



TRANCE-SCRIPTIONS II:
THE COLLECTED SOUL GROUP
MESSAGES SESSIONS

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TRANCE-SCRIPTS II

THE COLLECTED *SOUL GROUP MESSAGES* SESSIONS

By Michael G. Reccia

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Author's Note:

As I write a brief introduction to this second collection of transcripts from the thirty-plus filmed trance-communication sessions which saw spirits from Joseph's soul group share with humanity highly spiritual perspectives and insights, I find myself just three days into a brand-new year.

And from this early viewpoint in 2024, I can't help but wonder how many souls globally have already given up on their New Year resolutions. No criticism is intended here as eliminating from one's life something that has become a habit and also perhaps a support as daily challenges unfold can be an extremely difficult process. Is it any wonder, then, that in the still-single-figure dates of a dark and dreary January, so many pledges for self-improvement will have already fizzled out, allowing the 'same-old same-old' to reestablish itself after only a few short hours of abstinence and denial?

The reason, I believe, that so many resolutions fall by the wayside so quickly is that adding something to our lives is a far more powerful proposition than attempting to take something away from them ...and the ultimate rewarding 'add-on' we all need - the one that allows everything else in our experience to fall into place correctly and harmoniously throughout every day of every year - is spiritual knowledge and a recognition and understanding of what we really are and why we are here.

The spiritual approach is the only approach that allows anything and everything else we might experience to make sense for us, transforming our lives by taking away fear of the here and now and of what might come next and infusing our every thought, decision and action with the Divine-Light that changes everything and gives us true power in making any 'course adjustments' to our life path we may wish to make. We are spirit beings ...and, as such, we require spiritual sustenance. We need to contemplate and appreciate the bigger picture. We need higher vibrational input that can help us to successfully navigate our time on Earth...

I am, therefore, delighted to be able to present further offerings of such input in the form of the sublime thoughts, observations and gentle promptings of highly advanced souls from Joseph's soul group who, having lived on Earth many times, wish to share with us certain of the revelations they have discovered since moving on from those lives into increasingly enlightened

spheres... understandings regarding creation and 'be-ing' which are every bit as uplifting and life-changing when appreciated and applied to their existence by souls undertaking an earthly journey at this time.

Adopting a spiritual approach to life is something we can do at any time of any year - and is one resolution which, if adhered to, can and will change our lives and our experiences for the better ...for good.

Thank you for choosing to read Trance-Scriptions II.

Michael G. Reccia

January, 2024.

Part V. Expanding our View of the Here and Now, and of What Lies Ahead

Is it surprising that humanity indulges in such seemingly insane, inhuman and self-seeking activities when, for the most part, its collective thinking is concentrated *solely* on the limited, blinkered perspective and perceived needs of the physical, of the material? To the detriment of our intended spiritual experience here, higher realities are seldom considered or pondered over - this tiny, constricting and constricted physical life, spiritually speaking, being regarded by a high percentage of humanity as all there is to reality and *alarmingly* as all there is to each of us, too.

We are, of course, so much more than we appear to be on the surface. And it is, therefore, surely only logical that each one of us should, at some point in our journey through the physical, ask and seek answers to the bigger questions in life - those that are avoided or ignored by so many, including such fundamental queries as *What are we? Where do we come from? Is there anything more to reality than that which can be perceived by our physical senses?*

The answers to such questions are often dismissed as being fanciful or beyond our grasp. Certainly, they are beyond the

grasp of our physical senses ...but not beyond the understanding of our Divine-linked hearts.

Today's *Soul Group Message* once again seeks to bring us in alignment with the wisdom of our hearts via the wisdom of key speaker *the Persian Gentleman*, who this time is joined by a second highly-evolved spirit from the soul group - their combined intent being to once again open our hearts and our minds and to broaden our perspectives by taking us back to spiritual basics, by reminding us of our glorious true nature and origins and Divine potential, and by explaining how we can quickly and effectively put things right across our troubled Earth should we *choose* to do so.

Notes:

As with each of these transcriptions, what follows began life as a filmed session. In this written version I have transposed the occasional word and removed small repetitions of phrases perfectly acceptable in speech but less so in a text presentation. These small 'adjustments' aside, what follows is a faithful presentation of what was said during the original video session.

* Moments of altered consciousness - those points at which I was taken in and out of a trance state by the communicators - are indicated in the text.

* Sincere thanks are due to Jules Gadiot for his meticulous work in transcribing the material.

Soul Group Messages - 5.

Spirit Communicators: 'The Persian Gentleman'; 'The Gentleman in Gold'.

Michael (connecting with the soul group members initially via a clairvoyant link before moving into a trance state and allowing the communicating spirits to speak through him directly. The session begins with a description of the visitors from higher realms of reality): I have two people with me. There have been two people with me all morning. There is 'PG' - *the Persian Gentleman* - who is dressed in a purple robe this morning, and, next to him, there is a person I haven't seen before ...[dressed] in gold... a gentleman - I can't really focus on him - but the gold in his robe *scintillates*, so it becomes more and it becomes less [vibrant] as I look at him. I think he is an observer of or a contributor to the energies that are needed this morning. And I know that *PG* is going to speak. I also know that there are two parts to what he wants to say, and he is aware of how we view YouTube and how we view our videos, and he is advising that viewers stay with us until the

end because there is something important coming up about halfway through. There are two areas he wants to concentrate on. ...I'd better hand over to you PG...

The Persian Gentleman:

...He is saying that he wants to take us somewhere... and I have been to this place only once in all my years of working as a medium. He took me there once to show me what it was like. He also says that where he is taking us is a 'relative' place. It is a vibrational bubble, but it appears to the people who visit it as a 'vast observatory' - and it appears in this way because most of the spirits that go to this place, and to others like it, are progressing from their earthly life - and so they are [still] viewing things in earthly terms.

We find ourselves standing in an area that has curved walls ...an 'egg shape', I suppose you would say... We are within that egg shape and the 'egg' is on its side. And around the walls there are windows - vast, curved, transparent areas. And this vibrational bubble touches the vibrational sphere of a planet. It is connecting to this planet in order to observe what is going on the planet... and the planet is a *new* planet.

PG invites us to look, from this observatory, across the planet and to see rolling purple hills and to see oceans ...but not oceans as we would see them on Earth - they are a white colour. And, as we view

with PG, we can see crystals in the landmasses. We can see crystalline structures within the oceans that are different than those on the land masses – they are ‘mirror crystals’ that show the oceans around them and reflect the colour and the density, the atmosphere of the oceans.

He wants us to understand that this planet has not yet been visited by souls - by angelic beings. It has been prepared for angelic beings. It has been prepared for souls to move through, in physical form, its opportunities. And he wants us to understand that this planet (as all planets are) has been prepared by spiritual volition, has been prepared as an area of potential, an area that will present certain challenges and viewpoints, certain perspectives to those who travel through it in physical form. And it is *pure*; it is as close to angelic vibration as you can get. The vibration is coalesced into form, but it is as close to Angelic Intent as you can get at this stage. And it has been brought into being by the angelic beings that wish to visit it in corporeal form. It has been brought into being after considerable consideration and discussion, so that it will offer *specific* opportunities to those who visit it, with the view of expanding the knowledge and understanding and potential of the rest of the angelic host.

(At this point we move into a trance communication. PG takes over completely, addressing us in the first-person singular):

I am bringing you here today because this planet is as the Earth was before the Earth became polluted; before the misstep was taken; before those angelic beings visiting the Earth decided that there was - that they would invest - a different vibration into the Earth. I want to contrast the two. I want to contrast the Earth you have now ...with all its problems and all its pettiness and all its power-seeking and all its disagreements and all its divisions... I want to contrast the Earth as it is now with this planet, with this cradle of potential. And I want to say to you: ‘This is where you started as corporeal beings - not this planet but the Earth. This is how it appeared - *pure* - pure in intent.’ And you had a pure intent in creating the Earth and wishing to travel across it ...but that intent has become polluted.

The angelic beings that visit the planet I am showing you, the planet we are observing, will not experience the suffering and loss and tension and violence that you experience on Earth because they have not chosen a different way of creation. They are in harmony with the universal way of creation and destruction, and by ‘destruction’ I mean that, once they have examined certain potentials, they will neatly fold them away and those potentials will go

back into the overall vibration without harming that overall creative vibration and without harming the planet and without harming the people that are travelling across that planet in corporeal form.

This potential, this scenario is available to you at any time.

You can reset your planet to what it was intended to be.

And you do that - not through division, not through suffering, not through control, not through coercion, not through manipulation - *you do it by letting go of those things. You do it by remembering that you are angelic beings. You do it by remembering that you are each part of the other. And you let go of your obsession with materialism. You let go of your obsessive need to gather more around you on a daily basis. You let go of your need to control others, to impose your will on others.* And, in letting go of those things, *you reignite your angelic memories.* You realise that you are each One, you realise that you are one with the planet and you remember your original purpose in visiting the Earth. And, at that point, you transform the Earth back to what it was ...back to what it *still is* at heart.

And you may say: 'Well, that sounds like fantasy. It sounds like a fairy story. It sounds like something unobtainable and so far away from what this Earth is that it cannot ever happen.'

It is the only way forward.

You have to fold away the vibrations from the Earth that don't work. You have to fold away the vibrations from each other that you put out to each other that don't work. *You have to remember - 're-member' - connect again with what you are and, in doing that, you solve everything.*

You are looking for solutions at the moment. I have given you *the* solution - the *only* solution - because that is the solution that applies to every other sphere in this universe and in other universes.

I want to bring you back to the observatory now. Imagine that you can stand in a bubble of vibration that touches another bubble of vibration - the planet that we are talking about. Imagine that you can watch - enjoy - the evolution of that planet. Imagine you can have a hand in directing the direction that planet goes in, that you can infuse that planet with new potentials, in peace, that can be examined by those angelic beings moving through that planet in corporeal form. In other words, imagine that you can evolve to the point at which you can contribute to a reason for a sphere of influence - a planet - being there. And not just a planet ...stars ...galaxies ...and, eventually, universes - *plural.*

That is your potential. *That* is your birthright, and I will move onto this in a moment, but that is your birthright as an

angelic being. Isn't that more tempting than the trinkets and the confusion that are around you at the moment? That is your place in the universe and in the scheme of things and it is part of your potential. And yet you only see *this much [places Michael's hands to both sides of his face - to act as blinkers]*. And the observatory you are looking out from is only this much *[moves Michael's hands just a few inches outwards]*. There is so much more ahead for you, but not until you take away that limited view, not until you start to view from here *[points to Michael's heart-centre]*, not until you reignite your angelic memories - reconnect with who you are.

And who you are is the second part of what I want to discuss today.

Who are you?

What are you?

Where did you start?

Where did you begin?

I am not talking about being slapped on the bottom and drawing in air and finding yourself in physical form. *Where did you begin?* If you are an angelic being - which you are - **where did you begin?**

You began with the ALL.

You began as an expression of the ALL - of That-Which-Is. You began with the ALL, or 'God' if you like, or whatever terminology you wish to use to describe - and it is

impossible to describe - *That-Which-Is*. You began by *That-Which-Is* wanting to examine other aspects of *That-Which-Is*. And so, *That-Which-Is* expressed you, gave birth to you, if you like, exuded you from the Whole but still within the Whole as an individual viewpoint of *That-Which-Is* - tasked to go out into material worlds; tasked to go out into angelic realms; tasked to find out more about *That-Which-Is* and to find out more about the expression of *That-Which-Is* that you are and to bring that enhanced knowledge back to *That-Which-Is*, so that *That-Which-Is* becomes more, so that *you* become more, so that you unfold day upon day into a greater expression of yourself. You are part of *That-Which-Is*, you are *That-Which-Is*, you are an extension of *That-Which-Is*, you are an extension of God.

Difficult to imagine, isn't it, when you see what is happening on the Earth?

Difficult to imagine that each person you see is part of *That-Which-Is* and has potential within them. Difficult to imagine, but nevertheless true! You are coming up to a holiday period. **[The communication was originally brought through just prior to Christmas.]** You are coming up to a period where there is food, drink, time off from work. How will you spend that holiday period? I would suggest to you that you spend part of that holiday period *considering what you really are*. Spend some time in silence and we will be there standing

next to you to add our inspirations to your intuition.

Contemplate what I have said about *That-Which-Is* and that you are part of *That-Which-Is*. And also contemplate how you react to others from that viewpoint, from that knowledge. If you are part of *That-Which-Is*, can you harm another part of *That-Which-Is*? Can you seek to control or condemn another part of *That-Which-Is*? Or should you love *all* as the *That-Which-Is* that produced you, loves *you*? Because that Love is within you, waiting to be expressed again, waiting to be directed across the Earth - into the Earth and into the minds and hearts of those that do not yet remember that they are *That-Which-Is*. If you are looking for something to do in the next 'year' (as you measure things - the next period of time) what better thing to do, what more rewarding thing to do than to express the *That-Which-Is* that you are in every word that you speak to another person, in every thought that you have about another person, in your connection and relationship to every aspect of your planet? Because every aspect of your planet that has not been created by humanity is also part of *That-Which-Is*. When you touch a tree - you are touching part of *That-Which-Is*. When you walk down a lane - the lane is part of *That-Which-Is* and the skies above you are *That-Which-Is*. It is only in your mind that you have separated yourself from that truth, from *That-Which-Is*.

So, where did you begin? You began in a vast Heart of Love. You began as a need from universal consciousness, a need to express itself, a need to explore itself, a need to become more in Love. *That* is what you are. *That* is your birthright - *your spiritual birthright* in this holiday period. Isn't that mind-blowing? I hope so! And by 'mind-blowing' I mean, doesn't that take away the pettiness of the physical mind? And it is right that your mind should blow; it should *go*. Because the physical mind is the barrier to you remembering what you are and to expressing your potential. You came from a great Heart of Love and no matter how you feel towards others or yourself at this point, you are a great Heart of Love, you have a great Heart of Love within you, waiting to be expressed again.

We are more aware than you think of current challenges on Earth, but the end of those challenges is so simple ...and so difficult. It is simple because all it requires of each of you is to express from that great Heart of Love; so difficult because you are not used to doing so. And you seek answers to all your challenges in the material aspects of your world ...and the material aspects of your world are illusions.

I am going to hand over for a moment to my brother who has come to speak today - Michael was wrong in saying that he didn't think he would get involved; he has been

involved in donating energy so this link can take place, but he also wishes to speak.

The Gentleman in Gold:

It's a long time since I have spoken, since I have *physically* spoken. I am using Michael's vocal cords, and it is [a] remembering for me because it has been a great deal of time since I was incarnated on the Earth.

And I just wish to speak to say that the gold Light that I have within my aura has been earned ...and it has been earned by earnestly working whilst I was on Earth to raise the vibrations of the Earth and raise the vibrations of the souls living on the Earth whilst I was there. And it has been earned by *unthinking*, by *unlearning* as I graduated through the various spheres of vibration that lead out into angelic consciousness once again and beyond that. I had to unlearn when I first found myself in the spiritual spheres - the cleansing spheres. I had to unlearn. There was so much baggage I brought with me ...so much I believed to be true ...so much I thought was important. It took me a while to, as it were, 'come off the clock', to understand that I wasn't limited by that dial that has so many souls on Earth running around and compartmentalising everything that they do, day upon day, year upon year, until it drains them of energy. It took me some time to realise that I could expand my consciousness when I wanted to and become still when I wanted to, but I

wasn't under the dictates of day and night. It took me a long time to let go of certain resentments that I had, that really didn't matter ...and I was shown that they really didn't matter, but I held them to me like 'family'. I gathered them to myself and said: 'No, I cannot let go of that. I cannot contemplate a time when I will not feel upset about something that somebody said or something that somebody did.' And it was pointed out to me that all these things are insignificant. It is the positive moves I made that were important ...the *positive* moves I made.

And so, gradually, I filtered out of my soul those things that held me back. *And as I filtered out those things, I made room within myself, within my aura, to accept more Light.* And it was astounding to see the colours that were within my being, to see the interplay of wonderful, colourful vibrations that were mine because I had earned them. And as I became less obsessed with the pettiness of my earthly lives, *plural*, I began to see the lights ahead. I began to see the adventure ahead, the glorious pastimes, the glorious occupations that lay ahead for me if I chose to expand into them ...and expand into them I did! And all the time, more Light was added to what I am, to my expression of God. And there was an interplay of Light as I connected with other friends, brothers, sisters. There was an interplay of Light between them, and we exchanged ideas, and we dwelled on

different potentials, and we looked at different scenarios that we could enter into.

And we became more of what we are - more angelic in nature.

And this brief look at my passage through the cleansing spheres I have brought to you because **the theme of today's connection has been to expand your view of what lies ahead for you.** So many cling on to life at all costs on Earth, thinking that *that's it - I have to cling on to this because this is all I am.* You are not the flesh. The flesh is the 'vehicle'. You are, as my brother said, part of *That-Which-Is.* And *That-Which-Is* wants you to experience in joy and to build on your experience every ...'day' is the wrong word... to build on your experiences as you move on through ever higher vibrations. What lies ahead for you is

wondrous. Keep that in mind and you will avoid some of the traps I fell into. *Don't be resentful. Forgive. Forget. Love.* And in doing so, you prepare yourself for that journey that begins when your journey across the Earth plane ends.

We talk to you in love, and we say that we love you, not in a romantic sense but in the sense that you are part of us, you *are us.* Don't be afraid to express love. Don't be afraid to express love to each other and don't be afraid to live in love - even if that makes you seem soft, or less than able to move through life.

If you move through life in love, you are one of the most powerful beings on the Earth. And moving through life in love, you will change the Earth back to what it was supposed to be.'

Part VI. A Family Affair, Life's Challenges, & Progress Beyond the Earth

To my delight and surprise the communicators who came through on the morning of this particular trance session were personalities very familiar to me - being none other than Joan, my spiritual teacher for many years, who had worked tirelessly with me to develop me as a medium and prepare me for the work that was to come, and Jack, her husband and soul mate, who had shown extreme bravery and stoicism in the face of serious and physically-restricting illness over a long period of time. They were subsequently joined by the spirit who has been my other-worldly mentor and inspirer since before my physical incarnation: *the Persian Gentleman*.

What a line-up! And, as expected from such an evolved spiritual trio, what followed offered a deep understanding of the human condition, a desire to shine a different light onto and into the challenges we all face personally and globally on Earth, and the provision of valuable input as to how to negotiate these successfully by approaching them from a spiritual perspective.

The theme of 'family' is threaded throughout the communication on many levels, illustrated for the reader by the fact that all three communicators are 'family' to me, and also by the heart-warming

information they offer all souls on Earth in the following transcription - reminding us that we have everlasting, unbreakable spiritual 'ties that bind'; that we are never alone; and that our earthly trials and tribulations are temporary and can be risen above and transmuted when acknowledged as *temporary* and considered from a higher viewpoint.

Notes:

As with previous *Soul Group Messages* transcriptions, the following was originally a filmed session. In this written version I have transposed the occasional word and taken out any small repetitions of phrases perfectly normal in speech but less relevant in a text presentation. These small 'tweaks' aside, the text is a faithful presentation of what was said during the original video session.

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* Sincere thanks to Jules Gadiot for his dedication in transcribing the material.

Soul Group Messages - 6.

Spirit Communicators: 'Joan' (Michael's spiritual teacher and mentor); 'Jack' (her husband); 'The Persian Gentleman'.

Michael (beginning the session by explaining what he is picking up and who is about to speak before connecting with Joan initially via a clairvoyant link, then moving into a trance state to allow her, Jack and the Persian Gentleman to speak through him directly to the viewers/readers):

Yes, quite a surprise for me this morning, because I knew who was going to come through. It is a little bit of a family affair for me today! First of all, I've got *the Persian Gentleman* who is overseeing the communication, but... for the first time not speaking directly to me but speaking to you, I have my spiritual teacher, Joan, and I have her husband, Jack, which is a delight for me. Joan described herself as my 'second mother', and Jack was also extremely supportive of me during the many years that I trained to be a medium. And so, I am going to hand over to Joan; I don't know what she is going to talk about but it is great to have her here...

Joan:

She wants to begin by saying that the reason she is coming through is because it places a more human spin on the connection between the spirit world and this world - in that Michael has somebody who was close to him in physicality who wants to speak.

And, she says that is her point because she wants to be close to the people who are going to listen to this, to get across the points that she wants to get across and to say, 'Look, we are not a million miles away from you.'

(The link switches to a trance connection from this point onwards.)

We have not evolved to the point that we are completely different from you. We are people who incarnated on Earth; we are people who have family and had close connections and loved ones.' But within that I want to stress that each spirit that comes to Earth has a mission. And by 'mission' I don't mean what I used to do: I would go to the shops or I would go to the spiritualist church sometimes. That's not a mission; that's something that fills physical time - physical points from A to B, and so on.

Every spirit has a mission, a spiritual purpose.

The problem is that spiritual purpose is often forgotten the minute that a soul incarnates here! And I won't go into why because it has been looked at to a great extent by *Joseph* in his book *the Fall*. *The Fall* has been mentioned by Michael and by Tony on many occasions, and I would suggest you look at that [book] for the reason why spirits forget who they are the instant ...almost always *the instant*... they come here. But that mission for each soul

plays out *whether that soul is aware of it or not.*

In my life I had cancer in one eye. I had problems with one leg that was shorter than the other. I was clinically blind for four years. My husband Jack, who will speak later, was paralysed because of a medical accident. *But all this was preparation for what we now do.* But behind that pain and suffering and difficulty, there was also a greater mission - in that we were here as a 'rock' and an unfolding for Michael to realise his mediumistic potential and then to go further than that and become a connection, a conduit, for *the Joseph Communications* material. Now, I didn't know that at the time I was training him. At the time, I was training him to be a good medium. But the mission, both for myself and partially for Jack, was to open up that ability so that *the Joseph Communications* could come through; so that that wealth of information could be funnelled through Michael to the Earth.

Now Michael knows, and I've known for a while since I came back here, that that mission was honed over many lifetimes. And so, what I am saying is that Michael and myself were together in certain lifetimes prior to this one in order to make a strong connection that would draw us together in Michael's current lifetime, so that I could open up his spiritual abilities as someone who as a spirit ...as a spirit, as part of his family... had a close connection with him and

understood his vibrational rate - which brings me onto my second point.

Not only do you have a mission, whether you remember it or not, **you have spiritual family** and you cluster together in incarnations in order to learn things from each other, to support each other and to work things out from past lives together.

So, although Michael and myself didn't appear to know each other until the point at which he met me in his late twenties and I was in my early fifties - that was just a connection point on Earth. We are spirits that are family. Also, there are connections in Michael's life with people from the same spiritual group. His other half, Jane, has incarnated with him before - many times before! The connection with Tony is not by coincidence or by accident. As spirits, these people are working out a spiritual mission.

I, therefore, want to say to you that the people that are around you *are around you for a purpose.* And, you may say: 'Well, I like some of my relatives and I like some of my friends but I dislike others.' That is not the point! It is the family connection that draws you together - and within that family connection, through positive moves and what you will view perhaps as negative moves, people within that family spiritual group are learning. *They are learning.* And, with some people you connect to and you have what you consider to be a 'hard time' with, those are very important connections

because you are teaching each other. You are elevating each other. Even if you think there's been no elevation on behalf of the person you are connecting with, that you perhaps don't like or don't 'get on with'. Now, I am not saying you have to put up with suffering for the sake of it because you are each part of a spiritual family group. ...What I *am* saying is that those connections you make have a purpose. And the purpose, your mission, is always, *always*, to elevate yourself, to elevate the people around you, to be a teacher to some of the family group members around you *spiritually*, and to be a pupil to some of the family group spiritual members around you.

Michael remembers me as, at times, being infirm ...always being strong, always being warm ...but, at times, being frail - particularly towards the end of my physical life. I am now showing him, so that he can describe to you, how I am at the moment. Because that shell of the 'Joan' that he knew is just one step in a continuous journey and it is part of who I am - but it is not *the sum* of who I am. It is not *the whole* of who I am. And, Michael can see me now as a shaft of Light - blue Light - as the tall spiritual being that I am ...and, believe me, this was a surprise to me when I passed over as well because I'd become used to that frail image of myself.

But my experiences on Earth, the things that I went through, took me to that point I

am now at. And it is also a point at which I have decided with much relief (as will Michael, as will Jane, as will Tony) that progress onwards does not involve further incarnations on Earth.

Why am I bringing this information to you? Because spiritual progress is easier from the point at which you understand that you are not what you appear to be, that you are more than what you appear to be - at the point of which you open your eyes. The eye is an amazing reflection of God. It is the 'dot within the circle' which is the ancient symbol of God. The eye is the reflection of *What Is*, the understanding of *What Is* and the absorption of *What Is* into the spirit.

What happens, unfortunately, when many people incarnate, is that the spiritual eyes become tight shut. *Gone. Closed.* And it is never considered that those eyes can open ...but they can! But in order for them to open and in order for you to view life in a completely different way ...a more advantageous way ...a more joyous way ...a more harmonious way, *you have to investigate.* You have to look at yourself in the quiet, in the stillness, and ask: 'Is this all I am? Is there nothing more? Is there nothing more for me? What am I?' These are questions that *every* spirit on Earth should ask. And in asking them, you begin to open your spiritual eyes.

I look at current events on Earth and, from my vantage point, all I can see are

millions of souls running around bumping into the vibrations around them that they have created because their spiritual eyes are shut. Answers are always sought on a material level only. Answers are always sought *outside* of each spirit – not *inside*. And the true view of any situation on Earth comes at the moment that you open your spiritual eyes.

My little intervention, little talk, today has been to try to convince you that you are not what you seem; that the people around you are not what they seem; that you are here to occupy yourself, yes, to work, to play, to connect with people in family, to look at various aspects of materialism, but these things fill in time for you. You are here in order to become *more*. You are here to express what you are. You are here to love all things ...to appreciate all things ...to honour all things ...to respect all things ...to harm no-one and nothing ...to become more like the facet of God that you are within your heart.

If I can set you off on a journey to discover who you are today, then I will rejoice. Michael and I set off on a journey of discovery and, in setting off, we arrived at certain points; we were able to accomplish certain things; and the true mission that we had, which was to make spiritual information available, opened up. But none of that would have happened if we hadn't set off, if we hadn't 'scratched that itch' that said

something is wrong, there is something more to us, we have to find out what it is. And what happened to us can happen to you. Please, consider, every day at the moment - *particularly at the moment* - that there is another way to live, a more rewarding way to live, a different perspective that is within you, waiting to be let out.

I am going to pass over to Jack (Jack [who] I was married to) and Jack who is in a similar relationship with me to Jane and Michael, in that we are facets of the same soul. So, Jack was my husband on Earth and Jack is my vibrational 'fit', my ...how do I describe this?... my absolute vibrational equal from the same soul. We are facets of the same soul sent out at the same time from God-consciousness, and have been together, therefore, since the point of our creation as individual facets of God. You talk on Earth of 'soul mates' and there *are* soul mates, but don't colour that perception of soul mates as something that is linked solely to romance and a feeling of harmony. It is so much deeper than that - *it is yourself handed to you, as a friend, as a companion, as a connection that can never be broken.* If you see that and feel that, then you are looking at part of your own soul, and you need to celebrate that connection.

Jack:

My mind was always mathematical; my mind still *is* mathematical and scientific. And

I approached every aspect of my life as an equation. When I became ill and became paralysed, I was able to look past the fear and understand on a spiritual level that this was taking place for a reason, and that that paralysis was not an absolute; it was not something that would continue forever with me. *It was part of the equation.*

So, Jack comes to Earth; Jack fulfils a certain job; Jack becomes paralysed; Jack, as a result of becoming paralysed, is able to help others as an example. But Jack is also understanding something in his soul mission about restriction, about centring himself, and realising that that restriction is limited – is relative. I realised that my soul was still free. I realised that my cognitive functions were perfect still, and I realised that I could still contribute to life and to lives.

Now, I wasn't on Earth a spiritually-minded man. I wasn't at all sure about what Joan was doing. But I supported her because she was 'my other half', because I wanted to support her and I wanted her to be happy. But I always had the feeling that the things that took place in my life were taking place for a reason, even though I tended to dismiss the spiritual aspect, I knew that there was a deeper meaning to my life.

And that is what I would like to say to those of you who are perhaps suffering today ...perhaps mentally ...perhaps struggling with illness ...perhaps in restrictive circumstances in your life. Don't look at

those circumstances that are around you today as the absolute truth, as a 'block of granite' that can never be shifted. They are one facet in an unfolding equation that will enable you to evolve and to understand more about Creation.

So, it will be difficult, but *try to detach yourself from the negative aspects of your life* – 'detach' in that it helps if you can look at them as part of the whole. *And*, if you look at them as part of the equation that leads to something, then their negative power over you subsides because you put them, literally, *in their place!* You look at them and understand that they are contributing to something; that, if they were not there – surrounded by the other facets of the equation you have written on the 'board of your life' – if they were not there, then the equation wouldn't work out. It is like a scientist trying to find something that is faster than the speed of light and has got the equation exactly right, apart from one small addition. And, until that one small addition is there, the equation won't come out; the formula won't make sense.

So, what you are going through now... I am not saying you have to welcome it; I know that for many of you life is difficult, but the difficult bits fit into the equation. The difficult bits enable the equation to eventually make sense. And the difficult bits are tempering your spirit - just as you would perhaps make a sword in ancient times and

you would temper it and make it stronger and stronger and stronger through applying stress to it. This is what is happening to you.

I also want to say that, when I got back to the higher vibrations we now live in, now exist in, now express our consciousness in, I recognised them all. I recognised the house that is a construct Joan and myself put together because we wanted a house in a certain way. I recognised the countryside around that house. I recognised the spirits that came to talk to us – some as family; some as people that, just looking in their faces took me back hundreds of years (sometimes thousands of years) because written in their faces and in their auras were reflections of me having connected with them over many lifetimes. And so, having said that I wasn't a spiritual man, instantly that spirituality was inside me and around me when I left my paralysed physical body behind. And it was quite a simple thing for me to move away from that belief of being paralysed within seconds (although 'seconds' is not the correct word) of leaving my physical body behind. I saw it blow away like husks, like dead leaves in the wind ...and I could move.

I could move quickly and easily because during my life I had recognised that the negative things in my life were part of the equation. Had I invested totally in that paralysis and believed in it, when I came into the higher vibration, I wouldn't have been

able to move until I had taught myself to believe in something else ...to believe that I was whole ...to believe that I was perfect. What I am trying to say to you is *distance yourself from the negative aspects so that you don't become locked into them. Recognise they are of benefit to you or you wouldn't be undergoing them, and recognise that they are simply of the Earth.* The pains are simply of the Earth. The inability to move is simply of the Earth. The oppression is simply of the Earth and relates to the vibrations that influence your physical body. And the vibrations that influence your physical body are mostly negative as a result of *the Fall* and as a result of the beliefs of humanity, because most people *believe* that they are ill ...*believe* that things are going wrong ...*believe* that this earthly life is all that there is.

I am showing Michael a blackboard and I am rubbing out the equation of my life and I have cleaned it up, taken all the chalk off and I now begin again with a *different* equation. That equation – as with Joan, because we have decided to move on away from the Earth – is one that will be built on more rarefied atoms and more rarefied vibrations. But it is another equation... and the conclusion of the previous equation, is the start point of this new equation. So, everything that we have done to this point enables us to start to write the next equation.

In other words, we are moving forwards, we are moving into new territories together. We are moving into new and higher vibrations and that is extremely exciting. *Extremely exciting!* And I want you to consider that for a moment. Perhaps today is a mundane day for you. Perhaps it is a sorrowful day for you. Perhaps it is a restricting day for you. Only for now! *Only for now*, and it serves its purpose as part of that greater equation that will then enable you to move on into more Light-filled, more creative, more angelic, more God-like spheres.

Have I said everything that I wish to say? Yes, except... Michael used to see me after I had passed on because, as he sat with Joan, I used to come down a hill on a bike - on a bicycle that I once had. And the bicycle used to change colour according to what I wanted to say to Michael and to Joan. I am telling you this because we have dealt with some serious aspects of spirituality today but you must not forget the lightness, the humour, the joy of existence on a spiritual level (I shouldn't say 'existence') ...the joy of *being*, the joy of *realising spiritual potential*. And so, I would come down this hill (because I was able to create whatever I wanted to create as an image) with my legs either side of this bike, freewheeling, coming down to bring a higher, joyful vibration to Michael and Joan when they used to sit for spiritual communication. And that is what I want to leave you with - that higher vibration, that

joy, that upliftment, that harmony - *those are the things that you are*, not the heavy ...what's the word?... the heavy pressured vibrations of the Earth. Not those! That's not who you are; that's not what you deserve, so don't accept it.

The Persian Gentleman:

I wished/asked Joan and Jack (or the spirits that are 'Joan' and 'Jack') to communicate today because I wanted to bring the souls that will listen to this, that will watch this, closer to us - closer to a remembrance of spiritual family. We must seem very distant, very lofty and very elevated when we talk to you. Michael describes me as being in coloured robes and surrounded in Light ...and, yes, I *am* in coloured robes and I *am* surrounded by Light. Because freed from the physical, the Light that we have built into our auras shines out. But that does not mean that I am divorced from humanity, that does not mean that I am someone to be revered. I am just like you.

I am part of your family and 'family' is *key* to your current situation ...**family is key to elevating the world into a new spiritual consciousness** (actually, an *old* spiritual consciousness but it is forgotten) ...family - everyone you look at is part of your family. True, there are greater soul connections but every human being you meet is connected to you; it cannot be otherwise. And this realisation is something that the world, that

society, that humanity must come to now, if it is ever to build the foundations of a harmonious, spiritual, global consciousness. It is very important.

So, look not for separation at this time, look not for the ways in which you are different. *Look for the ways, celebrate the ways in which you are the same.* And you won't find those on the outside of a person. You won't find those in their approach to you, or the words that they say to you, or the ways that they judge you ...but you will find that connection in their *hearts*. So, if you want to see 'family' every day with everyone that you meet, *look into their hearts, feel that heart-connection.* And, in doing that, you will not only sense that they are part of you, but you will elevate their consciousness. And you will be absolutely surprised in the ways in which they respond to you - how much more loving, considerate, patient, understanding they can be, because you are addressing not the hard shell of physicality that is infused with the negative aspects of this world ...you are addressing the spirit that came from God, that is part of God, that is part of you. And if you only recognise that and refuse to recognise

anything else ...*people change ...situations change.*

I have exhausted Michael I feel, but, until I speak again, concentrate on 'family' as a word that will take you out of what is happening at the moment. ...*Family!* ...*Family!* ...**Family!** Refuse to recognise anything else and see the change that comes about in people that you regard as such.

Remember, too, that *we* are family. The reason I am communicating is that we are family. We want to elevate your consciousness, restore your spiritual consciousness, bring you back into an atmosphere of love, of connection, of purpose - an atmosphere that has no fear in it, no dread in it, no pain in it ...simply an understanding of what you are, why you are here, where you are going, and the celebration of being. You cannot ever *not be.*

So, celebrate that fact and celebrate the fact that you are becoming increasingly creative, increasingly spiritual and increasingly connected, as this life allows you to evolve, teaches you **and brings you back to us.**

Part VII. Amazing Insights on Living and Experiencing as a Soul Group Member

What lies ahead for us once we become a member of a soul group? How do we operate? Are we still individuals? The prospect might seem daunting and alien to us when viewed from an earthly perspective, but consider this... each of us is actually a soul group member *right now*. We are, in greater reality, already part of a harmonious and highly creative community - *a close-knit extended family* - of spirits. We have simply forgotten that fact due to the limiting, masking effects of earthly consciousness and the effects of *the Fall*.

In today's trance session a specific and spectacular aspect of soul group life is described and discussed by our first speaker - a lady from *Joseph's* soul group - and, as always, the life that lies ahead of us once our short visit to Earth is over is revealed to be an amazing, liberating, joy-filled experience.

A second soul group communicator then delivers an urgent but uplifting message for all humanity, prior to a coda to this session being offered by *Joseph* himself.

As names are rarely used once we have left this life behind, we have, as usual, assigned our own 'titles' to the speakers (with the exception of *Joseph* who stated his name when he first began delivering *the*

Communications books) so that you can identify who is speaking. In the first case, the chosen title is based on how the lady appeared to me during the communication; and in the second, we have opted for a reference reflecting the gentleman's deep concern for humanity and his sincere hope that his words do not fall on deaf ears.

Notes:

As with previous *Soul Group Messages* transcriptions, this session was originally filmed 'live'. In the following written-word version I have made a handful of tiny 'tweaks'. These are minimal, in that I have transposed the position of the occasional word and taken out any small repetitions of phrases perfectly acceptable in speech but less relevant in a text presentation. These small amendments aside, the following text is a faithful presentation of what transpired and what was said during the original video session.

* Moments of altered consciousness... those points at which I am switched between a clairvoyant connection and a trance state - and back again - are indicated in the text.

* Huge thanks go, as always, to Jules Gadiot for his dedication and hard work in transcribing the material.

Soul Group Messages - 7.

Spirit Communicators: 'The African Lady in Gold'; 'The Concerned Gentleman'; Joseph.

Michael (beginning the session with a short introduction regarding the initial speaker, received via a clairvoyant link):

I should explain that the soul group messages seem to be an opportunity for members of *Joseph's* soul group that we haven't spoken to before because we concentrated on bringing through the information from *Joseph* himself as a spokesperson, to talk. And so, I have someone here today that I haven't seen before – but I know that they are part of the same soul group. I have a lady and she appears to be African. I don't think she'll mind me saying this but she is quite 'voluminous' in appearance. She's a black lady and she is in a gold robe with a gold hat on... not a turban type - it is more of a pillbox type of hat which matches the gold robe that she is wearing.

The African Lady in Gold:

She says she wants to talk about Divinity this morning and that it is a dangerous subject to broach from the point of view of the Earth plane, but it isn't once you get past the Earth plane and back into

the spiritual spheres, because, once you have elevated yourself to a certain extent, you are *absolutely* aware - in the air, in everybody that you meet, in the structures that are around you - *that there is a God.*

(The communication continues with Michael in a trance state from this point onwards.)

In fact, you are absolutely aware that there is *nothing else but God.* And so, I do not apologise for talking about God, about deity, about Divinity this morning, because each of you will discover – no matter what you believe at this point (whether you are an out-and-out atheist or whether you already have some faith) that there is a superior intelligence, a superior creative force. You will come face to face with the fact that that force *does* exist, once you exit this world and have reached a certain point in your personal evolution.

I want to express how *we* experience God. We can experience God in many different ways but we experience God as Light within and Light outside of ourselves. And I want to bring your attention to your physical sun ...your physical sun that warms your planet is not a coincidental creation/expression of matter. *The sun is an expression of the Divinity that is within each of you.* The sun is a central point in your solar system and the Divinity within you is a central point within your physical and spiritual make-up. And the sun on Earth was

acknowledged as such before you became so complicated, before your thoughts became so stacked and layered ...and pushed out any notion that what you see *outside* of yourself could be a reflection of what you see *inside* of yourself and could also be an expression of *what is* ...what exists on a higher level of being than the material plane you find yourselves on.

So I want you, before I talk further about how we enjoy communication with Divinity, to consider in future that the sun is not only a physical warmth for you - it is a *Divine* warmth for you. It is a reminder in your sky that there is a point within you that is Divine and that that Divine point is connected to you always and experiences what you experience ...and knows what you know ...and looks at your attitudes ...and looks at your spiritual well-being ...and looks at your spiritual progress ...and knows all of these things and that there is no hiding from the sun. There is no sheltering from the sun, really, because the sun is always there and is the defining point of your existence from a physical point of view.

As we have explained before, as a soul group we have a great amphitheatre; we have an area we can go to, to listen to lectures and to listen to concepts and examine concepts from higher points of view that we can then consider ...and if we find them in tune with what we want to accomplish, then we absorb them into

ourselves and into the fabric of our soul-group-community mentality.

But there are other uses for the amphitheatre and every so often a call goes out to each of us. It is a call from within; it is a knowing that we need to congregate together in that amphitheatre. And although there are many, many souls - there are many of us in this particular soul group - the amphitheatre expands and the number of seats expands to accommodate us all on every occasion. And so, we stop what we are doing ...we *literally stop what we are doing*, and I mean by that, if we are engaged in some activity, we 'freeze frame' it (is the best word), we stop it and take part of ourselves out of the activity so that we can rejoin it once we have undertaken what we wished to undertake - this celebration in the amphitheatre.

So, what is in front of us and around us stops, and we step out of it, as though we are stepping out of a picture or a frame in a film or a television programme. And we find ourselves in the correct 'seat', as it were, with those that we wish to connect to - although we are connected to the entire soul group, we have clusters within the soul group dependent on what we are doing at any time. We find ourselves sitting in seats with our friends, our brothers and sisters, and there is a hush ...[a hush] falls around the amphitheatre. And there is a concentration on the centre point where

usually there are lecterns where people stand and deliver lectures and addresses to us. And those fade from view until we have an empty point in the centre.

Then in the centre a point of Light appears – *golden Light*. And that golden Light grows, expands, to become ...I suppose you would describe it as a ‘mini sun’... and it is far more glorious than the physical expression of your sun. It has within it exquisite patterns that interconnect and divide and change and have within them music and vibrations that you can sense and you can hear and you can see.

And from this central point - this ‘sun’ - spread out rings of energy, rings of intent, rings of communication. And the first ring that washes over us and through us is always a communication of Love. It is a communication of complete inclusion, of complete peace, of complete bliss, joy, being and belonging (and those words are inadequate to express what I am trying to get across but they are the closest that I can get to to demonstrate what I mean). In this state of Love, subsequent rings come out from the central point and those rings reveal to us further aspects of Creation ...reveal to us future potential ...reveal to us things that the Divinity-point is examining and considering and sharing with us and sharing with the angelic host that is above us at this time, also ‘sitting’, as it were, to receive information from that central point. Those

potentials are seen, heard, felt, and considered by the whole group.

And we then, having been fed with future possibilities that we have not examined or considered before, find that we blend even more than we do normally when we are not sitting in this celebration. Normally, we are acutely aware of one being part of the other, that we share our experiences, we share our histories, we share our future hopes, we examine potential together and we are very, very connected. But at this point the waves that come out from that central Divinity-point - that golden orb – *we blend with them*. And, it is not that we lose consciousness, it is that *we share* consciousness with all things, with everything, with every aspect of Creation. Words are totally inadequate to describe this experience but it is a mingling, a knowing, an examination of all things, a celebration of all things and a celebration of future things not yet created on a physical level or a spiritual level. There is no fear from us going into this state because we know that we will emerge from it. We know that we are perfectly safe and the actual experience is beyond our present experience as souls that are part of a soul group... which in itself is bliss. **This is bliss ...upon bliss ...upon bliss.**

At some point – the feeling is that you have been within the sensation for a nano second but also for an aeon – at some point

we regain our sense of individualism as members of the soul group. And the wave of energy that we have partially absorbed but can still be seen in the atmosphere, gradually subsides ...and subsides ...and retreats into the central point and the central point itself retreats ...and retreats ...and retreats to just a pinpoint of Light which then fades away.

Usually, we are so humbled by the experience that we sit in the amphitheatre for quite some time, not saying anything to each other, and then there is an excitement that goes around the circle – excitement because we have been fed with new potential, with new things to examine, with new directions that we can go in, if we so wish. And, we gather in the subgroups within the soul group to discuss; and recap; and plan; and strategise; and incorporate into our future existence, from that point onwards, all that we have been given. And then we return to the ‘freeze frame’, each of us ...whatever we have been doing... and we step back into the ‘freeze frame’ and we start the experience that we have been having again from the point at which we stopped it. That is one way in which we experience Divinity and remind ourselves that Divinity is talking to us all the time.

The other way that we experience Divinity - God - is by quiet contemplation, and we have wonderful settings we can go to. We can sit by a lake or we can sit in the mountains of the alpine landscape (that is

still our choice at the moment for our soul group to exist within) and we can become very, very still. Again, we can stop everything but we can also stop, not only what is going on around us, but what is going on *within* us. We can stop any activity that we express as spiritual beings and take a journey inwards ...and inwards into the quiet ...increasing quiet ...increasing stillness ...almost into a void and, at the centre of that ‘void’, the experience that we have had in the amphitheatre is also available to us.

But it is a different experience, in that the Divinity-within – that point, that burst of Light within at our centre – speaks to us of our *own*, individual, personal path and the individual, personal opportunities that are available to us; the choices we are making; the progress we are making; the direction in which we are heading; the future that is opening up for us if we wish to take it. And so, we are given encouragement, love, and above all, *communication*; it is an opportunity for us to communicate. If there is something we don’t understand, we can ask the Divinity-within. If there is something we wish to expand our knowledge [of], we can ask the Divinity-within. And part of that process is to be completely silent and not think and not ask at all but to allow the Divinity-within to talk to us ...to provide an opportunity for the Divinity-within to talk to us.

And, I have to say, all that goes on – the experience of the amphitheatre and the experience within us – all that goes on with our permission. We are held in such regard as individualised facets of Divinity that, should we not wish to talk to Divinity and not wish to hear anything (which of course we always do), our permission is asked. Our permission is asked because our viewpoint is viewed as sacred. Our individuality is viewed as sacred, and, should we not wish at any time to allow the Divinity-within or without to communicate with us, that is our choice. That is the extent of the free will that we have and that you have on Earth but you choose to disregard for the most part.

I wish to end my particular talk by showing Michael that I am a motherly soul. I have been male and I have been female but I choose to be motherly, and it is this motherly aspect that I wish to embrace you with. I wish to put my arms around the whole world and around each soul at the moment and to bring in the ‘children’ and say: ‘You have been playing and you have been playing roughly!’

...And it is time to stop playing roughly.

It is time to realise and remember that you are part of the same family, and it is time to realise that you exist in Love, and that you (as *we* have) have the choice as to whether to listen to the Divinity-within and to acknowledge the Divinity-without. And, we always make the choice, of course, because

it is such bliss and it is so wanted ...we always make the choice to connect, to say: ‘Yes, please, please talk to us. Please advise us. Please share with us your incredible experience, your incredible knowledge.’

You have been making the choice not to listen to the Divinity-within and not to acknowledge the Divinity-without. Were you to do so, your present problems would not be ‘present’ and would not be ‘problems’.

And, as a mother has to sometimes gently correct the child under her care, I have to say I wish to gently correct you by reminding you that you are playing roughly ...that you are playing badly ...that you are causing harm and, at the point that play causes harm, it is no longer ‘play’. And I speak to every soul on Earth - from the soul who would consider his or herself ordinary in what they do to the soul who considers his or her mission so powerful, so important, so focused on them to the exclusion of the other children. I speak to you all and I say: ‘It is time to come in. It is time to come *within* and rediscover the Divinity-within and it is time to stop playing roughly.’

I will now hand over and *thank you* for listening to me. Please, consider what I have said. Please, contemplate what I have said. And, we will be with you to help you, if there are aspects of this that seem unusual to you, so that you understand them better. It is time for me to hand over to my brother...

The 'Concerned Gentleman':

'Brother'. 'Sister'. They are, again, approximations of what we feel and what we are, but they are *loose* approximations. Being in a soul group is like having a super-family but without the stresses and strains that inevitably families experience on Earth and without the conflicts of approach that families experience on Earth. Every member of the soul group is loved equally by every other member of the soul group.

Imagine a world, from your point of view now, where there is nothing to fear, where there is no conflict vocally, or physically, or globally, or societally - *no conflict*. Imagine all those barriers stripped away so that you can work and progress and expand in a totally secure and supportive atmosphere. Imagine what that must be like. *But that atmosphere is something that you can create on Earth as well*, if you would only realise that every soul that you come across *is* your brother *...is* your sister *...is* part of you *...is* deserving of your respect *...is* a sacred object that you must not harm. Imagine how your world would be! But that is not why I have come to talk to you this morning.

I want to focus on *unity* and what can be accomplished through unity. My sister has spoken about the potential that we examine. One soul can accomplish so much;

one soul is the creator eventually of universes. But imagine, at this stage in our development (and remember that we are not back in an angelic state yet; we have risen to a certain extent vibrationally and our lives are completely different than yours, but we have not yet reached that angelic state of creation again yet) so imagine what we can accomplish by joining together; imagine the connected power of the soul group when embarking on projects.

Now, what projects do we embark on? Well, I have to leave us till last. I have to talk about other soul groups, and other soul groups have different agendas than we have. For example - and we visit these soul groups, and we wonder and marvel at the things that they are accomplishing - there is one group that is solely investigating the effects of... you will have seen the rings of Saturn, for example. There is one group that is examining - not Saturn, but a similar planet on a physical level (but viewing it from an advanced spiritual level) and examining the potentials of the vibrations of those revolving rings to alter the experience of the souls visiting the planet in material form. In other words, they are spending and enjoying their time looking at how the push and pull of those rings affect the matrix of that planet so that that planet can offer very precise opportunities to evolve to the souls who will visit it from the angelic realm, clothed in matter.

There is another group that is examining devic potential and looking at the ways in which the devas create specific forms of life to house the spirit ...not necessarily the human spirit... different types of spiritual expressions housed within material form. And that group is examining how devas create and trying to understand more about how they make decisions as to how forms should be formed, as to what form *spirituality-clothed-in-matter* should take across different horizons, across different planets. And they are examining not only that potential but whether *they* wish to join in with that project as devas themselves in time to come.

From our point of view, we as a soul group (as you know, if you have read *the Joseph Communications* books or listened to our previous communications) are concerned for the future of humanity and the future of the spirits who are at present locked into a cycle of connection with the Earth and reconnection with the Earth until such time as they approach this earthly life - *your* earthly life - from the point of view of it being an experience that can be moved away from, should you wish to move away from it. We are concerned with the vibrations that you caused long, long ago - that you are infused by and that caused you, as a group, to continually make the same mistakes, to continually harm each other and to continually come back to Earth - when your option is to move through the spiritual

spheres beyond the Earth to our level of existence, beyond our level of existence and eventually back into angelic Infinity, where the experiences that you will undergo are blissful, are joyous, are God-like ...increasingly God-like.

And so, our connection, our unity, is focussed in your direction and it is something quite unique in a soul group, in that the whole soul group is focussed primarily on this task. You wouldn't think so, would you, when you look at Earth at present? You wouldn't think that there was any input from us at all ...and yet, without that input you would be even further down the dark path that you find yourselves [on] today.

So, unity is something I wanted to discuss and to try and make you understand that when you unite and you strip away your differences - realising that those differences are an effect of the communal vibrations that are around you that you have contributed to lifetime ...after lifetime ...after lifetime - then you begin to get somewhere. *That unity, when you strip away your differences, gives you increased Divine power and increased Divine vision and perspective.* And, it is Divine vision and perspective that you need at this time. So, my encouragement to you all is to extract yourself in the way that you think and the way that you act from the ...not the 'unity' of yourselves... but from the communal, the

societal connections that you are making. Extract yourself from the violence. Extract yourself from the hatred. Extract yourself from the need to dominate. Extract yourself from your way being 'the only way'. And in doing so you will be fed by that Divine-point that my sister spoke about earlier. You will be fed by that Divine inspiration and instruction that will take you forward as a united force that will change things on Earth forever.

And, to use a modern term: 'Boy, do they need to change! Boy, do they need to change!' It has become increasingly difficult for us in recent years to connect with you on Earth. From our point of view ...and this is only an analogy... it is like sending a beam of Light that hits an increasingly dense wall. In times past, that Light would permeate that wall to a certain extent and reach through to the souls that live on the other side of that wall. For the present, the wall is becoming thicker. Now, that might seem like a frightening prospect to you: why is the wall becoming thicker?

Why is the wall becoming thicker?

It is becoming thicker because you are making it thicker by feeding the Field of human consciousness with your negativity, with your divisiveness and with your exclusion of the point of Power-within.

You see, the wall that we come up against in our efforts to extricate you from

current conditions is a wall that is created. It is a spiritual expression (and I don't mean spiritual in a good sense, [but] spiritual in a negative sense) of your desire to exclude Divinity from all your dealings in life; an expression of your desire to exclude unity between yourself and Divinity from your lives. You give form, as we've often said, to what you believe to be true, to the major influences and desires in your lives communally; and you desire to exclude Divinity as an outmoded concept. You desire to exclude *what you are* and, in doing that, you put up this wall that we find increasingly hard to penetrate.

This is why it is so difficult for Michael to make [a] connection with us and to maintain connection with us more than once every few weeks. Had he been born in a previous era, he would have been able to do this on a weekly basis ...perhaps even on a daily basis... because the Light could get through.

So, I am asking you to unite to find your similarities rather than your differences; to celebrate your similarities rather than your differences; and to unite not only with each other, but to take some time each day to unite with the Divinity-within - with that 'sun' that my sister talked about. And I know that, as we deliver this message today, there are serious physical 'poundings' of the Earth - there are storms ...there are serious vibrational effects upon certain land masses.

These are caused by disunity, and the astonishing thing you have to understand is that they are caused by *you*. And if the chimney falls off, it is caused by you. And if the trees fall down, it is caused by you. And if the Earth splits, it is caused by you. It is caused by your disharmony with the planet and your disharmony with the Deity that you are within.

The key to calming the Earth and the key to calming your current situations is *unity*. And there will be those who do not wish to unite with you, but observe them Deity-point to Deity-point. When you deal with them, when you have to connect with them in some way, don't be afraid of the negativity. See only in your mind's eye that ball, that 'sun', that Light that is within them. Unite with them – Divinity-point to Divinity-point – and see the difference in them. See the communication that happens. See the understanding that dawns. See the peace that settles.

And so... a final expansion of the concept of unity: you are one with each other. You are one with us. The soul groups I have described - and I only touched on a couple of examples - are one with us. We are all united. We are all the same thing. The soul groups on our level are united with soul groups on higher levels. The soul groups on higher levels are united with groups on the angelic levels. The groups on the angelic

levels are united with the Divinity that envelops all, encompasses all, lightens all.

There is no escape. You should not be seeking escape. You should be seeking inclusion and unity. That is the key to your present predicament.

Think on what I have said. We do not come through [lightly] in such difficult times ...it is difficult for us to penetrate that wall. I shall be exhausted after this. I will need the equivalent of the lie-down in the darkened room. Please, do not let us – and there are a million of us, *more* than a million of us concerned in this – please, do not let us waste our words. We do not come through as an entertainment. We do not come through as something that you look at and then move on from. We come through with serious words for serious times. Seriously, please, *listen to us*. If you do, then every soul in our soul group will be blissfully happy and there will be hope - not for *our* future (our future is assured; we have decided to move on) - there will be hope for *your* future, and hope and enlightenment and *unity* for what you most need at this time.

Michael (switching from a trance state to a clairvoyant link with Joseph): Just as we close, *Joseph* appears and is very close to me.

Joseph:

He is saying he has been waiting to come in at the end and he just wanted to

remind readers/viewers of how the heart, which is the connection to the Divinity-point that has been discussed this morning, is so important in present times; and [to give] a reminder to think, not from the head but from the heart.

And the key to Divine connection and transmission and receipt of perspectives and information and guidance is the heart.

And, he says to those who are reading the books and to those who have followed what he has said as the spokesperson for the soul group over these many years, that he is delighted that other members of the group are able to speak and that he, in ideal conditions, would have much more to say - which reflects, he says: 'What my brother has just been saying ...that there is a wall that is at the moment thickening. It is like tar.' He says we are polluted by it whenever we approach it. We have to come away from it and there has to be a cleansing - almost a ritual - undertaken to elevate our vibrations to where they were before we started the

communication. He says there would have been other books. There would have been other volumes. But the world has taken such negative steps in recent years that it has been impossible to bring through the information that was intended to be brought through.

And so, he recommends that what he has said, if this appeals to you, speaks to you, be read. He says, to echo the words of his brother: 'I did not bring through this information as an entertainment. I did not bring through this information because I have time on my hands. I brought through this information *again* - and I stress the word *'again'* - because it is the way out of your current predicament. It alerts you to who you are and [to] your spiritual potential.

Don't let *my* words; my brother's words; my sister's words, be wasted or fall on deaf ears. Spread the words as far as and as wide as you can ...and I will rest easier in the times when I turn my attention towards the Earth.

Part VIII. What it's Like to Die, and Silver Star's Personal Recollections of Suicide

...It's an appointment that, with absolute certainty, each of us is destined to meet and to keep.

– And thoughts concerning what this event will entail are bound to cross the mind of every single soul on Earth at some stage during their journey through life...

What will the experience of dying be like? Is it something we need to be fearful of? Will it be painful? Traumatic?

A detailed answer to that question is provided below by a young man – Kenneth – who passed from this world in a ball of fire when his Spitfire was shot down during World War 2 ...and what he has to share with us is not at all what you might expect following such an abrupt and violent end to his physical life. His observations regarding his 'death' are comforting rather than distressing; uplifting as opposed to terrifying. And are delivered with the intent of bringing some measure of peace to the minds of the many souls it is hoped will read this and redefine their view of what their transition from this world will be like.

In the second half of the following transcription of a filmed trance session, 'Silver Star', a key figure and frequent spirit visitor from Joseph's soul group, relates his

highly personal experiences regarding suicide and its after-effects ...and, again, conventional views are turned upside down during this address as he examines the subject and its consequences.

As is always the case following these communications, I was exhausted from the rigours of trance at the conclusion of this one – a result of the need to 'punch through' the dense vibrations from both ends of the communication in order for a connection to be made and the transmission of information to take place ...but, as always, I was delighted to discover that so much valuable spiritual insight, wrapped in love and warmth and a deeply moving concern for humanity, had been passed on as a result of the session. Here, then, is the eighth in our series of Soul Group Messages transcriptions...

Notes:

As with each of these texts, this session was originally filmed as a 'live' trance demonstration. In the transcript that follows I have made a handful of tiny 'adjustments'. These are minimal, and only involve the transposition of the occasional word and the taking out of small repetitions of phrases which are the norm in the spoken word but

less appropriate in a written version. These small amendments aside, the following is an accurate presentation of what happened and what was said during the original video session.

* Moments of altered consciousness... those points at which I am switched between a clairvoyant connection to the communicators and a trance state – and back again – are indicated in the text.

* Our thanks are due, as always, to Jules Gadiot for his dedication and hard work in initially transcribing this material.

Soul Group Messages – 8.

Spirit Communicators: 'Kenneth'; 'Silver Star'.

Michael (describing what he is initially seeing clairvoyantly):

A little preamble ...in that I have had someone with me for two or three days. They haven't spoken but I know that they want to speak today. And, prior to Joan, my spiritual mentor, marrying Jack, she was engaged to a flyer who was killed during World War II; and then she was engaged to another flyer who was [also] killed during World War II. When she got together with Jack at the beginning, her father said: 'For goodness sake, Joan, don't marry him. You are killing more flyers than the enemy!' Now one of these two flyers was a doctor and a Spitfire pilot called Kenneth, and it is Kenneth who wants to speak first of all to us

today. So, if I can just tune in, he is moving closer to me...

Kenneth:

He says that what he wants to talk about today is ...what happens when you die. Because it is a question on a lot of people's minds: 'What happens when you die? What's it like?'

Michael (switching to a trance state at this point): Well, during the conflict I stepped in for a young man who was supposed to go up on a sortie that night – that particular night when I passed over – and I took his place. I remember being in the plane ...and I remember there being a so-called 'enemy plane' in front of me ...and I was concentrating on the plane in front of me and didn't realise a second plane had come up behind me... to my right, behind me. I remember realising too late. I could hear the sound of the engine of the other plane and realising it was there. Then, suddenly, there was a flash of light ...and I felt... nothing! There was nothing untoward. There was no pain, no distress but suddenly, following that flash of light, I found myself standing in the centre of what passed for a runway at the airfield where I was stationed. No plane ...just standing there in the middle of an empty airfield. I looked around and it was daytime. It should have been night-time but it was daytime.

I felt compelled to walk forwards along this strip and I walked forwards until suddenly, at a desk in the middle of the concrete, was sitting an officer. I walked up to the desk and I could see behind the officer a room that suddenly formed around him with a corridor leading off behind him and a man standing behind him who wasn't in uniform. He was in some kind of robe and I remember there was a sort of blue/mauve-ish tint to this robe. The officer asked me for my name and my serial number, which I gave to him, assuming this was a debriefing from the mission ...and, as soon as I had given my name, he stood to one side, the desk moved to one side and I moved down the corridor.

At the other end of the corridor stood two of my mates ...two of the flyers who just days previously had died in the conflict in their planes and one of them had been burned. But I saw these two young men standing there looking perfectly alive and in perfect condition in front of me. I was shocked that the young man who had been burned so badly – he'd been pulled out of his plane and had died – was in perfect condition; in perfect health. And it was at that point, as I greeted these two friends, that I realised I had 'gone' ...*that I [had] died.*

I looked behind me and the desk had disappeared; the officer had disappeared and the airfield had disappeared as well. And in quick succession, I found myself in my mother's living room looking around ...she

was opening a drawer ...taking something out of a drawer ...and I tried to attract her attention but I couldn't. Then I found myself in the churchyard of the church that I had visited every week as I was growing up. Then I found myself walking down the front street of the village where I lived and looking in shop windows. Then I found myself back with my two friends. And the view behind me, the places I had just been to, closed off as though a mist had come down. And the two friends stood to one side and the open end of the corridor became a very bright Light. I felt compelled to move into it. I was suddenly shocked because in that moment I realised what had happened. I realised that I had been shot down. I realised there had been an explosion and I realised, of course, that I was dead – although 'dead' is a misnomer. I moved on ...walked on into the Light and I could see in this brilliant Light, ahead of me and to either side of me, other figures that looked silhouetted walking towards the same destination I was heading to.

Then, ahead of me, the Light coalesced into a beautiful parkland. I could see trees and benches and flowers and there was a path ...I found myself moving on a path – a curving path through this parkland. So, I walked down this path, feeling absolutely fine, feeling better than I had done for years. I had been tired during the sortie and I now felt energised and in the best of health. And at the other end of the path stood my father,

looking as he actually did just before he passed, and he greeted me and embraced me. He had with him a framed photograph of various people, various relatives – black and white photographs from my life – who had passed over and he handed me the photograph. As I looked at each photograph within this frame, those people came up to me and greeted me and welcomed me... either shook my hand or hugged me or stood by me; and there was this amazing sense of nobody ever dies ...nobody ever goes anywhere ...you are all fine ...you are all here... and I understood that perfectly. It wasn't a shock to me – it was something that I'd known and was remembering.

Then the people that had come to greet me moved to either side and I moved forward into... it felt like a different atmosphere, as though I had gone to another continent. It wasn't hot. It wasn't cold. It was a different atmosphere that I walked into ...and became aware of two spirits that were standing in front of me. They were linked to each other very, very closely. They had been together for some time. They were part of the same soul group; they were part of the same soul and there was an interchange of energy between them. It was almost like looking at Siamese twins. You could see the energy passing through a link between them and the colours of their auras – which were predominantly blue with silver in it and predominantly purple with reds in it – the

energies kept changing between the two of them. And there was a feeling of them having been around, existing for an incredibly long time. And that was given to me ...that feeling came to me... because of the wisdom they were exhibiting – not because they were old but because they had accumulated experience to the extent that they gave off this aura of extreme knowledge and wisdom and peace and love.

I looked at them and *recognised* them.

And then what I was wearing ...because I was still in my flight suit... *changed*, and I found myself in a gold robe that had within it shifting patterns of a lighter yellow. And at that point, my memories of who I was came back to me; [*I knew*] that I was back in the soul group; that I was restored to who I had been before I had come to the Earth; and that I was about to take up my previous 'occupation', as it were, within the soul group as a creative being. I looked back and I could see my relatives and my father standing in the entrance to the park and, beyond them, I could see the change in vibration that led to the Earth plane.

And I still had ...I hadn't taken it up with me but I was a medic, I was a doctor... and I had around my neck, on top of this robe I was now wearing, a *stethoscope*, which I took off and looked at and suddenly put away – in that it disappeared from my hands – knowing that I could bring it back at any time and revisit those memories, as I could

revisit those ...not lower vibrations... but less rapid vibrations of the park where some of my relatives were, and the less rapid vibrations of the Earth.

I wanted to tell you all this because there is such fear. Many souls today are not alive. They think they are alive but they live in a constant state of fear, which is not life.

You have not come to the Earth to live in fear. You have not come to the Earth to preserve the physical or preserve the mental. You have come to the Earth to reach out to others and to gain experience.

You cannot gain experience by locking yourself away in a room and saying: 'I am safe. Nothing can happen to me.' But that is absolutely correct – nothing can happen to you – and it is supposed to happen to you so that you can progress. I wish, by saying to you that death is nothing to fear, that you will stop fearing life. Take off the shackles you put around you. Throw open your doors. Go out onto the streets. Meet your friends; meet your relatives. Mingle. Experience. Grow. Share. Love. That's what you are here to do.

I was only a young man when I left the Earth. I was only in my early thirties and I felt I had so much to give. I was satisfied by working as a doctor. I wished to cure people. I did set people on the right track to health, I feel, but my one regret for a time – for a short time – returning to my soul group, was

that I hadn't healed more people, that I hadn't made a difference in the way that I expected to do during a long and fulfilling life. But then I quickly realised that I was now, having returned to the soul group, in a far better position to heal people than I had been when I was in a physical body. And so I spent some time looking over the shoulders of other doctors. Visiting hospitals and medical facilities and, as it were, whispering into doctors' ears and saying: 'Have you considered this? Have you considered that? Leave this situation alone. Yes, you can help in this situation but only so far, and this is the area that you should look in to help this person heal themselves.' And so I became an 'unseen advisor', as it were, to many doctors and nurses.

But then I reacquainted myself with the greater mission for the Earth, which is to heal the misstep that everybody took (the misstep that Joseph, of course, calls 'the Fall'), and that healing begins by reacquainting souls with their spiritual consciousness. And that is what I have worked to do since that time.

I have elevated myself through various spheres of consciousness since I returned to the spirit world ...spirit worlds I should say... and I am now, as I talk to you, in the 'Sphere of Contemplation'. Part of me is talking to you and wishes to advise you with regard to fear and death and taking away fear from death, but part of me is contemplating what

I have achieved as a soul thus far so that I can decide what I want to do next, where I want to go to next. And I am examining possibilities and I can immerse myself in those possibilities, just like immersing myself as an actor in a play. I can walk into those potentials and possibilities and examine them holistically, as though I was actually living them. And, at some point in the future (although I've got all the time in the world (or 'out of the world', I should say) I will step into one of those potentials for real, and will begin a new phase of adding to my knowledge and capabilities as a facet of God, as a soul.

So... just a short talk this morning to say: 'That's what happened to me and my death was seemingly a violent one.' It was a death in a fireball. It was a sudden explosion. No pain. No regrets really – apart from the longing to heal more people. And quite a quick transition from being sat in the cockpit of a fighter plane to being in the heart of my soul-group family via a connection with my relatives and friends and loved ones – those people who are special to me.

So, *don't fear death* and at this special time when there is much concern for the future of humanity – live! *Live* would be my earnest plea to you. *Live each day spiritually ...fully!* And, when you go to bed at night, don't regret having not done something – do it!

Do those things that you want to do!

Move yourself into situations you feel will extend you ...and always extend to others the love that you have inside of yourself.

The communication at this point is handed over to guiding spirit 'Silver Star' who, in 'part two' of this session, goes on to explain and examine the consequences of his own suicide.

Michael (introducing Silver Star, having switched to a clairvoyant link for a moment):

The second communicator today is one of the guiding influences from our soul group. We call him Silver Star and he appears to those he guides ...when he takes people over from their transition to a higher vibration... he appears to them dressed in a silver outfit and as a native American. He is not a native American – he never was. But, as he has told us in various communications over the years, he appears as a native American because many people, particularly those who have investigated spirituality to a certain extent, invest in the old cliché of a guiding influence being a native American. And he finds that he is accepted more easily, more readily, by those he comes to help if he is dressed as a native American rather than simply an American farmer, which is who and what he was in his last incarnation ...which was – I believe – in the 1940s. I have to hand over to Silver Star because he says there is a theme to Part Eight: Parts One and Two. He says his friend has spoken

about not fearing death. He says he wants to speak about a taboo subject that is very close to his heart and that is the matter of suicide.

Silver Star:

I had quite a sprawling farm area. I was quite wealthy but I wasn't wealthy with regard to emotion. I wasn't 'lucky in love', you might say, and I had a wife during this life that I absolutely adored. She was my world. I used to spend a lot of time away from the house. I had outlying buildings I would have to stay in to take care of the land surrounding them and I could be away for quite a long time. The farm was something I invested an awful lot of my physical energies into and perhaps I didn't spend enough time with my wife as I should have done ...and she had an affair.

I suspected this for some time. It troubled my work – my yields went down. I didn't confront her with this but one night I came home and discovered her with the new partner she'd found. I was so incensed – it was like a red mist came down. I didn't go into the house; I stormed off, took my dog, Jackson, got into the pickup truck I drove (I was very proud of it – I used to polish this thing all the time and keep it in excellent condition) and I drove around for a while. There was a bridge across a gully that was a regular part of my journey going to other parts of my land. I drove onto the bridge and off the side ...and *I killed myself*

and, unfortunately, I killed my dog (and, thank God, this wonderful, warm spirit has forgiven me). I took my dog with me... I needed that comfort.

I remembered quite soon (as my friend who spoke in the first part of this session did) that I was part of a soul group, and that I had gone to Earth specifically to learn about jealousy – to learn about specific aspects of one-to-one relationships so that I could relate to people who had gone through what I had gone through and advise them from the standpoint of knowing exactly where they were coming from and exactly how they were suffering. But, as with many souls, I became lost in the plot; I became lost in the story. It was never intended that I should end my physical arc in that way. I was welcomed back into the soul group and there were no repercussions whatsoever. *Nobody* said to me: 'You shouldn't have committed suicide.' Nobody – because that is not how we operate in the higher spheres of consciousness.

However, I felt within me that something was wrong. I moved back into life within the soul group and into helping people as they came across and ... 'counselling' them is, I suppose the nearest term I can get to... with regard to emotional problems they had brought across with them and needed to be released from. But there was this nagging ...almost like a

'pebble' in my heart. There was something wrong.

I sought the advice not of my soul group, but of souls from the soul group above that one. I asked for a connection with them and I sat with a circle of seven spirits and they conveyed to me (and this is something I should have known but, because I never contemplated or dwelled on suicide before, I hadn't investigated it enough) that the life arc I had started when I had voluntarily gone back to the Earth had a certain 'length' to it, if you will ...a certain dynamism to it. It was supposed to complete itself so that I could return to the spirit spheres at the end of a preconceived length of time. That arc had an energy to it. It existed and I had sidestepped the arc by cutting short my life early, but the dynamism of that arc was still attached to me. So, even though I wasn't on Earth, there was a connection to me from the arc – the physical and mental arc that had been created in order that I could have the physical life experience. I was also still connected, via that arc, to the Earth vibration.

I asked what I could do and I was told that *I needed to live out the rest of the arc to allow it to dissipate itself so that it would fold itself up and I would be freed from it.*

That sounds a very drastic thing ...*what did they want me to do?* Did they want me to return to the Earth in an earthly body? Well, no. There would have been no point

going back to the Earth and starting off another arc that would have connected me to the new arc and also the arc I was still part of that hadn't played itself out.

Instead, every so often, I was advised that I should return to the Earth as a spirit to contemplate various aspects of the Earth ...to contemplate various aspects of creation on Earth and various aspects of physical life on Earth.

And that's what I did. Every so often I would take a 'sabbatical', as it were, from my work as a guiding influence and I would return to the Earth to – in as quiet a way as I could and as still a way as I could – contemplate certain areas of it. Contemplate the beauty of nature, as an example, and understand that I had cut myself off from appreciating that aspect of creation on Earth by abruptly ending my life. I would look at friendships – I would stand by groups of friends and I would understand, after contemplating what they were doing for a while, that I had missed out on what would have been future opportunities to bond with people and appreciate friendships because I had curtailed my life early. I would look at opportunities that would have presented themselves to me by seeing those opportunities played out as the lives of others on Earth. And I would quietly observe and absorb these experiences.

And, as I did so by reconnecting to the earthly life I would have had in this way, I

furthered the other half of the arc. I allowed it to move on until there came a 'point in time', relatively speaking, where there was a departure from me. It was as though I had shed a skin. I had moved on from one experience to another. It was a sudden shock. It was a release of vibration. And I knew at that time that the arc of energy had expended itself and I was free to move on further into the spiritual vibrations of reality around me. I checked on this. I checked with the members of the soul group above me, and they confirmed that I had, as it were, 'served my time'.

Now, I wanted to relay this to you because there is much controversy regarding suicide. Is suicide ever the right thing to do? To my mind, no, *never* ...because it has consequences. You may release yourself via suicide from a situation, but you do not release yourself from the vibration that you are part of at the point you ended your life. And you do not release yourself from the impetus that was put around you when you decided to reincarnate ...and those things have to be worked out.

Now sometimes – because the spirit that has ended its earthly life doesn't understand what it has done – that arc of energy around it from its earthly life that has not yet been expended, not yet reached its conclusion, separates it from spiritual consciousness. So, it finds itself in *location*

within one of the spiritual realms but *not in contact with that sphere*. It is as though it is in a mist, or is lost, and, although there are people around it trying to reach in and connect to it, very often they can't do so because of the strength of the arc that is still around that spirit – particularly at the time of them ending their life, because that is a very strong emotional charge, a very strong vibrational charge. And so the arc around them is particularly 'thick', for want of a better word ...thick around them at the point where they feel they have to get away from it at all costs.

And so much work is done with people who have left the Earth plane before they were supposed to, according to the arc of energy they have been encased in, to restore their spiritual consciousness. But, again, it is difficult because that arc is still around them. That arc is not a judgement; it is a process and that process has to work itself out. So, if we eventually reach into a spirit and make it aware that it is not lost and that it is in one of the higher vibrations, we then, at some point, have to address with that spirit the arc that they thought they have separated themselves from but is still continuing around them until they dissipate it.

And they have to dissipate it in different ways – very often through contemplation but sometimes through other connections to the Earth plane that can seem cruel. In

other words, they may find *themselves* returned – returned by themselves – to the Earth non-corporeally to, as it were, ‘hang around’ ...to experience life that they cannot touch and connect with ...to watch their relatives grow older ...to watch their friends grow older ...to watch changes on the Earth ...to see buildings torn down, new buildings put up ...to see things that they loved and places they connected to disappear and be replaced with other structures. They have to hang around there until such time as enough vibrational change has passed on the Earth that the arc that is still around them is dissipated. Then they can return themselves to the spiritual realms that they connected to when they left the Earth through suicide.

So ...there are always consequences but not judgement. And I want to say, once and for all, that to bury a soul that has chosen to end their life early in unconsecrated ground, or to exclude them from a certain area of land where they could have been buried in the same spot as their families, is disgraceful and judgemental and should never ever happen.

Never, ever, should there be judgement when someone has got to the point where they are fed by a heavy vibration that emphasises with them the need to get away from that particular point in their life. And you must understand that, at the point that someone takes their life, not only is the arc around them particularly thick, but that arc

is connected to similar vibrations of their despair, of their pain, of their hopelessness. There should never be judgement and *there never is* judgement, but there are always consequences because creation is set up in a specific way and energies that are ‘ignited’, as it were, that are set in motion, have to play out their time before they can be dissipated and go back into the ‘sea of potential’ to be used as newly dedicated energies in different ways.

I don’t now have to visit the Earth plane as a means of absolving myself from my decision to end my life early. I visit the Earth in order to help, in order to speak to you, in order to advise behind the scenes, as my friend said. I advise behind the scenes in certain circumstances and sometimes I get through and sometimes I don’t.

So, I hope that I have given you a different view of suicide. It is something that *Joseph* said he would speak on in one of his books, but never got the opportunity to do so because of the energies involved in producing further books and because other subjects were deemed more important by the soul group and by Joseph when he was delivering his books. So, I hope in some way I have answered questions that arise from readers and people watching the video that we’ve put out about suicide.

I stand before you perfectly healthy, perfectly happy, perfectly able to communicate with you and with my soul

group ...and the way ahead of me is perfectly clear. No one has ever judged me and no one has ever said that what I did was wrong. I am trying to impress on you the fact *that suicide is a step that brings other steps to bear around the soul that has chosen to end their life and I would not in any way recommend that anyone take that step.* It can take a great deal of time and effort to get out of. And also the experience ...which may sound harsh... but the experience in my case, had I addressed it, had I overcome it, would have left me stronger and would have led me to other opportunities in my life, to people that I didn't meet, to circumstances and situations that I didn't enter into, to fulfilment that I never felt. All these things were shown to me: 'If you had carried straight on. If you had been strong enough – and it is easy to say – but if you had been strong enough to overcome this sore point

in your life ...you would have gone to point A ...and to point B ...and point C ...and point D ...and look at the opportunities that would have opened up for you.'

I missed all those and I wouldn't want any of you to miss the opportunities to grow and to experience and to love and to connect that will open up for each of you, no matter what the world is saying to you at this moment, [that] will open up for each of you if you continue along your life's path expectantly. Expectant of new experiences to come to you and expectant of new opportunities to open up for you. I leave you now but I am an active member of the soul group and I hope... it would be amusing to me... 'amusing' is the wrong word. It would be *satisfying* to me if you recognised my hand in certain of the communications that are to come.

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