



**TRANCE-SCRIPTIONS I:**  
THE COLLECTED SOUL GROUP  
MESSAGES SESSIONS

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# **TRANCE-SCRIPTS I**

## **THE COLLECTED *SOUL GROUP MESSAGES* SESSIONS**

By Michael G. Reccia

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## **Author's Note:**

*Following delivery of the final chapter of the eighth Joseph Communications book *The Spaces Between* I had vowed never to allow myself to go into trance again. Indeed, Joseph himself had warned the Band of Light that it would be dangerous for me to do so with regards to my current and future states of health. Regularly surrendering my mind and body to such high vibrations, then plunging my consciousness back into the relatively low and dense vibrational soup of the Earth plane had left me severely depleted, and I determined, whilst still wishing to bring through as much spiritual information as I possibly could, that I would deliver any further communications via a less debilitating, clairvoyant connection.*

*...Never say never, as the saying goes.*

*As the world continued to distance itself from spiritual consciousness and, as a result, plunged deeper and deeper into a kind of global madness, I agreed to give myself over to Joseph and the Persian Gentleman in a trance state one final time to allow them to address the current state of things on Earth with a view to them advising how to rectify them, the resulting communications being released on our YouTube channel as four new videos.*

*Over a period of time, I then felt a pressing compulsion to be of further service... to connect with Joseph and his soul group once more to regularly bring through additional spiritual insights, with a view to releasing these as a continuing series of 'Soul Group Messages', sourced clairvoyantly, on the channel. The dividing line between a clairvoyant link and a trance state is, however, a wafer-thin one in my case and, try as I might to keep them open, every so often I would make the mistake of closing my eyes, if only momentarily, which would instantly result in me being taken into trance.*

*As Joseph had forewarned, the aftermath of further trance sessions would be hard to take. I was 'out of it' for the best part of a week following each communication, and to say I felt less than well during each 'recovery period' – and then generally 'sub-standard' the rest of the time – would be an understatement. I persevered for as long as I possibly could, but promised Jane, who had been voicing increasing concerns, that I would stop if she ever asked me to. Eventually, and as my health continued to deteriorate, she did... and so I brought the trance sessions to a*

*close, having overrun my 'trance engines' and pushed them to the limit by some two further years.*

*The resulting thirty-or-so videos are still available on our YouTube channel, but have never been offered in written, keepable form to Joseph readers. Until now. In this new series we hope to make all of the additional communications from the soul group available to collect and keep in downloadable e-book form - the first volume of which you're reading now. You will notice that the first communication in this e-book opens as a clairvoyant link, with me describing the communicators in the third person, but that the connection then wanders into first person singular territory as I inevitably drift in and out of a trance state. I note where this transition occurs in each of the four transcripts collected here.*

*Heartfelt gratitude goes to staunch Joseph Communications supporter and valued member of our old friend Mandy's Joseph Readers Group, Jules Gadiot, who meticulously transcribed the following texts and many of those to come. Your dedication and support are greatly appreciated, Jules, and your hard work has made this series possible. As a result of your efforts, more souls globally will now be given access to the Communications message.*

*(A couple of final observations:*

*\* Occasionally, in offering written versions of the original visual presentations, I felt the need to transpose the odd word and take out any of the repetition that is normal and acceptable in speech but redundant in a text. Apart from these very slight alterations, the following are verbatim transcriptions of the original sessions.*

*\* It should also be noted that, at points where I have handed over completely to the communicators, these changes are indicated in red text, as are the points at which I revert to once again relaying their comments via clairvoyance.)*

*Thank you for choosing to read Trance-Scriptions I.*

*Michael G. Reccia.*

*October, 2023.*

## Part I. Never Say Never

Spirit Communicators: 'The Persian Gentleman'; 'the Lady in Blue'; 'the Chinese Gentleman'.

Michael (via clairvoyance): There are three people from the soul group with me and I will attempt to tune into each one of them in turn. The leader of this group of three is my principal guiding influence, *the Persian Gentleman*. *The Persian Gentleman* appears in different colours, according to what he wants to express and wishes to get across to us... he wears beautiful clothes and likes very ornate robes... and today he is in a very ornate yellow/gold robe. He is the first to speak because he is the organiser of the 'meeting', as it were... of today's connection.

Michael (relaying the Persian Gentleman's words and describing his actions):

He is holding a question mark; a big question mark... Holding it/placing it in front of him. He says it is the nature of the spirit beings that we are *to examine possibilities*, and we can only examine possibilities if we question ...if we think, 'What's next?' ...if we look at circumstances and thoroughly investigate them from a spiritual point of view. He says it saddens him at this time that so few people are using that 'question mark',

which is their spiritual right. He says that spirits on Earth should question every aspect of their lives daily. He says at the moment there is a trap people are falling into, in that they are shutting their minds - like a trap, like a prison block - they are shutting themselves in via the mind and not asking the questions that they should be asking from their hearts.

The reason, he says, people on Earth are not doing this is because it is disturbing... it is *disturbing* at the moment to ask questions... but, *in asking questions, you become truer to yourself, because in asking questions you identify with your Greater Self* and you are able to reason for yourself and to reach conclusions for yourself and say at the end of the day: 'This is what I *am* today, and this is what I *am not* today.'

He is directing me to the heart, as he often does, because **the heart is the seat of spiritual knowledge**. He is opening the heart like a flower, and says *some part of each day should be spent asking questions from the heart*. And he says this is done in private; the questions are unique to you; the answers are unique to you. But you will never be satisfied in living here - you will never be truly happy - until you identify once again with your *true mission* ...and your true

mission here as a spirit is *to examine potential*.

### The Persian Gentleman (taking over):

If you fail to examine potential, you stagnate as a spirit and you do not evolve whilst you are here ...**And you are here to evolve...** you are here to become more each day than you were yesterday. You do not become more by living in stasis! Within you there is a...

**Back to Michael for a moment:** (alright) he says, describe it as a conscience – he says that word has been all but eliminated in recent years.

### - Then back to 'PG':

'There is a *conscience*. There is a conscience in that you know within yourself what is right for you ...what is not right for you ...what is right in the way you approach others ...what is not right in the way that you approach others ...what is right in the way you observe and live in the world ...what is not right in the way you observe and live in the world. All these things need to be accessed regularly. *Regularly!*

'Many people on Earth wish to evolve spiritually. They look at people like Michael and say: 'Well, I would like to be a medium. I wish / could see the Persian Gentleman. I wish I could see the area he is living in. I wish I could bring through communication.' Seek first union with *yourself* – *then* you will be

given access to additional spiritual vibrations. Seek first to identify *yourself*.

'- What do you believe?

'- What do you invest power in?

'- What do you question?

'If you don't question, then your passage through life is halted. It has no purpose other than to sustain you as a physical being and mental being. As a *spirit being* you are supposed to progress, to learn, to advance, to influence - through your beliefs and the way you approach life here - the rest of humanity. And you can only do that if you question.

'So, I am bringing you this question mark today and am saying that, if you wish to raise your spiritual vibration (and in doing so, you raise the spiritual vibration, only perhaps by the smallest degree, but you raise the vibration of everyone else) – if you wish to do this, then *don't accept everything. Don't accept your life as it is. Go within your heart* (there are instructions as to how to do this on the channels Tony and Michael have put together. There is further information as to how to access the heart-centre). Learn how to go to your heart-centre... and from your heart-centre – having shifted your point of consciousness from here [*head*] to here [*heart*] – *question* from your heart-centre.

'Ask.

'Not just about this world, but about *our* world, *our* existence: What is it about? What is my existence like? Where do I live? How do I operate? What is that scenario that follows physical death, as you call it - a misnomer - but your physical death? *Question!* Question life after death. Don't just *accept* that there is something, and that's fine, or that there is nothing, and that is also fine.

*'Question!*

*'Discover!*

**'Take yourself on a journey of discovery!**

'And the information you seek, by questioning, will be given to you because you will give yourself access to it. You will align yourself with higher vibrations and those higher vibrations will bring you answers *...and also further questions*. You will enjoy the process and you will enjoy expanding your consciousness and your reason for being here and the way that you approach everything here. And you will be fulfilling your original purpose as a spirit, in that you will partake in the wonders of this world, the joys of this world, the excitement and adventure of this world. You will forget, bypass and put to one side anything that does not allow you to have that adventure... that joy and excitement.

'Every day there will be new questions.

'Every day there will be new answers.

'And every day you will elevate yourself, so that you no longer look at your existence as 'an existence' but as a progression of vibrations from the Godhead that is continually expanding, seeking, asking questions, finding answers. And you will also approach those around you - your family, your friends, everyone across the globe - in the correct way. In a loving way, a harmonious way, an understanding way. In a way that enhances their lives ...simply because you are alive here, because your vibration will emanate outwards from you and affect and uplift everyone.

'So, we begin today's meeting/connection with a question. And I now hand over to the second of our connections today.'

**Michael (via clairvoyance):** *The Persian Gentleman* has stepped back and there is a lady in blue stepping forward. She is dark-skinned. She has black hair; I haven't seen her before but I know she is a member of the soul group. She is wearing a luminous blue robe, and she has with her an eagle, which seems to... come through her... as though the two are one, but there are two separate spirits here: there is an eagle and there is the lady. Around the lady I can see other forms of life coming into being and then disappearing. ...A lion comes through her at knee height. There are other animals too. There is a huge black bear that

momentarily comes into being and then fades away.

She says her purpose in speaking today is to urge a reconnection with nature and to promote an understanding that the spirits I have seen with her and, therefore, every spirit in nature ...from leaves (which she is showing me) ...to some exotic insects that, I think, exist in warmer climates than this one ...to birds ...to fishes ...to microscopic creatures like amoebas (which she is also showing me) – she is saying that every expression of life is *you*. Every expression of life is you; every expression of life is a part of you. Every expression of life is worthy of its existence and has a purpose in the evolution and maintenance of the planet. She says the reason she allowed me to see various forms of life coming through her was to show that there is not just a close connection, there is a blending and an expression globally that exists because of us having an integration with every form of life. If you eliminate any one of those forms of life - if you take away the black bear, or the eagle, or the lion from the mix, from that integration, then the expression of evolution and the purpose of the Earth is not fulfilled because of that missing piece.

She also wants us to understand that the animals she is integrated with for the purposes of this connection/discussion this morning, are *intelligent*. She looks to the eagle – and I see the eagle coming through

her again. It comes through her head and its wings are outspread – and she says (**briefly taking over**): ‘I receive wisdom from the eagle. I receive strength from the lion. I receive direction from the black bear.’

**Back to Michael:** She is becoming emotional as she says this: ‘This is not appreciated on Earth. It is not appreciated that the various forms of the Divine, other than the human form, are purposeful, are wise.’

**The Lady in Blue takes over again:** ‘For example, the eagle draws on the wisdom of countless generations of eagles. It is passed on to the next generation, to the fledgling eagle. The characteristics of the parents are not only passed on, but the planetary wisdom of every eagle that has ever manifested is passed on to the eagle chick as a natural thing.

‘Consider how wonderful that is. The experience of every lion is passed on to every lion cub. The adventure that every black bear has had is passed on to the bear cub. Because the barriers that exist in the human mind do not exist in the expressions of life, other than the human, that are brought forth by the devas.’

**Back to Michael:** She says she is talking about the need for there to be a reverence and appreciation of this: *that the animal forms and deva forms have far more wisdom, often, than the human form does!*



And that there should be thankfulness in each day for every creature you see and interact with that is not of the human form. Thankfulness, yes, for every other human form, but also thankfulness for the birds you see in the sky as you walk; for the insects you see scuttling across your path; for the animals in the fields, for every expression of life you come across that is not you and not human...thankfulness and deep respect.

### The Lady in Blue takes over again:

'There was a time, in my culture, when we would seek the wisdom of animal forms and we would incorporate into our day that wisdom in order that we lived harmoniously and without harming animal forms. And we would ask to be guided by the oversoul of certain animals - by the oversoul, for example, of the eagle. We would ask for guidance in a certain way, knowing we could tune into that energy through the actual manifestation of the eagle that was around us, but also that we could tune into and be guided by that ancestral energy. Do you see how far you have removed yourself from the way in which you should be living?

'What I ask today is that you take time - perhaps only a few seconds - to study and appreciate the animal forms around you... *all* animal forms around you, and to appreciate the expressions of nature around you. And by doing so, you **reconnect with that global guidance that is there for you but you have forgotten how to use.**

'I would also suggest to you that the animal forms are not something to sacrifice simply because you want fulfilment in food. They are intelligent; they are sacred; they are part of you. And now is an excellent time to appreciate that and learn once again *not only to live in harmony with them, not only to have respect for them, but to allow them to reconnect with you vibrationally so that you have additional guidance in your life.* Love the eagle. Love the bear. Love the lion. Love the trees. Love the insects. Love the fishes. Love the birds. Love your connection with them. Love their ability to give you direction. Love their unique expression of Divinity *...and you will move forwards.'*

**Back to Michael:** Thank you. The third person in this connection is a rather jolly gentleman. I don't mean jolly in that he is rotund - he is jolly in that he enjoys life and smiles a lot, and I recognise him as my partner Jane's guide, who was Asian - Chinese, I believe. He is in a green robe that has on top of it yellow...um... not symbols... they look like shoots or leaves. He is coming forward and has in his hand... *I am trying to see what it is actually, so bear with me. What do you have there? Right, I see.* It is a seed... the seed of a tree, but coming out from this tiny seed, there is a shoot, a sapling, I think it's called, about this big [30 cm], with little leaves beginning to uncurl.

He says there are many presents given every day on Earth; lots of gifts are given.

He sees cards being given ... bottles of wine being given ... clothes being given ...and bigger things being given - like cars and holidays. People all over the world are giving things, but the things they give bring only transient pleasure.

He says it is vital at this time that a present should be given to every person that you meet every day *...but what should be given is the seed.*

The seed of what?

**The seed of spiritual knowledge.**

**(The Chinese Gentleman takes over at this point):**

'Well, you will probably ask, "*How do I give the seed of spiritual knowledge? I don't know what to say to people.*" You don't have to say *anything* to people. Your vibration goes out to them whenever you connect with them. What you have to do, as my brother *has said (a reference to the Persian Gentleman)*, is to raise your vibration; is to elevate yourself so that the seed begins to grow in you ...you recognise and appreciate your purpose - your connection to universal consciousness - and you begin to understand your life. You question, as he said. You find answers. You find more questions, and you build up a picture from the heart, not from the head, of what your existence here is about.

'And you then speak with authority to others *without saying a word* because your

vibration from your heart connects to them... whenever you are in a supermarket; in a cinema; in a bus queue. Wherever you happen to be, your vibration mingles with theirs to a certain extent. **And your vibration helps to form that seed within them** so that *they* begin to question, *they* begin to become unsettled. If they are unsettled - it is great! It is wonderful! We *want* people to be unsettled because, in being unsettled, they begin to question, they begin to seek, they begin to say, 'This existence that I thought was so perfect, is *not* perfect. What else is there? *Is there* anything else?' And their seed begins to grow.

'I want to say to you: recognise that whatever your dominant vibrations are, whatever your dominant... not *beliefs*... but *knowledge* (because spiritual understanding is *knowledge* - not belief. Belief needs tending - knowledge does not; knowledge exists) - so, whatever your spiritual knowledge is, that then goes out from you as a vibration that touches and enhances the lives of others and begins to form that seed within their hearts that will unsettle them.

'I come with smiles, but the smiles have been earned during many lives that did not cause me to smile. During many lives there was a frown on my face, certainly from the point of view of the human aspect of myself that was on Earth. **But in going through situations that caused me to frown I learned how to smile *spiritually*.** And I discovered

that, when I relinquished the physical body back to the Earth, once I came back to the spiritual spheres, my life had been a joy and I had learned so much. And I had extended and expanded my spiritual seed so that I could exist in elevated vibrations that brought me much happiness.

'Your life, daily, in seeking to expand yourself, may not bring you the happiness and joy that I am exhibiting today *in this life*. But, as a result of that struggle, *it will in the next*. So there is a reason to be joyful every day in that knowledge, knowing you are spreading spiritual seeking, you are spreading a thirst and a hunger for spiritual understanding, and you are giving everyone you meet what they really need as a gift – not something material, but something that somehow unsettles them, somehow eases them or jogs them or jolts them out of that familiar life so they begin to grow their own seed, to open their own heart, and to take that journey, to step on to that road that leads to spiritual rediscovery. I say 'rediscovery', because they already know what that seed will bring them; they have just locked it away within themselves and

accepted that the material approach to life is all they *ever* need.

'There is a good word in there - 'ever' - because life goes on for-*ever*, and this aspect of life is just a small portion of a far greater and more wondrous journey. But this aspect can be infused with the vibrations of that greater journey to make this journey wondrous too.'

**Michael: (handing back to the Persian Gentleman, who concludes as follows):**

'...We will talk again. Different brothers and sisters from the soul group will speak each time.'

**Michael:** He says that he will conduct the connection to ensure that it is a safe and a high vibrational one.

And he leaves us with positivity, with clear vision, with a vibration to touch every person who watches this video, to touch and uphold and uplift them through what may seem like difficult times, but are only difficult because the aspects of life that they have been talking about are not being observed.

'Observe them,' he says, '*and everything changes!*'

## Part II. The View From the Balcony

The 'Higher Perspective'...

The 'Bigger Picture'...

Joseph and his Soul Group have consistently sought to liberate us via their communications - to reconnect us with a spiritual way of thinking and being - to reintroduce harmony, peace and understanding-from-the-heart into our lives here.

That higher view... that clearer-and-further-ahead-seeing *view from the balcony* - as perhaps an appropriate analogy - was presented to us during every single trance session in order that we might address current conditions and attitudes on Earth from a higher vibrational viewpoint and adjust our approach to them accordingly.

Soul Group communications were never wasted; never trivial; never the pointless: 'Hi! How are you all? Don't worry - you don't need to do a thing... Everything's going to be all right.' messages unfortunately sometimes attributed to channelled material. Instead, we were repeatedly encouraged to examine our views on life, the ways in which we relate to each other and to our world, and to remember - 're-member' - re-connect with who and what we really are and to live joyously and nobly from that higher, Divine perspective as a result of doing so.

The following transcription is a perfect example of this - a highly relevant communication in light of current dominant attitudes and beliefs on Earth - shining, as it does, a spiritual spotlight onto and into some of humanity's darker, more muddled and more divisive thoughts...

As usual, I drifted in and out of a trance state throughout this session, and those switch-points between clairvoyance and trance are indicated in the text. Also, and as with each of these text versions of filmed sessions originally presented on our YouTube channel, we are indebted to Jules Gadiot for his dedication and painstaking work in transcribing the material.

*[Note: In offering this written version, I have occasionally transposed one or two words and taken out any repetition acceptable in speech but less so in a text. These slight and infrequent adjustments apart, the following is a faithful transcription of the original filmed session.]*

### Soul Group Messages - 2.

Spirit Communicators: 'The African Gentleman', 'Joseph', 'The Big Indian'.

Michael (connecting initially via a [clairvoyant link](#)):

There has been a gentleman with me since this morning in a blue light. He is a black gentleman and he has a kind of necklace around his neck and shoulders. I would say he is from Africa. I would say he was part of a tribe, and he wants to talk about something that is relevant today but not in the way that it is being presented as 'being relevant' today. He is talking about *diversity*. He stands in front of me as an African gentleman, but then he becomes taller as a white gentleman in a brown robe; which looks... I don't know... *Egyptian*. Then he turns into a lady with two babies. She is dark-haired and isn't very tall. Then he turns into a ball of light, [so that] all I can see is the blue light he came in with.

#### The African Gentleman:

He says what he wants to do is to jog people out of their perception of what they are, because he has seen increasingly that people become locked into this vision of themselves as male; female; in their twenties; in their forties; of a certain colour; of a certain creed... and he says each of the images he has given us thus far *is him*. Because, in one of his lives on Earth - one life of many - *he has been each of these people*. So: he has been black. He has been white. He has been male. He has been female. He says he has been healthy in certain lives. He has been unhealthy in certain lives. *But they are all him as a spirit*. And he says 'him' is a misnomer. They are all

an expression of the energy that he really is, and the energy itself is also an expression of him as *essence*. And that the ball of light he has shown me is also him, and is his choice of expression at times in the spiritual vibrations he now exists in.

**Michael:** So, he says... **(switching to a trance link, with the African Gentleman taking over at this point):** 'Doesn't that make a nonsense of attacking others? Doesn't that make a nonsense of singling out others? And doesn't it also make a nonsense of attacking people in a current frame and saying, "You are responsible for *this* in the past or *that* in the past."?' *You don't know who you have been!* You don't know whether you have been male or female in the past ...whether you have been in charge of people or subservient to people. You don't know whether you have been healthy. You don't know whether you have been ill. You don't know in what part of the globe you have lived. And those existences you might have had are only part of your infinite existence as the angelic being you really are. And you have, in the normal course of things, existences in other worlds *as well*, as part of your evolution as a spirit.

'So, to shrink down that 'glorious spread of energy' that you really are into one form and say, "This is me and this is you and I oppose you because I don't like this aspect of you or I don't like this aspect of myself," is such a confinement of thinking, such a

confinement of what you really are. In the spiritual realms we, as the energy that we are - *or the expression of God that we are* - we push against vibrations to manifest. So, we are not the actual vibrations, we are not the actual energy; we are the impulse, the essence behind the energy. And so, we push against those vibrations - and pushing against those vibrations gives us form. And we can choose which form we come through as.

'I can select, from my past lives on Earth, which of those past lives I would like to 'wear' today - and I say 'wear' as with a suit of clothes. I can choose to be the person you saw when I first came through, or I can choose to be the lady that I [once] was. I can choose to be the gentleman I was in the Egyptian area. It is down to me, but it is simply an expression. It is simply my energies pushing through, via memory, against the energies that are around me to form an image that others can relate to for a time. And if I want to change that image it is as simple as changing a shirt or a hat. I am *not* those images. I *was* those images in order to learn, but that's all. And I can select them from this 'wardrobe', this spiritual wardrobe I have, to appear to others as I wish to appear to others, as I have appeared to you today.

'Personality is a small thing. Earthly perception is a small thing until you enlarge it, until you *tune into your core energy and*

*allow that energy to transform and expand your consciousness, to reconnect it to spiritual consciousness, to God consciousness, to angelic consciousness.* You have opportunities to do that every day; you have opportunities to link into your true self. And bearing in mind what I have said about the confinement of personality - the confinement of associating yourself with one form only and reacting to others from that point of view - doesn't it sound freeing to be able to expand your view of how things are? *Doesn't it sound freeing to be able to relate to people as the energy - as the core energy - that they are, rather than as the 'suit of clothes' that you see in front of you and react to?*

'This is a time for connection to your spiritual self.

'If I sound stern, it is because I am! It is because I look at what is happening on the Earth at the moment and it needs changing. It needs sorting out. It needs transforming. And the only way you can do that is by gaining an advanced and elevated perspective. But to gain an elevated perspective, you don't go to anyone else. You don't go to a town hall and say, 'Please, Mr. Official, can you give me an elevated perspective?' That elevated perspective comes from *within you*. It is yours by birthright. And by 'birthright' I don't mean the point at which your current form was given shape on Earth. I mean by birthright

*from the Godhead.* Expulsion, if you like... 'expulsion' is the wrong word... *expansion* from the Godhead, as a facet from the Godhead. It is yours by right, by being part of God.

'And I see the people of Earth, different countries I have lived in, ignoring that, turning away from that and entrenching themselves in the suit of clothes they are wearing. Every day they confine themselves to a greater extent within the suit of clothes they are wearing and identify only with that suit of clothes. Don't you want *more* than that? Don't you want to connect to something beautiful; to something permanent; to something that relieves you of your worries; to something that takes away all the stress, all the doubt; to something that gives you a path that is a steady path, that gives you the means to know exactly what to do in any situation: how to react, when not to react? You can only do this for yourself. I can't do it for you. No one you turn to for guidance on Earth can do it for you. I don't care whether they are a priest; whether they are a member of government; whether they are someone who says they are an expert. No one can do it for you, except you!

'You need to open your hearts. You need to open your hearts *now*. What I mean by that is that you need to connect via your hearts to your greater wisdom, to your greater self, to your greater capability. You

are running out of time to do this. If I could show you myself now as that ball of light – and that is only an expression of me; it is only a connection point between me and others – if I could show you what Michael is seeing, the beauty he is seeing in that light, you would feel *that* is something to be fought for, *that* is something to be attained, *that* is something that is "...essential for me! ...I must have that!" Yes, you must have it, but you must *work* to have it. You have to realise you are more than you appear to be. Stop - *please* - confining yourself!

'I am a member of *Joseph's* soul group. Michael hasn't seen me before but I am a member who has stepped to one side to allow *Joseph* to speak... because the message - the *Joseph* message - is so crucial at this time... I have stood on the sidelines, thinking, I *wish I could give voice to what I want to say*. And today I have that opportunity. So, I thank you for that opportunity but, please, hand on heart, *please*, listen to what I am saying. You are not what you appear to be... *unless you choose to be what you appear to be - confined, restricted, shoehorned into something that doesn't go anywhere!*

'You are on Earth to expand your vision, to expand your senses, to crisscross the world, each of you, with spiritual energies, with healing energies, with loving energies. You are not doing that. It is time to do it!'

**Michael (via clairvoyance):** I now have *Joseph*, who wishes to say something...

**Joseph:**

...He's saying he wants to talk about the subject of *expansion*. He says, on the subject of expansion, which the other gentleman was talking about, *the natural state of things, spiritually, is to expand*. He says the universe - universes *plural* - exist to expand, to become more. That is why you see that outward movement of planets and galaxies and stars. *The universe expands*. The physical universe/universes expand as a result of the expansion of the individual angelic spirits within that universe. As they expand the universe expands. The universe is an expression *without* of what's happening *within*. And, in the normal course of things on other planets, the angelic host visits those planets, in flesh, in substance, in a denser vibration, to move through the opportunities those planets offer to them, as a journey, so that they can expand.

**Michael (reverting to trance, with Joseph taking over):** *'That is the purpose of all planets, anywhere in the universe. They are spheres - expressions - of angelic intent, that allow angelic spirits to move through them on a physical journey in order to learn and to expand. Otherwise, there is no purpose to the planets. And, once a planet has exhausted its possibilities for the angelic travellers [moving] through it, that planet is deconstructed; folded away. And another*

sphere is created by another area of the angelic host with different properties, with different opportunities, so that angelic travellers can move through that new sphere of experience and enhance the whole; expand the whole.

*'And this is done in a linked way: the angelic hosts, the angelic travellers, do not travel in isolation ...in that their experience is taken back to the rest of the angelic host and permeates the entire physical universe, which evolves.*

*'Why am I telling you this? Because on Earth at the moment you are not expanding. You are digging a hole, hiding in it, covering it up above your heads and sitting there, not expanding. Every day you are here is an opportunity... a blessed, God-given opportunity to become more than you were yesterday; to realise things about yourself; to realise things about others; to realise things about the planet, and to contribute to the planet, to contribute to each other, and to contribute to the universe. This isn't happening.*

*'Now, if you have read my book *the Fall*, you know why it is not happening. Read it - please - read it at this time because it is crucial that you understand what is happening.*

*'Instead of contributing to the universe, you are folding yourselves in. Consider that. Consider that for yourselves at this time, and*



consider that for your children - the future generation. If you fold this planet in on itself, if you fold your life's mission - which is to expand and become more - in on itself, *why are you here?* You are not fulfilling the purpose for which this sphere was created and for which you chose to come here. So, if there's no reason for you being here... logically, *why would you still be here?* And that is the dilemma we in the Soul Group see around you at the moment. Unknowingly ...and we don't criticise, we point out... unknowingly, you are folding in on yourself an experience that should be expansive. You are shutting down your opportunities to grow. You are shutting down your connection to your true self, to who you really are, to the God that is within you and to the expression of creation around you.

**'This is a pivotal moment; a pivotal moment.'**

'If you choose to be what you are from now on, everything that seems to be wrong on Earth at the moment will put itself right. If you choose to encapsulate yourself in what, if you would go within, you will find is wrong, then the road that leads through the Earth as a journey, as an experience, will be closed off. Only you can decide, each of you, whether that is what you want. If it isn't, then *simply celebrate your life. Celebrate the fact that you are a spirit. Celebrate that you are here to be loving, to be kind, to be gentle, to be caring, to be interlinked, to be*

*a part of each other, to live in joy and in purpose.* If you don't want these things, then the Earth becomes, from your point of view, a toy that you have been given ...perhaps 'toy' is the wrong word... a *tool* that you have been given to enhance yourself with that is no longer needed, that has been thrown out of the nursery, that has no purpose for the children who should be playing in it and with it in the right way.

You are running out of time. I expressed this in the books I delivered through the Band of Light.

**'You are running out of time.'**

'I am showing Michael an hourglass and the sand is almost all at the bottom. Do we turn it round? *Do we turn it round?!* If you want it to turn round ...*embrace life, embrace spirituality, seek the higher vibrations through the way that you live and the way that you connect to people and the way that you connect to the Earth.* If you don't, the sand will run out.'

**Michael (returning to a clairvoyant link):**

There is a spirit we call '*the Big Indian*' - a nickname we have for him. We don't know his real name. He is a sweet, sweet man; a very tall man who has spent, as we measure time, a great deal of time helping people make the transition from this world to higher vibrations. And for many years he was in charge of a construct called 'the boat'. Now the boat is something that has been

fabricated, so that people who need an image in order to get from this vibration to higher vibrations are presented with this image of a boat that takes them across from this 'shore', once they have passed on, 'died' (to this world), to a higher 'shore'. There is a transition to higher vibrations and *the Big Indian* was in charge of this, as we would measure time, for around two hundred years. He is with me – I am attempting to tune into what he is saying.

**Michael (now via a [trance link](#)):**

**The Big Indian:**

'It was very emotional to see the peace that would descend on people as they were on the boat, as they were making the transition, as they could see the higher vibrational shore, which appeared as a shore in front of them, in front of the boat... to see the peace that descended on them. They would come onto the boat clutching their stomachs because they'd had stomach problems; or holding their heads because they'd been in an accident; or looking around nervously because they, in the middle of the night, suddenly found themselves on a boat rather than being at home in bed. But, as they approached that higher shore, peace descended on them. And for me it was like watching a 'memory' dawn on them. Because, with each person, the memory dawned on them of who they were and where they were, and the confinement of their earthly life fell away,

and the confinement of the circumstances that had been around them as they passed over fell away. And, without exception, every face suddenly had a smile on it, and the vibration changed on the boat from one of confusion and fear and trepidation to one of peace, warmth, acceptance, love and recognition of what was happening.

'It has become more difficult. I don't work on the boat any longer. I work with Michael and the Band of Light in the work they are doing. I chose to do this. But every so often I look at the boat and see what is happening. What I see is greater difficulty in getting people to that point of peace; greater difficulty in convincing them that they are fine, that they are going somewhere *wonderful*. Such fear we have to deal with at the moment ...*such fear*... and that fear is destructive. It takes longer to get them to that state of peace. It is distressing for us. We stand on the boat - my friends stand on the boat - and we talk to people and we have this aura of strength and Light and purpose and confidence that we give to people. But inside we are upset ...upset that they are suffering in this way ...upset that it is taking longer for them to reconnect to their spiritual vibrations; and the reason it's taking longer is because they are frightened and because fear has become a god on Earth at the moment.

***'Fear has become a god!***

'If you knew that you could not die, that you could not be harmed, that there was love waiting for you, reconnection with family waiting for you, that there were wonders waiting for you (beautiful worlds, beautiful states of being ahead of you), and that your time on Earth was simply part of a short journey and that the journey would end but *you* would not, would you live life differently? I think you would. I think with the peace in your heart people discover once they are on the boat – if you had that now – your view of life would change completely.

'You *do* have it now.

'We have to strip away from you the skins of fear that have been put around you. We have to get you back to that heavenly state, that heavenly consciousness. How do we do that? *We do that by being around you.* Just because Michael can see me doesn't mean that I am not around other people, doesn't mean that around each of you there aren't concerned spirits who wish to... not console you... wish to *elevate* you in your outlook, wish to elevate you in the way that you approach your life. Reach out to them! You won't see them ...[although] some of you *will* see them - some of you will be psychic... you will *sense* them. You won't see them but reach out to them through your heart ...connect to them ...ask them to help to uplift you ...and seek to uplift yourself. There is nothing to be afraid of. If you are

not going to die, what is there to be afraid of? If you are part of God, part of all Creation (for ever and ever and ever, amen), what are you afraid of, what is there to be afraid of? Step out of that shell of fear and continue life as it is supposed to be lived – *joyously* – knowing that whatever happens on a physical level is only temporary; whatever happens on a physical level cannot harm you; you cannot be harmed. You will say, "Yes, I *can* be hurt, I *can* get a pain in my foot, or somebody could slap me across the face." It is an illusion. *It is an illusion of vibration placed around you so that you can learn. But it doesn't have to be an illusion of misery, of sorrow, of fear.*

'We are around you every day - all day, every day! We cannot be other than around you because you are part of us. The whole universe is around you and within you – *the whole universe! Reach inwards and outwards to that love. Become peaceful. Give yourself some time off from being afraid, from being doubtful. Give yourself some time off every day and invite us to join you. When you do that, we can strengthen your vibration; we can uplift your vibration; we can allow you to see things and sense things you don't normally see.*

'As my brother said [reference to *Joseph*], you don't have all the time in the world, unfortunately. You *do*, if you access your higher vibrations, *if* you come out of the mould, the confinement you have put

yourself in. But if you don't, you don't have all the time in the world. I don't want to see you on the boat any time soon... I want you to enjoy your lives.

**Michael (reverting to clairvoyance):** He says that to each person that watches this video and acknowledges what he is saying, he is giving a beautiful white feather - about eighteen inches long. He says: 'I have one for each person who wants one. He says he will put it inside your clothes and it will be with you always. And in the middle of the night, if you are feeling afraid, you can reach inwards and you can clutch that feather and he will help you. And if you are uncertain when you are going into unknown territory *hold that feather and he will help you.* He says it is a symbol from him but it is a 'real' feather in that it is energy created by him and by members of the Soul Group as a token you can have with you - just as you have a wallet or a watch or a ring. He says, 'Incorporate it into your daily dressing... you know: "I put the watch on. I put the ring on. Oh, I've got my feather, it's in my pocket..." or wherever you choose it to be.

**And in times when you are uncertain, when you are frightened, hold it, remember it. It is a connection between our vibration**

**and your vibration and, via that feather, via that symbol, we can bring you upliftment and peace.'**

**Michael:** Is that all? Is that everything? Just as I am closing...

### Joseph

...Joseph says he reminds people (as he said) that when they read the books (just as his brother, *the Big Indian*, has been talking about connection) he says: 'We connect through the books as well; through those that look at the channel; listen to the chapters.' Whenever those words he brought through are observed and considered, there is a connection. So, he thanks those who are giving out the Light as he has recommended and invited people to do in the books.

...He thanks those people who are giving out the Light.

'Don't give up. *Don't give up!*

**'The Light is brighter now and brighter every day than it was the day before.**

**'Keep sending out that Light on behalf of everyone.'**

**Michael (concluding):** ...And everyone's gone... everyone's gone home *[smiling]*.

## Part III. The Lighted Path & Darkened Hearts

We are frequently made aware, via the considerable volume of positive feedback we regularly receive, that the information from *Joseph* and his soul group gathered together as *the Joseph Communications* series of books has provided readers of those books with a great deal of comfort over the years, explaining concisely and precisely as it does our spiritual origins, our creative potential as beings of Light and our unbreakable connection to the Divine. Additionally, *the Communications* assure us that there is no death but, instead, an ongoing journey into higher vibrational dimensions of ever-increasing beauty, joy and potential.

It should be noted, however, that an equally important function of *the Joseph Communications* is to act as a much-needed wake-up call for humanity, bringing into sharp focus the missteps we have/are taking as a society and the resulting problems in our world at present. Pointing these things out is not a criticism from the soul group, but rather a 'call to action', stressing that the increasing difficulties we find ourselves experiencing worldwide can only be transformed if we each do something - if we each draw on our personal power as spirits to restore nobler energies and values to this level of reality - and that the time remaining

grows short in which we can and *must* effect positive change here.

The following trance session highlights the seriousness of our present situation but, as always, remedies it by advising us as to what, precisely, we can each do to redress the balance.

*Notes:*

*As with each of these transcriptions of filmed sessions, I have transposed the occasional word and removed any repetition acceptable in speech but less so in a text. These minimal adjustments aside, the following is a faithful transcription of the original video session.*

*\* The points at which I drift in and out of a trance state throughout this session are indicated in the text.*

*\* We are indebted to Jules Gadiot for his dedication and painstaking work in transcribing the material.*

**Soul Group Messages - 3.**

**Spirit Communicators: 'The Gentleman in Red'; 'The Persian Gentleman'.**

**Michael (connecting initially via a clairvoyant link):**

I am tuning in to two souls - two people - who have been with me for a few minutes

now. There is our old friend *the Persian Gentleman*, who today is dressed in a gold robe with an overlaying pattern. He always has a[n intricate] pattern over his robes; they are exquisite to see. I wish I could describe them to you in detail. There is also a gentleman here I haven't seen before, who is dressed in red... and there is a similar pattern to his robe. Both of these souls are of a very high vibration, and it is *the Gentleman in Red* who wishes to speak [first] today.

### **The Gentleman in Red:**

He begins by talking about love openly, and by saying that his connection to each of you watching this video is through love, in that *he loves you*. He is not embarrassed to say that and says you shouldn't be embarrassed to say it to anyone else. Every action you take should be based in love because love is the force that flows through us all. It is the creative force that we call 'God' or the energy that creates the universe and the dimensions within and outside the physical universe ...*above* the physical universe, relatively speaking. But, he says, having connected in love with each of you, he wants to talk about the heart and about 'the Lighted Path', and about dark and Light.

He says **there is no absence of Light except where it is omitted by choice. So, the natural energy that flows through each of us is Light.**

The natural energy that connects us one to the other via our hearts is *Light*. But certain souls choose to exclude that Light, to omit that Light from their existence. And the minute they do so, through choice, there is a difference in vibration within their hearts between the Light that is trying to flow through them and their own consciousness. They lower their vibration, their personal vibration, by excluding the Light. And, as a result of doing so, that connection with the Light is stopped. A wall is put up. As a result of this, any vibration that is of a lower vibration than the Light connects with them via their hearts. So, instead of connecting with inspiration; instead of connecting with kindness, with a love for all humanity and a love for all creation, *by choice* they shut out that vibration - and that absence of the Light, via the wall they have put around their hearts, invites in ...because there is a void there... invites in a similar vibration to the one they believe in ...invites in a *lower vibration*.

**Michael (at this point the communication switches to a trance link, with 'the Gentleman in Red' taking over):**

Now, there are souls that are still learning, souls that are still evolving, but have not yet learned to reinstate the Light in their hearts: these are discarnate souls and these souls exist on lower vibrations of being. In those lower vibrations of being the only thing they care about is *themselves* and

a supply of energy *to* themselves. That supply of energy - the thing they *really need* - is the Light. But they perceive it as something they need to take from others, something they have a deep yearning for and a lack of, but they don't recognise it as the Light because they are still shutting out the Light. They know that they *need*, but they don't know that *what* they need is the Light. As a result of this, the souls on those lower vibrations take from each other *constantly*. They look to each other as sources of energy to sustain themselves and nothing more. And their reason for being - their conscious reason for being at the moment - is to take and to survive.

Those on Earth that have invested in this darkness of the heart also invest in a connection - subconsciously, unknowingly - with every other soul that has a 'darkness of the heart'. And so their lack, their wish to fulfil themselves and their realisation that something is missing, is amplified and magnified and *magnified* ...but it is not magnified as a quest for the Light, it is magnified as a quest for more of the darkness that gives them such trouble. And so every soul that links into that 'darkness of the heart' magnifies that darkness of the heart and it becomes a *presence* within their heart, within their soul, that gives them constant unrest. It gives them a constant quest to be fulfilled with something that cannot fulfil them, so they seek to draw from others that which they think they need. But

they are not drawing it on a spiritual level, they are drawing it on a material level. So, they wish to take others' financial status; they wish to take others' health; they wish to take others' freedom of vision; they wish to take others' right to choose, because then they feel they are being fed by what they desire, by the vibration they desire ...not knowing that the vibration they *truly desire* as a spirit, as a soul, is *Light* and not darkness.

As I look at the Earth at the moment, I see great 'holes' in the flow of Light, one to another ...great holes that affect not only the souls on Earth but the Earth itself - because these centres of darkness, of heart-darkness, actually draw from the Earth and generate around themselves pockets of negative vibration that affect the smooth flowing of Light, via the souls on Earth, to every part of the Earth.

You have souls on Earth that at the moment are feeding themselves on *nothing*, because the darkness *fulfils nothing*. The quest for power *fulfils nothing*. The quest for control *fulfils nothing*. It is a fool's errand. It leads to more and more suffering, not just for those who they wish to control but for themselves! And when they leave the physical life, they find themselves in an area of darkness because they have excluded the Light. They are not being judged; they are not being condemned. We surround them with Love. But, of their own volition, they

have placed themselves in a state of darkness that is self-perpetuating until they choose something else ...until they seek a higher vibration.

Unfortunately – because of an exclusion of the Light; you *could* say because of an exclusion of *God* – those areas of darkness at present are growing because there is mind upon mind that accepts only the material, that seeks fulfilment only from the material, only from control, only from supposed power.

How do you tackle this? Because what I've presented to you is a dark scenario. If I am saying it's getting worse, how do you make things better? *Can* you make things better?

*Yes, you can!*

Because the Light that connects you, one to another, and to the creative force that flows throughout the universe is far more powerful than the darkness. The temptation is always to say, 'What can I do?' or, 'These people are so powerful,' or, 'I can't resist this. I've got to fight it with anger or with a similar vibration of discontent.'

*No!*

*The way to combat the dark spots is to remember the pathway of Light;* is to remember that, because you acknowledge the Light within you - within your heart; because you acknowledge that you are part of something greater; because you

acknowledge that there is a creative force flowing through this universe that is goodness and love and creation - a positive creation - when you connect to that Light you are legion, you are powerful. And, it is the Light that needs to combat the darkness - not further darkness. The most powerful thing you can do is to put aside part of your day and during that period send out Light, direct it to those you can see suffering from a 'heart of darkness'.

*Use that pathway of Light that leads from you to every other soul, to every other Lighted-soul, and also upwards, relatively speaking, into higher dimensions of being ...use that pathway to channel Light in. Allow Light to flow along that pathway, through you, to those who have not yet discovered the Light and surround them with it.*

If there are figures you feel have hearts of darkness at the moment, visualise those figures in your imagination during your special time each day and flow that Light from your heart. See it beaming out to them, surrounding them, circling them from head to foot, so that they are encased in a sphere of bright, white Light. Don't condemn. Don't judge. Don't question. Simply maintain that Light around them. That Light is strong enough to get in but it has to be provided. They cannot provide it for themselves - *you have to provide it for them*. Then cut the connection and get on with your day, asking



that you be surrounded by Light as you do so.

If you do not, the dark spots will get darker and the dark spots will eventually consume this globe, so there will be a darkness and an absence of Light and God-knowledge around this planet. If you do it, and it takes [just] a little of your time, everything will change, because those with hearts of darkness cannot be powered by darkness if they are surrounded by Light.

The path of Light is available to each of you *but you stand at a crossroads*. You stand at the moment when you either choose to help and to do something and you change this planet back to what it is supposed to be and still is at heart, or you do nothing and the darkness spreads.

This is a serious message. This is a serious request. Forget what you are being told by the news; forget what you are being told by your neighbour who does not agree with your spiritual way, or by an organisation that has a completely opposing view to yours – *remember the pathway of Light*. That pathway of Light leads from the Divine through you as an angelic being - because that is what you truly are - and can and *will* change things, *if* you put aside the time to do this.

This is your planet. You originally created this planet. These are your brothers and sisters; they are part of the group that

created this planet that, mistakenly, chose darkness rather than Light. This is your creation. But that creation can be either dark ...or *Light*, according to your choice and your willingness to send out Light to infuse - re-infuse - this planet and those with hearts of darkness with that Light.

What are you going to do?

I must also speak about *absence of Light leading to mistakes in thinking*. Because absence of Light in a person's heart is absence of an acknowledgement of there being a Divine force. *When the Divine force flows through someone's heart, when that Light flows through someone's heart, the decisions they make are based on love; the decisions they make are based in the security of knowing that there is no lack, that there is nothing wrong, that there is only evolution of creation in a positive way*. It is the displacement of an acknowledgement of the Divine through hearts of darkness that is causing the current situation around your world.

Look on a material level... Where has God gone? Where is God in your churches? Where is God in your decisions? Where is God in the way that you live every aspect of your life? Where is that partnership, that original partnership that flows through you? Where has it gone?

In pushing out God, in pushing out an acknowledgement of the Divine, you create

the dark spots, you create the dark areas, you create the dark hearts; and the dark hearts seek other dark hearts and strengthen themselves. It is the same principle as with the Light. If the Light seeks the Light - you have more Light to combat the darkness.

But you must, please, do something! *Each of you can do something - now!* It doesn't matter where you are, who you are, what you do, how you consider your life to be. *You can be a vessel for that pathway of Light, a step in that pathway of Light.* You can bring in the Light - channel that Light to chase away the darkness.

Those souls with hearts of darkness, both here on Earth and in the lower dimensions, have to work that darkness out of their lives before they can advance, before they can evolve. And you may have a very human response, saying, 'Well, let them! Leave them there! They have created this darkness; they have created this chaos!' But we can't do that and we won't do that because they are your brothers and sisters. They are equal parts, equal partners in the share of Divinity that you are; they have just lost their way.

If it takes a thousand years or a million years in terms of earthly time, they *have to come out of that darkness.* Better that they do it now! Better that they do it now and the Earth is repaired than them having to wait in a stasis state for millions of years until the

Earth repairs itself with the help of deva activity and angelic activity. ...And then they have to come back. And then they still have to work that darkness of their system. Isn't it better that they do it *now*? Isn't it better that you help them to do it *now*? I know it is difficult from your point of view. *I know it is difficult not to be angry, not to be resentful, not to wish to get even with those that are disturbing your life to such a degree. But the way to 'get even', in a Divine sense, is to send the Light. The way to restore the balance is to send the Light. You do not fuel darkness with more darkness, you fuel it with Light.*

We have discussed this - myself and my brother whom you call *the Persian Gentleman* - we have discussed this at length ...how best to get this across to you. And the analogy we would like to use is that you could consider us to be the equivalent of parents ...we are not [of course]... but consider us to be the equivalent of parents looking in on a creche where some of the souls are playing in the Light and playing with Light tools, and some, *many*, are playing with darkness. And we are gently advising, saying: 'Don't do that. There's a different way. Put down that darkness and pick up the Light playthings. Do it *this way*.' And we're not having the response we need - not for us but for you! Please listen - not to us but to what is really going on in your heart. Make that move in meditation from your head to your heart daily, and see if what we are

saying to you today rings true. If it doesn't - throw it out, but if it does, please act on what we are saying.

It is a common theme we have brought to you, to say *there is not much time left*. There isn't. **There isn't much time left to put things right in this particular cycle.** If you lock yourself into the darkness, if you choose the darkness rather than the Light, then there is nowhere for you to go *until you choose the Light*. And, if you come to the point at which the Earth cannot sustain itself and 'gives in', as it were - is consumed by the darkness, where do you go? If you celebrate and worship and connect only with materiality in the darkness, where is there for you to go next? Nowhere! Which is why a stasis state would have to exist to bring back all those who celebrate nothing but darkness, to enable them within a physicality - which is the only thing they acknowledge, the only thing they can observe - to bring them back to try and get them to work themselves out of that darkness and to bring the Light in again. This is a serious state of affairs and not one we wish to see amplified.

*Bring in the Light!*

Bring in the Light for yourself. Bring in the Light for everyone else. Combat those who would plunge you headlong into darkness with Light. Surround them, nurture them, love them. Bring them out of it. Surround them with so much Light that the darkness within them disappears, that the

dark void within them is filled with Light and they are reconnected to their Divine source, and can think and act clearly and lovingly and with respect for all.

**Michael (returning to a clairvoyant link):**

I've got to go to *the Persian Gentleman* as we conclude this and...

... he is showing me a book which he says is the book of life for each person on Earth. Every person has, relatively speaking, a book of their life and it is as though you could see, if the book was open, a pen writing each word as each person lives each second, recording what has happened to them.

And he says there have been other dark times. If you would look in each book of life you would see that there's been a combination of Light times and dark times. **But there has not been, for millions of years, a time as testing as this one.** And he is encouraging each soul on Earth to consciously write each word of Light at the moment, not darkness. To elevate themselves in everything they do - from getting up in the morning, to eating, to sleeping, to joining with friends, to working - to infuse every aspect of their life, of their life's book, with Light.

**Michael (once more in a trance state; now allowing the Persian Gentleman to communicate directly):**

**The Persian Gentleman:**

How can I make this a Light situation?  
 Can I make this a Light situation today by not arguing with someone? Can I make this a Light situation today by trying to understand someone in a better way - in a Divine way?  
 Can I make this a Light situation by simply beaming Light into this situation, silently, without anyone knowing, to lift the vibrations? It is time to *consciously* write Light into that book.

And all the aspects of life that have formerly seemed so important up to this point for many people – the job, the material objects, the security, the location, the perception of others as to how they view you – all these things are no longer of importance. They never were, but at this point they have lost their meaning totally. **All that matters is writing Light into that book and writing Light into the book of everyone else on Earth. Make no mistake. Nothing else at this point matters.** The airwaves... the amount of information that is generated across this planet? Meaningless, meaningless... *meaningless!* We watch it and we see the entanglement of communications, the thick entanglement, the greyness, the darkness of communications. *Meaningless!*

**The only power that has any meaning and any worth on Earth at the moment is the Light you have within you – and your ability to turn to that Light, through volition.** That is what is needed at the moment! To say:

'Today I will work with the Light *despite* what is happening around me ...*because* of what is happening around me, I will play my part, in love. Lovingly, I WILL BRING IN THE LIGHT.'

I give you this book to remind you that you are writing your own history, that you are recording what happens to you, that there is a book you will look at one day – in whatever form, whether as a book or as a vibration of energy – but you *will* look at it. And you will look at everything you have done in this particular life. Will it be a good read? What sort of book is it? Is it a mystery in that you have not investigated the spiritual aspects of your life? Is it a thriller in that you are attempting to achieve something material and chase after it? Or is it a happily-ever-after story, which at this point you have decided to infuse with Light, so that every word you write is a happy one, is a loving one for all humanity, for all life and for yourself? Remember the book. It doesn't seem possible, does it, from your earthly point of view that each day there is a recording of all that you do and there is a greater meaning to all that you do and a greater consequence to all that you do, because you have been plugged into this Godless society, into this void.

But a void can be filled, and it needs to be filled with Light as do each of you each day. We attempt to do that. We spend a great deal of our time doing that. As my

friend, my brother, says, 'If you follow the pathway of Light, then it becomes easier for us to connect with you and to work with you and, through you, to illuminate others'.

So, remember the book, please. Remember that we are there, please, and remember that everything you see around you is a temporary construct – physically, materially – *temporary*. It is an illusion. It can be repainted, redecorated, as you choose to repaint and redecorate it. But nobody is going to do that for you. I cannot do that for you. The souls in our soul group cannot do that for you. We can work with you but you have to choose to do it. *You have to choose*

*to do it*. And, as my brother said, when you do this, choose to do this, you are legion; you never work alone. Millions of souls work with you and you have the connection to Divinity, to the Light that flows through and *is everything*. *You are never alone*.

Because of the dark spots we can only maintain communication for a certain time. So, we close with our love, with our respect, with our encouragement and, even if you are not aware of us, we are aware of you and we are there and we'll be there until the next time we communicate.

The God that is within you blesses you.

*We bless and love you.*

## **Part IV. The Physical Universe – Its Spiritual Meaning & Purpose**

The sheer scale - magnitude - of the communications delivered by Joseph and members of his soul group never fails to amaze me. At the heart of each session there quite clearly lies a concerted effort to lift our spirits and anchor our being in the greater context of the spiritual scheme of things.

Each communication encourages us to think 'outside the box'; urges us to consider that we have indeed placed ourselves within a limiting and restricting 'box' of material, head-mind thinking, and invites us to expand our spiritual senses as the communicators reveal the majesty, splendour and intricate workings of all Creation and of the Divine.

What follows is an awe-inspiring address typical of the soul group's insight- and information-packed transmissions on behalf of all humanity, looking as it does both outwards to the universe around us to reveal its workings, its purpose and how it affects and influences our lives, and also inwards to spotlight and examine the creative power for good we each possess at spiritual heart.

Whatever physical and material circumstances you may find yourself immersed in as you read this, prepare to take

a little time off from those demands and to be refreshed and enthralled as you are whisked away on a further journey of spiritual discovery and Light, courtesy of three elevated spirits with a common goal - that of reawakening the knowledge we each possess as spirits within our hearts.

Notes: As with each of these transcriptions of what began life as filmed sessions, I have transposed the occasional word and removed small repetitions of phrases that are perfectly normal in speech but redundant in a text presentation. These small 'tweaks' aside, the following is a faithful record of what was said during the original video session.

\* As always, the points at which I am taken in and out of a trance state throughout this session are indicated in the text.

\* Our sincere thanks go to Jules Gadiot for his dedication and painstaking work in transcribing the material.

### **Soul Group Messages - 4.**

**Spirit Communicators:** 'The Persian Gentleman'; 'Jane's Chinese Guide'; 'The Native Canadian Gentleman'.

**Michael (connecting with the communicators initially via a clairvoyant link):** To introduce what is going to happen, I can see a 'triumvirate' [*a group of three persons*] - if that's the right word - of guides here... of guiding influences. I also have my father here. My father is not going to participate in this but he is here to give me moral support, as it were. It's nice to see you, Dad!

There are three people here. We have *the Persian Gentleman*, who is very often vocal in these sessions, and he is dressed in the same colour of shirt I'm wearing. There's *Jane's Chinese Guide*, who very often appears in green, and there is a gentleman who was a Native Canadian. He helped me when I was developing as a medium... was involved in my development as a medium. He is dressed in a traditional costume of... I suppose it is 'buckskin', but there's also, as always with this gentleman, a crystal at his chest which is a sort of red-orange colour. I remember him many years ago telling me that I wasn't ready. I was eager to work as a medium and he said, 'You're not ready,' which was a great disappointment to me, but he was right at that time. I should also tell you that his signature way of appearing to me is that [first an image of] a waterfall appears and he then comes down the waterfall in a canoe towards me and gets out. These are all 'mind visuals' that he brings through but that's how he initially appears as he comes through to me.

I also want to say that they - the soul group members - listened in to what we have been saying and what we have been discussing during the week. And Tony and myself have this week been discussing a definition for 'Angelic Intention' [**a reference to the directives we are given to stream out as members of the World Meditation Alliance**], but also, as part of that definition, we have been looking at and discussing the universe as a 'mechanism'; as it having a deeper meaning... and I know that's what they want to talk about today. So, I will now tune in and see what I can bring through.

I am talking to the Native Canadian Gentleman but the three of them have joined together to create enough power to get across what they wish to say to us. ...And I can also hear... it's very strange... I can hear the Persian Gentleman at the same time. So, I have [three guides] and two voices with one common theme.

#### **The Native Canadian with the Persian Gentleman and the Chinese Gentleman:**

They are showing me the universe. There is this beautiful vista of a galaxy and swirling clouds of ...'space matter'... I suppose you would say. There is colour in this [image] and I can see stars and the blackness of space. They are saying that many souls on Earth, if they look through a telescope or at images from NASA or something of this nature - see what is in front of them: they see points of light, they

see planets, they see a galaxy. They might be awed by the beauty of what they are seeing but that's what they see. They take it at face value.

**(At this point the communication switches to a trance link, with the 'combined' guides taking over):**

The universe ...the physical universe ...the *spiritual* universe... is far more than that. There is a purpose behind it and within it. And so each object within the physical universe - be it a star or an asteroid or a planet or a cloud of dust - has within it a certain 'frequency', a certain energy. And those energies have been placed there in order to bring about certain opportunities, in order to examine and present certain potentials to the spiritual beings - you and I - who are travelling through this physical universe in order to gain experience. And so the interaction of heavenly bodies creates opportunity and specific opportunities, in that the interaction of heavenly bodies surrounds certain pockets of spiritual beings, whether they are on this planet or on other planets, with energies that, if entered into an interaction with, result in certain evolutionary steps being taken by those spiritual beings examining those opportunities.

That all sounds very complicated but we want to say, first of all, that **the universe has a purpose**. Don't ever look out to space and say, 'Well there are planets, there are stars,

there is the blackness of space and nothing else.' **You are only seeing a visual representation of a great mechanism.** I know that Michael during the week has been comparing this mechanism with the workings of a watch. And I am now showing him 'cogs' that are linked together ...as with a wound watch... cogs interacting with each other and moving the hands around the face of the watch, and each cog is dependent on every other cog within the mechanism of the watch.

You can, if you like, compare the physical universe to the workings of a great watch or a mechanism that has cogs within it. You are at a stage in your development where you are moving away from cogs and moving into light beams and technology that doesn't use moving parts, but you still have certain objects that have moving parts in them. And I want to allude to the physical universe as being a huge mechanism with moving parts. If you consider that the planets orbit suns; that the galaxies turn; that the comets traverse great distances, there are 'moving parts' in the universe... *and each of those objects has a signature energy, a signature frequency and vibration that extends beyond its physical parameters.*

As those objects approach each other they connect. The energies within them - the frequencies - connect and interlace to produce different frequencies for a time. That's an important phrase: 'for a time',



because certain opportunities are created within a certain timeframe, as you understand 'time'.

Say you had a comet and a planet - two objects. The comet coming close to the planet on one occasion would present a certain frequency of energies, because of their interconnection, that would allow the spirits, the spiritual beings within the scope of that planet and that comet, to investigate specific opportunities within the 'timeframe' - for want of a better word that you can understand within a linear existence - within the timeframe of those two bodies interacting. Now, as the bodies moved away from each other, that opportunity would wane. But when they came back again, be it in a year or a thousand years, those connections would create different opportunities, would create a different intermingling of vibrations. Perhaps on the former occasion the planet's vibration was dominant. On the second occasion the comet's vibration is dominant; and so you get a different mix of energies... and, as a result of those different frequencies, you get a *different* opportunity presented to those souls within the range of those two bodies, that can be influenced by those two bodies.

Why? Why does this happen?

Because the purpose of life - and by life I do not mean the limiting birth-to-death transition you consider to be 'life' and that is all that life is; I do not mean that limiting

small transition, but I mean the eternal, the infinite evolution of the soul - *the purpose of those lives, of your life, of everyone's life, is to evolve, is to become more, is to travel through opportunities for growth, so that certain challenges and certain scenarios are set up around you that you interact with and, as a result of interacting with them, you learn and you become more and you progress.* That is the meaning of the physicality you see around you. It is an opportunity - a Divine-given opportunity - for each of you to learn and to evolve. And you evolve by interacting with the energies around you that set up situations that seem so real to you when you are passing through them but are, in effect, 'film sets'; are, in effect, temporary arrangements of matter and frequency that are presented to you so that, by passing through them unharmed ...because you are an eternal, immortal being... by passing through them unharmed, no matter how much you feel they affect you on a physical level from your limited point of view (the five senses)... by passing through them you become more, you add to your arsenal of experiences.

And that arsenal of experiences is shared. You share, as the angelic being that you really are, those experiences with those around you, with the angelic beings around you, with the physical and spiritual universes around you, and, ultimately, with the Divinity that is within you. So you are, if you like, a probe - a sensor probe - sent out into

physical matter. You are an individual, yes – but you are also a probe on behalf of the Divine that brings back its experiences to the whole, to all the probes around it, to all the companions you find on Earth and to all the companions you have in the angelic realm, and to the Divinity that you are. **Divinity seeks to become more.** And at heart, at spiritual heart, because you are part of Divinity, you seek to become more... which brings us to your present condition on Earth.

But before I look at that, I have to tell you that, just as I gave the illustration of the two planetary bodies affecting each other and creating a mixture of vibrations as a result, and therefore influencing a certain number of spiritual beings – of people incarnated in physical matter – so you, because you have an aura, because you have an energy field, interact in the same way with all objects and all people around you. There is a charge that exists between any two objects or any two people. And so, when you approach a person physically, there is for a time – and you decide how much time that is – an intermingling of your energy body and their energy body. And as a result of that intermingling, a charge is set up in both souls. Now that charge can be positive or negative; that charge can be fearful or welcoming; that charge can be productive or counter-productive. And always it is the dominant person of the two people interacting whose charge infuses

both people. Now, I don't mean 'dominant' as in controlling, I mean 'dominant' as in how much Light is in the aura of one of the two people, and what the intentions towards the universe and to all life is within the most dominant, Light-wise, of those two people – which brings us now to the state of the Earth at the moment.

If you are fearful, if you are cautious, if you are willing to accept that only negative things are going to happen to you because you have been told this, if you believe that someone else has power over you - then you become the less dominant of the two souls in any vibrational conversation and interaction. If, however, you have centred yourself in an acknowledgement of Divinity, in an acknowledgement of Light being transformative - spiritual Light being transformative in a positive way - in an acknowledgement that your dominant thoughts create around you and within your aura whatever those dominant thoughts are, more of whatever those dominant thoughts are, then you are powerful, then you are the one in any connection with another person who will donate the strongest energy in the relationship, the temporary relationship.

In other words, if you are centred in God, if you are centred in Light, if you are centred in good will to all life, if you wish your life to be a beacon of Light, then those traits within you become your dominant traits, the dominant traits in your aura. And

in any vibrational handshake that takes place with an object, or with a person, or with a situation, you are donating the strongest energy. It might not look like it. You might have an interaction with someone and think, 'Well, I couldn't influence that person at all,' or, 'I couldn't move their negative viewpoint,' or, 'I couldn't make them see', or, 'I couldn't introduce any spiritual aspect into their life whatsoever. But that is wrong! You have dented their negativity. You have lightened their load. You have lightened their vibration – maybe only infinitesimally, because they are so steeped in their negative beliefs and need to control and acquiesce and gather power and gather riches and gather security around them, but you have ...in living your life in the name of Light... you have the upper hand.

And at this delicate time in the Earth's evolution (not the Earth as a planet but the Earth as a society, as a collection of societies) people with Light-minds, with the Light-approach to living, with the Light-approach to other people, with the Light-approach to all life, are the ones who ultimately will make a difference, are the ones who are making a difference at the moment but you cannot see it because of the amount of negativity that has enveloped the Earth at this time.

You are a universe.

Each of you [reading] this, is a universe. Each of you has a universe within you. Each

of you is creating a universe within you. And each of you is a heavenly body doing the same job in microcosm as the universe is doing around you, in that you are donating energies and receiving energies, interacting with all the objects around you, all the people around you, all the situations around you. Most people do this subconsciously. The difference, and what will give you the upper hand and the strength, is that you can do it consciously. Each day you can say, 'I am part of the Divine. What can harm me?' Each day you can say, 'There is no greater power than the Light vibration that I have within my heart ...no greater power. Nothing can hold against it. Everything is temporary except the Light. Therefore, I have great power to change things.' Each day you can visualise yourself as a Light, wherever you are, whatever you are doing, a Light that is reaching out to all those souls who do not yet acknowledge the Light. And your aura expands with the amount of Light that you bring into it. Your influence expands with the amount of Light you bring into your aura. Your ability to transform things increases with the amount of Light you bring into your life daily.

So, we have gone from the universe to an individual and to your heart. But the same mechanism that exists throughout the physical universe exists within you ...within your heart. You are tied into it, because you are it, you are part of it. And you are able to influence those around you to a huge extent

dependent on your acknowledgement of what you are, your acknowledgement of the Divinity within you, your acknowledgement of the Light that you can send out. We see the phrase 'These are trying times' often at the moment - and they are trying times for us because we send, as we can, vibrations to you, to the Earth, to all humanity, but those vibrations - our vibrations, are of a higher frequency than those of spiritual beings who are incarnated in physical flesh.

And because they are of a higher frequency, although they influence lower frequencies, we cannot make as great a mark on the consciousness of humanity as you can. You can because you are still in physical flesh. You are in a form that others see, others hear, others touch; you are something that they can relate to, whereas our vibration, although it touches the hearts of many souls, those hearts are still encased in darkness, they are still encased in heavier thoughts, in heavier agendas.

Be the Light in all that you do so that you become an example. And in becoming an example you will disquiet people, you will distress people, you will make them scratch their heads, and, in scratching their heads, you will let in some of your higher vibration and they will have to change, because they will have to acknowledge the voice within that says: 'You are more than what you are attempting to do at the moment.' And the voice is saying at the moment to them,

encased in matter, 'Stop this! Stop this! Remember who you are! Spread Light - not darkness! Spread love - not coercion, not manipulation! Remember who you are!'

**Michael: (reverting to a clairvoyant link with The Persian Gentleman to bring the communication to a close):**

The Persian Gentleman is saying, 'Every time you look at the watch on your wrist, remember what has been said about the universal mechanism. It will be a reminder for you and it will help you to permeate your consciousness with an acknowledgement of there being far greater things around you and in front of you than what is presented to you by society at the moment. Every time you look at a watch, say, 'Yes, it is such a time but, - oh, yes - I am part of a great mechanism and I can play my part in that mechanism to influence every soul on Earth, to influence every person that I meet'...

The Persian Gentleman is saying that you also influence the environment you are in. For example, if you acknowledge the Light within you, if you live your life from the perspective of the Divine-within, then every step you take into the countryside actually donates energies and interacts with the countryside. If you are kind to other forms of life, then, if you pass sheep in a field or a dog in the road, you are donating to those forms of life a reminder of Light and an upliftment of Light that interacts with their life too. And as a result of that you become

more integrated with the Oneness of life here. You begin to acknowledge that you are not separate from the countryside, you are not separate from the animals you come across, you are not separate from the people you meet. And there is a joyous interaction with all forms of creation here which brings you peace and brings you health and pulls you in line ...'pull' is the wrong word... connects you with greater purpose, with the purpose of the planet, with the purpose of the devas who create the backdrop against which you have your experience of physical life, with the purpose of devic life, with the core purpose of life on Earth ...which is not

to be in your present predicament, which is not to be bowed, which is not to suffer, but is to travel through this physical theatre in full knowledge of you being a spirit; in full knowledge of you temporarily undergoing experiences so that you can grow. In full knowledge of you never being able to die or suffer. In full knowledge of there being a vibration of love - a Light that permeates everything and is just hidden in many objects at the moment waiting to be rediscovered.

**Michael:** And that appears to be the end of their address today.

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