



TRANCE-SCRIPTIIONS III:
THE COLLECTED SOUL GROUP
MESSAGES SESSIONS

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THE COLLECTED *SOUL GROUP MESSAGES* SESSIONS

By Michael G. Reccia

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Author's Note:

Welcome!

Connection with input from elevated vibrations - from the spiritual realities that lie beyond this one and are our natural 'home' - should be the rule, rather than the exception.

Unfortunately, the world is so 'heavy' in nature, its vibrations so very 'dense' at present, due to the focus of so many souls being locked - to the exclusion of all else - on materiality, that communications such as the ones featured in this book, each delivered by a member of a vast soul group concerned for the course and future prospects of humanity, have to arrive with us via a vast expenditure of energy from both sides of the equation (the communicating spirit and the medium involved) in order that contact be established and maintained and the contents of each address successfully transmitted and received.

Would that it were otherwise!

Would that spirit communication was once again an integral and respected part of everyday life as it used to be in the time before society got too 'smart' for its own good and decided, for the most part, to reject the higher side of its nature. Indeed, the information this book contains, as with all communications received from the Joseph soul group, has as its prime motivation a desire to re-establish interaction with higher realms and reintroduce us to those aspects of our life - to the spiritual sustenance - humanity is sorely in need of at this pivotal point in our history.

*Presented here, then, for the first time in written form, is **Trance-Scriptions III**, a further collection of higher-perspective insights gathered during a series of filmed trance-mediumship sessions, with me as the receiver and a number of luminous, loving souls as the generators of the sublime and highly informative transcripts of spiritual transmissions that follow, intended to raise our vibrations above the murk of collective thinking at the moment and gently remind us of who we really are and why we are really here.*

I hope the following uplifts you, comforts you, reassures you and provides food for your heart and soul. Together let us continue to seek spiritually and work towards a time when such

communications are actively sought after and accepted as a perfectly normal and absolutely essential part of our experience here on Earth.

Michael G. Reccia

April 2024.

Number IX, Part 1. The Persian Gentleman on spirit guides and the nature of spirit guidance

On a physical level, a guiding influence can be someone you rely on to steer you safely through uncharted and potentially hazardous territory, or a person who is instrumental in helping you to acquire a new skillset or better understand some technique or process you may be looking to master.

But what of *spiritual* guidance and *spiritual* guides? We each encounter times in our lives – times of personal challenge and demand – when we need a little outside help with upcoming decisions we have to make... when we wish to actively seek out words of wisdom and direction. However, much of popular lore regarding the capabilities of spiritual guides and the nature of spiritual guidance is vague at best and, sadly, erroneous at worst, painting a picture of higher vibrational input that is often way off the mark and far from the truth.

Today's transcription of a filmed trance session is, therefore, a highly significant one in that it features detailed insights from trusted spirit communicator and highly advanced soul group member *the Persian Gentleman*, who in this address seeks to set the record straight concerning guides and

the true meaning of spiritual guidance, and to put us in touch with the one true inspirational source we each can gain access to should we choose to develop and strengthen this vital and ultra-reliable connection.

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 small 'adjustments' involving 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. Our thanks are due, as always, to Jules Gadiot for his dedicated work in initially transcribing this material.

Soul Group Messages – 9 (part 1).

Spirit Communicators: 'The Persian Gentleman'.

Tony (at the end of his introduction to the YouTube video):

This is *number nine* of the soul group messages and again, as I have said before, I just have no idea of what is going to happen.

Michael:

It would be terrible to say, 'Well, I have no idea what is going to happen either' [*smiling*]. I've only got a vague idea of what is going to happen. I know who the communicator is and, over the past few days, there have been at least three communicators wanting to get through. We can't go through three today but it is apparent that members of the soul group who have something to say, but couldn't because we had to get through *the Joseph Communications* series of books, now wish to fill in some gaps and give advanced perspectives on certain areas that we haven't covered before. The first speaker today (I am assuming there will be two out of the three) is *the Persian Gentleman* – 'PG'. *The Persian Gentleman* wants to talk about spirit guides, and if I can allow him to come a little closer...

The Persian Gentleman:

There is a lot said about spirit guides on Earth. There is this mythos [*set of beliefs or assumptions*] that has built up around the concept of a guide, as though each of you has someone peering over their shoulder at any time saying: 'Don't go into that shop – that's a bad idea.' ...Or, 'Park the car, third from the left.' ...Or, 'Are you sure you want to consider doing this?' And that is a rather cosy idea of guidance, but it is not what actually happens.

First of all – why should you *need* a guide?

You need a guide because it is so difficult for each of you to connect with your true full consciousness. Because of the Fall – the happening that we have talked about in great detail in Joseph's book *the Fall* – a separation occurred between the greater consciousness of the individual and the earthly consciousness of the individual. And many souls on Earth never even consider that they have a greater consciousness – let alone seek to consult it! And, should they seek to consult it, the path to spiritual enlightenment is a difficult one; it takes time; it takes discipline; it takes practice to be able to make that connection with the greater consciousness ...that can *guide* the earthly consciousness.

And so, since the time of the Fall, spirits who have advanced to a certain extent by travelling through the cleansing spheres that exist beyond the earthly sphere, have elected to act as a *vibrational bridge* between the earthly consciousness of an individual and the greater consciousness of an individual so that they can, at certain points in an individual's life, put that individual in touch – should they *wish* to be in touch – with their greater consciousness. The guide (the individual from one of the higher spheres of consciousness beyond this one – one of the spirit realms) extends part of their

consciousness towards the individual on Earth that they have chosen to help. They then seek to filter the consciousness of the individual's higher self down through themselves and into the individual. I hope this is making sense...

What I am saying is that there is a gap in the normal flow of information between an individual on Earth and their greater consciousness – whereas on other planets that gap wouldn't exist. On another world, an individual would have access to greater consciousness – to a wider perspective whenever they needed that wider perspective in order to make decisions when travelling through a particular physical sphere. That can't happen on Earth.

And so, each of you does *in a way* have someone looking over your shoulder but only when needed. The guide does not walk two steps ahead of you and advise you not to do this or to do that in order to have a happy life. The guide is not there to advise you as to which boyfriend or girlfriend you should be connected with ...as to which business decision you should make ...as to how you should behave. **The guide is there to make available that greater perspective that is part of you at times when that greater perspective is needed** – for example, if you need to make a spiritually moral decision or if you need to make a decision that will connect you to the points ahead of you that you would otherwise not connect with,

should you not make the right decision. What I am trying to say is, there are signposts, there are milestones in everyone's life, which if reached – and it is not always certain that the individual will reach them – if you reach those milestones, then your appreciation of creation and your ability to create and your spiritual consciousness will expand and raise your individual vibration.

And so, there are crucial moments in each life where a milestone can be reached or bypassed. And, at such crucial moments, the guide comes into sharp focus in connection with their ward and makes available intuition from that individual's higher self, makes available the greater perspective that – if that perspective is observed and appreciated – will allow that individual to reach a certain milestone and to, as a result of reaching that certain milestone – which might be a challenge; it may not be something that is a wonderful event in a physical life; it may be a physical challenge; or a mental challenge; or a spiritual challenge – but as result of that challenge, *if* that challenge is tackled correctly, that individual's vibrational frequency will increase so that they will be able to, once they have left the Earth behind, access greater levels of consciousness and creation. It will open doors for them. And so, these are the times when the guide is there.

Also, the guide is there at times when life becomes extremely difficult ...at times when people feel they have had enough ...when they feel that they can't go on ...when they are in danger of (through temper, for example) becoming violent ...when they are in danger through depression of considering that life is not worth continuing with. At such times, the guide is very, very close to the individual and, in spiritual terms, 'puts their arms around them' to make that holistic connection for the individual with their higher self.

The true guide is the higher self.

The true guide is the greater consciousness of the individual because the greater consciousness of the individual has lived many lives, has gone through many challenges, has resolved many problems *and knows what to do*. **But, because of the Fall** - because of the change of vibration here that has separated individuals from their true persona, from their spiritual way of thinking - **it is necessary for the connection to be made for them.**

Now, how does a guide choose an individual? This is one of the roles of spirits travelling through the cleansing spheres, and the guide who has elected to act at certain times in an individual's life as a guide (having said: 'I will do this job; this is something I want to do to help elevate someone during their earthly life') *always has a choice* with

the individual that is presented to them as a possible connection ...always has a choice to say: 'No, I don't feel that my vibration links sufficiently with this person' ...or (this will sound a terrible thing to say spiritually): 'I don't particularly like that person - can I see the next person, please, that I can consider connecting with as a guide?'

And that is not meant as a condemnation, a criticism of the person. What they are simply saying is: 'At this time, the individual that you have presented to me as someone I can potentially connect to as a guide - our vibrations are too disparate at the moment. They do not harmonise well enough for me to consider this individual to be the person that I wish to connect with.' ...And then with the next 'candidate', as it were, they might say: 'Yes, fine, I will take this person on.'

The guide also has to consider the challenges that the individual they connect to will come up against during their earthly life, and they are shown those milestones before making the absolute decision to connect to that person because, at the times when a guide connects strongly with the individual on Earth they are guiding, inevitably there is a leaching of that individual's vibrations into the guide's aura and perception of life. And so, you can see what a noble endeavour this is, because at times when the person on Earth is depressed, or in pain, or feels hopeless, or

feels overwhelmed by anger and violence – in order to maintain that connection with the higher self that the individual may or may not choose to make – the guide has to be close enough to the individual (vibrationally speaking) to take on some of their problems, to take on some of their ‘emotional discharge’, as it were.

And so, the connection is made, once a guide is satisfied that they are prepared to take on again some of the seemingly negative experiences that they have already gone through and left behind when they moved on into the cleansing spheres. They can then connect to an individual for the times during their life on Earth when that individual needs help and needs connection to the higher self.

Do guides guide all the time?

Is a guide with you for your entire life?

Well, not really. **They are connected to you for your entire life but they only ‘tune in’, as it were, at those ‘times’ when you need guidance the most.** So, they will get on with their spiritual ‘business’ – their spiritual life beyond this one, will engage in the creative activities (individually and as part of the soul group) that they wish to engage in, having left the Earth behind, but part of their consciousness will be ‘on call’ whenever they are needed at crucial times during the lives of the individuals that they have chosen to guide on Earth. And there is, if you like, a

‘spiritual alarm clock’ that accompanies the guide in that they know, because of the vibrational changes in the individual that they are guiding, when that individual is coming up to the times where guidance will be needed.

So, I have spoken a little bit about guides, but what about guidance? How do you access guidance? Well, one of the things that the guide tries to impress you with in times of challenge is that you need to become still. Times of trouble or the lead-up to times of trouble and challenge are not times for action – they are times for stillness, and that is contrary to what most people on Earth do when faced with a worrying situation. But the strongest thing that you can do is to step back from that challenging time **...is to become still and is to listen with the heart.**

What I mean by ‘listen with the heart’ is to sense with the heart what the truth of the situation you are facing is and sense with the heart what action should be taken or inaction should be observed during this time of challenge. In other words, you should allow the guide who is with you to do their job to strengthen your connection between your earthly consciousness and your higher consciousness – allow them to do that for you so that you can receive guidance.

And, the trivial things that are attributed to guides are not, as I have said, what guidance is about at all. It is the important

things in life where you need guidance and it is the important things in life where you should tune in from the heart – try to move your consciousness down from your head into your heart. You can do this with practice; you can do this, again, in stillness and the heart will connect you, via your guide, with your higher self so that you can make the correct decisions in all areas of your life.

True guidance bypasses the mind, bypasses the head. And true guidance, when it is received, will sometimes seem contrary to what the head is telling you – in fact will *often* seem contrary to what the head is telling you. But with practice and with connection to the stillness and connection to your guiding influence, you will gain confidence that what you receive as the means of tackling your future path, is correct information – no matter what your head says. And it is the head, of course, that is one of the staunch supporters of the state of chaos that is as a result of the Fall. It is the head that maintains the chaos. **The heart sees past and through the chaos to true peace and harmony.**

I, as you will know from our past connections, am a guiding influence in Michael's life. But my role in Michael's life is somewhat different than the role of many guides with the individuals that they connect to – in that my role is to once again set up vibrations that allow Michael's heart and

spiritual mind to connect with greater consciousness. But in my case, I work to set up vibrations that allow communication to take place. I am not concerned with Michael's challenges in life. I am concerned with *your* challenge that can be answered or partially answered through Michael, if we present the correct information to you.

So, you could call me a *universal guide* speaking through one point, and there are other guides who choose to do this too. There are other spirits who work together as a single guide to attempt to steer, through connection with higher vibrations, the course of nations and the course of groups of people – if those groups of people will listen. And now I think, if you have read the Joseph books, you will begin to understand the reason why Joseph at one point says that he looks forward to a time where people will sit on behalf of nations, not as governments, but as connections that allow higher vibrations to flow through to those nations to guide them so that they make the correct harmonious, loving, spiritual choices on behalf of everyone who lives in those nations.

So, guidance is going on all the time but guidance has to be acknowledged ...*and acknowledged in the right way.* One of the things that amuses us is the fact that – where guides are thought of by individuals mistakenly – individuals with great curiosity say: 'I wonder who my guide is? Is my guide

a Native American? Is my guide a Chinese Mandarin? Who is my guide? Who *was* my guide? They must be very important.'

Your guide cares not for who they were. **Your guide cares for who you are and who you are becoming.** And they (and I speak on behalf of *all* guides) would say: 'It is not important who we are; it is not important how we appear to be. It is enough for you to know that we are there'. And, yes, through spiritual means through mediums, you can gain some insight as to how your guide may look. Consider Silver Star, who is part of our soul group: he comes through in the guise of a Native American but he has never been a Native American. He prefers that 'suit of clothes' to appear to those who can see him in that way, but that's not who he is; it is a 'suit of clothes' – it is not important.

When thinking of guidance, when thinking of your guide, just make the connection to a sweet soul who loves you enough to care about your progress through the earthly life and beyond.

Don't become bogged down with the trivia of who they are ...what they look like ...when you can see them ...are they around? Not important! That connection is there throughout your life – take advantage of that connection. It has been hard earned for you by your guide – by someone who could go on into increasing bliss but cares enough to 'fall back', as it were, and to connect with

you during your earthly life and to take on some of the harsher aspects of the earthly life in order to help you progress. What love that is!

Honour that love, not by seeking out who they are and wondering what their life was like, but wonder if your life is on the right track and allow that go-between to connect you with your higher consciousness – with the greater part of yourself that is difficult to connect with in the early stages if you are surrounded by materialism and have not considered anything higher in terms of vibrations and creation than what is in front of your five senses.

I also have to touch on: 'Is a guide with you for life?' Not always – because if you connect with your higher self to the degree that your vibration and the vibration of your higher self are totally compatible, then you have no need for a guide. You are your own guide.

Ultimately, you are your own guide.

And, at the point that you are sufficiently awakened spiritually, then your guide with love (whilst still observing your life whenever they wish to) steps aside and says the modern equivalent of, 'my job here is done' because their work *is* done! You know how to connect with your higher self; there is no need for a go-between and any go-between is a filter and, therefore even if it is only to the nth degree, is a screen

between your state of being and the state of being of your higher self.

So, we remove the filter completely and you have a pure connection with your higher self and you guide yourself ...and you've got it ...and you've won! And when you get back to the spirit world, we will say: 'Well done!

You can now move onwards and you don't have to go back to the Earth' ...which would be your choice, of course, had you not discovered this connection with the greater world that you have already earned through past experience and past lives.

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Number IX, Part 2. An evolved spirit asks us to consider the 'two doors' we can approach when seeking spiritually, also offering refreshing observations regarding life and death

It's the midway point in this trance communication and, having delivered a detailed address concerning spirit guides and guidance (please refer to Soul Group Messages Nine, Part One for a full transcription), *the Persian Gentleman* now steps to one side in order to allow a new speaker from the soul group to take 'centre stage' and present us with additional higher vibrational insights.

This further sharing of soul-group wisdom begins with a stressing of the urgent need for more Light-workers currently, at the same time cautioning all who seek to connect with non-corporeal vibrations to thoroughly examine and fully understand their motives before attempting to do so. The address then concludes with a number of empowering and redefining statements regarding health, old age and how to approach physical death in the *correct* way.

Having waited for some years (as we measure time) for a 'communication window', via myself, to become available – the principal intent of connections with the soul group always having been to first make *the* *Joseph*

Communications information available to humanity – this new orator from the group, to whom we allocated the name 'The Spirited Native American' (our terminology – not his actual title, of course) could barely conceal his absolute delight and enthusiasm at being able to finally share his wisdom with us.

Note:

As with each of these transcriptions, this soul group communication was originally filmed as a 'live' trance demonstration. In the transcript that follows, a handful of very minor 'adjustments' involving 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 have been made.

Soul Group Messages – 9 (part 2).

Spirit Communicator: 'The Spirited Native American'

Persian Gentleman:

As always, I think I have overrun things but I am going to hand over to another

member of the soul group who Michael saw a few days ago.

Michael:

And if PG will let me just sort of semi come back to my senses for a moment ...I should explain that Jane and myself were talking about age and about the illusion of age a few days ago. And, as we were doing so, suddenly *vividly* in front of me, I could see a Native American gentleman who, I believe now (because he is talking to me) was in his eighties at the time, as he showed me a picture of himself and he looked wonderful. He had a red shirt on, he was tanned and he had the wrinkles of age but the vitality of his spirit shone out from him. And I knew that he was one of the people from the soul group who wanted to speak at some point to a greater audience. And so, I can see him at one side and I've got to allow him to overshadow me ...to take me over again.

The Spirited Native American:

I am delighted! I am *delighted* to be able to speak to you. I am absolutely delighted! I have witnessed *the Communications* take place over many years and I've wished to bring through joy and to talk specifically about seeking connections. You've just been given an address about guidance. I want to talk about opening the door to greater consciousness and I'd like to show you two doorways: there is a right doorway and there

is a wrong doorway, and both of them lead to spiritual consciousness ...but not necessarily *positive* spiritual consciousness.

One of them leads to a greater connection with us.

One of them leads to a greater connection with chaos.

It is as though throughout your life two doorways are just ahead of you. One is a doorway that will allow you to commune, not only with your higher self but with us – with those of us that have moved on from the Earth level of consciousness. The other doorway is a doorway that many people, seeking to commune with spirits, *choose* to open instead of the first doorway ...and that second doorway leads to chaos ...and that second doorway leads to interference ...and that second doorway leads to an influx of further negativity into the world.

If you want to open the doorway to spiritual communication – it is open to you! It is not locked. What I mean by that is that at the moment you are having to receive information through a medium – through someone who has become attuned to speaking and communicating with higher dimensions. *You* have the ability to speak to, to listen to, and to communicate with higher dimensions – to open that first doorway ...**but you have to decide what your *motive* is.**

You see, many people on Earth who wish to speak to spirits, who wish to connect to higher vibrations, wish it to be something that aggrandises their personality ...that makes them special ...that makes them someone that people can say: 'Look what they can do! Aren't they important!' ...*That* makes them feel powerful. Also, with many souls wishing to expand spiritually (and I use that term reservedly) they also wish *spiritual power*. They know that objects can be moved, for example. They know that objects on Earth can be influenced ...that doors can be slammed ...that windows can be rattled ...that chairs can be moved, and they see that as being an important factor of the spirituality they are seeking. Well, that spirituality is negative. Occasionally it is used to prove that there is someone there during a higher communication but for the most part it is negative. It does not enhance the individual trying to access spiritual information.

And what is more, it connects that individual with spirits who have not yet learned sufficiently to elevate themselves above the level of the earthly consciousness and find great delight in connecting with the negative aspects of the earthly Field. And so, seeking such activity and wishing only to go through that door to attract that type of activity, results in an aura of chaos and negativity around the person seeking those things; and also connects them, very often, with spirits who will say one thing but mean

something else entirely and with spirits who can connect, via the person that is 'inviting them in', as it were, to audiences and individuals seeking their help.

And so, it is extremely important, if you wish to make a connection to spiritual influences – to *higher* vibrations – that you have to seek vibrations that are higher, not lower. You have to go through the first door. You push that door open through *earnest seeking* ...through, again, becoming quiet ...and through examining, in those times of peace and stillness, *why you wish to make the spiritual connection*. Why do you want to make it? Why do you want to talk to us?

Why do you want to talk to us?

If you want to know more about your own path and understand what you are – you are going through the door on the left. If you want to serve others and bring through enlightened information and the Light that can change things on Earth – you are going through the door on the left. If it is your intention to stream spiritual information without feeding your ego, without positioning a spotlight in front of yourself and saying, 'Look at me!' – then you are going through the door on the left. And your request, your seeking of that spirituality, your need to be of service will not be ignored. I repeat that **...will not be ignored!** You will become of service in some way.

If you wish your connection to the spiritual (and by 'spiritual' I mean outside of the earthly, material vibration) to be a source of income ...if you wish your connection to be something that puts you on a platform so that others can admire you ...if you wish your connection to be so that you can perform parlour tricks and amaze people because something has moved a couple of centimetres during the time when you've connected to the vibration, then you are heading through the other door – the door that is marked 'chaos'.

I hope I am making this clear. What I want to boil this down to is that each of you is a spirit. Each of you, therefore, has automatic access to spiritual communication – just as you have automatic access to someone that you acknowledge walking down the street. You can communicate with them – you are of the same type of vibration and you can communicate. You can communicate easily with the realms beyond the Earth, should you wish to on behalf of others ...should you wish to help this world regain its spiritual consciousness.

And there was a time when each of you automatically had access to each of us, when we could commune very easily, when that 'door' swung both ways very easily and conversations could be had, information could be exchanged and questions could be answered so that spiritual progress could be made on Earth. That's not the case now. But

in earnest seeking, in earnest examining of self and saying: 'Yes, I wish to do this' (and in the understanding that, if you do wish to do this, you are sacrificing a lot of the so-called 'pleasures' of earthly life) then you have access to that door. And you can simply by saying: 'What do I do next, Father?' ...step onto that path that will lead you into spiritual service.

If you are looking at spiritual communication as an entertainment, as an add-on to your earthly life that will give you respect, as something that you would love to have access to because you can wield power – you can do 'spooky things' – then you are heading for the other door. And I would ask you, if you are considering the other door at the moment, to head away from it. We will firmly lock it from the other side but it can be pushed open. It shouldn't be pushed open – there is enough chaos around the Earth at the moment and we would advise you to step away from it.

Your world needs spiritual workers. It needs those who are prepared to put aside their earthly life and become a connection for others, become a source of Light for others. But you have to be aware, before you take that step, that there are two paths you can take – two 'doorways' that you can stand in front of. Please, stand in front of the left one if you are prepared to work for others. If you are not, then enjoy your life and leave the higher vibrations and the

discarnate vibrations alone – they are not for you!

Now, before I go, Michael mentioned the fact that I came through when he and Jane were talking about age. I came through at that point because we had a very different approach to age than you do at the moment. We looked at our lives as a journey; we knew when that journey was ending but, until it ended, it was still the *same* journey. Our ‘vehicle’ might appear different; it might gain lines but the wrinkles were regarded as a badge of honour – as a sign that this person has gained wisdom and we saw, in each wrinkle and each line, a challenge faced and *overcome*. We saw an aspect of a particular life ticked off correctly. We looked at our elders as people that commanded great respect and we went to our elders when we were uncertain as to what to do next because we knew that they would have the answer.

We did not, as we aged physically, acknowledge that age at all. **We did not acknowledge illness** – except as an accumulation of negative vibrations that could be dispersed by the elders of the tribe. And so, if someone was ill – if someone, for example, had a cancer, we would view that cancer as an ‘invader’, as an ‘unwelcome passenger’ as we travelled through life. The elders would sit around the person with cancer, would place their hands on the person and would elevate the vibration of

the person above the vibration of the cancer so that the cancer had to loosen its hold and fall away, which it often did within days – sometimes within hours – because we knew that the person could not suffer from that cancer *unless* their vibration was at such a low ebb that they could let in a similar vibration from the cancerous growth. So, we would raise their vibration and, in raising their vibration, sometimes you could physically see the illnesses fall away.

With age we did not fear death because regularly we communed (as I’ve been talking about communion today) with the elders that existed in the higher vibrations. They would come close to us at times when we prepared sacred days and specific times when we would divest ourselves of the earthy vibration – of our cares and worries – and would connect to higher vibrations to seek wisdom. So, we each knew from the time when we could understand this as earthly individuals that we were not going to die ...we were simply going to go through *another* doorway. And, because we knew and had that connection with higher vibrations, we became aware on average about five years before we were going to pass over that we were going to make the transition and *we prepared*.

We prepared and, because we knew of that fairly imminent departure, we could put our affairs in order. We would pass on some of the things that we had to our family and

friends. We would make peace with our family and friends. If we had had altercations with anyone or if there were some grudges that were still being held on to (no matter how minor) we would ask whether we could visit those associates – those friends that we had perhaps got out of step with. We would ask their forgiveness ...we would put our arms around them ...and we would make sure that the harmonious vibration between us was restored before we stepped out of this earthly life.

It was as though we had a body clock that, closer to the time, gave us an *exact* time when we would step out of materiality. Some of us would choose to go surrounded by family and friends, but some of us (as in my case) considered that this was a very private and sacred moment and would go out into the fields or out into the forest and would simply sometimes stand one moment and then in the next moment be back in the spiritual realm with our body having fallen away like the leaves in the surrounding forest ...or we would sit under a tree or in the middle of a field and sometimes, as our companion during those dying moments ('dying', of course, only for the earthly body) we would be joined by a buffalo or a deer or a hawk or an eagle that would see our safe passage through into the Light.

The reason I share all this is because, when I look at the Earth now, I see that old

age has become something that is a 'monster' that is ahead of you. It is something that you worship in a perverse way: 'I am getting old. I am becoming frail. I can't do this. I can't do that. I am at a certain age – therefore this is not available to me. I can't operate on this level. I can no longer function on that level.' And I see a vibration that should sustain you until the very moment that you pass over being *weakened* ...being weakened by drugs ...being weakened by perceptions that you are old, that you are useless, that you can no longer function.

No! You are meant to function perfectly until you move on.

So, please, consider that. I don't come through to criticise. I come through to say: 'Look, age is an illusion but age is also a series of medals you can wear proudly on your chest ...I've done this ...I've done this ...I've done this ...I am still here ...I have moved on ...I have grown ...I am more than I was.'

And it is only because the world tells you that you have less energy that you believe it ...and have less energy. It is only because the world tells you that you are ill that you believe it ...and become ill. It is only because the world tells you that you need to be dependent on certain substances and certain objects as you grow older that you invest in those objects and those substances ...and you weaken yourself.

Don't weaken yourself!

Whether you are one year old or one hundred years old – you are full of Divine-energy and you can use that Divine-energy right until the end. And by 'end' I mean a step through that third door into a new

existence – not an end, not oblivion, not the shutters coming down, not running out of energy – simply a movement from this world into a better world ...into the next world.

Number X, Part 1. A fascinating trance session explaining why communicating with souls on Earth is so difficult for evolved spirits from the higher dimensions

Following on from the previous session about the potential pitfalls for people on Earth attempting to communicate with the spiritual realms and the importance of having the right motive before seeking that contact, this fascinating address is from the *opposite* perspective – explaining why it is so difficult for spirits from the higher dimensions to make and maintain a connection with people on the Earth plane.

Notes:

This soul group communication was originally filmed as a ‘live’ trance demonstration in 2022. In the transcript that follows, some minor adjustments have been made involving the transposition of the occasional word and the removal of small repetitions of phrases which are the norm in the spoken word but less appropriate in a written version.

Soul Group Messages – X (part 1).

Spirit Communicator: Jane’s Mandarin Guide – ‘The Chinese Gentleman’

Michael:

The first communicator today is Jane’s guide who always comes through as a Mandarin Chinese gentleman, and he has been around me for a couple of days. I know broadly the theme that he is going to talk on and I find it fascinating, but I always stop myself short of bringing through the entire length of the information until such time as they can take me over. So, I know the first couple of lines of what he is going to say *roughly* but I know he will expand on that, and I hope it is fascinating to you – it certainly is to me. So, if you bear with me for a moment, I’d like to allow this gentleman to move closer, and he has a great sense of humour with a twinkle in his eye and it is very uplifting to be able to connect with him. He wants to explain something that perhaps many people wonder about today – and that is why often the soul group will say that it is difficult to get through to us and that they can only operate for a certain amount of time before having to withdraw from this level.

The Chinese Gentleman:

I want to talk about your thoughts. I want to talk about how, perhaps when you

are watching television or working on your computer or sitting down to a meal, you will – from your point of view – think that you are relatively still and focused. That's not the case! You have around you that is part of you, an auric field and that aura is *moving*. The colours within it move but also you have within it, because of the many thoughts that you think and the many attractions you make via your thoughts, you have a number of different vibrations and those different vibrations, in the normal course of things during your normal day and night, are vying for position – dependent on the thoughts that you have at any one moment.

So, from our point of view looking at your aura, we don't just see a moving sphere of colours – we also see a moving sphere of attractive vibrations because your subconscious is constantly flitting from situation to situation, from state of being to state of being. In other words, at one moment you will feel happy ...the next moment you will feel doubtful about something ...the next moment you will feel worried ...the next moment you will feel angry ...and you are drawing from your past and your present all the time *subconsciously* little snippets of information that influence your mood.

Now, those snippets of information are circling in your aura. So, even at the times when you feel you are still, there is this maelstrom of thoughts swirling around in

your aura as you select various thoughts from your central point (which, as a human being, is around your heart) that relate to your past and your present ...and *change* your mood and your perception. Those thoughts swirl into position around your heart from the maelstrom of thought that is contained within your aura. It is like watching a merry-go-round with a projector at its centre. You are the 'projector' and you are causing the merry-go-round of thought.

This is why we advise you to become still through meditation – to become properly still *spiritually* because, if you sit in a chair and watch television, you are not still – the circular movement of these thoughts is still going on within your aura. If you go for a walk, you are not still because you are taking with you your subconscious and conscious thinking and those thoughts are being presented to you from this circular motion within your aura.

Only when you decide to meditate and focus your mind and your heart, do you truly become still and the movement within your aura calms down.

When you are on Earth, it never calms down to a complete stop but it becomes slow enough for us to reach into that central point – that 'projector' and that 'receiver' – and to say: 'Look, we are here. We can get through to you. We can contact you. We can communicate with you.' And that might

sound like a simple proposition now that I have explained it, but you also have to understand that your aura is circling, as you live on Earth, within the aura of humanity ...within the sentient Field of human consciousness.

Imagine for a moment the sentient Field of human consciousness that has had poured into it the moving, predominant tendencies of humankind. So, at any one moment, there is within the Field of humanity millions of different vibrations ...most of them negative ...most of them harmful from a spiritual perspective ...most of them chaotic ...most of them random. And each of you as a human being – a spirit in ‘human clothing’ – has this personal aura with thoughts and dominant tendencies circling within it and then [*smiling*] those auras mingle with the greater aura of the Field of humanity that has *billions* of thoughts swirling around in it, circling.

So, for us trying to communicate with you – trying to revisit this lower frequency of vibration in order to make our presence known, we have to first *penetrate* the Field of humanity. What a task! [*Smiling*] I can only try and explain it in a visual to you.

Imagine that you are stepping from a train platform onto a moving train ...but that moving train is not going in a straight line – it is spiralling. And, once you are on that moving train, other trains are coming at you from *all* sides ...from top ...bottom ...sides

...behind you ...in front of you; and they are colliding with you and you have to avoid them. And then, within this moving train that is being hit by other moving trains, you have to find your contact and your contact has this merry-go-round effect within their aura. So, you have to maintain your position on the moving train but also put one foot on the merry-go-round and then you have to attempt to connect – whilst you are doing this balancing act – with the spirit at the centre of this merry-go-round of thought ...and present clarity of thought and concept and clear communication to them!

Now, does that explain why it is so difficult for us to communicate with you? One of the questions that is asked is: ‘Why can I not see spirits? Why can I not communicate with spirits? If you are there, why can we not communicate with you?’ ...Because it is *dreadfully difficult* for us to do so. We are a ‘balancing act’ in trying to communicate with you.

And of late (and we mentioned this at several points during the communication of *the Joseph Communications*) the Earth has stepped down in vibration as a result of the negativity that is around you all at the moment -as a result of you accepting what is material and rejecting what is spiritual. And so, the ‘moving train’ is moving faster ...the ‘trains’ that are colliding with it are moving faster ...your personal aura is moving faster. And, from our point of view where

our vibration has to be slowed before we can even step off the 'platform' on our side, it is an exhausting business attempting to communicate with you and to maintain balance. Our energies become exhausted and we have to step back off that moving 'train'. We have to jump back onto the 'platform' and retreat from your vibrations so that we can replenish ourselves, so that we can get on with our lives in our particular spheres and so that we can communicate with you at a later 'date', as you would measure it.

You make our job easier when you truly become still.

We still have to get onto the 'moving train' but you are easier to identify, you are easier to lock into and you are far easier to communicate with because we don't have to fight your personal aura of thoughts in order to get through to you.

Meditation is perhaps a dirty word for many people and yet it is *vital* that you meditate and slow your vibration and slow those thoughts *if* you truly want to be of use to us as a spiritual worker on Earth and if you truly want to understand more about the spiritual aspects of life. Because, in disciplining yourself in this way and in doing it daily and in doing it regularly, you open yourself up as a channel to our connection. It is still difficult for us and it is difficult for *you*, but it is less difficult because you

have made your own personal world more accessible to us.

So, I hope my little discourse today has illustrated why it seems so difficult for us to communicate ...why we tell you that it is difficult for us to communicate with you ...why we can only do it for a limited period ...and why, if we are communicating through Michael, it is again a limited period. He has learned to slow his aura to almost a stop so that we can connect with him, but we have to push back the 'moving trains' that are around him and we work as a team. We have to push back the chaos of the Field of humanity and specific souls do this so that, in this example today, I can concentrate on a communication that is maintained, is coherent and makes sense. And then we have to collapse all that (as I am about to do because the next speaker wishes to speak) in order to withdraw successfully from Michael, and then the Field closes in around him and he is returned to the chaos that is around each of you.

I would invite you... the whole point of my discourse this morning is to invite you:

1. To understand the difficulties that we have *increasingly at this time* in getting through to you, in bringing through the Light to you, in bringing through higher communications to you.

2. To urge you to consider disciplining yourself and becoming an effective meditator.

When you effectively meditate, when you focus your head-mind on the heart, when you focus your heart-mind on higher values and higher concepts – then you become of great use to us and you become of great use to yourself, because we can not only channel in communication but we can channel in higher vibrations – healing vibrations, for example – vibrations that will identify you on a subconscious level to others as a 'Light' that they can trust and come to for advice, for enlightenment, for

upliftment ...and these things are in short supply at the moment on Earth.

So, thank you for listening to me. I have throughout this communication tried to impart joy and humour and upliftment through my words and through my vibration, and I hope that this will come across when eventually this discourse is made available to you in filmed format.

I now wish to hand over to your second speaker today. So, I will withdraw with great gratitude for you allowing me to speak and I will speak to you, hopefully, again in the near future.

Number X, Part 2. Why there are 'Libraries' in the Higher Dimensions

Following on from the Chinese Gentleman's fascinating explanation of why it is so difficult for spirits from the higher dimensions to make and maintain a connection with people on the Earth plane, this new communicator from the soul group gives us an insight into the reason for the existence of 'libraries' in the cleansing spheres.

Notes:

This soul group communication was originally filmed as a 'live' trance communication in 2022. In the transcript that follows, some minor adjustments have been made involving the transposition of the occasional word and the removal of small repetitions of phrases which are the norm in the spoken word but less appropriate in a written version.

Soul Group Messages – X (part 2).

Spirit Communicator: 'The Librarian'

The Librarian:

I wish to begin my talk with the words: 'Silence, please ...*silence, please!* No talking in the library!'

[*Laughing*] Why do I begin in this way? Because I have a specific task in my spiritual

sphere at the moment (and there are many of us) – I suppose you could call me a librarian in that I am in charge of what presently manifests as a thousand books ...a hundred thousand books ...a million books ...a billion books! And, if you were to see me now, I would – if you were expecting to meet a male librarian – be male; if you were expecting a female librarian – be female. I am both. I am neither. I have moved on from these things, but I manifest according to the expectations of those who come to me.

Why do people in the spiritual sphere that I inhabit at the moment come to me?

They come to me because they wish to enter my library and they wish to take down certain books. And, as a result of opening those books, they wish to gain insight into the experiences of people who have lived on Earth – people who have had experiences that they perhaps have not, or have gone through similar circumstances to the people requesting sight of those books but have tackled them in a *different* way and wish to enhance their vision of earthly experience by engrossing themselves, if you like, in a 'book'.

Now, I must mention at this juncture that things are changing in my library

[*smiling*] and not to my approval, I am afraid. Whereas each life that is available for viewing has for an awful long time been represented by a book, of late each life is now being represented by a tablet, or a computer, or a flash drive, or some other high-tech means of containing information. It is only a metaphor – whether it is a book or a computer screen or a monitor – it is a metaphor for what I am really presenting to people. But, nevertheless, I am traditional in that I prefer the printed word and the bound word and so I will be a little saddened if all the books that are on display in my library are at some stage replaced by representations of technology. And, I am sure at some point in the future (if the Earth continues with civilisation as it is at present – a refined civilisation, of course, or it will not continue as it is at present) then some other form of representation of records will slowly take over on my shelves – replacing the computer monitors and tablets and such paraphernalia.

Why would you have need of a library in one of the spiritual spheres – actually in *several* of the spiritual spheres because mine is not the only library?

Because the library gives access, as I have said, to souls wishing to enlighten themselves further by viewing the lives of others. A soul, for example, in a particular spiritual sphere will feel that they can benefit by viewing how certain other souls

have gone through experiences that they either wish to experience or have gone through themselves but wish a more holistic view of how they could have tackled those challenges ...and so they come to me.

And, I advise them as to which books would be of value to them – which books would help them accomplish what they wish to accomplish. Then, having agreed to view a book or several books, I send out a ‘call’ to the spirits whose earthly lives these books represent and ask them **whether they give *permission* for their lives to be viewed.** This is an instant thing. It may seem that I am doing something that on Earth would be impossible and, yes, I am. But what actually goes out is a call on the frequency of each soul whose book the spirit wishing to view those books, wishes to see. And instantly I get a reply – either: ‘Yes, that is fine’, or: ‘No, that isn’t fine’. And I have to make you understand that there is also another connection that goes out. As I ask each spirit whether the spirit that wishes to view their book can do so, I also connect them momentarily with the vibrations of the spirit wishing to view the book to help them decide whether they feel that their life would benefit that spirit and, indeed, whether they *wish* to share their life with that particular spirit personality.

That having been done, let us say that three spirits have said: ‘Yes, it is fine for the spirit wishing to view my life to view it’. I

then take the spirit wishing to view those lives into a room and I present them with the three books. They have three books in front of them. I then leave them in silence and in peace and they open one book at a time.

As they open the book, the room around them disappears and they are immersed in the life of the person whose book they wish to view. From that life, they can fast forward, they can reverse and they can, by simply wishing it, move forwards in that life to the point of the experience that they wish to view so that they are not caught up in... not trivia but other aspects of that life that are of no interest to them.

Then, if they so wish, they can view that experience as ...the nearest analogy I can get is... a 'recording' or they can immerse themselves in that experience and *become that person for the length of the experience* whilst also retaining their spirit personality. They become the person but they are still their individual spirit personality so that they can withdraw at any time and so that they can *stop* the experience at any time and make 'notes' as it were ...note down what is happening ...note down how they feel about it ...note down whether it is helping them to advance and understand spiritual concepts or whether it is not of use to them. They then decide at some stage to, metaphorically speaking, 'close the book' and they move on to the next book.

Once they have taken on board enough information and found what they were seeking, the room appears around them again. I move into the room; I take the books from them; I bless them and they return to their life in the spiritual sphere they came from to visit the library. And, they *contemplate* what they have just been through with a view to many things ...with a view to moving onwards to a higher sphere perhaps ...with a view to understanding themselves better ...with a view to understanding an aspect of humanity better so that they can, if they so wish, come back to humanity in *spirit form* to try to communicate and help those who are going through similar circumstances.

I mentioned earlier that there has to be an agreement from those whose lives spirits visiting me wish to view – *that those lives can be viewed*. If they refuse to allow a viewing of their life, then that spirit cannot view that life. If they refuse to let anyone view that life, then their 'book', as it were, remains on the 'shelf' and cannot be accessed until such time as they agree that what they have gone through and what they have done in their past life (lives actually – each 'book' has many 'chapters') then, only when they agree for that book to be opened, can it be opened.

Every life has a book.

You will know this from the life review – from the book [*Your Life After Death*](#). Each

one of you makes a record of your experience for your sake and for the sake of other spirits in times to come in your future in the spiritual spheres. There is a book, and you are writing that book and are putting in snapshots and experiences and emotions every day of your life on Earth.

We have other books that are not easily accessible. We have books that are being written (they write themselves second by second) by those who, unfortunately, are at present in lower vibrations – in the Lower Astral, for example. It would not be a good idea for any spirit to read that book and, indeed, if a spirit has elevated itself to a certain extent, then the vibrations of those lower ‘books’, as it were, would not connect with that spirit. There would be nothing in there of interest to them and the experience – were they to lower their vibrations so that they could gain access to those books – would be an upsetting one and detrimental to their joy – to the bliss that they feel in being in the spirit spheres.

So, there are books that are accessible with permission; there are books that would not be a good idea to access; and there are books that are accessed by higher expressions of life. We have visitors from the angelic realms who study the books – again, with permission. We are not allowed to show them if a spirit does not give permission – free will is a constant throughout all the spheres. They visit to

hone their experiences, to recall their lives on Earth and to seek ways *particularly at this time* to influence (by ‘influence’ I mean ‘suggest’) a course to spirits on Earth that might – and *will*, if they adhere to it – see them out of the troubled times that you are experiencing at present.

So, it is not yet your time to do so but you are very welcome to visit my library at some stage in your spiritual future when you have left the Earth behind but are still wishing to learn from the experiences that the Earth has brought to you.

The library is a place where people, who are ‘on the cusp’, as it were, who cannot decide whether to come back to Earth for another incarnation (we always advise them not to) or to move on into the spiritual spheres, are very often urged to visit so that they can view experiences that are similar to the ones that are pulling them back to Earth *from another viewpoint*. They can turn to the ‘last chapter’, as it were, in similar lives and see what the likely outcome of them investing in another life on Earth, with a particular goal in life, would be. And, I am always pleased when they return a book to me and say, ‘I’ve decided to move on’. There’s such joy!

As with all things in the spiritual spheres – *where* does my library and the other libraries exist?

...Everywhere and nowhere!

Everywhere and nowhere! It is an edifice that instantly presents itself to a questing spirit the moment that they seek advice, the moment that they wish to look at one of the books on our shelves, and the shelves are everywhere and nowhere, too. Everywhere and nowhere – we have our own individual sphere, I suppose you would call it, but it is linked to all of the other spheres so that we can instantly be called in and spirits can instantly visit us whenever they wish to take advantage of our facilities.

[*Smiling*] It is a joyous thing! You cannot imagine the depth and breadth of experience that is available to those moving through the cleansing spheres via the library. You cannot imagine the wealth of experience ...emotional experience ...mental experience ...physical experience that is available to them and the opportunity to learn from *triumphs* and from *mistakes*.

And so, I leave you as someone that you will, no doubt at some stage in your existence, come face to face with. The face that you give me, the form that you give me, is up to you. I will draw it from the past lives and past images that I have of myself. I look forward to sharing, with permission, aspects of life with you that you have perhaps not considered and to filling in the blanks in your life because remember that your lives – your past life and current life – are only one viewpoint, are only one perspective, and there are many, many more.

Thank you for allowing me to, perhaps, broaden your perspective and I will take good care of the book of *your* life, which [*smiling*] I am not allowed to peek into ...but I am allowed to be custodian of and to make sure that it fits into the matrix of experience at the correct slot.

God bless you all!

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