tiers within the circular walls of this amazing edifice.

At the centre of the amphitheatre stood a number of golden lecterns, and from this central point a spirit or spirits would address the audience. Aspects of creation... The wonder of 'being'... Divinity... The higher 'spheres'...these subjects and many more were covered... and we experienced the lectures not just with our ears and eyes but via all of our spiritual senses. We could feel – understand – live what was being said. Illustrations of the concepts being presented would appear in the air in front of and around us as living, moving images. Coloured Light washed over the crowd from that central point, pulsing outwards as expanding waves of visible energy. The mood was blissful, harmonious, energised, inspiring.

Often lectures would be given by members of Joseph's soul group (indeed, I found myself on a couple of occasions

addressing the crowd from one of the lecterns ...remember, we're all more than we appear to be on Earth when operating as spirits... I have absolutely no memory of what I said, though!). Sometimes spirits from even higher vibrations would speak to us: angelic in appearance... almost transparent, radiant, powerful, loving, brilliant beings.

Lectures over, we would retrace our journey in reverse, settle back into our physical bodies, open our eyes and find ourselves once again sitting in the front room of a modest house in Northern England.

These precious journeys were instigated to help us more effectively do the work lying ahead of us on Earth, with much advice and support being offered during each visit.

Please join me next time for more fascinating insights into Soul Group life, and meanwhile, whenever it seems as if society has gone stark, raving mad and is seeking to drag you down, be assured that bliss, peace and membership of a soul group family that loves you – as opposed to a society that coerces you – are yours by right.

This heritage can never be taken away from you, and one day you will rediscover and re-inherit it. Guaranteed. You will eventually and inevitably move on from this 'reality' into golden Light and wonderful landscapes.

You came from higher vibrations; you will one day return to them.



## Part V. Visits with a Soul Group 2

If you've joined me for Part One of this article you'll know that, as part of my mediumistic development many years ago, my spiritual teacher Joan and I were allowed – at times, and during deep meditation – to visit and connect with Joseph's soul group, these 'adventures' beginning in the front room of Joan's house where we met each week to connect with higher vibrations in order to advance our spiritual knowledge.

On such occasions we were taken to higher realities in our spirit bodies whilst our physical 'shells', with us still connected to these via the electro-magnetic 'silver' umbilical cord that only severs upon physical 'death', remained behind.

On one particular Sunday, however, we were permitted to visit not our usual destination, but the 'location' of a different soul group to Joseph's ...and the experience is one I shall never forget.

This extraordinary journey began with us meditating as usual on a Sunday afternoon at Joan's house. Soon we were joined by several familiar members – known spirits – from Joseph's soul group, who gathered around us then said in unison to me: 'Don't be afraid.'

'I'm not', I replied calmly, wondering why on Earth they would say this.

'Don't be afraid,' they repeated several times. I then looked down and realised that I was no longer sitting in a chair in meditation but was hovering in the air, along with Joan, a few inches above the floor. 'Don't be afraid,' our spirit friends repeated one final time, as they formed a protective circle around us. I then experienced a sudden 'whoosh' ...a feeling of rapid upwards motion. We shot up through the ceiling and the roof of the house as though these things didn't exist. Up. Up. Up!! I then realised why I'd been urged not to be afraid, because I suddenly found myself, together with Joan and our visitors from the soul group, hovering at a great height above and gazing down upon a startlingly beautiful landscape.

This very obviously wasn't the Earth, but a spiritual dimension we hadn't seen before... Spread out below us were fields and hedges in unusual and vibrant colours... greens, purples, reds... and threading through them was a mirror-still silver river with a sailboat on it. The water wasn't just silver in colour, it was actually composed of liquid silver. I looked ahead and saw that there was no curvature to the landscape at the horizon as you would witness from a great height when looking down on our planet. An overall light source illuminated every aspect of this vista, rather than that

illumination coming from the single source of light our physical sun provides. Light seemed to be everywhere and to shine out from every part of the scene.

Streaks of many colours could be seen all around us in the sky, shooting towards and past us at great speed – like luminous vapour trails but without any planes to create them. It was only when these moving arcs of colour drew closer to us that I realised I was witnessing people – spirits – in brightly coloured robes, flying through the air by simply thinking themselves from point A to point B. – What a wonderful way to travel!

We descended slowly to the ground, and my feet gently touched down on soft, springy grass. We found ourselves standing in a valley – an area of gentle, undulating hills. Here and there throughout this peaceful landscape stood spirits – men and women – each wearing robes of an identical colour and style. Several of them approached us and began to communicate with us by thought (their mouths didn't move but we could clearly hear what they were saying). They made us aware that they were engaged in a project they had elected to undertake together as a soul group commune, and that they were completely in harmony in purpose and intent whilst simultaneously being free to go about and pursue their individual lives and interests.

One of the spirits drew our attention to a tall and imposing-looking boulder that was standing on the grass – about the width and height of a person. I could feel its presence – its sentience. The spirit placed his hand on it and indicated that the boulder was considered to be an equal part of the soul group, and that no distinction was made between various expressions of life here – all were part of the whole, equally respected, loved and included in all decisions and undertakings. I was allowed to sense the harmony, love and unity of purpose of the group – so far removed from our petty differences on Earth.

Our soul group friends then surrounded us again and indicated that it was time to leave. I was very reluctant to do so as this was such a beautiful, spiritual place. There was such a feeling of permanence in the air. I knew that nothing here could ever decay or die or become corrupted.

...Suddenly I found myself falling, falling... Joan, travelling beside me, was falling too, our 'fall' culminating in the strange sensation of tumbling back into our own physical bodies, re-inhabiting them and reconnecting with them with a jolt.

We slowly took charge of our physical senses and opened our eyes. ...Back! ...Such a pity! For three full weeks following our trip everything on Earth looked 'false' – 'fake' – to me ...an illusion; ephemeral... with no more substance or permanence than a 'film

set'. It was as though I could peer behind this 'reality' and discover it was nothing more than a series of 'flats' (as they call them in the film world) – nothing more substantial than a series of painted scenes supported by timber struts and placed around as back-drops to give the illusion of reality against which we act out our lives here. Only when my vibrations had slowed down sufficiently to integrate with this level of consciousness once again did I begin to feel anywhere near 'normal' and able to tolerate living on this level again.

Where had we been? Relatively speaking, just two shifts – two elevations – of vibration away from this one. Just two...so take heart, dear friends. As Joseph assures us in all his books and communications, we are part of a far greater and far more rewarding journey than we can possibly imagine at this point in our experience.

There's no need to be afraid of the nonsenses humanity dreams up and tries to convince you are real ... they have no power over the real you. No actions taken on this level of this illusion can ever extinguish or diminish what you actually are: a spirit originating from – and travelling back to – higher dimensions....

...Infinite.

...Immortal.

...Loved.

Destined to visit, experience, then move on from the plain described above into even more rewarding and uplifting frequencies of 'be-ing'.

Consider: Just two shifts of vibration 'up' from this one.

– Now imagine what wonders await us in the levels of spiritual reality beyond that blissful landscape...

## Part VI. Where Angels Fear to Tread

Certain demands on my mediumship have proved challenging to say the least during the course of this work, as is the case with the many examples of 'paranormally disturbed' houses I have been asked to visit, investigate and – hopefully – 'cleanse' over the years.

One such case involved extremely unusual physical manifestations in a house, including dubious pencil drawings suddenly appearing all over its bedroom walls. Please don't stop reading at this point if you find the preceding sentence a little unsettling – there follows a full explanation of why such events were taking place in this property... and I have a very good reason, relevant to current circumstances, for recalling this particular incident.

I agreed to visit the house and, as always, before leaving home I asked the Divine for protection and guidance and that friends from the soul group would accompany me, keep me safe and advise me as to what to do to put things right (no two of these 'disturbances' are the same, and each requires very specific things to happen in order to calm things down). Upon entering the house it became instantly apparent that something was very wrong there – the atmosphere was heavy, clinging and as 'thick as soup' ...the whole building felt cold, dark

and dismal. I began, as I usually did in such circumstances, by conducting a psychic room-by-room investigation, beginning upstairs. Whilst in the bathroom I was suddenly confronted by a wild-haired, wide-eyed, elderly lady – a spirit – who glared at me and whose opening 'greeting' was a promise of extreme violence (I won't tell you what she actually said – suffice it to say it was quite gruesome and distressing). She screamed at me, repeating over and over that she was about to do something horrible to me. 'No. You're not!' I countered. 'You can't harm me and I'm not afraid of you!' There was no way for me to calmly reason with this deranged lady and, after much ranting, raving and vitriol from her, she was gently but firmly removed by the soul group members working with me that day and taken to a more appropriate vibration (not necessarily a higher one, I might add. She would need to raise her personal vibrations before granting herself the luxury of accessing and living in 'lighter' surroundings).

Next, in one of the home's bedrooms, I encountered a second malevolent spirit – a man – who also proceeded to threaten me, stating that he was going to kill me. The trusted soul group member who was acting as my principal communicator and protector that day – the spirit we call 'The Big Indian'

– instantly stood in front of me, positioning himself between myself and this violent spirit. He held his hands out and generated from them a huge cross of vibrant golden Light. He then determinedly advanced towards the angry spirit, keeping the cross between him and the spirit, who shrank away from its radiance, becoming increasingly enveloped in its Light until he was eventually driven back through the bedroom wall and out of the house.

With – to my relief – no further dubious encounters, the home was restored to more peaceful vibrations and Light was put, floor-to-ceiling, into every room by myself and the soul group members working with me. The Big Indian then informed me that the daughter of the family whose house it was (a young lady in her late teens) was the cause of all this upheaval. Following his instructions I gathered the family together downstairs and explained what had taken place. In chatting with the daughter, I found her to be an extremely angry, bitter and destructive personality, and she eventually revealed that she could not/would not forgive God for the death of her younger brother at an early age.

She was gently urged by the Big Indian (with me listening to him then passing on his comments) to let go of her resentment, to stop blaming God, to forgive and to let go of her current mind-set, as she was bringing negative spirits and vibrations into the house

via the attractive power of her anger and bitterness.

She said she understood and agreed to do this, but a few weeks later I was asked to revisit the building as peculiar and negative things were once again happening there. The Big Indian told me that the young woman was purposely attracting the same destructive and mischievous vibrations towards herself and her family home, had made no attempt whatsoever to release her resentment, and that she would draw disturbance to the house for the foreseeable future until she changed her viewpoint.

Prompted by my soul group guide, I informed the parents that, regrettably, any action I could take at this stage would be futile as the disturbance would repeat and perpetuate as long as their daughter continued to hold onto her anger and bitterness.

Why share this story with you? ...As a perfect illustration-in-action of how our dominant motives, expectations and desires attract more of the same, as Joseph stresses throughout his Communications books. Anger attracts anger. Bitterness attracts bitterness. A wish to disturb attracts more disturbance. In short, like attracts like.

Knowing this, and as spiritually aware people attempting to navigate this life correctly, we owe it to ourselves and to others to regularly and carefully monitor our

viewpoints from the perspective of our hearts, and to re-evaluate our thoughts and let go of negative trends, should we discover any within ourselves, to ensure that we maintain and radiate outwards to others and to our world only peaceful, harmonious and spiritually elevating vibrations.

...The above incident also causes one to speculate as to what unseen, undesirable and manipulative forces certain of those who believe themselves to be in – and are abusing – positions of ‘power’ attract to themselves as a result of their actions and motives, now doesn’t it?

When bringing these souls to mind, as we inevitably do at some point during each day, try not to become angry at or resentful of their actions. Instead choose to surround

them with Divine Light. By doing this you help to raise their vibrations, you remind them, at heart, that they are, in spiritual reality, loving, creative beings, here to help rather than to harm, and you also help to loosen the hold of the many unseen ‘passengers’ they have picked up on their journey through life as a result of their dominant desires – influencers who wish to go right on causing chaos and disharmony across our world via the skewed intentions of their willing ‘hosts’.

...Spiritual ‘attraction’ is a vast subject, and one, should I have piqued your interest, that you’ll discover Joseph examines and explains in far greater depth and detail in his Communications books.

## Part VII. Heart Voices, Signs & Portents

Many years ago, I was waiting in a queue outside a bank when a loud voice from 'nowhere' suddenly instructed me to 'Go to Joan's. Now'.

'What?' I asked aloud, looking around to see if anyone had noticed I was talking to 'myself'...

'Don't ask questions,' said the voice, which at that point I recognised as belonging to one of Joseph's soul group members. 'Go. To. Joan's. NOW'.

I immediately abandoned the queue and drove the couple of miles to Joan's – my spiritual teacher's – house, discovering on arrival that Jack, her husband, who had been terribly ill for four years, had died some five minutes earlier. I was able to stay with Joan for most of the morning to – hopefully – offer some support and comfort.

On another occasion following our weekly spiritual development session I was leaving Joan's with the intention of attending the evening service at our local spiritualist church. On the doorstep we looked at each other and somehow knew it was vitally important that I call on some mutual friends first – both of us sensing there was an urgency to this unplanned visit that should not be ignored. On arrival at my friends' house all seemed well at first, but then my friend Hugh suddenly became ill,

weak and disorientated. He grew steadily worse, and his wife, Ethel, phoned for an ambulance. I stayed with him until it came, praying and giving him healing, which allowed Ethel to go outside, keep an eye open for the paramedics and direct them to their house. Hugh had had a massive heart attack. ...He slowly recovered, but that evening both Joan and I knew there was some urgent reason I had to visit.

...Years ago, I sat each week in a 'closed development circle' with my medium friend Bruce, Joan and four other regulars, one of whom was 'Beryl' – a spinster in her early fifties who lived alone in a neighbouring town. 'I had an extraordinary dream about you last night, and for some reason I have to tell you about it,' Joan announced to Beryl at the conclusion of one particular session. She then related how she had dreamt that Beryl had been visited by a wealthy gentleman – some years her senior – who drove a very expensive car (she stated the make) and lived on the coast. In her dream the two had met, become friends, and that friendship had then developed into something deeper, with the gentleman in due course asking Beryl to marry him. Subsequently, she had left for the coast and a happy life with her new husband.

...Two weeks later the gentleman came unbidden into Beryl's life and the story played out precisely as it had in Joan's dream.

...Just three small examples of the inner voice and its spiritual clarity at work, providing insights and direction and, in the first two cases, urging an immediate course of action.

Occurrences like these are not the exclusive province of mediums and the psychically gifted – they are available to each of us.' Signs and portents' welling up from our 'greater self' – our true being – impact on our everyday consciousness all the time, but in order for us to recognise and act upon them we have to train our physical mind to receive them – and that means switching off the clamour of this world for a time each and every day in order to tune in, via our heart-centres, to our greater world. Repeated visits to that higher state of consciousness sharpen our spiritual senses and instincts, allowing them to play a more active role in our lives.

Our inner voice – our 'heart-voice' – can be relied on in all of life's challenges to see beyond the illusions, deceptions and distractions of the material world and allow us access to the wisdom and advice of our spirit. As Joseph stresses in his books, our inner world is ignored or rejected by many, yet connecting with it regularly provides answers, insights and guidance, and brings

into sharp focus the fact that physical 'reality' is simply a backdrop – a stage set – onto which we project 'reality' in order to experience the circumstances that allow us to grow as the spirit people we really are.

We are not adrift in the material world as many of us suppose ourselves to be... the 'spirit you' knows when to act and when not to act; knows exactly what to do in any situation in your life; has a greater view of your path ahead than your physical eyes can ever provide.

Here's a Joseph excerpt on this subject (taken from 'Trance Mission'):

'Ask anything of the heart-centre with regard to how your life is going – 'Am I certain I want this job?' The mind will say 'yes' ...but then 'no' ...but then 'yes' ...but then 'no' – round, and round, and round. And you will be exhausted and will probably go to someone else and say, 'Should I have this job?' And one person will say 'yes' and one person will say 'no' and you are no further along the road.

'The heart knows!

"Your heart connects you to God. Your heart-chakra, your heart-centre, knows the answer to every aspect of your life – from the job, to the relationship, to the religion, to the health. Do I want this job? Go into the heart-centre; what does the heart-centre say to you? How are you speaking to yourself? Go to the heart-centre and say: 'I



am God. We are both here, God – You and the ‘I AM’ that I am – what do we know about this? What is the answer to this?’ Then listen for the still, small voice or the physical sensation that brings you either a ‘yes’ or a ‘no’ or brings you insight in visions.’

Signs and portents?... Accessing these to enrich your journey through life and the lives of every soul on Earth is simply a matter of quieting the cacophonous chorus of the material world and taking time out to listen to the one, true voice:

The voice in your heart.

## Part VIII. The Importance of Being Light-Hearted

If I may I'd like to help lift the vibrations today by sharing with you memories of some amusing incidents that happened to me way back in the days when I used to take services at spiritualist churches.

Many of the churches were engaged in a constant struggle to raise funds to maintain their buildings, meaning that their premises and furnishings were often in dire need of refurbishment or renewal. Such was the case at one particular church where I was addressing the congregation from a lectern that had seen better days. Being half Italian I tend to 'talk' - to emphasise things - with my hands, and, whilst making a philosophical point and waving my arms around, I lightly clipped the bottom surface of the lectern and instantly detached a wobbly length of wood which I somehow managed to catch before it clattered to the floor. Still caught up in my address I delivered further points whilst waving this piece of wood around like a conductor's baton for a couple of minutes before hiding it discretely on a shelf under the railing I was leaning against. The church owners were most kind and didn't present me with a bill for demolishing their property.

A second lectern incident occurred at a time when I had begun to lose a great deal of weight over a short time. Jane and I had

just got together and she had bought me a couple of pairs of swanky new trousers to accommodate my shrinking waistline. Said waistline continued to shrink, however, and thus it was that, proudly sporting a pair of these smart new pants, I took a service one Sunday afternoon at a church I regularly served. At a point during the proceedings I again made a sweeping gesture with arms raised... which promptly caused said trousers to fall down. Luckily I was standing behind a lectern at the time, which covered my blushes as I hastily arrested the descending and offending trousers at knee level, hoisting them up and re-anchoring them. Amazingly no-one seemed to notice as, red-faced and clutching my waistband very tightly with one hand, I continued my address.

An aside: Amusingly the lady secretary at the above church always said exactly same thing when introducing me or other mediums to the congregation, prepping visitors for the clairvoyant demonstration that would form part of the service:

'Please don't nod your head if you receive and understand a message. Clearly say either YES or NO as the spirits can't see you nodding.' (This is completely erroneous, of course.)

She would then complete her intro by adding '...and please don't feed the medium.'

On the one hand I always found this a little offensive as I have NEVER and would never dream of 'digging' for information.

On the other I found it amusing as, true to her instructions, not one person ever offered me a single morsel of food during a service at that church.

...Perhaps if they had done my trousers would have remained in the correct position throughout.

Detour over – back to the subject of this article:

Mediumship very often addresses grief, trauma and loss head on...people seldom visit a medium when everything is going well in their lives. There is a great satisfaction in being able to reconnect individuals with loved ones who have moved on to higher vibrations, but the work, by its very nature, is demanding.

Occasionally, however, something happens that raises a smile and still causes me to chuckle years later. Such was the case, decades ago, when I was directed during a clairvoyant demonstration to a lady in the congregation who was notorious for her 'vacant' approach and would never acknowledge the messages given to her by mediums.

On this particular evening her departed husband appeared next to me (my spiritual teacher knew both parties well and confirmed his identity after the service). The gentleman stood to my right and I described him in great detail to the lady (you're not always given a name). 'Do you know who this is?' I asked.

A vacant 'No' was the lady's reply.

I described him a second time, passing on more details from the man, commenting on how he was dressed, his personality traits, etc.

A second 'No...'

'All right,' I continued calmly. 'Let's not concentrate on who he is. Let's focus instead on what he's saying, what he wants to tell you about a certain situation in your life...'

I duly delivered a lengthy message from the gentleman.

'Do you understand?' I asked.

A pause. Then: 'No...'

The gentleman sighed and folded his arms. 'She DOES know! Tell her again,' he said, obviously becoming a little agitated. I did so...

'...No...'

By this point the communicator was visibly angry and was glaring at his wife...

‘Tell her AGAIN,’ he demanded, raising his voice. ‘She DOES know what I’m talking about!’

‘No...’

By now her husband was fuming and red-faced.

‘Um... he’s insistent I give you this message,’ I said, attempting to be diplomatic. ‘He says it’s Important.’

‘No...’

Incandescent, the gentleman stood in front of his wife, scowled, then shouted ‘Bl\*\*y Idiot!’ at her before glancing back at me with a look of desperation, turning away and disappearing.

‘Um... I’m afraid he’s gone now,’ I said hastily. ‘... As we can’t make a connection, I’ll have to move on.’

I hope I’ve raised a few smiles for you in sharing the above anecdotes ...As Joseph explains in his books and addresses, the vibrations that surround us and impact on us

at the moment on Earth, due to the collective thoughts of humanity, are heavy, dense and, unfortunately, mostly negative. Whenever we lighten our approach to life through laughter and joy we also raise our personal vibrations and push back the chaos around us, dismissing it as nonsense that has no hold or power over us.

In making light of life we lighten our load and our outlook, placing ourselves in a frame of mind that makes us more receptive to the inspirations, guidance and healing available from within – those higher states of consciousness and wellbeing that originate from our spiritual core – from our heart-centre.

In short, It’s not only acceptable to laugh, it’s absolutely essential for our wellbeing and the maintenance of strong spiritual connections that we do so – regularly.

Wishing you a happy – and, therefore, an inspired – day.

## Part IX. Safely Negotiating the Spiritual Minefield

Scary, isn't it? You wish to tread a spiritual path. You're earnest; eager... you want to discover and understand philosophies and techniques that will enable you to change yourself (and, ideally, this world) for the better and, in reaching out for spiritual help and knowledge, you suddenly find yourself bombarded by a bewildering kaleidoscope of choices and terminology, much of it contradictory and some of it offered by convincing personalities claiming to be able to provide exactly what you are looking for...

Make no mistake – the road to spiritual enlightenment is a dangerous place where many traps have been set in the undergrowth to snare the unwary. Spiritual neophytes are easy prey, entering as they do a nebulous new world – a completely new way of thinking and acting. Naturally and understandably they turn in trust for guidance to those purporting to have a history of involvement in the elevation of consciousness, believing each and every 'spiritual teacher' has just got to be coming from the right place...

If only there was some kind of 'spiritual geiger counter' that could be employed by those seeking grounded, sensible, and just plain right esoteric knowledge, enabling

them to determine at every stage of their journey whether what they are being told and asked to believe is beneficial for them and the world... something that could sort the wheat from the chaff, as it were. Fortunately, there is – and the amazing thing is that this priceless piece of equipment is not 'for sale' exclusively via some website, nor is it displayed at any stall at any mind/body/spirit event, but it is yours by right now, today and has been within you since the day you were born. It's called your 'heart-mind', and I've relied on its expert guidance for the best part of forty years. I used it to negotiate many of those aforementioned (and at times very convincing) traps that snapped at my heels when first setting out on my spiritual journey, and I consult it daily to determine that the choices I make on behalf of myself and others are sound, kind and harmonious.

The heart-mind is an aspect of our spiritual make-up that Joseph is emphatic we should recognise and use at all times to 'test the spirit'. The following question, highly relevant to today's topic, was put to him at one of our trance sessions:

'Joseph, we all talk to God [substitute 'the Divine', 'Creation', or whatever concept you are comfortable with when describing

the force that links us together and flows through everything] in our own way, but what is the best way to actually tune into God and know that the link is the strongest link possible?’

Here’s Joseph’s answer, incorporating a simple meditation to help you achieve that special heart-mind state:

‘We have to go back to the principle, to the reality, of you having two minds. You have a mind in your head that is influenced by the Field\*. You have a mind in your heart that is influenced by your soul and your connection to God. Therefore, in praying to God and requiring a result – requiring guidance – you need to think not from the head but from the heart.

‘You need to make an agreement with yourself that each day you will spend a few minutes thinking from the heart-mind.

‘How do you do that? You do that by retreating from the head-mind, by switching off the effects of the head-mind. You sit, you become quiet, you ask for protection from God – and your mind will be crowded with a million and one things and sights and sounds and sensations. You then see yourself retreating from those sights and sounds and sensations and taking a path – perhaps through a golden cornfield that leads you gently down to an oasis or a well that is perfectly still. And behind you, as you walk down that field, is your physical mind,

getting fainter and fainter – you cannot hear the sounds, you cannot see the sights, you cannot feel the sensations or the demands. You can only see this beautiful, still pool of Light, and, under a perfect blue sky and surrounded by the golden corn, you sit down at the edge of this perfect, vast, deep, still water.

You look into it and you know that you are now contacting God from your heart. And then you ask, ‘Father, am I right?’ and look into the pool and see the reflection of yourself and look into your eyes and the answer will be there: yes or no.

‘Do I need to modify my plan – yes or no?

‘Do I need to work with You today – yes or no?

‘Are the feelings I have while I am not operating from the heart-mind true or false? Are they there or not? Are they illusion or heart-truth?

‘And do not expect instant answers but expect to have to go to that well, to that pond, on a daily basis whenever there is something troubling you, whenever you need an answer, because you will always get an answer once you are used to tuning in. And you will either see that answer in your reflection or you will sit there on the edge of that pond with your eyes closed in your imagination and you will hear your own voice say yes or no, or you will feel yourself

say yes or no. You will feel it – not just say it, not just think it – but feel it!

‘And you will become used to contacting you; to making friends with you; to operating from the centre, from the source. The promptings of the heart-mind apply in all areas of life: in business, in relationships, in healing, in having peace of mind, in knowing how to work spiritually.

‘The heart-mind answers all.

‘Do you feel, do you think that God would leave you here without a connection back to Him?

‘Ah – men and women over the years have said: “This way lies God! I will connect on your behalf. I will connect through the physical mind and through praying for you on your behalf to God.” Avoid those ladies and gentlemen! You will connect with the God-within because you are the God-within, and, therefore, as the God-within, you have access to all knowledge. You know in every situation what to do – it is just that the head-mind masks the promptings of the heart-mind.

‘Having sat by your still, wonderful, deep, peaceful pool for as long as you wish, you can retreat back up through the cornfield and bring out into the physical mind the gold light of that cornfield, the blue of the perfect sky and the peace you have discovered from your heart. And then, because you are operating again from a

combination of heart and mind, trust what you have been given. Trust what you have been given! Put it into practice. Try it out. And you will see that time and again you are right because you cannot be wrong. Only your mind can be wrong. The ‘you’ that is you can only be right in the circumstances that come to you for you and the good of others.

‘We are coming to a time when people must trust, must consult the heart-mind, because the heart-mind gives access to the greater self, and the greater self can see and hear; the greater self knows what to do on a God-level, knows how to put things right, knows how to comfort, knows how to counsel, knows what to do in every situation, and also how to repair you. When you are depressed, when you are down, when you are ill, the energies from the heart-mind can repair you, will repair you, time and time and time again – a limitless and endless source of comfort.’

There’s not much more I can or would wish to add to Joseph’s insights, except to ask you to consider this when approaching information expressed through the diversity of individuals, groups and literature on offer to you as a spiritual seeker: If it’s complex, it isn’t coming from the right place.

Why would God reveal His/Her/Its plan for you and creation via complexity? Why would the Divine, who wants you, His child, to understand more about Him, about

yourself and about the way creation works; wants you to realise your potential, grow, and exhibit more of your spiritual capability, offer teaching and knowledge in terms you cannot understand? Would you, in love, hide things from your children and explain things to them in double-talk? Of course not!

Here's Joseph on the subject of evaluating his, or any other communication purporting to have originated in higher realms:

'Always go within; always test what you are being given and, if it comes up short, if it is too complex, if it does not contribute to a change in global experience for the better – throw it out!'

Don't be afraid to daily ask the Divinity at the heart of you for protection, for guidance, and to be your constant companion and instructor in all spiritual seeking. Recognise, activate and improve your heart-mind connection to God-consciousness, take notice of and act upon your intuition, and you will know in every circumstance exactly what to do – or what not to do – next.

You have a permanent connection within to the Divine. Everything that you encounter outside of yourself on your spiritual journey can and should be taken to that source on a regular basis for examination and evaluation. Trust and nurture that link – rely on it and grow used

to the gentle way in which it works to answer your questions and you never, ever need worry about taking a false step as you evolve spiritually.

I'll conclude with some appropriate observations from Joseph:

'Can I suggest that you spend time silently with yourself? Can I suggest that at each point you switch off each thought and attempt to move your consciousness – the real you – from here [pointing to the head-centre] to here [pointing to the heart-centre] and to listen in silence – not in complexity. And there you will find your answers.

'There is nowhere else I can lead you to for answers because nowhere else exists for answers except there. Be still. Be quiet. Listen to yourself. And if what comes to you from the heart-centre throws out everything I have said that is fine, that is wonderful! But listen there. Become reconnected to your Divinity and you will find that the answers are simple – not complex.

'The mind is complex. The mind throws up smokescreens. The mind will tell you that black is white and white is black.

'The heart is knowing – the mind is wondering.

'Get to the point of knowing. Become silent ...throw out the books ...throw out the concepts ...become silent ...listen to the real



you ...ask to connect to God ...and see what  
the heart tells you.

'That is the starting point.'

\* The 'Field' of human consciousness we, as spirits on Earth, are surrounded by and live within. The Field is actually created and maintained by us, but we have lost sight of this fact. It exhibits, and seeks to perpetuate in us, a negative charge and outlook.

## **Part X. Giving Yourself & Others the Daily Turbo-Boost that Changes Everything**

Many of us feel helpless when faced with illness and challenge, and immediately look to outside sources for a solution to our every problem.

Yet we can, with a little determination and a few minutes set aside each day, find solutions to even the most overwhelming of circumstances and make vital contributions to our own wellbeing and also to the state of the world.

Irrespective of religious belief or scientific assumption, at 'core' each of us is a creative spiritual being, and, as such, our thoughts have great power in that they become the reality we experience within and around ourselves. You construct your personal world around you second by second as a result of your conscious and subconscious viewpoints, beliefs and choices. You also contribute daily to global trends, influencing the quantum 'field' of humanity: the matrix of connected thought-consciousness that manifests as 'reality'.

Don't like what is happening to you right now? Then, for the aforementioned few minutes, choose to turn off the chaos around you – those seductive phones and computers – and to become still, quiet, contemplative, redirecting your

consciousness from outside of yourself to within yourself for the duration of your 'turbo-boost'. Once spiritually centred, and having moved your point of awareness down from your head to your heart (Need an explanation of what this means and help in doing it? See Module Three: A Change of Mind – Making the Heart Connection) you then have the power to 'change your story' through visualising the life you want during this imaginative, peaceful time and infusing your aims and intentions with waves – with visions – of 'white Light'.

Similarly, if you don't like what's happening globally, you can quietly go 'within' and work on 'changing the global story' by visualising the peaceful, harmonious life we all crave at heart in your imagination, then infusing that 'dream' with the same white Light and sending it out into the world.

Put simply, if you believe you are at the mercy of a painful, unhappy personal existence you help to consolidate and maintain exactly that state of affairs via the creative, constructive power of your thoughts.

If you believe this to be a violent, corrupt world, and that others have power

over you and you have none, you reinforce and maintain that vision via the constructive nature of those beliefs, sent out subconsciously to help perpetuate the negative 'status quo' of society.

If you truly desire an end to personal and global pain, hardship and conflict, you – you personally – have to use the Divine gift you have been given to help build a happier, more harmonious individual and societal 'reality' via your daily 'turbo-boosts' of Light visualisation.

This doesn't mean you ignore the problems and challenges you, humanity and the planet face. It does mean approaching those problems and challenges in a different way – understanding that they are malleable, able to be changed... and that you have the means to change them by focussing on the Light-within from the viewpoint of what you really are: a spiritual being capable of drawing on, generating, streaming out and directing immense power for good.

Why not decide to have a good – no...a great – day today? Why not decide to dismiss what is so blatantly wrong here and ignore the biased narratives we are being fed and urged to invest in, and instead work to create a happy, wonderful day for yourself and for everyone else ...today, tomorrow and every tomorrow from now on?

The moment you investigate and acknowledge your spiritual abilities the road to positive personal, societal and global transformation becomes far less bumpy – and things can and will get better for you and for the world as a result of your power-packed daily turbo-boosts.

Here's a short excerpt from the second Communications book Illumination, offering just a tiny peek into Joseph's take on this personal and world-changing subject (which he examines and explains in far greater detail throughout the book):

'It is no use complaining about society if you are not prepared to switch that switch. It is no use saying, 'What can I do?' It is no use saying, 'I'm not bothered, I'm safe.' You have to take the view that it is up to you.

'Each person has to take the view that it is up to them to change things.

If you believe it is up to the politicians – you are wrong. If you believe it is up to the clergyman – you are wrong. If you believe it is up to local councils, or police, or solicitors, or judges – you are wrong!

'Society changes with you.

'There is an expression: the buck stops here. The buck stops with you! You, as part of God, are all powerful. You, as part of God, are all goodness. You, as part of God, are all Love. It is only because you have forgotten these things that you do not manifest them in your society at the moment.'

...In conclusion, you should by all means seek out the advice, help and wisdom of others on your journey through life, but it is immensely beneficial to also realise that a potent power with which you can heal yourself; a potent power with which you can heal the current trends of society, not only exists but is a constant built into you, able to be accessed and activated at any time.

Bringing that power to bear in your own life and the lives of others is simply a matter of having the discipline to turbo-boost each of your days by spending a few precious minutes each and every day connecting with the real you and bringing out – sharing – the Light you discover within your heart for the benefit of yourself, your loved ones, and every life on Earth.

## **Part XI. Afterlife Interaction Leads to Irrefutable Proof**

Many years ago, while still working full time and concurrently seeking in my personal hours to develop my mediumship, I made a new friend as a result of a mutual love of model-making.

I subsequently met his wife and son, becoming a frequent visitor to their home and eventually deciding to share with them the fact that I was mediumistic.

Initially this seemed to have been a mistake, as in response to my reveal they were shocked, more than a little sceptical, and as much as said 'prove it to us'. My friend's wife was particularly interested in me 'proving it' by providing her with a reading. I obliged, recording the messages from some very enthusiastic and vocal spirits on cassette tape for her and describing at length and in great detail the family members I was communicating with.

To my dismay the lady stared blankly at me, her scepticism gaining strength as the reading unfolded. At its conclusion she told me she had been unable to recognise any of the personalities wishing to speak to her and that none of the information given by them meant anything to her.

Seven days later, however, her attitude regarding her reading had completely

changed. In the interim she had phoned her mother, had played the recording for her and had been shocked when her mum began to sob as she listened to the tape. Tears rolling down her cheeks, she said she knew every family member and friend communicating, and also confirmed all the information that had been given by them (my friend's wife was unaware of the many of her departed relatives – including one who had emigrated to America and had been amongst the communicators).

As you can imagine, from this point onwards my friends were considerably more open to the possibility of life after death and the reality of communication with departed friends and relatives. A further reinforcement was provided for them a few weeks later when, whilst visiting their home, I received an sudden urgent communication from a guiding influence which I passed on to my friend, emphasising that he needed to ask for protection for his car and his garage that evening, and that if he asked for that protection everything would be all right. I added that I had no idea why I'd been prompted to give him this unusual warning. He looked a little bemused but said he would do as he'd been asked.

When I next saw him he told me that every garage in the row of seven or eight that stood behind his house had been broken into during the night following the message... every garage, that is, with the exception of his. His was the only one that had escaped the criminal intrusions – all the others had suffered from forced entry, theft and damage to cars.

I recall these incidents because I often marvel at the evidence-building way in which the realities of life after death and communication with ‘departed’ spirits are introduced to those not initially open to such spiritual concepts – in this case my friends were seeking ‘proof’ and had been given exactly that in highly unusual ways that left them in no doubt that there are ‘more things in heaven and Earth’, opening up their minds and hearts to a bigger picture of existence.

The way a spiritual message reveals its truth in its own time is often as important as the message itself... Meticulous behind the scenes planning and timing is at work, with the intention of waking souls to higher vibrational realities through the progression of a series of happenings that are known about in advance by ‘those upstairs’.

It’s a great pity, however, that our materially-based perspectives on life make it so difficult for us to accept that we are being contacted by those who have gone on ahead of us. It wasn’t always so, as the

following short excerpt from an address given by Joseph soul group member ‘Silver Star’, taken from his communication with Jane and myself titled ‘The thinning of the Veil’ (featured in the Communications book *Many Voices; One Mission*) reveals:

‘There was a time when it was far easier for men and women to talk to the spirit worlds because there was not such a build-up of a history of physicality as there is now, and our job – your job – is to thin the veil. All the books that you are putting out and all the teachings that we give you are concerned with thinning the veil because, as you convince more people that there are different worlds, you thin the veil because they contribute to the global-consciousness and there will be areas that are thinner as a result.

‘We would like to see centres eventually where people come to pray and to meditate but also to take note of what they see and pick up spiritually. What is wrong with your spiritual circles on Earth is that people do not put aside a room or a time or an attitude of mind that will thin the veil. It is vitally important that you sit at the same time every time you sit in a circle because your mind, independently of you, then builds in that that hour is special ...that hour is spiritual ...that hour is a thinning of the veil. So, ritual is important but we look forward to centres being established that people can visit to divide this world that they perceive

as being 'real' from the spiritual world. We look forward to a time when we don't need the Big Indian's\* Boat or any of the other illusions that are used to transport people from this side of reality to a heightened state of reality.\*\*'

Society's increasing 'worship' of the material and deliberate sidelining of the spiritual has made our Earthly journey a poorer, more isolated experience, with the subject of life after physical death seen at best as a topic to be held at bay and reluctantly discussed in hushed tones, and at worst to be dismissed as a naive fantasy.

Despite this, work goes on in higher dimensional realities to here and there

\* A further key member and communicator from Joseph's soul group.

\*\*A whole other fascinating subject which is covered in depth in the books and which I hope to examine in a future article.

provide irrefutable evidence of our continued existence once this particular journey has reached its conclusion.

Delivered by Joseph with the specific intent of demystifying the mystery and explaining precisely what lies ahead for each of us, I cannot recommend his third Communications book *Your Life After Death* too highly to any and all seeking a highly description of the afterlife coupled with the comfort of knowing as an absolute certainty that physical death is not an end but a new beginning...

... And there is absolutely nothing to fear.

## **Part XII. Return to Earth or Move On? You Choose.**

The well-documented phenomena of certain individuals recalling in uncanny detail places, people and circumstances they have never visited, met or experienced during the life they are living at this moment lends much weight to the argument for reincarnation – the rebirth of souls time and again into the Earthly arena and a physical life – being fact. I, personally, have access to fragmented yet distinct and detailed memories from two past lives, so the concept of us visiting Earth to take multiple trips on the merry-go-round, as it were, is one I acknowledge completely. In contrast, the ‘spiritual logic’ behind the accepted explanations for reincarnation is something I could never quite grasp or come to terms with.

Allow me to share some of the reasons why the traditional scenario of reincarnation made me uneasy...

...With literally a whole universe of opportunity to explore – and that’s just on a physical level of ‘reality’– why on Earth (forgive the pun) would we be confined or condemned to a repeating pattern of existence on this single planet? Surely that is counterproductive to growth through spiritual experience when there has to be far more waiting for us to experience in the

vastness of ‘out there’, on other worlds and in other scenarios, than there is in this one, small, limited corner of space? Wouldn’t it pretty quickly become a matter of ‘been there, done that’ for us as visiting/revisiting souls, with there rapidly being very little more for us to gain or to learn by constantly coming back to this planet? Also consider this: is there no escape for us? Are we doomed to live time and again on Earth until the planet is consumed by its dying sun at some point in a far distant, yet inevitable, future? Then what? Whither the souls of mankind when there is no physical Earth and we have no physical bodies to reincarnate into?

Seek, it is said, and you shall find. And, fortunately for me, when Joseph elected to use my mediumship as a means of making the soul group’s urgent message for humanity available, the vexing question of reincarnation was one of many topics at last answered to my satisfaction via his insights, with the whole concept finally making sense to me.

You see, Joseph is insistent that reincarnation is actually a matter of personal choice; that we only ‘come back’ here if we choose to do so, and if we don’t choose to do so, we don’t need to.



Wow! What a revolutionary new way of looking at the subject!

Well, not really, if we logically think things through. In a great many approaches to spiritual truth there exists a universally accepted core constant almost all spiritual seekers can agree upon, and which can be summed up in just two words: free will. Isn't it generally acknowledged that we have been granted the freedom and right, by whatever definition of Divinity we might believe in, to do whatever we want to here without fear of restriction, learning as we go along by the balancing action of both our mistakes and our triumphs, and thus advancing and evolving as spiritual beings? Using this yardstick surely free will must – must – also then apply to the process of reincarnation? If it doesn't then the notion of all-encompassing, unconditional free will becomes invalid, and the term would need to be qualified by the caveat certain terms and conditions apply.

Also consider that, as Joseph advises, this process of reincarnation by choice has always existed. If that is true, you might justifiably raise the question of, why, then, would so many souls elect to return to a planet we have all but decimated environmentally and into appalling conditions that range from poverty to war, debilitating illness to unspeakable physical, mental and spiritual cruelty? Are we absolutely mad? No, explains, Joseph. Not

mad... Addicted. – Addicted to the Earthly experience and its many and varied seductive enticements... and the collective consciousness, or sentient 'Field' of mankind \* as he describes it, that we contribute to subconsciously minute by minute via our thoughts and actions, aims to keep it that way.

Is it seriously being suggested that we come back of our own volition, refusing to move onwards into increasing spiritual bliss because we miss, for example, the fifty-inch television, the cup of coffee, the chance to make it bigger in business than we managed to last time around, or to get even with someone, or to pursue the girl/boy next door again?

Yes. It is.

Here's Joseph, from *Your Life After Death*, on the subject of trying to advise many souls when they pass over following physical death that the best way forwards is through the spiritual realms and not via another incarnation on Earth:

'...the key question at this point is: do we advise them to go back to the Earth? Here we will differ with many books you will read, with many doctrines you will hear of and with many beliefs you will hold, because – no, we do not. Let this be written large in your book:

**NO, WE DO NOT!**

At this point we pray that they will choose to move on through the spiritual spheres without returning to Earth.

Again at this point you have to understand that the soul has free will, and we advise the soul of every consequence of their choices at this point – every consequence (with a bias, of course, towards the soul moving away from physicality) – but the soul has free will. With far too many souls, because of their beliefs whilst they have been on Earth that they have not yet got rid of (also, in some cases, belief in reincarnation or belief that they have to come back), they say, I want to choose the rocky path.

How amazing!

Here is a smooth path: it is a gentle slope; it takes you upwards; you can interact with other souls to express love more readily and to eliminate those areas from yourself that are holding you back; it goes through beautiful meadows; it goes up the mountain gently into the sunlight – into the God-Light.

Here you have the heavy path, the rocky path, the path of physical pain, the path of mental anguish.

Which do you choose?

...And so many souls say, I choose the rocky path – not because it is noble but because it is known.'

Joseph also advises that 'karma', that glibly quoted action-equals-consequences binding agent that supposedly ties us into endless lives here until we 'do the right thing' in each and every aspect of our existence and escape the wheel of birth/death/rebirth, is, in actual fact, not the jailer of our own actions we make it out to be but simply the baggage of past existences we inevitably pick up again from our personal locker when we choose to come back here and live another life.\*\* In other words, karma is a by-product of immersing ourselves voluntarily in a further Earthly life, and its existence and working out is not the reason reincarnation takes place. Karma, observes Joseph, can be discarded like a worn out set of suitcases the moment we consciously decide to let it go, walk away from it and distance ourselves from our self-imposed cycle of Earthly lives – it really is that simple.

Why, then, has this liberating information not been made available to us before now?

It has.

It has always been available, says Joseph, but it has been masked, edited, distorted or omitted from many spiritual doctrines by society or religion for reasons of politics or control, and by the effects of the Fall, that single calamitous event we were involved in millennia ago which, metaphorically speaking, blinded us to the

Light. For countless ages the need for complexity and distraction we exhibit through our physical minds has chosen to filter out the simple spiritual truth behind our reasons for reincarnating; truth which lives on in our heart-minds, waiting for us to bypass that bothersome computer in our heads in moments of meditation, to move down into our heart consciousness, and to access and rediscover it in silence and contemplation.

So – come back or move on? A few final words from Joseph’s book Revelation:

‘Souls have lost their way, and the souls who repeatedly request and, therefore, experience reincarnation on this level think that they have found heaven, but they have only found a jail of their own making. The soul is supposed to pass through this level, not to repeatedly visit it and repeatedly be encased within it. There are beauties beyond, there are opportunities beyond, a ‘breath of fresh air’ beyond that millions of

souls don’t want to take. And it is our mission to bring freedom of knowledge to souls on Earth so that they live each day of their lives to the full, and also to free some of the souls from the constant cycle of reincarnation they put themselves through, having bought into the illusion to such an extent that they can see nothing else. We weep for them because they believe they are free, yet they are the ones that are cut off from the people who love them on a higher vibration, and there is nothing we can do other than, drip by drip, try to alter their consciousness through information such as the texts I hope to continue to bring to you on a regular basis.’

– It is vital we live out and cherish every moment of our current lives here, every second of our allotted time on Earth, of course, but concerning a ‘what next?’ I’ve already made my decision.

...How about you?

## Part XIII. Keep It Simple, Take It Within

For the neophyte spiritual seeker hoping to acquire sound higher-consciousness knowledge with the intent of understanding themselves better and the part they play in the scheme of things as a spiritual being; wishing to advance and improve their lives, the lives of others and bring some much-needed peace and Light into this world, the esoteric landscape can prove to be something of a minefield, can't it?

There's much in the way of puzzling terminology out there – so many differing practices for the individual to discover and consider along their journey towards spiritual understanding and enlightenment... some seemingly at odds with each other; some using confusing elitist terminology, and others claiming to provide exactly what the seeker is looking for.

As the 'instrument' (the discarnate soul group spokesman Joseph's term for me when placing me a trance state as a means of bringing through his series of addresses collected as the Joseph Communications books) I'm afraid I can make no such claim.

I wouldn't dare.

Having worked with and on behalf of 'higher authority' for forty+ years now, and having done so by pushing the little ego/personality 'me' out of the way as much

as I possibly can on each occasion to allow as pure a flow of information to come through as possible, I occasionally find myself troubled at what is sometimes put forward as spiritual 'truth' by various sources, and have at times witnessed the innocent and unwary being pulled off course, or, worse, disillusioned into abandoning their spiritual quest completely as a result of encountering complexities the mind has initially found alluring but which, ultimately, are revealed to be hollow and empty.

But how on Earth do you decide, when presented with the hundreds of choices you can make, whether a particular practice, system, teacher or group is the correct one for you? After all, as a newcomer to spiritual values, one simply has to trust others at some point in order for their knowledge and methods to be passed on to you.

Worry not. Fortunately there are two simple, golden rules to follow when approaching the information expressed through the diverse individuals, groups and literature available to the spiritual seeker.

The first is this: If it's complex, it isn't coming from the right place.

Consider this...why would God (substitute 'the Divine', 'Creation', 'Source' or whatever terminology you feel

comfortable with to describe the loving force that links us together and flows through everything) hide His/Her/Its plan for humankind and creation in complexity? Why would the Divine teacher, wishing you, a facet of Him/Her/itself to evolve, to become more spiritually capable and confident and knowledgeable, offer you enlightenment in couched terms, presenting you with cryptic clues that then lead to concepts you cannot understand?

Here's what Joseph has to say on the subject of evaluating his – or any other – communications purporting to have originated in higher realms:

'Always go within; always test what you are being given and, if it comes up short, if it is too complex, if it does not contribute to a change in global experience for the better – throw it out!'

Which leads rather neatly to the second golden rule: Take it within to see if it feels right for you. Or, as Joseph advises:

'Do not look outside of yourself for protection in communicating with God and with the spirit realms. Look inside – you are connected to God and God will tell you what is right and what is wrong and will protect you always if you go along that route.'

And just how do you do this? By bypassing that tunnel-visioned fight-or-flight calculator in the head we call the physical mind. Are you aware that you have,

in fact, two minds... the second, more powerful one residing within your heart? This is the mind that connects you to the Divine. This is the mind which, if calmly and regularly approached in silence; if listened to and acted upon, will always steer you correctly.

Try this simple heart-mind visualisation... Sit quietly, eyes closed. Relax and imagine you are standing inside a representation of your head-mind, which looks like a circular room crammed with active TV screens and radios – a room full of cacophonous noise. In the centre of the room is a spiral staircase leading down and away from the chaos and noise. You descend this into in a second circular chamber... peaceful, welcoming, full of warm, loving Light – and containing a comfortable armchair. Here you sit in peace and total security, and, in the silence, away from the clamour and demands of the head-mind, you ask your questions of yourself and the Divine, then wait in silent anticipation for answers to come.

And, with practice, come they will. Either as a 'YES' or a 'NO' – as a voice or a feeling from your chest area that permeates your being – or as a definite sense of what to do next as you ask if the spiritual information/teacher/group under your consideration is correct for you or could mislead you. At the end of this meditation, in your imagination climb the staircase into

your head-mind, with its now-silent screens and radios, and, asking the Divine to close your 'chakras' – your body's spiritual energy 'gateways' which may have opened during this visualisation – return slowly to your normal every day consciousness.

The above is an abbreviated summary of the much more comprehensive and detailed meditation video from my free Step-by-Step Course in Higher Consciousness Living. I guide you through every step of the process at:

You'll also find the complete Module from the course, examining and explaining the heart-mind connection in greater detail and focussing on progressive heart-mind exercises, right here:

– Don't be afraid to ask the Divinity-within daily for protection and guidance, and to be your constant companion, instructor and compass in all your spiritual seeking. Activate and refine your heart-mind connection, take notice of your intuition, and you will know in every circumstance exactly what is right for you, and which steps to take next as your spiritual journey unfolds.

Within you lies a permanent connection to the Divine.

Trust and nurture it and, with practice, you will know without doubt who and what you can trust outside of yourself not only in matters pertaining to your personal spiritual development, but in all of life's challenges and situations.

## Part XIV. The One-Way Street

No tinsel or crackers, I'm afraid. In fact, in the words ahead I've chosen an unusual subject for the Christmas and New Year period, but one that is ideal for us to consider and investigate during this 'quiet' period when many of us are divorced for a few days from the usual distracting material demands of life. It's also one that, although you might not think so, gives us many reasons to celebrate.

So, allow me to begin by drawing your attention to the most unlikely – and seemingly unchristian – of Christmas symbols: The one-way street road-sign.

From a spiritual perspective the one-way street sign is the most important and highly significant road-sign on Earth – you'll find a version of it present in most countries, quietly sitting by the roadside, symbolically reminding every soul on the planet of something many of them prefer not to consider at all...

Because for each of us, whether we're a new-born baby, whether we're very young or very old or somewhere in-between, and regardless of our status or perceived success or lack of it in life, we are all heading in one direction.

Life is a one-way street.

From the first second of it there's no turning back – just a constant movement forwards towards the inevitable.

In conversation with a friend some years ago, and while discussing the high-handed attitude someone had taken with him simply because the other person had a great deal of money and, therefore, regarded themselves as more important and better than him, we reflected on the fact that we were all heading in the same direction.

'Yes,' he said, looking at the floor. 'We all end up in a box.'

Take heart, Dear Reader – it's only the trappings, the overcoat, the shell that ends up in a box... the true 'us' ends up somewhere very different...

But where, exactly?

Well, let's reach beyond that 'veil'.

Let's draw back that final curtain.

And together, in this article and the two that follow, let's take a few trips to that distant shore. And please don't worry – your visa has been stamped, your papers are in perfect order and your safe return is guaranteed. ...Unless, of course, Higher Authority knows something we don't. 😊

But we're getting ahead of ourselves. Let's begin this journey by travelling back in

time some sixty-two years and visiting a very strange five-year-old boy with a most unusual take on life –

– Because this peculiar five-year-old is obsessed with death.

I remember lying in my bed on numerous occasions, surrounded by the comfort and security of my beloved books, and becoming more and more depressed as I attempted to make sense of the certainty that everybody has to die.

‘What’s the point of doing anything, achieving anything?’ I’d wonder.

‘Why bother, when at the end of it all there’s only death?’

Then the obsession would fade for a while. I’d comfort myself by telling myself that death was a long, long way away for five-year-old me, and I’d gradually push the concept out of my mind.

But it would always come back.

Little did I consciously realise then that death was destined to become a major defining theme throughout my life, and that it would take centre stage once again and quite soon, relatively speaking, when I found myself ‘sitting’ to develop as a medium.

– Because it was during that time that I began with regularity to see ‘dead people’ – although to call them dead is an insult and a misnomer – they’re actually far more alive, more vital, more energised than we are.

So, as I developed my mediumistic gifts (and as detailed in other articles here) I began to regularly connect with guiding spirits – members of a dedicated ‘soul group’ team – wonderful, illuminated beings who would, from that time onwards, accompany and advise me on what would prove to be an extraordinary journey. That advice was carefully calculated to steer me along a set of tracks that would inevitably lead to Joseph and to what would become known as ‘the mission’.

And, in order to prove to me that I wasn’t going mad or imagining things, these spirits set up my mediumistic development so that my spiritual teacher Joan was able to see and hear the same guides I was seeing at the same time I was seeing and hearing them. What a great way to give me confidence!

After sitting for mediumistic development with Joan every Sunday afternoon for seven full years, I then began to tune in psychically on behalf of the increasing numbers of people who visited me for spiritual readings, and also on behalf of congregations at spiritualist churches, where I would take services. And whenever I stood up in a church or sat one-to-one with someone, people from ‘the other side’ would instantly be there, eager to talk and to reconnect with their loved ones.



And I persevered with and actively sought to evolve the work because – thank God – those people in the congregations and the private sitters knew exactly who I was talking to. The information I was being given by discarnate communicators was in no way vague. On the contrary, it was very specific. Let's look at just a handful of examples:

\* A man communicating with me from 'beyond' during a church service told me he had been in the military during the second world war, that he had been killed during that war, but that he had not been killed in combat. 'I was blown to pieces', he said, grinning. 'I was all over the place.' A man in the congregation that I had been directed to and who acknowledged the information told me after the service that he had served in the military with the communicator. He knew him. A group of these then young men had been fooling around in the barracks with live hand grenades and one had gone off and killed the spirit communicator who had been talking to me.

\* On another occasion a lady who was my PA at a time when I worked for an advertising agency was sitting at her desk opposite me one day when suddenly a spirit – a young man – appeared next to me, told me he had been killed in a motorbike accident, that he'd once dated her and that he was worried about her because she had recently become quite depressed. He was

so insistent I tell her he was around that I eventually did so and she immediately went pale – she knew exactly who was talking to her, and confirmed everything he'd said.

\* At a funeral service I was conducting, the spirit whose body was being committed – the son of a friend – a boy who had committed suicide by jumping from a bridge – appeared next to me as I officiated and held up a bunch of keys. I could also see that one side of his face was bruised and disfigured. I relayed this information to his father, who said the bunch of keys was the only thing he had on him when he was found, and that his face had been damaged on one side because of the fall from the bridge (He'd lose the damage as soon as he realised he could think it away, BTW).

On numerous occasions I have also been given a sudden and unexpected 'heads-up' whenever a family member or a close friend is about to depart this world...

\* One morning, for example, while standing at the top of the stairs, I psychically saw my departed cousin walk in through the front door, wheeling his trademark green Raleigh bicycle by his side. He stopped at the bottom of the stairs, propped the bike up in the hallway, looked up at me with a piercing expression, then disappeared. Less than an hour later the phone rang. His father, my uncle, had passed away.

\* On another occasion I rushed into the front room of my house because I had heard one of the tall, heavy bookcases topple over and fall to the ground with a tremendous crash. Absolutely nothing was out of place in the room. Nothing had fallen over. The next day I was given the news that my uncle in Italy had died.

\* I was sitting watching television with my mother one evening when we both heard the loud and crystal-clear tinkle of an invisible bell in mid-air. We looked at each other in surprise. Early the next morning a friend rang to tell me that a mutual close friend had been killed in a car accident... as it turned out, at the precise time we'd heard the bell.

I was also privileged, as my one-way street of life led me inexorably to a connection with Joseph and his soul group, and in preparation for the Communications that were to come, to be taken on occasion to visit the group soul in its own environment to witness its habitat and workings. I won't cover those visits here as I've detailed those delightful journeys in other articles on this site.

So... where are these personalities and visions coming from? Why do I on certain

occasions see great shining spirits and on others connect with people who appear to be living very much as we do now? What exactly is life after death like? What's it like 'over there' and what, exactly, lies ahead for each of us?

Fortunately, Joseph would be the one to answer all these questions and many more in very great detail in his acclaimed third book *Your Life After Death*.

It's a vast subject, of course – and one much too huge to shoehorn into the confines of a trio of articles – but we do have enough room to touch on some of the key themes from Joseph's book – aspects of the afterlife you may not have considered before, but which will hopefully expand your view of the next stages of our existence.

So please join me for Part Two (posted December 28th), and Part Three (posted January 4th), in which we'll shake up and turn around some of the popular and major misconceptions regarding the afterlife.

In the meantime, I wish you all a peaceful, protected, restorative and Happy Christmas.

## Part XV. All Good Children Go to Heaven

Or so they say –

But what is heaven? And does heaven actually exist?

Heaven is defined as follows according to popular belief: a place regarded in various religions as the abode of God (or of gods) and the angels, and of the good following death, often traditionally depicted as being above the sky.

So, according to this definition, the spirits who visit us, who communicate with us, must come from and be in heaven, mustn't they?

Well, actually, no – they don't, and no, they're not.

'Heaven' is a moving target, and still quite a ways off following physical death on Earth...

The spiritual 'spheres' – the non-corporeal dimensions – that surround and interpenetrate this one, are not heaven, but instead a series of refining vibrational fields through which souls journey in order to 'cleanse' themselves of the effects of the Fall (Joseph's fourth book explains all) and finally move beyond them and out into Infinity as the angelic beings they really are, at which stage you could say they have found heaven.

So, if we're not instantly going to heaven – where DO we go to upon leaving this world behind?

As discarnate spirits we are only able to sense and operate within the confines of the vibrational waveband – the energy frequency – we have built around and into ourselves as a result of our actions and reactions during our time spent on Earth.

As an example, I can only dimly see spirits from the highest of those spheres.

I once encountered a spirit who was so far 'above' me in terms of vibration that I could only see him (or her) as an outline made up of brilliant pinpoints of light.

Another highly evolved spirit looked to my eyes like a slight disturbance of the surrounding atmosphere – like ripples on water superimposed over my normal vision. ...A 'transparent' person...hardly there at all from my Earthly point of view.

High-vibrational spirits such as these have to slow down their energy frequency – slow down their vibrations – to allow me to sense anything of their presence at all.

Why? Because their energies are so much more refined than mine are presently, locked as I am into a dense material body, that I can't easily perceive them using my Earthly or psychic senses.

We also have to consider that we create our own heavens and our own hells...

We are creative beings – what we imagine, believe and put energy into we construct and draw towards ourselves and, following our departure from this world, the strength of our beliefs and expectations determine what we perceive and consider to be reality around us.

Unfortunately, this ability to make our beliefs and expectations manifest can blind us to what is really going on around us and can trap us within temporary surroundings of our own making...

...Picture, if you will, a beautiful cathedral or church.

Consider its Inspiring architecture.

Observe its imposing, golden altar.

Marvel at its vaulted, gold-leafed ceiling.

This is a place for communing with God...

...And a place within which, it will surprise you to learn, one of my close relatives was, the last time I was allowed access to it, imprisoned.

My grandmother on my father's side was a lovely, gentle, sweet Italian lady and the most devout and to-the-letter of Catholics. She attended mass every single day – often twice – hobbling the distance between her house and the church in pain

and with difficulty in her later years, and spending much of the rest of her day with her rosary beads clutched in her hands, earnestly praying.

My father, who has absolutely no difficulty in reaching me from 'beyond', once appeared to tell me he was upset and saddened regarding his mum's situation in the afterlife. She had created around herself an elaborate church following her death, and spent her whole time on her knees before the altar in that self-built illusion, head bowed and hands clasped together, praying to Jesus and to God.

He'd tried on numerous occasions to reason with her and coax her out of there but she wouldn't listen and insisted that that was where she was supposed to be. With great sadness my dad had to give up. Only she can release herself from that illusion and move on, and she will only do that once she's grown tired of being in it and begun to recognise the illusion for what it is. For all I know she may still be there – the single occupant and worshipper in an otherwise empty church that she has created, and that has absolutely nothing to do with heaven or with God.

I've come across many similar circumstances when connecting with the afterlife....

– Such as the scientist who had died from a heart attack while in a wood, with his

physical body lying at his feet covered in autumn leaves. Denying to himself that he still existed, he had been brought to my attention so he could be helped out of the self-imposed prison he'd placed himself in via my guides telling me what to say to him.

Having become aware of my sudden appearance in his 'private little world' he proceeded to argue with me about existence, told me he didn't believe in an afterlife or me and that I was a figment of his imagination, and wasn't for moving on until the guide working with me brought his mother to see him, at which point he stopped in mid-conversation, his expression melted into a smile punctuated with tears of joy, and he left the illusion of his physical body behind and walked off into the Light with his mum

- Then there was the case of the young World War Two Spitfire pilot who had crashed his plane in the French countryside and become trapped in his cockpit, the plane's joystick piercing his chest and pinning him to his seat. Actually, he'd died at the moment of impact but didn't realise this and had been sitting, waiting - in our terms - from that day during WWII until the moment Joan and I were called on during the night to visit the scene of the crash in our astral bodies and help release him from his illusion. Spirits from higher spheres of consciousness had tried time and again to coax him out but he dismissed these as

'ghosts' and would have nothing to do with them. Someone still in a physical body - still with an Earthly 'vibrational signature' - was therefore needed. We approached the plane and talked to the young man, urging him to come out of his Spitfire. Peering through the canopy I could see, stuck to the instrument panel, photographs of his mum and dad, which he kept glancing at. 'Keep him talking,' said the spirit who was advising us. He then momentarily left us, returning with a young man whose face suddenly changed, morphing into an older version of itself until it matched exactly the appearance of the boy's father in the photograph. Recognising his father, for this is who the spirit was, the young man cried out 'Dad!' shot up out of his seat, abandoned his injured mage of himself, climbed out of the plane, hugged his father and together they walked off into the Light and disappeared from sight. The image of himself the young man had maintained for so long hung in the air in the cockpit of the plane for a few moments as a thin, empty shell, before crumbling into dust and nothingness..

- On another occasion we were once again called upon during the night to venture out in spirit form, arriving at a most peculiar destination. A perfectly preserved Lancaster bomber from World War II stood on a small island of Earth that was floating in and surrounded by a thick mist. Its crew - three young men in flying gear - stood in front of the plane. We spoke with them and

one of the three – the gunner, a young man with flaming red hair, was most indignant, saying to me, 'It's all right for you, you've had your life! I haven't!' We were eventually successful in persuading the plane's crew that there was a greater reality beyond the one they had trapped themselves in and they walked off into the Light together. The young pilot with dark hair, who was far friendlier than the red-haired chap, turned back to me just before they disappeared and simply said 'thank you'. The island and the bomber – the construct they had created and maintained, slowly faded away and we were drawn back into our physical bodies....

Which brings us, having questioned heaven, to consider hell.

Hell is popularly defined as: a place regarded in various religions as a spiritual realm of evil and suffering, often traditionally depicted as a place of perpetual fire beneath the Earth where the wicked are punished after death.

Well, you could say the spirits I've mentioned above were each trapped in a hell – or hells – of their own creation.

But what of spirits who have been, during their lives on Earth, and still are at core, violent, manipulative, perverted, self-seeking, manipulative, controlling ... souls who have rejected all forms of inner and

outer illumination? Wouldn't hell for them be finding themselves, following physical death, in a light-starved place where everyone is exactly the same, in outlook and approach, as they are? As explained earlier, personal energy signatures are attractive – magnetic – dominant vibrations and beliefs harmonising with and attracting more of the same.

As a backdrop for such spirits there exists a sphere of consciousness popularly termed 'the lower astral'. ...Souls such as these have to go somewhere. They've 'died' – they're non-corporeal, but their vibrations are so low that they cannot as yet enter any of the more enlightened spheres. They have to go to a place whose vibration is in synch with theirs. There's a way out of this, however... all they need do is ask for help – reach for and acknowledge the Light. Guidance is then instantly at hand to help them raise their vibrations sufficiently to escape this hellscape of their own collective making.

In examining heaven and hell we're led quite naturally to the concept of judgement – the belief, often drummed into us by religion, that God will take us to task for all the things we've done 'wrong' during our lives, and will punish us – often, it is suggested, eternally – for our transgressions.

## **Part XVI. The Blockbuster Movie of a Lifetime – And You’re the Star**

As promised last time, we’re concluding this three-part ‘Christmas Special’ article by considering the concept of ‘judgement’ from a spiritual perspective; a viewpoint that offers us a completely different take on the subject than that which has – and continues to be – pressed by many religions upon their guilt-induced ‘flocks’.

Let’s begin with a question regarding the nature and intent of ‘Source’/ Divinity:

Does it seem logical that a loving God would condemn a number of his children ...each of whom, don’t forget, is an expression – a literal embodiment – of His/Her/Itself... to everlasting ‘fire and damnation’ as a punishment for them getting certain things ‘wrong’ during their time spent on Earth?

Does it seem likely that God, an eternal outpouring of universal love, could ever contemplate such vengeful action, let alone carry it out?

If we can find it in our hearts to forgive those who ‘trespass against us’, why would God, who is a far greater expression of pure love than we are, find it impossible to forgive us, or indeed, even be able to conceive of, from the elevated viewpoint of an all-loving

heart, any situation that actual requires His forgiveness in the first place?

Why, instead of simply desiring that His children return to Him in due course having ventured into physicality to experience, would He insist they suffer and be tortured forever, as a consequence of a misstep taken millennia ago which Joseph terms ‘the Fall’\*, which caused them to forget they are expressions of universal love, to interact with each other on Earth in negative ways, and to temporarily distance their consciousness from the God-Light and Divine guidance that exists within them from that point onwards?

It doesn’t make sense, does it... because Divine retribution doesn’t exist. It’s a nonsense. Divinity never, ever judges us. Instead, Divinity allows us, through free will, to experience whatever we choose to experience whilst on Earth and to then bring back the higher vibrational fruits of those experiences to the Godhead for consideration... the ‘best bits’, the positive bits, the loving and harmonious bits, then being incorporated into the experience of the Whole for the purpose of expanding, of further evolving, the Godhead and all creation.

True, as a result of the Fall there are some extremely negative – extremely ill-conceived decisions and actions we can (and all too often do) choose that impede and imprison our spiritual evolution for a time, just as there are positive decisions and actions we can choose that progress it, but we are never judged by Higher Authority for actions chosen that temporarily restrict our spiritual progress, even when those actions cause harm to ourselves and to others (nor are we ever judged by the evolved spirits who will interact with us in our afterlife in order to help and guide us).

That having been said, there does exist a ‘judgement day’ that each and every one of us, without exception, will volunteer to face following physical death, but that ‘judgement day’ (actually ‘life review’ apropos the ripples we have sent out during our Earthly lives is the more accurate and appropriate term) will only take place once we are completely ready for it, and with our full consent. Furthermore, we will find that it originates not as any form of retribution from our Divine parent, but as an illuminating exercise originating from an altogether more surprising source:

Ourselves.

The Life Review.

Picture this: I’ve shaken off this mortal coil and moved on into the afterlife. I may have been on ‘the other side’ for a few days

or for considerably longer. Inevitably, however, one truly beautiful ‘day’ (the term ‘day’ is relative) will inevitably dawn when there will be a knock at my ‘door’ (again, relative) and I will find a team of friends and advisors standing on my ‘doorstep’ (you’ve guessed it...relative). They will greet me openly and warmly, then ask me if I’m ready to watch ‘the film’ yet.

Now I’ve enjoyed going to the cinema on many an occasion during my time on Earth, but on this particular day my response to that loving team that has come to support me during and after my viewing of ‘the film’ might just be: ‘Um...Ahh! I need to pop back into the house if you don’t mind... I think I’ve left the gas on. You go ahead. I’ll be with you shortly.’ Or: ‘Silly me!! What am I thinking? This shirt doesn’t go with this jacket. I can’t possibly go out like this. – I’ll be with you as soon as I can.’

They’ll see right through my bluster, of course, having listened to similar delaying excuses from millions of hesitant souls in the past. They won’t put me under any pressure, however, leaving me free to go with them to watch ‘the film’ only when I feel I’m absolutely ready to do so.

And so, on a future morning when I’ve finally gathered enough courage, I’ll take that trip down to the ‘local cinema’ (relatively speaking) surrounded by my team of helpers and advisors.



And there I'll sit there in the centre of a row of plush seats, perhaps with a choc ice and a soft drink... the lights will dim, the heavy curtains will swing back and, following a rousing orchestral overture, the screen will illuminate and the titles roll, as follows:

*21st. Century Reccia presents:*

*A Michael G. Reccia film.*

*Starring Michael G. Reccia.*

*Directed by Michael G. Reccia..*

*Screenplay by Michael G. Reccia..*

*From a story by Michael G. Reccia.*

I'll then find myself sinking ever deeper into my seat as I watch every scene from the life I've recently lived on Earth.

I'll laugh. I'll cry. I'll cringe. I'll stamp my feet. I'll hide my head in my hands. I'll choke on my drink.

There will be a cast of thousands. Action! Drama! Spectacle! Sadness! Joy! Laughter! Love! Embarrassment! Sharp intakes of breath!

But, as the lights come back on and the end titles scroll, I'll know a whole lot more about how effective my life on Earth has been from the point of view of my personal spiritual progress... About the times when I triumphed. The times when I 'failed'. About where I now am, vibrationally speaking, as the evolving spirit I really am. About what I will need to do next, and the opportunities

that will be made available to me should I wish to raise my vibrations further and travel onwards. There will be much reflection, much discussion, much advice, much guidance, at the end of which I will look at the life I have just lived on Earth in a completely different, more enlightened way. There will lots of: 'Aha! So that's what that was all about! Now it all makes sense!' moments.

'The film' will not have been presented to me as a judgement, but rather an opportunity to learn and to take stock.

'The film' is a feature we will each bring ourselves to watch at some point following our physical death and reacclimatisation to life in one of the spiritual cleansing spheres... Knowledge of the existence of which should perhaps prompt us to regularly consider, whilst we're still in the 'here and now', exactly how each scene in our lives thus far has played out. Are we acting and interacting appropriately with our true selves and with others, currently? Are we living and expressing our spirituality fully and fulfilling our life's mission... or do we feel we need to make adjustments to the script while we have time – before the final reel begins to unspool?

Joseph devotes an entire chapter to the subject of the life review in his book *Your Life After Death*. Here's a short extract from that chapter, with Joseph explaining what

happens initially as a soul's life review unfolds...

'And, with great love, we – and a hierarchy of spirits they cannot see, and the angelic influence that is with them – access the record of the life they have just lived, as contained within their soul and accessible with permission within the field of energy that their soul exudes; a record of everything that that soul has done from the minute of its individualisation (which, again, is a misnomer) or its expulsion from the Godhead to the present day (we will talk about this at a later date). Everything is contained and everything is readable: every heartbeat; every thought; every intention; every fear; every dream; every pain; every smile; every act of kindness. Everything! Not only that, everything that that soul has experienced outside of its field is also contained within its soul: every sight; every number-plate; every window; every drop of rain... everything is there to be viewed and reviewed. Not as you would view a television set or a film but (because the soul-memory contains every holistic view of what has happened to that soul) everything can be reviewed with its original intentions, emotions, feelings and sensations. In other words, the life that was an illusion (but so real as an illusion) is available for viewing in fullness once again. The only difference between the soul viewing it as an illusion and re-viewing it as an illusion is that this time they are aware, whilst being in the

review, that they are also outside of the review.'

The life review is nothing to fear – more an end of term report than a harsh judgement. However, it does bring into sharp focus the need for every soul on Earth to be mindful of their actions whilst here.

All our actions have consequences, something the power-seeking, the manipulative, the controlling, might like to consider at this pivotal time in our history... All these things may be presented hidden behind a smile and a surface illusion of good and noble intentions here, but there is no hiding from our true selves, no concealing our true motives. Ultimately, we will replay for ourselves, up there on the big screen, in high definition and with surround sound, every move we have made whilst on Earth. Those moves, revisited, will reveal to us how we have either elevated our vibrations as a result of having made them, earning us the right to live in increasing bliss and express ever-expanding spiritual capability, or locked ourselves for a time into lower, more restrictive vibrations which will prevent us from moving on until we have worked out of our system the lesser, denser motives that have placed us in a 'reality' we really won't wish to take up permanent residence in.

...In short, we write the script for our tomorrows via our actions today.

Horror story?

Love story?

...That's entirely up to us.

Action film?

\* For an essential examination and explanation of this consciousness-changing event please see the Communications book 'the Fall'.

**Discover more at:**

**[www.thejosephcommunications.co.uk](http://www.thejosephcommunications.co.uk)**