

Chapter 1 The Child Within

From the book 'Mind Waves': Chapter 29

To be happy, one can never afford to lose the child within. A child is innocent and has faith, and allows things to happen. It has no critical faculty, and the negative thoughts that close the mind do not exist.

A child has not yet let go of the energy dimension from whence it came. It cries for the beauty and the silence that it has lost by electing to return to this gross materialistic world, and it sheds tears for those unhappy people who spend their lives trying to shatter dreams by forcing others to face *their* reality.

Reality? These people have no idea what that is. The world the child has left is reality. This planet is the dream-state, the nightmare that one cannot escape until it is time for us to awake.

As the child grows, it has to be taught how to survive - the human way; their instinctive knowledge of survival is suppressed.

There is nothing as spontaneous as a child's laughter. So many adults have forgotten how to laugh.

Children believe in fairies, gnomes, goblins, and Father Christmas. Older children, who are gradually losing their reality, do not hesitate in trying to take their beliefs away from them. Their own lives have been spoilt by being plunged into this material world too early, and they resent having lost the child within. Their magic having been torn from them, they cease to believe in themselves and lose confidence.

They do not know what they can achieve. Ask them to reach for the stars, and they laugh. They do not understand that stardom is in each and every one of us. We simply have to know, without doubt, that it is there.

We are all born with talent, and it takes the child within to find and nurture it.

The kind of stardom that I am writing about is not that of show business, but in the achievements of the soul, of finding ourselves and being committed to truth and one's destiny.

There are millions of people all over the world who have lost the child within because they have suffered poverty, disease or violence. Let those of us who have been able to retain it help them with our love, energy, and commitment.

Let us also open the eyes of those near us, so that they can understand and appreciate the **true** reality and bring back the child within them - to allow things to happen.

Above all, help them to understand that minds from other dimensions are waiting to help. To be able to listen to audible silence and receive telepathic messages for ourselves is the ultimate achievement.

To be able to glimpse reality only once in a lifetime is enough - it is never forgotten. Once you have this key, you have the key to the child within. Don't ever lose it.

Chapter 2 Energy

From the book 'A Mind of Your Own': Chapter 56
Energy is Eternal Delight.

William Blake
1757 - 1827

My ability to study energies clairvoyantly has given me an insight into the minds of all living things.

We are energy beings first and foremost. Without our energy counterpart of the physical body, we would not be here at this moment. But stress causes energy blockages in the physical system causing distress and disease.

Do not underestimate the power of the mind. It is the mind that first of all gives birth to the thought - both positive and negative. It created the atom bomb, and has been the cause of all the destructive elements around the world. That is the negative side. The positive side is that it also creates the beautiful things in the world. It is the creator of great art and counteracts the negative energies which would otherwise take over the world. It makes waves - waves of love, compassion and understanding - and it heals.

***Visualisation:* You have been made aware that a relative living abroad has become very ill. As you have not spoken for many years you feel unable to write or phone. However, you know the power of positive thought and send loving thoughts to the patient. Every day, at the same hour, your love is formed by thought and sent along the energy network that surrounds the globe to reach its destination.**

Three weeks have passed and you begin to wonder whether your healing thoughts reached their destination. Then you receive a letter from the patient, which says, 'I know that we have not spoken for some time, but every day I can see you face, smiling at me. I wonder why? Although I have been quite ill, the doctor has been amazed at my rapid recovery. My illness has made me aware of how stupid it is

for us not to be friends. Please write.'

Why not try giving healing to someone in need and make use of the incredible energies that surround us and give us life.

Affirmation: Energy is life. Life is fantastic.

Chapter 3 Hints For A Happy Life

From the book 'Mind Magic': Chapter 9

*How happy is he born and taught
That serveth not another's will
Whose armour is his honest thought
And simple truth his utmost skill*

*Sir Henry Wotton (1568 - 1639),
The Character of a Happy Life*

In the first part of this book (Mind Magic) I have been teaching you the technique of healing yourself and others through the magic principle of **MIND ENERGY**. But healing is not concerned with the needs of the body alone. It is also concerned with peace of mind. What is the point of being 100 per cent physically fit if the spirit is restless, dissatisfied and disturbed, if you are nasty to other people and a nuisance to yourself? In offices, railway carriages, wherever people are jammed together, you only have to look around you and listen to the conversations to realize that half the world is fed up with itself. How sad - and how much sadder when

anger, grumbling and discontent penetrate, as all too often they do, into the one place where harmony and good fellowship should reign - that is, the home. Here is negativity on the rampage, negativity at its most lethally destructive.

Escape from it while you can!

This next section is concerned with teaching you how to live so that you can continue the work of expanding your mind energy by expelling the poison of negativity forever and enthroning the positive in its place. But such an achievement will not be brought about in a day. Nor will all of us accomplish it at the same speed. For just as we are all born with different legacies from the past, in the form of our temperaments, surroundings and family influences. In other words, each of us has a different hand of cards to play. We call that our fate. But what is fate?

FATE

Ninety per cent of the population have no idea what fate means. When something bad befalls us we say: 'What have I done to deserve this?' Unless your understanding is better than this, you will always blame someone or something else, never yourself, and call it 'fate'! So I will make the explanation easy for you.

F-A-T-E : From Another Time Extracted

All the good and bad things we have done, both in this life and in our previous existences - for remember, the mind is everlasting because energy is indestructible - have to be paid for in the end. What you give out will come back tenfold and more. In a past life you may have been a saint, but in this life, perhaps because of the circumstances of your birth, you are a criminal - or just a creep! Yet others envy your material assets, your luxurious life style. They say: 'Why should such an appalling person be entitled to such a good deal?' What that person has done is to reap the rewards of a good life the last time around. That, precisely, is **FATE** -

From **Another Time Extracted!** That, and no more. So it is up to such a person to mend his or her bad ways now. Otherwise the universal computer will get to work and in a future existence you will be back to square one.

Remember, in your life or loves, past, present and to come, whatever you give out you will get back. There is true justice in this. It is the law of the universe and there is no hiding from it for any of us. I have seen good and bad deeds return in the space of a few days, or at other times, in a few years. There is no special time scale for retribution and rewards, only lessons for us to learn when the time is right for us to receive them. That is why we should take steps to moderate our excesses and errors.

So-called 'saintly' behaviour is boring: we are given our lives to enjoy. But the other side of the coin is also boring, with its lack of compassion and spirituality. It can also manifest unbelievable cruelty both mental and physical. Walking the middle path will give us a happy, normal life - no small achievement in itself. If we can notch up extra points for compassion and spirituality, well and good, but only if our feelings are genuine and from the heart. All things are known. You may not be scoring as many points as you think.

INHERITANCE

Affecting us also, but in a rather more obvious way, is our ancestry. All of us suffer, or benefit as the case may be, from the way in which our ancestors, grandparents and parents lived. We have inherited their genes, and the health or otherwise of our genetic structure is passed down to us from them and is outside our control. What they did to their bodies directly affects ours, and what we do to ours will affect those of our children. If anyone gets it wrong, abnormalities and diseases multiply all along the line, and these will show up earlier and earlier in young lives. Conversely, if we turn our behaviour around we can arrest the downward spiral, our children will be born fitter, and their genetic structure will be altered for the

better this time. If we behave well, that is another way of saying that we are using our mind energy well; if badly, then the reverse. It is never too late, but the greatest blessing we can confer on our children is to train them properly from birth. Before they can speak they can feel and therefore automatically will already be picking up vibrations from their parents' energy counterparts and minds.

SPIRITUALITY

What you achieve with your body and your mind depends on you, and the result is your spirituality - so don't let that high-sounding word throw you. So many people associate it exclusively with religion in the narrow sense. That is not correct. To be spiritual is to be part of the universal energy. Whether you combine religion and spirituality is up to you.

Spirituality means 'pertaining to the spirit'; spirit is essence; essence is energy. That is the best explanation.

What we must never forget is that however we play with words, when it comes to leading our lives we have freedom of thought, word, and deed. That is, we have choice, and the responsibility for the choices we make is ours and ours alone.

But what are we to do to make sure we are in a position to make our choices positively and well? The answer, once more, is, by expanding our mind energy. There are all sorts of common-sense ways in which we can do this and the rest of this chapter, and the next, will be aimed at suggesting some of those which I think are the most important, and the attitudes without which we cannot expect to get by. And first, a virtue which is welcome everywhere and always - humour.

HUMOUR

Having a sense of humour is one of the greatest gifts that can be bestowed on us. Without humour life is a nightmare. The ability to make people

laugh makes you automatically a member of the healing league, for it is the greatest healer of all.

I have this ability and have used it all my life, but especially in my healing practice.

No matter how ill my patients may be, I know if I can make them smile there is more chance of a cure. If I can make them laugh, that's even more of a bonus.

Laughter releases pent-up emotion. By dislodging congestive energies it takes the pressure off the major organs, allows the body to function and can instantly cure malfunction. Negativity and despair fly out the window. Colours are brighter, even the weather in England becomes tolerable! It can even restrain you from polishing off your children, your spouse and your pets, in that order. It can't be bad!

For that reason, comedians are among the greatest healers of all. I have studied the auras of the audiences in theatres and the effect comedians have on them is absolutely magnificent.

Before the performance begins the energies are normal; our energy line, when we are reasonably healthy, is about one to one and half inches around the body. as I have said. During the performance, especially if the comedian is good, the energies are sparkling with colour and life and blending one with another, until the theatre or hall is filled with energy (usually blue, I find!) - a sea of energy that helps also to stimulate the performer, for we all draw from each other.

The reason for this, as I have also explained earlier (see Chapter Two/ Mind Magic), is that the chakras, those rotating vortices of energy, are being stimulated. The life force we draw in dislodges negative congestion within the body, thus enabling the energies to flow and expand.

All artists, not only comedians, but opera singers and all other performers,

feel this sea of energy when the audience is with them. It creates total rapport. They also fail miserably when the audience is against them because of anger, boredom or just plain lack of interest will cause the congestive energies to block even more and thus prevent the vortices from drawing in life force to stimulate the energy system. So the auras fail to expand and there is no linking up. Without the sea of energy the artist cannot be stimulated and 'dies', as stage parlance has it. In other words, the performance is always very much below par and on occasion a total disaster.

We desperately need both our own humour and the humour of others. Without it we become isolated and our health deteriorates mentally as well as physically.

Laughter is the beginning of all healing. Everyone feels the better for having had a good laugh. If you find that laughter has gone from your life, you must make every effort to bring it back in again, even if that means seeking out the company of people you don't especially like but who, for some reason, make you laugh. Buy videos that make you laugh. Watching them will be as good as a real healing session!

SEEKING KNOWLEDGE

Now here is another and most valuable way of expanding your mind energy by disciplining your mind. For remember, as I have said: **an undisciplined mind will always be the servant of a disciplined mind.**

The subject matter you choose is not important. What is important is to spend some time each day taking the pressure away from the physical body and linking up to the Universal Mind, that vast sea of information that can be tapped merely by concentration. If you study your subject well you will find this linking up becoming easier and easier as the months go by. Moreover, by spending a certain amount of your time day-dreaming (yes, day-dreaming!) about your subject your intuition will become second to none.

If you find studying difficult, start by timing yourself and switch off after ten minutes. Do not allow yourself any more time that day. You will find after a few days that because your time is limited you'll be anxious not to want to waste a moment of it. Then you will want to extend the limit to fifteen minutes and so on until your interest has been stimulated to such a degree that you will be reluctant to finish at all, and will wish your studies could continue indefinitely. And while all this is happening, one remarkable change will have taken place. You will discover that you have not had time to think about yourself at all!

Studying for long periods may make you feel tired. What it will not do is to make you feel bored and negative. That is the biggest bonus of all.

Are you one of those who feel discouraged and disappointed because you lack what is known as 'a good education'? If so, I sympathize - I started like that myself. But I can tell you, it's never too late, there are always opportunities, and besides, though higher education and a university degree are a wonderful advantage for some, they are by no means the best thing for everybody. Being 'clever' is not the same as being intelligent or even sensible. Some really brainy people are exceptionally silly, some too are exceptionally unreceptive to unfamiliar ideas, and there are loads of men and women with good academic degrees who, as the saying goes, couldn't even run a wheel stall!

As I described in ***Mind to Mind***, I grew up during the Second World War. I had a rough time of it - in fact, for over a year, I was half starved. No chance for me of a degree from Oxford or Cambridge! So I have had to teach myself, and I have thoroughly enjoyed doing so.

I have been a bookworm all my life, and everything I read and everything I learn means something to me. Jung, Laurens van de Post and Bertrand Russell are three authors from whom I have learned to write with simplicity.

Perhaps you are young, still in your teens or only just out of them, and perhaps your school results were not as good as they might have been, either because you were a bit of a late developer, or because you had troubles at home - or because you were being a rebel! Again, don't worry. Just pick up the bits, get on with things, and be positive. About this vital positivity you will find more in the next chapter (Mind Magic).

If you are unhappy at work or in your private life, give thought to the situation but do not worry about it. Turn your mind to other things. Again by reversing the mind energy you cause the brain and body to react and are able to tackle your problems in a more relaxed way.

There is an answer to every problem but very often we have to wait some time before we can see the wood for the trees. By worrying and causing pressure to build up on the brain we merely cloud the issue. But controlling our mind energy is the way to control our life.

GETTING BACK TO NATURE

Next I come to a subject very close to my own heart. No matter what our occupations may be, getting back to nature is an essential step towards health. We all need spiritual sustenance and to deny ourselves this leads to mental and physical illness.

To be able to look into the distance, expand your mind energy and become aware of the link-up with other energy fields gives you an incredible boost. Again, you have this wonderful feeling of release and letting go of tension.

If you are unable to get out of your house through illness, or escape for whatever reason from a congested urban area, don't despair. We all have a mind, we can expand our mind energy, and by thought we can travel anywhere. The thought is the deed. Just sit quietly, close your eyes and think yourself anywhere in the world you like to be.

First of all, reinforce the sensation of being there. If it is by the sea listen to the waves crashing against the rocks, feel the spray on your face, feel the sand between your toes as you walk barefoot along the beach, feel the sun warming your skin, your face. With practice these sensations will become so intense the the scenery will begin to impress itself on your mind and the pictures will become totally real.

Much more real, in fact, than the pictures on your television screen, and much better for you! All of us can benefit from this traveling by thought, but none more, perhaps, than those who are ill in hospital, or lying sick at home. For them it is a real tonic.

But perhaps you don't feel you're much good at letting go. You don't? Well, have you ever really tried? Have you ever...? Have you ever...?

HAVE YOU EVER...?

Have you ever sat beside a stream on a hot summer's day watching the water rippling over stones which look like bright, shiny gems? Or suddenly glimpsed a large fish silvery in the sunlight?

Have you ever sat in a field of ripe corn watching it sway with the breeze and experienced the mystical feeling of belonging as your energies merge with your surroundings and you sway back and forth for a magical moment in time?

Have you ever sat on top of a mountain breathing the cool air and feeling its cleanness as your lungs fill with this magic substance?

Have you ever sat in a wood watching the rabbits as they runaround, heads popping up from their burrows, careful, watchful, as their babies take their first tremulous steps, then, finding their feet, start to hop about with joy?

Have you ever waited for hours beside a badger run hoping to see that

beautiful black and white head appear?

Have you ever spent time watching birds making their nests and waiting patiently for their babies to hatch or until - probably while you are not looking - the chicks leave the nest for the first time?

Have you ever sat with your back to an old oak tree to absorb the energy of the tree and become one with it, listening to the unspoken yet powerful vibrations that are continually emanating from it? Tree talk!

Have you ever lain on the grass, listened to it and heard it growing?

Have you ever talked to your flowers and plants? Then it's high time you did! Unlike Prince Charles, I don't risk being laughed at in public when I tell you they really do listen.

Have you ever swum in the sea with the dolphins or talked to the seals? OR sunbathed on a deserted beach listening to the cry of the seagulls overhead and the calming sound of the sea as it washed the shore?

Have you ever lain down on the lawn and stared at the sky on a bright summer's day, watching globules of energy exploding like bright, minute pin-heads?

If you have never experienced any of these things, or not enough of them, you can start now!

When you go out into the country for the day, or on holiday, feel at one with your surroundings, become aware of the natural vibrations and the energy of nature. Choose a quiet place where you can do the balloon exercises (see pages 51-62 of 'Mind Magic') to expand your mind and you will begin to experience that magical feeling of oneness with nature.

While you are still up in your balloon feel the material you are wearing, the floor you are sitting on, the wood of your chair. They are telling you

something. Everything has a story. The energy of the person who made the chair will always be there and the energy of the original tree will always be there. Energy in any form can never be destroyed.

Or lean against the trunk of a tree and listen. You will be surprised at the different vibrations you will pick up. Or if there are seagulls overhead listen to them - feel as though you are flying around with them, that you are one of them.

Maybe your balloon will take you to the mountain top and you will feel the cool mountain breeze as it brushes against your face. Being at one with nature is our only chance of survival. We have ignored its language for too long and we cannot afford to do so any more. If we had listened carefully long ago most of the terrible things that have happened in this earth would never have occurred.

Knowing needs no language at all. Knowing is a feeling of right or wrong, of being happy or unhappy, of being confident or lacking in confidence. It is a sense of being, and when you know, there is no going back. You will always know. This sounds mystical perhaps. Well, it *is* mystical. For the mystique of being at one with nature will take you over, and what better way could there be to live than be nurturing and caring for everything that makes this planet beautiful?

If you are unable to go out for any reason, don't worry. Wood, mountain top and seashore can all be visited in your mind. Your mind energy can take you wherever you wish to go; all you have to do is lose yourself within your imagination and your mind will expand to reach the farthest places on Earth if you so wish. It is a type of astral travel, if you like, but travel that you can discipline and command and not the sort of butterfly-mind existence over which you have no control. You can experience everything: there is no need to travel physically at all.

Enjoy your travels and your expanding awareness. In so doing you will also find the nature of your being. But now for two qualities so crucial to

being healthy, that I shall write about them in separate chapters.....

Chapter 4 Reclaiming Your Life

From the book 'Infinite Mind': Chapter 28

At some point in your life, something will happen that will turn your world around and make you think. Only then will you realise that by continually ignoring the thought process, you have walked into a potentially damaging situation, not only with your eyes wide open but, far worse, with a closed mind. Very few people escape this process, and it can happen when we least expect it. At this point, many of you will be telling yourselves that this could never happen to you. But please read on.

If you become ill, what is the first thing you do? Do you take an alternative remedy that you have in the home? Do you visit your doctor and hope that he can shed some light on your problem? Perhaps you decide to read a medical dictionary and make your own diagnosis, or seek advice from a friend? Depending on the kind of ailment that you have one or all of these remedies could be the correct action. But there is something missing from the equation, something that is so obvious that you have probably never given it a thought. Your lifestyle.

I am only addressing minor complaints in this chapter, because if you can stop this process at the outset, many of the major medical problems

simply will not happen. However, I believe you can take a number of steps towards better physical and mental health. Study the following exercises carefully. They will help you change your life.

First step

The first step in reclaiming your life is to arm yourself with an exercise book and pen. Don't use a pencil, you may be tempted to rub something out. When you have acquired these items, begin the analytical process by underlining the heading, which will be **MATERIALISM**.

List everything you have bought in the past twelve months, apart from the usual day-to-day goods that we all have to buy, on the left-hand side of the page. If you wish to take your time and be specific, this may take several days. When you have finished, return to the top of the page and, on the right-hand side, write against each item how many hours you or your partner have had to work to acquire it.

Second step

When you have finished both lists, start a new page and write down the heading **LOST TIME, LOST LIFE** and underline it. Then put down everything you would have liked to have done, either with your partner or with friends and family, if you had not been working so hard for your acquisitions.

At this point I will remind you why I asked you not to use a pencil. This is because pencil can be erased, and the words you may wish to erase could, if studied carefully, be the turning point in your life. Look at them and ask yourself how and why they have appeared on the page. Why do you want to erase them? Do they disturb you? If so, then you must look at why they are creating a disturbance. After all, the words are only there because you put them there. They could be the something that you have been deliberately ignoring because you could not face up to the consequences, or they could be meaningless at present but a warning

sign for the future. They may even be positive words that foretell a happy, healthy future. Whatever they are, ignore them at your peril, because they are a form of clairvoyance, of 'clear sight'.

Third step

Now turn to a new page, write down the heading **AILMENTS**, and underline it. Then list all the ailments you have suffered during the past twelve months. Ask your family and friends how they would sum up your general health during those months. It is quite normal for us to try to block out the unpleasant things in our lives, especially illnesses, and others may help give you a clearer picture.

Fourth step

Study all the exercises over a period of a week or more. Do not rush this stage. Take your time. Only when you have made an honest assessment of everything you have written down can you turn a new page.

Fifth step

On your new page draw several horizontal lines across the paper, leaving at least two inches below each line. It is important to note that what you put underneath these lines will affect your future life. Write **STRESS** on the top line - it represents how much stress and ill health you are prepared to suffer for the type of lifestyle you have at the moment. Ask yourself whether you can honestly sustain it, knowing the full facts, because if you cannot, you know that your immune system and your mental health will suffer. Put down **YES** or **NO** on the line. If the answer is **YES**, you will know that you have given a lot of thought to the answer and that you are in control of your life. However, it would still be in your best interest to read on, to find out what your future may hold.

If the answer is **NO**, then decide which material possessions you could do without so that you can enjoy more stress-free hours with your family and

friends. Write them down in the space below the line.

Sixth step

Go down to the second line and decide what **INITIATIVE** you are going to take so that you will have more control over your life. For example, if you have suffered more colds, coughs, and flu than those around you, you will realise that your immune system needs a boost. Go to your local health store and look at the numerous books that they have on sale. Choose one and read it. When you have done this, write the title of the book underneath the second line. I guarantee that you will be determined to find out as much as you can about preventative medicine and that you will end up adding more titles to your paper

You may of course suffer from a number of allergies, in which case the above advice will be the same. Remember, allergies are also a sign of a weakened immune system, and any kind of stress will set them off.

Seventh step

Acquire as much knowledge as possible about MIND ENERGY, for this will be the heading on the third line. Read how, with positive thought, you can prevent the build-up of blockages in the energy system which, above all, protects our minds and physical bodies from rapid deterioration.

Further steps

If you have been able to go through all the steps and make decisions that will change your life for the better, then you are on the road to reclaiming your life.

If you wrote **YES** on the top line at the beginning of the fifth step, be sure to re-evaluate your life from time to time. It could be that this practice may help prevent unexpected ill health or disasters in the future.

Those of you who want to live a more simple life should carry on with the process, moving further down the page as and when you have achieved the knowledge and self confidence to do so. You could use the following headings to explore yourself.

Emotions

Emotions are difficult to control. But if you want a healthy life you must put the brake on extreme reactions. If you are faced with this problem in others, you must simply keep out of their way. There is no greater enemy to our mental and physical health than the negative forces that are released when the atmosphere is charged in this way.

Expectations

Do not blame others when your expectations of them fail. The only true expectations you can have are those you have for yourself. If they fail, then you can only blame yourself and try to do better next time.

There is no way that you can always succeed, but it is extremely rewarding when you do.

Do not lie down

Throughout your life you will have to take many knocks. When this happens up. If you are knocked down again, get up again. Others will weary of the game before you do, and it will show them how much resilience you have when you believe in yourself.

However, if it becomes obvious that someone is out to destroy you, you may have to leave a job, a partnership, or a new project. Whatever it is, leave the scene with dignity and put your faith in Universal Law. No matter how long it takes, the perpetrator will eventually receive their punishment from this source - one cannot make deals with Universal Law.

Possessions

Do not be taken in by other people's lifestyles. They many have bigger house, servants, better paid jobs, expensive cars and so on, but these do not necessarily make for a happy life. If you are a decent, caring individual you will probably have more love in your life, even if you live in a bedsit. Of course there are decent people living in those big houses but, on the whole, one cannot have fame and money without having to give up one's privacy. There is always a price that has to be paid.

Do not let jealousy mar your life. Use your intuition when meeting someone for the first time. If you have a distinctly uneasy feeling, then no matter what they have got, or where they live, you should not have them as a friend. Trust your own judgment.

We are all unique, and we all work best at different levels. Somewhere in this chart you will find your level for a stress-free life. Unfortunately we all have failings, so you should re-evaluate your life every six months or so. In the meantime, the following proverbs and calming thoughts might help you deal with everyday problems.

Proverbs

- . A word spoken is past recalling.
- . All that glitters is not gold.
- . All things come to those who wait.
- . Nature abhors a vacuum.
- . Love begets love.
- . If a first you don't succeed, try, try, and try again.
- . Hasten slowly.
- . More haste less speed.
- . The unexpected always happens.
- . There are two sides to every question.
- . To err is human, to forgive is divine.
- . Cut your coat according to your cloth.

- . You must take the fat with the lean.
- . You never know what you can do until you try.
- . Zeal without knowledge is fire without light.
- . Wise men learn by other's mistakes; fools by their own.
- . Civility costs nothing.
- . Comparisons are odious.
- . Barking dogs seldom bite.
- . As you make your bed, so must you lie on it.
- . A penny saved is a penny gained.
- . A man is known by the company he keeps.
- . A fool and his money are soon parted.
- . Beggars can't be choosers.
- . Better a devil you know than a devil you don't know.
- . Forgive and forget.
- . No gains without pains.
- . In the country of the blind the one-eyed man is king.
- . It takes two to quarrel.
- . History repeats itself.
- . Hypocrisy is the homage that vice pays virtue.
- . Ill-gotten gains never prosper.
- . Manners make the man.
- . Moderation in all things.
- . Little strokes fell great oaks.
- . Lend your money and lose a friend.
- . Let them laugh that win.
- . No man is wise at all times.
- . The wish is father to the thought.
- . Rats desert a sinking ship.
- . One swallow does not make a summer.
- . Preventions is better than cure.
- . Practise what you preach.
- . Respect a man, he will do the more.
- . Remove an old tree, and it will wither to death.
- . Use pastime, so as not to lose time.

- . When one door shuts, another opens.

Calming Thoughts

- . Give love wherever it is needed.
- . Look at the earth during the day, and the sky at night. Then you will always have something beautiful to behold.
- . With a touch of class you will not only look good, you will feel good.
- . Be kind to yourself.
- . Don't beat yourself, or allow others to do so. You are worth more.
- . There is a message in every book.
- . Those who think they know it all know very little.
- . Always leave the doors of your mind open.
- . Love comes in many guises.
- . Don't prepare yourself for the worst. Expect the best.
- . A smile can brighten the darkest room.
- . Money cannot give you happiness, You have to find that for yourself.
- . Don't try to win every argument. And you will live longer.
- . Meditate at least twice a week, It will save your sanity.

Add something to this list every day and analyse it. Eventually you will have a clear picture of what you really want to do with your life.

Chapter 5 Mediumship

From the book 'Mind to Mind': Chapter 3, Section 1

The public at large love to look upon mediums as mysterious, magical or evil, depending on what stimulates them most! I would like to explain some of the mysteries surrounding mediumship and try to correct the distorted image that many people conjure up in their minds when the word is mentioned.

Most people are unaware of the energies that surround us all, and even those who are aware may not give much thought to them. Why should they? Earning a living and looking after a family are enough to occupy most people's minds. It is only when things go wrong and the normal channels prove inadequate to help that people look for someone who can offer them hope and peace.

Perhaps you have lost a partner or a relative. You may have heard about survival evidence, but you are frightened to visit a medium because you have heard peculiar stories about them. Let me reassure you. When you visit a reputable medium you will probably come face to face with a quite ordinary-looking person, who will certainly put you at your ease. If you find yourself with any other kind - don't go back!

Practically all professional mediums and healers are down-to-earth ordinary people who do not consider themselves to be special. They use their talents every day and accept them as normal rather than as paranormal. Just as with any gift - whether it's music, carpentry, or surgery - the more the gift is used, the more adept the user becomes.

To be a medium is to be a teacher: mediums are fed with information for the benefit of mankind. None of us know it all, but at least we can use our professional skills to help others to learn. All types of teacher are needed today; not least, truly spiritual teachers - who should not be confused with religious teachers, not all of whom could be described as spiritual!

I have only visited four mediums in my life, all of whom were excellent. If I need help for anything, from medicine to car maintenance, I always try to find the most talented and highly recommended professional. Seeking a

medium should be exactly the same; if you don't want to be disappointed or misled, be sure to choose the very best. Recommendation from someone who has already been helped is usually the safest way, but if you don't know of anyone personally there are organizations you can contact:

College of Psychic Studies
16 Queensberry Place
London, England SW7 2EB
Tel: 071-589-3292

Spiritualist Association of Great Britain
33 Belgrave Square
London, England SW1X 8QB
Tel: 071-235-3351

My healing work and my mediumship constantly overlap. Healing, I must confess, is my first love and a tremendous challenge. However, clairvoyance and survival evidence have a very important place in my work, showing as they do the extraordinary powers of mind energy, and proving that the mind survives the death of the physical body.

'Survival evidence' is the term used to describe messages from people who are 'dead'. Mediums receive them either in the form of telepathic communication from a dead person or by actually 'hearing' their voice, through clairaudience. There are many different ways of hearing: voices may be heard inside or outside your head, or the thought may just appear telepathically in your mind. More often than not the medium simultaneously receives a clairvoyant picture, which enables him to describe the speaker to the sitter.

Clairvoyance means 'clear seeing'; it is the gift of clear vision, usually into the future, and it has been used to help people throughout the ages. It is an extension of the faculty of intuition, which everyone has to some

extent, and differs from survival evidence in that it does not necessarily involve direct communication from individual minds. My own explanation is that I tune in to universal energies, rather like turning on a television set, and receive words and pictures as though I am plugging into a vast telecommunications system.

There are several ways of receiving clairvoyance. Some seven years ago I was given a lot of information about my own future and my family's through automatic writing. I found myself covering sheets of paper every day; a great deal of it has already come true, and I know there is more to come!

Clairvoyance also enables you to see into the past. A few years ago I visited Biggin Hill with some friends. I was sitting quietly in the sun while they looked at the planes when suddenly the scene changed dramatically. I was taken back to the time of the Second World War; I watched, fascinated, as men in wartime flying gear and fitters in dunagrees rushed to and fro. This flashback must have been only a few minutes long, but it seemed to last forever.

I find that most of the clairvoyance I receive is positive. I never forecast disasters; indeed, I am rarely given negative information, though I may get warnings which can avert unhappiness if they are heeded. There are some mediums who predict disasters and death, this is thoroughly irresponsible. Even if I received such information I would question whether I was a hundred per cent right. But, being a very positive person myself, I only attract positive minds.

I do have some reservations about clairvoyance, however. For some people, wanting to know the future can become a sort of drug: they want it again and again, especially when they are given information that turns out to be accurate. Like any form of addiction this can be dangerous, negating the person's independence and self-responsibility.

I have also been told many times by clients that after having received

clairvoyance they feel that they can sit back and allow things to happen. Then, when the predicted events don't happen straight away, they become frustrated and sometimes angry. When I realized that people were sitting back and doing nothing I felt quite upset, and didn't want to give any more clairvoyance - in fact my friends think I'm mean because I am unwilling to give them sittings. But I honestly find that, much more effective than predicting wonderful futures, is to tell people about mind energy and encourage them to use it to create their own wonderful futures!

Three years before I met Alan I visited a medium in London who told me that the man with whom I was to share the rest of my life would come to live with me when the daffodils were out. Every year as the daffodils came and went, I used to joke about it. 'Where is this man?' I'd complain to Janet. But I didn't take it too seriously, and carried on with the rest of my life.

I love daffodils, and one autumn I planted a thousand bulbs in my garden. It was about a month later that Michael Bentine told me that the man who would share my life would be with me in the spring. The following March, Alan and I were enjoying together the most beautiful spring I can ever remember, with daffodils everywhere we went! I should also have been told to plant my own!

Simply waiting for things to happen is negative. I teach positivity and self-help; negativity of any kind is harmful, not only to ourselves but also to those around us. However, giving clairvoyance is a part of my work, and it is always interesting when my predictions are fulfilled. This can take time: clairvoyance may show you the end of the road, but not all the footsteps leading up to it or all the little paths leading off it before you reach your destination. You have to walk that road and work out your own life whether you know the future or not.

When people find they have to take the steps themselves, or start going up one of those side-paths, they may think: This is nothing like the

clairvoyance I was given! Then, perhaps two years later, they'll ring up to say: 'You'll never guess what's happened! Everything has turned out exactly as forecast!'

You also get the skeptics, who, rather than sit back and wait, go and do the opposite of what the medium has recommended! One of these is a publisher friend called John: over a period of two or three years he asked me regularly for clairvoyance, and then deliberately went against any advice I gave him. This was partly because he didn't want his decision-making influenced by anyone else, partly as an experiment to see whether his behaviour would alter the outcome. In fact it never did; what I predicted always happened!

This gift is part of my personality and there's no question of switching it on and off. It can arrive at any time and any place. I can be sitting at dinner enjoying the conversation, and suddenly I am given information concerning one of the guests. When clairvoyance arrives spontaneously like this, it is usually for a purpose. Sometimes it is to convince the unconvinced. Because of the nature of Alan's work, we often entertain; at one dinner-party I told an overseas client, who was rather skeptical about my work, that his right-hand man would leave him within three months. He said this was most unlikely; his colleague had been with him for twelve years. About three weeks later he phoned Alan to say that the man had given notice.

Usually the purpose of spontaneous clairvoyance is to comfort and reassure someone who is anxious or under stress. I also feel that when it comes unsought it is much more reliable than it might be if I were giving sittings for hour after hour. Mediums often have to interpret the information they receive; if they are unwell or tired, there is a risk of their giving an incorrect interpretation. The well-being of the client must always be uppermost in the clairvoyant's mind; I always make sure that what I give to others has come to me so clearly that I can't be mistaken.

My friend Louise received very detailed spontaneous clairvoyance on her first visit to me for healing, which was also our first meeting. She had just embarked on a second marriage and in the autumn of 1983 she and her husband, anxious to start a new home together, had started looking for a country cottage in Oxfordshire.

However, I immediately saw that they would be moving to Sussex, where they would be near a commuter line. (Louise has to travel to London for her work). Accordingly, the couple began house-hunting in Sussex. At first they had no luck, but on her next visit I was still certain that Sussex was where they would find their dream cottage. The clarity of the pictures given to me was amazing; I could see the South Downs and the surrounding countryside as if I were there.

And I had further information for Louise. 'Although you can go on looking,' I said, 'the cottage will in fact find you' I described it to her as I saw it: 'It has hills in the distance, it's surrounded by trees and there is some sort of pond adjacent to it. Although there is a large house next to it, I don't think you will be able to afford that one. The cottage is not free at the moment, but you will be in it by next summer.'

Within a week, Louise had received a phone call from her sister to say that her husband's uncle had just died, leaving everything to his sister. The property included a big house in Sussex which had been sold, and a cottage next door which the sister was thinking of selling. Louise asked me to go and see it with them; before we set out she showed me a photograph of the cottage. I said: 'Yes, this is the house I saw. It belongs to a woman who has only about three weeks to live.'

When we drove down there it was just as I had seen it: a charming rosy brick cottage, next to a large beautiful but dilapidated house - which the couple could certainly not have afforded! It was in a country area, but near a commuter line. The garden, which included a sunken lawn, was bordered by trees and had an uninterrupted view of the South Downs at

one end - all exactly as I had seen it. But I was puzzled. I told Louise: 'This is just what I saw, but there is no water. I know there was water'.

The new owner was very ill and was in fact to die within a month, but before then Louise and her husband took me to meet her, along with a young cousin. While I gave the sick woman some healing to relieve her pain, Louise and her husband walked in the garden with the cousin. He suddenly burst out in an embarrassed way: 'There's one thing I ought to have told you about the house. When my uncle bought it, there was a pond where the sunken lawn is, so it may be very damp!'

That was obviously where I had seen the water. Could the previous owner have been giving me the information and showing me the scene as he had seen it the first time? He had obviously loved the place, and I feel sure that he wanted the next owners to love it, too. Louise tells me that the house, with its calm beauty and ancient atmosphere, feels very important to them both; it has not only given them roots, but is also a source of inspiration to her husband, who is a writer.

The actual purchase was dragged out by legal complications and the sale of Louise's London house, but in August 1984 they finally moved in. A curious and pleasant postscript to the story is that not long afterwards Alan and I moved to our present home, which is ten minutes' walk away!

After their move, Louise wrote to me: 'During all this doubt and worry, the power of your clairvoyance and the accuracy in detail after detail and your assurance that we would eventually live in the cottage kept our spirits and determination going.'

However, knowing it's all going to come right in the end doesn't mean you can stop making an effort.

Another potential misuse of clairvoyance is when clients simply want decision making taken out of their hands, which isn't good for anyone. Sometimes I've asked these people, 'What do you want out of life?' and

received the answer, 'I want someone to tell me.' But we were all given minds with which to plan our own lives. Most people know at heart what they would like to achieve: the best help you can give yourself is to visualize your goal in your mind and work steadily towards it.

It is your life, and there is always a choice. If you can train yourself to have 'clear vision' by being positive and independent and working hard for your ultimate goals, you hold your fate in your own hands. It's always best to try to make positive decisions for yourself, and only seek clairvoyance when the situation is confused.

One situation I have learned to avoid is giving clairvoyance to both partners in a troubled relationship. The clairvoyant can only too easily be used as a scapegoat; each partner can bring out information given in confidence and use it as a weapon against the other, instead of taking responsibility for their own feelings and opinions.

Chapter 5 Mediumship

From the book 'Mind to Mind': Chapter 3, Section 2

Clairvoyance is very useful for surveying houses! If I am given an address, I can immediately list any existing problems. Only recently I did this for a friend: I could see that among other things there were two defective slates and a cracked gutter, although the builders were supposed to have completed the roof. They were sent back to have another look, and this time they found them! I have detected faulty damp courses which have eluded the surveyor, or whether the neighbours are likely to be difficult - all extremely useful to anyone before buying a house.

One young couple came to me about six years ago; they were interested

in a house, but the price was suspiciously low, and there seemed to be a great deal of secrecy concerning the previous tenants. I was able to tell them that the previous tenants had suffered serious health problems because the house was built above a stream. Underground streams, however deep, usually have an adverse effect on health, and I advised the couple not to buy. They took my advice; later, the existence of the stream was confirmed by a well-known dowser.

Another helpful clairvoyant gift is my ability, on being given a name, to describe the owner's character: it is as though someone shows me a file with all the relevant information in it. I can't remember how many thousands of names I have been given over the years, but the detailed summing-up I receive always turns out to be accurate. I am often asked how this can be, when so many people have the same name: I can only assume that someone who is aware of the person concerned is responsible for beaming the information to me.

When Alan was about to visit Hong Kong for the first time, he made some appointments in advance. He gave me the names of three Chinese contacts he was to meet, and I wrote down the clairvoyant information I was given about them - they were all three totally different. He phoned me a week later to say I had been right about them all. He still used his own judgment, as he always does, but this extra knowledge reinforced his confidence.

Clairvoyance can be an incredible business asset as it helps people to keep one step ahead; I have helped many professional men and women in this way. Obviously, it should only be used ethically. It might be possible to use it for self-seeking motives, but anyone thinking of doing it should bear in mind a very important spiritual law: **What you give out you get back**. A medium or anyone else who used clairvoyance for the wrong purposes would certainly find it rebounding on him in some unpleasant way! In fact much of the business-oriented clairvoyance I have given has been to protect the innocent.

There was the young woman whom I told not to accept an appointment as company secretary and never to sign anything for her boss, which he was trying to persuade her to do. I could see that if she agreed she would eventually be liable for heavy costs as there were some unsavory things happening within her firm. She took my advice and later told me that I had been absolutely right!

I was also able to help a young man through what must have been the worst period of his life. He had become involved with some men who were highly experienced in dubious financial wheeling and dealing. He visited me regularly for two years, during which I was able to tell him who he could trust and who he couldn't, and foresaw every single twist and turn his enemies were about to perform. Consequently, he was ready to cope with each situation as it arose, and was never caught out. There was no doubt that this foreknowledge saved him from going to prison for other people's misdemeanors.

Probably the most satisfying use of clairvoyance is when my gifts can provide guidance to people who are genuinely seeking the right path and are willing to put in some effort. Take Andrew, for example, a young man who came to visit me in March 1985.

After graduating in oriental languages, Andrew had just spent six months working for a computer company in London, where his talents were not properly employed; he felt he was in a rut, and was quite despairing. We had met once socially, and he thought I might be able to help him. He was also very keen to give up smoking, a habit he'd been trying to break for some years, and knew I'd been successful in treating this with hypnosis.

I took him into my healing-room and after a brief chat asked him to sit down quietly. I immediately began receiving information about him from his paternal grandfather. I described the grandfather, very accurately according to Andrew; I told him that he'd come to help him, and was actually looking after him and guiding him all the time.

I assured him that he mustn't worry about his career, since his future was being taken care of. He would shortly be offered a new job which would take him to the Far East, where he had already spent some time studying. More important, the move would introduce him to some high-powered and influential people, who would be of great help when he came to fulfill his destiny.

I knew that he was on a spiritual path, and would eventually help other people. I told him about some of his previous lives, which he had shared with his wife, and reassured him that there were people looking after him and channeling him in the right direction.

Our talk continued for a long time, and Andrew was so overwhelmed by all I told him that he forgot to ask for hypnotherapy. In a recent letter to me, he comments: 'I cannot really adequately describe the feelings of tremendous inner peace and well-being I felt after my visit. I had felt at a very low ebb, but after leaving, a profound feeling of relief and happiness.'

The fact that Andrew's future was already planned out for him didn't mean that it was all made easy. As he says, 'You're pointed in a certain direction, and then it's up to you.'

It happened that he had already been interviewed by a company which was considering opening up a branch in Singapore, but had heard no more from them. Shortly after his visit to me, they asked him to prepare a proposal about why and how they should set up a Far Eastern branch. He prepared the proposal, which involved a good deal of work, and again heard nothing for some time.

After a six-week wait, he telephoned them because the firm he was with was going through major changes, and he felt it would not be right to take part in these if he was leaving. This time his proposal was accepted, and he was offered a three-month trial period to set up the headquarters in Singapore. He achieved this successfully in August 1986, and has been

working there happily ever since. He has since written to me that he has met the important people I told him of, and 'everything you forecast has come true.'

Incidentally, I saw Andrew several times for healing after that first visit; he was still failing to beat his smoking habit on his own, and the following June I gave hypnotherapy for this. Since then, he has never wanted to smoke.

As for his spiritual path, he says he would describe himself as 'a very ethical businessman', and feels that the experience he is gaining now is in some way preparing him for a future in which his talents will be of use to others.

Chapter 5 Mediumship

From the book 'Mind to Mind': Chapter 3, Section 3

It always surprises me when people ask me about my religion. Healers and mediums belong to all sorts of religion, but healing is a beautiful spiritual experience. To me there is an important distinction. Religion is a manmade concept, with sets of rules based on the Bible or other religious books. Spirituality is your spontaneous reaction to life: if you are a loving and compassionate person, you won't need rules to stop you from doing wrong or harmful actions; you will simply not want to.

Truly spiritual people are those who have lived and learned through many lifetimes, and have acquired love and compassion as their minds have expanded. There are levels and degrees of spirituality, according to how

far your mind has progressed. Spiritually progressed people do not need to be guided by religious dogma; in fact I find that they have a code of honor and a tolerance that I don't always see practiced by some people who regard themselves as religious!

We all have a perfect right to believe what we wish according to our spiritual awareness. What we haven't the right to do is to impose our ideas on others or crucify them if their beliefs differ from ours. We all have different paths and we should follow the one that brings the most peace and satisfaction to ourselves. So I always advise people to listen to what others say, ignore it if they wish, but never ridicule them.

What is most important to my spiritual beliefs is the certainty that we continue living after death. Like all forms of energy, mind energy is indestructible; therefore the mind cannot die. Only the brain, which is matter, dies. I have seen mind energy leaving the dying, and I am convinced that this is the part of them that lives on - the spirit in fact. The mind simply moves into another dimension where it is free from its limiting physical counterpart; it is able to help with healing and to communicate through mediums.

It is a great pity that something so wonderful should appear to many people to be fearful. The people who want to communicate are the friends or relatives they loved while they were alive, and their personalities are still exactly the same. But in the dimension they now occupy they are able to see much more clearly and further ahead; no longer locked in a time-capsule, as we are on earth, they are able to warn us or guide us, and if linked to us by love can also share in our joys or anxieties. (I believe that we ourselves escape from being time-bound by leaving our bodies in our sleep. That is why some dreams are predictive, and also why, when we go to sleep with a problem, we often wake up with the answer.)

In both this dimension and the next, we learn lessons which help us to progress. Most of us go through many reincarnations, each one with a

specific purpose. As we progress through numerous journeys of enlightenment our spirituality increases, and as the mind expands the energy becomes finer and finer. Most of us around today are on a low-to-middle rung of the ladder. Only a few people in this dimension are truly progressed spirits.

In this sense, I don't think that most healers and mediums are terribly 'spiritual'. What all mediums have in common is that they have expansive mind energies, which can reach out and touch into the next dimension, and are capable of acting as receivers through which the 'dead' can communicate, in mind-to-mind contact. I get rather annoyed when people expect mediums to be 'holier than thou'. They need to be down to earth, or they would lose their human touch and their ability to cope with the very earthly problems they confront, both during their development and daily in their work. Compassion is more important than either intellect or an oversensitive 'holiness'. All good mediums are people who are willing to serve and help others by passing on messages from the dead. This activity, incidentally, expands the mind further.

There are people who disapprove of efforts to contact the 'dead'. I have never tried to contact the dead. They are so busy contacting me that I am usually relieved to have a break! Over centuries the minds of the deceased have been trying desperately to prove to the living that there is survival after death. Accepting this message would remove the fear of dying and make our present lives far happier.

There is no doubt in my mind that I have been taught by unseen people all my life. I have been persuaded to seek knowledge and discouraged from wasting time. When I have ignored their advice, my way has been blocked, and nothing goes right until I am on the right path again. It is through this guidance that I have learned about mind energy, and that the mind and the personality survive the death of the physical body.

One question I have been asked time after time is whether there isn't a

danger of evil minds communicating. Let me put that fear to rest for good. There is no chance of attracting a 'nasty' if you visit a genuine and positive-minded medium or healer. Someone who is working continually to alleviate suffering can only attract like minds.

I know that I have been taught by the finest teachers, and one lesson has been repeated again and again. **There is a universal law that dictates that whatever we give out will be returned in full, often many times over. I have also been taught that love unites, hate destroys. Love and compassion are the link to the power that manifests through a good medium or healer. Love in its purest form is the ultimate energy.**

Chapter 5 Mediumship

From the book 'Mind to Mind': Chapter 3, Section 4

Healers and mediums absorb knowledge all the time, and it can come in a variety of ways. Sometimes a voice speaks clearly to me while I'm occupied with something like washing up. At other times information is impressed on my mind less directly, particularly if my mind is in another dimension, as it is when I'm healing. The realization of what I have been given will come later: I may be writing or meditating when a fascinating idea will come to the surface. (My editor says it sounds like putting a programmed disk into a word processor; all the information is on it, but you can't read it until you switch on and bring it up on the screen!)

It is often suggested that survival evidence is obtain through telepathic communication between the sitter and the medium. I have tested this theory time and time again; it is certainly possible for some basic information to be picked up in this way, but the quality of a genuine

communication is quite unmistakable. As you will see from the stores in the next chapter, it is quite usual for evidence to be given which can only be confirmed much later on, when more information has come to light.

Telepathy is really the ability to alter your mental wavelength, enabling you to attune to another mind. My ability to communicate with the minds of other species is purely telepathic. Some people can cultivate and practice telepathy, but more often than not it occurs by chance - most people have had the experience of 'knowing' when a friend was about to ring.

Thought is vibration, therefore mind interaction is invariable 'like to like': only minds with the same vibrational frequencies can communicate with each other. Minds with differing vibration would be unable to do so. This is why, incidentally, some people will find themselves getting better survival evidence from one medium than from another, who in turn may give brilliant evidence to someone else. (Another reason why not all mediums are brilliant all the time is that there is a great demand for their services. It is so easy to fall into the trap of overworking and , as in any job, when fatigue creeps in, talent - psychic or otherwise - suffers.)

Chapter 5 Mediumship

From the book 'Mind to Mind': Chapter 3, Section 5

My psychic talents have for years brought peace, happiness, and hope to people; not through any knowledge of mine but from those, now deceased, who have communicated through me. I have seen people transformed in minutes as I pass on information which only they could possibly identify with. Details of names, addresses and past experiences leave them in no doubt who the messages are from.

I have seen spirits standing or sitting beside people in restaurants, pubs, trains, buses, airports - in fact just about everywhere! I don't have to be very quiet or create a special atmosphere. If you are totally psychic, there is no need at all for dim lights and hushed surroundings. I also find that evidence given in everyday settings is often more easily accepted by people who might be too skeptical, or too scared, to visit a medium.

When I was living in Sutton, the telephone rang constantly with requests for absent healing. It was fascinating how spirit people used to appear as soon as I answered the phone. Sometimes it was quite unnerving for a person at the other end when I told them I had a deceased relative or friend standing beside me who wanted to communicate with them. The evidence was often so detailed that it would go on for an hour. Spirit people still arrive when people telephone me, but these days I no longer have the time to continue at such length.

The first time I saw a spirit actually waiting for someone to arrive, I walked into my healing room and was surprised to see a shadowy woman sitting in one of the chairs. She sat looking straight ahead of her, as if expecting someone, so I left her alone.

When my next caller arrived a few minutes later, she looked exactly like a younger version of the presence in the healing-room, and I told her I thought her mother was waiting for her. When we went in the spirit was no longer visible, but she immediately began communicating with her daughter through me. In order to materialize, spirits have to make use of the energies available; then, when they want to communicate, they generally disappear from view since there may not be enough energy to do both. To project themselves into this dimension both visibly and audibly requires a tremendous effort.

For an hour my patient's mother talked about their family, giving names and addresses, and messages for family members. Some of the information meant nothing to my sitter; this quite often happens, but when

I ask the person to check it out with other relatives, the meaning always becomes clear. As this young woman was leaving I asked whether she and her mother had looked alike, she laughed and told me they had always been mistaken for each other. Then she thanked me profusely; knowing for certain that her mother had survived the death of the physical body had made her feel quite differently about life.

Since then I have had countless similar experiences. I can't recall how many times I have been told, 'You have changed my life' - always, I am happy to add, for the better. So many minds are trying to change all our lives for our benefit; for thousand of years they have been desperately trying to prove the survival of the mind. Yet we still doubt.

The dead have various ways of contacting us. A very common phenomenon is the healing-room being suddenly filled with the most beautiful fragrance, usually the favorite perfume of a relative who has chosen this way to identify herself. Another method with which I am experimenting is through tape-recordings. Despite the regular interference, I still record whilst healing because sometimes interesting things happen.

Once when we played the tape back we could hear the sound of coughing. The person with me identified it as his father, who had died of emphysema; he said he could never forget the sound. I've never - so far - recorded the voices of spirit helpers. However, on one occasion a friend brought a brand-new tape which we recorded on while healing. On playing it back we were very moved when we heard the most exquisite music; sadly, the next time we put it on the music had completely disappeared.

I experiment with tapes all the time; most of the results have been mediocre so far but I am convinced that at some time the voices of the so-called deceased will use this method of communication. I have also done some experiments on the interference with a well-known physicist. He told me that the sound is called 'white noise'; it seems that the energies

around me are affecting every known wavelength. Once when we were in the middle of recording a voice called out 'Hey!' in a rather comic-sounding Cockney accent, startling us both. The house was perfectly quiet both inside and out; his wife was also present in the house, and we all agreed that the voice could not have come from outside.

Some minds choose quite comical methods of communicating! Indeed, since practicing as a professional medium I have enjoyed more humour in my life than ever before. This might seem odd to anyone who believe that communicating with the dead should be a serious and solemn affair. But you can't be miserable when the so-called 'dead' are as hilarious as they were in real life.

I don't think the communicator in the following story was intending to be funny, but we've laughed a lot about it since. My friend Fred is an electrician, and worked in partnership with his father-in-law before the latter's death. Very early in my healing career, his wife Shirley asked me to give hand-analysis sessions to herself and a friend. (I was still at the stage when I didn't trust my powers of mediumship and was using the hand as a focus).

On the night they arrived I asked Shirley to sit downstairs whilst her friend Margaret and I went up to the small room I used when I wanted to be peaceful. When we returned Shirley said : 'You poor thing, what terrible neighbors you've got! All the time you were upstairs someone was jumping on the floor with hob-nailed boots!'

I looked at her in astonishment. Our Sutton flat was built like a castle, solid as a rock, and the first few months of frantic phenomena had stopped. Margaret and I heard nothing. 'Perhaps it was the pigeons', I suggested. Shirley looked at me disbelievingly. Before her session we looked through all the upstairs rooms, but found nothing unusual.

During Shirley's reading, without realizing what I was doing I let go of her hand and said: 'Your father-in-law is saying that when rewiring factories

Fred should attach a piece of string to an electric cable and tie it to a mouse's tail; put a piece of cheese at the far end and it will be easy for the mouse to pull a new wire through the conduit.' It sounded so nonsensical that Shirley and I looked at each other and burst out laughing. I said: ' I'm sorry about that. I expect he was just pulling our leg.'

When we finally went downstairs, Margaret was as white as a sheet. 'I've heard it as well - just like someone with hob-nailed boots jumping on the floor. What on earth is it?' I was as puzzled as they were. It was quite different from the sort of phenomenon I normally experienced - somehow much more earthy and physical.

Shirley rang me the next day to say that she had given Fred his father's message while they were in bed, and he was flabbergasted. On their last job together his father had said: 'What we need in this business is to put a piece of cheese at the far end, and attach the electric cable to a pet mouse's tail and run it through!' Fred tells me that since then an electrical gadget called a 'mouse' has actually been invented to do just this.

Then, just when Fred had decided it was time for sleep, Shirley mentioned the noise that had puzzled us all. This was almost too much for Fred, who went quite white. He told Shirley that before his father did any electrical job in a house he would always jump on the floor to see how safe it was. What's more, he always wore boots, which made an awful noise. Fred was quite shaken and didn't want to know any more.

But Shirley and I always have to laugh when we recall that evening, and the spirit who leaped around in hob-nailed boots!

Fred and Shirley have received a lot of healing and clairvoyance from me. At one time when Fred was coming regularly for healing his father made contact at every session. Through me, he gave Fred the names of people who would offer him contracts, together with the exact nature and value of each one. He was always right; it became a weekly occurrence for Shirley

to ring me to say that, once again, confirmation had been received.

Fred never quite got used to these communications! But it was his father's way of giving help when it was most needed, and a perfect example of how, even after death, people who care for us can give us not only love but also very practical assistance.

There are thousands of people walking the streets today who have had wonderful survival evidence but are too afraid of what people might think to talk about it openly. It is rather like an underground movement, unseen and unheard until there is an explosion. **Perhaps this book will help light a fuse.**

Chapter 6 Releasing the Fear of Death

From the book 'My Life as a Medium': Chapter 16, Section 1

It is inevitable that, at some time, we must all vacate the chrysalis that is our physical body, and allow the essence of our minds the freedom it so desires. I believe it is in this area that mediums are irreplaceable. They bridge the gap between one dimension and another with survival evidence, giving comfort not only to the bereaved but also to the departed, enabling those on both sides to live their lives to the full.

It also takes away the fear of death for those in the last years of their lives. I had not realized until I became a medium, just how frightened old people are at the thought of dying. Because they are old, society does not expect

them to show fear, and so they suppress it - and this makes them ill. When they are encouraged to speak about their fears, the floodgates open. I have seen quite tough individuals break down and weep, when they talk about the inevitability of death.

For these people, survival evidence provides the solace and courage they need when it is time for them to make the transition from one dimension to another, as the following story shows.

Maise was a fairly active lady in her mid-eighties. Her daughter Deborah asked me if I could help her mother. Although Maisie was physically active, she had become increasingly depressed and withdrawn over the past year, and no matter how hard her family tried to help, she refused to divulge the reason for her unhappiness. I suggested that Deborah ask her mother to accompany her the next time she herself came to me for healing. This way Maisie would not be suspicious.

Deborah duly arrived for her appointment, and introduced me to her mother. Maisie looked very fit, and was still a very attractive woman, but her eyes were dull and she looked sad. We chatted for a while, and then I asked her to sit in one of the armchairs whilst I healed her daughter.

About ten minutes into the healing, I glanced across at Maisie, and as I did so, I heard a voice say 'For God's sake tell her to cheer up.' I hesitated to repeat this, so I waited for more evidence. 'This is her husband, Eric,' the entity said. 'I'm very annoyed, because I can't get near her to comfort her. She has shut me out.' I passed on the messages to Maisie whilst I carried on with the healing.

At first she just sat and stared at me, and then she said, 'How do you know about Eric? Did Deborah tell you?' So I explained that I was a medium. 'I don't hold with such people,' she said. 'It's too spooky.' She stood up. 'I'm going. There's no way I'm going to stay here.'

Deborah tried to persuade her mother to stay, 'Come on, Mum,' she said.

'At least stay until I've had my healing.'

I decided to intervene. 'Deborah, I think you should take your mother home.' Turning to Maisie, I said, 'I'm sorry you've been shocked, but I thought you knew I was a medium as well as a healer. Go home and think about what has happened. If you want to return another time, I will be pleased to see you.'

When they had left, I walked back into the healing room and saw a spiral of energy in the centre of the room. A voice said, 'She will be back.' I do not know who was speaking to me - it certainly was not Eric - but the message made me feel better.

A month later, Deborah asked for an appointment for herself and her mother. I must admit I was rather surprised, and wondered what would happen this time around.

When I opened the door to them, I could not believe I was looking at the same woman. Maisie looked ten years younger and, as she smile, her eyes lit up.

'I'm sorry I was so rude to you last time I was here,' she said.

Smiling, I told her not to apologize. I had understood her feelings. 'It must have been quite a shock for you,' I said as I showed her into the healing room.

'Well, it was rather.' She paused, and then she said, 'I want to thank you from the bottom of my heart. You have saved me from a fate worse than death.'

'What do you mean?' I asked.

'Misery,' she replied. 'You see, I thought life ended here, but since you gave me Eric's message, I've come to realize that we do survive death.'

'What makes you so sure?' I asked. 'After all, you weren't given much evidence.'

'Oh yes I was,' she replied vehemently. 'You may not have realized it at the time, but I could see me husband's face building up over yours as you spoke, and you also took on his mannerisms. It was Eric all right. That is why I was so frightened. And the more I thought about it, the more incredible it seemed.' She smiled, 'Perhaps I could come along now and then for a sitting. I told her that she would be more than welcome.'

Deborah told me later that the message from her father had turned all their lives around, and the atmosphere at home was now so much happier.

Maisie came to see me regularly for the next four years, and in that time received some incredible survival evidence, not only from Eric, but from friends and relatives as well.

She was ninety-two years old when she died. Her daughter told me that she never stopped speaking about her first visit to me, and how the experience had enabled her to enjoy the rest of her life.

Chapter 7 Getting Closer To Nature

From the book 'A Free Spirit': Chapter 6, Section 1

The great thinkers of this world, past and present, are those who refuse to accept the obvious and who have absolute faith in their ability to look beyond the thought. This knowledge has given them the key to the invisible but inspirational place where thoughts are fine-tuned, enabling them to bring order to a disorganised world.

It may sound easy, but it isn't; to go down this road you have to be courageous enough to stick to your guns once you have made a final statement. There are millions of ordinary thinkers who have made a difference, so you do not necessarily have to have a great mind to bring about change. But you have to have the courage not to give in when you're targeted by negative thinkers who only consider themselves and their immediate problems.

It is important to read these words again and again before you continue.

Not only are they the most important words you will ever read, but having read and absorbed the visible and invisible lessons within them, you will be inspired to think about everything that you read and hear about in your day-to-day existence.

Lying to the country has always been a major political disease, and it continues to be so. Before television and this technological world that we now inhabit, the majority of people lived their lives in total ignorance. Nowadays there is no excuse for turning a blind eye to what we know is going on, and if you are a thinker, you will find that the obvious is constantly being used as a blind to hide the more subtle truth.

This is why I have dedicated the first part of this book (A Free Spirit) to animals and the environment. Each and every one of us should be vigilant, for what is happening in these areas now will affect us all.

I have received far more sustenance from the invisible world than I have

done from the material world. The secret is 'knowing' when you are in contact with something that you cannot see or hear. I call this the audible silence. You will soon be aware of the presence of invisible forces when you begin to receive inaudible inspirational messages which will impinge on the mind in your waking hours. Having once experienced this contact, you will never forget it.

Chapter 7 Getting Closer To Nature

From the book 'A Free Spirit': Chapter 6, Section 2

Every medium and healer of any integrity has to be courageous when giving messages and when putting their faith in the spirit entities who become involved in the healing process. Early examples were shamans - natural mediums and healers who visited villages in the most outlandish places to pass on messages from the dead and to heal. They were revered and given god-like status by those they served. Ridiculed by supposedly higher-minded individuals for imbibing large quantities of alcohol and herbal-based drugs in order to induce out-of-body experiences, they possessed talents that were nevertheless formidable.

There are those who have tried modern mind-altering drugs to achieve the same results, but it cannot work for them. The whole experience is not only spiritually oriented but earthed. Like all spiritual gifts, genuine shamanistic talents would have been there since birth. Though shamanism is becoming increasingly popular in this modern age, it does seem to attract dubious characters, so always get a recommendation before you choose a practitioner.

Many years ago, a colleague told me about the sangomas, who are traditional African healers. They are chosen from birth and spend a

lifetime learning about the hundreds of medicinal potions that can be extracted from local herbs. They believe that everyone should be responsible for their own health, a belief I have advocated for many years. Through their spirituality, the sangomas are able to alter their state of consciousness to give messages from the dead and to read the future. Although they use bones, horns and skins of animals, these trappings are merely a focus which links them to the natural world. Western traditions use other means: tarot cards, palmistry and runes are just three examples.

In our society, I would always recommend meditation as the only safe route if you want to experience the life-enhancing vibrations you get by raising your level of consciousness. Although it takes time to reach a stage of enlightenment (an advanced level of consciousness), it is well worth making the effort needed to reach this level. You will know you have achieved enlightenment when you begin to get clear, concise results which can be confirmed by some other means. At this point you will become your own gate keeper - you will automatically know who to let into your life and who to dismiss. The control will always be with you.

Some people need a focus for meditation, and like the shamans did long ago you can make your own. It could be in the form of animals or birds. The shamans used bone, horn, skin and parts of dead animals to bring them close to the soul of their chosen animal. The most popular totem was that of the Masked Sorcerer - half man, half beast. (You may prefer to use a pictorial image of your totem!) When the imagination is used in this way, there are no boundaries - the mind becomes a free spirit, and can move with ease from one world to another.

In our so-called civilised society, many would think it rare for us to use animal totems, but this is not so. Photographs and television programmes have drawn us all into the world of animals, many of which we will never see in the flesh, but their images remain in our consciousness long after we have seen them. A photograph can be an extremely powerful totem, and although we cannot feel the skin of that living animal, I know through

psychometry that the mind and soul of that animal - though invisible to the naked eye - is encapsulated in the image.

I receive photographs every day from people asking me to heal their pets. In most cases their vet has been unable to diagnose the cause of the complaint. I send them all healing, and wait for a favourable outcome.

One day I opened a letter that contained a photograph of a very sick-looking spaniel called Ricky. His owner had decided that if I could not help, the dog would have to be put to sleep. As I held the picture in my hands, I looked into his beautiful brown eyes and was immediately taken over by his mind-spirit. Through this medium, I was told that the dog had become ill when a pet rabbit he had befriended had died of natural causes. Ricky was heartbroken.

I called the owner and asked if the message I'd received was correct. They confirmed that Ricky and their pet rabbit had been inseparable and, after much thought, they were able to pinpoint the date when the dog had become ill - exactly two days after the rabbit had died. I told them that I had been able to tell Ricky that the rabbit was well and that they would meet again. Within a week the dog had recovered and was eating normally.

Those of you who have never communicated with animals may think this a tall story. However, those who are closer to nature will immediately recognise the interaction, not only between man and all other creatures, but from one animal to another. I know from the thousands of letters I receive of the heartbreak suffered through the loss of a pet. I have no doubt that a warm-blooded animal feels the same gut-wrenching emotions.

Chapter 7 Getting Closer To Nature

From the book 'A Free Spirit': Chapter 6, Section 3

If you want to have a closer and more spiritual relationship with the natural world, you will have to know how to initiate it. Ask yourself, which animal frightens you most? Think very carefully before you make a decision, because you will have to live with this animal for many months. When you finally make your decision, look for a photograph where you can clearly see every detail of the creature. There are many books and magazines that contain hundreds of photographs of animals, so this should not be difficult. A poster or a large picture from a calendar would also suffice.

The next step is to choose a wall in your home where you will be able to see the animal at all times. Put up the picture, and whenever you have a spare moment, make a detailed study of it. Look into its eyes, talk to it, use it as a focus for therapy sessions. This will bring you closer, not only to the spirit of that particular animal, but to nature as a whole.

Variations in the colour of the animal's coat can help you to become intimate with the living essence of the creature. As you mentally part the fur to examine the variations, you will also feel the contour of its body and the warmth that emanates from it. Stroke the body with your mind, and

'feel' the warmth and heartbeat as you do so. Examine every part of the animal, from its shoulders down to its legs and paws. With the power of your mind, lift a leg so that you may look at the pad on its foot. The secret of becoming a soulmate with any living thing is to use your imagination, to move it around in your mind. When you do this you will create the feel and vision of a living, healthy and happy animal. Lightly draw your hands over the picture. Stand close to it, and look into the creature's soul. Use this as a meditation. After a few minutes, close your eyes and ask yourself what kind of emotions this act has aroused in you. Did you find that it had triggered an empathy you had never felt before? Could you see yourself cloaked in the spirit of a life which had appeared to be so different from your own? Did you have an overwhelming feeling that all life forms are the same when stripped of their physical appearance?

If you did not feel any of these things, then you have a long way to go before you can even begin to make contact with the different species that live on this planet. But take heart - it is only the beginning. You have done well to have taken the trouble to find a picture and study it. For each person who cares enough to begin the process, there are thousands who don't care.

However, when you have reached a point where you do feel at ease with your new friend, tell it that you will protect it and care for it as long as you live. With this vow will come a lifelong commitment and the knowledge that all life has a right to be here.

When you have accomplished the art of moving closer to something you had previously feared, seek out the real thing. If you have chosen an exotic creature, then you may have to pay a visit to a zoo or similar establishment. The closer you get to the real thing, the more you will learn about yourself. And having conquered one fear, you will know that you can do it again - not only with animals, but also with individuals of your own species.

Fear undermines the personality, and you don't need this negative influence in your life.

Chapter 7 Getting Closer To Nature

From the book 'A Free Spirit': Chapter 6, Section 4

Many years ago, I was staying at a monastery in Segovia, Spain, when I happened to see a young girl sitting on some stone steps, crying. I sat down beside her and asked if I could help. She shook her head and, with her hands cupped over her face, continued to weep. I put my arms around her, and as she relaxed she told me that she had lost her snake bracelet. I suggested that she could always buy another, but this only seemed to make matters worse. When I asked her what had been so special about that particular bracelet, she told me that it had special powers, and that whilst she was wearing it she had no fear of the snakes and scorpions on her father's land. I took her by the hand and retraced her steps, and within a few minutes we found the bracelet hanging on a branch of a lemon tree.

It was obvious to me that the girl had used the bracelet as a focus, to bridge the gap between the human element and the forms of life that she feared. This child had unwittingly stumbled upon an ancient ritual that turns an ordinary object into a living energy, which then creates a protective barrier around the owner. She had unknowingly created her own living charm. If we had not found the bracelet, she would have lost confidence and a certain amount of freedom until she had energised a similar object.

A close friend once told me that she was terrified of snakes. She hated the thought of anything slimy next to her skin. I assured her that she was mistaken, that the skin of a snake is dry and silky, but it didn't help at all.

Even the thought of having a picture of a snake hanging on the wall disgusted her. I thought of the totems and how the shamans had made effigies of creatures from their skins, so I asked an acquaintance who happened to keep snakes if he would save me a shed snakeskin. Several months later he presented me with one, and I was able to arrange a meeting with my friend for her first therapy session. When she arrived at my home, I asked her to look at the snakeskin. At first she stood on the opposite side of the room, but with a little encouragement, she was able to get closer to the table so that she could see the skin. She was amazed to see how fragile and beautiful it was. Eventually she held it in her hands. I explained that part of the soul of the snake was in its skin. In tune with this spirit, she admitted to feeling guilty at having been so fearful of what was, after all, a living entity. Just because it was not human did not mean that it was any less valuable.

Much later, when I visited her home, I saw a brass snake on her windowsill. She told me that she had bought it when she finally realised that her fears had disappeared, after looking at a grass snake crossing the lawn in her garden. I knew then that something had touched her deep within her soul.

Having conquered fear, you will find the next step in your progression more to your liking. Choose a photograph of a beloved pet or a favourite animal and make eye contact with it. Then talk to it using words or silent thought - either way you will make contact. Take as long as you need to bring about the interaction between your mind and the mind of your chosen animal. Then close your eyes and listen. Although you may not hear words, you will 'feel' something - and that something will be different for everyone, because mind-to-mind contact is unique to the individual, regardless of whether it is between human and animal, human and human, or animal and animal. I have listened to thousands of stories of first impressions gained when practising telepathy for the first time - the following is a guide to what you might experience.

Chapter 7 Getting Closer To Nature

From the book 'A Free Spirit': Chapter 6, Section 5

Genny, one of my clients who was devoted to her pets and to wildlife, was anxious to have a closer relationship with all animals. She told me that although she had practised telepathy with her pets, she was disappointed with the results, and asked for my help. I told her to pin a photograph of one of her pets to a door that she used all the time and, as she passed through it, to place her hand on the picture and silently ask her pet how it felt that day. Nothing happened for a week, but then, to her amazement, every time she carried out this procedure the animal started to talk to her. At first she thought she was imaging it, but the messages became clearer every day. She also had an overwhelming surge of well-being every time she received a message, almost as though the animal was giving her healing.

Then one day her whole body filled with dread, and she knew instinctively that something was wrong. The pet in question was a black and white spaniel called Mack. She noticed that he was rather quiet, and as she lay down on the floor beside him, he looked at her and she had the impression that he was telling her he was ill. When she examined him, she couldn't find anything that would suggest he was sick in any way, but she used her gut instinct and took him to the vet. He told her that Mack had a rupture in the groin which must be dealt with straight away. He was operated on the same evening.

When Mack was able to return home, Genny used silent thought to tell him how much she loved him, and reassured him that he would soon be

well again. She noticed that when ever she made this contact, he would turn around and stare into her eyes. Eventually the impressions she received from him were so accurate that she realised she was actually having real telepathic conversations. When Mack recovered, Genny decided to pin photographs of **all** of her pets on the door.

The only one that didn't seem to respond in any way was her cat Maggie, but this didn't surprise Genny in the least. She told me that the cat had always had a mind of her own and that she could actually feel Maggie closing her mind whenever she tried to link in with her.

However, on retiring to bed one evening, she woke with a start and the feeling that her cat was ill. At first she thought it had been a dream, but decided to get up and investigate. She found the cat in the kitchen. She was being sick and was obviously in a lot of pain. When the vet examined her early the next morning, he told Genny that she had been poisoned, and immediately put the cat on a drip. Genny knew that some kind of thought transference between herself and Maggie had caused her to wake that night.

An acquaintance of mine experienced an entirely different form of thought transference. The lady in question owned a beautiful golden retriever called Henry. When they were out walking together she talked to him all the time. She admits that she found talking aloud cured her stress, but what she hadn't taken into consideration was the fact that the dog was picking up her thoughts.

One particularly cold and windy day, she was climbing a hill when she distinctly heard the dog tell her to return home. At first she thought someone had walked up behind her, but when she looked around there was no one in sight. Then she heard it again, and the dog grabbed the bottom of her coat and pulled her back. It was obvious at this point that Henry was very distressed. She ran back along the path, and as she approached her home she saw black smoke coming from the direction of

the kitchen window. Pulling a scarf over her head, she let herself into the house - and found that she had left a chip pan near a flame and it had caught fire.

She called the fire brigade, and they managed to save half of the kitchen furniture. If she had not acted on the message she'd received from her dog, she would have lost everything. From that moment on she vowed that not only would she continue to talk to Henry, but she'd listen to what he had to say.

I have heard hundreds of stories of animals saving the lives of humans and of their own kind. In the telepathic world in which they operate, the mind is free, and will immediately respond to energies that contain negative vibrations. Then they interpret them. The reaction to this process is extremely rapid.

Never underestimate any creature's telepathic abilities; different species not only have their own language but through energy channels can also interpret the language of others. There can be no greater example of this than the healing given to humans through swimming with dolphins. There have also been stories of humans being picked up by dolphins and safely deposited on the beach after a shipwreck.

The more we learn about other forms of life and their remarkable feats, the more we are forced to look at our own shortcomings. We should treat all life with greater respect. Thinking about taking action is useless, though - there is far too much thought, and too little faith, to put these ideas into practice. It is only faith in our own potential that can break down barriers, because proof of that potential comes after the act and not before.

It is also exciting when you become involved with a project which is never ending. Communication with animals becomes a life-time hobby, and keeps you in touch with nature all through your life. There is no better teacher, for nature is changing all the time. The changes that come with

the seasons of the year are no different from the seasons of our own lives,
and nature can help us make the transitions for a better future.