



TIME OUT FOR SOMETHING SPIRITUAL:

A SELECTION OF TRANSCRIPTS

**WITH MICHAEL G. RECCIA
& TONY CLARKSON**

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Michael G. Reccia, trance medium responsible for the eight internationally acclaimed books in [The Joseph Communications – Crucial Trance Communications](#), and Tony Clarkson, founder of [the Sanctuary of Healing](#), a long-established major complimentary therapy and spiritual centre located at the heart of the UK, host the Time Out for Something Spiritual podcast (available on all major platforms)

The podcast invites listeners to enjoy a regular break from the pressures and demands of the physical world as you tune in to Michael and Tony, who share knowledge offered by an advanced soul group as they focus on, examine, explain and often redefine aspects of spiritual life you may long have sought further insights into.

From life after death to angels; reincarnation to spirit guides.... Time Out for Something Spiritual offers an engaging, informative, no-nonsense, non-denominational approach to spirituality, demystifying the mystical and revealing who and what you really are, why you are here, the amazing things you are capable of, and the active transformational role you can choose to play not only in your own life but also in the future shaping of our world and the quality of experience of all life here.

Collected here for the first time is a selection of transcripts taken from the podcast series. We hope you enjoy reading them.

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Time Out for Something Spiritual: The Ego ...with Surprise Special Guest

Notes: *This is a transcription of a podcast that was recorded in March 2024 in which the Persian Gentleman made a surprise appearance to speak about the topic. The transcription has been slightly edited in order to put the words of the Persian Gentleman in the first person for simplicity of reading (as opposed to Michael having to keep saying, 'And he says that...etc').*

Tony: There are so many definitions of the word 'ego' and I wonder whether you could put some clarity on the subject.

Michael: Well, I've got to put my ego to one side at this very moment because we have a special 'guest star', as it were, this morning in that, stood next to me as we are recording this, is the guiding influence that we call the Persian Gentleman. I do believe that the Persian Gentleman would like to say something about the ego ...and he says, 'Indeed, I would!'

The Persian Gentleman: I would like to redefine the ego for your listeners and I'd like to begin doing that by asking the question, 'Do I have an ego?' ...Yes, of course I do! But it is not the same kind of ego that you have on Earth because your

sense of ego on Earth is clouded by the incident that we call 'the Fall'.

The ego on Earth is concerned with survival; it is concerned with: 'I don't have enough!' ...'I need!' ...'I want security!' ...'I need love!' ...'I need propping up!' ...'There is lack in my life!' and all these negative aspects of the human ego have been brought about by the Fall because **the ego on Earth is separated in consciousness from what it truly is – which is an expression of the God-within.**

From my point of view, the ego is connected to the greater self. You have a greater self; I have a greater self; and the greater self is the sum of our experiences. Because you've lived many times on Earth and each time you live on Earth, you add to that 'data bank'- you add to your individual collective experience. There is too much of you to shoehorn into a human frame and mind, and so that overflow is what we term the 'greater self.'

The greater self is the true ego because the greater self is the consciousness that you can draw on for wisdom, for guidance, for illuminating the way forwards. It is an ego that does not harm others. It is an ego that

understands its position in the universe as an equal part of God to every other ego of every other spirit.

There is a myth that, if you meditate on losing the ego, you will also lose yourself; and if you let go of the ego, you will let go of your individuality. Nothing could be further from the truth in that, if you let go of the physical ego, you discover yourself ...you discover more of yourself ...you find more of yourself by re-connecting to the greater self and, through the greater self, to the God that you are a part of.

There are rich rewards to be had by re-connecting to your greater self. And you re-connect your greater self by letting go of the little human ego. And in doing that you discover the greater ego that guides your way ...that comforts you ...that gives you the security you are looking for ...that connects you to the Love you are looking for ...that connects you to the guidance you are looking for ...and that re-establishes, whilst you are still on Earth, a spiritual perspective that changes the way that you view your life and the way that you live your life.

Tony: Wow! I have to say to the listeners today that this is unexpected. It was going to be Michael and myself, but the Persian Gentleman has come in and stated perfectly exactly what the ego is. I would ask a question perhaps of the Persian Gentleman – through Michael – and that question is: the ego, the 'I', the sense of

individual – can that also apply in groups? Are there group egos?

The Persian Gentleman: I, as you know, am part of a soul group and we have spoken to Michael at length about soul groups for many years now. Tony, you are quite right, in that the ego can expand in terms of what needs to be accomplished by a group of spirits outwards from the individual ego to the group ego. But no matter what you are employed in doing spiritually – whether it is as an individual or as part of a soul group – you always retain your individual ego. I have to state that **at no point do you ever lose the individual ego**. You are not going to be absorbed into cosmic consciousness, which is sometimes stated as a fact in spiritual literature and in certain so-called spiritual circles. That is not the case!

You are a facet of God and you have been given the opportunity to present your own perspective on the universe, on creation, on spirituality and on God. And you are connected to God always because you are part of God. But you bring back to God constantly, through your changing experiences, a unique point of view. That unique point of view is never destroyed, is never absorbed. It is communicated to the rest of Creation; it is available to the rest of Creation; but it is always your viewpoint and your individuality and so **you contribute uniquely to the universe and to Creation**.

And I'd like to conclude by saying that that is something I wish to get across to everyone listening to this. You might feel diminished today; you might feel tired or world-weary or that you don't matter today. That is completely wrong! **You do matter!** You are a unique perspective of the universe; you are a unique perspective of God; and you have a purpose that is equal to the purpose of every other soul and every other aspect of Creation. You are equally important and you are a vital part of the 'jigsaw puzzle'. Without your individuality, without your contribution to Creation and to consciousness, the universe could not function and would not be the same.

Tony: Wow PG! Thank you so much for coming through here today to explain in such clarity exactly what the ego is.

The Persian Gentleman: I would say briefly that, as Michael and Tony know, there is far more information on this subject and far more information on a variety of spiritual subjects that we have brought through over the years; and that if you are interested in listening to my ego to a greater extent, then you will find that information in the *Joseph Communications* books, on the YouTube channel and on various other platforms where we've spoken in the past and will continue to do so in the future.

So, thank you for the opportunity to speak. My ego bows to you, and enjoy your true ego ...**examine your true ego and enhance your lives as a result of doing so.**

Time Out for Something Spiritual: QUIET ...with Surprise Special Guest

Notes: *This is a transcription of a podcast that was recorded in March 2024 in which the Persian Gentleman made a surprise appearance to speak about the topic. The transcription has been slightly edited in order to put the words of the Persian Gentleman in the first person for simplicity of reading (as opposed to Michael having to keep saying, 'And he says that... etc').*

Tony: I think Michael and the Persian Gentleman are going to talk today about quiet. Michael, what is quiet?

Michael: Well, I'll have to hand over to PG, as we call him ...and he says that he wants to emphasise how difficult it is to establish communication between his vibration and our vibration on Earth. It is sometimes looked upon as something that must be easy ...and why does it not happen more often?

The Persian Gentleman: It doesn't happen more often because we have to break through (from our perspective) a cacophony of noise. And that cacophony of noise exists around the world but it also exists around most human beings. If you consider your focus of consciousness on a daily basis, how often is that focus on your

phones, your computers, your televisions, what someone else is saying, what is happening in the world? There is so much static, so much noise.

And we see from many spiritual seekers a need to connect to us and, yet, those spiritual seekers will not take the time to shut out that static, to shut out that noise. How can you listen to us, how can we get through to you through a barrier of noise and physical input?

What you are seeking is spiritual input and there is no way around this because many spiritual seekers say: 'I don't want to become quiet. Oh, I can't do it! I can't sit there in the quiet for a couple of minutes.'

Then you can't connect to us.

It is not that we won't connect to you. You can't connect to us because you have to calm down your consciousness. You have to push away the things of the Earth for a time each day to allow the things from higher vibrations permission to come in – to open that door. You have to quieten down that racket. It doesn't matter for ten or fifteen minutes what is happening on your phone ...it doesn't matter what you are missing on your computer ...it doesn't matter what you want to catch on the television ...it

doesn't matter what you want to say to someone else or have them say to you.

You have to create that void.

Isn't there the saying that nature abhors a vacuum? You create the vacuum ...and in come higher vibrations ...in comes higher knowledge ...in comes information that will transform your life ...and in comes the vibration that connects to you, connects you to higher states of being and strengthens that connection so that the more often you do it – the more you become used to recognising that we are with you. And we are eager, willing and able to talk to you and pour in information, from our perspective, that will change your life and enhance your life and allow you to understand more about – well, life, the universe and everything!

Quiet is a vital state.

In seeking quiet you will realise how addicted you are to the things of the Earth ...and it is an addiction. You will also see that many souls are frightened of the quiet. They cannot countenance being alone for a time with their own thoughts. How can you understand yourself if you are frightened of your own thoughts? How can you understand yourself if you are frightened of what might come into your mind, should you seek silence?

Silence is bliss. Silence is restorative.

In silence and in quiet moments your body is restored to health; your mind is

restored to equilibrium and balance; and you are connected to vibrations that can nourish, guide and uplift you. And so, with many of the things that you seek solutions to on a physical level only (for example, when something is wrong), it never occurs to many souls to seek spiritual-light input to put things right. In many instances, first you should seek the advice, upliftment and regenerative qualities of the spiritual vibrations that are available to you in periods of silence.

I am not saying that you should not seek the advice, help and facilities that are available to you on an earthly level, but remember that those only link to the physical aspects of yourself and that you are first and foremost a spirit, and that if you seek an answer first and foremost spiritually, then the direction that you need to take on Earth will be given to you and many of the energies that you need to restore yourself to health, to a state of mental wellbeing, to a position where you know exactly what to do in any given situation ...all those things will be made available to you in the quiet.

So, I would say it is vitally important for each soul on Earth, particularly those who are seeking spiritually, to become quiet for... only a short time each day, to dedicate ten or fifteen minutes to the pursuit of spiritual input, to the pursuit of spiritual understanding and to the necessary silence

that restores you ...that uplifts you ...that heals you ...that guides you ...that points you in the right direction ...and that, very importantly, connects you to the God that is within you and connects you to us and the information that we can give to you during those periods of silence.

Tony: Thank you, PG. I just wonder whether there are things that we as human beings can be doing on a daily basis. I know you mentioned putting ten minutes aside but could we sort of make (because it is an addiction, as you said) could we make a deal with ourselves that we turn the telly off perhaps for an hour where we would normally have it on, or half an hour where we turn our telephone off, where we build into our routine, if you like, something that is going to start the process of reducing the addictive power?

The Persian Gentleman: That is an excellent idea, Tony, and it also begins the discipline of bringing that into your life on a regular basis. And I have to stress again that the reason many people don't do that, is because of an addiction to the constant buzz of earthly life ...but also an addiction to the fear of what might happen if they become silent.

...And what happens when they become silent is far more beneficial than constant connection to input from earthly devices.

There is nothing to be afraid of. There is far more to be afraid of on Earth and from earthly society and perspectives than there is from spending some time discovering who you are, understanding who you are and connecting to vibrations that will allow you not only to enhance your own life but to become a carrier and transmitter of the spiritual Light that is available via your heart that enhances you and brings into this world spiritual common sense and spiritual change that negates the violence, corruption, power seeking and greed of this world.

So, you become gradually, through becoming silent, a beacon that steers yourself and a beacon that steers others. And isn't that what is needed at this time?

Tony: It certainly is. So, it is basically overcoming the addiction (as the opposite of quiet) which is the noise and the speed with which everybody wants to do everything.

The Persian Gentleman: Slowing everything down ...you are not slowing everything down – you are slowing down the speed of the Earth and you are tuning into the harmonious rate of vibration that exists outside the illusion of earthly life.

Time Out for Something Spiritual: Head-mind, Heart-mind ...with the Persian Gentleman

Notes: This is a transcription of one of the four podcasts recorded in March 2024 during which the Persian Gentleman made a surprise appearance to speak on the chosen topics.

Tony: Today we have a subject: head-mind, heart-mind.

Michael: Head-mind, heart-mind, Tony, yes. And once again, I've got to hand over to the Persian Gentleman...

The Persian Gentleman: It may startle the listener to discover that they have two minds; and the mind they have perhaps used thus far in their lives is *not* the one that brings them the most benefit, because the *most important mind* they have is not located in their head at all ...it is located within their heart.

The mind that is within the heart is the *spiritual* mind – whereas the mind that is in the head is the connection to physicality only; is the connection to survival mode only; and is the 'chatterer within the skull' that seeks only to survive and to protect the individual on a physical level. So, it is constantly pointing out perceived danger, perceived threat, perceived insecurities, and feeds back thoughts to its owner based solely on those things. **It is not able to make**

the leap from physical thinking to spiritual thinking. It is a closed system; it is a broken connection; it is a short circuit.

Whereas the mind that is in the heart is the mind that is constantly and forever connected to Divinity; constantly and forever connected to higher vibrations; and constantly and forever is a two-way flow of information – in that the mind in the heart brings back to the Godhead information from you as an individual but also brings information from the Godhead to you – so provides you with an enhanced intelligence and an ability in all situations to make the right decision and to see the way forwards clearly.

And that is a very short connection to a very vast subject, but I wish to make that distinction today because you are able to access the heart-mind ...but, in order to access the heart-mind, you have to first of all understand that it exists.

How do you access the heart-mind?

In your quiet times (and we have discussed 'quiet' in a recent podcast) you visualise your consciousness, perhaps as a ball of white Light, travelling down from your head, in your imagination, to your heart. **You relocate your seat of**

consciousness – for the time of your silence, of your ‘quiet’ – **from the head into the heart.** Imagine that your consciousness is entering a lift, for example, and that your consciousness walks out of your skull into a lift at the back of your skull and that the doors shut ...and that lift then descends from your head down your body into the region of your heart ...and then the doors open and your consciousness steps out as a ball of Light into the heart region. **It has relocated itself from the head into the heart.**

And then what do you do?

You become quiet again and you *listen* and you appreciate the sensations that come to you from your heart. You appreciate the richness of silence that you experience from your heart. And you appreciate, as you do this on a regular basis, the impressions that come from your heart, and you’ll be given directions via your heart regarding the situations that are unfolding in your life.

And if you *heed* those directions, you will find that they are correct and you will build up, bit by bit and day by day, a reliance on the information that comes to you from your heart-mind. You will begin to understand that you can *trust* that information – that you are your own soothsayer, your own guide, and that whatever you take in consciousness into your heart-mind will then lead to a perspective on those circumstances being

given to you – and always the *correct* perspective – so that eventually, rather than relying (as you perhaps have done thus far in your life) on outside circumstances to determine what you should do next in your life, you will take all the situations in your life into your heart-centre, and receive information from the heart-centre that will give you a sure and solid way forwards that you can always rely on and that will never let you down.

Again, a vast subject but I wanted to coalesce that into the fact that you have two minds, that there is a different mindset available to you and that different mindset from the heart will bring you peace ...will bring you inspiration ...will bring you upliftment ...will bring you healing energies ...will bring you foresight in situations so that you will know what to do, what to say to people and how to move forwards in all aspects of your life. **And that is power.** Isn’t that amazing power that has been given to you simply by shifting your consciousness?

At the end of your period of connecting to your heart-mind, you take that lift back, you move that ball of consciousness back into the lift in your heart region and see that lift travelling up in your imagination back to your head-mind. The doors open and you reseat your consciousness back in your head-mind so that you can deal with the physical and mental circumstances that come to you on any given day.

But, as a result of visiting the heart-mind, you will irradiate the head-mind too with the vibrations and the Light from the heart-mind so that you will begin to make decisions from the head in a different way, in an illuminated way, in a way that is infused with the wisdom of the heart-mind.

Tony: I think it is like exercising a muscle, isn't it? It is like learning a new subject; it is like going on to take your A-levels in that you are focussing differently than what you are used to focussing. You are used to the head-mind and this is taking practice and learning to move that consciousness down to the heart-centre.

The Persian Gentleman: Yes! It is also, first of all, *considering* that there is a different mindset open to you. And you find that initially your head-mind will say: 'Rubbish! Nonsense! *There is only me. I am the one that influences you. I am the one that tells you what you should do in any given situation.*' No, the head-mind isn't. The head-mind protects itself and seeks to protect you on a physical level.

So, please, consider my words and consider in the quiet (again, we are back to the quiet) that there is a different approach to your life and there is an enhanced consciousness available to you. Many spiritual seekers ask the question: 'How do I proceed? How do I open myself up to spiritual values and spiritual information?'

The first step is to acknowledge that you *can* shift your consciousness; that there is another consciousness available to you (that is also you) and via that consciousness via the heart-mind, the so-called 'mysteries' of the spiritual worlds will open themselves up to you and you will begin to understand and have access to them.

Tony: I think also life will get better for the individual.

The Persian Gentleman: Absolutely! Because you are bringing through more harmonious vibrations into your physical body, into your physical mind, into your aura and into every situation that surrounds you and infuses you on Earth.

Tony: I have heard many times people say life feels like walking through treacle [*laughing*] and the answer to that is: stop walking through treacle – change direction!

The Persian Gentleman: Yes, you don't have to walk through treacle – you can walk through a bed of beautiful blooms, as an alternative. You *can* turn your life around **and there is no situation that cannot be enhanced by taking that situation *inside* – rather than seeking the answers *outside*.** And once you connect, via the heart-centre, then you infuse every aspect of your life with a higher, more subtle, more harmonious vibration that benefits you and the lives that you touch.

Tony: P.G. thank you so much for your clarity here today; and Michael, thank you for donating your body to allow this to happen. I think we have come to a natural end of that subject. **Michael:** P.G. says that he likes to always infuse humour into what he is saying, and so, he says you can call

this: '*One from the heart*'. He is smiling and says: My heart goes out to every listener to this podcast and my desire is for every listener to become more as a result of this information being given to them'.

Time Out for Something Spiritual: Hierarchy ...with the Persian Gentleman

Notes: This is a transcription of one of the four podcasts recorded in March 2024 during which the Persian Gentleman made a surprise appearance to speak on the chosen topics.

Tony: It looks like Michael has been joined again by the Persian Gentleman. I do know that the title of the talk today is *Hierarchy* and so I am going to hand over now to Michael.

Michael: Yes, I've got to get myself out of the way again, Tony; and the Persian Gentleman is saying that he loves to explode and deconstruct myths – he loves nothing more because it amuses him. And he says that, in talking of spiritual hierarchy, he has to focus on the need for the human mind to *quantify* things.

The Persian Gentleman: The human mind likes to put things into groups in terms of numbers and to attribute mysticism to certain numbers. And so you will see in a lot of areas that a certain number of dimensions, for example, are spoken about with regard to the spiritual realms; or a certain number of 'councils' and meetings of particular spirits; or an elevated status attributed to spirits who have reached a

certain point in their evolution ...and, from our point of view, all this means *nothing*.

Now that is shocking, isn't it? *It all means nothing* because I have to begin this short talk by saying that **we are all created as equal facets of God**. And, yes, spirits are on different levels of understanding (just as spirits on Earth within a physical body are on different levels of understanding) but at core we are all equal.

So, I am on a different level of understanding than Michael and Tony, but that doesn't mean that I am in any way greater than Michael and Tony or have ascended into a different hierarchy and am proud of that. I am an equal spirit, an equal facet of God to Michael and Tony and to each of you listening to this podcast. And, yes, there are groups of spirits that work together to determine the path that a spirit will take once it incarnates on Earth [*reference to the Lords of Karma*]. There has to be that order; there has to be that input to ensure that certain signposts are met in the lives of each spirit in order that that spirit might grow, advance and become more spiritually aware. But those groups of spirits do not regard themselves in any way as

being greater than the lives that they are put in charge of temporarily.

There are spirits that visit *us* on our level of consciousness from higher levels of consciousness ...and there are spirits that visit *them* ...and then there are angelic beings (and that is a whole different discussion).

But, again, whether *I am* talking to an angel or to someone from my group, or whether *you are* seeking to connect with higher vibrations – the *vibrations* are higher but the spirits are only ‘higher’ in that they have reached a certain point of understanding that is not yet available to you but which they are seeking to *make* available.

So, yes, there are meetings ...yes, there are decisions made ...yes, there are different levels of being, but those spirits never come through to connect to souls on Earth to say, ‘I am this. I am that.’ The only ‘I am’ that they are interested in is the **I AM** from the centre, which is: ‘I am God and so are you.’

So, let that be a *protection* for you.

If you are seeking spiritually, if you are mediumistic, if you are able to see spirits – if those spirits come through with an attitude that they are greater than you, that they are someone who can take charge of your life and that they are someone you should follow – **run away in the opposite direction** because they are not coming from

the right place. And I want to refer to Michael’s experience, in that for the decades he has worked with us (a spiritual group that he recognises and sees as beings of Light) never *once* have any of those spirits said, ‘I am greater than you,’ ...never *once* have any of those spirits said, ‘I am taking charge,’ ...never *once* have any of those spirits said, ‘Follow me,’ ...never *once* have any of those spirits hinted at a hierarchy whereby they are higher than Michael or anyone on Earth. If they were to do so, they would not be a part of our group.

And the angelic beings that come through (and Michael has seen and spoken to angels on occasion) never did the angel say: ‘I am a great angel coming through to communicate with you.’ What they *do* say is: ‘There is a great *message* that I wish to communicate to you, and that great message is of benefit to you in your unfolding journey of becoming more than you are at the moment.’

So, hierarchy is something that the human mind imposes on states of being because it is used to hierarchy on Earth. You are used to looking at yourselves from the perspective of ‘I am *this* but I am not *that*.’ That imposition of hierarchy does not apply in spiritual actuality – **it is a myth.**

We are all one. We are all equal. Our *understanding* is not equal, but that is simply because some of us are in a

position where we have not yet learned things that other spirits can teach to us.

And, I have to conclude this by saying that the ultimate hierarchy, you would suppose, is that God is greater than the individual. And, again, that is a myth because **God and the individual are the same thing**. So, the individual has the equal importance of the Whole, and the Whole has the equal importance of the individual.

It gives me great pleasure to sweep away that misconception that many souls have because they have been told that there are various hierarchies, various organisations and various spirits that will address themselves as *this* and *that*.

No, if a spirit wishes to elevate you and is coming from the right perspective of advanced spiritual knowledge, then all that spirit seeks to do is impart that knowledge. It is not about the ego! It is about the information; it is about the Love that can be

transmitted; and it is about the wish for everyone on this planet to elevate themselves back into spiritual consciousness and to leave behind the negative aspects of society and of your world at present.

Tony: PG, thank you so much for that. Am I right in saying that our physical minds love the complexity and create an impression of the spiritual realms as a hierarchy because that's what we are living out on Earth at the moment?

The Persian Gentleman: Yes, you project that onto what is to come. When you investigate what is to come and understand what is to come, that perspective falls away. It is no longer necessary.

Tony: PG, thank you very much indeed.

Time Out for Something Spiritual: Talking with Angels...

Notes: This is a transcription of the podcast recorded by Michael and Tony in April 2025.

Tony: Welcome to *Time Out for Something Spiritual* and today I was wondering what can you tell us about talking with angels.

Michael: Well, I had something in mind to say about angels, Tony, but I have a surprise for you and, hopefully, for the listeners in that, as we were preparing to record this Podcast, an angel appeared next to me – so there is no better way to describe an angel than to have one standing right next to me.

Tony: Wow!

Michael: So, next to us in this room at the moment is a very tall, luminous being and there is a great feeling of *peace* with this spirit. Although the spirit is not talking to me directly in words, I know it is **this peace that the angel wants to share with everyone who listens to this Podcast.**

Now, the peace that you experience when you connect with an angelic being chases away all the absurdities and chaos of this world. It cuts through the lower vibrations like a knife and replaces them with

something that is very difficult to describe ...it is a vibration that reaches into your heart and reminds you that you are a spirit being yourself and that you are a part of something far greater than the illusion of the Earth Plane.

Tony: Michael, I don't see psychically as you do but I can feel that peace. Is that something that perhaps the listeners could be aware of – that they might be all of a sudden in the presence of an angel just from the sensation that they are having at that particular time?

Michael: Yes, and I think it is important for us to stress that this connection this morning is not unique to us and that **every soul on Earth has a connection to angelic beings and has a connection to guidance from higher vibrations.** Many people today feel alone and isolated, but that *in spiritual reality* is not the case with them because they are surrounded by and interact with angelic beings on a core-level.

I think we also have to reveal that one of the key themes of the *Joseph Communications* books that we brought through from an advanced soul group concerned about the future of humanity is that **we – each of us – is at core an angelic**

being. So, the only difference between the soul stood next to me right now and you, the listener, is that you have become enfolded in heavier vibrations during your time on Earth and cannot remember who you really are, and that each of us on Earth is an angelic being heading back to angelic consciousness.

So, the being that I am looking at now is who we really are and will be again one day ...and I think that is something we can be very happy and rejoice about.

Before we close, I must describe the being who is stood next to me. The angel is tall. The angel is wearing 'Light' – if I can approximate how they look – they are clothed in Light. There is a white Light streaming out from this being from head to foot and there is a love-energy radiating from this being as well ...a love for all things ...a love that is without judgement ...a love that touches all aspects of Creation. There is also a joy with this being that registers as a vibration emanating from the angel – a joy not in existence but a joy in being. ...a joy in fulfilling what they were created to be, and a wish to express that joy to us and to say...

Angel: "One day you will experience that joy. You can do *here* but the Earth has become a very polluted planet vibrationally but once free of those vibrations (*and you can be free of them whilst still being on Earth by connecting to Divinity and connecting to the angelic host*) you too will experience that joy, which is so sorely missing from humanity at this point but is the **natural** state of being of facets of God – of which I am one, you are two [*i.e. Michael and Tony*] and each soul on Earth is also a facet of the Divine. And, if I could impress something on each listener today it is that fact. **You are a facet of the Divine; you are a being created to live in joy and to explore and to evolve; and you are a powerful node for love and peace and harmony, which you can stream into the world.** I invite you to do so and I will be by your side and my brothers and sisters will be by your side every time you do this."

Tony: Michael, that was so beautiful. I don't think there is anything else to say and I think we should finish on that wonderful note.

Michael: Yes, indeed.

Time Out for Something Spiritual: Illness ...Lack of Flow

Notes: This is a transcription of the podcast recorded by Michael and Tony in April 2025.

Tony: Michael, we have the subject today which is: Illness – Lack of Flow. What do you mean by *lack of flow*?

Michael: Well, during the last Podcast we recorded, we had an angelic visitor ...and we still have! So, rather than me speaking about 'lack of flow', I am going to hand over – in that I am going to connect with our angelic visitor who wishes to explain that...

Angel: We have our being (both angelic visitors and human beings) because we are part of Divine-energy. We have within ourselves, a vortex of Divine-energy; and just as the Divine pulses out energy into the physical universe, we have a similar mechanism within us (spiritually-speaking) that pulses out Divine-energy throughout our body.

Now, in the normal course of things, that energy reaches every area of the body and maintains every area of the body in a perfect state. But, unfortunately, with souls visiting the Earth at this present time, **that flow of energy can be interrupted by beliefs** ...by a soul believing that it is inferior ...by believing that it is weak ...by believing

that it is ill ...by believing that it is attacked by others ...by believing that it is not worthy. And all these frames of mind create *blockages* within the flow in certain areas of the body. And those blockages (whether it is realised or not) always correspond to an area of the body that is connected to the thinking.

In other words, if there is a problem with the breathing ...with feeling that '*I cannot take in enough energy*' – the lungs are affected. If '*I am not going anywhere in life*' – the legs are affected, and so on and so on. **It is always a reflection of a blockage of that Divine-energy.**

In order to reinstate the flow perfectly, a soul on Earth has to remind itself of what it really is – a facet of God. And, **as a facet of God, it cannot be ill.**

I repeat: **it cannot be ill!**

So, there will be symptoms, yes. There will be treatments, yes. But the real ability to relieve illness lies in the re-establishing of the understanding that **each soul is a facet of God and, as such, receives a Divine-flow of energy every second that it exists.**

Time needs to be spent each day, if only for a few minutes, but I would recommend around ten to fifteen minutes concentrating

on, imagining, **seeing oneself as being perfect** ...and being perfect because one is receiving these rays of high-vibrational intent, love and perfection from Divine-source. And to see oneself being infused with that perfection, and that perfection flowing like blood in the veins through every aspect of the body to maintain that body in perfect condition, perfect health and in a perfect state of energy.

Michael: I am being shown a radiation of Light through and from and expanding outwards from this angelic visitor, as a demonstration of the energy that each of us really possesses within us and really flows through us. And, I can see this scintillating gold and white pulsating energy, and the angelic being is saying...

Angel: This is my being. This is what I am. I am Divine-energy. How can I be otherwise than completely healthy and completely happy with this being donated to me and flowing through me every second that I exist?

That energy is with you now ...whether you feel it or not ...whether you are depressed or uplifted ...whether you feel ill or you feel healthy. That energy is with you. It is simply a matter of acknowledging it, reconnecting to the knowledge that you are part of God and allowing that God-energy to manifest itself and to be uppermost in your mind, rather than the dictates of the Earth – in other words, the vibrations of the Earth

telling you that you are less than perfect, telling you that you are ill, telling you that you have a need.

Your only *need* is to accept that you are part of the Divine and allow that Divine-flow to flow through you. It will sweep away anything that is negative in your life; it will sweep away anything that manifests itself as illness in your life; and it will reinstate in your heart and in your mind a state of peace and happiness, excitement at the future and contentment.

What I am trying to show to you, although you cannot see me, is the perfection that is yours by Divine-heritage. And, if you concentrate on that for a time each day, then my brothers and sisters will join you and we will help in uplifting you and reinstating that energy-flow within you.

[Pause]

Tony: Wow! Michael, are you back now?

Michael: Not really, Tony. As you know it will take me some time. We have had an unexpected turn of events today, haven't we?

Tony: Yes, this a real bonus and I don't feel it is appropriate for me to say anything when we get a transmission like that. I think we close it down, Michael, as there is nothing more to say.

Michael: Yes, and to leave you with the image of this great shining being that loves you, that loves life, that loves being an expression of the Divine, and wishes you to love your life, to love each other and to love,

once again, being an expression of the Divine too.

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