REFLECTIONS ON TRUTH

THE MECHANISM OF THE UNIVERSE
(A PERSONAL JOURNEY TOWARDS UNDERSTANDING THE PARANORMAL)

MURRAY (NICK) NICHOLLS
Murray Nicholls was born in Grimsby in 1939. He left school at 15 and spent four years working in an office for financing hire purchase of electrical goods. He was then drafted for military service and spent three years from 1958 to 1961 in the Royal Air Force. The latter two years of his service was on assignment to Supreme Headquarters Allied Powers Europe, (SHAPE) on the outskirts of Paris. Upon completion of his military service he obtained civilian employment on the staff of the headquarters. Murray (better known as Nick) spent the remainder of his professional life at SHAPE, eventually becoming responsible for management of communications and an associated budget, until retiring in 1998.

Nick and his wife Margaret moved with SHAPE headquarters when it was relocated from France to Belgium in 1967. But it was in 1985 that he first became consciously aware of being contacted by personalities from beyond this physical realm. With this knowledge he eventually concluded that when we lose our physical body, we do not lose our consciousness. Consequently, 'Reality' was far from what he had been brought up to believe. When something did not make sense he needed to understand why. This became his life's passion and in due course he began to help release deceased soldiers who were still attracted to this physical dimension. He then reasoned that thought and energy were the source of everything, including `ourselves, which then drew him into attempting to understand the 'Mechanics of the Universe'. Nick and Margaret have two daughters and now live separately in England.
IN MEMORIUM

At this 72nd anniversary of the ending of the Second World War it would be appropriate to reflect for a moment on the sacrifice of all sailors, soldiers, and airmen, from all conflicts, who have given their lives towards maintaining peace on earth.

Could we have done better?
Nick's research began in 1985. On his journey he has investigated altered states of consciousness, meditation, mediumship, 'past lives', dream interpretation, shamanism, healing, psychotherapeutics and much more. He is a founder member of the Soul Voyagers Network http://soul-voyagers.net/ and a more recent member of The Scientific and Medical Network
I must first thank Margaret, my wife, for dedicating many hours to editing and proofing this work and for making a number of very constructive suggestions. Thank you.

As my writing progressed I became aware of being influenced by increasing numbers of helpers, guides, teachers, poets, philosophers, and all those nameless ones who no longer inhabit this physical dimension, as part of a 'Support Team'. Without their encouragement and assistance, this book would never have been written. So thank you all – you know who you are. Thank you also for having patience with me towards developing a unique 'language' for communicating between our respective dimensions.

A big thank you to my family; daughters Jan and Julie, sister Beryl and son-in-law Chris, for putting up with some of my, what must have sounded like 'strange adventures, in other worlds'. I must also thank Roseline for being a constant companion, not only through this part of my journey, but as eventually revealed, a confidante through our history.

I thank all friends and colleagues who have given permission for me to recount parts of our shared adventures together. In particular 'Thank you' Carl, Caroline, David, Dina (Danah), Gilly, Gordon, Harriet, Herma, Irene, Isabelle, James, John, Juliet, Karen, Kathy, Katy, Kay, Kris, Larry, Lawrence, Lindsay, Marcia, Mary, Moyna, Natalie, Norma, Pat, Peter, Sue and Terence. I must also mention all who have been prompted to give, loan, or recommend books to me, without you necessarily being specifically aware of the significance of your action. So I thank you for your friendship and your participation in my mystical journey. I also thank teachers and friends with whom I have shared during workshops, in groups and at seminars over the years, which has helped to contribute towards my deeper understanding of ‘All That Is’.

I also have to thank the authors of all the books mentioned throughout this work who have laid much of the groundwork from which I have been able to bring together more pieces of my segment of a never ending jigsaw puzzle. I also wish to thank all who have given permission for me to quote from diverse literary works. Without being able to use such
quotations, intelligent understanding of what appears to be taking place beyond this physical dimension would not have been evident. In the rare instances and after repeated requests, where I have been unable to obtain permission to use quotations, I have identified the source under the concept of 'fair use' in anticipation that readers may be prompted to investigate such references for themselves.

Finally, after having discussed some of my strange experiences with Natalie Tolbert, I asked her if she would be willing to give me a 'few words' that I could use as an endorsement on the back cover of the printed version of this book. She has produced a wonderful extensive review which I have gratefully incorporated into these introductory pages. Thank you Natalie.
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Dear potential reader

If this book has come into your possession you may wish to consider that during a period when my state of health was preventing me from focussing on writing, I mentally wondered whether it was worthwhile continuing with my writing. As I woke one morning these are the words that responded to my questioning.

22 November 2015. There will be a few who understand. There will be those who deny the truth. And there will be the majority who will, despite your efforts, not even be interested. It is simply your effort that takes you forward towards your goal, not only in completing your work in writing the book, but towards taking you a leap forward towards enlightenment. We encourage you to diligently tread your pathway of enjoyment and dissemination of the light. Peace be with you.

If you are one of 'the few', I wish you an inspiring journey towards enlightenment.

I intend to publish a limited number of printed copies of this book. If you are not one of the few, I leave it to your discretion to pass this copy on to someone who might appreciate it.

However before dismissing what I have been led to understand and what I am presenting in the following pages, I would suggest that reading my earlier works 'Discovering Truth' and 'Working with Truth' would shed much light on how my persistent and diligent research has brought me to this point in my understanding. Both the above books, together with this work are available as free PDF downloads from the 'Members Books' section of the http://soul-voyagers.net/ site. (See also direct links on the following page.)

Thank you.

Murray (Nick) Nicholls
Kingsbridge, England
8 May 2017
Discovering Truth:

Working With Truth:
https://www.dropbox.com/s/cnwqcxkr1gj0aza/A5%20WORKING%20WITH%20TRUTH%20-%20PDF%20On%20Line%20Total%20Document.pdf?dl=0

Reflections on Truth:
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SUMMARY REVIEW

This book sets out the author’s personal journey towards understanding the paranormal. After a life working with the military and managing communications, Nick Nicholls became aware through direct personal experience that consciousness existed beyond the body and continued after death. It became his life’s passion to release deceased soldiers who remained attached to our physical world, and in the book he invites us to remember the sacrifice of so many service people, lost in war. He has been contacted by hundreds of deceased soldiers, seeking release, frustrated because no one told them they were dead. Core to understanding the book’s focus is his key proposition: ‘we do not die when our physical body ceases to function’.

This well researched book is the result of Nick’s investigations into altered states of consciousness and so called ‘paranormal’ events. His writing practice was supported by a range of specialists in non-physical realms of existence, and he developed a strategy for communicating with (or channelling) these non-physical beings. When he was younger he spontaneously began having experiences of things that were not perceived by other people. However, aware of so many peoples’ belief systems at that time, he was cautious about telling others about these incidents, as he was concerned no one would believe him.

Nick concluded that we human beings were simply sparks of ‘oneness’ expressing ourselves on earth for a short period of time (as a thread of light), and he also came to understand that everything existed simultaneously in a multi-dimensional universe. Non-physical entities were able to communicate with him telepathically and merge with his body (with his permission).

Chapter One presents us with data about the mechanisms of the universe, as a channelled communication with an unknown voice, which Nick recorded precisely at the point of delivery. Throughout he has used a recorder as soon as he feels a communication is about to take place. The events that happened during his life are written in an easy to understand
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historical narrative style, interspersed with channelled poems. In Chapter Two, he explains how he came to realise that we humans were more than our physical body. He explored how communication took place within different realms, and noted that these early communications invited us to be careful of our thoughts, as they (we) manifested things that we would co-create with the universe.

Throughout Chapter Three Nick explores the significance of the swan motif in his revelations. He gave us examples of remote viewing, which he realised he was sometimes spontaneously doing as part of the channelled events. At that time the voices told him to be wary of ‘remote influencing’, as it was a practice sometimes used by certain organisations for negative purposes. He presented us with stories about a series of synchronicities that occurred to him in various circumstances. Chapter Four covers stories around altered states of consciousness, shamanic journeying, and the disappearance and manifestation of artefacts. It also sets out a series of meditations done by the author. Throughout his writing he gives us specific examples from known publications to support his narrative.

Chapter Five explored the concept of alien abductions, and insights around that topic of people who had experienced strange phenomena and weird physical effects. These stories are interspersed with stories about the author’s time while doing military service and his ancient dreams which became manifest. Chapter Six continued with the theme of aliens and their representation. He questioned whether the beings were ‘alien’ or simply from external influences, and noted that our understanding was filtered through the perceptions of each observer. He explained that he was not referring to beings from other planets, just an energetic frequency which we humans did not normally acknowledge. He discussed the appearance of UFOs from a military perspective, and also covered the appearance of Orbs, which he felt were benign energetic particles manifesting in the physical plane.

In Chapter Seven he had wanted to cover extra-terrestrials, abduction and aliens. However, at the time of writing he was affected by poltergeist type activity, which suggested to him, that he was looking in the wrong area,
or in the wrong manner at such things. These were taken as a personal message to release from all attachments, and from the political situation at that time. Throughout Chapter Eight he helps us to understand those beings which overshadowed his body in order to pass on messages through him. He recognised that his bodily illnesses inhibited his activities as a provider of messages and as a writer. He then started to receive communications from the future, which offered advice on the mechanics of the universe, and how these influenced personal bodily health.

Chapter Nine explored psychometry: information gleaned from artefacts about their previous users. It also covered the manifestation and disappearance of artefacts, which appeared to shift through time and space. There were more personal insights as to why the author was born here, now, with those kinds of sensitivities towards deceased soldiers. The chapter gives us further insightful communications set out in the form of poems. Chapter Ten is critical: it explores the importance of thought, whether directive or casual. Nick discovered that people could remotely influence others by their thoughts, particularly in altered states of consciousness. He explored thought as the blueprint of everything else, but explained his frustration with organisations that philosophise and use too many meaningless words. He gave examples of the way time and space collapsed to support real world journeys, on real roads. He expressed gratitude that his insights come to him directly, without mediators or philosophising.

In Chapter Eleven the author remembers the existences of many soldiers whose lives had been cut short, who had been left in limbo, not knowing they had died. He was told it was his job in this life to communicate about these things. The following chapter explained to us how the author was instructed to write this book. Finally he offered a link with other cultures and their understanding of realities, alongside the narratives of his travels around the world to historical sites of profound interest.

During Chapter Thirteen we read that the author experienced poor health. He was told this was because although he had been hearing messages, he had neither listened to nor integrated them. The beings who
communicated with him explained that they were a conglomerate of beings, and not a single entity, and they started to offer longer communications about the future. At this point we were given a much more detailed narrative about the author’s life’s history together with a round of synchronicities relevant to him. Included here were important aspects of being human which were needed in order to enhance our life on earth.

Chapter Fourteen explored telepathy, synchronicity, light, and the work of spiritualist organisations concerning their contact with deceased figures. In Chapter Fifteen the author tied up loose ends of the threads of his narratives throughout the book, and compared some events which happened to those mentioned in biblical writings. Chapter Sixteen further explores the notion of guides or ‘influencers’ who communicated to the author, and was written almost as an afterword, weaving in the different threads of narrative. He stressed the key importance of being aware of our thoughts, so that we do not manifest unintended effects. Annexes are included at the end of the book, which present the timings of each communication and the dates when poems were ‘delivered’.

This book tells the author’s story both about consciousness and the paranormal, and about receiving communication from non-incarnate beings. It explores the relevance of these interactions both for us as living humans, and also for the well-being of discarnate entities. It is written in a clear manner, following the author’s amazing adventures and synchronicities at home and abroad.

Dr Natalie Tobert, Medical Anthropologist
Author of Spiritual Psychiatries
and Cultural Perspectives on Mental Wellbeing
'Truth is a pathless land. Man cannot come to it through any organization, through any creed, through any dogma, priest or ritual, nor through any philosophic knowledge or psychological technique. He has to find it through the mirror or relationship, through the understanding of the contents of his own mind, through observation and not through intellectual analysis or introspective dissection.'

Jiddu Krishnamurti (1895-1986)

Many years ago I vaguely wondered 'What is this life all about?' As time passed, the more I became aware of what was taking place around the world, the more 'life' seemed to make no sense. So that was the trigger which initiated my thirty year search into uncovering what I have termed 'Truth'. Not necessarily everyone's truth, but something that made sense to me.

As I began to turn over pieces of a hidden jigsaw puzzle, the more I became suspicious of any concepts that did not originate from personal experience. I recall someone once warning me not to throw the baby out with the bathwater. My instinctive reaction was to symbolically get rid of the bath together with the baby and the water. I needed to start from scratch and eradicate all pre-conceived ideas, concepts, theological and scientific dogmas, religious rituals, myths, archetypes and anything else that might influence my search for 'truth'. But I should make it clear that this would not necessarily exclude me bringing the 'bath' back into consideration if at some future point my discoveries warranted such a course of action. I felt that I was fortunate to have left school without any qualifications whatsoever, which many years later led me to realise that at least I had a head start on those who had been initiated, influenced and indoctrinated within higher educational establishments.

The following work is my analysis and understanding of what I have experienced as recorded earlier in 'Discovering Truth' and 'Working with Truth', both of which are available as free PDF downloads from the 'Soul-
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Voyagers Network' website. I hope that you are open to considering my approach and to take on board some, or maybe even all of the concepts that I have developed, together with further revelations that may come to light as I continue building my foundation towards a deeper understanding of how, for me, life seems to operate.

Many concepts that I will be proposing will not sit easily with what you may have been accustomed to in this physical world. In fact, before beginning my research, such concepts would have been completely alien to my way of thinking, even to the point of being beyond what I would have even considered feasible. However, if you are able to remain with me on my journey of discovery, hopefully, together we will be able to take steps towards bringing the beginnings of enlightenment into this 'New Age'.

Although I discovered many gems on my journey, I feel that for me, the revelation that 'we do not die when our physical body ceases to function', was the most profound. And before we consider this further, it would be prudent to expand on that statement. Beginning in 1985, over a period of many months and as recorded in the Introduction and early chapters of 'Discovering Truth' I developed the ability to telepathically communicate with what at the time I called 'the voice'. To every question that I mentally posed I received an answer, and always such answers were meaningful. Initially I considered that this voice originated from a form of consciousness beyond this physical realm. But as my investigations progressed, I came to realise that there was more to what was taking place than just telepathically communicating with a voice that did not have a physical body. I began having experiences of 'seeing' individuals and being able to describe situations that were not of this world. I also came to realise that 'time' on which we depend so much in this physical realm, was not linear. Consequently in order for events such as when I 'saw' (became aware of) situations that were not visible to others, that what took place in what we would term the past or future, then this could only be explained by expansion of my individual conscious awareness. Initially there were very few people with whom I could discuss such matters and I certainly was not prepared to approach the medical profession and risk being diagnosed with something that could have taken me into a lifetime of drug control. So it was a slow process, primarily of
investigating my own experiences in an attempt to reach logical conclusions. Since those initial investigations into the realms of the unknown, many changes have taken place in Western culture. The world has changed and individuals in many diverse fields of investigation have made results of their research available on the Internet. Yet so many of those results are limited to specific disciplines. What seemed to be missing was a common explanation that would make sense of what has been concealed or distorted over centuries and for us to realise that what has been referred to as the 'paranormal' is perfectly normal, once we understand what has been taking place.

My journey slowly took me into recognising that humans are simply sparks of 'Oneness' energetically expressing ourselves in a physical form for a period of linear time within this sphere we call Earth. The 'I' ('self' or 'individual spark of consciousness') retains memory once the physical body ceases to function. It must do, or otherwise how would so-called 'dead' personalities have been able to communicate with me, and give me information that I could not possibly have known? Thus, although the individual consciousness remains for eternity, so like a child developing into an adult, the individual consciousness develops an ever increasing expanding awareness of the creative principle. This opens up questions such as: 'What do we do when we are not expressing ourselves as physical holograms?' and 'Where did we come from?' If, as supported by present scientific theories, we are simply expressions of energy, then everything must be energy. And if this is true, then does everything have some form of consciousness, however primitive? These are simply some of the early questions that I was prompted to ask during my search. They eventually led me into a deeper understanding of what have been referred to as 'aliens', abductions, unidentified flying objects (UFO's), and other similar phenomena. Everything exists simultaneously in a multi-dimensional Universe. My symbolic explanation of this concept is that we, physical beings, are each similar to the light on the end of one strand of a fibre optic lamp. The strand carrying light from the source, passes through all dimensions before being expressed as a spark of light on the end of the fibre. Cut off the end of the fibre, which equates to losing our physical bodily expression, and the light remains, but not on the same level as the other surrounding fibres, but on a level which symbolically would not be
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visible to other elements expressed in this physical dimension. Other traditions express this concept in the form of a tree; roots being the source of energy - light, extending through the branches with leaves representing the physical body, which die away periodically. Energetic intent is the creative force behind all manifestation which is significantly influenced by love and fear. Over years I have been able to develop diverse methods of 'communication' with personalities no longer expressing themselves in physical form. I can only offer examples of personal experiences of such communications and leave you to decide whether or not they fit my hypothesis – and ask you to consider whether this makes sense?

I hope to guide those of you who wish to follow me, step by step through how these concepts developed for me, which frequently took many years, and why I feel confident that now is the appropriate time to open up such ideas for discussion in the broader public domain.
'Working with Truth' was published in December 2014. A few days later I had a dream, my interpretation of which was that many individuals may not be able to understand my reasoning. I must therefore be very clear about how I present my concepts in 'Reflections on Truth'. So with that in mind I ask you to be patient in the hope that you can stay with me on this next episode of my journey. I have come to realise that providing we pay attention to dreams, symbols, coincidences, synchronicities and any unusual events in our lives and learn the language of the 'communications', (the interpretation of which is always personal) such 'communications' frequently provide answers to questions or clues associated with situations in our life at the time.

I had reached chapter 12 in this work but felt that the drafts of chapters 8 to 11 needed to be clarified in some way. I was unable to make much progress and was wondering how to resolve the issue. On 29 June 2016 I received a strange phone call. After a moment's silence I heard a metallic voice say: 'You are the only person in this conference'. The line then went dead. I immediately realised that this was telling me that no one would understand my logic associated with the symbolism in those chapters and I needed to clarify what I had written. My curiosity was not to be diverted in attempting to understand how such a strange message could have been created. Rather I was being told that my focus was to present a concept to the reader as clearly as possible.

Throughout this work I will be referring to incidents recounted in more detail in both 'Discovering Truth' and 'Working with Truth' with cross references to the appropriate page(s) or chapter numbers. For consistency I will use the following syntax (DT Page 25) or (WWT Pages 25-27) or (DT Chap 3) when referencing complete chapters. I will, however, attempt to retain this work complete in itself without need to refer to the earlier publications. All biblical quotations are taken from The New English Bible.
In 'Working with Truth' I describe directing my consciousness to what I refer to as my 'zone'.

Very briefly it is a level of consciousness I am able to attain, whilst still maintaining conscious awareness when I receive poems or channelled communications. This 'zone' is somewhere between my normal physically awake state and a deeper level of consciousness. Without becoming too technical, electroencephalograph (EEG) readings in cycles per second are described below, and very roughly fall into the following levels of consciousness.

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<th>Level of Consciousness</th>
<th>Description</th>
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<tr>
<td>Deep sleep</td>
<td>Delta</td>
<td>Up to 4</td>
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<tr>
<td>Dream sleep</td>
<td>Theta</td>
<td>4-7</td>
</tr>
<tr>
<td>Relaxed awake</td>
<td>Alpha</td>
<td>7-13</td>
</tr>
<tr>
<td>Fully awake, alert</td>
<td>Beta</td>
<td>13-20+</td>
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I would describe my 'zone' as being flexible, ranging from somewhere between light meditative states, probably in the lower Alpha range, descending into a deeper state in the Theta range. I have noticed that the deeper into my zone that I am able to direct my conscious awareness, so the communication becomes easier and more vivid, poetry flows more fluidly and responses to mental questions seem to be more profound.

At this point, in order for the remainder of this work to make sense, I need to stress that in line with Einstein's $E=mc^2$ everything is energy. We, and everything else we perceive, is an expression of energy (made up of particles of similar vibratory attraction) within the visible light spectrum, which manifests in this physical dimension for a period of what we describe as time. According to some scientific research, all physical expressions throughout the Universe represent about 5% of the total of everything. The remaining 95% is referred to as 'dark energy/matter'. Individual sparks of consciousness, which includes ourselves, by natural

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1 (WWT Pages 189–194)
attraction, curiosity, desire and intent, express themselves in this physical domain. When not expressing themselves in physical form, they continue their evolutionary journey as part of 'dark energy/matter' (which other disciplines may refer to as spirit or ether). When sparks of consciousness are focussed and expressing themselves in this physical domain as ourselves, they initially become unaware of the greater reality of the whole, of which they are part. By directing our conscious focus towards other levels of consciousness we are able to become aware of sparks of consciousness beyond this fully awake alert state. This does not exclude those sparks of consciousness in the non-physical realms from temporarily energetically expressing their intent in this physical domain, which may be perceived by individuals in many different forms. (Hearing voices, seeing ghosts, being aware of unusual aromas, objects being moved etc.)

During years of observation I came to realise that 'intent' expressed within my zone eventually manifests in this physical realm. The deeper the level of consciousness at which 'intent' originates, seems to determine the speed at which the results of the intent manifest in this physical realm. Thus if levels of consciousness range from 0 to 20 (20 being this physical realm) then an intent expressed at level 10 would manifest faster in the physical realm than one originated at level 15. Consequently expressing intent at level 20 (while fully conscious) may take years to manifest. But the 'intensity' of the intent (force) together with the level of consciousness at which the intent is initiated, also seem to have a bearing on the time it takes for the result to manifest in this physical realm. By this I mean that if, for example, a child is involved in a car accident and trapped under a vehicle, a mother may be shocked to such an extent that her focussed level of consciousness in this physical dimension gives way to instinct (a deeper level of consciousness), thus resulting in an intent to rescue the child with such force that it manifests in her being able to lift a vehicle in order to release the child. Prayer (intent, in an altered state of consciousness) by a group, as opposed to an individual, seems to result in a combined intent which develops such 'force' that determines the speed at which the intent manifests.

Naturally we all pass through all levels of consciousness each time we sleep. I have developed an ability to arrest my return from sleep and to
remain within and adjust the level of my conscious awareness, before awakening fully. Thus as a result of developing this ability to simultaneously become aware of different levels of consciousness, I eventually discovered that non-physical personalities were able to telepathically communicate with me and energetically blend with my body as a means for them to experience this physical environment. (Allowing my body to be used in this way was something that I had mentally agreed I would accept towards gaining a deeper understanding of how the Universe worked.) This led me into working with deceased soldiers and war victims. I eventually understood that my incentive for working with soldiers (although this was not a conscious decision) originated from a 'past life' experience. In that life, although I had been a soldier, I died of a growth in the neck. I was not concerned that I had died, but I was so angry that no one had ever told me that when we died, we did not lose our consciousness. As a result of that experience I seem to have naturally been drawn to help deceased soldiers to understand the situation they are in and to encourage them to release their attachment to this physical environment. Then as my ability to communicate with them developed I also realised the importance of acknowledging their sacrifice. When visiting war graves, most of the poems that I have been prompted to write (always while my attention is focussed on a non-physical level of consciousness) usually contain some form of suggestion that the soldiers consider 'moving on' or 'letting go'.

Initially I set my condition for accepting any communication from other dimensions by insisting that it be confirmed three times, in a documented form, from outside of myself. I feel that this is no longer necessary, but I have noticed that when my attention is drawn to a particular issue three times, it seems to be a form of language between myself and the Universe encouraging me to investigate, or pay particular attention to that aspect of my research. Also if I have misunderstood what has initially been communicated, the communication will be 'retransmitted', three times or presented in some other form until it has been made clear to my understanding. Part of my initial 'language' with other dimensions, in addition to those mentioned in the first paragraph above, involved events

\[footnote{\text{(Details of the work with war victims begin in DT Chap 18, Page 128 onwards, and throughout WWT.)}}\]
being brought to my attention in media broadcasts, articles in books, comments by friends, or anything that might develop my language of communicating between realms.

Throughout the following chapters I will be making reference to various individuals. Details of their involvement in my life have been recounted in either DT or WWT. Very briefly their relationships to me are as follows.

**Margaret.** We married in 1962, have 2 children, and have been living separately in England since 1995. I feel that Margaret had been my mother in a previous life.³

**Jan.** Eldest daughter. Born 1965

**Julie.** Second daughter. Born 1968

**Beryl.** Younger sister.

**Roseline.** We met in this life in 1996 and were together until events caused us to separate in 2002.⁴ During this period we discovered that we experienced an aborted relationship in Greece some thousands of years ago. I feel that we had to meet again in this life towards completing any unfinished business. Roseline also became involved in helping deceased soldiers who might have been unable to let go of their attachment to this physical realm. We were then drawn together again in 2012.⁵ Events from 2012 onwards are recounted in the following chapters. (See Annex C for a consolidated account of events previously recorded in more detail in DT and WWT up to the time we were drawn together again in 2012.)

**Marcia.** We met in 2006 and were together until 2010. We had been brought together, in part, also to work on helping deceased soldiers to recognise that they were free to release their attachment to this physical realm.⁶ Marcia also discovered that she had been my nephew in one ancient Egyptian life and that we had trained together in the priesthood in another. Through dreams and events taking place at the time we both felt

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³ (See DT Chaps 1-4 and Chap 13.)
⁴ (See DT Chap 15, Page 100; Chap 17; and Chap 20 Page 153.)
⁵ (See WWT Chap 15.)
⁶ (See WWT Chaps 1-3 and intermittently throughout subsequent chapters.)

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that our time together in this life was coming to an end and we planned our separation after returning from a trip to Egypt.\footnote{See WWT Chap 6.} We remain good friends.

Further clarification on relationships involving \textbf{Jan, Julie} and friend \textbf{Pat} (who I eventually concluded was a 'twin-soul') are detailed in DT Chap 20.

Occasionally, in different chapters, I make reference to the same events during my life. I have attempted to avoid repeating the details where possible, but I realised that different aspects of the same event applied to a different aspect of the subject that I was attempting to understand. Consequently I have made reference to the aspect of the event relative to the subject I was addressing. In particular I make reference to events relating to my military service on a number of occasions in different chapters, but the events seem to have represented the frame of the 'puzzle' which determined future events in my life.

Finally, one point that I should make clear is that due to inconsistencies of opinions between 'experts' in their specific fields, when I set out on my journey of discovery I deemed that I would only take on board concepts that I discovered for myself to be valid. I realised that this would probably take me out on a limb relative to established academic models, but if the so called 'experts' could not agree between themselves, then I was certainly not going to join the crowd for the sake of convenience. And as for the practice of requiring peer review of 'papers' before they could be accepted for publication, this simply seemed to be a ruse in order to maintain the status quo and avoid upsetting the academic apple cart. Now that I am retired, there was no chance of being ostracised or putting my professional occupation at risk. My sole approach has been to repeatedly test and evaluate \textit{communications coming from beyond this realm} of physical consciousness, in order to establish what I have determined to be my truth – even if my interpretation of what was being communicated was occasionally erroneous or lacking in detail.
'I realised that the story of ourselves as told by science – our cosmology, our religion – was incomplete and likely flawed. I recognised that the Newtonian idea of separate, independent, discrete things in the universe wasn't a fully accurate description. What was needed was a new story of who we are and what we are capable of becoming.'

Edgar Mitchell, ScD, PhD, 1930-2016, Apollo 14 astronaut.

On 7 March 2015 during my early morning reflections I became aware of receiving a 'communication' that was entitled 'The Mechanism of the Universe'. I took my recorder and this is what I received:

'The mesmeric physical natural universe to which we are attracted - of physically, emotionally, mentally and spiritually - the attention that is given to this attraction draws us to manifest in human form. Whatever it is on which we focus our attention, it is that which will manifest in this physical realm. That includes the desire to manifest as physical beings. It is our thoughts and intention that created ourselves. Therefore it is our thoughts and intentions that can take us away from this physical realm. Thus all my experiences have been initiated by desire and intent, an intent to understand the mechanics of this universe.'

[Subsequently, reading back this account, it appears that I had initially received a 'communication' upon which my conscious awareness was simultaneously analysing, and I had recorded both sides of the exchange. I had recently been in conversation concerning the possible introduction of a new law being discussed in parliament associated with dignity in dying. Clarification on this subject seems to have been answered by the sentence which surprised me. 'Therefore it is our thoughts and intentions that can take us away from this physical realm.' Interestingly, however, this then explained the reported ability of yogis and fakirs being able to leave their body at will.]
The delay between the intent and the manifestation of that intent is determined by the intensity of that intent, which we perceive as time. So our dreams and aspirations are made manifest. We are responsible for all events which we experience in our lives. They spring from within; they manifest without, and unless we understand this mechanism we blame others for our misfortunes, whereas in effect they are gifts to raise our awareness on our individual pathways. Conversely, when we manifest joyous events in our lives, remember to congratulate yourself, for this also you have created by intent and desire.

You perceive aliens because you have focussed your attention on investigating the phenomena of aliens, and in doing so your attention has been attracted, and attracts to you, symbolic representations of aliens. [I will return to this subject in Chapter 6.]

Place your desire and intent on love, and love will come into your environment. It is quite simple really. By intention, avoid becoming enamoured with physical manifestations, whatever they may be. Your desire to assist deceased soldiers sprang from a desire from your own past experience, triggered by lack of knowledge of the mechanics of the universe. Thereby prompting a karmic experience which drew you back into this physical realm, and energies of similar intent combined to manifest in denser form - the results of that desire. Ultimately then, thoughts of individuals may be perceived in the manifestation of their outward environment.'

This exchange seemed to clarify what I had received following a conversation with Margaret in January 2014. The complete details are recorded in 'Working with Truth'. However the pertinent 'communication' which I received the morning after that conversation began as I attempted to go back to sleep. I took my recorder and spoke what I was receiving.

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8 (See WWT Chap 7, Pages 66-67)
‘So, as we listen, [I sensed that this related to the conversation I’d had with Margaret] there in the middle world is found the truth of who we really are. The depths of creation, the depths of thought, the expression of individualism, they are manifest in the outer world - the dream world. For the dream world is the outer world, not the inner world. The inner world is Reality. All that has been shown to be physical is imagination. All that is referred to as imagination by the outer world is in fact the real world. The truth of the exchange in perception is simply the human perspective. We bring this truth to you to translate it into a…’

At this point there was a beep on the recorder and it showed that the battery was low. Here appear to be clues indicating how our perception of Reality can deceive us in this physical world. Each individual is being invited to discover their inner truth.

It also amplifies what I received on 24 April 2001⁹, a significant section of which is as follows:

‘Come and sit with me at this table on the plains of Judaea and I will tell you the story. The story of the beginning of time. The history of the very truth of being. For there was in the beginning a thought. An ‘earth shattering’ thought you might say in your language. But nevertheless, it was a thought. And from that beginning all else flowed. The thought did not recognise itself as a thought and could never imagine the consequences of such an act. But it was a thought nevertheless. It was the blueprint¹⁰ or model for everything else that was to follow. The whole of nature developed on the same lines as that one thought. Occasionally, one thought, thought differently to its surrounding thoughts, and this became the first primeval step in the development of a diverse universe – evolution.’

Many ideas have been expressed concerning how 'thoughts' affect events in our physical surroundings. 'Positive thinking', 'be careful what you

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⁹ (The complete text is recorded in DT Chap 23, Pages 186-187)
¹⁰ (See WWT Chap 20, Pages 214-221 for further amplification on the significance of setting a 'blueprint' or intention.)
think, you might get it', 'a thought is a thing' and so on. However, in conjunction with the implication associated with the density of thoughts, we need to keep in mind that our individual spark of consciousness is eternal. Or in other words, we do not lose our consciousness when we leave our physical body. It appears that consciousness manifests and is 'aware' to a greater or lesser degree in physical or non-physical form; it draws insight from many incidents and dimensions - and experiences all simultaneously. Therefore dreams need to be considered as simultaneous expressions experienced in other levels of consciousness, prior to or post what our consciousness is focussed on in this linear physical time frame. Based on the above 'channelled communications' it appears that we need to consider 'thought' from a deeper level of understanding in order to recognise the significance of individuals being 'co-creators' within the Universe. We, therefore, by our intent and desire, not only created ourselves, but all associated experiences.

This brought to mind what occurred on 4 March 2015, prior to receiving the above 'channelled communication' - 'The Mechanism of the Universe'. In order to put this into perspective I need to recount events from 2014. My sister Beryl and I went on a river cruise along the Rhine which began on Sunday 25 May 2014. On the cruise we met and became very friendly with two American ladies – Carolyn and Harriet. They invited us to visit their homes and although we both felt we would like to meet up with them again, I explained that for a number of reasons, I was not prepared to visit mainland U.S.A. After the cruise, while staying with Beryl, as we had enjoyed the holiday so much we were discussing future holidays. During this exchange I recall making a comment along the lines of: 'If you come over we can go to Monet's garden and visit the Normandy beaches'. In my mind I was considering using the car for such a trip which I had done on several previous occasions. Immediately afterwards I realised that saying 'come over' was a ludicrous remark since it implied that I was still living in Belgium, rather than where I now live in the South of England. Only as a result of subsequent events did that strange remark begin to become significant.

Carolyn and Harriet had mentioned possibly taking a cruise along the River Elbe. However they subsequently decided to visit England. Beryl and I said that we would make arrangements to meet them, wherever and
whenever that may be. Eventually the only suitable free date on their scheduled trip was 23 May 2015. Arrangements were made to meet them for dinner in London that evening. That involved 3 and 4 hour trips for Beryl and myself from different directions and an overnight stay in London. As we were finalising these arrangements Beryl phoned to say that the organisers of the Rhine cruise were offering a late deal for a week's cruise from Paris along the Seine, and was I interested. The deal included travel from London beginning on Sunday 24 May, the day after our dinner appointment and exactly a year after the commencement of our Rhine cruise. The cruise included visits to Monet's garden and the American Military Cemetery overlooking the Omaha D-day landing beach in Normandy, sites that I had been prompted to suggest a year earlier. The all-inclusive price was very attractive. My reaction was "Eight days without having to cook - for that price, book it". I checked the tour details on the Internet and discovered that the cost of our trip was just over one third of the brochure price. I then had to consider whether it had been my thoughts and desires from a year previously that had been instrumental in bringing about these arrangements or whether some of the war victims were encouraging me to visit the American Military Cemetery again.

If our feelings about meeting up with Carolyn and Harriet were in some way responsible for these arrangements falling into place, then they must have also been influenced to defer their planned cruise along the River Elbe and come to London instead, and the organisers of the cruise must also have been influenced to make such an attractive offer that we could not refuse.

At this point I felt 'blocked' as far as continuing this account. Having previously experienced a similar blockage, I decided to wait and remain attentive as to where I would be directed on the next stage of my adventure. Six weeks later in the book review section of a magazine, I saw 'Fearless in Tibet' by Matteo Pistono. It was a review of the biography of 20th century Tibetan lama Tertön Sogyal. It briefly referred to his teacher, Pema Dündul, who had instructed his students to sew him up in his tent and not to come near for seven days. When the tent was opened Dündul had left his body and dissolved into light, leaving only hair and fingernails. So here was confirmation of what I had received in
the above 'channelled communication' on 7 March 2015 that 'it is our thoughts and intentions that can take us away from this physical realm' and the similar theme from 24 April 2001 implying that it was a thought or blueprint that was the beginning of everything, be it coming into this physical realm or leaving it. I ordered 'Fearless in Tibet' immediately.

While putting together the above paragraph I was reminded of how Margaret's 89 years old mother had locked Margaret out of her home without realising it. When this was pointed out to her and she recognised what she had done, she remarked ‘I think I must have lived too long’. The following morning Margaret discovered that her mother had passed away during the night. I suspected that she had decided that she was becoming a burden to Margaret and that it was time that she left this world.11

As soon as 'Fearless in Tibet' arrived, I put it to one side to take with me as reading matter on the cruise. I had arranged to leave my car parked in friend Marcia's drive and stay the night before taking the underground into London the following day. Ten days before I was due to travel, Marcia phoned to say that her friend Kathy, who I had met on a number of occasions, had died. Although I was only going to be staying at Marcia's for about 20 hours, Kathy's funeral was arranged at such a time that I was able to attend. However I was not prepared for what then occurred during the celebration of her life at the crematorium. As curtains began to be automatically drawn around the coffin, I sensed Kathy outside the curtains looking down at the proceedings and insisting 'I'm out here. I'm out here.' She then asked me to pass a short message on to one of her daughters.

But that was not the only unusual event that took place during that period. On the morning of 22 May 2015, before setting off on my journey I was woken at about 04.00 and had words of a poem being communicated to me.

11 (See DT Chap 24, Pages 192-193 for the complete account.)
We came to earth to spend some time to understand again the workings of the Universe, in hope that we would gain the untold truth upon the path of realms, so far beyond the understanding of mankind - progress for which he longed.
You are the remnants of a race of history from the past towards a future, which in time you'll find that it will last forever in eternity - evolved along the way.
You're at a cross roads in your terms, that's all that we can say.

Just recognise that we are here to guide and hold your hand until you reach what history terms, was just a golden land.
It is a realm of thought and love, beyond imagination.
Yet simply put in earthly terms it is but 'thought creation'.
And 'time' is but eternity. Perceived from realms beyond there is no time, there is just 'NOW' and with that magic wand of consciousness and wisdom, once focused with intent, you may create what're you wish, for energy's not spent.

But each expression of the part will bring what we call ALL together in a total sphere. For that is what you call your planet Earth. Complex of thought through generations past has been created with the mind, in truth it will not last.
Expressed intent, create within amalgamated thought, but come the day, you'll realise that change cannot be bought.
Now simply through direct intent - expressions of the you will change the world of which you live and then you'll know for true that everything in your surround, expression so it seemed is now the sphere of which you're part, was simply how you dreamed.

You wished to be among this plane, a human for a while; experience the physical, and then in time you'll smile.
You'll realise, release it all, and sing that old refrain, return to home, and in due time be with us all again.
So understand your deeper self, and how you came to be. Let go of life, return to love, and come back home to me.
I dictated what I was receiving on to my recorder then relaxed again with the intention of going back to sleep. No sooner had I done this than I begin to receive a second poem. Both poems had the same title.

**UNIVERSAL LIGHT (2)**

You came my way, I took your hand. It seems at last you've found the reason for the time you spent with your feet on the ground of earth. You spent some time you see, experience is fine but in the end you can't deny, you are just part of mine, the only everlasting ONE, of which we all are part of being. That is simply love forever of the heart.

Now take your time. Experience whatever is your need, for one day all will understand, and then you will be freed of all attachments of the mind, released from all desire. Then suddenly, without a thought, you'll find you've moved on higher unto the realms of peace and light, beyond imagination. For focus on what 'ere you will, that simply is creation. So leave behind the thoughts, desires, the will and your intent. Return to me, and come back home, and there together bent we'll strive on living in a life, a world of peace, that never dies. Then in my arms we'll meet again and there remain forever.

The charms of life you found on earth among the human kind were simply formed by your intent, desires of the mind. And how we dream, that one day soon beyond the wind and rain we will become aware of ONE, together once again. Remember on your journey that you took to be apart, always you were a part of me; of love within my heart. But not the heart of human kind, the heart of ONE I'll say. The door within my heart is always open 'til the day that you return to come and join within me once again in realms beyond the physical, beyond the realm of pain. So let the Universal Light, be present in your hand to live forever in the peace, and then you'll understand.
Immediately after Kathy's funeral I took the underground into London to meet up with Beryl. We then joined the American ladies for dinner. I had taken copies of 'Working with Truth' to give a copy each to Carolyn and Harriet. In return Carolyn gave us each a copy of her book – 'The Last Word – A Treasury of Women's Quotes'. I put this to one side intending to leave it until I had finished reading 'Fearless in Tibet' and my current book which I had left at home. The next day we took the Eurostar to Paris and joined the cruise.

The whole day of 29 May 2015 was taken up visiting the Normandy beaches and the American Military Cemetery. After a private moving Ceremony of Remembrance for the tour group and a walk around the cemetery I had about 15 minutes to spare before the coach returned to the ship. Although I had previously been to the cemetery on at least two occasions, I had never been into the museum. I thought I had just enough time for a quick look around. But I did not take account of the American security precautions. It took me 5 minutes to get into the museum and I needed a further 5 minutes to return to the coach. So in the 5 minutes remaining I quickly headed to one of the displays on which was a photograph of a man in American naval uniform. The accompanying text read: 'After spending two hours in the frigid water Navy medical officer Lieutenant Eugene Eckstam was one of the survivors rescued after the tragedy at Slapton Sands. He later participated in the Normandy landings and helped to evacuate injured soldiers from Utah Beach to England.'

I live 7 miles from Slapton Sands in South Devon. In 'Discovering Truth' I recount how I was contacted in 2001 by some of the hundreds of victims who had been killed on Slapton Sands in April 1944. They were participating in 'Exercise Tiger', training in preparation for the Normandy invasion two months later. They wanted me to go and thank Ken Small for setting up a tank as a memorial to their sacrifice. In 'Working with Truth' I recount how Roseline was thanked by those same victims in a birthday poem in 2012, for walking along Slapton Sands on a stormy night in 2001. So we were both in some way involved in the fate of these...
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victims. Roseline and I had already arranged to go on holiday to Brittany at the end of June 2015, including visits to a few war graves. During those few minutes I spent in the Museum I knew that I must return to spend more time there on our way to Brittany.

I have a Swiss friend, Isabelle, who I met once in 2008. She set up a centre for deprived children in Niger and spends most of her time there. We keep in touch occasionally by email and phone when she is home. Recently she recounted that she has been experiencing an increasing number of difficulties. For her birthday in 2015 I was prompted to make reference to the following phrase within a poem that I had sent for her birthday in 2011.

'And when it’s time to leave behind that place and those you know, they’ll find a hope and structure for the future in the desert dust.'

In view of Isabelle's difficulties and the fact that I had been drawn to look up an old poem containing those words, I had a strong feeling that it might be appropriate for Isabelle to consider returning to live in Europe.

On our way to Brittany in June 2015, Roseline and I took a detour to visit the American Military Cemetery. After spending some time in the museum I was waiting for Roseline when suddenly I saw, walking towards me, the Programme Director from the cruise ship that I had been on three weeks previously. Her name is Isabelle. We were both extremely surprised to see each other. She explained that she had lost two passengers from the bus and was looking for them. The chances of seeing Isabelle again so soon, or even at all, were millions to one. I felt that there was some meaning as to what was taking place. Very quickly I understood the significance of the phrase 'missing the bus'. I only had 5 minutes to catch the bus during my first visit to the museum. The two passengers who Isabelle was looking for were not at the bus when they should have been. The expression 'missing the bus' could also imply 'missing an opportunity'. In view of the similarity in the names I now felt that this was an indication that I was being prompted to suggest to my friend, Isabelle, that she should again consider her situation in Niger and 'not to miss the bus' (opportunity) to return to live in Europe. I subsequently learned that at the time I sent the email containing reference to the above quotation, Isabelle had been repatriated to Switzerland for
an operation. I consequently assumed that the significance of those words was associated with her repatriation.

I must now jump forward to a few days after my return home from the trip to Brittany. I had finally completed the books that I had been reading and began reading Carolyn's 'The Last Word'. I was rather sceptical as to how 'Women's Quotes' might be of any significance in my life. However the quote at the top of page 6 by Beatrix Potter is: 'Thank goodness I was never sent to school: it would have rubbed off some of the originality.' I loathed school and left as soon as I could, without any qualifications whatsoever. So I immediately understood how fortunate I was to have been gifted with 'originality'. (Some may use other expressions, but whatever the gift is, it seems to work for me.) Further down the page I then came to: 'It is the mind that makes the body.'

I now need to quote two paragraphs from Chapter 21 of 'Working with Truth'.

(Page 216) 'By thoughts, I have been establishing 'blueprints' that eventually manifested as what we refer to as reality in this physical realm. But if this applied to me, it must then also apply to everyone else. We are each constantly in the process of creating physical reality by our thoughts, desires and intents. And the initial 'communication', (URV 1) had I been sufficiently aware, was saying 'You are the One'. We are all part of Oneness. We are all part of God if you wish. But more importantly, by our thoughts, we are each in the process of creating what manifests as reality in this physical environment.'

(Page 221 - Last paragraph) I concluded the chapter with: 'The knowledge of the ability to focus with intent and concentration upon the 'third eye' (my zone of creation) symbolising the pineal gland. Blavatsky also understood that these prehistoric monuments had been created - note Blavatsky says the Druids did not 'build' them - but rather refers to the creators as 'mighty builders and magicians'. [This referred to the earlier text in which I had postulated that at least some of the Egyptian pyramids had been created by thought.]
So the quote 'It is the mind that makes the body' was simply further confirmation of what I had already concluded. But this applies not only to physical human bodies. When taken to the ultimate understanding, everything is part of Oneness and everything in the Universe operates within similar laws. From clues and understanding that I have been given, everything has a form of consciousness and by thought/desire/intent creates itself, wherever and in whatever form is appropriate to its level of consciousness. Thus we created ourselves to experience life in human form. As outrageous as this may appear, such a proposition will no doubt raise massive objections across many levels of society. But not only did we humans create ourselves relative to our level of consciousness, so did animals, plants, minerals and gasses. This concept I consider to be the basis of evolution and a step towards establishing a 'Unified Theory' which could eventually bring science and religion to some form of mutual understanding. I can only state that such an understanding responded to my 'desire', at the beginning of my research, to make sense of the conflict between the scientific academic postulation of the 'big bang' theory and the religious creationist doctrine, and to understand how the Universe really worked. There are at least two further aspects that I have come to understand relative to the above concept which I mentioned in the Introduction concerning the 'intensity' and 'force' of the intent. (However I suspect that there may be more aspects of which I am not yet aware.)

The title of Carolyn's book 'The Last Word' was evidently telling me that I had been given all the information I needed in order for me to complete this current work.

The quotation: 'It is the mind that makes the body.' is attributed to 'Sojourner Truth'.

'Sojourner' in my dictionary is defined as: '(Make) temporary stay in or in place or with or among person(s).'

The titles of my first two books are 'Discovering Truth' and 'Working with Truth'. This volume is 'Reflections on Truth'.

I had concluded from poetry and 'channelled communications' that I have received over years that this physical realm is but a reflection of the 'dream realm'. [Intention expressed at a deep level of consciousness.]
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The 'sojourn' definition now brought me to the understanding that 'Truth' is always temporary and is part of the evolutionary process, which in turn is constantly being updated as the result of the 'thoughts/desires/intent' of everything.

But I had never heard of Sojourner Truth and was prompted to check her name on the Internet. Sojourner Truth was born into slavery in Swartekill, New York, but escaped with her infant daughter to freedom in 1826. She became an African-American abolitionist and women's rights activist. In 1843 she changed her name to Sojourner Truth from Isabella Baumfree. I took this to be a further confirmation relative to my feelings associated with Isabelle and her situation in Niger and 'not to miss the bus' to return to live in Europe.

I will just add two further comments to conclude this section related to links with America.

As previously expressed, in realms beyond this physical dimension, there is no time. This is substantiated in relation to events surrounding the victims from Slapton Sands referred to above. They died in 1944; they initially contacted me in 2001, then went on to thank Roseline in a birthday poem in 2012 for what she had done in 2001.

I then grasped the significance and recognised why the knowledge of Sojourner Truth, having been a slave, had been brought to my attention in this life. In 'Working with Truth' I recount how I discovered that in a former life I had been a slave owner and was drawn into a situation in unusual circumstances where I felt that I had to express my regrets, say how sorry I was and ask for forgiveness on behalf of all slave owners for what we had done. Although I had felt 'joy' and release from collective ancestral memories immediately afterwards, I now feel that as a result of being made aware of Sojourner, this was a form of acknowledgement of that remorse.

While proof reading this chapter in July 2016, a year after writing the original text, I checked the page reference in WWT which reminded me that in addition to being a slave owner, I had also been a slave. Suddenly

14 (See WWT Chap 7, Pages 59-61 for the full account of extraordinary linked events on three continents over a 15 year period.)
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many other pieces of my jigsaw puzzle seemed to fall into place. Could the title of my previous books 'Discovering Truth' and in particular 'Working with Truth' and the events recounted therein, have in some way been influenced by 'Sojourner Truth'? As outrageous as this may seem, it would add to the reasons why I had said to Caroline and Harriet that: 'I was not prepared to visit mainland U.S.A.' The conscious reasons I had expressed were the 'gun culture', the 'politics' and 'religion'. But I now sensed a probable deeper reason why. If the personality of Sojourner had become blended with my energy, then as a former slave, that could explain the unconscious reason why I had this aversion to visiting the mainland U.S.A. I will address the blending of energies in Chapter 14.
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CHAPTER 2

LEARNING THE LANGUAGE

We no sooner arrive in this physical world than we begin to learn about the surroundings in which we find ourselves. We notice that those things (our fingers) move, on the end of something else, (an arm) and eventually realise that it is we ourselves that are responsible for what is taking place. This is not what would be considered as a conscious realisation, but by the time we develop conscious awareness, moving fingers simply becomes something that is normal. We do not need to be consciously aware of taking such action – it is automatic.

As we grow, in addition to becoming self-aware, we receive information in many forms, from many sources. We assimilate some of this information which corresponds to what we discover ourselves. Other information is given to us in order that we comply with and are able to communicate within the society and culture of our particular environment. Eventually, or not, it becomes evident that some of the information we receive conflicts with other information. We then tend to follow one or other line of reasoning with which we feel most at ease, or that which is less distressing or threatening within our environment. That is, until something dramatic occurs which has not been part of what we have learned up to that point in our lives. We then have to attempt to assimilate this new event into our model of understanding, or ignore what has occurred as being irrelevant or not possible within the paradigm with which we have aligned ourselves.

I spent 46 years in this world before that 'dramatic' event occurred in my life. I had been brought up to believe that we were our physical body. Suddenly I discovered that we do not lose our consciousness when we separate from our physical body. Although we die, we do not cease to exist and consequently 'we' must be somewhere else. 'Discovering Truth' and subsequently, 'Working with Truth' are records of my journey in attempting to bring this 'new' (at least as far as I was concerned) discovery into line with what eventually turned out to be more and more deceptions and untruths that I was unearthing within my research. So if 'we'
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(individual consciousness) does not die, where do 'we' go? And so began a whole new set of questions.

I feel that I have demonstrated sufficiently within DT and WWT that individual consciousness survives physical death. But if those who no longer inhabit this physical world exist somewhere else, how are we able to communicate with them? Do we want to communicate with them? Do we want them to communicate with us and how could they do that? 'We' (our conscious attention) is focussed in an environment where communication is primarily verbal, visual and sensual. 'They' (their conscious attention) without a physical body, is focussed in another environment. It seems that their environment is determined by their particular area of interest, as is our own. However, depending on their beliefs, they may or may not be aware that, simply by thought, they are able to re-direct their attention to other realms of experience.

It took me many years of questioning and searching to understand that it is our thoughts, desires and intention, in whatever realm and on whatever subject we focus our attention, which determine our experience. We, (each individual spark of Oneness) are free to choose whatever we wish to experience and as a result, so we determine our future experiences. Here we touch on the subject of karma, in that if we choose to have a particular experience within this physical environment which leaves us with regrets that we could have done things differently, then after physical death, we may be tempted to focus our attention on returning to this domain with the intention of remedying any particular issues. We may also be drawn to focus our attention on understanding a particular aspect of life. There is no limit to the possibilities and opportunities in any domain.

But to come back to the method of communication between dimensions. Imagine you are shipwrecked on an island and do not know the language of the inhabitants and they do not know your language. You begin to communicate by gestures and any other possible method in order to develop some form of communication. So this was how my experiences began – by hearing a voice in my mind. Initially I was naturally very reluctant to accept any information that came to me by hearing an
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unknown voice.\textsuperscript{15} However, among those 'communications' I began to receive quotes from the Bible. Although I had little knowledge of the Bible, in response to my unspoken questions, when I checked the quotes they seemed to be valid answers to my mental question.\textsuperscript{16} All of this was in the early days of my adventure into discovering something new. As I began to get used to such 'communications' I eventually realised that although I was simply posing non-verbal questions, I was 'hearing' the responses in my mind. As far as I could determine, the responses were not heard by anyone else. Initially I could only understand what was taking place in terms of 'as though I was tuning my mind into a frequency and listening to a radio station which was not transmitting within the normal range of human perception'. However, in retrospect, it could have been 'the voice' that was focussing its transmitting frequency to that of my mind. Over time, the more I got used to what was taking place, the strength of 'the voice' grew weaker, yet usually I was still able to understand what was being communicated.

I then began to notice multiple events which I initially called 'coincidences' until I discovered that this is what Carl Jung termed 'synchronicities'. It was as though I was being challenged to understand another symbolic method of communication. So these were the beginnings of my experiences in developing a method of communication that I feel is unique to my understanding. I suspect that each individual who might be interested in communicating with personalities in other dimensions would need to develop their individual method of communication to their own satisfaction. By this I mean that such exchanges need to be verified and tested to ensure that it is not imagination of the ego self which could well lead the researcher into self-delusion. If I had any doubts, I would note what I had received and put this to one side until I received some form of confirmation, sufficient to convince me that it was not my imagination.

This was all fine for me, but who was going to believe what I had received as answers to mental questions that came into my mind from 'who knows where'? Initially, I even doubted where some of the questions came from,

\textsuperscript{15} (See DT Chaps 1-4 for initial details.)
\textsuperscript{16} (See DT Chap 1, Pages 5-6)
never mind the answers. It then seemed as if in response to my doubts I began to receive physical objects in response to my mental questions or desires.\textsuperscript{17} I have already briefly mentioned in the introduction some of the methods I discovered that were being used to respond to any doubts I had about the validity of what I was receiving. One early example relates to a poem that I had received while I had been attempting to understand the concept of there being 'no time' in non-physical dimensions. One verse in that poem reads:

\begin{quote}
Einstein had ideas and was on the right lines, 
but it’s hard to imagine what’s true.
Unless you accept a complete new concept 
which you’ll only find deep inside you.
\end{quote}

This caused me to question where the information in the poem was coming from. Who was I to question what Einstein might have thought. Eventually as explained in 'Discovering Truth' \textsuperscript{18} the issue was resolved to my satisfaction over three years later when I discovered in a booklet that the verse in the poem was a paraphrase of what Einstein had said on his 70th birthday.

But what is not recorded in DT is what took place in the interim period. I was sat with a group of work colleagues when one of the engineers approached the table and excitedly announced that he was reading a fantastic book: 'The Making of the Atomic Bomb' by Richard Rhodes. It was not a subject that particularly interested me, but there was what I can only describe as an urgency within myself, telling me that I had to buy the book. I read about a third of the 790 pages before relinquishing the task when I realised that much of the scientific explanation was beyond my comprehension. But it was a subject that I knew would interest my nephew so I ordered a copy to be sent to him. It was some years later, shortly after I mentioned discovering the text of what Einstein had said on his 70th birthday in the booklet that my nephew remarked that the same text was quoted in the book I had sent him. I then realised why I had been

\textsuperscript{17} (See DT Chap 22, Pages 170-172) \textsuperscript{18} (See DT Chap 11)
influenced to purchase the book. Evidently it was for me to see that text (which was after the point at which I had stopped reading) to provide a response to doubts that I had about the poem.

However the book was not a wasted investment. I was fascinated by an account of how Leo Szilard (one of the scientists who eventually became part of the team working on the production of the atomic bomb) had been given an obscure problem to solve on relativity theory by Max von Laue. Szilard worked on the problem solidly for six months without any success. He then decided to take a break and went for a walk. During the walk he had a few ideas which he noted. The following day he woke with another idea. He then went for another walk where he had further revelations. It was not the answer to the problem that he had been given, but during his walk (in a relaxed state of consciousness) and sleep, he had received information and ideas which he put together and took to von Laue who accepted them as the thesis for Szilard's Ph.D. degree. It was this account that convinced me that whatever question we pose, we always receive an answer. Not necessarily the answer to a specific question, but information that we need to take us on to the next step of our journey of discovery.

I recalled that in the early days of our research, before Margaret and I had discovered that we retained consciousness when we lost our physical body, Margaret's mother was staying with us. She noticed Margaret reading a book dealing with life after death and questioned Margaret asking: 'Do you believe all that stuff?' Margaret responded that she was reading the book in order to gain a deeper understanding of the subject. In response, mother-in-law commented that when she died, if she was able, she would send some sign to indicate her presence. We noticed the first 'signs' shortly after mother-in-law's funeral. The clock in her living room was stopped at 2.45. I removed the battery, put it back into the clock, and it resumed working. The following day after driving almost 300 miles in separate cars and independently stopping for a snack, Margaret and I arrived within 5 minutes of each other where daughter Jan lived. We unpacked my car containing some of mother-in-law's effects which we had set aside for Jan, including the clock. The clock was still working and the correct time was 2.45. We continued our separate traumatic journeys home to Belgium which involved a strike by ferry staff.
at Dover; Margaret running out of petrol on the motorway and then being given a lift by a drunken driver. We were eventually able to purchase some petrol after midnight, return along the motorway to recover Margaret's car, and finally arrived home to get some much needed sleep. As Margaret fell exhausted into bed she glanced at the clock and noticed that the time was 3.45, but she immediately thought 'yes, but it's 2.45 in England'. In that instant she recalled a childhood threat from her mother who had said: 'I'll tell you once, I'll tell you twice, but I won't tell you a third time.'

That was one of the first steps in establishing a comprehensive language between mother-in-law and ourselves. Other elements in the 'language' involved light bulbs blowing associated with specific events; a calendar falling to the ground in response to thoughts; a hair dryer turning itself on and electrically operated window shutters closing automatically.\textsuperscript{19}

Eventually I began to realise that my 'communication language with the other world' was not limited to 'communications' from mother-in-law. As I developed a greater awareness of what was taking place, slowly it dawned on me that whatever subject was the focus of my investigation, a 'personality' with a similar energetic make-up and who was familiar with my subject of interest would be drawn into my atmosphere to assist in my research. I realised that I (conscious ego self) was not capable of composing the poems that I was receiving and wondered who might have been helping me in that task. So during one of our weekly meditation sessions I asked to be told who it was. I received the name 'Elizabeth'. That was not sufficient for me to identify the personality, so I questioned further. I then received the name 'Browning'. Although I was aware that Elizabeth Barrett Browning was the wife of Robert Browning, only afterwards did I discover that she had been a prominent English poet from the early 19\textsuperscript{th} century. As I wrote this paragraph I checked the Internet to verify the correct spelling of Elizabeth's name and was drawn to read one of her poems. 'A curse for a Nation'. The last line of the last ten verses of that poem culminate with the words: 'This is the curse. Write.'

\textsuperscript{19} (See also WWT Chap 4, Pages 36-37 and DT Chap 11, Page 64)
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Immediately I was reminded of my first ‘communication’ with ‘the voice’ where I was told, in no uncertain terms, to ‘Write it down’. 20

Also in the early days of my research I wondered who might have been communicating the quotes from the Bible that I was receiving. So I ask who it was during a different meditation session. This time I received the name 'Jack'. Again my reaction was that this was not sufficient for me to identify the personality so mentally I responded 'Jack who?' Immediately I received the response 'Russell'. I was certainly not going to accept that a dog was providing me with biblical quotes and dismissed the whole experience as my imagination. However a few weeks later we travelled to England to visit mother. During our stay I had arranged to visit some friends. Mother mentioned that she wanted to watch a particular television programme that evening and as Margaret did not know my friends all that well, she opted to stay with mother. When I arrived home Margaret explained that the programme that mother wanted to watch had been cancelled and replaced by another programme. The programme shown had been about the Revd. John 'Jack' Russell, a 19th century parson who went on to develop the Jack Russell Terrier. I then had to accept that it was Revd. Jack Russell who had been communicating the quotes from the Bible that had been so significant in developing my awareness and diminishing my scepticism towards accepting ‘communications’ from other realms of Reality.

On a more recent occasion, I had come to realise that there was not simply one poet who had influenced what I was writing, but it was whoever might be more appropriate to the situation. I had vaguely wondered who had been the influencer of the poems I received while visiting war graves and postulated to myself that if it was Wilfred Owen, there was no way that I could prove this. However, after visiting Wilfred's grave I sat and wrote a poem, 21 the last line of which reads: 'May light renew these bodies, healed, when truth at death, will be revealed.' Only when subsequently sorting through photographs taken while on the trip to visit war graves did I notice the inscription on Wilfred's headstone.

20 (See DT Chap 2, Pages 10-11)
21 (See WWT Chap 17, Page 183)
'Shall life renew these bodies? of a truth all death will he annul.' The words were almost identical to the last line of the poem.

So it behoves us to pay attention and be aware of receiving answers to any questions we may have asked or any form of communication in many different guises.

I became aware of one such 'communication' during the trip Roseline and I made to Brittany and Normandy in June 2015. During our stay we spent a day on the 6 km long 'Ile aux Moines'. Roseline wanted to rest for a while so I went to take photographs of a view from a headland. Along the way I came across a cemetery at the side of a church. On the entrance gate was a sign 'Commonwealth War Graves'. I went in and discovered just two graves. That of the pilot (Sqn Ldr A. E. Cook, DFC) and navigator (Flt Lt S. H. Pyrah), two of a bomber crew who had been killed on 14 August 1944. This was not a planned part of our itinerary. As I left that cemetery I could not get the song 'Oh Oh Antonio' out of my mind, which made me wonder if Sqn Ldr Cook's first name was Anthony. When I checked, it was not. But I have a friend, Kay Cook, who lives in Iceland and works as a medium. I asked her if she knew if there was anyone in her family called Anthony. No there was not. But Kay said that when she was a child she remembers her mother singing 'Oh Oh Antonio'. As we delved into this mystery further, it turned out that shortly after her paternal grandfather married, he determined that married life was not for him, and prior to the First World War he joined the French Foreign Legion as a cook and gave a false name as 'Cook'. Her grandfather eventually returned home some three years later. I can only assume that in me repeatedly hearing that song with the refrain: 'Oh Oh Antonio he's gone away. Left me alone-io, all on my own-io' was an indication to let
Kay knew that her grandfather (or possibly another of her ancestors was aware of her) and was still in some way an influence in her life. Kay took her husband's name of ‘Cook’ when she married. She subsequently went on to say: 'I only remember my mother singing the opening line of that song when the ice cream seller was in the area. (I now know this was written in 1908, so not long before the First World War.) Having read the words of the song I am astounded. They refer to Antonio and his ice cream cart. When I was a small child we had an ice cream seller who would call, he was I believe Italian. We children used to call him Tony Bell (we liked the bell - to us children it spelled ice cream)'.

I must now jump ahead to 30 October 2016. While having breakfast I listened to the Radio 4 programme 'Something Understood' which I had recorded earlier. The subject this week was 'Loneliness'. It was a bright sunny morning and I noticed a lady sitting on a bench under the golden leaves of a tree on the opposite side of the estuary. As time passed I got on with my routine activities, but I became fascinated by this lady sitting in the shade of the tree. I eventually realised that she had been there for over 90 minutes and in view of the programme subject, began to wonder if she was lonely. As I had an extra hour due to the clocks having been put back to Greenwich Time for the winter, I decided to walk around the other side of the estuary to see if the lady was alright. Yes, she was perfectly alright and had just come out to enjoy the experience of the beautiful weather. She thanked me for my consideration and I went on my way. I extended my walk and arrived home nearly an hour later.

I began my planned objective of the day to incorporate the edits to this chapter that Margaret had sent me on 3 September. As I completed the paragraph above beginning 'So it behoves us to pay attention' I received a Skype call from Kay. She spoke about the Icelandic election results which did not interest me in the least. I explained that I was deeply focussed on working on this book and we ended the conversation. As I began the next paragraph I suddenly realised the link to 'Loneliness' had not been related to the lady on the bench, but was associated with Kay. It was necessary for the timing and unusual nature of the events (I do not normally go out for walks at that time of day, nor have I ever seen anyone sitting on a bench for that length of time) to bring my attention to what had taken place. I now understood that 'loneliness' was associated with
what I will call 'genetic family memory' which I needed to discuss with Kay.

Prior to going on that trip to Brittany, William Cliffe had been brought to our attention in intriguing circumstances by Thierry, a poet and friend of Roseline. After visiting some war graves, Roseline and I returned to her home on 8 April 2015. Before 10.00 the next morning Thierry called Roseline with the following story. He had just returned from Normandy. He had written a number of theatrical texts involving imaginary exchanges between himself and well known author, Marguerite Duras. Marguerite was the creator of 'La Mort du Jeune Aviateur Anglais' (Death of a Young English Aviator). Inspired by the death of a young soldier, the story Marguerite recounted became a film of the same name. During Thierry's trip he had noticed a poster in a tourist information office publicising an exhibition of the work of Marguerite. Due to his interest, Thierry asked the assistant in the office if he could have a copy of the poster. He was told that the posters were not for distribution to the public. There followed a conversation during which Thierry explained his interest in Marguerite's work and asked if the story of the 'Death of a Young English Aviator' was associated with the local area. He was astonished to be told by the assistant that she had been Marguerite's closest friend, and it was she who had recounted the story of the soldier to Marguerite. Until a few years ago, a rose regularly appeared by William's headstone. It was known that an Englishman occasionally visited the grave, but no one knew who he was. Following the assistant's directions, Thierry went to visit the soldier's grave at the side of the church in Vauville. Knowing of Roseline's interest in visiting war graves together with myself, he thought we might be interested in what had taken place. At that point we had already discussed going to Brittany and Normandy later in the year. We immediately agreed that we must visit William Cliffe's grave during the trip.

On the last day of our trip, 27 June 2015, we bought a rose to put on the grave of 5393348 Private William J. Cliffe of the Oxfordshire and Buckinghamshire Light Infantry (Airborne). He was killed on 22 August 1944, age 20. He is the only Commonwealth victim buried at the side of the church in Vauville, Normandy. On the reverse of the grave headstone was a text.
A friend I knew for seven minutes lies here. You William, after so many combats endured, so happy to have liberated me, freedom secured. You saw the result of your struggle, so clear.

We sat together against the mount of a lane, seemingly safe, and your helmet came off to bare a face that laughed and showed politeness and care. You called me ‘Charles’ and I smiled back again.

Seven minutes, then you left this moment of pride, before a German shell crashed down, and you died. In Vauville close to the church, we buried you.

We the men you returned from shame and fear, whose duty is to honour your memory so dear and to celebrate your soul; we will be true.

Charles Delemare, le 20/02/2011
TIME TO GO HOME

The time has come to return home.
You left a sign in cloud alone
as thanks to those, through years have been
to see your grave. Yet they have seen
beyond this world in which we live,
just for a while. Yours was to give
your life that we, in future know
that when it is our time to go
to join with those who fought the war,
we'll be as one, for evermore.

And so with farewell on our mind,
we'll carry on until we find
that our time spent in this land
has not been lived without a hand
from those who gave their lives for peace.
And in our turn we'll find release
from dancing to the tune of men.
Then, in return – we know not when,
we'll join as one in heart and soul
and so become part of the whole.
Until that time we send our love
from those on earth to those above.
In Working with Truth I describe how, as a result of numerous 'swan' symbols being brought to my attention, I felt that I was being prompted to attend a workshop in Ireland. I recount how the swan symbols that I experienced in 1997 eventually convinced me that the negotiations for an IRA cease-fire would hold and develop into joint rule in Northern Ireland. The eventual outcome was the Good Friday Agreement which was signed in 1998. But there was more to the background of these events than that recorded in WWT and what I was to subsequently discover in 2015.

On 10 January 1997 I was surprised to receive a card from Chris (who I met on my first visit to Stansted Hall in 1985) with whom I had already exchanged end of year greetings. This is the design on the card that I had sent to Chris.

In her card, Chris describes sitting looking out of her window a few years earlier. On her windowsill were two swans, one of which was made of crystal. She wrote: "I stared at the sparkles (on the crystal swan) and my eyes were almost fixed, when suddenly, these black shapes came out, just like those on your card, with the largest first in a stream and made straight for me. I flinched in fear and shock and they veered to my left and made straight for the TV screen and disappeared. The TV was off and I was bewildered."

Chris wanted to know if I could explain this experience. With that information alone, I doubted I could have made any significant

22 (See WWT Chap 2, Pages 11-15)
contribution to her understanding. However, this reminded me of events which had recently occurred in my life, and I wrote suggesting to Chris that she meditate on her own experience in the light of my experience which I recounted as follows:

I recently went to visit my sister just after New Year. From there I could easily visit mother in a nearby residential home. Mother recounted being given a Christmas present of a small crystal swan. She had apparently mislaid it and thought it was lost. However, the lady that cleans the room found it. Mother insisted that I visit her room to see the swan. The following day my sister recounted that she had seen a swan fly past the kitchen window, and had never previously seen one flying in the area.

Your card arrived the same day as another card from USA. The name of the printer of that card was ‘Curtis Swann’. As your card recounts your experience with the swan I began to suspect that ‘SWAN’ indicated something, but was at a loss to know what. I mentally asked for more information concerning the symbolism.

I then recalled that a few years ago I created and sent greeting cards with a photo of a swan, together with a text from ‘Autobiography of a Yogi’ by Paramahansa Yogananda. This described the white swan as mythologically representing the vehicle or the mount of Brahma the Creator.

I put the completed letter on the table and went to fetch an envelope, and at the same time turned on the TV. It was the beginning of the local news. Only about 5 minutes on a Sunday, yet one of the reports concerned an organisation called Swan Care and how they were taking care of swans that had been injured during the recent freeze.

I then recalled that during my first attendance at The Arthur Findlay College I’d had difficulties with my initial efforts at meditation and was disturbed by any external noise. However, on the last day the music that was played sent me off into a dream world. I was so impressed that I had to know the title of the music. It was ‘The Swan’ from the Carnival of the Animals by Camille Saint-Saëns.
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Shortly after receiving the card from Chris, a brochure arrived publicising the above mentioned workshop in Ireland. Part of the design on the brochure was an elongated black swan. After some procrastination I finally accepted that I was being prompted to attend the workshop and completed the registration form to post the next day. (See also note 15 above) I had been waiting for a package to arrive at the office which had been delayed by three weeks. It arrived the following day. The cover letter was signed by Commodore Swann! I later posted my registration to attend the workshop on the way to the cafeteria. No sooner had I sat down than the three other people at the table started talking about swans. I had not mentioned swans and made no further comment.

Many other incidents occurred over the following weeks, including receiving information from two separate sources referring to Ingo Swann who developed a method of ‘Remote Viewing’. For a number of years he worked for the CIA ‘viewing’ Eastern Block military installations.

Before leaving to attend the workshop I had been given an envelope to be opened 'when I felt the moment was right'. It contained an animal 'medicine card'. The person who gave me the card subsequently explained that it fell out of a pack which she was shuffling. The title of the card was 'Swan'. Some of the phrases on the card seemed to be exceptionally significant:

‘Swan rested for a moment in the coolness of the pond, looking for a way to find the entry point to the future.’

‘As Swan looked high above Sacred Mountain, she saw the biggest swirling black hole she had ever seen.’

‘In answer to Swan’s question of what the black hole meant, Dragonfly responded ‘It is the doorway to other planes of imagination and to enter you must be willing to accept whatever the future holds as it is presented, without trying to change Great Spirit’s plan.’

‘Suddenly, Swan was engulfed by a whirlpool in the centre of the pond.’
Two days before opening that envelope and following a deep meditation experience on 20 July 1997, I had made the inspirational drawing below which included a swan in the centre of a lake.

My brief initial thoughts on the interpretation of the drawing were as follows:

**Centre.** - The white swan. The mythological representation of the vehicle, the mount of Brahma the Creator, or the Creative Force. We, as sparks of that creative force, descend to Earth (symbolised by the swan in the water).

**Bottom Right.** - (Man wearing a kilt, playing bagpipes) 'He who pays the piper calls the tune'. Implying that once incarnated we are bound by ‘controlling authority figures’.
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**Bottom Left.** - Brain washed military performing like lemmings marching over the edge of a cliff.

**Top Left.** - The sun, symbolising constant external spiritual energy, coming to play on the waters (emotional energy) of the Earth.

**Top Right.** - A crumbling castle indicating the state of the earthly environment. The shooting star shows us how we can ‘fly’ off into the spiritual realms (beyond the circular boundary of the earthly limitations) once we leave this physical domain.

It was on 19 August 2015 during a group meditation in which our intention was focussed on peace, the image of my drawing came to mind. Another lady in the group described part of the image she had sensed as being like a strip of machine gun ammunition going over the edge of a cliff, similar to the way I had described the soldiers in my drawing. While subsequently discussing these symbolic images with my son-in-law on 23 August 2015, he recalled that Diana, Princess of Wales, had died in 1997. Immediately I knew that I could not have been consciously been aware of the symbolism of the images that I had drawn.

The head of the armed forces is The Queen. Royal personages are frequently appointed as 'Colonels-in-Chief' of specific regiments – 'He who pays the piper is calling the tune'. Military pipers usually wear the kilt. When at the castle (Balmoral) it is also customary for royalty to wear the kilt. But the castle is crumbling. On 31 August 1997 (six weeks after I made the drawing) Diana, Princess of Wales was killed in a car crash. At the time, the Queen was residing at Balmoral. The initial public outcry, relative to the reaction of the royal household to that event, was far from favourable. I feel that as a result of Diana's death, the crumbling castle symbolically represented a significant loss of respect for the royal household. The shooting star in the drawing then symbolised Diana leaving this physical realm and the royal environment.

While discussing these events with friend Marcia she mentioned that a lady that she met a while ago, who had been channelling Diana for a number of years, had recently died. The day I completed writing up this account is 31 August 2015, the 18th anniversary of Diana's passing.
Above, I briefly mentioned Ingo Swann who developed a method of remote viewing. In 'Discovering Truth' I explain how a sequence of events prompted me to attend a conference organised by the International Transpersonal Association (ITA) in Brazil in 1996. During that week in conversation with a lady, she asked 'where did you get that information from?' As far as I was concerned I was just recounting what I considered to be some of my strange adventures, which included a recent dream. The next time I saw the lady she wanted to know if I had any further information for her. I was at a loss as to what she was talking about, but in order to satisfy her curiosity I said that when I went to bed that evening I would mentally ask to receive a dream.

Well I did have a dream and when I saw the lady the following day I recounted this to her. I now have no recollection of any detail of the dream, other than the lady's response at one point being: 'How do you know that?' I naturally wanted to know what she was talking about. The one phrase from my dream that had triggered her question was 'Beware of the enemy'. As this had caused her to have such a reaction, I wanted to know who the enemy were. It was then she revealed to me that when she was a child it had been noticed that she had a particular ability. As a result she had been, (and I am not now sure whether she had been 'given' with her parent's consent, or 'taken' without their consent) by a U.S. government organisation and trained over a number of years to become a 'remote viewer'. She went on to explain that she was one among 'thousands' who had been involved in similar treatment; whose lives had been ruined by the experience, and for about ten years, as a group they had been attempting to obtain some form of compensation, without success. I then ascertained that she was, at that point, working for a multinational corporation and her work consisted of 'remote viewing' smaller companies that would be suitable for profitable take-over.

This brought back a memory of another series of strange events a year earlier. At one point while Margaret and I were still living in Belgium, I felt that we should arrange a gathering for anyone interested in what we had discovered up to that point in our ten years of research. We agreed a date and put a notice on the local notice board. The meeting was arranged

23 (See DT Chap 15, Pages 97-99)
for a Thursday evening, but by the preceding Tuesday we had not received any response. I mentioned how strange this was, because I really felt strongly that such a meeting should take place. Within an hour after that comment we had a phone call from a man who said that he and his wife would like to attend. When I went to answer the doorbell on that Thursday evening I turned on the hall light. As I did so the glass part of the light bulb fell to the ground and landed without breaking on the carpet just ahead of me. The brass part of the bulb remained in the light fitting. The couple who we had never previously met were the only people to attend.

During the discussion we discovered that the couple were going to attend the ITA conference in Killarney, Ireland, a few months later. We had already booked to attend the same conference, so in order to remain in contact, at the end of the evening I passed over a copy of our visiting card. The husband, who we subsequently learned was a US army major, looked at the card and asked if I worked in a particular department. When I confirmed that I did, he responded that he was supposed to have visited me earlier that day on a business matter. We agreed to leave that subject until the following morning. After the conference I kept in touch with the major who was studying psychology. It was during these contacts, before his tour of duty ended and he was re-assigned, that I discovered that he also had been trained as a 'remote viewer'.

With these two un-related incidents bringing my attention to 'remote viewing' within a few months of each other, I felt that in due course I would need to investigate this phenomenon. However it was many years later that I received publicity for, and purchased a copy of 'Psychic Warrior' by David Morehouse. David was lucky to be alive after a bullet damaged his helmet while serving as a U.S. army major in Jordan. Shortly after that incident David began having visionary experiences which resulted in him also being recruited into a top secret unit working as a 'remote viewer'.

Before proceeding further, it would be useful to explain a little of the history surrounding 'remote viewing' that I only came across subsequent to what I had already discovered, which I will return to in a moment.
Physicist Dr. Harold Puthoff explains in a YouTube presentation\textsuperscript{24}, that as a result of his work at the Stanford Research Institute, the Central Intelligence Agency (CIA) initiated a top secret programme 'Project Stargate' to work with remote viewing from 1972 to 1975. Subsequently, most of Puthoff's work was with the Defence Intelligence Agency (DIA). In 1995 a history of the CIA programme was declassified together with about 80\% of the content. Puthoff explained that the reason why some content was not released was because it related to terrorist activity or drug running. He also mentioned that Ingo Swann and Uri Geller had been involved in the remote viewing activities.

After reading Morehouse's account of his work I realised that some of what I had been doing was also what he referred to as 'remote viewing'. However my efforts were random and un-trained; sometimes I was delving into the past, sometimes reviewing the future and only occasionally, in retrospect, discovering which was which.\textsuperscript{25} I was doing this without a 'controller' to assist and guide me to appreciate what was taking place. I had to monitor my own experiences and come to my own conclusions to determine whether my interpretations of what I was seeing, sensing or receiving were correct. Where Morehouse referred to 'going into the ether', I had been referring to 'going into my zone'. Remote viewers had been given what were referred to as 'coordinates', which amounted to the same thing as 'whatever I focussed on from within my zone'. That is what I received information on, or what I knowingly or unknowingly influenced from within that zone. While re-reading 'Psychic Warrior' I noticed that on three occasions Morehouse briefly made reference to 'remote influencing' without going into any detail. As mentioned in my introduction, when something was brought to my attention on three occasions I needed to consider what I was being prompted to investigate. I then realised that I seemed to have stumbled upon not only the 'remote viewing' technique, without realising what this was, but also on the phenomenon of 'remote influencing'.\textsuperscript{26} (I will address

\textsuperscript{24} (See https://www.youtube.com/watch?v=FOAfH1utUSM)

\textsuperscript{25} (See DT Chap 15, Pages 101 to 105 related to difficulties in interpretation and glimpses into the future.)

\textsuperscript{26} (See WWT Chap 12, Pages 113 to 118)
the subjects of 'remote viewing' and 'remote influencing' in more detail in Chapters 6 and 10.)

While consolidating this account some twenty years later and subsequent to many further experiences, which I eventually concluded were attempts at establishing some form of language of communication between myself and intelligences in the non-physical domain, I wondered if the strange phenomena of the light bulb falling, even at that early stage in my investigations, was a warning to avoid investigating 'remote influencing'. I then began to wonder if the major, in addition to having been trained as a 'remote viewer', had also been trained in 'remote influencing'.

However, I now accept that I have been trained and assisted 'from beyond' to write the 'Truth' books, subsequent to being told in a deep meditative state in 1992 that: "now you will be working for us".27 I say this on the basis of what I also recount in 'Discovering Truth' of how I had 'negotiated' with whoever or whatever it was that I referred to as 'the voice' to relieve me of some 40 hours overtime per year during peak work periods. I had also been given a supply of writing paper and a free entry ticket to an office equipment exhibition.28

Professionally I was responsible for producing an annual budget for NATO communications and after the fall of the Berlin wall, there was an initiative to reduce military budgets. In the first year the reduction was 9%, followed by a further 8% the next year. I had not taken any particular action to achieve the required results. However I was advised that for the subsequent year there would be a significant reduction of 19%. My superior wanted to know how we were going to reach that target. My response was that as I had not had any particular approach in achieving the reductions in the previous two years, I had no intention of doing anything differently on this occasion. I explained that if I was unable to reach the target, it was my problem and I would be responsible for resolving the issue. A few weeks before the budget was due to be finalised, asbestos was discovered at a particular location. Consequently the site had to be closed and all the communications to that location were no longer required. This resulted in a 19.12% reduction on the budget.

27 (See also DT Introduction, Pages XII and XIII)
28 (See DT Chap 3, Pages 14 and 15 where I relate details of what occurred.)
My superior suggested that I build the surplus into the budget in the event of any unforeseen emergency requirements; to which my response was that I had a system that worked and I was not prepared to change it.

On 22-23 August 2015, prior to re-reading 'Psychic Warrior', I attended the Scientific and Medical Network Conference, 'Beyond the Brain – Free Spirits or Determined Machines'? On the first morning, before setting off from where I was lodging, I had in mind that I needed to see a particular person. He was the first person I saw as I got out of the car. A similar event occurred the following morning in relation to a different person. Instead of the usual theatre style layout of the conference room, there were about ten tables each seating eight to ten participants. During a break in the first morning lecture I glanced across at one of the tables on the far side of the room and noticed a lady who I had never met. I just thought ‘I’m going to meet you’ and re-focussed my attention on the presentation. At lunch time I left my folder of papers on the table. When I returned from lunch, the lady from the distant table was sitting in the chair next to where I had left my papers. We just exchanged a few words before the session began. After the first lunchtime main course I had to queue again for a dessert. I made a mental note that the following day I would take a dessert at the same time as my main meal in order to avoid queuing again. While eating my main course on the second day I noticed that I had forgotten to pick up a dessert spoon. I just thought ‘Somebody will give me a spoon’. As I completed my main course, without a word, the lady sitting next to me placed her spoon at the side of my dessert. She had eaten her dessert with a fork.

These events clearly corresponded to the results of 'remote influencing' as I was in no doubt that I had been in 'my zone' at the point when I'd had the thoughts. I subsequently discovered that in his autobiography, Rudolph Steiner referred to this state as 'living in the spiritual world'.

Shortly after returning from that conference I began to notice a strong unpleasant body odour. Over the next few days the odour became stronger each day and despite paying particular attention when showering I was unable to eliminate the odour. Eventually I concluded that it must be some form of energetic communication, possibly to attract my attention, and I needed to focus on interpreting the symbolism. By now I
had little doubt that any 'intention' whilst in an altered state of consciousness would affect the physical environment within a short time. The bad smell implied that bad thoughts would eventually produce bad results in physical realms. I then realised that the bad odour could also have indicated the presence of an undesirable personality which had become attracted to my energy field. This could have been a personality with an interest in 'remote influencing', attracted as a result of the energetic interest that I had been expressing during my relatively relaxed states at the conference. Thus I was being reminded again of what I had become aware of many years previously that 'remote influencing' (although I did not refer to it in those terms at the time) was not something to be taken lightly, nor was it to be fooled around with. The communication then seemed to be that in using 'intent' for 'personal purposes', (as I determined related to the incidents that occurred during the conference) was likely to attract negative energies into my environment. I needed to remain focussed on positive aspects. My approach was to mentally thank the energy for communicating the message to me and asked it to move away. Less than 24 hours later there was no further trace of the odour.

Well my experience certainly seemed to have shed some light on the theme of the conference 'Free Spirits or Determined Machines?' But I still felt that I needed to have a clearer understanding of the incidents that Morehouse referred to as 'remote influencing'. I had by my 'intent' (albeit mainly unintentionally) caused certain things to happen, which in this physical realm would at least be considered as out of the ordinary. All the information I had gathered in respect of remote viewing occurred while the viewers were in an altered state of consciousness. Whether this was by participating in shamanistic experiences, regression work, hypnotism, dreams, partaking of hallucinogenic drugs or many other situations, they were all simply techniques for accessing alternate states of consciousness.

Being in an altered state of consciousness then appeared to be indispensable when engaging in either 'remote viewing' or 'remote influencing'. Suddenly I was reminded of how some 15 years previously

29 (See DT Chap 15, Page 102, penultimate paragraph.)
I had read in Uri Geller's biography that he had been engaged by a US Government Agency to attempt to remotely influence members of the Soviet delegation at the nuclear arms reduction negotiations. Geller's sole purpose in being there was to mentally communicate into the mind of the leader of the Soviet delegation 'Sign'. So in view of my experiences and what I had now come to understand, I had no reason to doubt Morehouse's assertion that 'remote influencing' had the potential to kill someone from a distance. Through Geller's involvement with 'remote influencing' and Puthoff's remark that Geller had been involved with the 'remote viewing' project, the interesting aspect that I now needed to question was: 'Why did Puthoff not once during his presentation mention 'remote influencing"? At last many pieces of my jigsaw puzzle seemed to be coming together. But I now felt that I needed to refresh my memory of Geller's activities, other than bending spoons. I ordered 'The Secret Life of Uri Geller – CIA Masterspy?' by Jonathan Margolis, published in 2013, and this opened up another floodgate of revelations which I will come to in a moment.

After having received quotes from the Bible that always proved to be appropriate, (See Chapter 2) I became convinced that it was only possible to receive truthful answers to questions from the realms beyond. Those realms represent the pathway to the Source of Creation and we are part of that Oneness, albeit operating on the physical perimeter of that energetic expression. Logically if we access such levels towards the Source, (in altered states of consciousness) then whatever we intend from that level, that intent will manifest in this physical realm. (See underlined text in Chapter 1, page 11.) If I had discovered this knowledge, then others must also be aware of the same principles.

I checked the Internet to see what I could find about remote influencing. Much of the information I had already gleaned over the years as a result of attending numerous conferences and workshops. The different websites give some of the history of how the USSR had been investigating 'paranormal phenomena' well before the Americans. Some sites outlined how specialist units in both the USSR and USA were being

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30 (In support of this claim see video http://www.dailymotion.com/video/xsmb2c_derren-brown-how-to-make-a-mind-controlled-assasin-was-james-holmes-created-this-way_tech.)
used to remote view 'enemy' military installations, giving a few examples. Other sites gave details of how to reach altered states of consciousness in order for remote viewing and remote influencing to be effective. But I feel that unless I had experienced the phenomena, I would have been rather sceptical of such claims.

Why this was not general public knowledge seemed to be obvious. We have to go back into the history of the Roman Church that kept such information hidden in order to maintain control of the population. There were attempts to suppress what the Essenes had discovered, followed by the Inquisition and the massacre of the Cathars. Jumping to the present day, because of the knowledge having been suppressed over centuries, 'those in the know' still attempt to maintain control using dis-information and by placing restrictions on what the main stream media are allowed to make public. But the time has come for knowledge of the 'The Mechanism of the Universe' to become available throughout the world.

A few of the ancient tribes still have this knowledge, and I suspect that there are those in Western culture that know, but who wish it to remain hidden to their own advantage. Such knowledge cannot be suppressed – it is there for anyone to access, suffice that the searchers have intent and desire to discover this for themselves.

Morehouse explained that as he was bound by the Official Secrets Act, he was led to believe, prior to the publication of his autobiography in 1996, that if he let it be known that his work involved remote viewing, he would be considered a traitor. In respect of my professional work I also had been required to sign the Official Secrets Act. However what I had discovered had nothing to do with my work, even though it eventually dawned on me that it was through access to other levels of consciousness that I had been supported in my work. When I discovered that whatever I wanted to know, I could obtain through meditation, it was obvious that there were no 'secrets' – everything could be retrieved from a deeper level of consciousness. At that level, everything is truth.

As I began reading 'The Secret Life of Uri Geller' I quickly realised that what I had been experiencing was exactly what Geller had been doing. I had not been bending spoons, I had just thought ‘Somebody will give me a spoon’, but the mechanics were the same. Let me explain a little more.
When I noticed something in the 'Geller book', the mechanics of which corresponded to what I had been doing, I put a marker in the page. By the time I had finished the book there were about 30 markers between the pages. For example, Geller's childhood dream, in part, had been 'to work as a spy for the CIA' - which eventually he did. My prime childhood dream had been 'Wanting to know what this life was all about.' We both had an inner desire to achieve a particular objective. Then there was the controversial topic of 'precognitive remote viewing'. In the 'Geller book' (page 43) a couple of examples are given of how a remote viewer had perceived and drawn images of a target which was only randomly selected half an hour later, and in another case it was 2 years before what Geller had drawn became a physical reality. In my experience, my focus had been on attempting to understand the concept of there being 'no time'. However, what I perceived eventually turned out to be an event that occurred exactly one year later. On another occasion I was told by 'the voice' the exact circumstances and date of death of a friend over four months before it occurred. In that instance I had expressed a desire to consciously become aware of events that were to take place in the future.

If, as I have proven to my own satisfaction, that our 'soul' does not cease to exist after we lose our physical body, (the soul would then exist at a different level of consciousness) there is no reason why the 'intent' of a 'soul' would not be able to influence this physical realm. Whether or not such a 'soul' or more precisely, 'spark of consciousness' had ever had an experience of a life on earth is open to consideration. Clocks stopping or an image of a deceased person appearing as a 'ghost' on a photograph, for example, could be the deceased person signalling that they are not 'dead'. For samples of mother-in-law's activities in this respect, see.

I will not go into further detail concerning the parallels between Geller's experiences and my own, other than to note that they all seem to have occurred as the result of a strong desire being expressed at a deeper level.

31 (See earlier expressions of this desire in the Foreword; DT Introduction, Page XIV; and WWT Introduction, Page XV.)
32 (See DT Chap 11, Page 66)
33 (See DT Chap 15, Pages 103-104)
34 (See also DT Chap 24, Page 194 and WWT Chap 4, Pages 36-37)
of consciousness. However I will briefly summarise some of the common events between Geller's experiences and my own. Both our properties were burgled, in my case three times.\textsuperscript{35} We both had experiences of perceiving 'light' forms which had no face.\textsuperscript{36} Geller claimed that he was able to see through the eyes of others, while I had come to realise that deceased persons were using my eyes to see this physical realm.\textsuperscript{37} When Geller was in danger of being injured, everything went into slow motion. (Page 119). When I was involved in a car accident I perceived what was taking place in slow motion.\textsuperscript{38} Geller had an extremely strong desire for a massage machine from New York (page 199) which turned up in his bedroom in Israel. I had many manifestations of unusual objects of desire - see.\textsuperscript{39} I also created a situation in a meditation which manifested weeks later exactly as I had seen it.\textsuperscript{40}

What I have come to understand from all of these experiences is that an intense desire from a deep level of consciousness will affect this physical realm. Whether the intent emanates from the soul of a deceased person, or from someone still living, the results will be the same. Puthoff mentioned that the 'remote viewing' activities of 'Project Stargate', instigated by the DIA, was discontinued in 1995. However, not once during his presentation did he mention 'remote influencing'. Yet from Geller's testimony, 'remote influencing' was something in which the intelligences services were involved. There is good reason to suspect that 'remote influencing' activities were specifically not mentioned by Puthoff because they were never discontinued.

Just prior to Margaret proofing this chapter she attended a conference at which Uri Geller gave a presentation. She recounted that half way through he invited six people onto the stage, one of whom was the 12-year old daughter of a sound technician. Uri was in the middle with the girl on his left. Each person chose a club out of a golf bag and checked it.

\textsuperscript{35} (See DT Chap 14, from the bottom of page 94 to the end of the chapter.)
\textsuperscript{36} (See WWT Introduction, page XVI and WWT Chap 7, Page 65, in which I relate my experiences.)
\textsuperscript{37} (See DT Chap 19, Page 147, & Chap 23, Page 181. Also WWT Chap 5, Pages 42-45 & Chap 10, Pages 96-97)
\textsuperscript{38} (See DT Chap 15, Page 105)
\textsuperscript{39} (See DT Chap 22, Pages 170-172)
\textsuperscript{40} (See WWT Chap 12, Pages 113-115)
was a normal club. He then asked them all to hold the club out in front of them and concentrate on the narrowest point of the handle. As he said this he touched the girl's club to indicate where their focus should be. He then asked the audience to do the same and call 'BREAK' at his count of 3. At 3 he said 'Shake your clubs' and in that instant the end of the girl's club fell to the floor with a thump. I suggest that during the presentation the audience would have naturally drifted into a lighter state of consciousness and with the intensity of the group focus, the intent simply manifested at the physical level.

If I had discovered this ability and we know that the DIA was aware of this same ability, it is difficult to imagine that 'remote influencing' does not continue to be employed by 'those in the know' for clandestine activities by the US intelligence agencies.

I need to add that generally the influencee is likely to remain unaware of such influences. Therefore it is imperative to avoid fear. By constantly being aware of your thoughts and maintaining a positive, loving, caring outlook and expressing gratitude and blessings, any attempt by darker forces to have a negative influence will naturally be thwarted.

So what has all this to do with the swan? I suggest that the image on my card, and that seen by Chris, symbolically represent the light and the dark energies which make up the Universe at all levels and we are simply manifestations in this physical domain of collections of energies determined by our thoughts and intentions. I had already identified the symbolism of the white swan in the centre of my drawing as representing the vehicle, the mount of Brahma the Creator, or the Creative Force. And finally did I now have an answer to my question concerning the strange phenomena of the light bulb falling to the floor when I went to let in the major who had come to our discussion evening? I don't know, but it might have been showing me that without the light I could have been letting in the dark – after all I did eventually discover that he had been trained as a 'remote viewer'. Remain aware of 'communications' from 'who knows where'. They may be clues towards guiding you on your eternal journey.
Symbolic messages from unusual events

In 1996 I participated in a workshop with Michael Harner and purchased a copy of his book 'The Way of the Shaman'. While I found his accounts of 'shamanic journeys' quite interesting, I subsequently realised that I had pursued my own method of investigating levels of consciousness and interpreting symbolic meanings. As an anthropologist, Michael had studied the methods of indigenous tribes and their relationship with the natural world – animals, plants, healing, symbols and associated energies. I also realised that a similar comparison could be made with historical biblical accounts in which the ancients recorded what they perceived in altered states of consciousness based on their knowledge at the time – gods, angels, evil spirits, demons and chariots of fire. Most were variations and interpretations of perception of experiences in altered states of consciousness. I now feel that Michael's descriptions of the methodology of working in altered states, while adequate for ancient and indigenous tribal cultures, were too prescriptive and needed to be adapted to the Western technological mind. I felt strongly that the same could be said for biblical accounts and dogmatic religious tradition.

It was on 9 April 2015 that I participated in a gathering of friends in Belgium for an evening of meditation. Mary, (not her real name) who I had never previously met, described her experience during the first period of meditation. She had lost her wedding ring and had unsuccessfully attempted to 'divine' the location of this ring during the meditation. However she explained that she had 'sensed doves flying above her head and away from her'. Prior to the second meditation, Mary changed places and sat next to Norma, who I had known for many years. This prompted me to recall events in my life that seemed significant towards understanding the meaning of Mary's experience. I recounted these events to Mary as follows.
In 1990, while still living in Belgium, I met Kristine from California, who was visiting her family. In summary, at the end of a long conversation we were exchanging contact details when Kristine showed me a small silver and purple glass crucifix. I held the cross for a few seconds but quickly passed it back to her when I felt it burn my hand. Kristine was incredulous that it could be so hot as it had not been hot when she had taken it out of her bag a moment before. She explained that she had bought it the previous weekend at a flea market, even though she was not in the habit of buying crucifixes. On reflection she commented that she was not even sure why she had bought it and concluded that it must be a gift for me.

I kept the crucifix on my car key ring. Four months later I went to England to attend a seminar and visit mother. During the trip, mother's sister, Connie, died. I took a morning off from the seminar to attend my aunt's funeral, then returned immediately afterwards. I recall seeing the crucifix as I opened the car door for the return journey. The words of the song that was playing as I entered the car park at the end of the 2½ hour drive were 'Country roads, take me home to the place I belong' which seemed rather appropriate. As I removed the key from the ignition I noticed that the crucifix was no longer on my key ring. Naturally I diligently searched for it, but without success. In the circumstances I could only interpret the loss as 'loss of the physical body' (symbolically related to my aunt) yet the mental 'conversation' that I had had with her the morning after her passing, only made sense as 'the continuity of her consciousness'. (During the period between meeting Kristine and Connie's passing, I had been reading H. P. Blavatsky's 'Isis Unveiled'. Among the various ancient traditional interpretations of the symbolism of the cross were 'Eternal life' and 'Signet of the living God'.)

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41 (A full account of associated events is contained in DT Chap 10.)
42 (The complete events surrounding my aunt's death are recorded in DT Chap 15, Pages 104-105.)
Two days short of the first anniversary of Kristine offering me the gift, as I opened my car door, there in full view on the floor in front of the driver’s seat was the crucifix that had disappeared seven months previously. The car had been in daily use during the intervening months. How was it possible that I had not previously seen the crucifix, unless of course it had not been there? I replaced the crucifix on my key ring where it remained until some months later when I accidently dropped the keys and the crucifix broke.

It was August 1993 while Margaret and I were attending a seminar in Derbyshire that we shared a meal table with another couple. I left the table for a short while and when I returned Margaret showed me, with astonishment, what had occurred during my absence. A small piece of gold, about 3mm cube had fallen out of her engagement ring leaving a clear gap in the gold. How could a piece of gold fall out of a ring? ‘Dis-engage’ was the word that immediately came to mind. But I did not want to hear that and pushed it deep into the recesses of my mind. Margaret and I eventually separated in August 1995.

Two months after our separation, I was involved in an exchange of correspondence concerning synchronistic events related to television images and the tune ‘Born Free’. This soon led me to understand the symbolic significance of what was taking place. I was now ‘free’ to pursue my life's purpose.44

Shortly before leaving Belgium in 2000 to return to live in England, Norma called round to the house to offer me a gift of a small Celtic cross. This replaced the crucifix on my key ring, but then, after a number of years this also disappeared. I do not recall the details of how I came to lose this cross, but again I felt sad about losing it.

In 2012 I had been prompted to return to Belgium and France to visit some war graves.45 Briefly, by 2010 I had noticed that on a number of occasions while visiting Commonwealth War Graves

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44 (Complete details of these events are contained in DT Chap 14, Pages 91-92.)
45 (The complete account associated with these events is contained in WWT Chap 6, Pages 53 and 54 and Chaps 15 and 17.)
and Memorials, both my names 'Murray' and 'Nicholls' had been brought to my attention in the same cemeteries or on the same memorials. At the cemetery in Bayeux I had noticed the grave headstone of L/Cpl John Edwin Nicholls. Then, just as I was about to leave, in the distance I noticed a grave headstone without the usual religious symbol inscribed upon it. I went to take a closer look. It was the grave of Trooper Robert Murray.

I was immediately reminded of an occasion while travelling with a Muslim work colleague who, during a conversation had remarked 'But you are a Christian' to which I had responded 'What makes you think that?' Initially it was as though my rejection of all religions was now being shown to me in symbolic form via 'Murray's' headstone. I subsequently realised that I had not taken a photograph of that headstone and specifically returned to take such a photograph on the trip in 2012.

One might ask, what has all this to do with the images that Mary perceived during the meditation on 9 April 2015? Over a number of years I had begun to notice and record events that caused certain energetic reactions within my body. I had also begun to recognise that when others asked my opinion relating to the interpretation of dreams, as the dream was recounted I would frequently mentally perceive images, not associated with the dream, on which I would question the dreamer in order for them to reach their own conclusion as to the appropriate meaning of their dream.

I was given the crucifix and the cross ten years apart; they were then both lost. My attention was drawn to notice that Mary had uncharacteristically changed places between the two periods of meditation to sit next to Norma, the person who had given me the cross. This brought to mind the incidents of losing the crucifix and cross. Mary had also lost a wedding ring, which in turn reminded me of Margaret losing part of her
engagement ring. The interpretation of this, 'dis-engage' was subsequently validated when Margaret and I separated two years later. The result of this left me 'free' (Born Free) to pursue what I eventually determined was my purpose in this incarnation. I could only recount my story and leave it for Mary to interpret what the 'doves flying free' from her meditation experience might symbolise to her.

So what had I incarnated to work on in this lifetime? Certainly it was not something that I was consciously aware of for the greater part of my life. It was only as a result of investigating strange phenomena that I eventually came to realise how much we, the general public, have been kept in the dark about the Reality of who and what we are. I needed to make sense of what was taking place and understand how this Universe seemed to work. At this point I am attempting to choose words that might be acceptable without being considered presumptuous. The only expression that seems to be appropriate is 'we are all part of Oneness'. We are each a very small part of the creative force of everything. All physical and non-physical expressions are manifestations of thought and whatever we as individuals think, and whatever all of the individual thoughts of all levels of manifestation think, will have an effect on Oneness.

**Kay's Dream and Missing Key**

In Chapter 2 I discussed the question of learning the language of communication between dimensions. Early in 2015 I noticed that friend Kay (who lives in Iceland) began to contact me via Skype to recount her latest dream. We would discuss these dreams in order to attempt to discover their significance. However, I eventually realised that Kay's dreams frequently seemed to symbolically portray what I had been writing or thinking about. It was as if I had been given the text and Kay had been given the images. As a result of these discussions we usually came to some form of understanding as to the probable meaning of her dream. It was in mid-December 2015 that Kay recounted the following dream.

'I enter through a doorway in the enormous trunk of a tree, I am then in harmony with the tree. I descend through a root of the tree and eventually out into nothingness. As I went through the tree
root I was aware of atoms and then far smaller particles. As I emerge into nothingness I see the smallest particle of all which appears as a sky blue dot which I feel drawn to travel towards and then press with my index finger. As I do so the particle explodes into soft sky blue material akin to ladies’ tights. This quickly forms into a ladder and solidifies. I am delighted to have the opportunity to climb the ladder. I arrive on a very sturdy wooden platform, am very happy and am jumping up and down, very joyful at how solid this is. It supports my weight beautifully and is springy and resilient. I notice I am wearing my hiking boots, jeans and a shirt, it feels warm but not hot and in the kind of light which comes just after dawn. I am out in nature but not sure where, but aspects remind me of Þingvellir, the site of a sacred temple and where the first parliament of Iceland was established in 930AD.'

As Kay recounted this dream I could not help smiling to myself as I immediately understood this as being a symbolic representation of the 'The Mechanism of the Universe', our eternal journeys through dimensions, our curiosity and return back into this physical realm.

Subsequent to my cupboard falling off the wall (details of which I recount in Chapter 7) I decided to re-cycle some of my old books to create space on the shelves. On 18 December, I recall lying in bed and wondering if the inscription page in a book, that I had received as a departure gift at the end of my career, could be removed without damaging the book, which was no longer applicable to my current research. During a phone call with friend John a few days previously, he mentioned that he was being prompted to send me a particular book. It arrived in the mail later that morning. I woke in the early morning of 19 December and was unable to get back to sleep, so began reading John's book. I subsequently put that book next to my computer in order to listen to the CD and DVD which were included with the book.

Later that same afternoon I received a Skype call from Kay who recounted the following strange events.

'I always keep my door key, together with two other keys on a keyring in my purse. I was preparing to go out to do readings and checked that I had some 500 ISK bank notes to give as change to
customers. I noticed that my key ring was not in my purse. This was puzzling because I had used the key to get in earlier. I am always very careful with keys. Together with my son we searched my purse, bag, pockets and the hallway of the apartment without success. We then made arrangements between ourselves as to how I would get back into the apartment. I went to the shop where I do the readings and opened my purse to take out a couple of the 500 ISK bank notes. There was the keyring and the three keys."

Could I help her understand the meaning of this? At that point I could not.

As we discussed these events, slowly I realised that I was perceiving each element as being symbolic and began questioning Kay as if we were attempting to interpret the meaning of a dream. (From Kay's perspective she was adamant that she and her son had searched all possible places where the key might have been misplaced and it was definitely not in her purse when she left home.) During our discussion of the experience Kay explained in considerable detail some of the deeper understanding she had gained as a result of this exchange. I was then reminded of my earlier thoughts concerning the book I had received as a departure gift. I had not had any thoughts about this book since reading it over 15 years previously. But it was the title of that book, together with the book from John, in full view at the side of my computer, in conjunction with Kay's dream and 'key' saga that now began to come together like a jigsaw puzzle. (At this point I remind readers of my initial insistence on having 'communications' confirmed three times.)

The title of the book from John is 'The 3 Things that will Change Your Destiny – Today' by Paul McKenna. The title of my departure gift book is 'The Keys to the Temple' by David Furlong. In 'Working with Truth' I recount unusual events involving keys which took place in 2011.46 Three 'keys'. Kay explained that she associated 'Temple' with 'Þingvellir, the site of an ancient sacred temple and where the first parliament of Iceland was established in 930AD'. My feeling was that the 'Temple' related to

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46 (See WWT Chap 11, Pages 101-103)
a deeper understanding of the expansion of consciousness and *The Mechanism of the Universe* in connection with Kay's dream.

While sorting through the books to re-cycle, I had pulled one partly out of alignment with the others to remind me to read it again. On the morning of 20 December I completed reading Paul McKenna's book, which focusses on creating our destiny by accessing altered states of consciousness. So that evening I took the book that I had pulled out of alignment to bed with me. It was *The Third Eye* by Lobsang Rampa, which I had read over 25 years previously. Of course, the *Temple* was the *third eye*, my *zone* which I explained in more detail in the introduction. Suddenly a further element from Kay's dream came into focus. From Kay's perspective of *emerging into nothingness I see the smallest particle of all which appears as a sky blue dot which I feel drawn to travel towards.* Symbolically, from the perspective of nothingness (Universal Consciousness), the blue dot could represent the blue planet – physical Earth, or *a very sturdy wooden platform.* So from Kay's dream, the action of *pressing the blue dot with her index finger* would indicate the intention to begin another earthly incarnation. Only subsequently did I recognise that if there is a fault in 'tights' they are referred to as 'ladders'. Hence all the faults or 'misconceptions' we have, we bring into this physical domain, they solidify and become aspects on a *sturdy wooden platform*. In order for them to be repaired (cleared) it appears that we need to return to Source in order to clarify our misunderstanding. We discussed the term 'fault' and eventually concluded that until we are 'perfect' then there are always 'faults' or 'misconceptions' to be worked on. If we were perfect we would not need to be expressing ourselves in a physical form on earth. I felt that seeing a *sturdy wooden platform* as being something very positive, implying that Kay had chosen a particular segment of 'un-perfectness' to work on in this lifetime. The *happiness and joy* expressed in the dream, to me indicated that Kay was in the right place doing the right thing – or following her true pathway. And finally I noticed the expression from Kay's dream *in the kind of light which comes just after dawn* which made me wonder if *the light was beginning to dawn* on humanity that thoughts were the creative force behind this physical realm.
I see these events as showing how we are all interconnected and providing
we respond to our intuition, inner guidance and dreams, pieces of our
individual puzzles will fall into place; our searching questions will be
answered and we will be taken on magical journeys of discovery. Just
as John implied in his email in response to my thanks for sending me the
book. 'It appears we have been shown many clues and tools ... and also
using the mind for healing all, corroborated by both our intuitions,
synchronicities and your astrological chart.'

It was not until 29 April 2016 that I was prompted to get out of bed early.
Apart from intuition, I was at a loss to understand why. After washing I
uncharacteristically turned on my computer with the intent of proofing
some of the earlier writing before breakfast. I began with this chapter 4.
When I came to Kay's dream I was immediately reminded of 'Jacob's
ladder'. I needed to refresh my memory of the biblical account.

'Genesis Chapter 28: vs 10 And Jacob went out from Beersheba,
and went toward Haran. 11 And he lighted upon a certain place,
and tarried there all night, because the sun was set; and he took of
the stones of that place, and put [them for] his pillows, and lay
down in that place to sleep. 12 And he dreamed, and behold a
ladder set up on the earth, and the top of it reached to he
aven: and behold the angels of God ascending and descending on it.
13 And, behold, the LORD stood above it, and said, I [am] the LORD God
of Abraham thy father, and the God of Isaac: the land whereon
thou liest, to thee will I give it, and to thy seed'.

The communication to Jacob was in a dream - altered state of
consciousness (ASC). The 'angels of God' – [ourselves], going up and
down a ladder equates to focussing our attention on various levels of
consciousness. Jacob 'tarried there all night' in a dark place without sun,
[awareness] representing focussed consciousness on the Earth
environment. And 'the land whereon thou liest' [equates to sleep] or ASC
and from that level of consciousness we create physical reality. Kay's
keys went missing and she desperately needed to find them. It was the
strength of this desire that determined the speed at which the keys
manifested. A particular part of the biblical text 'stones of that place'
related to Kay working with runes\textsuperscript{47} during which Kay agreed that when 'reading' the runes she was in an ASC. When at the top of the ladder in an ASC, implies that one will receive what one desires, or 'to thee will I give it'.

**Meditations**

5 October 2015 - First Session. (Three participants.)

\[
\text{I sense lots of energy which attracts four (non-physical) beings to the meditation. They are excited about our joint energy and are just watching. It feels as though we (the three meditators and the four non-physical beings) are in an operating theatre of a teaching hospital which has a transparent half-globe roof and students are looking down through the roof at what is taking place. Although I am one of the three being watched, I sense that I am also watching this situation from between the four non-physical beings and the students watching from beyond the roof. I am unable to get back to a position between myself (that is being watched) and the four non-physical beings. I want to ask them something, but cannot remember what it is. I then terminate the session by linking into four pink beings\textsuperscript{48} (not the same four who are watching us) who I had previously asked to work on healing my prostate. I ask them if they would carry on with this work.}
\]

When I analysed the contents of the meditation in more depth I concluded that where I was 'watching the situation from between the four non-physical beings and the students watching from beyond the roof' was symbolically showing me that I was in an altered state of consciousness and was being taught together with the students. I subsequently

\textsuperscript{47} (See Chap 7, Page 89, footnote 64 for further details on runes.)

\textsuperscript{48} (See WWT Chap 7, Pages 64-65)
understood that other disciplines often referred to levels of consciousness as left brain or right brain activity.

**5 October 2015 - Second Session.**

*My mind is blank, so I initiated a shamanic journey. I mentally go down steps to a river which I cross over and am then on the edge of a jungle. Very quickly I am met by a gorilla. [I had met this gorilla on a previous occasion when he had said to me: 'You don't smell too good'.49] On this second occasion he takes me by the hand and says: 'Come and see this'. We rush through the jungle until we come to a clearing where three young gorillas are sitting. He introduces them to me as James, John and Peter and says: 'These are my disciples'. I respond: 'Well in that case you must be Jesus'. To which he replies: 'Yes, that's right'. He asks me to sit with them in a circle - me and the four gorillas. Jesus (gorilla) then says, referring to the three young gorillas: 'They still haven't got it'. Then to me he says: 'Would you explain it to them'. So like a hypnotic induction, I push each one in turn on the forehead to send them onto their backs so that they would go into an altered state of consciousness.*

My understanding from this second session was that 'We are all the same, we are all part of Oneness'. The symbolism of the gorilla being identified as Jesus implied that gorillas operated from a level of what we might refer to as Christ consciousness. It also showed the attitude of gorillas to their young and family - they are much more docile, caring and protective to the family as we have come to understand. The latter element ('explain it to them') was confirming that it was necessary to be in an altered state of consciousness in order to be able to understand how the physical realm is created from the spiritual dimension.

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49 (See Chap 6, Page 79 where I provide clarification on the circumstances and symbolic interpretation of this experience.)
Shamanic Journey

28 December 2015. (Roseline and Nick.)

I go down steps and across water (on a paddle board which I returned upstream on the other side, ready for the return journey). I look for a power animal but do not see one. I then notice a very modern square construction, which is made totally of glass and is off the ground in the jungle. (This is a plan view of the construction.) The construction is connected to the ground by a three sided (the fourth side is open) glass structure in the centre, on which the upper floor is balanced. I walk into the open side of the lower structure. The floor then rises slowly and I am automatically transported to the upper floor. (There is no door or wall preventing me from entering what turns out to be a symbolic 'lift'.) From the upper floor there is a magnificent view all around. I then notice that someone else is coming up in the 'lift'. When he arrives, he gives his name as James. A second person also comes up the same way and he gives his name as John. I then perceive that a third person is also coming up and at the same time realise that his name will be Peter. They are the same three beings, now showing themselves in human form, who had previously appeared to me as baby gorillas in the shamanic journey on 5 October 2015. In the October journey, 'Jesus' (in the form of the large gorilla) had introduced the three smaller gorillas to me as his disciples. (In the present situation the large gorilla (Jesus) is not present.) I admire the view, then return from the construction in the 'jungle' by the reverse route that I had taken to arrive there, including using the paddle board for my reverse crossing of the stream.

I feel that having pushed the gorillas over in the earlier shamanic journey (symbolising the need to be in an altered state of consciousness in order to understand how the physical realm is created from thoughts and intent
from that level) this present experience of the beings presenting
themselves in human form was now showing me that humans needed to
overcome the animalistic aspects of their natures and that I needed to
remain constantly aware of what I was being shown. Every single thought
and intent whilst in an altered state of consciousness 'solidifies' (to use the
term from Kay's dream) into an identical situation in the physical realm.
The clear magnificent view from the 'upper floor' symbolised what we are
capable of creating from a higher level of consciousness. The tangled
undergrowth of the jungle symbolised the chaos in the present physical
realm created by confused thinking of humanity as a whole. The
simplicity and mechanism of the construction shows how easy it is to
access the upper/higher levels of consciousness.

Kay and I discussed the symbolism of the shamanic journeys which led
us to a deeper understanding of further pertinent aspects from the
experience. In particular we felt that we were being shown that the beings
(gorillas), having overcome their animalistic natures, were now showing
themselves in human form which allowed them to be elevated to the
'upper floor'. It felt as though this implied that in overcoming our
animalistic nature would naturally take us to a level of conscious
awareness where thought and intent would create the beauty of what was
perceivable from that perspective. Everything being made of glass also
implied that from the 'upper floor' perspective, everything is transparent.
Kay sensed that the structure had a great feeling of solidity but was also
delicately balanced. There needed to be great precision when thinking in
an altered state of consciousness and if things were a tiny fraction out,
then the support (the lift) would not work because human thinking
(understanding) would be symbolically out of alignment. I also sensed
that for those who had been given the opportunity ‘of being elevated in
the lift’ and were viewing the lower aspects from a higher perspective,
although there was ‘concern’ at the difficulties being experienced by
those in the physical realm (jungle), they were somewhat helpless to do
anything about it. One further significant understanding from this
experience is that we need to recognise when we are in an alternate state

50 (I subsequently suspected that this was probably what was being symbolically communicated in
the biblical references to the 'Last Supper' taking place in the 'upper room' – St. Mark Chap 14, verse
15; St Luke Chap 22, verse 12.)
REFLECTIONS ON TRUTH

of consciousness, that 'the level of consciousness at which we are focussed' determines the speed at which desires and intents manifest in this physical realm.

Meditation 23 December 2015

During a group meditation for 'Peace' I received the words:

‘Peace is not necessarily the absence of war’.

In response to my mental query concerning this statement I received the following answer.

‘Peace is the knowing that each individual is following their intuitive guidance – or pathway’.
It was a dream that began to link many more pieces of my jigsaw puzzle together.

5 February 2014. As I woke I recall having a dream. I looked at the clock and it was 04.30. Strange I thought, as the previous evening I had set my intention to wake at 07.00. Nevertheless, as was my custom, I decided to read for a while and return to sleep when I felt tired. As a result I consciously forgot the details of the dream. However as I read, elements of the dream came back to mind and I realised that I must record these details before they were lost again.

To summarise, the dream reflected a situation from my earlier professional life where I was presenting a budget to a NATO committee for approval. There were a number of elements in the budget of the dream that were missing. It would have been imperative that such elements were included, had the events taken place in my working life. When I reflected on the meaning of this dream again, on 16 July 2016, I understood what it had been showing me at the time it had occurred. 'I did not have all the information necessary to present my work' - my work being writing further chapters of this 'Truth' trilogy. However, over the intervening months I had gathered an understanding of essential information that needed to be included in this work. It was as though, through the dream, events from my professional life were being shown as ‘training exercises’ to prepare me for what I would be doing in the future. I will address the significance of this dream shortly.

But first I need to refer to events surrounding completion of ‘Working with Truth’. During the proofing and editing in January 2014, Margaret had commented that as a result of what I had written she felt that ‘alien abductees’ would be very upset by statements I had made in WWT.51

51 (See WWT Chap 7, Pages 66-67 for the complete account of these events.)
(The following is a partial quotation from the final version of 'Working with Truth'.)

'As a result I modified the original text, however Margaret still felt concerned about the possible reaction of abductees and explained that she had met abductees who had come back with visible physical scars and implants, which had to be removed surgically. She had also met the surgeon, [Dr Roger Leir] who had performed the operations. We had a long discussion in an attempt to clarify my understanding, in particular concerning ‘implants’. Margaret promised to send me a book on the subject. I also felt that I needed to re-read John Mack’s ‘Abduction - Human Encounters with Aliens’ and reflect on this further. The following day after my usual early morning read (not ‘Abduction’) I lay down to go back to sleep. Immediately words began in my mind. I took my recorder and spoke the words that I was receiving.'

The text of what I received is already quoted on page 3 of Chapter 1, but I will repeat it here for ease of reference. I considered this 'communication' to be significant towards integrating a deeper understanding of 'The Mechanism of the Universe'.

‘So, as we listen, [I sensed that this related to the conversation I’d had with Margaret] there in the middle world is found the truth of who we really are. The depths of creation, the depths of thought, the expression of individualism, they are manifest in the outer world - the dream world. For the dream world is the outer world, not the inner world. The inner world is Reality. All that has been shown to be physical is imagination. All that is referred to as imagination by the outer world is in fact the real world. The truth of the exchange in perception is simply the human perspective. We bring this truth to you to translate it into a...’ At this point there was a beep on the recorder and it showed that the battery was low.'

I have a selection of about 2000 tracks of music, interviews and lectures on my iPod. The default setting is ‘shuffle’ so that I never know what
track will play next. The first time I turned my iPod on after the conversation with Margaret it began with an interview between George Noory (of Coast to Coast Radio) and Whitley Strieber. They began speaking about Roger Leir, who apparently had been ill, and then went on to discuss alien abductions and implants. Four days later on 1 February 2014 the promised book arrived from Margaret which was ‘The Aliens and the Scalpel’ by Dr. Roger K. Leir D.P.M. with a foreword by Whitley Strieber. I gathered that what was taking place was no coincidence and I was being prompted to read ‘The Aliens and the Scalpel’ before continuing with my current reading material.

On 3 February 2014 during a meditation I had asked if there was anything that I needed to know and was simply told ‘Keep your feet on the ground.’ A few days later I reached Chapter 8 on page 79 of 'The Aliens and the Scalpel'. In the first paragraph Roger’s wife advised him to take time and ‘not jump to conclusions’ - the exact expression Margaret had used in respect of a different aspect in my research. Through an associate, Roger Leir had made contact with the director of a 'large organisation' and was invited to present his case for funding to the board. Much of the rest of the chapter concerns Roger’s attempt to obtain funding for his research. He had to contact various individuals and medical consultants to establish a budget for his presentation. From the account it was evident that the 'organisation' was government sponsored with links to the Central Intelligence Agency (CIA). It was as I read this that my earlier dream, concerning funding and presenting a budget, came back to mind. I knew that I needed to compare the ‘communication’ that I had received in the dream to that recounted in Roger’s book. Had I not previously had many experiences of precognitive symbolic episodes occur shortly before reading accounts of, or having similar events take place, I could very easily have considered the dream and book accounts as coincidence. I felt that the dream had been communicated into my mind for a particular purpose, by a part of consciousness that was beyond linear time. In part, I felt that my dream did relate to Roger's experience – initially to grab my attention, but I also suspected that it signalled other events taking place in another non-linear time dimension. (Very briefly, two years after having my dream, I understood that the elements missing from my 'dream
I put the book down with the intention of reflecting on how various events in my earlier life had come about. Too detailed to mention at the moment, but one significant event was the dream I had on 9 September 2010 in which I was told that I was going to be assigned as the Brigadier to the First Division in Belize.\(^52\) This seemed to symbolically correspond to this latest dream of being responsible for presenting a budget to a committee. I must have spent 30 minutes or so trying to make some sense of how I had come to be where I am now on my life’s journey. Then I felt that it was important that I get up and record the dream on my computer. I opened my eyes. It was 06.30 and the room was spinning. This was fascinating. I had previously had a number of friends recount strange things taking place such as dizziness, buzzing in the head and lights around the head. Now it was my turn.

While focussed on attempting to understand past events in my life, I recalled an event from one of my very early attempts at meditation. I was shown what looked like a circular dial with divisions marked off around the top third. These were numbered 0 to 30. There was a needle pointing to between 14 and 15. I had felt that it was strange that it was not pointing dead centre on the number 15, which would have represented perfect balance. Now all these years later I finally understood that the needle was symbolically indicating that in meditation, at least in this instance, the receiver part of the mind was directed away from balance in order to focus on other dimensions. This then is what others appeared to have been doing when they had noticed ‘strange’ experiences. Their attention had been focussed on other dimensions and when they returned to consciousness, until their mind re-attuned to the energy of this physical realm, they described their experience as strange. It took less than a minute for my room to stop spinning – or symbolically for the needle on my dial to re-balance onto number 15.

At this point it felt as if what I had experienced was simply another piece of the puzzle that I was attempting to put together towards providing me

\(^{52}\) (See WWT Chap 6, Pages 55, 56, 63, 64 & Chap 10, Page 95 for details.)
with an answer to my question of 'What is this life all about?' These events provided me with further elements that fitted into my understanding that everything is ‘NOW’ and we are only experiencing linear time in this physical domain for a while. However, this does not exclude that ‘expressions of consciousness's’ from non-physical realms are occasionally directed into or appear in this physical dimension to experience or influence our physical world for indeterminate periods of our time. Again, more on this subject later.

I had noticed that occasionally while watching recordings of television programmes I would be following the theme of the programme and suddenly wake up. Yes, at my age this would not be considered unusual, except that I eventually realised that this was not normal sleep when it was preceded by sensing a subtle change within my body. I would return to watching the recording from the point where I recalled what looked familiar. When I then watched the continuation of the recording, it would be completely different to the 'programme' that I had first 'watched' (evidently, like a dream in the 'sleep' state) - as though my mind had been influenced to switch programmes.

This then brought into focus what I had been experiencing over many years. While reading, I occasionally noticed that having completed a page I would have no conscious recollection of what was written. I would have been involved in a 'communication' with 'someone' or 'something' in a dimension not of this physical realm. Furthermore I then reflected on what I had experienced, initially as a child and then again in the late 1980's. As a child I had been frightened when what I described as a 'cloud' appeared in my bedroom. When this cloud again appeared in the late 1980's I initially sensed it move from my feet and up my body causing it to become paralysed as it did so. I then became fascinated and felt I needed to understand the phenomena. When it occurred again I projected myself (consciousness) through the cloud only to discover that there was nothing there. At that point I had considered that this had been a challenge for me to overcome fear. After that experience, the 'cloud'

53 (In DT Chap 4 I recount the significance of my first conscious awareness of the occurrence of such an event in 1987.)
54 (See WWT Chap 12, Pages 118-119 where this experience is explained in more detail.)
occurred again on a couple of occasions over the next few weeks and my feeling then was that it was simply 'just there'. (This being the confirmation I insisted on having three times for me to accept such strange experiences.) Years later, I now suspect that what I had in fact done by projecting my consciousness into that cloud, was to bring myself into harmony with what I can only suggest was a 'guide', 'teacher' or 'my soul'. Whatever it was, it has been influencing my consciousness throughout my life towards responding to, or even possibly posing in my mind, questions that had subsequently prompted my journey of discovery into 'What is this life all about?' In the next chapter I will also address the subject of how our individual thoughts and intentions could affect other individuals. Refer also to Chapter 3 in which I address some of the activities associated with Uri Geller.

But the experience also has to be analysed in light of other events, similar to when we find one piece of a jigsaw puzzle and suddenly the picture begins to become clearer. This then prompted me to review some of the hypotheses and incidents recounted in my earlier works 'Discovering Truth' and 'Working with Truth'.

As a result of making the above reference to a 'jigsaw puzzle' I was reminded of an incident from my childhood and how this quite unconsciously came to influence my future. Around age 8 or 9 my father was helping me with a jigsaw puzzle. It was a circular puzzle with sky in the centre and exotic landscapes around the outer rim. At the same time music from the film 'South Pacific' was playing on the radio. It was from that point on that I developed a strong desire to visit the tropical island paradise of 'Bali'. I only discovered as I wrote this text that a section of the lyrics from the song 'Bali Hai' include the words 'most people long for another island, one where they know they would like to be' and also words which were repeated several times 'come to me, come to me'.

While doing military service I was informed that I had been selected to go abroad and was asked for my choices of assignment. My first two options were Christmas Island in the Pacific Ocean and Woomera in South Australia, as I understood that assignments to these locations would give me the opportunity to take leave on the island of Bali. The fact that the military authorities in their wisdom seemed to think that I would be
better employed by sending me to Paris would eventually prove to be more beneficial. However, in 1986 Margaret and I arranged a four week holiday touring Indonesia, which included a few days on the island of Bali.\(^5^5\)

After the trip I naturally assumed that my 'dream' trip to Bali had been fulfilled. But this was only clarified 18 years later in 2004 when I was drawn to attend a workshop on the Hawaiian island of Maui. As I was going to be travelling such a distance I decided to make the most of my time in Hawaii and explore two of the other islands, Oahu and Kauai.\(^5^6\)

The main road on Kauai Island, due to the mountainous terrain, is in the form of an approximate 80 mile long horseshoe around the perimeter. I hired a car and drove the whole length of that road. Imagine my surprise as I approached the most northerly point of the horseshoe at Hanalei - there was a display describing that this was where part of the movie, 'South Pacific' had been filmed. It had taken over 50 years for my childhood dream to be realised. It was not the island of Bali that I had to 'come to' but the site of the filming of South Pacific. The feeling I experienced there was significantly different to that I had experienced in Bali. I suggest that as a child I had been 'hypnotised' by being in a relaxed state of consciousness doing a jigsaw puzzle with images of exotic landscapes, together with the words and music that had prompted my desire to visit, not Bali, but Bali Hai. We need to remain aware of how we may be subtly influenced by publicity, films and media presentations associated with present day situations.

During the early years of my research I frequently attended seminars at the Arthur Findlay College at Stansted Hall. I had listened to many lectures by Gordon Higginson MSNU, President of the Spiritualists National Union and had been intrigued by his references to 'guides'. On several occasions I witnessed Gordon give demonstrations of trance, during which a number of 'communicators' had spoken through Gordon using distinctly different voices. I had wondered how this worked. Shortly afterwards I had a fascinating experience during one of Gordon's lectures. In the centre of Gordon's forehead was a flat area. Part the way

\(^{55}\) (See DT Chap 2, Pages 8-10 concerning significant events associated with that trip.)

\(^{56}\) (See DT Chap 21 in which I recount events that took place on Oahu Island.)
through his lecture, suddenly I perceived a small face in that area. The face appeared to be part of the forehead rather than on the exterior of the forehead. I was more fascinated in watching the face rather than listening to the lecture. The facial movements were animated to the point that when Gordon made a joke, the face would laugh. It was like watching an image on a cinema screen but on a much smaller scale. I felt I had to draw what I was seeing. I am not an artist but the image seemed to draw itself as I put pen to paper. After the lecture I showed Gordon the drawing and asked him if he was aware of the image. His response was that he personally had never seen the image, but others had previously mentioned seeing a similar face.

Initially I suspected that the image might have been transmitted into my mind from beyond this physical dimension in response to my enquiring mind, but years later I felt that the more likely explanation was that my consciousness had expanded to the point of becoming aware of another dimension.

As if to provide an answer to my questioning, on another occasion Margaret and I attended a week at the Arthur Findlay College and had offered to give a Belgian lady a lift home. I was driving a left hand drive vehicle heading south on the A282 from the Dartford crossing towards the junction with the A2 interchange. Suddenly I noticed a single engine light aircraft flying quite low heading towards us. Something odd about the plane attracted my attention. It had what appeared to be an unusually large propeller. I pointed this out to Margaret and our passenger and we all watched as the plane eventually flew past on our left at a distance of about 300 meters. As it drew level, I became aware that on the fuselage was the insignia of a Second World War German aircraft. This prompted me to take particular notice of the details, including the unusual canopy, with the intention of attempting to identify what such a plane was doing.
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in the area. The plane that I saw was similar to this Wikipedia image below.

![Wikipedia image of a plane](image)

A moment later we reached the junction to the A2 and I had to pay closer attention to traffic. As I joined the main A2 road I glanced to my left to see more detail of the plane. There was no sign of the plane – it had vanished, yet we had all seen it.

*(While proofing this account, Margaret commented that she had drawn a sketch of the plane as she was also interested in trying to trace it. She said that she remembered the canopy being the same length but much nearer the front. [I also felt that the canopy on the plane that we saw was nearer the front than in the above image.] But Margaret said that she had no recollection of seeing any insignia. Had I not noticed the insignia I would not have been so fascinated by what had occurred to the point of attempting to identify the plane, or understand what we had perceived. Had Margaret and I each perceived something different? I don't know.)*

Because of the direction that the plane was flying, I suspected that it had probably come from or was associated with the Second World War airfield at Biggin Hill. I noted the time of the incident and on arrival home phoned one of daughter Jan's friends who lived close to Biggin Hill. I described what had taken place and asked her if she would call Biggin Hill airport to see if they could identify the plane and explain why it portrayed these Second World War markings. The response was that they
had neither radar nor any other record of the plane. This just stimulated my curiosity even more. What was a Second World War German plane doing in that area in the late 1980's, which was seen by three people, and how had it just seemed to disappear?

I knew an ex RAF work colleague who was interested in Second World War aircraft so I asked him if he had any details that might give me a clue as to what we had witnessed. He had a book containing pictures of every Second World War German aircraft, including blueprints of aircraft that were never built. I needed to borrow his book.

That evening I had little difficulty in identifying the aircraft as a Focke Wolf FW190A. When I returned the book, my work colleague wanted to know if I had found what I was looking for and asked if I was interested in Second World War aircraft. I recounted what had taken place and his response just added more to the mystery. He explained that there could not have been a plane of that description flying where we had seen it. Apparently there were only two such aircraft in England that had been restored, but neither had certificates of airworthiness.

Reflecting on these events many years later I came to suspect a probable explanation for what had occurred. We had spent a week at the College participating in exercises designed to expand our awareness, including frequent periods of meditation. Our individual consciousnesses would have been 'expanded' and less focussed on this linear time frequency physical dimension and as a result we had all perceived something from another time period. Once I re-focussed my consciousness to pay attention to traffic would then explain why the image of the plane was no longer visible to me.

This seemed to be similar to another experience when, while driving towards the College I had felt that I would meet someone there that I knew. Shortly afterwards I saw a signpost to 'Barry' and on arrival at the College the first person that I met was Lesley Barry. Years later I discovered that there was no town or village called 'Barry' in the area where I had seen the signpost. And despite my efforts on many future
occasions while travelling the same road, I was never ever able to locate the signpost.  

We naturally perceive whatever is within the dimension on which our attention is primarily focussed. But we need to keep in mind that, although we tend to focus our attention primarily within set ranges, ranges of perception vary slightly between individuals. Also, possibly depending on their state of health, the ranges of perception for each individual are susceptible to change. However, when we occasionally become aware of other dimensions, during periods when in altered states of consciousness, such experiences are often ignored, simply because we are unable to reproduce what we have perceived or because others who have not perceived the same phenomena, deny what we have experienced.  

While researching my files for a reference I came across one of my earlier poems which I feel sheds light on some of the aspects of the above experiences. So I will close this chapter with words from a deeper level of consciousness.

57 (See DT Chap 9, Pages 51 & 56 for the original account and associated events.)
Life is but an experience within the realm we know, 
but each dimension we reside in, is where we may grow. 
Each element of life we kiss is but for a short while, 
until we move into another realm, and then we'll smile. 
We have not died, we are alive! We've simply freed the thread 
which tied us to this earthly realm. Then realise we're dead 
and born in timeless time, again - eternity for sure. 
There's no escape, except through change. And life for evermore 
will take us on our chosen way - on pathways from within 
our deeper conscious inner being 'til one day we begin 
to recognise that we create, within our power of thought, 
all our desires, experience, and maybe that we ought 
to take our time. Reflect a while, before those thoughts we send, 
that influence the Universe and our experience, bend 
to those desires of our mind. It's then we'll hear the call 
of Greater Mind, and hear the thoughts that are for good of all.
In considering the subject of aliens and associated phenomena, we have to keep in mind the sentence that I received as part of a 'channelled communication' that is recorded in Chapter 1.

'You perceive aliens because you have focussed your attention on investigating the phenomena of aliens, and in doing so your attention has been attracted, and attracts to you, symbolic representations of aliens.'

Also in addressing particular aspects of 'alien' influences it would be prudent to consider the deeper understanding of 'The Mechanism of the Universe' (see also Chapter 1) which sheds light on our individual roles as 'co-creators' of our individual and global environment.

The 'channelled communications' seemed to explain much of what I had noticed and had been experiencing for almost 30 years. Not specifically in respect of 'aliens' but many diverse events throughout my life. I needed to review some of these events in more detail.

I made my initial reference to 'aliens' in WWT in connection with an experience while participating in a group meditation. Members of the group were asked if we wished to be taken deeper into the experience. I mentally agreed that I would, which resulted in me encountering about 20 individuals. Each one looked identical and was about 2'6" tall, oval egg shaped, without any limbs or faces. They were all pink and each exuded a soft incandescent glow, which was the only lighting in the area. There was no sound. I realised that they were each emitting 'love'. I also addressed the subject of 'Alien Influences' in considerable detail in WWT Chapter 16, (page 160) where, in particular I postulated:

'We as individuals are frequently (if not constantly) being influenced by 'Intelligence(s)' beyond our conscious awareness. Conversely, we, by our individual thoughts, are emitting vibrations

58 (See WWT Chap 7 Pages 64-67 for complete details.)
that influence aspects of Oneness. But are these 'Intelligences' - 'alien'? Yes they are, but only in the sense that they would not be communicating from the same level of consciousness as our primary ego expression in this physical realm.'

So having established, to my satisfaction, that individual consciousness continues after the death of the physical body; that those deceased personalities have been able to communicate with me and that to varying degrees we are all influenced by 'intelligences' from non-physical dimensions, (although I suspect some may prefer to use the term God) it was time to determine if there was any conflict between what I now understood and some of my earlier experiences.

One of the most striking series of events was how I was prompted to take the book 'Memories, Dreams, Reflections' on a trip to India and how separate individuals (including myself) had been influenced to take specific actions which resulted in an outcome that could only have been instigated by some non-physical intelligent guiding influence\(^59\). (Unless of course, as many sceptics would point out, such events were simply attributable to 'coincidence'.) But to summarise what took place, it all began as I lay in bed one morning, still not fully awake wondering what book I should take with me on the trip. Within two days, two people drew my attention to the work of Carl Jung. I had specifically booked a three day extension to the basic tour in order to hear the teachings of the Dalai Lama, which were to be the highlight of the trip. Then on impulse I was prompted to cancel my attendance at the Dalai Lama's teachings. Two other individuals were also involved; one sent me a postcard before the trip began, on the reverse of which was printed the phrase 'I within the 3', Then the desk clerk at the hotel at Dharamsala assigned me to room '313'. At the end of my trip while waiting for the transfer from the hotel to the airport I was reading 'Memories'. Just before the vehicle arrived I concluded the 'Travel' section that was on 'India' which terminated on page '313' with the following words:

'What are you doing in India? Rather seek for yourself and your fellows the healing vessel, the servator mundi, which you urgently

\(^59\) (See WWT Chap 1 Pages 5-8 for the complete account of these events.)
In 'Discovering Truth' there are too many incidents to repeat here that I identified as responding to 'desires' that I had expressed, not intentionally in an altered state of consciousness, but certainly with an intensity of desire. In summary, some of the more unusual 'gifts' I received in response to such desires over many years include Egyptian artwork; a 130 x 86 cm laminated map of the world, and finding a pair of sunglasses in the middle of the Tunisian desert when desperately needed to protect my eyes towards the end of a sand storm. On another occasion I bought a raffle ticket with the intention of winning a specific book to confirm to myself that I should arrange a particular holiday trip. I did not win the book, but the lady who did, immediately after the raffle offered it to me saying 'I feel I have to give this book to you'. Then prior to visiting Sri Lanka I searched the Internet to see if there were any war cemeteries I could visit while there. The information against the 'Locality' and 'Number of Identified Casualties' stated 'Unspecified' and 'Unavailable', so I abandoned any intention of visiting war cemeteries. Although this was not indicated on our tour schedule, as we left Kandy the driver of our vehicle commented that he was going to take a different route. A few moments later he stopped the vehicle for us to see a Commonwealth War Cemetery.

Thus I had more than sufficient evidence to convince myself that my thoughts and desires could also be influencing other people. But this then raised the question as to whether other's thoughts and desires were influencing me. In WWT Chapter 19 I made reference to Masaru Emoto and his book 'The Hidden Messages in Water'. His magnificent work clearly shows, through photographs of frozen water, that intent has an effect on the physical environment. Biologists tell us that our bodies are made up of between 70-80% water. So if focussed intent from a deep level of consciousness is capable of changing the structure of water, then

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60 (All of these accounts are recorded in more detail in DT Chap 22, Pages 170-172, plus many more similar incidents throughout the book.)
61 (See DT Chap 20, Pages 151-152)
62 (See also WWT Introduction Page XVI)
logically a similar specifically directed intent would be capable of influencing human beings, as aptly demonstrated in a YouTube video presentation by Gregg Braden showing a bladder cancer being dissolved by intent in three minutes.63

Science tells us that everything is energy and physical objects are made up of a collection of various smaller elements, (to which have been attributed a range of fancy names that many laymen are at a loss to understand) but for ease of explanation I will simply refer to them as particles within atoms. These elements are drawn together (or 'entangled') by mutual attraction to eventually establish greater forms of similar energetic bodies – including stars, planets, molecules and ourselves. However it should also be kept in mind that any group consciousness need not necessarily express itself in physical form. So we now begin to approach an understanding of the origins of some of the many traditional religious beliefs around the world such as demons, spirits, angels and gods – expressed in many different ways.

Names tend to complicate what I sense as simply being 'ranges of consciousness' in various stages of development and expression. From personal observation it is evident that relationships develop between humans; some individuals we are drawn towards, others not. Yet as our consciousness broadens, naturally our relationships will change. This applies not only in our relationship with other humans but also towards many other aspects within this physical dimension such as diet, music and the environment.

I am slowly moving towards addressing the subject of 'aliens' but first of all I need to recount another incident. A lady came to visit Margaret for a hypnotherapy session. I asked if I could remain in the room because I had a specific question for the lady when hypnotised, but as it turned out Margaret asked a similar question before I had the opportunity. My question related to the relationship between the lady and her father. During the session I noticed the lady's face change into that of a man. (Margaret did not notice the change in the lady's face.) When I later described the face to the lady she said that it resembled her father. It

63 (https://www.youtube.com/watch?v=GUbEgg6GklU)
turned out that although the lady's father was alive, the lady suspected that he would probably be resting or asleep at that time of day. He had a very controlling attitude towards his daughter – which turned out to be the reason behind the lady requesting a hypnotherapy session.

The above, together with many other similar events, have led me to consider that what we term 'paranormal phenomena' may simply be as a result of expanded awareness of the perceiver, or the intensity of expression of an influencer attracted to the energetic expression of an individual. Once we in Western society are able to accept that such things occur, then suddenly the 'paranormal' becomes normal. Perception of anomalous phenomena seem to occur in a broad range of circumstances such as, but not limited to: in response to deep inner mental questioning; where there is 'fear'; as a result of emotional trauma – often experienced during teenage years; or when there is a strong empathetic link between the transmitter and perceiver. For example, a son who has been killed in battle appearing to his mother or his mother perceiving his 'thought' as though she was hearing him speak to her.

So before assessing situations associated with what I have been terming 'aliens' I am going to suggest that in order for such phenomena to be understood, a number of basic principles need to be considered.

1. Thoughts, desires and intent are the building blocks of creation and experience. As such, desire (of the soul) is the initiatory force behind us expressing ourselves as humans for a period of time in this earthly environment. We are an amalgam of energetic particles, each of which has a form of 'consciousness' in harmony with that expressed by each individual of which it is part. Energetic particles will be instantly replaced to correspond to what could be referred to as changes in the emotional expression (or desire) of the individual. Here I have ascribed this explanation to individuals, but a similar principle applies to all amalgams of energy throughout the Universe, be they galaxies, stars, planets, animals, plants, minerals or gasses.

2. The witness of 'alien' manifestation (or contactee) 'will frequently be in an altered state of consciousness' which could include:

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Just prior to falling asleep or upon awaking.
Becoming aware of a dream.
While relaxed and performing a familiar exercise such as driving, cooking or gardening.
While relaxed as with some of my many experiences or watching television.
Participating in an exercise of meditation or voluntary therapeutic hypnosis.
Being under the influence of anaesthetic or hallucinogenic substance.
Any similar situation where the witness is in a relaxed state, or is in fear of particular phenomena, which will attract energies associated with that fear.

3. The 'alien' influence seems usually to be associated with a thought or intent which is similar, or in response to, the energy being emitted by the perceiver. Thus if the 'perceiver' has a fearful nature, the energy of the 'influencer' will most probably be of a similar type energy. If the 'perceiver' has a loving nature, then I would expect the energy received to be of a similar nature.

Here I am referring to 'alien' in the sense of a natural energetic influence issuing from a dimension beyond the bounds of this physical environment. Historically such influences have come to be called gods, angels, demons, djinns, guardians, helpers, greys, reptilians, archons, teachers, ghosts and many other similar names in diverse cultures throughout the world. They may manifest in many different forms which seem either to appear to be meaningful to the consciousness of the contactee or to attract the contactee's attention for some reason. Also in this category I would include orbs, crop designs, 'extra-terrestrials' and some UFO's. I will address these subjects in more detail shortly.

However we should also be aware of recent (since the late 1940's) experiments carried out, primarily in the United States and USSR (as briefly addressed in Chapter 3) which began as 'remote viewing' and eventually developed towards manipulating human consciousness by 'remote influencing'. Of course we need to keep in mind the extent to
which our consciousness is influenced by media, publicity or political and religious persuasion.

Just one further incident which brought me to a deeper understanding and significance of intent was while in a quiet part of town I passed a man walking in the opposite direction. He was spraying what I assumed to be weed killer between a wall and the footpath. Shortly afterwards I noticed something unusual on the ground some distance ahead. The object was a wallet. I picked it up and noticed that it was still warm and contained a mobile phone and a business card. The card indicated that it belonged to someone involved with pest control. I assumed that it belonged to the man I had just passed. It took me a while to retrace my steps and catch up with the man. After verifying that his name was the same as on the business card, I returned his wallet. As I passed it over, in addition to his profuse thanks and appreciation, I sensed a wave of gratitude. I then turned to continue my walk to the supermarket, now about 200 metres away and sensed that strong feeling of gratitude emanating from the man until I reached my destination and re-focused on my shopping. For me, this was a practical example of how thoughts, intents and feelings can affect others.

**GRATITUDE**

Gratitude, gratitude, it simply is an attitude,

_a way of seeing things around, the gifts in everything abound._

To simply see, appreciate, the ‘All’ that we helped to create.

_For that in fact is what we see, intent from minds of you and me._

This world is just another place perceived as real beyond our face.

But real perception is not found among the objects on the ground.

_The truth of all, we soon will find is simply just a state of mind._

So focus on the gratitude, let peace, kindness and love exude.

Then live and know within your heart that on this earth you played your part.

If we are all part of Oneness, then we should not be surprised that another part of Oneness responds to our intent or interest. But here we need to recognise that **the level of consciousness** in combination with the **intensity of focus of the intent**, seem to determine the time delay between the initial intent and its manifestation in this physical domain.
Another factor involved is the total belief that whatever is intended will manifest. Even the smallest doubt will inhibit the manifestation of the intent. Part of an athlete's training is to ensure that they absolutely believe they are capable of winning an event. Occasionally I am asked why seemingly 'strange' things happen to me. I suggest that simply because from being a child, if answers to my questions did not make sense I needed to discover an answer that did. In that respect, the only person I could trust to come up with a satisfactory answer was myself. I then came to realise that answers to any questions were all available in various levels of consciousness. All I had to do was learn the various 'languages' (symbols, dreams, visions, trusting an inner voice, emotions, etc.) in order to elicit some response that was meaningful to me.

But is this not what we are all doing depending upon our particular interest without being aware of the mechanics of how the Universe operates? I do not understand how an astronomer determines how far a particular star is from Earth, or how a biologist is able to come to some conclusion about what is taking place in our physical bodies. They are not my areas of interest. However, anyone who seriously asks themselves the enduring questions: 'Who am I?' or 'What is this life all about?' will always receive answers.

So now we come to 'aliens' and at this point I do want to make it very clear that when I refer to 'aliens' and 'dimensions' I am not referring to individuals from other planets. I am referring to perception of energetic frequency vibratory ranges of which we are normally not aware with our physical senses - such as the familiar radio and TV signals and X-rays, which are routinely perceived through specifically designed instruments. Having said that I was reminded of an incident, long before I began my research into strange phenomena. I had been resting during a night shift and as I woke I had a tune in my mind. I began whistling the tune and as I walked past my radio I turned it on, only to be shocked to realise that the tune I was whistling was the same as that which was being broadcast. Not only that, my whistling was in the same key and at exactly the same point in the tune. There was no other radio audible in the work area where this occurred. In DT and WWT I have offered sufficient evidence to

64 (This event is recorded in the Foreword to WWT on Pages ix-x.)
show that when we lose our physical body, part of our individual consciousness (soul) continues to survive in a non-visible dimension.\(^{65}\) (In attempting to explain this concept I will refer to such parts of individual consciousness as 'souls', but these souls are in effect amalgams of energy, in varying degrees less dense than ourselves in this physical realm.) If souls are able to communicate with, and influence me, then they must be able to communicate with, and influence other people in this physical dimension. However, only those prepared to 'listen' to those energetic impressions will become aware of such influences. Unfortunately religious doctrine and 'those in the know' in specific environments do not want us to begin listening to those impressions from other realms. They may refer to such action as 'work of the devil', or do all in their power to control the media and prevent such knowledge becoming public. Naturally 'souls' would be drawn to others of like mind. Just as on earth there are individuals with different interests, so in other dimensions there are souls with varying interests. Most seem to be of a helpful and understanding nature, but there are others drawn to express negative or destructive aspects. In addition to those souls that have had a period of experience on this earthly plane there are others that have never had an earthly experience. They may have had many experiences in other dimensions; they may be benevolent; they may be of a controlling nature; we may or may not perceive them as looking like humans. But we need to be aware of such possibilities.

A thought arises in soul consciousness. Where did it come from? Does it inspire interest? If so, for a soul not already having an earthly experience, this could be the trigger for beginning an earthly life. For when we understand what is taking place – everything stems from thought. Whether we carry through with that thought to the point of perhaps noticing a holiday destination in a brochure and going to visit that location, or we just appreciate the images in the brochure, that is our free choice. We may discover something by visiting the location, but we may also discover something more interesting by doing something else.

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\(^{65}\) (See for example: DT Chap 5, Pages 28-30; DT Chap 15, Pages 104-105; DT Chap 18, Pages 132-138; WWT Chap 7, Pages 61-64)
For those who have followed me thus far, it should be evident that personalities do not need a physical body in order to have a thought – 'intent'. How does a soul, a non-physical, or deceased individual communicate with a living person? The answer appears to be in any form of 'communication' that an individual consciousness, which is primarily focussed on this earthly dimension, (someone living) is able to comprehend. It could be hearing a voice, seeing an expression of an image, (which we would probably call a ghost), a dream, moving of a physical object, a particular smell, stopping a clock or whatever attracts that individual's attention.

But there is more to it than that.

I was woken during the early morning of 14 September 2015 needing to use the toilet. I was unable to urinate. Without going into detail, the pain became so excruciating to the point where I was eventually taken by ambulance to the hospital and had a catheter fitted. The following day due to leakage problems, the catheter had to be replaced. I was prescribed appropriate medication and given an appointment to have the catheter removed early one morning two weeks later. After the removal, I was instructed to drink lots of water to flush through my system. By early that same afternoon I was again unable to urinate. I called the hospital to say that I was coming in and that I needed a catheter re-inserting. The pain was almost as severe as when the problem first arose. As the remote controlled garage door opened for me to drive out, there facing me parked on the opposite side of the road was a van. Written on the side in large letters were the words 'Excel - pipes and drains'. This would be the third catheter to be fitted and I instantly knew that I was being told that I needed to understand what was being communicated to me through this unpleasant situation.

I had ordered 'The Secret Life of Uri Geller – CIA Masterspy?' the previous day, 13 September and it arrived on 16 September. I then spent much of the following week reading the book. But it was not until 5 October that I was given a clue as to the symbolic meaning of my need for a catheter. I was participating in a group meditation and was not
making much progress, so I initiated a shamanic journey. In that session I was met by a gorilla who took me to meet three young gorillas who he introduced as his disciples, which to me implied that the first gorilla was Jesus.

This may sound rather outlandish, but as a result of this shamanic journey I was reminded of what I had recounted in Chapter 3. I had noticed a strong unpleasant body odour shortly after attending a conference in August, during which I eventually realised that I had unintentionally been 'remote influencing'. This odour had increased in intensity until I understood the meaning of the phenomena. My understanding had been that 'remote influencing or using 'intent' for 'personal purposes', was likely to have attracted negative energies or an undesirable personality into my environment'.

I suspect that the experience where I had met the gorilla in the earlier shamanic journey where I had been told that 'You don't smell too good' was a warning (which at the time I did not understand) to avoid becoming deeply involved with remote influencing while investigating the subject. The need for the catheter began immediately after I had ordered the Geller book and before it was delivered. Much of the understanding I gained from that book was to realise that I had been creating events in my life by 'intent' from a deeper level of consciousness. The significance of the symbolic meaning only became apparent upon seeing 'Excel - pipes and drains' written on the side of a van on the way to have my (indispensable trigger to my understanding) third catheter fitted.

I was again being reminded of the 'communication' that I had received in March 2015 and which is recorded in Chapter 1.

You perceive aliens because you have focussed your attention on investigating the phenomena of aliens, and in doing so your attention has been attracted, and attracts to you, symbolic representations of aliens.

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66 (Previously explained in more detail in Chap 4 in the meditation 5 October 2015 - runes. See Page 53)
67 (See Chap 6, Page 79)
That 'communication' continued as follows:

*Place your desire and intent on love, and love will come into your environment. It is quite simple really. By intention, avoid becoming enamoured with physical manifestations, whatever they may be.*

So now let me attempt to provide some logical explanation of the anomalous phenomena of crop designs, orbs, and some UFO's.

The present day **UFO phenomena** was first reported in the mid 1940's, although according to numerous biblical accounts, similar events had been noted and portrayed as 'chariots of fire'. During the Second World War, pilots reported seeing strange fiery objects and lights in the sky which often appeared to be tracking, but never attacking, aircraft. These became known as 'foo fighters'. After the war similar objects began to be observed from the ground. Initial reports in the media referred to such objects as 'flying saucers' however they eventually settled on the term for such phenomena as unidentified flying objects (UFO's). This triggered a period of increasing numbers of reports of UFO sightings around the world. These UFO's seemed to be able to disappear, change direction of flight by 90° in an instant and travel at speeds far in excess of any known aircraft at the time. There appeared to be some form of intelligence directing the movement of these UFO's. Let us assume that because these 'foo fighters' never attempted to attack any aircraft, they were either simply observing what these aircraft were doing or possibly attempting to attract the attention of the pilots and crew of the aircraft. However the phenomena did attracted the attention of the military intelligence services and were reported in the media.

I have already discussed the phenomena of becoming aware of images of faces of individuals appearing to me in various forms and situations, which always appeared to be in response to my particular interest at the time. I have also recounted that I have received physical objects in response to specific desires. The military intelligence services were interested in discovering what these UFO's were, but primarily they would be attempting to understand this from a physical perspective as a possible threat, rather than being open to considering what might have been possible from a non-physical dimension. If ever it was concluded
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that UFO's were energetic manifestations from a non-physical dimension, it is understandable that politically in the climate of the 'cold war', it was undesirable for this to have been revealed at the time as public reaction could have been unpredictable. Even though some of these UFO's were detected on radar, (accepting that 'intention' from non-physical dimensions can manifest as physical objects, including ourselves, in this world) I suspect that investigators eventually concluded that UFO's were manifestations from non-physical dimensions which led to the non-comital official position of governments to be that 'they were of no threat to national security'.

But having kept the general public in the dark for decades about what these UFO's were, once the Berlin Wall came down, it was difficult for nations to suddenly change the story of what the public had been led to believe. To attempt to explain that these UFO's were intelligent energetic manifestations from non-physical dimensions would throw doubt on many beliefs around the world, not least on the corner stones of Western religious teaching. At the same time, military bodies were attempting to physically replicate what they believed were UFO phenomena. Occasionally official information was released to further attempt to convince the public that UFO's were of a physical nature. Furthermore, due to the compartmentalised organisation of military departments, and individuals only being provided information on a 'need to know' basis, sections of the military continued with their attempts to produce inter-planetary and inter-stellar craft similar to what their misconception of what these UFO's were. All well and good for the profits of the military industrial corporations, but for how long could the deception continue? Considering the phenomena that I have personally experienced I have little doubt as to what has been taking place. Before I suggest an explanation as to the origin of UFO's, let us consider what else has been taking place since the latter half of the last century.

The present day CROP PHENOMENA initially began to be noticed in a relatively limited area in Wiltshire in the early 1980's. As interest in the phenomena grew, subsequently, what began as simple circles developed into 'pictograms' and then into complex geometrical designs and symbols. By the mid to late 1990's knowledge had spread that these strange formations were appearing primarily in this fairly concentrated area of
England. (Despite early media attempts to discredit the phenomena, by attributing them to the antics of 'Doug' and 'Dave', a plank of wood and a piece of string, this only seemed to have backfired by drawing public attention to the events.) The publicity eventually began to attract visitors to the area from around the world. The more complex the designs became, the more those who had been studying the phenomena attempted to understand the significance and meaning behind what was taking place. I eventually realised that the mechanics of what was happening was similar to what I had experienced in respect of some of the strange events that I had been experiencing. Whatever it was that took my interest and my searching questions, the answers appeared in many forms, such as telepathic 'communications' of poetry, or voices providing me with channelled texts. So those studying the crop phenomena were seriously attempting to understand what the phenomena were, how they were created and the symbolism of the designs. Over the next 20 years or so this simply triggered an annually increasing number and complexity of designs that appeared in response to the questioning of what I felt was a form of 'group consciousness'. Crop designs then simultaneously began appearing in the countries of those visitors who had taken a serious interest in the phenomena. Whether or not the language of the crop phenomena was understood was immaterial from my perspective – I had realised that, similar to questions that I had been asking, answers were being provided via the crop phenomena in symbolic form.

Turning to the subject of ORBS appearing on photographs, orbs began to be noticed in conjunction with the introduction of digital cameras. However we need to keep in mind that since the early days of photography, occasional likenesses of deceased persons and other intriguing anomalous phenomena have occasionally appeared on photographs. It soon became evident that orbs were not caused by light refraction or camera faults and that there appeared to be some form of intelligent meaning behind what was taking place. Via the Internet, word spread very quickly and with digital cameras being incorporated into mobile phones, soon orbs on photographs became a common phenomenon. But what were they? There was much speculation as to the origin and meaning of these orbs. Having been a keen photographer for 60 years, people began sending me copies of photographs wanting to
know if I could explain what was taking place. Although I had taken photographs containing strange phenomena, seeing orbs on photographs was not something in which I was particularly interested. However, occasionally I did notice the odd orb on my own photographs. Having said that, in 2012 while attending a retreat, my camera was used to take photographs of the attendees. One of the attendees, Gilly, gave a presentation and described the circumstances surrounding her near death experience. (NDE). She recounted:

'When I was in Intensive Care a number of friends were doing healing meditations for me and each said that on the left side of the bed, by my head on the pillow, was a brilliant light source.'

Below are two images of the attendees at the retreat taken with my camera 13 seconds apart. Notice in the second image of Gilly (seated centre) the orb which appears on the left hand side of her head. (Faces of the other attendees have been masked in order to protect their privacy.)
Gilly's friends had been focussed on healing for Gilly. They were intending this without any doubt that this was possible. This naturally attracted an energetic response which some of Gilly's friends perceived as a form of light. This light form appears to have remained in Gilly's environment and on this occasion appeared as an orb on the second photograph.

There had been some discussion about the phenomena of orbs during the retreat. I can only suggest that in response to that discussion, part of the natural energy of Oneness responded by manifesting an orb on the second photograph. This would be entirely in line with what was taking place throughout the natural world. People were noticing that orbs appeared on some of their photographs and they were then intentionally attempting to take photographs showing orbs. I see that as being an initial attempt towards understanding the phenomena of orbs. This was no different from my attempting to understand many of the strange phenomena that occurred throughout my life; military intelligence agencies taking an interest in UFO's, or individuals and groups attempting to understand the meaning of crop formations. We were simply taking an interest and emitting a desire to understand, and part of Oneness was responding in a form which appeared to be appropriate relative to the questions being asked. Some individuals would simply have a collection of photographs of orbs, others may have realised that orbs on their photographs were a form of response to their desire. Some individuals were appreciative of the artistic designs of crop phenomena, others had some understanding of the sacred geometry portrayed in the design and yet others experienced an emotional sensation when visiting crop formations. We need to remain aware of our individual 'language' with which we 'communicate' with Oneness.

From my perspective, UFO's (similar to ORBS) are amalgams of benign intelligent energetic particles manifesting themselves in visible form on the fringes of this physical dimension. These intelligences may have initially taken an interest in what was happening on earth, at least during the Second World War, and subsequently continued to manifest in response to human interest with the possible intention of attempting to get humanity to recognise the Reality of a multi-dimensional Universe. Misinformation in the media together with the fantasy world of the film
industry resulted in the greater part of humanity misunderstanding this intent. This triggered fear of the unknown, and attempts to replicate what was being perceived from a physical perspective. So now there are physical objects being created by the military industrial complex in an attempt to replicate the UFO phenomena, which simply confuse the intent of what intelligences in other dimensions are attempting to get across to humanity.

Whatever it is we are experiencing, whatever we are searching for, whatever appears from our perspective to be an inconvenience, I suggest that all be considered as part of the human experience and by remaining attentive to our personal experiences, begin to recognise which are answers to our individual questions and which may be guidance from beyond attempting to attract our attention. Remain attentive to the earlier guidance. 'We are responsible for all events which we experience in our lives.' and 'Place your desire and intent on love, and love will come into your environment. It is quite simple really. By intention, avoid becoming enamoured with physical manifestations, whatever they may be.'
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A DEEPER UNDERSTANDING OF THE SYNCHROISTIC UNIVERSAL LANGUAGE

Love is necessary for the rescuing of the world. It is the only force which can bring peace between the nations, each of which has a mission to accomplish on earth.

Benisa Duono 1864-1944

In Chapter 3 I addressed the subject of 'remote influencing', and in Chapter 6 I recount my interpretation of the symbolism of the words 'you don't smell too good' from a shamanic journey as being a warning to me to avoid becoming deeply involved with 'remote influencing' while considering the subject. In Chapter 1 I had already recorded what I had been told in a 'channelled communication' in March 2015, 'Place your desire and intent on love, and love will come into your environment' - advice which I had not completely integrated into my consciousness.

At this point, it was my intention to address the anomalous phenomenon of 'extra-terrestrials, aliens, and alien abduction' in more detail. In order to cover as many of these aspects as possible, I felt I should re-read 'Witnessed' to refresh my memory of the experiences recounted by Bud Hopkins. However, after a couple of false starts and on my third attempt, after reading less than two paragraphs I realised that on each occasion 'I was being put to sleep', or at least my consciousness was being influenced to the point of being directed away from what I was attempting to read.

I had concluded when I originally read 'Witnessed' and as stated at the end of Chapter 3, that intent, whether this originates from non-physical consciousness, or from a living individual initiating intent whilst in an altered state of consciousness, the results would be similar. I now felt that I was being influenced to take my attention away from reading 'Witnessed'. I don't know by whom or for what reason, but I will continue with my understanding of what I believe has been taking place. (Note the
Introduction to DT pages XII and XIII where, after reading 'Silva Mind Control' by Jose Silva, I was told: "Now you will be working for us".)

The above paragraph was written on 3 November 2015. The following morning at about 04.00 I was woken by a loud crash. Initially I thought that this was a vehicle outside, but on checking around the apartment I discovered that a cupboard which had been attached to my office wall for over 15 years had fallen and was laying together with the contents in disarray on the floor. I subsequently recognised that my immediate reaction had been quite strange. I took photographs of the chaos and then returned to bed. However I immediately sensed that this was telling me something and assumed that I was approaching the subject of 'extra-terrestrials, aliens and alien abduction, from the wrong perspective and I needed to understand where I was going wrong. When I later looked at the photos, I began to notice things that did not seem to be as I would have expected.

The fixture that was holding the cabinet to the wall, next to the ceiling, was still there. Somehow the cabinet had broken away from the fixture and knocked a circular mirror hanging immediately below it off the wall breaking the mirror but not the frame and at the same time dislodging a picture on the adjacent wall without damaging it. The bedside lamp shade (which is barely visible beyond the edge of the cabinet) had been completely destroyed - but how could it possibly have missed the vase of artificial flowers, immediately below, which was completely untouched? As I reflected on what had taken place I began to realise that the broken mirror was symbolically telling me: ‘don’t look ‘without’ – see things from ‘within’ your inner self.’ Then in respect of the bedside lamp, I observed

68 (See also Chap 3 above, Page 35)
that the bulb was not damaged and the light was still working. I quickly understood that this was communicating a similar message: ‘Remove your own lampshade and transmit light directly from within’. Or 'don’t hide your light under a lampshade'.

Seeing the cupboard on the floor I realised that I had been considering explaining aspects associated with 'aliens' from the physical perspective. I had initially felt that the cupboard phenomena was probably the result of a 'communication' from a non-physical teacher, by remote influencing to get the cupboard to fall and attract my attention for me to address the subject from another angle. Alternatively it could also have been a warning from a physical being, by remote influencing in an alternate state of consciousness, or a non-physical personality, to warn me off revealing what I originally had in mind concerning the mechanism of what was taking place. However, the fact that the only damage caused by the cupboard falling was the breaking of a mirror and a lampshade, which when symbolically interpreted seemed to be signs of encouragement, this led me to conclude that the influencing was initiated by the former rather than the latter - that is a 'non-physical teacher'.

On 5 November I received a Skype call from friend Kay. We discussed what had taken place the previous day. As a result of my health situation I mentioned that I was becoming concerned about travelling to Vietnam with my sister for a cruise along the Mekong, which we had booked. I was less concerned about a separate trip to Jamaica that I was arranging for February, the flight of which was already booked, but that holiday destination would be static. Kay works as a medium and rune energy reader and she offered to do a rune reading on the situation. She selected three runes and very briefly mentioned that I would know the meaning of a particular rune by 14 March. I asked Kay if I had told her when we planned to go on our cruise. She said that I had not, but it was her practice to ask for something to confirm that she was on track. I then explained

69 (See also New Testament St. Mark Chap 4, vs 21-23 'Do you bring in the lamp to put it under the meal-tub, or under the bed? etc…’)

70 (See also DT Chap 11, Page 64 and Chap 14, Page 95 where I received 'communications' in response to my thoughts in the form of a calendar falling to the floor.)

71 (It is generally accepted that the Vikings used runic letters or symbols prior to the adoption of the roman letters. Within Norse mythology the runes are seen as representations of the sacred.)
that 14 March 2016 was the day we were scheduled to arrive in Vietnam. In summary Kay said the runes did not show the kind of holiday from which one returns feeling relaxed, happy and better than when one set off. They actually showed the kind of holiday where one is glad to return for the wrong reasons. As far as my trip to Jamaica was concerned, Kay sensed me 'being in the sun but she was very confident this would be a different trip'. I still needed to decide whether I should cancel one or both the holiday trips.

Over the next few days my activity was focussed on attempting to repair the cupboard and restore order to the chaos in my office. On 6 November the new catheter became blocked causing me to spend more time at the health centre. By 9 November, with help, I was finally able to restore the cupboard to its former position on the wall. A few hours later I received a phone call from a friend who wished to discuss aspects of the Jamaican trip. During that conversation, again the cupboard crashed to the ground less than a metre from my chair.

After recounting the above events to my sister, she mentioned that some weeks previously, while she was searching the Internet for a piece of music to be played at her friend's funeral, suddenly a YouTube link came up on her screen with the title 'Death on a Viking Cruise'. We had booked to travel with Viking for our cruise along the Mekong. Subsequent to booking the cruise, both Beryl and I had developed health problems. All these signs and symbols taken together convinced us that we would be prudent to cancel our trip to Vietnam.

Only after cancelling the trip to Vietnam did I realise that the second time the cupboard fell I was in the process of discussing the Jamaican trip with someone who I had known for about 18 years, but had never previously spoken to on the phone. This convinced me that it would also be wise for me to cancel my trip to Jamaica. I then concluded that the cupboard falling, seemed to relate to the 'holiday trips' – not to my intention to address 'remote influencing' or anomalous phenomena.

I then began to understand why I was having difficulty in interpreting the significance of the chaotic events that were taking place in my environment. Instead of the usual single subject that was uppermost in my mind at any one time, I now had three subjects that were of concern.
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How was I to address the subject of 'remote influencing' in this account; my health situation relative to the urine blockage and finally what action I needed to take regarding the planned holidays that had been booked? (This latter aspect being resolved by the falling cupboard.)

Once I'd 'got it', the symbolic 'communications' associated with what had been occurring was really so simple.72 I had received guidance as to the appropriate action in respect of my doubts on all concerns, but had not initially related the symbolic answers to the corresponding questions. The urine infection having commenced less than 24 hours of me ordering the Geller book was prompting me to reconsider my approach to addressing the subject of 'remote influencing' in that I eventually discovered that much of the book addressed that subject.

The driving force from the beginning of my search was wanting to know 'What this life was all about.' In order to make sense as to why so many pieces of my mental jigsaw puzzle did not fit, I felt that I needed to have a clearer understanding of the anomalous phenomena. I had initially briefly discussed 'alien abductions' in WWT Chapter 7 and later addressed the subject of 'alien influences' in more detail in WWT Chapter 16.73 On page 158 of WWT I reproduced the image of an 'alien' that had come to me in an unusual way. In Chapter 5 I was again attempting to grasp a deeper understanding of the concept of how we could be influenced by non-physical entities. This led me to recall the incident where I had drawn an image that I perceived on the forehead of Gordon Higginson that I felt looked very much like what we might call an 'alien influencer' or more likely a 'guide'. But subsequent to being made aware of how we are individually capable of 'remote influencing' by our thoughts in altered states of consciousness, through these experiences, it became evident to me that this physical realm could also be influenced by intent from the non-physical perspective. Thus an explanation for the 'falling cupboard'.

72 (By the time of writing I had become convinced that all 'anomalous phenomena', were natural expressions manifesting in this physical dimension in response to intent, desire or fear issuing from various levels of consciousness.)
73 (See WWT Chap 7, Pages 66-67, and Chap 16, Pages 158-160, 163)
I now had to refer back to what I had recorded in my earlier writings, but before I did that there was another event that occurred rather appropriately on 8 November. This was between when the cupboard in my office first crashed to the ground on 4 November and when it fell again on 9 November. So it was in the early hours of 8 November that I received a 'communication' with what turned out to be a rather significant title – 'Release from Attachments'. As I recorded this 'communication' I felt that I was being prompting to re-read 'Fearless in Tibet' which I referred to in Chapter 1. Subsequently, while proof reading the above, I also realised that this 'communication' was a form of 'Birthday greeting' in that it took place exactly 30 years and 12 hours after I had my first spiritual awakening experience at 3.00 p.m. on 7 November 1985.74

RELEASE FROM ATTACHMENTS

All things are expression of desire. Desire springs from curiosity. Curiosity arises as a result of forgetfulness. Forgetfulness is the cycle of constant reincarnation.

We come into various levels of expression. Occasionally that expression manifests in physical form in this world – earth. The expressions may manifest wherever there is intent. There is no arrest of being, there is simply a continual seeking of perfection. Think on these thoughts expressed as words in a language you understand (simply to satisfy your curiosity) for it is thought and intent which are the driving forces of all that is.

Consider those thoughts which have taken you away from Me. Are you prepared to relinquish all attachment to experiences you have created along your pathway? Or do you simply wish to continue having experiences? There are no good or bad experiences. They are simply responses to thought desires which manifest towards your enlightenment. You become enamoured within the surroundings in which you focus your intent and you

74 (See DT Chap 1, Pages 2-3)
are free to release the attachment to the situations which you have created whenever you wish.

I await your return into My heart. Each one of you, each thought, will eventually return home to Me.

Your Father.

Less than two hours after receiving the above text I reached page 17 of 'Fearless in Tibet' and came to a quotation of the Buddha:

We are what we think.
All that we are arises with our thoughts.
With our thoughts we make the world.
Speak or act with an impure mind
and trouble will follow you
as the wheel follows the ox that draws the cart.

We are what we think.
All that we are arises with our thoughts.
With our thoughts we make the world.
Speak our act with a pure mind
and happiness will follow you
as your shadow, unshakable.

In my search I had been focussing on attempting to understand aspects associated with anomalous phenomena. I had been sending out mental questions and it finally dawned on me that I had been receiving responses to those questions in response to my conditions for acceptance — 'three times in a documented form from outside of myself'. For example I had wanted to take photographs of crop phenomena, without considering how this would be possible from ground level, yet I was able to take such photographs of three different pictograms across rolling countryside. Then concerning the subject of 'alien abductions' above, I described my attempt to read Bob Hopkins accounts in 'Witnessed' as 'after a couple of

75 (See DT Chap 12, Page 70)
false starts and then on my third attempt, after reading less than 2 paragraphs I realised that I was 'being put to sleep'.

I could go on asking questions and being diverted from what I was really attempting to understand, but I had already been given the answer:

‘Place your desire and intent on love, and love will come into your environment. It is quite simple really. By intention, avoid becoming enamoured with physical manifestations, whatever they may be.’

Whatever it is on which we focus our attention, sooner or later it is that which will manifest in our lives. In WWT\textsuperscript{76} I had already expressed that ‘we are each students in the process of creating the Reality of this physical realm by thought, desire and intent’. All of this I had been told. I had had the ‘The Mechanism of the Universe’ explained to me in detail (See Chapter 1) and although I had recorded this, it had apparently not registered as part of my consciousness. It needed something as dramatic as a cupboard falling off a wall (or most likely being influenced to fall by intent from a ‘teacher’ in the deeper levels of consciousness) and waking me in the middle of the night to anchor the concept deeper into my conscious understanding.

Now that my ‘teachers’ finally seemed to be satisfied that I understood the concept, I felt able to proceed with my attempt to explain anomalous phenomena from the perspective of Spiritual Reality and not from the perspective of this dream dimensional physical realm in which we are focussed. So life was still bringing me excitement, encouragement and magic, although quite often some of these ‘communications’ are what at times I could well have done without.

As a result of making reference to the above quote by the Buddha, I was reminded of unusual incidents that occurred whilst on holiday in Sri Lanka. Margaret and I had booked a two week tour around the island. The first surprise was that we were the only two people on the tour and so we had a vehicle with driver/guide to ourselves. Part of the tour included a visit to the World Heritage Site of Kandy, the ancient capital of Sri Lanka. After visiting the Temple of the Relic of the Buddha's

\textsuperscript{76} (See WWT Chap 20, Page 219)
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Sacred Tooth, the afternoon of 31 January 1992 was free and we were delighted that our driver suggested that we might be interested in going into the jungle area north of the town to meet some monks who lived there. He explained that he was not sure of the route, but would take a back road to reach an entrance in order to avoid possible conflicts which were prevalent in the area at the time. As we stepped out of the car a local resident was passing with offerings for the monks. We followed him to where two monks were living but they wished to remain in isolation. He then guided us to meet another Buddhist monk in a remote part of the jungle. He lived under a rock overhang which was bricked up in front and had rudimentary planks of wood as a door.

T. Seelawansa Thera explained in perfect English that when he first visited the area he had seen a light under a bush. This had prompted him to spend the last 49 years of his life meditating among birds and monkeys in the jungle. As he continued with his account I could not resist turning on my cassette recorder to capture his fascinating story. Eventually I noticed that our driver was becoming impatient, so we bade farewell. At that moment Seelawansa took a handwritten text which was pinned to the door of his living space and gave it to us. Back at the hotel I rewound the tape in order to listen again to our earlier conversation with this extraordinary monk. The conversation began, but after a very short time the words were drowned out by a background hiss which became louder until that was all that could be heard. I left the tape running and at the point where we began to say our farewells, the hiss subsided and the conversation became clear again. My understanding as to the cause of the hissing sound on the recording was because my recorder was in my camera bag. The bag was strapped around my waist, in front of my solar plexus between Seelawansa and myself. So in addition to the spoken words there was also an energetic exchange taking place between Seelawansa and myself which had affected the recorder, similar to a radio broadcast being slightly off the transmitting frequency.

The following is the text that was given to us by Seelawansa in these unusual circumstances.
THOUGHTS OF DETACHMENT FROM THE WORLD

‘Dhamma have rakkhate dhamma-cari’
The Law protects him who abides in righteousness.

‘If thou hast lost all that was dear to thee,
Grieve not, all things are empty.
If thou hast won a world of bliss.
Cheer not, all things are empty!
For joys and woes will pass away.
Size up the world, all things are empty!’

Wishing to live in accordance with the perfect Holy Eightfold Path consisting in Right Understanding, Right Thinking, Right Speech, Right Action, Right Living, Right Efforts, Right Attentiveness and Right Concentration, one should know that the best way to attain this is inner peace and silence unclouded by any passions, so that one’s mind’s eye may clearly perceive the light of truth, the Dhammas, the ‘Universal Law’.

If after ignorance about our own vital functions has disappeared and knowledge has arisen, the monk through strenuous effort has attained to such a degree of mental concentration that all conceptions, thoughts and objections have vanished into temporary oblivion, the mind and all mental faculties become stilled, and all bodily functions intercepted, then the ‘Suspension of Consciousness’ has been reached. Such a monk, just as the Buddha, may remain for days and nights without mental and bodily functions, experiencing perfect peace and freedom.

This state of perfect detachedness free from any longing and craving for worldly and heavenly possessions can only be attained by such noble disciples who have overcome all attachment to sensuous objects and have won the most perfect concentration of mind. Such a person called – agami, has realized the blissful state of perfect mental purity and attained the various sublime trances of the mind and it is impossible that the mind of such a one may
become disturbed and restless for it is a law that the mind filled with bliss, is firm and concentrated.

How foolish is it to seek for worldly pleasures whilst knowing that the deliverance of mind cannot be attained in such a way. Therefore it is said:

‘To the fire flies the moth, knows not she will die,  
Little fish bites the (bait) hook, knows not of the danger. 
But though knowing well the danger, of these evil worldly pleasures,  
we still cling to them so firmly. Oh! how great is our folly.’

Ignorance is the root of all evil things. All evil manifestations, may they belong to the past or future, are conditioned through ignorance.

Were all beings endowed with the highest wisdom there would be no greed, anger or delusion, there would be no suffering. But freedom from suffering is the object of the holy life.

Since ignorance is the root of this cycle of rebirth, is it therefore the first beginning of the world? No.

An absolute first beginning of the world defies our understanding. Only the foundation do we know, namely the ignorance dependent on lust, anger, torpor and selfishness, restlessness and mental worry and doubts.

The Perfect one has shown us that the world is a world of transitory phenomena of existence. And understanding this, is understanding the whole world, and getting rid of all these phenomena of existence, is realizing Nibbana.

The perceiving of impermanence if practiced and enlarged, wears out all sensual lust, wears out all lust for body, all desire for rebirth, all ignorance, wears out tears out all conceit of ‘I am’ and in what way does it thus wear out?
It is by seeing: ‘Such is the body, such is the arising of the body, such is the passing away of the body, such is the feeling, such is perception, such are the mental-formations, such is consciousness, it’s arising and passing away.’

This penetration of the phenomenality and impersonality of all things practiced enlarged wears out all sensual lust, all lust for body, all desire for rebirth, all ignorance, wears out tears out all conceit of ‘I am’.

Whenever one is contemplating existence one sees that all things are found in a process of arising and passing away. A process without a first beginning corporeality, feeling, perception, mental formations and consciousness are transient and in a continual flux. And that which is transient is subject to suffering and change; one cannot rightly say ‘This belongs to me. This am ‘I’. This is my Ego’.

The wise man knows: There is no real being but only a never ending process of becoming and arising and passing away, an irresistible change of all mental, moral and material phenomena, a permanent struggle for existence, a never ending battle of life.

Considering all phenomena of the world as transient and subject to suffering, the Buddhist never builds on such transient foundation an ‘Ego’ or ‘Self’.

That all created things are transitory, unsatisfactory and that every thing is without an Ego, these three things are taught by the Buddha as characteristic of all existence.

‘All compound things are wrought with change!
Who wisely perceives this truth,
he turns away from misery.
This is the path to purity.’

‘All compound things are wrought with pain!
Who wisely perceives this truth,
he turns away from misery.
This is the path to purity.’
Almost 24 years later, only now, slowly, am I beginning to understand and anchor the significance of that text into my consciousness. It was an answer to my initial question of wanting to know what this life was all about.

One may ask what the above has to do with anomalous phenomena. I now feel it necessary to repeat and stress what I quoted in Chapter 577 words that had been communicated to me in January 2014 in response to my searching questions.

'All that has been shown to be physical is imagination. All that is referred to as imagination by the outer world, is in fact the real world. The truth of the exchange in perception is simply the human perspective.'

On whatever we focus our attention, it will eventually manifest, whether this be in this physical dimension or elsewhere. I can vouch, from personal experience, that whenever such manifestations occur, they appear to be more real than what we experience in this physical realm. Occasionally a strange event occurs in our experience which we are unable to explain. This attracts our attention and we may naturally become curious. We may then focus our attention on attempting to understand what has taken place. The more we focus on the phenomena, the more similar phenomena will be drawn into our environment.

So in conclusion, we are the creators of our own reality by focussing on whatever manifests in our lives. We wanted to know what these 'foo fighters' which became 'flying saucers' and 'UFO's' were. We focussed our consciousness on wanting to know, and the Universe responded quite naturally to our desire. But in our ignorance and fear of the unknown we secretly attempted to re-create similar craft from the physical perspective in order to protect ourselves from perceived 'alien' energetic responses to

77 (See Page 58 and also in WWT Chap 7, Page 66)
our own questions. Yes, 'aliens' exist but only as energetic constructs in non-physical dimensions of Reality. Once we understand that, we as sparks of consciousness, come to realise that we are eternal. Then as parents care for their children, so would we care for our loved ones whether we remain within a physical body or after completing our journey in this physical realm. Occasionally, even after our physical demise, our desire to help may become so strong that our energetic intent manifests in a form that becomes perceptible in this physical realm. In effect we may eventually (after our physical death) manifest as 'aliens' in the future. But we need to remain aware that by our thinking at any stage in our evolution, we may also become the demons of the future. It is our thoughts that determine events throughout our existence, not only in this physical realm, but for eternity. So it is our curiosity and desire to understand. That is the force that causes manifestation of anomalous phenomena (similar to holograms) as UFO's, crop designs and orbs in this physical dimension. Of course it is the same curiosity that brought us to the point of desiring to express ourselves as humans in this physical dimension for a period of time. And let's not forget that, as expressed in the 'communication' recorded in Chapter 1 – 'it is our thoughts and intentions that can take us away from this physical realm' and 'Place your desire and intent on love, and love will come into your environment. It is quite simple really.'

But I was eventually made aware that there was more to what was taking place beyond my limited area of perception relative to the cupboard falling off the wall. I had discussed the incident with Roseline. A week later she sent me an SMS text in which she recounted what happened to her on 11 November 1915. She had been helping an artist to display his pictures in the exhibition room in her property. Roseline continued:

'We worked all day until midnight. Half the pictures were installed. I was just about to go to bed when I heard strange cracking noises in the exhibition area. As I went into the large room there was an enormous crashing sound. I saw a picture frame fall. The glass smashed all over the floor. The attachment was not strong - not my hooks, but the attachment on the frame. [Note the similarity to the attachment on my cupboard – symbolising our attachment to
I received an email from another friend, Juliet, a further week later on 18 November, enquiring after my state of health. I replied the following day and briefly mentioned that my cupboard had fallen off the wall and intended to address the significance of the event in my book. Juliet responded at 5:17 a.m. [I wonder why it seemed to be so urgent?] on 20 November, commenting 'I am intrigued to hear about the meaning of your cupboard falling down'. [Juliet was not aware of the events concerning Roseline's picture.] She then continued:

'Tonight (19 November) I went to a talk about resilience in which some of the ideas in your communications were mentioned, if in a different way.

While I was there a reproduction of an old map (which consisted of 2 circular side views) of the world (the map also had I think 4 drawings of men explorers?) fell down very dramatically. The hooks came cleanly out of the wall, very small holes. I didn't see where they went. It fell down onto a table with cups and glasses but nothing including the framed map was damaged. (There was also a picture of Churchill in the room.) It was upstairs in a kind of pub but with the name coffee house, an old building.

Maybe this was just not-effective hanging, it came down suddenly, without hesitation. Like it burst off the wall. People were a bit shocked. But also there had been a moment that one of the people giving the talk had leaned against a light switch earlier causing them to flicker and she didn't say that she had leaned against it till after, so this added quite a bit to the atmosphere.'

Three elements falling off walls in three different environments in unusual circumstances, of which only I was aware. Was I being alerted to consider the significance of what was taking place? Years ago, like most people, I would have just dismissed such events as coincidence. But I had insisted that if I was to accept a 'communication' from the spiritual dimension, I needed confirmation three times. The events certainly met these parameters.
As I finished reading Juliet's email I was reflecting on what the meaning might be and noticed that, unusually, daughter Jan was on Skype in the morning so I gave her a call. We were on line for 40 minutes, but about half way through the conversation, suddenly the image I was receiving from Jan began to fluctuate from light to dark as though someone at her end was turning the room light on and off. We discussed this but were unable to come to any conclusion as to what was taking place. We were both able to see the effect on our respective screens. However the image being transmitted from my end remained constantly light. Shortly before we ended the call Jan's image stabilised. After having just finished reading Juliet's email, I realised that her account of someone leaning on a light switch and causing the lights to flicker, seemed to be out of context relative to objects falling off walls. As both Jan and I had accepted that mother-in-law was capable of manipulating electrical equipment, I eventually concluded that maybe she was behind the fluctuating image on the screen and was encouraging me to consider that elements falling off walls were indicating a significant 'communication'.

Suddenly I recalled a 'communication' that I had received during the early morning of 13 November 2015. I had not yet got round to transcribing this. I needed to check to see if it shed any light (now that seemed to be appropriate terminology) on the meaning of what I was being encouraged to consider. It began with a strange phrase - 'Mark the time' then continued as below. (I added the title and the times of reception when I transcribed the recording.)

**CLUES TO CHANGING THE WORLD**

**(Time of recording. 00:54:02)**

It is only when humanity is educated to understand that individual forms of collective consciousness is an energy form which remains for eternity, that the world will begin to change. There have been misconceptions, dogmas, rituals and misdirection, all of which serve to confuse the development of individuals. When individuals honestly ask themselves 'What is the best way forward', they will soon come to understand that what they are perceiving taking place in the world at the moment is not sustainable. There has to be another way. Another way of
thinking. Another way of respecting their fellow men. This applies not only to the richer countries, but to the poorer countries also. Not only to the richer individuals, but the poorer individuals also. It is a common issue, misunderstood by those in power.

(Time of recording. 00:58:32)

We cannot direct the way forward, we can only indicate the mechanism of how evolution takes place. It is through education of the individual, not inculcation of the individual, that a deeper understanding of where the evolution of humanity has been diverted from the true intent of those who have manifested in the world today. There is a cultural misconception of the whole of everything and this is an enormous task to bring this - what you would call a tanker on the ocean - to turn around. It is a task which, if admitted by governments that they had been misdirecting policies and the people, they would be seen as traitors by many. But in truth, in admitting that they have been deceiving the population and making a genuine apology and an attempt to right what has been going wrong, they would eventually come to be respected. It is a question of breaking the old paradigm in order to develop a new understanding.

We pray, and what is prayer if it is not intent and desire, we pray that all people begin to listen to their, what you term conscience, and begin to reject those policies of governments which do not qualify as being the true way forward for humanity. We leave this subject for your reflection and dissemination. Peace be with you all.

Only as I came to transcribe the 'communication' did I begin to realise the significance. The 'communication' had been received about 20 hours before the horrendous attacks in Paris on 13 November. I then had to consider the elements falling off walls as I would interpret a dream. No wonder I had been woken in the middle of the night to attract my attention. Suddenly my strange reaction to take photographs of the chaos in my office and go back to bed began to make sense. (I was only the physical body performing the operation on behalf of those who had
communicated to me that 'now you will be working for us'.) The expression Juliet had used in her email 'an old map ... of the world ... fell down very dramatically' now seemed to be the significant symbolic clue to what was taking place. With the attack in Paris, (and the subsequent attacks in Brussels on 22 March; followed by Nice, Munich, and Berlin in 2016) we need to remain aware that the 'old world' is 'falling down' fast. Remain alert; have NO FEAR. What is taking place is necessary for the evolution of humanity and the world. I will address the significance of the interpretation of this statement in the next chapter.
REFLECTIONS ON TRUTH

CHAPTER 8

MISUNDERSTANDING OF COMMUNICATIONS

In Chapters 6 and 7 I referred to experiences earlier in my search, where faces of deceased individuals appeared to me. The implication being that personalities residing in a non-physical dimension were able to manifest energetic holographic images of themselves in this physical dimension. They were able to telepathically communicate responses to my mental thoughts and questions and I eventually realised that they were capable of influencing physical objects. I also recalled an occasion in 1992 when I allowed my body to be 'taken over' in order for the influencer to communicate with his sister and subsequently transmitted a poem to me for his mother. Equally relevant is that occasionally I consciously became aware of other dimensions beyond the limited range of physical perception.

I had little doubt that the 'cupboard falling' was a 'communication' from a non-physical teacher or teachers to attract my attention and for me to consider some aspect of what I had understood from another angle. Initially I felt that the 'cupboard falling' was indicating that I should avoid becoming closely attracted to and involved in studying the subjects of 'remote influencing and aliens'. However I eventually concluded that it was indicating that it would be appropriate for me to cancel the holiday trips I had booked. It also appeared that once I had more pieces of the puzzle, at another level it was indicating what we should expect to be taking place in the world in the future. (The 'old world' is 'falling down' fast.) But it took until March 2016, for those additional pieces of the puzzle to fall into place and for me to realise that the 'other angle' implied

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78 (In addition to influencing my cupboard to fall, see also Chapter 4 where I recount how Kay's key and my crucifix both disappeared and then re-appeared; and a piece of Margaret's engagement ring was removed, all of which I understood to be 'communications' from beyond. In DT Chap 23, Pages 177-178 I record how Margaret lost an earring on a plane which then re-appeared in my bathroom 12 years later.)
that I seemed to need to have the 'communication' confirmed three times before the meaning became clear.

In Chapter 6 I recount how I had ordered 'The Secret Life of Uri Geller – CIA Masterspy?' on 13 September 2015. The following morning I developed urine retention which meant I needed to have a catheter fitted. Over the next two months I had three attempts to urinate without a catheter, all of which failed due to an enlarged prostate. To keep a long story short, there didn't appear to be any implications until after an MRI scan, bone scan, biopsy and appointments with three separate urologists and an oncologist. Finally on 1 March 2016 I was diagnosed with cancer in the prostate and lymph gland. Despite my suggestions to the urologists that I was eager to have an operation on the prostate (anything to get rid of the catheter which by this time had been replaced on at least a dozen occasions) they each declined to operate. The recommended treatment meant the catheter remaining in place for a further 3 months.

I woke on 2 March 2016 realising that despite my attempts to have an operation on three occasions, with three different consultants, all attempts had failed. I read for a while and later listened to the radio. The themes of what I read and the discussion on the radio programme related to 'following our intuition'. My condition for having 'communications' confirmed three times had been met in that my attempt to have an operation had not been successful. I gathered that I was being prompted to avoid having an operation and listen to my intuition. But I had already taken that approach when I had asked 'four pink beings' to work on healing my prostate in the meditation session on 5 October.

Later the same day I turned on my computer and there was an email from Marcia. Part of the text read:

'Hopefully more and more people will become aware of the angels and call them in to help us. As we know, they are not permitted to help until they are invited to do so.'

Slowly the intent of the 'communications' were becoming clearer to my conscious self (left brain awareness). I then recalled that in a series of

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79 (See DT Introduction, Pages XV and XVI)
80 (See Chap 4, Page 52 - Meditations 5 October 2015 - First Session.)
REFLECTIONS ON TRUTH

'communications' received during November 2015, (right brain awareness) one section had already addressed the subject of healing. This prompted me to consider that it would be appropriate to include the remainder of those 'communications' received during November which I have not already recorded, together with any pertinent comments, in order to give some clues towards the importance and significance of interpreting non-verbal languages between levels of consciousness.

The 'communication' 'RELEASE FROM ATTACHMENTS' from 8 November is recorded in Chapter 7. There are two significant sections from that text:

'Are you prepared to relinquish all attachment to experiences you have created along your pathway? Or do you simply wish to continue having experiences?'

During the four months from November 2015 and after much reflection, I eventually came to realise that I was being asked to consider whether I would let go of my attachment to having synchronistic experiences and be prepared to allow my future pathway to be guided from beyond? It would imply having total trust in whatever came into my life from then on. The more I thought about this, the more I realised how much of my life had already been guided from beyond and I really felt that I could totally trust the source of whoever or whatever it was that was guiding me. ⁸¹ A form of 'communication' had been established and all I would have to do would be to follow the guidance. This certainly would not involve sitting around doing nothing and waiting for something to happen. But I do believe it would take me on a new adventure of excitement and discovery. The 'communication' had already indicated that the whole Universe operated in a similar way.

'It is thought and intent which are the driving forces of all that is.'

I would simply have to become more aware of my thoughts and desires to recognise how responses were manifesting in my life.

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⁸¹ (Again see DT Introduction, Page XIII, - 'Now you will be working for us'.)
REFLECTIONS ON TRUTH

The 'communication' entitled **CLUES TO CHANGING THE WORLD** from 13 November, also recorded in Chapter 7, begins with the words:

'It is only when humanity is educated to understand that individual forms of collective consciousness is an energy form which remains for eternity, that the world will begin to change.'

In the context of reference to 'education' in connection with 'collective consciousness', there is a deeper significance that has to be considered. Education does not mean 'inculcation' as appears to be the case in most of the Western hemisphere. And until individuals are encouraged to question their inner conscience, rather than being brain-washed by the media; influenced by controlling politicians; recognising the greed within certain institutions and multinational corporations, and religious dogmatism, only then will the doors be opened for individuals to recognise that 'thinking' and 'desire' affect the whole of Oneness.

**IS IT WORTH IT?** 22 Nov 2015

*There will be a few who understand. There will be those who deny the truth. And there will be the majority who will, despite your efforts, not even be interested. It is simply your effort that takes you forward towards your goal, not only in completing your work in writing the book, but towards taking you a leap forward towards enlightenment. We encourage you to diligently tread your pathway of enjoyment and dissemination of the light. Peace be with you.*

Since the development of the difficulties with my prostate two months previously I had been unable to focus on writing this book. This 'communication' appears to be a response to my thoughts at the time as to whether it was worthwhile continuing with my writing.

**ELEMENTS OF ONENESS** 29 Nov 2015

*All things are elements of Oneness. Whether one realises this or not, this does not change the Reality of what is. Each element*
has a harmonic vibration within it, and as the strings of similar instruments which are tuned to each other, the plucking of one string will cause the similar string of the other instrument to vibrate. This principle applies throughout the Universe. So, if your thinking is of a higher nature, elements of a higher nature will vibrate within your energy field. If your consciousness is focussed towards things of a lower or negative or destructive nature, so will those elements of similar natures be reflected within your environment in the physical realm. Everything is so simple. Once the law of assimilation is understood it can then be realised that responses to situations in anger or with force can only eventually result in the perpetrators being in a situation where energies of a similar nature manifest in their environment.

At this point I feel it appropriate to add a reference to the emotion of 'fear'. If one is fearful, it is evident from the above that this will attract fearful energetic vibrations into the environment. In particular I would like to relate the emotion of fear to the earlier 'communication' from 13 November which advises 'only when humanity is educated to understand that individual forms of collective consciousness is an energy form which remains for eternity, that the world will begin to change.' There is a strong element of individual 'fear' embedded in the 'gun culture' of the United States of America. In consequence there have been increasing numbers of violent gun attacks over recent years, countered by an increasing fear based reaction by police and security forces. This in turn will, and has established an 'energetic collective national fear'. With this in mind, it takes little imagination to realise that the 9/11 attack was in response to the energetic expression of the 'fearful energetic collective consciousness' of the nation. (The identity of the instigators of the 9/11 attack is an entirely different subject.) But this is not a phenomena restricted to the United States of America. Suffice to consider the situation in Middle Eastern countries. Those countries in turn are also sub-consciously responding to the fearful energetic expressions (at this point I would interject, 'artificially created for ulterior
REFLECTIONS ON TRUTH

motives') which are spreading around the region and also towards the United States of America and Western nations' support for aggressive action. Until individuals are educated (taught to realise from within their inner consciousness) to recognise the debilitating effect of 'fear' and when noticed, counter this by emitting love, blessings, gratitude and any other positive personal emotional responses, until then, the chances of changes in the world are unlikely to materialise.

As regarding health, it would be appropriate to focus on a perfectly healthy physical body, rather than concerning oneself with possible healing methodologies which are available in your domain. Simply focus on a perfectly healed body.

This is evidently in response to my conscious focus in attempting to find a solution to my health situation. As the 'communication' progressed I felt that I was further being encouraged to continue including future similar 'communications' as part of this book. Which then logically would explain why I had been unable to make significant progress with my writing.

We are able to pass on such teachings as a result of the enquiring mind of the instrument through which we are transmitting this information. It is good that there are those in your realm that seek truthful answers to questions and doubts in response to the many inconceivable conflicts which abound in your environment. There have been, and still are, so many myths and legends which lead to truth of the mechanics applicable to your journey of evolution; that such knowledge be made available to all who seek answers. We are available to provide such answers whenever, and wherever, and by whoever pose the questions. We are amalgams of multitudinous grains of consciousness brought together in order to serve the seekers of truth. We remain as one at your service and encourage your journey into even deeper realms of understanding.

Your team of teachers, 'Your father'. We are but specs even though they may be many, yes, just specs of conscious awareness within the whole of Oneness.
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Our love to all seekers on the path.

The above not only responded to another of my inner queries, (I had been mentally questioning the identity of 'Your father', the signatory of the 'communication' from 8 November.82) but it also provides enlightenment as to the make-up of the 'communicators' from beyond and their willingness and encouragement that we continue to ask questions and 'they' are expressing their willingness to respond, provided we are willing to listen.

In the context of the title to this chapter, 'Misunderstanding of Communications'; until we grasp the Reality of what is taking place, we will forever be misled on our evolutionary journey. Reflecting back to the very early days in my life, if something did not make sense, I needed to know why. I have a text stuck to the front of my computer screen which reads 'I have no special gift – I am only passionately curious' which seems to sum up, not only my desire to know, but many years later, understanding as to what my life's journey has been about. There never seemed to be any logical explanation as to what were referred to as 'paranormal' events and I was at a loss to know why there seemed to be a chasm between religious belief and the scientific need for proof. Evidently understanding was being approached from diverse perspectives and I felt I needed to find the middle way that could help bring them together. In reviewing my past experiences I soon realised that whatever I turned my attention to, or more precisely whatever my heart desired and on whatever I focussed my intention, sooner or later a response to that inner desire would manifest in this physical environment. The 'key' to understanding what was taking place was, when after many years of noting events in my life, I eventually realised that 'desire' was something that came from within my deeper self and was not something that I might have consciously wished for. But what I also realised was, whatever was happening with me must also be happening with everyone else. Whatever I focussed on and received, affected the Oneness of which I was simply a very small part, then the same must apply to others. We were all affecting, in fact we were all creating by our individual thoughts and desires and these were manifesting with time delays, in this physical

82 (See Chap 7, Pages 92-93)
realm, dependent upon the intensity and level of consciousness at which the desire was expressed.

The texts of the November 'communications' together with the comments were added to this chapter on 3 and 4 March 2016. I have two centrally controlled lights outside my front door. As I went out to dinner on the evening of 4 March I noticed that the bulb in one of the lights was not working and all the other lights along the walkway were working. I casually took this to be an indication from mother-in-law that my inclusion of the texts had been the correct thing to do. However, when I later arrived home, the light in which the bulb had not been working was now shining brightly. There is no logical physical explanation as to how this could have occurred. A couple of nights later my doorbell rang. It was my neighbour's son asking me why all the lights on the walkway were not working. Before I could answer they all came on – including both lights outside my door. On 14 March a friend came to return and discuss a copy of 'Working with Truth' which I had loaned her. In the middle of the conversation she abruptly stopped in mid-sentence and said 'I have to tell you to bring in the light'. Simply further confirmation that it was significant for me to include the 'channelled communications' as part of this account.

Two days later I was woken in the early hours by what appeared to be four raps on my front door. I listened and quickly realised that there was no one there and I was being encouraged to link in to a 'communicator'. This is what I received.

UPDATE 16 March 2016

It is time to look at this.

It is time to look at what?

It is time to look at the situation as it stands in the world and in your life at the moment.

First of all the World.

What you sensed those many years ago relative to the world situation a hundred years ahead, when you heard the words that the world population would be reduced by 90% by the end of the
21st century, are still valid today. We have no further details that we may pass on as to how this will come about, other than to say that you should have no fear. NO FEAR! Everything will be perfectly alright when this takes place. In fact it will not take place in one traumatic moment, it will be as previously advised due to a combination of a number of factors. You each only can do your best to accept what is taking place and know that it is in line with the future development of the earth dimension. It has happened previously on a number of occasions and it will continue to happen in the future. This is just the 'in' and the 'out' breath of earth and the Universe, as you each individually are unable to live without your 'in' and 'out' breath sequences.

This 'communication' seemed to confirm what had been described to me in the email from Juliet as recorded in Chapter 7. Symbolically I had felt that the 'old map of the world' which 'fell down very dramatically' seemed to be indicating that the world as we know it 'the old map – the old world' was going to 'collapse very quickly'. This was now being confirmed by the above 'communication'. It was over 25 years ago when my focus had been in attempting to understand if it was possible to divine what was going to happen in the future that in one meditation I was told that the world population would be reduced by 90% by the year 2100. Around the same period I received similar predictions in various ways. Another prediction was after I heard on the radio that there was going to be an ecumenical gathering with the aim of bringing various religions together. What I received in a meditation was that by the year 2,200 there would be no such thing as religions as they exist today.

As to your personal status in the world at large at the moment, yes you are being tested and so far you are up to the task.

Results on healing the body do not come instantly. The situations that develop, what you refer to as illness, do not take place in an instant. They are developments over periods of time (which of course you know there is only time in the physical sense) that develop in line with the thoughts and intentions of the 'greater

83 (See DT Chap 7, Page 43 – 'Dream prediction'; DT Chap 11, Page 66 – 'Reunification of Germany'; DT Chap 15, Pages 103,104 – 'Meditation predictions on deaths of friends'.)

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body' - in your case, your individual physical body. Yes, look at the time, it is 3.33. We thought you would appreciate that indicator. [As a result of this comment I turned on the light and looked at the clock – the time was 03.33] But coming back to our previous communication regarding health. We continue to advise you to focus your intent on a perfectly healthy body without considering how this will come about. Focus your intent, together with love and gratitude and blessings and any other positive aspects, attributes, you may wish to incorporate into your intent and allow the body to respond to the inner desire that you are capable of expressing.

We were delighted that we have found a method of attracting your attention when we wish to communicate. So note the method which you perceived as four raps on the door and we will use this in the future to attract your attention and indicate that we are available to communicate.

Do not be concerned about the status in your throat at the moment. This will pass and heal in 2-3 days. [I had a sore throat which actually took about 5 days to clear.]

We leave you now to focus your intention on your perfectly healthy body, during which time we will also focus our intention on your perfectly healthy physical body.

Thank you for sharing these moments with us and we look forward to communicating with you again in the near, what you would term, 'future'.

Many blessings to you and all in your environment.

Your support team.

The 'Update' from 16 March was added to this chapter on 21 March 2016. In connection with the first section relating to 'the world situation', the following morning 22 March there were attacks in Brussels at the airport and in the city resulting in the deaths of over 35 individuals with scores more injured. I will repeat again what was stressed in the 'communication' - have NO FEAR!
On 25 March I received a phone call from friend Mary who I have known for over 25 years. She was enquiring as to the state of my health. She recounted that she had a problem with a cataract in one of her eyes and was now unable to drive. When I mentioned that I was including the 'channelled communications' into this book she asked if I could ask the 'communicators' if they could give any advice towards resolving the issue with her eyes. As I got into bed that evening I asked if I could be given any information that would help Mary. The following morning I heard what appeared to be two raps on my front door. Having previously been alerted that this would be a method the 'communicators' could use to attract my attention, I turned my conscious attention to my zone of 'communication' and asked:

Do you wish to speak?

We have come to give guidance on the question of the 'eye' situation.

This is a question for the individual to determine the correct way forward and to ask the questions they have, internally, to find the appropriate answers. For that is part of the reason we manifested in physical form, it is to have experiences across all levels of physicality. Now having said that, we would offer some guidance. First of all the individual must determine if they are 'seeing clearly'. If they are not 'seeing clearly' then they are perceiving something from the wrong perspective. As we have previously indicated, all physical manifestations stem from an inner determination, therefore 'not seeing clearly' implies perceiving something from the wrong perspective. (i.e. The internal understanding has not been correctly understood.) If the individual is satisfied that they are 'seeing clearly', then it would be appropriate to consider rectifying any physical adjustment that may have been brought about by a physical, shall we say 'injury' or 'damage', in some way during the earlier period of this lifetime. It will therefore be up to the individual to assess which of the above applies (seeing clearly or not seeing clearly) and then to make a decision based upon that assessment. Go within to determine whether the response is seeing clearly or not seeing
clearly. We hope that these few words help in coming to a correct decision.

Mary had also mentioned that her neighbour, who practised healing, had a particular treatment for cancer of the prostate and had suggested that I contact her neighbour. The ‘communication’ then continued.

Now on to your situation.

We bring your attention to the work of Bruce Lipton in that everything develops according to the environment in which it manifests. Yes, you were/are being tested, challenged again to bring your conscious awareness to a deeper understanding of your way forward. This relates to discerning the appropriate suggestions given in good faith towards healing of your situation. We have already given our suggestion which you may accept or reject; this is your choice and your inner guidance will determine if this is the appropriate course which would be advantageous for you to pursue. Otherwise you may wish to follow the guidance of others' suggestions towards healing of your condition. But keep in mind the environment in which you live, (manifest in this physical realm) compared to the environments in which the treatments/benefits suggested by others, have been successful towards healing. The choice is entirely yours.

We thank you again for returning to ask for our advice, not always appropriate, but we do have a greater understanding of the deeper mechanics of the spiritual 'influences' on the physical realms.

It is with these words that we send blessings to all in your domain and encourage you in your personal pursuit towards enlightenment.

Your support team.

By the beginning of April 2016 I felt that my adventures seemed to have come to a standstill. Once I had understood that the symbolic significance of the ‘cupboard falling’ had been to get me to cancel the holiday trips, that issue could be put aside. I had accepted, as recorded in Chapter 6,
that my health situation had been necessary in order to bring me to deeper understanding of *The Mechanics of the Universe* and to warn me off becoming deeply involved with remote influencing.

At this point I feel it is important that I explain why my health situation developed into cancer. It was in 1989 that as I gave a small donation to support cancer research, I 'sensed' that what I was doing was wrong. The words on the display board for the charity were ‘*Catch the dream*’. I felt that I should be supporting research into the causes of cancer, rather than how to 'cure' cancer. The same day I wrote out a cheque for £500 and sent it to a charity that was focussed on, amongst other things, healing and the implications of deeper levels of consciousness associated with possible effects on the body. During the next week I received notification from two different sources that I was due to receive unexpected amounts, the total of which came to less than £10 short of £500. From that point on I would not donate anything to cancer research, but would continue to support the services caring for cancer patients. I was now having the foundation of my own beliefs tested. If, as I had proved to myself, that I could control energy by thought, which affected the environment external to myself and influence others,\(^\text{84}\) then by the same principle I would be able to control internal particles of my body. Self-healing. Therefore in order to validate my experience I needed to experience cancer.

In retrospect I realised that starting in November 2015 I began to be woken during the night in order to be given 'communications' from deeper levels of consciousness as recorded above. It was while reviewing what I had received in those 'communications' that I noticed that on three occasions I had been given similar guidance towards healing of my health condition.

**29 November 2015** - *As regarding health, it would be appropriate to focus on a perfectly healthy physical body, rather than concerning oneself with possible healing methodologies which are available in your domain. Simply focus on a perfectly healed body.*

\(^{84}\) (See Chapter 6.)
16 March 2016 - We continue to advise you to focus your intent on a perfectly healthy body without considering how this will come about. Focus your intent, together with love and gratitude and blessings and any other positive aspects, attributes, you may wish to incorporate into your intent and allow the body to respond to the inner desire that you are capable of expressing.

26 March 2016 - Yes, you were/are being tested, challenged again to bring your conscious awareness to a deeper understanding of your way forward. This relates to discerning the appropriate suggestions given in good faith towards healing of your situation. We have already given our suggestion which you may accept or reject; this is your choice and your inner guidance will determine if this is the appropriate course which would be advantageous for you to pursue.

This advice was totally in line with the guidance I had received and recorded in WWT in terms of establishing a 'blueprint' at a deeper level of consciousness and allowing this to manifest in this physical realm. From the beginning of the cancer diagnosis, family and friends had been eager to suggest treatments and remedies (far too numerous to mention, but ranging from bicarbonate of soda to surgery) which they were convinced had been responsible for healing known cancer survivors. Evidently I was being tested to determine whether I had really integrated the concept of setting the 'blueprint' or 'intent' into my deep conscious awareness and allowing it to manifest in this physical environment. Shortly afterwards I received a further 'communication' which provided encouragement to continue following the guidance which felt right.

6 April 2016 - We have been watching your health situation and we are confident in the way things are going. You may be surprised to hear this, just carry on with your focus on a perfectly healthy body.

But my attention had also been drawn to the work of Bruce Lipton and I was reminded that from his research he had concluded that everything

85 (References are made to 'blueprint' throughout WWT and the significance summarised in Chaps 20 and 21)
develops according to the environment in which it manifests. Bruce's conclusions were drawn from his work on stem cells – on which he, as a biologist, was totally focussed. In my professional life, during much of which I sensed I had been focussed and in an altered state of consciousness, so many responses to questions, desires and needs had manifested in unexpected ways. I recall one occasion when I was preparing a budget that would normally take two months to complete. It required constant focus during this period. Yet suddenly I was drawn to tackle another project on which I spent two days. It was vaguely associated with what I was doing, but it was not required as part of the budget. Within an hour or so of completing that task my superior, who had been asked a question by his boss, came to me asking if I could explain a situation. The work I had been diverted away from the budget to do provided the complete response to the question.

I was now drawn back to refer to the 'communication' that I quoted at the beginning of Chapter 1 above:

'\textit{The mesmeric physical natural universe to which we are attracted - of physically, emotionally, mentally and spiritually - the attention that is given to this attraction draws us to manifest in human form. Whatever it is on which we focus our attention, it is that which will manifest in this physical realm.}'

Together with the more recent guidance to 'focus on a perfectly healthy body'. This is what I was being 'tested on'. Would I listen to my 'inner – tuition' and teachers or would I be misdirected by suggestions of friends who had been enamoured by treatments and remedies which had apparently been successful in treating others suffering from cancer? Maybe the 'others' had simply believed that the treatment they were receiving would heal their cancer.

On reflection, throughout my life helpers, guides, teachers, watchers, angels, support team, father (and if some of you wish to include the confusing emotive term god, then that is your choice) but no doubt energetic presences using many other names, have taken good care of me. Again recall - '\textit{Now you will be working for us}' – from 1992. I'll stick with their advice which has served me so well in the past. (In addition to focussing on a perfectly healthy body, I continued with prescribed
hormone treatment and following a scan at the end of 2016, the PSA and lymph gland readings were down by 50 %.

But it was 14 June 2016 when I had a dream that I was initially unable to understand.

*I half woke with the thought that I was looking for my (physical) father. The location was near his home when he was a child. We were going to meet to go to watch a football match. All the houses in a very large area had been demolished, the ground was just rubble, as though a new modern development was going to be constructed on the site. There was only one street sign visible amid this flattened area. It was 'Law Street'.*

Three days later as I awoke the interpretation became clear, but with a double meaning. First of all, I realised that this was the third time that I was being shown a visual representation as to the meaning of 'father', - that being 'an amalgam of multitudinous grains of consciousness', (the rubble of the old properties making way for a new development). But the second understanding that I gathered from the symbology expressed in the dream was that changes had to take place in this physical dimension – old structures had to be demolished in order that construction of a new conscious understanding of *The Mechanics of the Universe* could be developed. I realised as a result of my attempts at interpreting this dream, that the same principle would apply to all dreams and that they were open to interpretation taking this understanding into consideration. Dreams were like three dimensional (or probably more likely, multi-dimensional) jigsaw puzzles and they expressed *Oneness Now*. I had been attempting to put my puzzle together with pieces missing from multiple layers and without an image to work from. But when interpreting dreams in this physical domain, without this understanding we tend to apply them to the past, present or future. They apply to all levels in the 'NOW'.

Ten days later the results of the UK referendum revealed that the majority of the population of Great Britain had voted to withdraw from the European Community. Only then did the significance of this second understanding seem to indicate that the BREXIT result appeared to signal the beginning of the destruction of the old structures in line with *the old map ... of the world ... falling down very dramatically* as recorded in the
previous chapter. I noticed that it was also the third time I had received 'communications' in advance of the physical outcome. Twenty hours prior to the Paris attacks on 13 November; six days ahead of the Brussels attacks on 22 March and now ten days before what appears to be an indication of an eventual new structure of the European Community. But was this not already indicated in Chapter 1 in the words quoted below from the poem which I was woken to be given at about 04.00 on 22 May 2015, thirteen months prior to the BREXIT vote?

You're at a cross roads in your terms, that's all that we can say.
Just recognise that we are here to guide and hold your hand
until you reach what history terms, was just a golden land.

The vote, more than anything, seemed to reflect discontent of individuals and ultimately nations, being dictated to by laws devised and established by others over whom they have no control. The new construction would eventually be based on 'natural laws' and only now as I write this do I realise that the sign that appeared in my dream 'LAW STREET' was located on what would have been a corner (cross roads) prior to the demolition of the old buildings. I feel so privileged to have been given clues in many forms which indicate what is taking place in the world at the moment. They have given me the ability to understand situations from another perspective. At the same time I sense that I am unable to speak about how the present apparent chaos fits into a much greater plan that is taking place in the Universe. We are simply noticing, and often becoming concerned – unnecessarily, by what is taking place in this physical dimension. I will simply express again what has been communicated to me from beyond. Have NO FEAR.

I felt so delighted at the BREXIT result, sensing that what had symbolically been communicated to me seemed to be going to plan, that I decided to dine out on 24 June. I called a restaurant but they had no table available for the 24th nor the following evening. So I booked a table at another restaurant where I had not eaten for over a year. As I walked in I was greeted by friends who had recently retired when they sold their restaurant and where I used to eat regularly. It felt so good to see them again. Their daughter had been killed in a tragic accident almost two
years previously. About 6 months after her death, the daughter contacted me while I was having a shower and wanted me to pass a 'communication' on to her father. I had already planned to go to her parents' restaurant that evening so I mentally said that if she wanted me to pass on the message, she would have to arrange for her father to come and sit at my table, which he did occasionally when they were not busy. Not only did he come and sit at my table, but I was the only customer in their restaurant that evening. Unbelievable on a Saturday.

As they left the restaurant on 24 June we exchanged a few words which then got me into conversation with another couple who were interested in what we had been discussing. As I walked home I recalled the name of the restaurant that had no table available for me that evening. It was 'The Laughing Monk'. I sensed that this meeting had been arranged 'from beyond' which left me smiling inwardly all the way home.
REFLECTIONS ON TRUTH

CHAPTER 9

CONSOLIDATED ASSESSMENTS OF PHENOMENA

In reviewing what I have experienced over the last 30 years, it would now be appropriate to consider all such 'non-ordinary' phenomena to determine if there could be a logical explanation for what had taken place. In order to do this I needed to assess what I have already recounted in 'Discovering Truth' and 'Working with Truth'.

My first experience was of describing something that I could not possibly have consciously known. The state of health of a lady's deceased father. (DT page 3).

During an exercise in psychometry, I was handed a bracelet and in my mind I immediately had the impression of a black and white photograph of two adults and three children, each the same height. Upon suggesting that the bracelet had a connection with someone who had triplets, the image changed to one child being taller than the other two. It transpired that two of the triplets died while they were young. (DT page 3).

In response to a question raised by my mother, to which I did not know the answer, I was woken in the early morning on two separate occasions and heard what I described as a voice telling me to read 'Corinthians Chapter 14'. This provided the exact response to mother's question. (DT page 5).

I subsequently received Bible quotes on a number of other occasions, each of which provided a response to my mental questions. Then while travelling with a French group in a remote part of the Algerian desert, some of the group found 20 pages of an English Bible scattered on the sand. Being the only English person in the group they gave them to me. Part of the text eventually related to events which occurred during the trip. (DT pages 42-44.)

86 (See DT pages 5, 6, 46, 47, 67, 95, 96.)
In DT Chapter 7 (pages 42-43) I had dreams, which when interpreted seemed to be providing me with responses to my mental questions.

It is important to note that relative to each of the above events I was desperately attempting to make sense of what I had been referring to as 'paranormal' phenomena. In retrospect I feel that it was my 'strong desire' or 'intent' which had triggered these and all future similar events, together with my being open to consider any response that would provide answers to my questions. But each of these events were simply the equivalent to being provided with individual 'words' in a language that I felt I was being encouraged to learn. The more I was able to grasp and interpret the meaning of such events, the simpler it became to understand the responses to my inner questioning. But I quickly realised that the understanding in respect of any particular event was personal to myself and could not be applied universally.

Then there was the phenomena of jewellery being manipulated, disappearing and re-appearing, not only in my personal life, but of similar phenomena being reported by friends, which just seemed to confirm what I had been experiencing.87

There was also the manifestation of apports88 which I experienced,89 and again Kay's keys referred to in Chapter 4.

Manipulation of physical objects, details of which I recount in WWT,90 was what we eventually attributed, in part, to the energetic influence of mother-in-law being able to cause light bulbs to blow in relation to specific events. There was also the ability of energetic influences from beyond this physical realm in response to my attempt to understand the concept of 'time' by manipulating clocks to get them to stop or advance. On a couple of other

87 (See DT pages 57, 59, 60, 83, 177-179.)
88 (An apport is an object that had been created by 'intention' causing it to appear as a physical object in this earthly dimension.)
89 (See DT Pages 171 – sunglasses; 182 – peseta coin; and WWT Pages 101-102 – a key.)
90 (See WWT Chap 4, Pages 36-38)
occasions calendars (a symbolic measure of time) were forcibly thrown to the floor to remind me to consider the concept of 'time'.

I eventually recognised that these physical events appeared to be a form of 'communication' from a non-physical domain in order to attract my attention. It was then necessary for me to interpret the symbolic meaning associated with these phenomena as one would interpret the symbolic images from a dream. Fortunately I had followed the original guidance from beyond that I had been given early in my research to 'Write it down' and in the majority of instances of noticing events that seemed to be beyond what I would have considered to be normal, I did make notes. In retrospect I now had the advantage of records of what I would call my 'personal language dictionary' between my individual part of consciousness and something far greater.

I also had sufficient information to realise that the above events were only a very small feature of 'Oneness' and I needed to consider what other events had taken place in order to bring me to a closer understanding of 'The Mechanism of the Universe'. If thoughts from a non-physical domain were able to provide answers to my questions, then surely my thoughts, desires and intent would have an influence on other domains. Did my records show any proof of this?

One of the early events that shocked me into considering that my thoughts might be having an influence beyond my conscious self was when I woke one morning while attending a seminar. I was still in a hazy altered state of consciousness while shaving and gazing out of the window at an overcast sky, apart from one small speck of blue. I simply thought it would be nice if all the sky was blue. Immediately the clouds began to dissipate and within 12 minutes they had all dispersed and I was facing a clear blue sky.

On another occasion, the morning after my aunt died, as I awoke I sensed her laying on the bed at the side of me. In an attempt to communicate with her, in my mind I created a country scene and

91 (See DT Chap 11, Page 64, and Chap 14, Page 95)
92 (See DT Chap 2, Page 11)
93 (See WWT Chap 18, Page 193)
immediately her mental response was: ‘Where did that come from?’

Then there was an occasion when, during a meditation, I mentally created a situation where I imagined that I would be giving family members the exact Christmas present that they wanted. Everything occurred exactly as I had envisaged in the meditation.

There were also the events recounted in Chapter 3, where my thoughts appeared to have influenced other people in a number of different ways. If this was what I was creating, then everyone else must also be influencing the whole of the environment by their thoughts, desires and intent. But I had also recognised that the intensity and level of consciousness at which these desires were expressed, seemed to determine the time delay as to how long before deep thoughts and desires manifested in this physical realm.

So I now had evidence of mental 'communications' being impressed upon my individual consciousness when I was in a relaxed state; material objects being manipulated by no perceivable physical force, and confirmation that what I created in my mind was perceivable and possibly acted upon by other personalities, whether or not they were manifesting their consciousness as human beings in this physical domain. I was also prepared to consider that what I was perceiving, no longer as being something I might previously have referred to as 'paranormal', but as a possible aid towards my deeper understanding of 'The Mechanics of the Universe'. Once I had these concepts clear in my mind, it soon became evident that on whatever we as individuals focussed our attention, this is what would manifest in this physical dimension. It was as if a desire that was created with deeper intent (or at a faster vibratory rate) would, as that intention slowed down, eventually manifest with lesser intensity in this

94 (See DT Chap 15, Pages 104-106 for the complete account.)
95 (See WWT Chap 12, Pages 113-115 for the complete account.)
96 (See Page 36)
slower vibratory physical dimension. Similar to how the ripples from a stone dropped into a still pool would eventually reach the water's edge. I was reminded of part of the 'communication' that I received on 29 November 2015 and as recorded in Chapter 8 under the heading 'Elements of Oneness'. 'We are amalgams of multitudinous grains of consciousness brought together in order to serve the seekers of truth.' We cannot separate our expression in the physical domain from our source in the spiritual realms. I was simply a 'seeker of truth' expressing itself in a physical environment for a period of earth time. So I should not have been surprised at such a response to my inner searching. Yet it did feel as if I was being given clues towards perceiving 'truth' from a perspective much deeper than from a physical earthly standpoint. Hence if my desire/intent was to address the subject of 'truth' from a physical perspective then those non-physical elements of consciousness would naturally harmonically blend to assist my desire in this objective. My pathway would then be guided and become easier, providing I was prepared to listen to that guidance.

Reflecting on my life's journey from this perspective I began to understand how I had been guided towards achieving my outward desires in conjunction with promptings from an inner source. I also accepted that this concept applied to every physical manifestation. So I will now review some aspects of my life's experiences in order to demonstrate how such a model manifests in this physical environment. I should stress that many events occurred towards achieving some of my objectives before I became aware of the mechanism I am suggesting. So I feel that my conscious intent to manifest as a human being in physical form stems from 'karmic' residues from past experiences. My prime issues to be worked on were:

97 (See DT Chap 15, Page 105 where I recount being involved in a car accident and my physical body remained in the car. Yet I perceived my car bonnet bend upwards in slow motion from outside of the car. My conscious awareness (soul?) had separated from my body; the result being that my consciousness perceived what took place in this slower vibratory physical dimension from the perspective of a faster vibration, resulting in me perceiving the physical event in slow motion.)

98 (See DT Chap 13, Pages 86-89; Chap 17, Page 116; Chap 18, Pages 128-138; Chap 19, Pages 143-144; and throughout WWT.)
REFLECTIONS ON TRUTH

- On at least two occasions, as a priest in ancient Egypt, I had taught what I had been taught by my teachers. This in turn caused harm to my students and for this I had been put to death violently. This would account for why I felt that I could trust no physical teacher and only discover 'truth' from personal experience.

- In another 'past life' exercise I had been a soldier who had died and was extremely angry that, while alive, no one had told me that consciousness remained once we lost our physical body. This appears to be the reason why I have been drawn to help war victims who often seemed to be in limbo after a violent physical death.

The first experience would account for why I did not like school and was eager to leave at the first opportunity. However I was determined to learn what was necessary in order for me to make my own way and live comfortably in this world.

In retrospect I can appreciate how, having had a former life as a soldier could have had more subtle influences on my present life. I recall as a 6-9 year old child being fascinated by and devouring a couple of volumes depicting the Great War in pictures. Later I often wondered why, at school, we had to absorb tedious accounts and dates of historic battles, yet there was never a mention of the First World War. I knew that I was due to be conscripted to do military service. Unlike most of my peers, this was something that I was enthusiastically anticipating, to the point where a year after having had a medical check and being accepted for service, I wrote asking why I had not yet been called up. In response I received notification to report for two years' service, then after 3 weeks service I felt drawn to sign on for an extra year. As a result I eventually obtained civilian employment with the military arm of the North Atlantic Treaty Organisation (NATO), an organisation which had initially been established with the objective of maintaining peace in Europe.

Years after I became involved in communicating and working with deceased war victims, I came to realise how other elements associated with having had the 'past life' as a soldier seemed to have been a significant influence in my life. I lived for 33 years in Mons, Belgium,
the area of the original encounters between British forces and German troops in the Great War. Frequently I would go for walks along the local canal and in due course discovered that this canal had been the initial front line in the Battle of Mons in August 1914. When looking for land on which to build we made an offer to purchase a plot. That offer was rejected, but at the time I was not aware that 80 metres on the other side of the wall adjacent to that land was the site of the Commonwealth War Graves within the Mons Communal Cemetery. We eventually built 700 metres the other side of that cemetery and about 4 kilometres from the St Symphorien military cemetery which contains the graves of the first and last soldiers killed in the Great War.

I only recalled these small details while writing up this account as being possible clues as to how I had allowed myself to become in vibrational harmony with deceased military victims - or was it they that had become in harmony with my energetic make up? As I reflected on the pathway my life had taken I eventually came to suspect that much of the influence stemmed from my very early childhood. I was born just before the start of the Second World War. My father was away most of the time. On the odd occasion when he was home, mother and father would argue. Being unable to sleep because of the shouting I would occasionally sit on the stairs to try and hear what they were saying. Then in order to find peace and quiet I would lay in bed and imagine I was travelling out into space to the remotest possible star. During such 'adventures' I would inevitably fall asleep. I now suspect that as a result of these experiences I never fully integrated my spiritual expression (soul?) into my physical body and sub-consciously found solace in other dimensions. It was during this period that I would occasionally become aware of 'clouds' in my darkened bedroom. As previously mentioned in Chapter 5, I would be able to 'play' with these 'clouds' in my mind. I could make them move sideways or backwards and forwards, but then I would become frightened and cry until mother came to turn on the light and assure me that there was not a man on top of the wardrobe. I suspect that the 'clouds' I perceived were manifestations of energy attracted to the environment, possibly triggered by the disharmony between my parents.

In my late 40's (1987-8) that 'cloud' appeared again but this time I projected my consciousness into the cloud to find out what it was. There
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was nothing there - or so I thought. In 2003 while working on the family
tree, I discovered that my grandfather's cousin, J. W. Gatrill, had been
killed in the Battle of the Somme on 30 August 1916. In DT I explain
that during a workshop entitled 'Working with the Ancestors' I decided to
focus my attention on J. W. (subsequently identified as James William).
I was in an altered state of consciousness working with a partner. In
response to my partner's questioning, J. W. explained that he had been
with me all my life, but had only moved in close about 10 years
previously. My partner then asked J. W. his name. I was convinced that
it was George.99

In 1994 I had attended the funeral of George, a former work colleague, in
Ostend. As I left the church I felt that instead of going to the cemetery or
crematorium I should go for a walk along the nearby promenade, during
which I received a poem from George for his wife that began - 'I walked
along the promenade, my eyes looked out to sea'. Two years later while
on my way to visit James' grave for the first time, I sensed his presence
in the car and he mentally communicated: 'It was not like this when I was
here'. (I mentally asked him if he would mind waiting until we arrived at
the cemetery!) This then prompted me to check if George could have
been a 'reincarnation' of James. However I discovered that George was
born the year before James was killed. These experiences led me to
suspect that the energetic expressions of George and James had blended
with my energetic makeup and as a result they had been able to use my
eyes to see what I was seeing. (The home town of George, James and
myself is Grimsby. Our vibrational expressions had initially drawn each
of us to manifest in that location and evidently, even after death, it
appeared that the energies of George and James were still naturally
attracted to the energetic make up of my physical being.) I should point
out that I had mentally accepted that I was willing for my body to be used
in any appropriate way towards helping me understand how the Universe
worked. However, my hypothesis that George and James had been using
my eyes was only validated some 16 years later in 2010 when I read
'Emissary of Love' by James Twyman. In that book James explained that
he had been told by a student monk close to the Dalai Lama, that the Dalai

99 (See DT Chap 18, Pages 128-131 for the complete account of events involving James and
George.)
Lama was able to blend his energy with his student in order to see through his eyes.

Having accepted that I had not fully integrated my spiritual expression into my physical body, would now account for what to me, at the time were unexplainable events that I had simply noted. In attempting to explain such events in purely physical terms is pointless, but once we accept that desire and intent expressed at a deeper level of consciousness (or in my case, my primary focus naturally being close to such a state much of the time) such desires seemed to manifest within a relatively short time. I suggest that this would also account for me developing an ability to communicate between levels of consciousness. Apart from the events already described in DT and WWT and the chapters above, there are a few further examples which I feel are worth noting.

Although I am a keen walker, I will do anything to avoid walking in mud and am reluctant to go out in the rain unless absolutely necessary. This is not a major issue. But it was something which, when I discovered the possible link with James and of him no doubt having experienced mud and rain in the trenches during the Battle of the Somme, I wondered how much I had been influenced by him. There was also my childhood experience at about age 4 when I made an elephant out of modelling clay and attempted to get it to light up by connecting a length of flex to the trunk and tail, then plugging the flex into the mains electricity supply. Then while working on the family history I discovered that James, prior to being in the army, had been an electrician. Such minor details simply served to confirm my suspicion of how our lives can be affected by energetic influences from beyond our physical realm.

Before becoming aware of any of my experiences recorded in DT and WWT, I had been attempting to understand the concept of 'time' and had a strong desire to discover if it was possible to ‘know’ the future. I had taken a book on 'time' to read while on holiday and had been completely confused by Einstein's mathematical explanation of the concept. I eventually received a poem related to 'Time' in an unusual way, one verse of which I subsequently discovered was a paraphrase of what Einstein

100 (See DT Introduction Pages XIII and XIV for the full account of this adventure.)
had said on his 70th birthday. But in order for me to accept that in this physical realm we only perceive linear time, and that in Reality (deeper realms of consciousness) everything is 'NOW', I had to take into consideration a number of other experiences.

During a meditation on 3 October 1989 I described what I perceived as an East German shaking hands with a West German. That occurred 5 weeks prior to the fall of the Berlin wall and exactly one year prior to the signing of the German re-unification treaty on 3 October 1990. (Also recorded in DT page 66.) Then I was informed of the exact circumstances surrounding the death of a friend during a meditation four months prior to the event. But it was another incident that gave me a deeper understanding of how the 'level of consciousness' at which information was perceived, seemed to determine the time delay as to when an event might occur. One of my aunts had three sons. The younger son was a fisherman. The aunt became seriously ill while he was away at sea. When the younger son returned from the fishing trip the elder son explained to his mother that his younger brother had come to see her. However she insisted that 'he went overboard'. My aunt died a few days after that event. It was over eight years later that her youngest son, my cousin, was drowned at sea. My aunt had evidently been close to death in a deep altered state of consciousness at the time the earlier event occurred.

Another karmic residue that I eventually realised had to be addressed in this life, was an incomplete 'past life' relationship I had with Roseline. But I feel that most of the issues around that relationship have now been resolved as previously recorded. See also Annex C.

Since mid-September 2015, due to my health situation, I had been restricted to travelling distances within an hour of a toilet. However, in March 2016 I received an invitation which would involve an hour's travel together with a period of sitting. After what I felt had been practically a 'housebound winter' I had a need to get out and about. This invitation

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101 (See DT Chap 11, Pages 32, 63, 66 and 67)
102 (See DT Chap 15, Pages 103-104)
103 (Details of the development of our relationship are recorded in DT Chap 15, Page 100, in Chap 17, and in WWT Chap 15. See also a consolidated account in Annex C.)
would be an ideal trial to see if I could begin possible longer trips during the coming months.

The invitation was for lunch on 12 April 2016 in support of a charity at Pentillie Castle in Cornwall. Part of the historical background we were given was that building of the original castle began in 1693 by Sir James Tillie. It appears that Tillie was a very materialistic character in that:

‘Soon after King James II came to the Crown, by a great sum of money and false representation of himself, obtained the favour of knighthood at his hands’, and he was knighted in 1687. Tillie died in 1713. He had taken steps to ensure that he was remembered and could keep a watchful eye over his estate long after he was gone. He ordered the building of a towering, three-storey mausoleum on a high hill, called Mount Ararat, overlooking the River Tamar and the castle. He left instructions that he be placed in this mausoleum, dressed in his best clothes, wig and a fine hat. He intended to sit there and wait for his resurrection which, he expected, would be within two years and that he could then return to Pentillie.'

The present owners inherited the estate in 2007 and despite it needing considerable investment and high maintenance costs, the family decided to run the castle and estate as a business. During restoration of the crumbling mausoleum they uncovered a vault, which contained what they believed to be the remains of Sir James Tillie. I was fascinated by the account that after having the vault re-sealed, they began to notice that when occasional references were made to Tillie, events occurred such as a picture would become slewed or a clock fall off the wall.

Following the presentation and lunch, attendees were invited to visit the grounds at leisure. With knowledge of Tillie's apparent activities, I immediately headed to the mausoleum. I read the information display on the wall before walking round the monument both ways. Then, as I exited the construction, I stood looking out over the estate. Suddenly a strong shiver ran through my body. From past experience of working with deceased individuals, I instantly realised that this was probably the energetic expression of Tillie which had blended with my own. I spent a

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104 (For more information visit: https://www.pentillie.co.uk/castle-estate/history/ )
couple of minutes looking out over the estate, accepting that Tillie was using my eyes to see what I was seeing, before setting off to return to the castle car park.

As I walked along the track I wondered if Tillie was ready to 'move on', so mentally posed the question: 'Would you like to move on?'

Immediately I received the reply: 'This is all mine'.

My response to that was: 'Alright, in that case, stay here' and broke the link.

After having had no further impulses to visit war graves or contacts from soldiers since June 2015, it appeared that I was now being given a new experience. However I do recall another similar incident of a shiver running through my body involving the painting ‘Les Coquelicots’ by Claude Monet. I had originally taken a particular interest in the painting as a result of discovering that Monet was the favourite artist of friend, Trevor, who died in 1988. Trevor and I met while we were both doing military service in 1960. Some years ago I visited Monet's Garden at Giverny in France. While wandering round the house I noticed a copy of ‘Les Coquelicots’ hung in one of the rooms. It was simply part of the décor. A couple of years later while in Paris I went to the Musée d'Orsay where there is a display of impressionists work. It included Monet's original ‘Les Coquelicots’. I went to take a closer look. From a distance of about 4 metres I took one step forward and was overwhelmed by an energy that had blended with my own. At the time I assumed that it had been the energy of Monet. However, in retrospect I now wonder if it had perhaps been the energy of Trevor. The sensation was similar to what I had experienced when Tillie 'borrowed' my eyes.

During the night of 23/24 April 2016 I was woken by a knocking sound. It seemed as if it was within my consciousness. I mentally asked if 'they' wished to speak. This is the response.

We're having a party, would you like to attend?
I picked up my recorder and this is what was communicated.

We are gathered together to mentally discuss the way forward. You are each from different dimensions and it is through exchanges of this nature that we can attempt to transmit the deeper meanings from the different levels of consciousness to bring understanding into the physical realm. Without this understanding those expressing their intention in the physical dimension will flounder in attempting to understand the multi-level of dimensional expressions, as they will be perceiving what appears to be the reality of all that is, whereas in effect they are only perceiving such expression from the totally physical perspective. This is a step, an early step, towards 'turning the tanker in the ocean around'. By exchanging views from the various levels and dimensions and using yourself as a means of passing such information into the physical realm, as a group collection of concerned aspects of consciousness, we hope that the conscious awareness of individuals expressing themselves as physical expressions, will slowly come to recognise the nature of 'Oneness'.

It is a slow process, but once the concept is anchored and becomes part of the accepted understanding of the mechanism of 'All That Is', then it is our hope that individual expressions (individuals expressing themselves in the physical domain) will come to realise how their thoughts, desires and intensions affect the 'Oneness'. We perceive considerable difficulties in getting this concept to become accepted throughout the physical domain; however this can only be achieved in one manner - as a result of individuals being educated, through experience, to become aware of The Mechanisms of the Universe. Your role in this objective is to present evidence of examples as to how this mechanism becomes apparent as a result of interplay between thoughts expressed in the physical domain and attempts at responding to such thoughts from deeper levels of consciousness in a manner that hopefully will be understood by the poser of the question. So we are appreciative of your acceptance to attend this 'party' or gathering of concerned minds towards attempting to express such
concerns across a broader spectrum of consciousness and to bring such awareness into the physical domain.

How did it feel to be among expressions of like minds? That is a very small taster of what in physical terms is referred to as 'heaven'. It is what might be described as harmony within all minds expressing consciousness as love, harmony, peace and gratitude. It is through such feelings that similar conscious expressions will eventually pervade the physical domain.

We send you love and encouragement to disseminate such concepts around your physical environment.

With our many blessings. Your team of supporters.

While reviewing some of the events along my journey I noticed that occasionally I received answers to unexpressed thoughts. Sometimes references or comments would appear in 'channelled communications'. Other times, initially even more unexpectedly, responses to my thoughts and desires would manifest in the form of physical objects being given to me or by comments made by friends. But once one becomes aware of what is taking place it is simply part of Oneness responding to another part of itself.

On 3 May 2016 I lay in bed thinking about what the next step would be on my adventure. Suddenly in my mind I received strange words. I immediately realised that these first words 'Shak-eth the spear' was a play on the word 'Shakespeare'. I assumed that I was going to be given a poem. Well I was, but it took me a while to accept the following next words. I took my recorder and this is what was communicated to me in 7 minutes 47 seconds.
REFLECTIONS ON TRUTH

HEAVEN

Shak-eth the spear. Science is rot.
We're searching for something. In truth, what we're not
is the physical body that we see around.
In fact in the truth, we're not even sound.
We simply are consciousness expressed in a form,
how we imagined that we would be born
into situations to experience what
we desired with intent, just what we are not.

For truth as a child to play is our lot.
But as we grow older, it's that we are not
the child that is playing. Maybe how we are dressing?
In truth it is consciousness, simply expressing
in physical form on earth for a while.
And how we relate, maybe just with a smile
will change our experience and bring peace to all
who roam in this wilderness after the fall,
into every perception, to rest for a while
until we return to the top of the pile
of nothingness, emptiness, peace all around,
no longer to suffer, with feet on the ground.

So this is the heaven referred to on earth.
The place where we came from. Then for all we're worth
we search to return to that land full of peace.
Then when we let go, we find with such ease
we are back at home, in that realm with no face.
The land simply filled with the love and the grace
of Oneness, the stillness, the land we call home.
Just rest there in peace, there's no need to roam
in search of experience, for all that is done.
Just live in the harmony - experience the One.
As an example of what we might expect to experience once we leave this physical dimension and turn up in what we have been led to believe is 'Heaven', I feel it worthwhile including an account of the following events.

At a workshop on 28 March 2009, during an exercise, participants were invited to write what they felt able to offer and what they would like to receive. Jacqueline asked to receive a card on the anniversary of her mother's death – 3 November. I offered to send a card to Jacqueline. Three days later the following poem began in my mind which I forwarded to Jacqueline.

**TO JACQUELINE** 31 March 2009

Years may come and years may go, but we go on forever.
We are but minds in different planes of life, remember never fear, for I am here, I'm always by your side.
Whenever you need me, just call, and closer will I glide. But we each have our lives to lead and that will always be, yet as I say, when 'ere you call, your mind will be with me.
I’m doing well, it takes some time to learn and understand, but as we learn upon the earth, we settle in this land of beauty, grace, this paradise, of all we wish to be.
One day we’ll join again as one and you will be with me. So live your life, enjoy the way - I leave you for a while, but then in time we’ll meet again and I will see your smile. I’ll take you in my arms again and hold you tight to me.
I send you love from in my heart – just know that you are free.

Quite unexpectedly, four months later I received another poem. From the commonality in the phraseology of some of the wording I sensed that it was the same personality communicating. For example: 'I’m doing well, it takes some time to learn and understand' and 'I'm sort of getting used to this, but it will take some time to figure how to operate to live within these realms.' Then: 'I'm always by your side' and 'I'll always hold your hand'. It appears that Jacqueline and her mother were very close and I
soon realised that the poem was intended for Jacqueline on the anniversary of her mother's death. I suspected that either Jacqueline's mother was impatient, she had not yet figured out that there is 'no time' in dimensions beyond this physical realm, or maybe she just took the opportunity of me being available at that moment to pass on what she wished to say.

**ANNIVERSARY**  
4 August 2009

*It’s quite a while I’ve been away. I’m kind of doing fine. I’m sort of getting used to this, but it will take some time to figure how to operate to live within these realms. When we arrive upon the earth, we can’t care for ourselves. We need a helping hand at times to help show us the way, and that is how it is up here. We simply have to ‘pray’ and help will come immediately. This may sound strange I know, but in becoming part of One, we simply just let go. Yet in our inner knowing and our being, we’ll remain that individuality, which always stays the same. It’s just we sometimes change our course, our pathways, as we earn our way to greater realms of truth. And so it is we learn to whisper thoughts, to spread ideas, to try and understand. Au revoir my love, throughout your life, I’ll always hold your hand.*

Three years later a friend was killed in an accident. The day I found out about this, as I was preparing lunch, the friend who loved her food while still on earth, communicated to me: *'It's taking me a while to get used to the idea that we do not need to eat.'* Evidently there are some new skills and ideas we need to learn when we arrive on the other side.
REFLECTIONS ON TRUTH
CHAPTER 10

ON THE IMPLICATIONS OF THOUGHT

Think carnally and you will remain flesh, think symbolically and you will become spirit.

Carl Gustav Jung (1875-1961)

Before delving into the implications of thought, I needed to keep in mind what had been communicated to me on a number of occasions by different means from deeper levels of consciousness. I received the first significant 'communication' on 24 April 2001, which was:

'For there was in the beginning a thought. An 'earth shattering' thought you might say in your language. But nevertheless, it was a thought. And from that beginning all else flowed'.

This was certainly in response to one of my musings that the scientific approach to explaining the beginning of the Universe, could not have been caused by a 'Big Bang'. How could a 'Big Bang' arise out of nothing? On the other hand the much quoted biblical verse:

'In the beginning was the Word, and the Word was with God, and the Word was God'

did not make much sense either. There had to be something before 'The Word'.

It did take considerable time for the idea of a 'thought' being the creation of everything to become an accepted concept in my consciousness. But I suspect that it was as a result of me insisting (my thoughts) on having confirmation three times that I subsequently received similar 'communications' by various means. I had already been given a further clue in the same 'communication' from 24 April 2001 with the sentence

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106 (See DT Chap 23, Pages 186-187 for the complete text of this communication.)
107 (King James Bible John Chap. 1 vs 1. However the equally dubious verse in the New English Bible reads 'When all things began the word already was'.)

141
'It was the 'blueprint' or model for everything else that was to follow.' But I was then reminded of the significance of 'blueprint' in another part of a 'communication' that I received on 10 May 2010\textsuperscript{108}.

'The way to create the changes which manifest in the material world is not to attempt to influence the microscopic aspect, but 'create the blueprint', then sit back and allow the natural laws to bring that design into being.'

Evidently by 5 February 2011 I had still not completely integrated the concept into my consciousness as I then received the following as part of another 'communication'\textsuperscript{109}.

'We now come back to the earlier guidance we gave concerning establishing a blueprint and allowing that expression to come to the surface in the physical realm. It really is as simple as creating a blueprint and allowing it to manifest through all of the levels until it reaches the skin. Set the blueprint in the heart, step back and wait.'

OK guys, thanks. Three times 'Blueprint' in the same paragraph, in conjunction with the symbolic link to the natural law (as presented in my dream – page 120) and how we are at a crossroads towards reconstruction of this physical realm with knowledge of a deeper understanding of 'The Mechanism of the Universe'. I've finally got it.

But I guess 'whoever' was influencing me ('\textit{now you will be working for us}') needed to check whether I really had anchored this concept into my consciousness. So in response to my concern as to how to resolve my health situation, I was told on 29 November 2015\textsuperscript{110}:

'As regarding health, it would be appropriate to focus on a perfectly healthy physical body, rather than concerning oneself with possible healing methodologies which are available in your domain. Simply focus on a perfectly healed body.'

\textsuperscript{108} (See WWT Chap 5, Pages 47-48 for the complete text of this communication.)
\textsuperscript{109} (See WWT Chap 8, Pages 72-74 for the complete text of this communication.)
\textsuperscript{110} (See Chap 8, for the complete text of this communication and the following communications' extracts repeated below.)
I had been following the guidance given, including subsequent to my cancer diagnosis on 1 March 2016, when on 6 April I received further encouragement as follows:

'We have been watching your health situation and we are confident in the way things are going. You may be surprised to hear this, just carry on with your focus on a perfectly healthy body.'

I felt confident that healing was taking place and shortly afterwards noticed that I was having undisturbed nights and was able to re-focus my attention on writing. However I still felt as though pieces of my jigsaw puzzle were missing and I needed to wait until I became aware of those additional elements in order to make progress. On 23 May the catheter was removed and the following week I felt so relieved (definitely the appropriate expression) that I began making travel arrangements. By the beginning of August, even though I was eager to complete this work, every time I turned on my computer intending to work on this book, something would happen to divert me. Finally on 9 August 2016, events occurred which convinced me that I had been given another significant piece of the puzzle.

Unusually I received an email from Roseline (we normally communicate via Skype). She sent me a link to a website article. Although the article was in French I found the English version of the text which had the title: 'Your Piece of the Puzzle on the Gameboard'. The 'channelled communication' was giving guidance to be aware of 'communications' issuing from other dimensions. My attention was drawn to one particular phrase in the text: ‘Whether you hear it from someone else, read it in a book or see it on television, or it comes in as a channel, it makes no difference. We speak to you in all of those ways and more’.

On 1 August I had received a letter from the hospital giving me an appointment with the urologist on 18 August. Part of that letter read: ‘On this occasion you will be asked to carry out a flow rate test’. I had already sensed an improvement in my health situation since having the catheter removed. So it was on 9 August that I received the email from Roseline.

111 (See https://www.Lightworker.com )
I glanced out of my window and there was no way that I could avoid the significance of what was facing me.

**Remain awake to ‘communications’ however they come into your life.**

After the *flow rate test* and consultation with my urologist, he informed me that he would not need to see me again – that aspect of my health situation was resolved.

As recorded in WWT,¹¹² I recount how, subsequent to picking up a stone in the desert during a trip to Egypt in November 2011, I had speculated that I was being shown that the work I had been doing to help deceased soldiers move on, was backed by energetic influences of Hermês Trismégiste. I questioned whether my imagination had become overactive and in order to satisfy my curiosity, during a meditation I asked for some form of clarification. Later the same day, as I walked into town, a large vehicle passed me with one word 'HERMES' written in large letters on the side that could be read at a distance of 50 metres. Two weeks later I received an email addressed to multiple addressees. My name appeared in the middle of these addressees as 'Nick Nicholls' immediately followed by one name only of the next addressee 'Hermes'. Then there was the incident as recorded in Chapter 6 (Page 78) of seeing the words *Excel - pipes and drains* associated with me having to have

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¹¹² (See WWT Chap 14, Pages 141-144 for the detailed account of these events.)
my catheter changed three times. It appears that in order to provide me with answers, large words on the side of vehicles were simply part a language being used by the 'communicators'.

Reflecting on the many situations recounted in DT and WWT, from personal experience I knew that when expressed in my zone, or even close to my zone of consciousness, desires eventually manifested in my physical domain. As I awoke on 10 May 2016, it was one of those experiences from 25 years previously that came to mind with one word – 'Thaumaturgy'.

In 1991 I attended a weekend conference with the Society for Psychical Research (SPR) in Nottingham. As the conference progressed through the Saturday I became frustrated with what I was hearing. The SPR had been in existence since 1882. They had hundreds, if not thousands of cases that had been investigated over the years and I had hoped that I might at least be given some explanation as to the mechanics of what had created these 'paranormal' phenomena. But no - all I heard were presentations of case upon case without any explanation at all. By the time we reached the morning break on the Sunday I could stand it no longer. I expressed my frustration to one of the members in terms of 'What you are doing here is taking a rose, cutting it up into pieces and then wondering where God has gone.' At that point I, together with a friend, left the conference and went for a walk in nature.

I stayed with friends on the Sunday night and woke early the next morning. So as not to disturb anyone, I sat on the bed to meditate before going to breakfast. I mentally set my intention to come back to full consciousness at 07.00. I opened my eyes and looked at my watch. It was 07.00 - to the second. We discussed this over breakfast, during which I commented that in order to catch the ferry I had booked, I needed to be on my way by 08.00. One of the friends drove ahead to guide me to the motorway. As I drove down the slip road I glanced at my watch. It was 08.00 – again exactly. I made a mental note of what had occurred, then once on the motorway, I noticed that I was behind a large vehicle. Across the back of the vehicle were the words ‘THAUMATURGY - is the art of

113 (See DT Chap 12, Pages 72-73 for the full account.)
At that point in my understanding I was simply left pondering on what had occurred.

However I do recall that I had what I can only describe as an extraordinary journey from Stoke-on-Trent to Dover. **I was totally focussed on my driving.** It was a bank holiday and quite unexpectedly it seemed as if the road opened up in front of me all the way, including the section along the M25. I reached the port in less than 3 hours, thus enabling me to catch an earlier ferry. I knew that I occasionally slightly exceeded the speed limit on what appeared to be clear roads, but I was not driving excessively fast. I subsequently often wondered how I had managed to do that journey in such a short time. As I was writing up this account, out of curiosity I checked Google Maps to see how long it would normally take to do the same journey - 4 hours, 8 minutes. Only in hindsight do I now feel that I understand what took place, although I am no wiser as to how it could have happened.

In WWT¹¹⁴ I recount how I was drawn to purchase a second hand copy of *Emissary of Love* by James Twyman. In Chapter 5, James recounts how he was driving with Lama Tensin who was acting as if he was a teenager by encouraging James to drive at excessive speed. James eventually recognised that Tensin was under the influence of a Tulku master. Tensin then asked James if he wanted to see something amazing, to which James said he would. Instantly they were at their destination, some ten miles from where they had been just a second before. I suggest that what occurred on my journey to Dover all those years ago was in response to my frustration at learning nothing during the SPR conference, and I needed to have some form of experience **in order for me to understand the implication of focussed intent in an altered state of consciousness.** Or in other words, ‘**THAUMATURGY**’ - is NOT the art of working miracles’ by saints, wizards, mystics, magicians or any other word used to identify the creator of such events. It is simply a word used to express the result of any individual, or group of individuals, with focussed intent in an altered state of consciousness, that causes an event to occur in this physical environment, which is generally not understood. At the time of my drive to Dover I had not considered that I might have

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¹¹⁴ (See WWT Chap 5, Page 42.)
been influenced by *who knows who*, but the experience certainly added to my understanding of how the Universe seemed to work. A weekend with the SPR had done nothing to enhance my knowledge and it took many years of more personal experiences to come to some measure of understanding. As I write this, I now feel that it was probably the same energetic influence that had prompted me, as I woke up on 10 May 2016, to consider *Thaumaturgy* and what had taken place back in 1991 and to encourage me to incorporate these events into this account as part of my reflections.

In making reference to *Emissary of Love* I was also reminded of another event that had shocked James. He was giving a talk to a group of adults when after the interval he noticed a child sitting in the front who had not been there before. He became fascinated by the child being so attentive. At the end of the evening James spoke with the child whose name was Marco, and he was 10 years old. Marco then asked James if he would like to be able to *jump inside people's lives*. James replied that he would like to do that (which he termed a 'Gift') and as a result, Marco touched James' index finger with his own. James was interrupted in his conversation and afterwards when he looked around, Marco was nowhere to be seen. James assumed that he had blended into the crowd or left. At the time I read that account I was simply absorbed by the events, rather than attempting to understand the significance. However, as a result of further personal experiences, I eventually came to some clearer understand of what seemed to have taken place.

After giving the talk, James was driving with his friend, Sharon, who had been responsible for welcoming people at the door. James commented on the interesting exchange he had had with Marco. Sharon's response shocked him even further as she was adamant that there had been no child in the audience. James had recently returned from an exhausting speaking and musical tour and declared that he was very tired. This points towards James being in an altered state of consciousness – which would then explain why only he was aware of Marco. However, the 'tiredness' could also have been the physical result of James being influenced by another personality. I make these conjectures, in part, as a result of an experience
I had in 1998. I had helped Roseline present a workshop. Details of what occurred afterwards are recorded in DT.\textsuperscript{115}

'Roseline subsequently commented that while I had been speaking earlier in the day she had thought that my voice and phraseology were different, as though I was someone else. I was totally unaware of this. Later while we were sat chatting, I suddenly felt very tired.'

It was at that point that we both noticed that our respective faces were changing, which I now realise were influences from another dimension that had no doubt been helping towards the work we were doing. The overshadowing on my face was that of Gordon Higginson.

Then there was the incident recorded in Chapter 5 where I perceived an image of a face on the forehead of Gordon\textsuperscript{116} which I now consider to have been the expression of an 'influencer'. I suggest that in James experience, the Tulku through Marco, was 'influencing' James; James was seeing Marco's expression in another dimension, as real if not more real than in this physical realm; and James was expressing what Marco was influencing him to communicate to the audience.

But there were other revelations that came to me as a result of personal experiences, subsequent to 'Emissary of Love' coming into my possession. As recorded in WWT,\textsuperscript{117} James Twyman and Marcia had both experienced headaches, tiredness and buzzing in the head. In the case of James he postulated, in his terms, that it was as the result of receiving the 'Gift'. I speculate that it was as the result of an 'influencer' blending with his energy which caused the physical effect. I make this suggestion on the basis of waking up on 24 November 2015 with severe vertigo which slowly dissipated over the next 72 hours. This was during the period when I began to receive more 'channelled communications' which are recorded in Chapters 7 and 8. Due to my health situation, I had been

\textsuperscript{115} (See DT Chap 18, Page 126)
\textsuperscript{116} (See Chap 5, pages 63-64 together with Chapter 14 where I discuss my relationship with Gordon and influencing in more detail.)
\textsuperscript{117} (See WWT Chap 5, Pages 43-48.)
unable to focus on writing this book. However, a significant unusual challenge in one of those 'communications' was:

'Are you prepared to relinquish all attachment to experiences you have created along your pathway? Or do you simply wish to continue having experiences?'

I took this as being an invitation to move beyond simply noting the experiences and to include the 'channelled communications' and deeper understanding as part of this account.

There was one further element from James' account that I felt was prompting me to address the subject of 'influencing' in more detail. James was shocked when, subsequent to Marco giving him the 'Gift', he involuntarily began bending spoons. As suggested above, the 'Gift' that Marco gave James was actually James agreeing to allow an energetic expression that manifested as Marco, to become his 'influencer' (or James allowing his 'influencer' to blend with his consciousness and become aware of influences from beyond this physical domain). It was then this energetic expression (probably the Tulku through Marco) that was, through James, bending the spoons. Until we have had personal experience of such phenomena I suspect that many reading this account will have difficulty in accepting this concept.

I needed to refer again to events that began on 4 November 2015 when the cupboard in my office crashed to the floor. Complete details are recorded in Chapter 7.

I eventually understood that what had occurred was a response to my inner questioning as to whether, in view of my health situation, it would be appropriate to cancel the trip to Vietnam. After accepting that I should cancel the Vietnam trip, only when the cupboard crashed to the floor again five days later, did I realise that I was also being prompted to cancel the trip to Jamaica.

In WWT I had already expressed that 'we are each students in the process of creating the Reality of this physical realm by thought, desire and intent'. All of this I had been told. I had had the 'The Mechanism of the Universe' explained to me in detail (See Chapter 1) and although I had recorded this, it had apparently not registered as part of my consciousness.
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It needed something as dramatic as a cupboard falling off a wall and waking me in the middle of the night to anchor the concept deeper into my conscious understanding.

I am attempting to address the implications of 'thought'. As a result of being reminded by one word, 'Thaumaturgy', I was prompted to include the account of events recorded above. While writing up that part of this chapter I had wondered if the 'Thaumaturgy' incident had occurred on the same weekend that I had attended the SPR conference. Shortly after that thought I received a phone call from a friend asking whether I had any experience of the SPR as he was considering attending one of their conferences. Immediately I realised two things. Firstly, I was being given confirmation that it was appropriate to add the paragraph in which I expressed my frustration during my attendance at an SPR conference. Secondly, in Chapter 7 I had restricted my conclusion as to the origin of the 'influencer' being either a 'non-physical teacher' or 'a physical being in an alternate state of consciousness'. I now realised that physical beings, 'friends', had been influenced to phone me at specific moments concerning subjects on which I had been posing mental questions, (the trip to Jamaica, the SPR conference and subsequently Roseline's email related to 'Your Piece of the Puzzle on the Gameboard') thus expanding my conscious awareness and my research into 'The Mechanism of the Universe' and other levels of consciousness. I must add that I have little doubt that the friends who called me were completely unaware that they had been influenced to make those calls in order for me to incorporate that aspect of 'The Mechanism of the Universe' into these reflections. On this basis I suggest that all elements of the Universe are susceptible to being influenced, and we humans, without our conscious awareness of what is taking place, we call it 'synchronicity'.

But let's consider a little more of what was revealed in 'The Secret Life of Uri Geller'. Uri's dream was to make lots of money, to be a celebrity and a spy. He eventually came to work for the US Intelligence community and was used for 'remote influencing' during the nuclear arms reduction negotiations. Bending spoons certainly became the doorway for him to become a wealthy celebrity.
In Chapter 6 I briefly addressed the subject of ‘remote influencing’. I determined at that time that I was being alerted to 'avoid becoming deeply involved with remote influencing while investigating the subject'. But I do need to further consider the implications of this aspect in order to reach a hypothesis regarding 'The Mechanics of the Universe'. I had concluded that whatever mechanism I had identified that was happening with me, this same principle must be happening within every other aspect of the Universe. I had unconsciously been 'remote influencing'. But I was also susceptible to being influenced. Once I became conscious of what was feasible, I slowly realised how inappropriate certain of my actions were and I needed to remain attentive to avoid influencing other aspects of the Universe to support any personal interests.

If I had stumbled upon 'remote influencing' in my research and the US Intelligence Agencies were interested in co-opting the abilities of Uri Geller for such action, it is difficult to imagine that they were unaware of the possibilities of how 'remote influencing' could be used. The deeper I delved into the subject the more I began to consider the unthinkable. How do we, (human beings) know that we are not being constantly influenced by intent from beyond our conscious awareness? Quite unconsciously I had been influencing others' conscious actions without them necessarily being aware of how I might have been involved in what had taken place. Now the implications of the expression of intent from deeper levels of consciousness were becoming clear. From that initial 'communication'\textsuperscript{118} part of which was:

\textit{'For there was in the beginning a thought. An ‘earth shattering’ thought you might say in your language. But nevertheless, it was a thought. And from that beginning all else flowed.'}

then we, by extension and intent, created ourselves.

From a very young age, if something did not make sense, I needed to know why. We incarnated to have a life experience only to discover (or maybe we fail to wake up and remain 'asleep') that we are influenced by politics, religion, authority figures, the media, advertising and so on.

\textsuperscript{118} (As recorded in full in DT Chap 23, Page 186 with an extract in Chap 1, Page 3)
Let us consider the possible deeper implications of what I suggest is taking place. Individual aspects of consciousness are naturally drawn together to form innumerable groups of differing expressions, although expressions are susceptible to change as a result of experience. Certain aspects of groups of total consciousness, by intention (curiosity?) or attraction, express themselves in this physical dimension. The physical expressions initially have no conscious awareness of their origin. Any aspect of consciousness expressing itself in this physical dimension learns from experience and as a result, any future physical expression is likely to be in a modified form. Evolution. So long as that expression remains unaware it will continue to operate in keeping with any of the environments in which it has previously been drawn to manifest. The amalgams of expressions which have evolved to the stage of expressing themselves as what we describe as humans, are initially unaware that they were drawn to experience a life as a human. They simply initially 'operate in line with the social atmosphere of the environment'. They are expressing part of that group conscious expression in the physical dimension for a while. During their experience some humans may have a tendency to influence other humans to do their bidding. Such influencing may be initiated in an aware state from the physical level of consciousness. But do they realise that they are also part of a particular amalgam of consciousness? When intention is initiated from focussed attention at a deeper level of consciousness, the element being influenced will probably be completely unaware of what has taken place. It is the deeper level of that consciousness group, the intending force, which responds to desire from within the group.

I had unconsciously been initiating my experience from a level of consciousness at a faster vibratory rate than the vibratory rate of the physical realm of which I was consciously aware. Geller had been doing the same. As explained in Chapter 9, I suspect that I never fully integrated my spiritual expression into my physical body. And in Chapter 8 I explained that I had mentally agreed that I would allow my body to be used towards helping me understand how the Universe worked. (Identical to 'James agreeing to allow an energetic expression that manifested as Marco, to become his 'influencer'.) This would then explain why I experienced so many of what I initially termed coincidental or
synchronistic events. I was expressing a 'desire' in what to me was my normal deeper (faster vibratory) state of consciousness which resulted in a faster manifestation of the intent in this outer physical dimension.

Once we 'relinquish all attachment to experiences' – release our attention to events and attractions in this physical domain, deeper influences are naturally available to guide our way through life. Whether we notice this or not depends on each individual. We are part of those 'guiding influences', and they are part of us. What we perceive as ourselves is part of that consciousness which has opted to express itself in this physical dimension. Re-focussing and blending our attention with influences from a faster vibratory expression, may cause interference with the perception of what we have been accustomed to throughout our lifetime, resulting in tiredness, buzzing in the head, vertigo. But it is simply a matter of allowing these differences to harmonize for the physical effects to stabilize. An example of how we might be influenced, without us being aware of the fact, occurred as follows. See also.

It was June 2006, at a retreat in Portugal that an American lady, Kim to whom I had not previously spoken, came to say farewell to other participants sitting at the same table as myself. The other participants departed, leaving Kim and I in conversation. During our 15 minute exchange she mentioned that her father had died the previous year. At that point I made a mental note to remain aware of any further comment concerning her father. I suspected that she may still be coming to terms with his passing. She also commented that she would be spending the next week in London. Exceptionally, I had already arranged to attend a conference in London that week on the subject of 'releasing spirit attachments', so we agreed to meet up for a meal.

During our conversation over dinner in London I recall discussing two subjects. The first, in connection with a former friend of Kim, I described

119  (In describing my zone as a deeper state of consciousness, this would register as a lower EEG reading. However, paradoxically, an intent or desire initiated at that level of consciousness would generate an energetic vibration faster or higher than the level at which we manifest in this physical dimension.)

120  (See Chap 7, Page 95 where I recount how an 'energetic exchange' between myself and a monk affected my tape recorder.)
a method of how to free ourselves from those to whom we may still be attached. The second subject concerned my last visit to see my father before he left his physical body. He was in hospital and due to the drugs that he was receiving, he was unable to communicate for more than a few minutes before drifting off. As I left the hospital on the final evening of my stay, I simply thought ‘Go quickly’. He left this life the next weekend. Some 6 years later I was told by a medium that my father wanted to thank me for ‘letting him go’.121 I explained to Kim how important it was to 'let go' of those links which may be holding us or them back, on our respective journeys. Suddenly, completely out of context, Kim asked me my birth date. I replied that it was 24 February, to which she responded that that was also her father’s birth date. In response to this, quite illogically, I asked her if her father had died on 20 September. Yes he had. But it was now her turn to be surprised when I replied that 20 September was my father’s birthday. Instinctively I knew that the reason for our meeting had been so that I could pass on a method for Kim to release attachment to her father when they were both ready.

After this experience and similar such events,122 I had to consider how much we were being influenced from beyond our consciousness awareness, and by whom. I knew that I had influenced others by my intent whilst in altered states of consciousness. There seemed to be a mutual exchange of influencing taking place and as far as I could determine, such influencing was instigated by the thoughts or 'laws' of the greater whole of which we are each a part.

121 (See DT Chap 18, Page 137 for the original account.)
122 (See the Foreword to DT Pages VIII to XI.)
8 May 2016. I lay in bed considering what further aspects needed to be addressed from the previous chapter. As I reflected on my earlier experiences of helping deceased war victims, suddenly I realised that today was the 71st anniversary of the end of the Second World War in Europe. I recalled that many of those victims seemed to have been trapped in limbo. As my mind drifted into an altered state of consciousness, instantly a poem began.

**THE SOLDIERS**

_I came to earth to honour those who gave their lives in war. To recognise their sacrifice; bring their names to the fore in recognition of the life they gave for you and me. Their earthly lives were cut so short, but in eternity they will be saved and cared for in the hands of those above and free from earthly bonds of pain, will rest in realms of love._

_It is to them we send our thanks and recognise once more their sacrifice upon this anniversary end of war. But what have we who, left behind, have done to grace their gift? Have we redeemed our consciousness and released all the rift between the nations of this sphere and all religions too? This question posed from those above addressed to me and you._

_So now in times of 'so called' peace, we ask just for a while, reflect upon what you have learned. Do you deserve to smile? Have you created peace throughout as dreamed of in the past or have you fought another war? This is all we can ask._
These are the dreams of all beyond your earthly realm, we know, there only is one way to peace and that is to let go of all attraction to the toys of men upon your land and bring attention to the mind. And then you'll understand that focus on just what's desired will soon release the pain and you will find your heart's desire and live in peace again.

It was an intriguing poem in that the first verse seemed to be questioning my intention to incarnate. The second verse, from a deeper level of consciousness, is more a self-reflection on whether we had vindicated the soldier's sacrifice. My conscious attention seemed to be in a state whereby I could act as an intermediary between two worlds. By the third verse I sensed that my level of consciousness had blended with that at which the soldiers were able to respond to my thoughts and direct questions into my awareness, appropriate for humanity to consider. We are then given guidance towards living in peace, similar to advice I had been receiving in 'communications' in the earlier chapters. This same advice was again confirming the approach I should pursue towards healing myself.

As recorded in WWT\textsuperscript{123} I was friendly with Katy whose son, Dale, had been killed in Afghanistan in 2008. I had received a poem from Dale for Katy on the 5\textsuperscript{th} anniversary of his death and therefore felt that Katy might appreciate a copy of 'The Soldiers'. Three days later on 11 May 2016 I joined Katy for our fortnightly 'Meditation for Peace'. Katy thanked me for sending the poem and mentioned that she had previously received a poem which she thought she had sent to me. I had no recollection of that. During the meditation I received the words 'But you can fly'. I was then asked where I would like to fly to, but had no inclination to be anywhere other than in the peace of the meditation. I then recalled that during a workshop in 2004, participants had been invited to write down anything that they were unable to do. I had written 'I could not fly'. I assumed that 'But you can fly' was encouraging me to consider the subject again. I then remembered an earlier incident from 1995.\textsuperscript{124} I was again at a workshop,

\textsuperscript{123} (See WWT Chap 19, Pages 206-207.)
\textsuperscript{124} (See DT Chap 14, Pages 92-93 for the full account of these events.)
and just after getting into bed an unidentifiable female face appeared to me and invited me to follow her through a doorway. That doorway was not physically in the room. Twice I followed her invitations and finished up 'flying' while at the same time being consciously aware of my body in bed. I had simultaneously become aware of multiple levels of consciousness.

We completed the 'Peace Meditation' and Katy said that as I had no recollection of the poem she had written she would send me a copy. I was not only given more concepts to think about in view of the title, but Katy's poem had been written on 6 January, four months previously.

**YOU MAY FLY**

*You may fly in the face of adversity. You may fly beyond the clouds.*

*You may fly in the face of trauma. You may fly beyond the stars.*

With love inside your heart and forgiveness you will find life begins to show a pattern beyond your troubled mind.

When you live a life of purpose with heart and soul as One with intention and with humour you'll begin to live as One.

*I Am your Lord Protector and I live within your heart as a gift to all humanity, I came down from the stars.*

*You all are specks of stardust that descended long ago held securely in your body until it’s time to grow.*

*Now sow the seeds of love and hope of your desire and bliss and we will fly you to the stars and return much happiness.*

*We are all standing by you with support to keep you strong. Believe yourselves beloved ones with love you'll float along.*
REFLECTIONS ON TRUTH

Beyond this place of challenge there is peace and love and joy
you'll find it deep within your heart, with trust and hope, now fly.

We are your friends and comrades from eons long ago
and never doubt your link with us, we’ll never let you go.

Within your heart and in your soul believe this to be true.
The magic and true passion lives and works its gift through you.

Allow it all to surface and give joy to all your friends.
They in return will stand by you until the peace descends.

And peace will reign on Earth once more return to take your place.
We wish you well we send you love. Now fly your path to Grace.

Katy Gostick 6th Jan 2016

These events prompted me to return to consider the implications of the
'communication' I had received immediately prior to receiving 'The
Soldiers' on 8 May 2016. I had heard what sounded like one thud
somewhere and mentally asked if 'they' wished to speak.

GUIDANCE

Yes it was an attempt to attract your attention.

We were aware of your thoughts concerning our attempted
communication with you all those years ago when the printer was
manipulated.

[My printer had printed out text and parts of text 10 times, which
in full read: 'You have found your own truth, or are on the road to
finding your own truth, stick to it and when things go awry, ask
yourself.']
You noticed and understood what had taken place as being a communication from us, but you did not completely take on board the message in the communication. So we wish to put your mind at rest for you to realise, yes that message was for you to integrate within your consciousness. It was and still is, one of the challenges, both for you and ourselves in developing a completely new 'language' from scratch. But with your attention and our assistance we have arrived at a level of where once we have
attracted your attention we are able to communicate in this manner. It was simply 'knock and it shall be opened'. [Matthew Chapter 7, verse 7] Now you were not expecting that, were you? [This relates to the rapping of which I had become aware in the 'communication' 'Update' from 16 March 2016.]

So what we would wish to communicate to you this morning is to draw your attention to how we have been able to respond to what you may have been reflecting upon. You, from your perspective, would not consider your 'reflections' as thoughts. They appeared to you to be haphazard reflections on any particular aspect that caught your attention. However, although you did not perceive what was taking place as thoughts from a physical perspective, it is a similar process that is taking place where we have advised on setting the blueprint or creating a thought, in that the level of the depth of the thought compared to the outer level of conscious, what you would refer to as conscious thought, in effect is something that we become aware of more easily. What we are attempting to get you to recognise is that this type of two-way exchange takes place at a level beyond your physical awareness. The physical is appropriate for exchanging communications between those personalities expressing themselves in your physical domain. We express ourselves in a deeper level of consciousness and it is as a result of your ability to tune-in to our frequency that we are able to assist your endeavours to understand 'The Mechanism of the Universe'. It is a level of frequency that you have, as a result of your efforts, been able to link into, which is where your attention is focussed at the moment and we are able to communicate with you in this way.

It is no different to when you release attachment to your conscious awareness that we are able to plant ideas in symbolic form into your consciousness and this is what you refer to as a dream. Some dreams you remember, most you do not. From our perspective this is in some ways quite frustrating, but we realise this is something which is normal for those of you occupying your attention in the physical domain. All of your so-called 'dreams' are expressions perceived from deeper levels of consciousness. It
is from our perspective, therefore, that you do attempt to understand the meaning of the 'dream' communication. If, for example, you are concerned about a particular situation, we will attempt to communicate guidance towards putting your conscious awareness at rest.

We, for our part, are not necessarily aware of an appropriate response to your questioning, but we do have the ability to focus our attention to a deeper level and to act as intermediaries towards bringing an interpretation of what you might call an answer to your situation. We operate as intermediate interpreters of communications between levels of consciousness. So here we are able to provide, we hope, some form of explanation towards what is taking place in your physical domain in regarding the importance for you and all beings in the physical domain, to focus their conscious awareness on any and all positive aspects of love, enlightenment, peace, gratitude, blessing, encouragement and any other positive aspects that you focus upon, rather than negative aspects such as fear, anger, hatred, distrust, attachment to physical phenomena, for that is what physical objects are. They are simply objects created by inquisitive humanity in an attempt to facilitate life in the physical plane. But such objects simply distract your attention from creating a physical realm which would naturally come about if your attention was focussed on the positive aspects. You see it is quite simple as we have stated previously. We hope that this enlightened perspective will encourage you to keep the positive thoughts uppermost in your conscious awareness.

We leave you now to relax attention on our domain and release your attention to your consciousness in your physical domain. To spend extended periods of awareness across a broader spectrum of awareness is something which you achieved by training yourself towards a greater understanding of how, what you refer to as 'paranormal phenomena' take place. So with these explanations we trust that you will be able to achieve part of your soul objective in communicating this concept into your physical dimension.
So now it is time for you to relax. Keep your focus on a perfect healthy physical body, knowing that such intention is developing in your physical body. You should then be able to achieve your desired result in proving to the medical profession that the cure is in modifying the expression that created the disharmony in the physical realm, rather than suppressing the symptoms of whatever disharmony exists in your physical domain. Whatever disharmony exists in your physical domain has been created by disharmonious thoughts and intentions of elements of humanity due to lack of understanding as to how the exchange of intent manifests through different levels of vibration.

We keep arriving at a point of releasing your attention from our ideas, but we notice that your attention remains within our domain and make the most of this opportunity to pass on any guidance that we feel might be useful towards a deeper understanding for you to achieve whatever it is you choose to pursue while experiencing your earthly journey. No fear, you will return to our domain in due course. Meanwhile continue with your endeavours and know that we are constantly aware of your desires and we will do our utmost to support any positive attempts you have to bring this knowledge into a greater awareness in your physical domain.

Peace be with you and we send love to all who are prepared to listen to this inner guidance coming from deeper realms of consciousness. So be it.

In the context of the above events it was becoming clear that the slightest thought would be responded to. The difficulty arose in capturing and understanding the response. How much might Dale have been involved in 'communicating' the poems to Katy and myself? Was it Dale who had communicated 'But you can fly' into my consciousness and then, being aware of the title of the poem, (You May Fly) ensuring that a copy was brought to my attention? The mechanics are not important, but it is vital that we seriously consider guidance given by those in other realms of Reality. This prompted me to refer back to a poem written many years ago which included the phrase 'It's those left on earth who are dead'. It
REFLECTIONS ON TRUTH

was my intent to include the poem as part of this text. However while looking for the poem I came across the following:

Before beginning a weekly meditation on 21 November 2005 we briefly discussed my opinion of ‘prose’ being inappropriately referred to as ‘poetry’ when it did not rhyme. A comment was also made in reference to my association with deceased military. At the beginning of the meditation I received the following poem:

'THE DEAD'.

And there they were, set up to cry
‘For king and country’ but to die
on battle fields in blood so red.
But are those souls alive or dead?

They came into this earthly sphere
to spend some time, then disappear
from earthly realms, and earthly view.
Are they the dead? Or is it me, is it you?

Young lives cut short, the end of dreams.
Or maybe that’s the way it seems
to those left here on earth a while,
and maybe those who’ve died, just smile.

If only we could hear and say
the words they send to us and pray.
For in the future we will find
those who are dead were left behind.

After writing out the poem I returned to the meditation and immediately sensed the joyous words ‘We are the champions’.

In my search for the poem including the phrase 'It's those left on earth who are dead' I came across another. I should explain that when I receive poems, although I am aware of what I am writing in the moment,
immediately afterwards I need to read what I have written and am frequently surprised. This is one of those poems of which I had no recollection of writing and was only drawn to it while searching my poetry files for the word 'dead'.

**REALITY** 7 June 1992

We walk alone upon this earth, we planned it all ahead. That was when we were all alive, before we came here - dead to the Great Reality beyond our conscious selves, where thought is king, where we create among those greater realms. In fact we are the thought ourselves, a speck among The Whole of all creation. We are part of that which is untold.

Remember while you’re here on earth, one day you will return from whence you came. You will look back and ask ‘What did I learn? Was it worthwhile? Did I give more than what I took from life? If I had to come back again, heaven forbid - more strife and suffering upon this earth, would I live just as now? Or did I get it right this time? And have I learned just how to help and guide those less than fortunate to understand Reality, of which we’re part; to take them by the hand and lead them on to realise that while we’re here on earth it’s not what you store in the bank, but love you give counts worth?’

So take a while to think about the task you set yourself. If you succeed you will have added to your greater wealth. And when the time comes for your journey back to heavenly things, within yourself you’ll have no doubt, for then your heart will sing with joy and happiness to know. No need to task your soul. You’ll rest in peace, beyond this earth, being part of The Whole.

Eventually I found what I was looking for. It was from the early days of my questioning and after having had a few experiences of communicating
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with personalities that I knew were, from this physical perspective what we termed 'dead', that I received this poem on 29 October 1989.

LIFE AND DEATH

Tell me, where do we go, when we leave this earth?
People generally say that we die.
But what is it when, we’re supposed to be dead,
that makes those same people cry?

It’s because they don’t know, of the life that’s beyond
where we join for eternity,
those who’ve gone on before, and waited with love
for our return to the tree
of life, which we’re part, each one on our own
yet in truth each is just part of one.
So really those dead, have not gone anywhere,
all they’ve done, is evolved and moved on.

We’ve got it all wrong, it’s all upside down,
but maybe one day we’ll all see.
We come to this earth, to learn for ourselves,
and learn on behalf of the tree.
Like going on holiday, while we are here,
at the end we must return home.
When our earth spell is ended, we’ve done all we can,
for a short while we walked on our own.

So when we’ve accomplished, our task in this life
we’ll hear those soft words from The Voice.
‘It’s time to return, you did what you could;
come home, be with me and rejoice.’
But for those still on earth, it’s hard to believe,
and get the truth into their head.
For those who have died, are really alive.
It’s those left on earth who are dead.
It was while searching my records to verify the above events when I came across a further 'communication' that had interrupted my early morning reading on 23 August 2004.

‘You are to take a pen and write this down. (I knew from past experience that this was to get me out of bed to fetch a pen and I also realised that this was serious.) It is time to move forward. You have been on the edge for so long. No one is in a better position than you are to communicate to the world what we wish to express. All the elements required for you to achieve your desired task will be presented to you at the appropriate moment. Continue to hone your atunement in order to facilitate both your and our tasks.

It has been an exciting experience working in this unique manner and we have gained much in learning new ways of working. Yes, it has been an equally mind expanding experience for us as it has for you. You do have a unique message to pass on to the world, which will open many minds and get individuals to consider thinking in a new way. And that is what is necessary – that you, the whole of humanity – think differently. That is the missing stepping stone on the pathway across the divide towards bringing Heaven on Earth.

No, you will not be on earth to experience this, for many generations will be required to anchor the change, but you will be around to witness the results of your efforts. To use the sporting expression – ‘the ball is now in your court’. We have done all we can to bring all the knowledge you need to complete your task. We will continue to support you and provide all the help we can. Remember – you only have to ask for any help and guidance you need. We fill your soul to overflowing with love and blessings.

Your watchful team’.

So it appears that the 'unique message' is that we begin to think differently. We need to recognise that whatever we 'think, desire, intend' will eventually manifest in this physical dimension. And it is as a result of our thoughts that we have created the world around us and by extension we have created ourselves. Remember,
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'For there was in the beginning a thought. An ‘earth shattering’ thought you might say in your language. But nevertheless, it was a thought. And from that beginning all else flowed'.

Until this concept becomes part of our nature and understanding, we will continue to flounder in attempting to understand this physical dimension. Forget the 'big bang', there never was one, although scientists are correct to some extent in applying this term relative to perception of the massive explosion in nuclear fusion of a supernova. If we are ever to create 'heaven on earth', only we can do this by our thoughts and intent, we simply need to eliminate 'fear' and 'live in love'.

Three days after that 'communication' on 26 August 2004 a lady advised me that her daughter had recently died. This is the poem that was communicated to me for her.

THE ONWARD JOURNEY

As our journey’s onward march to spheres beyond this earth, our voyages to other realms are but another birth to lands of beauty, splendour, light, and all that we could dream. Let thoughts of heaven and hell be washed away, and let it seem as though we wake upon a day when all is full of joy and our dreams are realised in peace, when we alloy all that we wish and there it is. What brilliance and delight to revel in, be welcomed home, and live within the light.

So let’s give thanks for sacrifice - the time we spend on earth, and send our love when souls move on to live their second birth.

We, as specs of consciousness, are in this Universe for the long haul – eternity. So the sooner we get used to this 'Reality' and recognise that we are simply expressing ourselves in this physical illusion as an experience, the sooner we will release any need to attempt to find habitable planets elsewhere in the Universe. The 'Heaven on Earth' that we seek is dependent upon our thoughts. I will close with what I consider to be enlightening words from the poem quoted above. Come on guys - it's time to wake up.
But for those still on earth, it’s hard to believe,  
and get the truth into their head.  
For those who have died, are really alive.  
It’s those left on earth who are dead.
‘Twenty years from now’ you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover.’

Mark Twain (1835–1910)

On 5 June 2014 while staying with daughter Julie I was woken by a beep from a smoke alarm at about 04.00. There was no sign of smoke and as I wondered what this might be indicating, a poem began in my mind which I recorded in ten minutes. There was no doubt that this poem was a 'communication' from 'beyond'. I felt it was telling me that all I had to do was 'dream' (listen to 'communications' from other dimensions – the Australian Aboriginal ‘dream time’) then write down what was being communicated to me, even if this did not sit comfortably with many others in this world. The poem concluded by indicating that it was time to get on with my writing.

I WONDER WHY?

I wonder why? I wonder why? I wonder, did you come to spy; to be aware of what we do? Remember we are there with you to bring the truth into this land. You are the one to write with hand the words we bring, to write with brain. But be aware this may bring pain to those whose world is not the same as your intent. Theirs is to gain in pride, in finance and esteem. All you are here to do is dream and bring these truths into the light and help to bring the truth at night;

125 (See the dates associated with footnotes 119 and 120 below.)
126 (However it was a further 17 months before I began to receive the 'channelled communications' recorded in the above chapters, the first of which I received on 8 November 2015 entitled 'Release from Attachments' - see Chapter 7.)
enlighten those who understand. May truth be held throughout your land
and know even without support, we are the ones who speak in thought.

We speak the truth before too late. So all humanity may know that hate
may be erased from their domain and they express just love again.
So hold the vision of the heaven, which is created through the seven.
The star of your expressed design,\textsuperscript{127} we gave to you so long in time
ago, when linked to our minds. When you were shaken by the finds
of those who thought in different ways to understand. And since those days
we built a link between our realms. And now's the time to take the helm
and guide the ship of truth again, so it will never stay the same
but move towards a greater light to share with all who care – at night.
These words we send to guide your flight. May it remain in truth and light.

Shortly afterwards I attended a workshop on the Inca Wisdom Teachings.
There I met Dina, a lady who I had initially met at a similar workshop the
previous year. She sat adjacent to me during the first evening session. I
later noticed that she was lodged in the adjacent room. For reading matter
during spare moments on the trip, I took with me a magazine that had
arrived the morning of my departure. The second day, 14 June 2014,
again Dina was seated adjacent to me. That evening, as Dina had a bad
cough, she went to bed early. Eventually, after chatting with other
participants, I went to bed. I opened my magazine at page 22, (where I
had reached the previous evening) and was shocked before I could even
begin reading. There was a photograph of Dina together with an article
she had written with the title ‘You are what you imagine’ - the same title
as her latest book by Dina Glouberman.

When I wrote up the original account of these events I felt that I had to
read Dina's article again. There I discovered that it concluded with the
following paragraphs.

\textsuperscript{127} (‘The star of your expressed design’ refers to my logo design on the front cover of each of my
books. I received the original design, shown in DT Chap 14, Page 91, following a deep meditation
experience on 3 September 1995.)
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'Think of this journey from difficult times to new beginnings as just one voyage of a ship that has stood the test of time, has been challenged regularly by the winds and the storms – and even sometimes the incompetence of the captain and of those that sail her – yet it does eventually get through to safe harbours, and then dares to go out again'.

'The ship is made for many voyages, many challenges, many discoveries. Some will be more successful than others, but all offer some kind of opportunity. Do you really want to settle for finding a safe harbour and staying there forever? Don't answer that question when you are feeling miserable because you might be tempted to say 'Yes', and then you'd miss all the wonderful adventures in store for you'.

I was reminded of the last words of the poem that I had received just 9 days previously:

'And now's the time to take the helm and guide the ship of truth again, so it will never stay the same but move towards a greater light to share with all who care – at night'.

All of the above was part of a ten page article entitled 'Questions of Time and Dimensions' that I wrote on 20 July 2014. On 20 July 2016 I was prompted to add to that article what had occurred over the previous three days. But before I recount those events, I need to add that while extracting significant elements from my article to create this chapter, I discovered the words of Mark Twain quoted at the head of the chapter. 'Throw off the bowlines' which was reminiscent of the last verse from the poem 'Time' that I received in October 1987.128

The only reason we have these ideas is because of what we were taught.
Just throw off the shackles, let your mind be released, and try some original thought.

128 (See DT Chap 11, Page 63)
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On 18 July 2016 I received an email from John, who I met in 2013. John had read my 'Working with Truth', the first chapter of which relates how the number 313 was significant at that period in my life. It was on page 313 of Carl Jung's 'Memories, Dreams, Reflections' that I read:

'Seek for yourself and your fellows the healing vessel, the servator mundi, which you urgently need. For your state is perilous; you are all in imminent danger of destroying all that centuries have built up'.

Many of the accounts in WWT relate my visits to war graves. John explained that he had just finished watching a TV programme and the presenter had stopped beside the grave headstone of an American soldier, 'Curtis Southern PV 313'. John wondered if the '313' might be significant for me in some way.

19 July 2016. I responded to John at 12.49 and added that I would check to see if I was supposed to help Curtis – 'when I've finished this email'. I highlighted the email to remind me to check later. However, there appeared to have been some sense of urgency because John responded at 13.26 saying that he had been intrigued by Curtis and had briefly done some research. The information he forwarded on to me revealed that Curtis had died on 11.11.1918 and was part of the 313 Brigade USA. I checked the details related to Curtis to see where the cemetery was located in which he was buried. A month previously I had mentioned to Roseline that I had in mind to arrange a trip to Switzerland in 2017, and we both had ideas on sites and people that we would like to visit. I was particularly drawn to visit the 'The Tower' built by Carl Jung at Bollingen which he referred to as his 'place of spiritual concentration'. I had also suggested that a picturesque overnight stopping off point would be Colmar. The American cemetery just happened to be very conveniently located, midway, about 250 km from Roseline's home and 300 km from Colmar. (In my email to John I queried as to when we had originally met and he confirmed that it was at the Inca Wisdom Teachings workshop in 2013.)

20 July 2016. During the previous week or so I had been reviewing and editing the first seven chapters above. I printed copies of the drafts and did some of the editing in bed before getting up. I completed this review
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on 19 July. Today I reached page 18 of my latest reading matter, 'Into the Wider Dream' by New Zealand Anglican clergyman Michael Cocks, which I had purchased a few weeks previously. At the top of the page was a brief section referring to the work of Carl Jung and his concept of the 'Collective Unconscious'. Immediately below that was a section headed: 'Physicist and Philosopher, Danah Zohar' - the name sounded familiar. Suddenly it came to me – Danah Zohar was the pen name of Dina Glouberman who had written 'You are what you Imagine'.

I got out of bed to record what had taken place and as I delved into the detail I knew that I was being taken on another adventure towards enlightenment. So, John, Dina and I all met at the same Inca Wisdom Teaching workshop in 2013. In researching my files, I discovered that I had sent the whole article entitled 'Questions of Time and Dimensions', (which was written exactly 2 years previously) to both John and Dina on 21 July 2014. Then I noticed the sub title of Michael Cocks' 'Into the Wider Dream' – 'Synchronicity in the Witness Box'. I sent copies of the above account to John and Dina to keep them up to date with what had occurred. Only as I put this text together did I notice that the time of my email to John was 13:13.

Later the same day I joined Katy for our fortnightly Peace Meditation. This is separated into two sessions, the first being to clear any current issues and the second to focus on 'Peace'. With the information regarding Curtis Southern fresh in my mind, I wondered if I might be able to assist him in any way during the first session of the meditation. (I remembered the dream from 2010 which indicated that, as opposed to visiting war graves to help deceased soldiers who had been unable to release their attachment to this physical environment, I would be able to work in a different way in future.129) I focussed my attention on Curtis. Immediately I was enveloped in an energy that I can only describe as him being in an extremely distressed state. From a visual perspective it was as if he was sobbing so deeply and he put his arms around my shoulders and hung on to me. It took me quite a while until I was able to get him to

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129 (See WWT Chap 6, Pages 54-56)
relax a little. By this time he had sunk to his knees with his arms around my legs and was still sobbing.

'They come but they won't listen.' He was referring to visitors that come to the cemetery and he had been unable to make any contact with them. 'You are the first one'—with whom he had been able to make any contact. After I had mentally calmed him down a little further I was able to establish a limited form of 'communication'.

'Are there any others around?'
Curtis. 'Yes, but they have moved away – thousands.'

'Would you like me to come and see your grave headstone?' Still sobbing 'Yes'.

'We could go together and you would be able to see it'. No response.

'Is there anyone you would like to see? Your parents?' Again no response.

'Would you like to go to the beach?' I got the impression that he was not aware of what a beach was.

'Would you like to go to Hawaii?' He didn't seem to know what Hawaii was.

At this point I recalled that he was from South Dakota. I don't know the geography of South Dakota, but I had the impression that he was from a remote farming area and had been unaware of much of the rest of the world beyond his daily routine before he became a soldier. I suggested that as he had felt a bit better when he had relaxed, that he would be able to relax more if he lay down. I finally got him to relax even more, suggesting that he remain there and I promised him that I would return and take him to see his grave headstone. He'd been hanging around for over 97 years already, so another year would not make that much difference. I left Curtis to relax and returned to full consciousness in the room.

Sometime during the above experience I recalled that on 18 July at 18.30, prior to John viewing the TV programme and prior to me receiving his email, for no apparent reason while working on my computer, I was suddenly overcome by a very strong unpleasant churning in my solar
plexus. I was so concerned that something had happened to Roseline or someone close, that I made a note of the time to eventually verify this. Roseline later confirmed that nothing unusual had occurred at that particular time. The reaction dissipated after about 30 minutes but I was left without any idea of what might have caused it. Quite illogically and I don't know what prompted me, but I asked Curtis if it was him that had blended with me on 18 July. He confirmed that it was.

Katy and I discussed what had taken place and then sat for the second Peace Meditation session. Curtis was evidently still not at peace and I was drawn back to where I had left him relaxing. I asked him if he was feeling better to which he responded that he was. I suggested that he might like to relax even more. This he did and confirmed that it felt even better. I then asked him if he would like to go to 'where he came from'. Very simply he seemed to float up an ever widening tunnel and disappeared into light.

As I was writing up this account I checked details related to the Meuse-Argonne American Cemetery and Memorial where Curtis is buried and discovered that it contains 14,246 casualties, the largest number of Americans in First World War cemeteries.

21 July 2016. I opened my emails and waiting for me were five emails from John, all sent just after 02.00 am. The first one read: 'You once commented along the lines "you've got me at it now," well now you have got me involved with Zohar!' It contained a four page attachment. The next three emails had copies of photographs taken on his first European holiday across Belgium to Luxemburg when he and his father had visited some war memorials. The last one contained a photograph which related to the attachment of his first email, recounting his experiences covering the period 18 to 20 July.

With John's permission I will now extract the significant elements from his account as they relate to my experiences.

18 July he watched a video called 'Consciousness Engineering' which eventually related to an Amazonian tribe whose 'dreams to them are more real than the illusion of the 'out there'.'
19 July he was drawn to look at his Mayan Oracle Cards which he had not used for a while. The answers he received related to 'looking within, journeying into the self, Hall of Mirrors, spiritual warriorship, sword of truth, clearing illusion' and much more.

John then remarked: 'Upon browsing one of my bookshelves I noticed a purple file and casually lifted the fallen [dangling down] label and read it.'

John said that after a busy day on 20 July he printed a copy of the email attachment I had sent him highlighting the link to Zohar and sat down to read. This was his reaction.

'I gasped in amazement, shouted "No" in disbelief, and suddenly ran upstairs to my front bedroom library in order to double check I wasn't going nuts! I lifted the label on the purple file which was dangling down in order to confirm what I had seen briefly yesterday...the word written on its underside..."Zohar"'

'Synchronicity in the Witness Box' – Guilty or not guilty?

At this point it was time to have my evening meal. My computer has the habit of shutting down if left without action for an indeterminate period, so in order to keep it active I put music stored on my computer to play while I am away. I was drawn to a selection of 'Late Night Jazz' which I felt might be an appropriate indication that it would be late when I
finished working on what I was involved with that evening. I clicked on 'play all' and the first track that was chosen from 23 options was 'All the Things You Are'. While showering I noticed words going round in my head. They were 'You are the promised breath of springtime' from the above track. Was this Curtis reminding me of my promise to go and see his headstone next year; maybe it was an indication that this book that I am working on would be completed by next springtime, or possibly it was simply confirming what I had received in 'channelled communications' that 'Everything is ONE'?

On the question of completing the book, I was reminded of earlier 'communications' (recorded in Chapter 11) where I was being encouraged 'to fly' - in other dimensions, 'other states of consciousness'. In that experience I was contacted by the 'communicators' who were encouraging me to fly with them. I jokingly refused the invitation with the response, 'Oh, come on guys, I need to get my book finished first'.

During August 2016, friend Moyna asked me if I could help her dog, 'Mutley'. He was blind, deaf and nearly incontinent and Moyna wanted him to leave this physical dimension of his own accord, as she was reluctant to have him put to sleep.

Later that day I went to Katy's for our regular meditation. Katy's dog Kali had not been well for some time. The conversation turned to illnesses and dogs. Concerning the situation with Mutley, Katy suggested that I try to get St Francis to help. Never having previously worked in this way with dogs, in following that suggestion I had the impression of St Francis encouraging Mutley to go with him and he was implying that he would show him the way. However, I also sensed that Mutley was reluctant to leave.

Prior to a subsequent meditation at Katy's on 28 September she told me that she had had to have Kali put to sleep. During that meditation I sensed one of Kali's paws poking from below a (non-physical) blanket on my lap.

Sometime between 13 and 20 October I met Moyna's husband and asked him about Mutley. He said that since I had spoken with Moyna, Mutley seemed to have been improving.
On 26 October I received a card on the front of which was a photo of Mutley. Inside, the only writing was: 'The Mutley, 02.10.2000 - 22.10.2016'.

I immediately sent an email to Katy informing her of what had happened and concluded with the words 'All is well'. I had arranged to meet another friend, Wendy, for lunch that day. After lunch as we were saying goodbye, Wendy added: 'All is well'. Then as I later completed consolidating this account I noticed the embossed words above the photo of Mutley 'Stay Well'.

The following day I wrote to Moyna to thank her for letting me know that Mutley had now passed over and concluded by asking her permission to include events surrounding Mutley in this book. I intended to enclose a copy of an account of the above events with the letter together with an explanation of the significance of my connection to St. Francis, which I will explain in a moment. But I soon came to realise that this was not the end of the story.

I attempted to print a copy of the account but discovered that the coloured ink in my printer had run low. Consequently the image of Mutley was spoiled. I replaced the cartridge and after a number of failed attempts,
discovered that the new cartridge was not working correctly. I replaced that cartridge and had the same result. But as I sensed an urgency and need to get a copy of the account to Moyna as soon as possible, my only option was to go into town to purchase another cartridge. On the way I passed an elderly gentleman, wearing unkempt clothes, walking up the main street carrying three live owls; one on his right shoulder and two on his left arm. As I passed him I felt obliged to turn round to wish him 'Good morning' before hurrying on to purchase my ink cartridge.

As I occasionally met Moyna or her husband in town I took the first spoiled copy of the account intending to give it to either of them if we met. This didn't happen, but as I was only a few hundred yards from where they live, I took a detour to pass the spoiled copy to Moyna. There was no one at home. I then attempted to write a note on the back of the account explaining what had happened and drop it through the letter box, but before I could finish the note, my pen ran out of ink. There was definitely something strange taking place and I needed to consider what it might be.

When I arrived home I printed off the account and letter, and because of the urgency that I was still sensing, I returned to put the letter and account through Moyna's letter box. Having completed this task I was then able to relax as I walked home. I recalled that as I always wanted confirmation three times, I began to wonder if the unusual sight of 'three owls' was an indication that the elderly gentleman might have been an expression of St. Francis. I decided to meditate on that question. The answer I received was: 'Can you prove that it was not?'

I have little doubt that Mutley is now in safe hands. All is well.

I first began to notice my connection with St Francis in the summer of 2001 after making plans to visit Assisi the following year. Shortly afterwards I received publicity about an Italian group that was presenting a workshop in England in November on 'past lives'. I enrolled and participants were asked to send their name, date and place of birth, together with a recent photo of themselves and a photo taken about 15 years previously. Participants were not told why this information was required. During the workshop it was explained that the information had been sent to mediums to work with in Italy. I must admit that I was
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doubtful when I was advised that the mediums had sensed that I had been a disciple of St Francis of Assisi.

I then registered to attend a different ‘past life’ workshop in the spring of 2002 with a group with which I had shared similar workshops in the past. I was packing to leave when Marjorie, my 92 year old friend and neighbour, called to say that it was important that she see me before I left. She explained that as she had been unable to sleep the previous night she had tidied up her spare bedroom. There she found a book that she had no recollection of either buying or being given. She insisted that it must be for me. The title: ‘The Prayers of St Francis’ by James Twyman. Later that day during the first workshop session we sat in a circle introducing ourselves. I was sat to the right of someone I had never previously met. He introduced himself as Francois. Had I been the 'right hand man' of St Francis of Assisi? I don't know – pure speculation. But these events did seem to be a 'pointer' in my 'symbolic language' which I was still in the process of learning. I had set the intention to visit Assisi and throughout my life I have always had a close affinity with birds. Most images of St Francis depict him surrounded by birds and animals, in particular the dove, symbolising peace. For most of my professional life I had worked for NATO, the initial objective of which was to maintain peace in Europe after the Second World War. For the last couple of years I had been regularly participating with others in a meditation for 'Peace'.

There are two significant elements associated with the above events. The first relates to what occurred in the first ‘past life’ workshop that I attended in 1996. Part of which I recorded as:

'I then leave her [who I subsequently identified as Roseline who I did not meet until some weeks later] and move east to another country. [I sensed that at that time Roseline and I were together in Southern France and 'east' felt like it would be Italy.] I am with a group of people sitting around a teacher who is in the middle of a circle'.

Then another part of what the Italian mediums picked up was:

130 (Complete details of these events are recorded in DT Chap 15, Pages 99-101)
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‘He had a strong desire to meet and know them. That was it! Their meetings took place in the countryside surrounding Assisi and with them was the founder of the group: Francesco. He joined them.’

While visiting Assisi in 2002 I went to visit the tomb of St Francis, which is set in the centre of the crypt, surrounded by tombs of four disciples. One can walk around the central tomb and between the tombs of the disciples. As I walked between St Francis' tomb and the first tomb on the right belonging to 'Ruffio' I had a distinct shiver go through my body. I did not sense the same reaction when I passed in front of the tombs of the other three disciples.

As I proofed the above text I was reminded that in addition to 'The Prayers of St Francis' other books had been brought into my life which seemed to have been in response to my thoughts.

In 1992 I expressed a strong desire to read 'Silva Mind Control' by Jose Silva. Within 3 hours, friend Pat who I was due to visit, had placed a copy of that book, front cover facing outwards on her bookshelf. I could not avoid seeing it and as a result she loaned it to me. 131

In 1997 I felt I would like to visit the Greek Islands. I was mentally seeking confirmation that this would be the appropriate thing to do. I was eventually given a book 'Light is a Living Spirit' by a lady who won it in a raffle. This, together with other events, confirmed that I should visit the island of Patmos. 132

In 2010 I was seeking confirmation that my assumption was correct that deceased individuals had been using my eyes to see what I was seeing. As I arrived to visit Marcia she immediately asked if I could take her to a shop selling crystals. While browsing the book section there was a copy of James Twyman's 'Emissary of Love', facing outwards on the bookshelf, which I felt I had to buy. In the book, one of James' teachers explained that 'When the Dalai Lama chooses to, he can look through my eyes, or through the eyes of someone who is close to me.' 133

131 (See DT Introduction, Page XII)
132 (See the full account in DT Chap 22, Pages 171-172 and earlier mentioned in Chap 6.)
133 (See WWT Chap 5, Page 42)
During that same visit to Marcia, one of her friends, while helping another friend load books into a vehicle, randomly took one of the books and passed it to me saying 'Here, have this'. The title of the book was 'Ways to Live Forever'. Details on the book cover immediately convinced me that I was being encouraged to extend my date of departure from this life.\textsuperscript{134}

Then while working on Chapter 20 of WWT in June 2013, I postulated solutions to the enigmas associated with pyramids: the purpose, method of construction, identity of the builders, geometrical and astronomical alignments etcetera. But I felt that I needed some form of confirmation to validate my speculation. On 10 August 2013 I received a phone call from Kathy. She had been a member of a group with which I had travelled to Egypt three years earlier. She said that she was being prompted to give me a book, could we meet? The book title was 'The Atlantis Blueprint', which clearly validated my speculation.\textsuperscript{135}

\textsuperscript{134} (See DT Chap 24, Page 189)
\textsuperscript{135} (See WWT Chap 20, Pages 213-215)
My health problems began on 14 September 2015 and as a result I found it difficult to focus on my writing. Following being given the 'communication' - 'Release from Attachments' (See Chapter 7), I eventually concluded that I was being prompted to include not only that 'communication' but all subsequent 'communications', as part of this book. But even after completing the first 8 chapters I was still unable to finalise chapters 9 to 12

I had been aware of 'The Communicators' for many years. I must admit that while I had received, written up, transcribed, read and filed all of the 'communications', I had not anchored most of the 'messages' into my consciousness. Although I had been 'hearing', I had not been 'listening'. Now would be an appropriate moment to review some of the 'communications' that I had received.

It was between 06.15 and 06.30 on 24 June 2000 as I lay in bed with an open book, I noticed that I was not reading. I then realised that the 'other world' was trying to 'communicate' with me. I put down my book and thought: ‘OK, what do you want?’

‘Go and get some paper.’ It was evident that I was going to be asked to write something.

'So, it is time to speak.'

'I am listening'.

THE FUTURE

'When you take your pen in your hand, it is a sign of willingness that you are prepared, in fact desire, to listen. You have indicated in a physical act that you are ready to receive and record what we wish to communicate.

Yes, I say ‘we’, because in the non-physical realms, the minds and understanding are a combination of experiences, which are
brought together by affinity. We are not any individual, as you might describe an individual in a physical sense, but an amalgamation of experiences, drawn together by the law of attraction, as you yourself are part of that same amalgamation. But you are the means for expressing those thoughts and ideas of the ‘group’ in the physical world. To put it in a physical analogous representation, a leaf is on a branch, which is on the tree and underground are the roots. All of this is called the ‘tree’. In the same way, we refer to ourselves as the ‘we’. Now does this shock you? It should not, for you as an individual, are analogous to the leaf on the tree. You are its expression in the physical (outer) realm. ‘We’, when we refer to ourselves in that form, are trying to communicate to you in your language, to make it clear that ‘we’ are more than what you would recognise as any individual.

But ‘we’ wish to make it clear that we are no lesser or greater than yourself or any other earthly individual. We, of which you are part, are an amalgamation of thoughts and ideas of a similar nature, expressing themselves in various levels of existence.

When we refer to the ‘tree’ being something you recognise as a complete physical form, do not become overwhelmed with the idea that this is something to revere. It is only our way of trying to get across the idea that we are all elements of something greater, far greater than you could possibly imagine. You see, as a tree is whole within itself, so is the leaf whole within itself. And yet the tree is only a part of a forest in the world comprised of many plant species, not to mention all the other mineral, animal, human and yes, non-human energies surrounding and supporting all of these physical manifestations.

So, do not become overawed when we refer to ourselves as ‘we’. You are part of our way of thinking, part of our thought patterns and for the moment we are part of the same tree.

But you ask ‘What are we doing, as this tree of which we are part, at the moment?’ [Evidently my inner thoughts had been posing this question.] Well, as you are well aware, not everyone on the
physical plane is aware of these other equally valid realms of existence, and we (including yourself) feel that once individuals become aware of this Reality, (for this is how it is, whether we like it or not, whether we believe it or not) then they will begin to change their way of living and associating within the earthly realm. For so long, individuals have been told what they should believe, what they should do, and this is what we believe is behind all the violence and rebellion in the human reality today. This expression of the whole has been suppressed and controlled for so long, that what is being seen at the physical level at the moment is the puss of the great boil, which has built up over centuries.

As with any blockage, eventually this needs to be cleared, and this is simply what is taking place. The anger, resentment and frustration are coming out. You have been caged up like wild animals in a zoo for so long and now you are in the process of breaking out. Did you recognise the beauty of how this was reflected and how humanity reacted when they were given the freedom to do and be, when they were free to attend the summer solstice within Stonehenge for the first time in many years? There is a clue to what you should expect would happen when all men are free to do and be what they feel they should be in their particular field of expression. Once they are permitted to experience whatever is their desire, soon that desire will wane and another will take its place, and so on. That is what life is about, living and experiencing in whatever expression is appropriate at any given point in evolution. Not everyone will feel it necessary to experience bungee jumping, but some will – and may even become what you call [humorously] ‘hooked on it’. It may become a habit, but once everyone is aware that they are free to either continue in that habit or change it to something else, and not be told or controlled as to what they are allowed to experience, then we believe that world thinking will take a giant leap forward in its evolutionary process. That is why we, including you, are manifesting in the way we are at the moment. We may be right, we may be wrong, but at least we are trying to
do our best and express the Reality, as we see it, to humanity as a whole and allow individuals to determine their own destiny.

What makes us feel this way? Simply, if we take a look at the past and ask ‘Has it worked?’ the answer with slavery, wars, destruction of the environment and much, much more, then we must conclude that it has not worked. We believe this is because man has not understood how he, as an individual, fits into the greater picture of the evolution of the Universe. Now is the time to lead man to a greater understanding of himself, give him the opportunity to experiment, play with the toys of discovery, but ultimately allow him to reach his own conclusion. Unless he comes to terms with this Reality and change his destructive habits, humanity will be eliminated from the face of the world. Would this be such a great tragedy or would this give the natural world the space to once again breathe and recover into a world of harmony and love? The past has not worked; the present is not working. Only a completely new way of thinking can really give us any hope for the future.

That is what this ‘tree’ is attempting to get across into human consciousness. As a leaf on that tree, you are one of our representatives in the physical world; simply a leaf on the tree of humanity, but an important element, without which the tree could not breathe. Become aware of your responsibility and the task you have chosen to experience. We send you our love and harmony for the work ahead.'

If the title of the above 'communication' was 'The Future' it seemed appropriate that my attention should have been drawn to one entitled 'NOW'. During my attendance at a seminar on 15 April 2003, a group around the dinner table had been discussing the concepts of 'One' and 'Now'. The following morning I woke at 05.30 with the sense of a presence in the room. Having previously experienced similar feelings I mentally asked ‘What do you want?’

‘We want you to write this down.’ This is what followed:
'Over the years you have gained much knowledge. You have followed the pathway we have presented to you. You have taken the concepts of the mind puzzle, turned them over and put them back together again to form the new picture of what is. You are on the threshold of holding the conception of both sides of the picture in your being simultaneously – understanding being part of this ONE and at the same time being expression of part of the creative Universe in the domain you have chosen. This is all very well, but how are you to use this knowledge in the future? And here you raise the ultimate question. [Again my inner thoughts appear to have been perceived.] If everything is 'NOW', how do you rationalise the linear time concept of future into your puzzle? Yes, this has been a major stumbling block, not only for the human mind, but also for the greater mind in how to get this concept across to you. We can give you examples to show you that this must be the case, but as advanced as we are, we are unable to impress into your understanding the Reality of this truth. (We did not want to use those words, but that is about as near as we can come to expressing what we wish to say in your language.) 'NOW' is, was and always will be. Expressions in any form away from the 'NOW' will always experience a concept of time. Again, symbolically, we can show you ideas of how this can be – such as the outer ripple of a stone dropped into a still pond, or the light from a distant star arriving in your earthly domain today – yet the origins of that light no longer exist. You see, expressions only exist so long as they are supported by the desire for experience. Once that desire or drive is diminished, the energy of the whole, which was directed in support of that desire, will return to the 'pool of Oneness'. (Another symbolic analogy would be to imagine you were inside a balloon and you poke your ‘finger of desire’ into the membrane. From the outside you could describe this as a bump on the surface of the balloon. Yet once you release the expression of desire, the membrane will return to its former shape. Outwardly, you are individual bumps on the membrane of The One. But ‘you’ are a collection of many
millions of mini-desires, which make up the expression that you are in your world – 'NOW'.

You see, when ‘we’ speak to you, we speak as ‘we’ not ‘I’, for ‘I’ in effect does not exist, only the ‘One’ is. It is not past, present or future, but expression in multiple forms constantly – 'NOW'. As you separate and individuate (now there’s an interesting word we have dreamed up to attempt to get our thoughts across) in order to experience other densities of expression, so the expression of time forms part of that experience. [Eleven days later I discovered that ‘individuation’ was a term coined by Carl Jung to describe the ego expression part of the collective unconscious.]

God has been described in many ways, in many forms, in many cultures. God is omnipotent, omnipresent, omniscient and unspeakable. God is the father, the list in all languages, all concepts, cultures and expressions is endless. Simply – God (to use a word) - is. God is not to be worshipped but understood. All is part of that oneness of being, that everlasting creative creator. Everything is an individuation desire expression of that creative force of which ‘time’ in earthly terms forms an illusion.

So simply recognise that you are part of that oneness, that almighty creative power, (or as Jesus expressed it ‘My Father and I are One’) and have chosen, through desire, to experience what you term human life on earth for the moment.

We thank you for taking some of your ‘time’ to note our thoughts and wish you success in understanding throughout your journey of experience.’

I went back to my files to see if there were any further 'channelled communications' that might be suitable for adding to this text. As there were over 60 I concluded that it was unreasonable to add these to the book. However, one of the most recent from 17 July 2016 had the title 'Conclusions to Reflections on Truth'. Earlier that same morning I had reached the end of my current reading ('My son and the Afterlife’ by Elisa Medhus, MD.) The first entry in the bibliography was 'My Big TOE - The
complete Trilogy' by Thomas Campbell. In Campbell's understanding, the acronym 'TOE' stood for 'Theory of Everything'. I had frequently noticed a car in the local area with the registration 'B16 TOE' which I was told belonged to a chiropodist. My understanding of that TOE acronym was that it stood for 'Time of Enlightenment'. As this third book would go towards completing my trilogy it felt appropriate to include this text.

**CONCLUSIONS TO REFLECTIONS ON TRUTH**

*We love you. You have succeeded. You just need to tie up the loose ends and present a picture of Reality of who we are, whether we be in the earth dimension physical domain or whether we are specs of consciousness expressing our intention in other domains. We, the specs of consciousness, that you were hearing, like raindrops landing on your roof, were your helpers, teachers, angels – (if you wish), gathering together to have a party, celebrating your success. We are proud of you. You have achieved your objective in gaining an understanding of what this life is all about. You came with that intent and in the process you have succeeded in eliminating parts of your karmic history, but more importantly you have helped others towards an understanding of their mission on the earthly plane. It is not a question of being proud or egotistical, it is simply a recognition of understanding the deeper, broader aspects of our soul(s) intention within eternity and becoming aware of realms beyond the minds of individuals entrapped within the physical realm. Open the doors to a greater possibility and allow expansion of consciousness(s) to discover and create a loving Reality for all to share across all domains of expression throughout the wholeness of ONE. You are each held with love within my heart.*

'Having a party' appears to be a frequent event in the other dimensions considering the 'communication' I received on 23/24 April 2016 and as recorded in Chapter 9. This was followed by the subsequent 'communication' of 3 May in which I received the poem 'Heaven'.

Also in Chapter 9 I recount that I recognised that I had not fully integrated my spiritual expression into my physical body as a result of childhood experiences. I therefore had part of my conscious awareness in both the
physical dimension and non-physical dimension – let's call it 'spiritual' for convenience of expression. As we have seen from the earlier 'communications' from beyond, once we set the 'blueprint' (dropping the stone in the still pond of consciousness) and stand back and wait, the ripples will eventually reach the shore (manifest in this physical realm). The larger the stone (the deeper level of consciousness at which the blueprint is initiated) the greater will be the impact, which also determines the speed at which the ripple arrives in this physical dimension. As I eventually recognised, during my life, much of my conscious focus has been in the spiritual dimension. Thoughts, desires and intent in that realm then naturally eventually manifested, with varying linear time delays, in this physical domain. Thoughts and wishes expressed in the physical dimension, at a level of consciousness (on the surface of the pond) may or may not eventually arrive as ripples on the shore of this physical dimension as they are subject to being distorted or diverted by extraneous thoughts.

With this concept in mind I now understand why certain, apparently incongruous events, happened in my life. As a teenager, (with one part of my consciousness still focussed in the spiritual domain) I had many conflicting ideas relative to the functioning of this physical domain. I could never understand why members of parliament had to vote with their party as opposed to voting with their conscience. (But the recent BREXIT vote seemed to indicate sub-conscious public reaction towards being regulated, and as a consequence this was a step towards rejecting laws established by others over whom they have no control.)

Probably, like many teenagers, I had a strong desire to have my own means of transport (in my case, a car) as soon as possible. Sub-consciously I needed to have some form of independence as a result of being told what to do from the time I arrived in this world. In an attempt to reach that 'independence' from my parents, I was eager to complete my military service and joined the Royal Air Force. During the initial medical check and interview I noticed something odd. I was number three in a line of thirty potential recruits. Most wanted to join the Air Force yet there was a high chance that we would drafted into the Army. The first two recruits interviewed were accepted for service in the Air Force. The next person called for interview was number four in line, followed by the
next twenty six. All except one, who had been accepted for service in the Navy, were drafted into the Army. I was the last person to be interviewed and was accepted for service in the Air Force. After subsequently signing on to serve for an extra year, I was given the opportunity to go abroad and was asked where I would like to go. Part of my choice of assignment was based on my idea that as I did not smoke, I drank little and the overseas allowances were quite generous at my two chosen locations, I felt that after a one year tour I would have saved sufficient to purchase my dreamed-of 'car of independence'. As earlier recounted, I was not sent to my first choice posting\textsuperscript{136}, but as a result of my assignment, within weeks of arriving I joined a group of amateur musicians and we were regularly engaged to play at weekend dances. With the extra I earned from that activity, together with the overseas allowance, I saved enough to purchase my 'independence car' four months later.

As a teenager I had difficulty in understanding the complicated and convoluted tax system established in the United Kingdom. Why was everyone not simply obliged to pay a stipulated percentage of what they earned? It would be much easier to simplify the system so that people would receive their earnings less the amount of tax due. After completing my military service I obtained employment as an international civil servant. Our salaries were calculated by comparison to similar type grades of national civil servants, but reduced to take account of the fact that we did not pay tax.

Paid holidays in England in the 1950's were two weeks per year. I knew that I wanted to travel and would need more than the usual two weeks. The holidays for international civil servants were 30 days per year. In order to retire with sufficient pension to do what I dreamed of, I would need to retire with a higher grade than the one in which I was originally recruited. I understood that one of the employment conditions was that it was not possible to obtain promotion within grade. During my career I managed to obtain promotion, within grade, three times. But of course, at that time I had no knowledge of what I initially considered to have been

\footnote{136 (See Chap 5, Pages 62-63. However I subsequently discovered that the two options I had chosen for assignment were nuclear testing sites and many of those assigned there subsequently suffered serious health problems due to radiation exposure.)}
REFLECTIONS ON TRUTH

my 'intent or desire' or that it might have had anything to do with those events.

I now had to consider some of the other events throughout my life, in addition to those already recounted in my earlier writing, which could have been associated with my intent or desire. In 1965 we bought a holiday apartment in Spain. Four years later, having been forced to move from France to Belgium due to the relocation of the headquarters where we worked, we purchased a plot of land close to the apartment with the intention of eventually selling the apartment and building on the land. By the early 1990's our daughters had become independent and after years of returning to the same holiday destination, we felt drawn to travel and see more of the rest of the world. Without specifically advertising that the apartment was for sale, we received and accepted an offer from the sitting tenant who was keen to purchase it. While in the area to sign the contract for the sale, we went to see the land. Neighbour 'A' had built a wall across part of the land. We then discovered that during the intervening years, the building regulations had changed and we would not have sufficient space to build the house of our dreams. We were left with a piece of front line land that was unsaleable. Shortly afterwards I was at home sitting at my desk when the phone rang. It was the son of neighbour 'B', from whom we had originally purchased the land 29 years previously. We never ever met either that neighbour or his son. The son wanted to know if we would be willing to sell the land. We had been in what appeared to have been an impossible situation. Yet somehow without any effort on our part, other than the desire to travel and by then, our lack of attachment to the Spanish properties, the issue was resolved. The apartment was sold; the son of neighbour 'B' bought the main part of the land and neighbour 'A' agreed to purchase the section of the land that he had walled off and incorporated into his garden.

During the time I lived in Belgium, one of the few things that I missed was easy access to a jazz club. I had an inner desire to hear live jazz. After moving back to England I discovered that within a 45 minute drive from where I chose to live, there were different locations where one could listen to live jazz at least four times per week. Then as the result of seeing a barn owl, in broad daylight, on the way to visit mother, I had wondered if this was an indication that mother was close to the end of her life. A
few weeks later I had a dream, which, had I been able to correctly interpret the complicated symbolism and subsequent events, would have given me the exact date of mother's death.\footnote{137}

One of the more extraordinary events that took place, related to a thought that I had sometime during the 1970s. I was driving home from work on a different route to that which I normally used. As I drove through a wooded area I noticed the blue flecks on the wings of a jay as it flew across the road ahead. That was the first time I had seen a jay and I vaguely felt that I would like to see one closer up. Over 40 years later, on 2 August 2007 I set off on one of my regular walks. Suddenly I noticed a jay about 20 meters ahead on the track. I had never previously seen a static jay that close. I stopped, slowly removed my camera from a bag and took a photograph. I then gradually moved forward to take a closer image. I was astounded that the bird did not fly away and wondered if it might have been injured. I continued to move forward taking photographs as I went, until I was able to kneel down beside the bird. Not only was I able to take close up photographs, but the jay allowed me to stroke it.

I eventually continued my walk and when I was some distance away I turned to look at the bird, and as I did so it flew off. That in itself was amazing enough, but the following morning a magazine arrived in the post. On the front cover was the image of a jay.

\footnote{137 (The full account of what took place is recorded in DT Chap 16, Pages 108-115)}
One of the symbolic meanings attributed to the jay turning up in life is having utmost patience in timing. Evidently I had been tested on the aspect of patience while waiting for all the other recruits to be interviewed when registering for military service almost 50 years previously.

Yes, I was in a light altered state of consciousness while driving when I saw the jay fly across the road. One might question why, years later, I had the privilege of being able to stroke a jay. I suggest that one explanation might be that, as mentioned in the previous chapter, I have developed a very close affinity with birds, having had at least four budgerigars as pets. One of those birds was so tame that he would put his head into my mouth, attracted by seed on my tongue, to the point where I could close my lips around his body.

Another incident concerning the time delay between the intensity of thought and the manifestation of the intent in this physical dimension relates to being on a ferry in about 1970, crossing from Zeebrugge in Belgium to Hull. When the ferry was close enough to receive television reception from England, the TV in the dining area was turned on. For some reason the image of folk artist Julie Felix singing 'We're all going to the zoo together' stayed in my mind. I have no idea why, but I felt that I would like to meet Julie (also the name of our youngest daughter). Again it was over 40 years later, in September 2013 after attending a Memorial Service for a mutual friend Gillian, that Julie Felix came and occupied the vacant chair next to mine. It seems as if there was a common
empathetic intent between Julie, Gillian and myself and our attempts to work towards bringing peace into the world.\textsuperscript{138}

Throughout this work I have assembled numerous examples of how 'thoughts' and 'desires' eventually appeared to manifest in this physical realm. I suggested that the intensity of the 'thought' or 'desire', associated with the urgency, seemed to be the factor which determined the speed at which the 'intent' manifested in this physical realm. But whatever the mechanism, as discussed in Chapter 3 relative to 'remote influencing', I now had to re-consider that what I had assumed to have been 'my thoughts'. As I had concluded that the influencee would likely to be unaware of what was taking place, what I had considered to have been my thoughts could well have been expressions of thoughts from other dimensions which I had interpreted as being my own. I have no doubt that individual specs of conscious awareness express themselves in multi-dimensions throughout the Universe, and from my experiences it would

\textsuperscript{138} (On 25 August 2016, as I wrote this paragraph I was aware of deeper symbolic connections. I had been attracted to Julie's song 'Going to the Zoo' while on my way to England. In DT (Chap 14, Pages 91-92) I recount how, as I turned on the TV in October 1995, the image being transmitted was of lions being put into containers for transportation to England from a zoo in Greece. The words accompanying the images were 'I will go ahead to make sure there is a home for them when they arrive in England'. The background music playing was 'Born Free' and written on the side of the containers in big letters were the words 'BORN FREE'. (That was prior to my understanding that big letters on the side of vehicles were something to which I needed to pay attention.) I originally interpreted the symbolic significance as being related to my personal situation in that two months previously Margaret and I had separated and she was already living in England. In the DT account I describe how, in August 1995 'I knew that I must sell the house, retire and return to live in England. I knew that this was the right thing to do, yet without specifically knowing what I would do'. In the 'The Future' 'communication' above from June 2000 were the phrases: 'What is being seen at the physical level at the moment is the puss of the great boil, which has built up over centuries'; 'You have been caged up like wild animals in a zoo for so long and now you are in the process of breaking out' and 'allow individuals to determine their own destiny'. I sensed that what was being symbolically communicated not only applied to individuals, but through all levels of society, including nations. No wonder I then sensed that 'the BREXIT vote indicated the sub-conscious public reaction towards being regulated'. 'The Future' 'communication' from 2000 had already indicated what was going to take place, not on a personal level, but on a much broader scale. It was as if in 1995 I had somehow already sensed what was coming towards humanity and applied it to my personal situation. But this was something that was bigger, much bigger than that. The 'lions' being transported from 'Greece' to England; the 'zoo' song (which was imprinted in my memory) being sung on my way to England, and 'being caged up like wild animals in a zoo' somehow reflected the Greek situation within the Euro and the United Kingdom being 'born free' from the European Community.)
seem that they are able to influence events and transmit thoughts across 'vertical' dimensional boundaries. There also seem to be 'horizontal' areas of interest which determine the aspect in this physical dimension that might be affected. Whatever takes our individual interest will attract to us influences from other dimensions. We may simply perceive them as thoughts. They may be attempts to attract our attention, or they may be attempting to influence the environment in this physical dimension for some reason. The difficulty we have is in understanding the intent and language of such influences. Much depends to what extent we allow our conscious awareness to expand to accept such concepts and to recognise that what we perceive may be a guide towards helping us understand the Reality of there being greater dimensions beyond this physical domain.

However I then reflected on the significance of how the books, mentioned at the end of the previous chapter, had come into my life. Each event stemmed not only from questioning or expressing a desire on my part, but it also involved other individuals being prompted to do something to bring my attention to the books, or for them to offer the books to me. What had prompted them to become involved? Although we may perceive that we are living our lives as individuals, I have little doubt that we are also subject to being influenced, 'remote influencing' if you wish, by elements of Oneness.

Where did my desires and intents originate that served to trigger the poems, and 'communications'? From the 'communications' that I have received, it is as if I was among the grains of consciousness that volunteered to manifest in this physical dimension for a while. Just part of a team that has the intention of attempting to influence humanity to develop a deeper understanding of Oneness; everything being 'NOW', and 'The Mechanism of the Universe'. Then for individuals to apply this understanding towards bringing peace, love, gratitude and all positive aspects of individuality into their conscious awareness, with knowledge that in following their apparent individual 'thoughts and desires', many of which now appear to be impressions received from other grains of consciousness, that will initiate change in the world.

From this physical perspective, we refer to our 'intuition'. But what is 'intuition'? It seems to be a feeling that we should do something; be
somewhere; phone somebody; it is something that we sense. But where is that 'intuition' coming from? Having perceived faces of individuals that we refer to as being dead; seen objects that I subsequently discovered were not physically there; and recognising that by what at the time I took to be 'my' 'thoughts and intentions' and that I appeared to have influenced others to take specific actions, I suggest that these 'intuitions' are emanations from grains of consciousness which are in harmony with the make-up of our individual personality. We, by our perceived individual 'thoughts and intentions' appear to have created and continue to create a dimension in which we have chosen to experience aspects of Oneness which can only be experienced in this physical dimension.

As far as I am now able to determine, there seems to be a hierarchical vibratory layer of dimensions, this physical dimension being towards the outer (slower) limits. The personality of each individual is part of a 'personality group' and the physical aspects of that group are influenced by energetic expressions from similar personality aspects of the deeper (faster) level dimensions. The deeper the level of the group to which our consciousness is attuned, the more intense will be the impressions directed towards our next step on the evolutionary ladder. However, impressions from the deeper levels manifest in this physical dimension with corresponding inverse time delays. As we develop our personality and focus our attention towards the inner levels, the 'group personality' with which we are aligned will change, together with the influences we receive. As we align our thinking towards love, gratitude, blessings and any positive aspect, so the corresponding influences we receive will change. I now suspect the reason why I was directed away from investigating 'remote influencing' by the intelligence services, was to encourage my personality to remain focussed on positive aspects.

If you recount such ideas and experiences to others, you may be considered to be suffering from delusions, dementia, insanity or any number of other labels, and eventually prescribed drugs to suppress the symptoms. But inwardly you know what you know to be true.

It is up to you, the reader, to consider taking on board these concepts and ideas and apply them in your own life. Or if you are still completely
satisfied with the way things are on planet Earth right 'NOW', simply continue as you have done in the past.
In the beginning of creation ... God said, 'Let there be light', and there was light.

Genesis Chapter 1 verses 1 and 3

Don Galloway and Gordon Higginson were both Ministers of the Spiritualist Nation Union. During a public presentation, Don recounted an extraordinary personal experience. Sometime in the early 1990's he urgently needed to speak with Gordon. Don explained that he had phoned Gordon at the location where he was staying, but Gordon had already left. He then phoned Gordon's home and he was not there either. Don then said that he left London to drive to his home in the north of England with the intention of phoning Gordon once he arrived, and due to the urgency, he would continue calling until he made contact with him. During that drive Don stopped at a service station. As he sat in his car having a drink before completing the remainder of his journey, another car pulled up next to his vehicle and out stepped Gordon.

My initial thoughts as to the mechanism of what provoked the encounter was that, while driving, Don's urgent need to contact Gordon was likely to have been uppermost in his mind. And Gordon, being mediumistic, would have intuitively become aware and unconsciously responded to the energetic emanations coming from Don. Call it telepathy if you wish. However, while reviewing the previous chapter I began to realise that my understanding may not be quite as simple as it first appeared. Yes, while driving our minds drift into another level of consciousness. It is at that level (or what I have referred to as my 'zone') that 'communicators' would be able to impress thoughts, ideas, concepts and questions into our subconscious. This could include expressing the sense of 'urgency' experienced by Don. The same 'communicators' would also have been

139 (See my similar experience recorded in WWT Chap 12, Pages 116-118)
able to influence Gordon to drive to that service station and specific parking space next to that occupied by Don. I now feel that, for whatever reason, the 'communicators', on a mutually similar vibration to Don and Gordon, could have influenced the meeting to take place as it did. Of course I do not exclude that the 'communicator' could also have been Don.

I originally included the first paragraph above in the previous chapter. However, on 22 September 2016 I felt drawn to move it to begin this chapter. On 23 September I received a note from friend Pat, dated 22 September. It began 'I am sending you this booklet as you knew Gordon and it may interest you. His middle name was Mons after the Angel of Mons'. The title of the booklet was 'Gordon Higginson – The Man and the Medium'. The note concluded: 'The booklets were left over from a batch printed a while ago'.

Before proceeding I need to provide some additional background. Gordon was the President of the Spiritualists National Union, the Headquarters of which is located at the Arthur Findlay College, Stansted Hall. He was also President of the Spiritualist Church at Longton, Stoke on Trent. I originally met Pat at the College in 1986 and she regularly attended the Longton church and knew Gordon quite well. In addition to their usual names, spiritualists may also be given a spirit name, which is the alternative to a christening. The church services are led by a chair-person. Someone will give an address which is then followed by a demonstration of mediumship. The person giving the address is usually, but not necessarily the medium giving the demonstration. In DT and WWT I mentioned that Gordon was my first teacher with whom I felt a 'close affinity'.

Throughout DT and WWT I make reference to Pat being associated with a number of unusual incidents.140 During the 30 years that I have known her I estimate that I have received a maximum total of ten written notes, cards or letters from her. However I also noticed that such written items usually contained a form of 'communication' from deeper levels of consciousness. The first thing I noted was that the booklet about Gordon had originally been published in 2013. What had prompted Pat to send

140 (In particular see DT Chap 13, Pages 79-83)
the booklet to me three years later, on the same day that I had been drawn to move the paragraph relating to Gordon to begin this chapter? I needed to understand the significance of this apparent 'coincidence'. I had long abandoned using that expression, but in certain circumstances 'coincidence' does occasionally seem to be appropriate.

As I read the booklet I was reminded of so many parallels between Gordon and myself. I had a strong emotional reaction that I sensed was Gordon 'influencing' me to recount the similarities in our relationship and energetic association with 'Light'. Having been prompted to move the paragraph the same day that Pat had written that note to me, I also suspect that it was Gordon who had influenced Pat.

Gordon's biography, 'On the Side of Angels', was published four days after his passing on 18 January 1993. In it he describes being given the middle name 'Mons' at the insistence of his father who had been at the Battle of Mons and witnessed 'The Angel of Mons'. I had lived in Mons for 33 years and had been fascinated by the account of 'The Angel of Mons'. After the Second World War Gordon had worked in Belgium - Brussels, Liege, Ghent and Bruges.

In 1999 I booked a sitting with a medium at Stansted Hall. Just prior to meeting with him I noticed a photograph of Gordon for sale in the small shop. I decided to buy a copy after the sitting. The medium said that Gordon was asking if I had a photograph of him. He then said that Gordon was referring to working in Belgium and was insistent that this was more recent than just after the war. It took me some time to realise what he was talking about. As recorded in DT,141 in 1998 I helped Roseline run a workshop. Afterwards she had commented that during the workshop my phraseology had

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141 (See DT Chap 18, Pages 126-127 for the complete details.)
been different. Later while we were chatting, a face appeared over mine which we later established was that of Gordon. Gordon also revealed that he is still working, after his passing, by producing the title of his favourite piece of music 'I Saw a Lady Passing By', written on a sheet of paper in an envelope, for a lady in our Belgian meditation group a few months after her husband's passing.\textsuperscript{142}

In DT\textsuperscript{143} I recount how, on 3 October 1989 I had sensed an East German shaking hands with a West German. When the Berlin wall came down 5 weeks later, I assumed that was what I had sensed. However I only realised when the treaty was signed for the re-unification of East and West Germany, exactly a year later on 3 October 1990, that was what I had perceived. At that point in my research I was attempting to understand the concept of there being 'no time' and everything being 'NOW'. Four years later after Gordon's passing and publication of his biography, I discovered that his guide 'Light', who only came to him to deliver a trance address each Christmas Day, had predicted the fall of the Berlin Wall. At one of Gordon's 'Awareness Week' teachings in about 1990, during a meditation he guided us to ask for our spirit name. The name I received was also 'Light'.

In 1998 my sister's friend, Christine, came to visit for a few days. I picked her up from the airport early one morning. Christine frequently used to drive Gordon to his engagements in his latter years. On the way from the airport she mentioned that she had been to Stansted Hall the previous week, during which she had received her spirit name, although she did not say what this was. The first thing Christine wanted to do on arrival was to visit the old central quarter of Mons. As we walked along a short narrow street, suddenly something clattered onto the cobbles less than 3 metres ahead of us. It was a blue lighter. We immediately looked up to check where it might have come from. There were no windows open, no cars around and no one else to be seen anywhere. I immediately recognised the connection between the 'light' component of 'light'er and how this related to the spirit names of Gordon and myself; the colour 'blue' symbolically indicating "communication", and Gordon's middle

\textsuperscript{142} (See DT Chap 22, Pages 175-176)
\textsuperscript{143} (See DT Chap 11, Page 66)
name of 'Mons'. I brought this to Christine's attention. She responded by saying that the spirit name she had received the previous week was 'Dawn Light'. We speculated that a magpie might have dropped the lighter, but I was more inclined to consider that Gordon and/or his guide 'Light' were probably involved in this event in some way. I suppose that the 'light' was finally beginning to 'dawn'.

Following on from my earlier reference to Gordon's face appearing over mine, this was not an isolated incident. As previously mentioned, while reading, on two occasions the author's faces appeared to me. On the first occasion the same face appeared in the fur on my slippers four times, two of which were seen by all the family. On the second occasion I lay in bed and the unmistakable image of Omraam Mikhaël Aïvanhov, the author of the book I was reading, appeared in the bedroom curtains. I looked for a copy of the image and eventually found it on the back cover of another Mikhaël's works. The title of that book, which I had been given, was 'Light is a Living Spirit'.

Then the day before my intended visit to the Carmel at Lisieux, the face of St Therese appeared, as clear as my hand would have been if I had held it up less than a metre in front of my face.

Mother, who was unable to understand any of, what to me were fascinating experiences, on one occasion when I was visiting asked: 'You know those strange things you have spoken about, well can you explain why your father was standing at the side of the bed the other morning asking if I would like a cup of tea?' She insisted that what she had experienced was not a dream. Father had passed over more than ten years previously. As I was writing this I felt drawn to phone an ex-work colleague who was in hospital in Germany recuperating from a stroke. Her first comment was to ask why I had called at that moment because

144 (See DT Chap 22, Pages 171-172 and previously mentioned in Chapters 6 and 12.)
145 (See WWT Chap 2, Pages 18-19)
she urgently needed to speak to me. She explained that all the beds in the hospital were on wheels. A few days previously the staff had pushed a patient past her bed and she had no doubt that the face of the patient was that of her ex-husband, John, who had passed over about ten years previously. The incident of John being perceived by his former wife is worth considering in a little more detail. His wife had always been interested in accounts of some of my unusual experiences, so after John passed over I had suggested that if she wished she could attempt to make direct contact with him. She recounted small incidents which she felt might have been John indicating his presence, but said that she was afraid of attempting to make any contact with him. The person being pushed in the hospital bed was obviously ill and probably not totally focussed in this physical dimension. John's wife was recuperating and in a passive state. In view of what took place, I suspect that John was aware of his wife's condition and he took the opportunity to temporarily manifest through the body of the hospital patient in an attempt to let his wife know that he was around. Maybe it was John who had 'influenced' me to call the hospital at that particular moment. I don't know.

We need to understand that we (our consciousness - soul) is eternal. It is the intensity of our thoughts and desire which determine the dimension in which we manifest. An event such as seeing the expression of a personality from beyond this physical dimension could occur for many reasons. Frequently it is simply natural for a deceased personality to draw close to someone who is of a similar energetic vibration to themselves. It could also be the expression of an 'influencer' as referred to in some of the earlier chapters. In this physical domain we are primarily focussed on our daily activities and tend to remain unaware of the influence of energetic expressions beyond this physical dimension. Although the presence of such manifestations are not necessarily seen, they may be perceived by our other senses. It depends on our individual make up, level of consciousness and openness to consider such a possibility. But we do need to remain aware that our individual focus determines the personalities that may be drawn into our environment. It is too complex a subject to go into in more detail, but I hope that in bringing this to your attention you will at least have become aware of the possibility of being influenced. There are malevolent (dark) forces as well as benevolent
(light) forces both within and beyond this physical dimension. It is recommended that the simplest approach is to aim to become focussed on positive aspects of everything, thus emanating and attracting love, gratitude, blessings and light.

In his biography, Gordon described his 'guide' being called 'Light'. I had never taken any particular interest in the name of a possible guide, but in retrospect I do accept that the 'white robed being' I perceived granting me a wish\(^{146}\) could well have been described as 'Light'. However I feel that the usual common understanding of the word 'light' is somewhat misleading in that it tends to focus attention towards the visible light segment rather than encompassing the whole of the electromagnetic spectrum.

Once we accept that with our limited human capacities there are energetic expressions far beyond our abilities of perception, then events that we may have described as paranormal, suddenly become normal. From accounts of those who have had 'near death experiences' (NDE's) and individuals frequently referred to as being 'dead' who have communicated with me, I have little doubt that once our conscious focus is no longer on our body we will be able, if we wish, to re-focus our attention away from this limited physical dimension. Then we will come to appreciate and have a greater understanding of 'The Mechanism of the Universe'.

I will quote an extract from a letter that I received recently from a 95 year old lady who recounted her interesting NDE that specifically makes reference to 'clear light'.

'Masses of adhesive plastic discs and yards of wires engulfed me as temperature, pulse rate, heart function, stomach etc. were tested. I grew colder and colder and went into trauma – it was dreadful – I was shaking and shivering. A metal mesh titanium sheet – about 4 feet long and 12 inches wide was placed on my body. It gave out heat and slowly I warmed up, but not sufficiently. As the sheet (perhaps I should call it a 'blanket') cooled, I sank back into iciness and tests showed no pulse – my heart had stopped beating.

\(^{146}\) (See WWT Introduction Page xvi and Chap 9, Page 87)
I looked around and was in an unfamiliar place. Pale grey walls, high ceiling – in fact I didn't actually see a ceiling. There was clear light – a purity and simplicity about this august place. I felt at peace and in charge of my own condition and remembered thinking. 'A lot of people need my help on earth. This is not the time to leave it. I need to go back to my place of work'. So I said: 'I need another titanium blanket – the first one wasn't enough.' I was back in my bed and a blanket was hastily brought and placed on top of the other. It was barely warm but helped make the difference between death and life.

I shall meet death unflinchingly when my time is up – and am grateful for being given the option.'

There is one further aspect which I feel is worth taking into consideration relative to my relationship with Gordon. As extraordinary as it may seem, when understood from the perspective of us both being on a similar energetic level, (on different ripples of the same stone that has been dropped into a still pool) the following events would then make sense. As previously mentioned, in the early days of my research, a strong part of my focus had been on attempting to determine if it was possible to perceive events in the future. In 1987 I was shown that my date of death would be 18 January 2012 and was quite looking forward to the event. However it was only when Gordon passed into his next life 6 years later, on 18 January 1993 that I was prompted to consider whether our energetic make-up could be similar in some way.

Eventually I came to understand that we create our own reality, including ourselves, and I describe in some detail how, in 2010 I was invited to consider changing my date of departure, which at the moment is open ended. In considering my experience associated with my date of passing, and the NDE account above, this suggests that we do appear to have a limited choice as to when it is appropriate to leave this physical dimension. Also recall the case as recorded in Chapter 1, (Page 5) where Tertön Sogyal's teacher Pema Dündul, left his body and dissolved into

147 (See DT Chap 24, Pages 189-190)
light, and the unexpected departures of mother-in-law and one of my neighbours.\textsuperscript{148}

As if to confirm my thoughts related to energetic influences and relationships, I now have to recount what occurred following my diversion into providing some of the background between Gordon and myself. After completing the early part of the above text, I had to re-focus my attention towards preparing a presentation that I had offered to give at a retreat to take place from 7-9 October 2016. In view of what occurred on 22/23 September, I sensed that I was being prompted to relate some of the extraordinary events from Gordon's life as part of my presentation. I turned to his biography and the booklet to make some notes and was particularly drawn to how he came to receive his spirit name 'Light'.

Gordon's mother, as a 14 year old girl in 1904, was told by medium Annie Brittain that she in turn would become a medium and eventually have a child who would also become a famous medium. That child was born on 17 November 1918 and was named Gordon Mons Higginson. His mother, Fanny, became a medium and trained Gordon as a child to develop his mediumistic ability. His early training was focussed on developing clairvoyance and not towards being a speaker.

Gordon had been working as a boy medium in churches for a number of years and in 1936, aged 18, he was booked to give a demonstration of clairvoyance at Hanley Spiritualist Church. He was concerned that the speaker who was to give the address had not turned up. During the service he felt drowsy and closed his eyes. The next thing he knew was the chailady asking him if he would like a drink of water. He apologised for dozing off and asked if it was time for him to give the demonstration of clairvoyance. She responded that he was to give it after the next hymn. Being aware that 'the next hymn' would be between the address and the demonstration, this led to him question if the address had been alright. Her response shocked him. She told him

\textsuperscript{148} (See DT Chap 24, Pages 192-193)
that he had given an excellent address in trance. Of course he had not been trained in this aspect of his work and was anxious as to what his mother's reaction might be.

He was then informed that the spirit control, during the address, had given a message that he, Gordon, was to pass on to his mother. That message was that she was to find an envelope in which would be the name of the spirit control and that this was to be Gordon's spirit name. When he told his mother she went to her room and came back with a sealed envelope containing a paper that had been written by Annie Brittain. Annie had refused to give Gordon's spirit name during his naming ceremony in 1918, but had given this envelope to Fanny stating that the name would be revealed in a remarkable way.

In the preparatory notes for my presentation I used a quote direct from Gordon's biography: *The name on that paper was Light!* I also casually noted that the beginning of the account of Gordon's experience began on page 22 of his biography.

After completing my notes I recorded a practice run to check the timing of what I intended saying at the retreat. I played it back and it didn't feel right. I modified my notes and recorded my presentation for a second time. It still didn't feel right. After the third attempt when I played back the recording I couldn't believe my ears. I am convinced that I read the quote, yet what I heard on the playback was: *The name on that paper was trance!* Was I not supposed to use my notes; was I going to be speaking in trance? I didn't know. Although I had my recorder in my pocket at the time of my presentation, I 'forgot' to turn it on, so there is no way that I will know what I said. However, as far as I can determine, the presentation seemed to be alright. But I certainly feel that I had been prompted to speak the word *trance* instead of *light* in order to give me further confirmation of my understanding of how we may be *influenced* without being consciously aware of what has taken place.

I then realised that – 'a text in an envelope', *I Saw a Lady Passing By*, was similar to a method used a century earlier by *Light* to communicate to Gordon the identity of his spirit guide. This caused me to consider that the *trance* incident was indicating that it was time that I listened more
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carefully to my inner guidance. I have little doubt that all of what took place was organised from beyond and as Shakespeare implied, we are simply 'actors on the stage of life'. Two days prior to the retreat I received an email from one of the organisers in which was the phrase 'our present total [number of participants] of 22 seems an extremely auspicious number'. Not only do I live at number 22, but I was lodged in room 22 at the retreat.

I was also reminded of earlier occasions when 'influencers' (again possibly 'Light' via Gordon?) may have caused me, and possibly others, to speak words that did not come from ego consciousness. One occasion was in 2002 when Roseline and I felt that we had to separate although neither of us wanted this. We had considered that it might be appropriate for about 3 months, but when she asked me for how long, the words that came out of my mouth were 'six years'. (At that point we were speaking in French and after what eventually transpired, I suspect that I misunderstood the 'communication' 'dix ans' as 'six ans' as we eventually separated for exactly ten years.) There was also the incident recounted in Chapter 10 where I quite illogically asked Kim if her father had died on 20 September, which proved to be correct. Then there were the complex events where mother insisted that my birthdate was different to my actual date of birth. I then discovered that I had made a similar 'mistake' concerning daughter Julie's birthdate when working on the family tree. This resulted in me eventually illogically, but correctly, concluding that Swiss twins had royal connections and from that, I was drawn to identify the date their mother's birthday. The only plausible explanation for what took place was that mother and I had both been 'influenced' by 'who knows who'.

I have no doubt that we are all susceptible to being influenced by personalities that are of a similar vibratory expression to ourselves. Such personalities 'usually' seem to reside in non-physical dimensions and are commonly referred to as angels, guides, helpers, teachers and many other names. But we need to remain aware, that any individual negative thoughts could also attract into our individual environment, negative

149 (See DT Chap 17, Page 125 and WWT Chap 15, Pages 150-156)
150 (The complete account is recorded in the Foreword, to DT, Pages IX-XI)
influences from 'physical sources in altered states of consciousness' as considered in Chapter 6.

According to the Bible, 'In the beginning God created light'. We might then ask, who wrote the Bible and asserted that it was God that created light? Was this information based on what today we refer to as a 'channelled communications', and were such 'communications' at that time assumed to have come from an unknown source which was termed 'God?' I don't know, and I suspect that it is impossible to conclude with any certainty, but I have to return to what I received as a surprising 'channelled communication' recorded at the beginning of chapter 1.

For there was in the beginning a thought. An ‘earth shattering’ thought you might say in your language. But nevertheless, it was a thought. And from that beginning all else flowed.

The following poem communicated to me on 30 March 1994 seems to be a rather fitting way to conclude this chapter.\footnote{Initially I had used a greyscale photograph image of Gordon. While reviewing the text and incorporating the final edits into this chapter, I sensed that Gordon would have preferred me to use a colour image of himself. I checked the colour photograph of him that I had purchased, but the quality was not as good as the greyscale image I had used. Mentally I explained my decision to Gordon. Much of Gordon's teaching involved becoming aware of the significance of colour. I finished reviewing this chapter and went for a shower. I was reflecting on how Gordon's face had appeared over mine after I had helped Roseline with her 'Colour' workshop. I then recalled that I had suggested that the workshop be called 'Colour and Light'. In my bathroom I have a green marker on a ledge which I use for making notes on a mirror of ideas that come to me while showering. About 2 minutes after I began my shower I was startled by an unusual noise. I pulled back the curtain to see the green marker in the middle of the bathroom floor. I suspected that Gordon was still not happy about his photograph. I later I found the colour image of Gordon that I have now used on the front cover of his biography and felt that he was suggesting that I use that.)}
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I AM THE LIGHT

I Am The Light, I Am The Light Eternal.
I Am The Light, I Am The Source of All.
I Am The Flowers that bloom to life each springtime.
I Am The Leaves that tumble in the fall.
I Am The One that brings the love and power.
I Am The One that lifts all hearts in joy.
I Am The One from which springs truth eternal.
I Am The Cause of Life as girl or boy.
I Am The Light to guide you on your pathway.
I Am Forever 'NOW' and ever shall be.
With love I send to all who seek My Name.
I am firmly convinced that it is not possible to 'tie up all the loose ends' in the search for a deeper understanding of 'The Mechanism of the Universe'. But hopefully my experiences will bring some clarification towards explaining what have been referred to as paranormal phenomena and how scientific attempts to explain this physical environment will inevitably continue to fail until consciousness is taken into consideration as being part of 'Oneness'. As recorded in Chapter 13, I was advised that I just needed to 'tie up the loose ends' to make sense of what I had been experiencing. This will be my attempt to bring together many pieces of what initially appeared to be unconnected pieces of a puzzle scattered throughout my life. I hope that I am able to present a meaningful picture which may help you find answers to puzzles in your life.

In Chapter 12 I remarked on how books came into my life, frequently as a result of actions or comments of others, the contents of which seemed to respond to my inner questioning and doubts. I know that I purchased a copy of 'Chronicles from the Future' at the end of June 2016 but I am unable to recall and have no record of how it was brought to my attention. I can only suspect that I was attracted by the title and my latent, but enduring attempt to understand, if everything is 'NOW', how it could be possible to 'perceive the future'.

During the first week of August 2016 I began reading 'Chronicles from the Future'. It is a translation of the diary of Paul Amadeus Dienach. The summary on the back cover describes how 'Paul falls into a year-long coma in 1921 and slides into the future and enters the body of Andreas Northam in the year 3906 AD'. Paul recorded what he experienced while in that coma. When he began to become aware of what had happened to him he initially thought that he was going mad. He then came to realise
that individuals from 'the future' were as equally confused as he was because they did not recognise the new personality inhabiting Andreas' body. Some aspects of his account were similar to what I had sensed. Having sometimes not being understood when I recounted some of my personal experiences, I was particularly moved by Paul's reaction when eventually just one person believed what he was experiencing.

According to Paul, between 1922 and 3906, there were many technological advances and expanded understanding of psychological capabilities, expressions for which did not exist in Paul's 1922 vocabulary. To enable Paul to express his experiences, he was therefore obliged to use, and explain, terms from our future. In order for me to gain a deeper understanding of Paul's experience, I needed to read his 340 page diary account twice. As earlier explained, my experiences in altered states of consciousness have been more vivid than experiences in this physical dimension. Paul most certainly experienced an altered state of consciousness.

After twice reading Paul's account I was still left with questions. ('Did Paul 'enter the body of Andreas', or was his experience a perception of his future self 'NOW' with the name Andreas, in the year 3906 AD?') I raise these questions in consideration of what I had discovered and recorded in WWT. In Hank Wesselman's biographical account in 'The Bowl of Light' he states that in an altered state of consciousness: 'I found myself looking out through someone else's eyes at a world I had never seen before.' The person through whose eyes he was seeing lived 5000 years ahead of the present day and Hank eventually concluded that it was his future self. Paul and Hank's similar experiences corresponded well with what I had so far discovered and they are very much in line with the 'communications' that I have been privileged to receive from 'The Communicators'.

At this point I recalled, (was reminded, prompted, influenced?) that there was something in the Bible about Jesus asking his disciples if he was Elijah. Not having studied the Bible I looked up Elijah on Wikipedia which drew me to the following:

152 (See WWT Chap 8, Page 78)
"Luke, Chapter 9 vs 28-36. Jesus took Peter, John and James with him and went up into the hills to pray. And while he was praying the appearance of his face changed and his clothes became dazzling white. Suddenly there were two men talking with him; these were Moses and Elijah, who appeared in glory and spoke of his departure, the destiny he was to fulfil in Jerusalem. Meanwhile Peter and his companions had been in deep sleep; but when they awoke, they saw his glory and the two men who stood beside him. 'Master, how good it is that we are here! Shall we make three shelters, one for you, one for Moses, and one for Elijah?' ; but he spoke without knowing what he was saying. The words were still on his lips when there came a cloud which cast a shadow over them; they were afraid as they entered the cloud, and from it came a voice: 'This is my Son, my Chosen; listen to him.' When the voice had spoken, Jesus was seen to be alone. The disciples kept silence and at that time told nobody anything of what they had seen."

It took me a while to appreciate what I had just read. Jesus appeared to have been in trance and his disciples all appeared to have been in an altered state of consciousness. Not only that, there were so many correspondences between these events and what I had experienced over the past 30 odd years that I had to check back to see what I had recorded in DT and WWT.

- 'Jesus took Peter, John and James with him' (See Chapter 4 above, Page 53 'Meditation 5 October 2015 - Second Session. I am taken by a gorilla to meet three young gorillas. He introduces them to me as James, John and Peter and says: "These are my disciples". I respond: "Well in that case you must be Jesus". To which he replies: "Yes, that's right". )

- 'Went up into the hills to pray' (WWT Chap 8, Pages 72-73 – As part of a 'communication', we are being encouraged to 'listen to our inner guidance' and 'not to pray to God, but to listen to God.' ) Meditation?

- 'The appearance of his face changed' (DT Chap 18, Pages 126-127 - 'I noticed that Roseline’s face seemed to be
changing' and 'Roseline remarked that my face looked as though it was changing;') We were both focussed on another dimension.

- 'His clothes became dazzling white' (DT Chap 13, Page 86 - 'You are in white clothes.' )
- 'Who appeared in glory and spoke' (WWT Introduction, Page xvi - 'I saw a being dressed in a long white robe.' who communicated to me: "You can have anything you wish". )
- 'Spoke of his departure' (DT Chap 24, Pages 188-189 - 'I had intuitively identified the date when I would depart this life.' )
- 'His companions had been in deep sleep' (DT Chap 2, Page 10 - 'although I was not fully awake, I certainly was not asleep either.' This was followed by subsequent similar instances recorded in both DT and WWT associated with altered states of consciousness and trance.)
- 'When they awoke, they saw his glory' (WWT Chap 2, Page 18 - 'the face of a nun appeared to me as I awoke. The face was not physical and was definitely not a dream.' )
- 'And the two men who stood beside him.' (This would correspond to energetic expressions either manifesting as holograms or possibly in ectoplasmic form, which I had witnessed on two occasions during demonstrations by Gordon.)
- 'He spoke without knowing what he was saying' (DT Chap 12, Page 78 - 'whenever I asked questions of myself or received answers in my mind, I was always in an altered state of consciousness.' And in Chapter 14 I recount saying 'The name on that paper was 'trance' as opposed to 'light'.')
- 'There came a cloud' (DT Chap 18, Page 128 – 'as a child, I had described ‘clouds’ that I often used to see, and play with mentally in my bedroom at night.')
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- 'They were afraid as they entered the cloud' (WWT Chap 12, Pages 118-119 - I recount that initially I was afraid when I perceived the cloud later in life, yet once I had 'projected my consciousness into the cloud to find out what it was, I discovered that there was absolutely nothing there.' I was then no longer afraid of the cloud.)

- 'From it [the cloud] came a voice' and 'When the voice had spoken' (DT Chap 1, Page 6 - 'a voice said "put that lot together, and I want it done by tonight."' and 'the voice was there again.')

- 'The disciples kept silence and at that time told nobody anything of what they had seen' (DT Chap 5, Page 27 - 'Surely I was not the first person to discover that there was something rotten in the system, and if this was the case, why had not church leaders sought to correct what was wrong? Had they something to hide?')

It was this last sentence and the implied secrecy which reminded me of my earlier encounter with orthodox religion, as referred to above, and my intent to get to the bottom of what I had, and was still experiencing. Why had such knowledge never become part of our school curriculum? The simple answer seemed to be to maintain control of the population. But I then sensed that there was still something missing and was 'prompted' to refer Luke Chapter 9 again.

**Verses 18 to 22 read:** 'One day when he was praying alone in the presence of the disciples, he asked them, 'Who do the people say I am?' They answered, 'Some say John the Baptist, others Elijah, others that one of the old prophets has come back to life.' 'And you,' he said, 'who do you say I am?' Peter answered, 'God's Messiah.' Then he gave **strict orders not to tell this to anyone.** And he said, 'The Son of Man has to undergo great sufferings, and to be rejected by the elders, chief priests, and doctors of the law, to be put to death and to be raised again on the third day.'

Here appear to be answers to my questioning. In verse 21 Jesus is reported to have given **strict orders** [to his disciples] **not to tell this to**
anyone.' And in verse 36 'at that time they told nobody anything about what they had seen.' I suspect that on the basis of those statements alone, the church has been withholding what they have known for centuries. But the Christian doctrine seems to be stuck in the past. Either that; they are ignorant of the mechanics of what they teach, or there is still a determined attempt to hide from public awareness, knowledge of the power of intent issuing from deeper levels of consciousness. These realms (deeper levels of consciousness) comprise the 'Greater Reality' of *The Mechanism of the Universe*.

Since 'that time' there have been 2000 years of evolution of the human species which have endured, and continue to endure 'great sufferings'. Times have changed and in view of what has been communicated to me, I feel that I am being encouraged to make this greater understanding of *The Mechanism of the Universe* available to the public. In the Introduction to DT (Page XIII) I describe how I was told "Now you will be working for us". I was advised in the 'communication' that I received on 13 November 2015, that 'We leave this subject for your reflection and dissemination'. Then in the 'communication' entitled 'Conclusions to Reflections on Truth' it was implied that I 'just needed to tie up the loose ends and present a picture of Reality of who we are.'

During the first 9 days of 2017, events occurred which prevented me from working on this final chapter. I instinctively realised that it was not appropriate for me to go into more detail for some reason. On 10 January I watched a television repeat of the film *The Imitation Game*. It is a biopic account of how Alan Turing broke the code of the Nazi 'Enigma' cypher. However, once Turing had discovered the 'secret' he insisted that it only be used with discretion in order to prevent the enemy from realising that the code had been broken. The following morning during my third reading of *Chronicles from the Future* I realised that although there had been tremendous progress in many areas of human development, still in the year 3906 AD there appeared to be contention between the intellectual academic scientific approach and a deeper understanding of spiritual influence. This prompted me to consider if I

153 (See Chap 7, Page 103 under the title 'Clues to Changing the World')
154 (See Chap 13, Page 189)
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was being tested and would it be appropriate to publish what I had
discovered? Having spent over 30 years in putting my puzzle together
and being guided, encouraged and aided in this task, sometimes by
known, but frequently unknown helpers, it was very clear that I had no
choice. I had to publish.

I can only begin what I am being invited to explain from knowledge that
I have gained so far. You may have to assimilate your own pieces of the
puzzle as we proceed.

In the early days of my research I received 'communications' from
personalities that from this physical perspective we would refer to as
being dead.

If they were 'dead' how could they possibly have communicated with me?
Their body was 'dead' but their consciousness was still capable of
functioning. Consequently, the only logical explanation of what took
place was that 'we' – our personality (soul) does not die, we only loose
our physical body.

How did I receive the 'communications'? Initially it was like hearing a
voice in my mind or perceiving images, similar to images in a dream.
(Prior to attending my first workshop, my conscious awareness had been
focussed solely on attempting to understand life from the perspective of
this physical dimension. As there was no obligation to record or report
what I was likely to experience during the workshop, I was relaxed. In
that state, although my conscious awareness was not prepared for what
occurred, I had allowed impressions from non-physical dimensions to
flow into my awareness. Hence on the first occasion of what took place
I perceived this as a shock.) Eventually over time I became familiar with
what was happening and developed an ability to tune my consciousness
to become aware of the 'communications'. As this occurred, the strength
of the transmissions appeared to diminish to the point where we would
probably call them telepathic. I suggest that prior to me becoming aware
of the first 'communication', such 'communications' had always been
there but my conscious awareness was not focussed on the 'channel' on
which it was being transmitted.
REFLECTIONS ON TRUTH

Were these 'communications' from another personality or was it my imagination? Over years of receiving many similar 'communications', I eventually came to recognise the difference between 'ego conscious thought - imagination' and 'impressions from another dimension' as one would become aware of listening to different radio stations.

Were the 'communications' of any value? After studying multiple 'communications', I eventually began to realise that they all responded to my inner questioning in some way. But in the process, I also discovered that some of the 'communications' were intended for me to pass on to other individuals. Similar to someone asking me if I would pass a message on to someone else. I also recognised that the consciousness of the 'communicators' was focussed on another energetic dimension of 'Reality', but it was also possible that 'communications' could have been expressions from personalities (in an altered state of consciousness) in this physical dimension. From this physical perspective the 'communicators' could either be dead or alive.

I base this latter assertion on my experience of sensing my aunt's energy in the bed at the side of me, 24 hours after she had passed over. After mentally communicating with her and obtaining her agreement that she would like to 'move on', in my naivety at the time, I created a country scene in my mind and at the precise moment I did so, my aunt's immediate reaction was to respond with "Where did that come from?"

Why would these apparent strange events occur in my life? From my teenage years I had been fascinated by unexplained phenomena. It became my obsession to discover what was taking place and why there was never any logical explanation as to what had caused such events when they were discussed in the media. Finally I had an experience in 1992 which gave me significant insight towards understanding 'Reality' from another perspective. While attending a workshop in England, I was lying in bed reading when suddenly the scene of a car accident in Bombay came into my mind. The following day I discovered that the person killed in the accident was the brother of a lady attending the same workshop. I was consciously aware that, during an exercise, the brother

155 (See DT Chap 15, Page 104 for complete details.)
156 (See DT Chap 5, Pages 28-29 for the complete details.)
temporarily occupied my body to expresses what he wanted to say to his sister. It was some months later that the same personality (the brother) communicated a poem for me to pass on to his mother. Evidently the brother had transmitted the image of the accident in Bombay into my consciousness while I was in a relaxed state. As a result of this experience¹⁵⁷ I 'mentally agreed that I was willing for my body to be used in any appropriate way in order to help me understand what this life was all about'. I had discovered something that was not common knowledge and my focus then,¹⁵⁸ 'was for everyone to become aware of the different levels of consciousness that I had been privileged to have experienced and understood up to that point in my life'. Whatever we focus on, that is what will be drawn into our environment. We are all part of the co-creative process and susceptible to being influenced.

Once we recognise that consciousness is multi-layered, it is then possible for our individual personality to determine which level we choose to focus on for particular experiences. It is simply a case of developing our understanding of the 'Greater Reality' and begin to take control of our onward journey through eternity. But we do need to be aware that as within this physical dimension, we communicate primarily with language, and that there are thousands of languages on this planet. There are personalities in other dimensions who communicate between themselves, not by words, but what I will call 'telepathy'. Here again there are differences in telepathic 'languages' which are prone to being misunderstood. In this physical dimension there are individuals who have different personalities, many with whom we would not wish to associate. These same personalities are also on their individual journey through eternity and we need to be aware that they are capable of blending their energetic expression with those in other dimensions – including ourselves in this physical dimension.

There appears to be a hierarchy of dimensions in which grains of consciousness (individuals) are focussed and these individuals are able to communicate, not only between other grains of consciousness within the same dimension, but also up or down the levels to a limited degree.

¹⁵⁷ (See WWT Introduction, Page XV)
¹⁵⁸ (See WWT Introduction, Page XVI)
REFLECTIONS ON TRUTH

Something similar to a school in which there are classes in which individuals are taught, and as they learn, move up to the next class. The difficulty is in understanding the different 'languages' between each level. Entities with a broader level of conscious awareness somehow seem to be aware of our probable eventual physical future. In addition, 'intent' issuing from deeper levels of consciousness seems to be capable of affecting, individuals, events and objects in this physical dimension.

We are individually responsible for shaping our own destiny. With this knowledge of multiple levels of consciousness we then become responsible, not only for playing a game of 'two dimensional chess', but of managing our role in a multi-level game of eternity. We can direct our intention in altered states of consciousness towards personalities in other dimensions in the same way we would communicate by language with others in this physical dimension. One example was in DT.\(^{159}\) I was told that I should carry on writing what was being communicated to me when at the time in my professional career I needed to work overtime in order to meet a deadline. I explained this to the communicator who simply said 'Carry on writing'. I responded 'OK you take care of the overtime'. For over 25 years I had always needed to work overtime to meet an annual deadline. From that moment on I never again needed to work overtime until I retired some 10 years later. Another occasion which is recorded in Chapter 9, was when I offered to help Tillie to 'move on'. (Release his attachment to this physical environment.) In response to Tillie's materialistic attitude of claiming, some 300 years after his death, that his former estate "is all mine", I responded "Alright, in that case, stay here" and broke the link.

Attempting to explain any further becomes complicated until we understand that we, our individual consciousnesses, are simply a part of total consciousness. And that specs of consciousness (we) are expressing ourselves in this physical environment for a period of (what we call) time.

I was having difficulty in making further progress with this chapter, but on 14 January 2017 I received help in the form of the following 'communication'.

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159 (See DT Chap 3, Page 14)
REFLECTIONS ON TRUTH

THE REALMS BEYOND

The realm of the beyond is as accessible as the blink of an eye. It is simply the focus of consciousness of the individual sparks of Oneness which manifest in whatever expression they are drawn to. You become trapped in your realm in which you focus. You, as individual collections of elements, remain in that dimension for as long as you wish and for as long as the desire persists. You are free to release attachment to any experience and move your attention to any other experience. It really is as simple as that. In a way, your 'meditation experiences' are simply trials at realigning your focus in other dimensions. It was a struggle to arrive at the physical dimension and subconsciously this awareness tends to draw you to remain focussed in that dimension until you achieve your objective, whatever that may be.

Unfortunately there are energies (let's call them 'selfish') which attempt to influence your chosen experiences. This tendency of jealousy is an influence throughout all levels of society. It is an attempt by individual expressions to convince other expressions to combine with their perspective. It is for the individual to overcome these external influences to become leaders of their own focussed intent. Listen to your inner desire and remain focussed towards attaining the happiness that you seek. There are helpers through all levels of expression, through all dimensions.

The desire springs from the heart of Oneness and traverses many dimensions to the point of consciousness awareness, which in your terms, for a while, is the manifestation of attention in the physical dimension. In relaxing the focussed consciousness in whatever dimension conscious awareness is expressing an interest, this leaves an opening towards perception of other equally valid dimensions. Yes it takes an effort to perceive these other dimensions whilst remaining in the physical dimension, although this naturally occurs during sleep. The difficulty is remaining aware of what one experiences in another dimension.
when the prime intent of the focus is for an experience in another dimension. Glimpses of such experiences are frequently perceived as dreams, whether they be perceived as 'night' dreams or 'day' dreams. 'NOW' there is something for you to consider.

These are not easy concepts to, I (the communicator on behalf of the 'we') want to say 'get your head around'. (This is an expression which should only be understood as an expression, rather than attempting to understand such an expression in logical terms.) Feel it, sense it, perceive it and appreciate whatever it is that you have experienced as a Reality, a 'new Reality' from your perspective, but equally, if not more so than the dimension to which your primary focus is drawn. This is the domain of the artist, the musician, the poet, they are each simply expressing in the physical environment, an inner perspective of the deeper realms of conscious creative beauty. Appreciate their expressions towards gaining a deeper understanding of the Universal possibilities that are available to all for eventual investigation in eternity.

We pour love and blessings and hold you in our hearts and arms as supporters throughout your continued voyage into the realms beyond comprehension.

Peace be with you all.

If we are to understand 'The Mechanism of the Universe' we need to anchor into our consciousness the significant words, and their implications, that I received on 24 April 2001. 'For there was in the beginning a thought.' Everything develops from 'thought' ('desire' and 'intent'). And it is the intensity and level of consciousness at which such 'thought' is expressed that determines the speed at which the intent manifests in this physical environment.

Before closing, I feel that it is worth mentioning the phenomena of stigmata. There are conflicting views on the subject from the medical profession and religious authorities, and individuals have been accused of fraud in connection with manifestation of stigmata. I suggest that most instances of stigmata seem to be genuine and that unless the investigators...
have had personal experience of how 'thought and desire' influences this physical dimension, they would have difficulty in understanding what individuals manifesting stigmata were experiencing. My personal opinion is that each stigmatist has a devotional attraction to Jesus Christ and as they deepen their devotion, they develop a focussed attention within a deeper level of consciousness, to the point where the energetic aspects of the phenomena manifest in this physical dimension.

Having managed to assemble a few more pieces of my jigsaw puzzle, I sense that I now have a clearer understanding of who and what we are. It feels as if it is time that the knowledge of what I have discovered, so far, be made available to a wider audience. It remains to individuals who may be interested, to incorporate such understanding into their consciousness and I hope that my experiences will assist them on their continuing journey through life. On 1 January 2017 I received the title of a poem 'Eternity', followed by the poem text two days later.

**ETERNITY**

The time has come to join as one and recognise that we are simply specks of light expressed throughout eternity. To comprehend that each of us is part of what is planned. To bring into unconscious minds so they will understand and recognise that every thought will influence the whole.

Now is the time to recognise and waken up the soul, that inner part of unexpressed perception of the One and realise the way we think in fact is what we've done. By simply changing each our thoughts we'll realise we've found a way to simply change on earth the manifested ground.
REFLECTIONS ON TRUTH

To heal all of created realms, all that we need to know -
eliminate the hate and fear, just simply let them go.
Express the love from deep within, and then it is you'll find
the changes that you dream on earth are simply from the mind.
It's time for all of human kind to focus their intent
upon the inner realms of all, with energy not spent
with vain efforts in outer realms attempting to control,
but listen to the heart within, the love within the whole.
For every speck of every dream, of that which you desire
will simply manifest and spread around the world like fire.

Reflect a while on how you think and then it is you'll find
it really is as simple as a change within the mind.
We each created ourselves, the person that we are,
a speck of conscious thought, in fact, a shard of that 'Great Star',
not out among the heavens we see, but consciousness within.
And once we recognise the truth, together, kith and kin,
the world around will change by thought. The words we say are true,
we cannot change the way you think, for that is up to you.

We're here to help in any way to bring peace to the earth.
If you, each one, would listen to your thoughts, you'll find it's worth
a try, just once, and be surprised the way that then things change
Initially we know that everything will then seem strange.
For centuries you've floundered in a realm which you created,
developed misconceptions of the 'gods' so unrelated.
But you are each a part of One. If only you could see
the tears we shed on your behalf. Just listen and be free
of all the woes, the turmoil, wars, the truth is close at hand.
You only need to change your mind to bring it to your land.
It's there you'll find the resting place and then you will be free
to walk in peace for evermore. That's called Eternity.

From the Teachers
'My entire life consisted in elaborating what had burst forth from the unconscious and flooded me like an enigmatic stream and threatened to break me. That was the stuff and material for more than only one life. Everything later was merely the outer classification, the scientific elaboration, and the integration into life.'

Carl Gustav Jung (1875-1961)

I completed Chapter 15 on 19 January 2017 and assumed that it was the final chapter. However events then occurred that seemed to bring further clarification towards the identity of possible 'communicators' and their ability to provide guidance and influence individuals in this physical dimension.

In Chapter 14 I commented that I had not taken any particular interest in the identity of a possible spiritual 'guide' or 'influencer'. As my conscious awareness expanded, I slowly came to the conclusion that answers to my questions were being provided by 'any appropriate spark of consciousness' from spiritual dimensions. In the early days of my search I had been very sceptical as to where the poems and biblical quotations that I received had come from. As recorded in Chapter 2, (page 20) after much reflection, I eventually accepted that at least some of the poems had been communicated to me by the prominent English poet Elizabeth Barrett Browning (1806-1861) and the biblical quotations by John 'Jack' Russell (1795-1883) who was known as 'The Sporting Parson'. But then the poem that I received while visiting First World War poet Wilfred Owen's grave¹⁶⁰ led me to conclude that the poems and 'communications' that I had been receiving were from personalities who were of a similar energetic vibration to my own at any particular moment. As my interest changed, so the 'communicators’ changed.

¹⁶⁰ (See WWT Chap 17, Pages 183-184 for the full account and photograph.)
While reviewing the above examples, it became evident to me that 'guides' or 'influencers' were an integral part of 'The Mechanism of the Universe' and it was important that I addressed this aspect in the context of this book. In addition to the above mentioned individuals, I had sensed that some of the other poems that I had received were certainly from different 'influencers', who in turn were different to whoever was communicating the channelled texts recorded earlier. I particularly noticed a significant difference in the 'communication' I received for friend Mary. She had asked me if I would ask the 'communicators' if they could give any advice towards resolving an issue with her eyes. As I received that 'communication' I noticed that the phraseology was quite similar to that of 'The Sleeping Prophet', Edgar Cayce (1877-1945) who, while in trance, answered questions on many subjects including healing. Over the years I had attended a number of conferences on, and had taken a significant interest in Cayce's work.

Also in Chapter 14 I mentioned sensing a 'close affinity' with Gordon. So I felt that it was not surprising that he should have influenced me to incorporate part of his life story into this work. In Chapter 12 I recount my experience of being asked to encourage the dog, 'Mutley' to release his attachment to this earthly life and how it was suggested to me that I ask St Francis to help. This then reminded me of my earlier links with St Francis. I closed that chapter with examples of books that had come into my life, seemingly in response to my thoughts. It appeared that in order for many of these things to have occurred, others had been unconsciously influenced, as was Katy, to suggest that I ask St Francis' for help. We probably refer to such influencing as 'intuition'.

For many years I had been interested in the work of Carl Jung. From recent events I sensed that his presence seemed to be pointing me in a particular direction. Before recounting what occurred, it would be relevant to provide some background as to my connection with Carl. As I was assessing the differences in energies that I sensed when receiving poems and 'channelled communications', I also realised that 'my conscious focus was in a different place' (another aspect of my zone)

161 (See Chap 8, Page 115)
while assisting others to interpret their dreams. I now suspect that such assistance was also probably associated with Carl.

But to return to the beginning of my association with Carl. In DT\textsuperscript{162} I recount that while reading a book, a face kept appearing in the fur on my slippers until it was seen by all the family and I recognised it as the author of the book. Some years later I was invited to dine with friends and was seated next to psychic artist, Coral Polge. She recounted that she had been asked to give a reading for an unknown person. During that reading she had drawn the image of a person that she named as being the same person that I had identified as the image on my slippers. Coral then asked me not to reveal the name of the person in order to respect the family's wishes. However, now over 20 years later and subsequent to the family cooperating in, and agreeing to publication of Jung's 'Red Book', I now feel free to reveal that the title of the book I was reading at the time of the slippers incident was 'Memories, Dreams, Reflections'. On another occasion, while attending a lecture on Jung's life, the lecturer commented that in the cabinet behind where I had chosen to sit, were the complete works of Jung. Then there were the events recounted in WWT\textsuperscript{163} which involved others being prompted to encourage me to take a copy of 'Memories, Dreams, Reflections' with me on a trip to India.

I recently mentioned a number of my experiences and sent links of some web sites to a former German work colleague. He responded by saying that he found it difficult to remain attentive to long presentations in English. On 18 December 2016 I noticed the German title 'Träume, Erinnerung, Gedanken' of Jung's 'Memories, Dreams, Reflections' so referred this German version to my ex work colleague thinking that he might find it easier to digest. On 16 January I received a response recounting that he had not been able to find the book in the library and he had resisted purchasing it as: 'the charge is €29,90 - too much for a book which presumably will only be read once'.

I responded the same day, mentioning that I had read the English version around 1990 and again in 2007. I went on to explain that everything happens for a purpose, but unless we understand the 'language' of what

\textsuperscript{162} (See DT Chap 18, Page 127 for the full account.)
\textsuperscript{163} (See WWT Chap 1, Pages 5-7 for the complete account.)
is taking place, we tend to miss the ‘communication’. I pointed out that
in him writing: ‘will only be red once’ this apparent minor error had
immediately attracted my attention. I continued: ‘You are probably not
aware that in 2009, a book was published which those in psychological
circles had been awaiting for many years. It covers Jung’s life’s work
from about 1913 to 1930 on symbols, dreams and much art work he left
behind. The title of that publication is ‘The Red Book’’. I thanked him
for the 'message' and closed by leaving him to ‘reflect’ on his ‘memories’
and ‘dreams’.

I ordered the 'Readers Edition of The Red Book' immediately.

It arrived the day before I completed my third reading of 'Chronicles from
the Future'. In Chapter 15 I recount that having twice read 'Chronicles
from the Future', I was reading it again due to difficulties I was having in
understanding some of what the author, Paul, had experienced whilst in a
coma. ('Did Paul 'enter the body of Andreas', or was his experience a
perception of his future self 'NOW' with the name Andreas, in the year
3906 AD?') But immediately I began reading 'The Red Book', more
pieces of my jigsaw fell into place.

The impressions that Carl perceived in his altered states of consciousness
(which he referred to by many different terms such as 'directed thinking',
[shamanism?], 'dreams', 'fantasies') he sensed originated from many
different levels. He felt that a 'personality' from the deeper realms of his
consciousness, who he referred to as Philemon, represented 'superior
insight' that evolved out of the figure of Elijah. Suddenly it was no longer
necessary for me to have answers to questions related to 'Paul'. What
became clear to me was the concept of a series of multi-layers of
consciousness, vibrating within specific separate 'areas of interest'. In
respect of my area of interest these levels now seemed to be linked via
Carl, through Philemon, (that Carl also referred to as his guru) to Elijah.
It had been an impression from one of those levels of energetic expression
that had prompted me to refer to Elijah in the Bible, as recounted in
Chapter 15. I then suspected that it was Carl (being the closest expression
of this series of multi-layers of that energetic expression to this physical
dimension) who had also 'influenced' my former work colleague, to make
the ‘mistake' of writing 'red', without his being aware of this, in order to
prompt me to purchase *The Red Book*. Yes, I know it sounds fantastic, but I then recalled guidance from one of the *communications* in Chapter 15. *Glimpses of such experiences are frequently perceived as dreams, whether they be perceived as 'night' dreams or 'day' dreams. 'NOW' there is something for you to consider*. It was as though, from when I first read *Memories*, Carl had become a friend. I had wondered what book I should take on my trip to India, and in order to get me to read *Memories* again, Carl had *influenced* my friends to suggest that I took *Memories*. Then he (rather than another personality at a deeper level of expression on the same energetic vibration as ourselves) somehow managed to arrange for me to read his words: *What are you doing in India? Rather seek for yourself and your fellows the healing vessel, the servator mundi, which you urgently need* at a significant point at the end of the trip (while waiting for transport to the airport), in order to guide me towards my eventual goal of understanding *The Mechanism of the Universe*. (Recall there is no time – everything is *NOW*.). I suggest that Carl has remained a friend (part-time guide if you wish) towards helping me understand what I had not understood, and realised that answers to my questions could be found in his *Red Book*. We are all expressions of different personalities which are present throughout all dimensions. We are simply expressing an aspect of a personality for a while to gain experience in this physical dimension. In eternity, we will choose to focus on another dimension. Only when we direct our focus away from this physical dimension do we become aware of other *sparks of consciousness* expressing themselves in other dimensions, which is their primary expression for a while.

Also recall that I had previously mentally agreed that I was willing for my body to be used in any appropriate way in order to help me understand what this life was all about. Subsequent to developing my urinary problem, I noticed that whenever I had difficulty in expressing a particular concept, I would need to use the toilet. At such times I would frequently have an idea as to how to approach the subject. I then noticed significant differences in time delays between toilet visits (from 20 minutes to 3 or more hours). I eventually realised that my writing was sometimes being stopped in order for me to be given clues towards the way forward. I then noticed that while reading in bed, a similar
phenomenon occurred. I would need to use the toilet which stopped me from reading, resulting in me spending time reflecting more deeply on what I had just read. It was at those times that I frequently received a 'channelled communication' or a poem. My body was being used as a method of attracting my attention for me to be given guidance or a 'communication' from a spiritual dimension.

I felt that I needed some way of closing this chapter which would clarify what I had come to understand. By now it was 31 January. A friend unexpectedly called and suggested that we sit for a period of meditation. I will pass on the words that I received for your reflection.

SPHERICAL SYMBOLOGY

'There are many levels of consciousness. Many levels of awareness. Imagine a circle marked off in 360 degrees. Now make that circle a sphere and each one of those 360 degrees manifests [as fields of interest] in all directions from the sphere. In the centre of the sphere is a point. And on each arm of the different (let's call these 'fields of interest'), fibre optics, and we are back to the question of understanding light again. Along each fibre optic are dimensions, so that a fibre optic which is 20 cm long, may have 2000 different dimensions along that element of light. You in the physical dimension are the light on the end of that fibre optic.

You are attempting to understand the whole of that fibre optic expression from the point of view of the physical dimension. In your meditation, right now, you are focussed on one of those, let's call them again, 2000 divisions, along that fibre optic. We are speaking from the point of view of this particular aspect, which takes your interest for the moment. Each physical individual is a spark of consciousness expressing part of Oneness in the physical dimension. These meditations are trial attempts towards your returning journey to The Whole, which is the point in the centre of the sphere. Each individual is returning down the fibre optic
of their field of interest and on that journey each will meet up with personalities which are closer to the centre of the sphere and have a deeper knowledge and awareness of what is taking place throughout their sphere of interest.

We hope this symbolic explanation will give you clues towards reaching a conclusion, [to this book] which is the object of your intention.

Yes, we organised the day for you today.

We thank all those who listen to our guidance on whatever part of this sphere takes their interest. Know that they will be guided. It is the listening and understanding of the language, which is equally difficult from our perspective, as it is from yours, as you would be at a loss in the physical realm if you were taken from your home and placed in, let's say – Outer Mongolia. Communication would be practically non-existent. And this is why we find it useful and practical to employ symbolic images in order to establish some form of communication.

We thank you for listening and we send love, our gratitude, and light from the Source of all Being.

Our blessings to al l.'

But that was not quite the end of recent events. I will close this chapter with my latest adventures in the realms of conscious awareness, which I eventually came to realise seemed to 'tie up more loose ends'.

Meditation - August 1995. I perceived an image of a letter 'Y' like a road through a grassed area. A guillotine suddenly came down very sharply in the fork of the 'Y'. When asked what this meant I responded that I had no idea and I had never seen anything like it before.

On reflection, after almost 22 years of investigating the significance of symbols, I came to understand the meaning of 'the Y and the guillotine'. The interpretation of that symbolic image was very significant, as the following day Margaret and I separated and we now live apart. But at the
time I had little experience of interpreting symbols. I eventually concluded that 'everything' is a symbol arising from spiritual dimensions. In connection with the 'the Y and the guillotine' I eventually sensed that I seemed to be on the right branch of the fork in the 'Y'.

4 February 2017. I was travelling to a conference entitled 'Spirit Influence on Mental Health' when I sensed 'something' leave my body. By this time I had accepted that we (being part of 'everything') are influenced from spiritual dimensions in many ways towards helping us reach an understanding of whatever it is that we are investigating. I initially felt that the 'something' had no interest in participating in the conference. However, considering that I had recently been deeply absorbed in reading 'The Red Book' and many of my personal experiences were similar to those experienced by Carl, I suspected that the 'something' was most probably Carl's energetic influence.

The conference took place at Regent's College, London. Afterwards, as we were walking to Paddington Station, I drew Margaret's attention to the moon, the left half of which was in shadow; the right half was the light reflection. I had only ever previously noticed either the full, a sliver, or a percentage reflection of the moon, never exactly half of its circumference as though it had been cut through with a knife.

During my return journey, as I regained consciousness after dozing on the train, I became aware of a number of impressions. The image of the 'Y' being separated by a guillotine and of seeing the image of the moon cut precisely in two as if by a knife, seemed to represent a similar symbolic 'communication'. I also sensed a similarity in the images of me being on the right fork of the 'Y' relative to the right half of the moon being the light side. The moon image then, for me, seemed to symbolise the brain. The right brain being associated with the intuitive, spiritual, eternal side and the left brain being related to the practical, transitory, intellectual, physical domain. This implied that if I (my consciousness) was focussed on the right fork of the 'Y' - right brain, then Margaret's primary focus of consciousness would be on the left fork – left brain. It then made sense that Margaret would be the ideal person to proof and edit my books. I also sensed while dozing, that the energetic expression I had attributed to being the influence of Carl, had re-integrated with my energy and had
'influenced' my consciousness towards the above impressions. During the lunch break at the conference I had commented that wherever the word - 'Reality' (signifying the spiritual domain) appeared throughout the text of this book I needed to ensure that the 'R' was capitalised. Also, in response to a question from another participant, relative to our relationship, Margaret had responded that 'we work together'.

6 February 2017. I reached a section in 'The Red Book' where there were many further similarities between Carl's experiences and my own. One in particular corresponded to the difference between the 'Y' and 'Moon' images as: 'creative and eternal [light, spiritual] with the negative and transient' [dark, physical].

The same day I received a birthday card from Mary in the USA. My birthdate is 24 February, however Mary had written 'November 24, 2017'. She had then written above this, 'February'. 'November' was encircled and a note added - 'Don't know what this means. It just wrote itself. Maybe you can decipher!' I first became aware of spiritual dimensions on 7 November 1985 and have subsequently referred to this as my 'Spiritual Birthday'. Mary had evidently been 'influenced' to write 'November' and to post the card so far ahead of my birthday that it attracted my attention. I suspect the reason was to confirm my understanding that I was now primarily working from an intuitive level of consciousness. Not only is every 'thing' a symbol originating from the spiritual dimension, but so is every thought, word and deed. So long as we listen to our 'intuition', 'dreams', 'guidance' and 'feelings', and learn the symbolic language between ourselves and our soul expression, the sooner we will begin to bring peace and balance into this physical domain.

10 February 2017. I phoned Mary to thank her for the card and to explain the significance of 'November'. Immediately afterwards I called a local restaurant to reserve a table for 24 February. During that brief exchange I heard a colleague of the person who had answered the restaurant phone comment '24 February is my birthday'.

I now have to recount events recorded at the time for what follows to make any sense.
During **August 1997** I ordered a shamanic drum from Ireland. Some weeks later, when it had not arrived, I checked with the supplier. The drum appeared to have become lost in the post. I left the office on 5 November with my thoughts focussed on the loss of the drum. As I drove out of the car park I noticed the words ‘RAINBOW TRUST’ across the back window of the car in front. **On 7 November** the drum arrived, but the post office franking showed that it had been routed via Hong Kong and Sarawak before arriving in Belgium. That definitely caught my attention and I realised that something unusual was taking place. The same evening I parked my car at the shopping centre behind a different car to the one I had seen two days previously. This also had ‘RAINBOW TRUST’ displayed in the back window. It somehow seemed as if, on the twelfth anniversary of my first spiritual experience, I was symbolically being told that everything was being taken care of.

The next week I had what I can only describe as an 'anxious' feeling as I left the office, prior to departing on a trip to England the following day. As I walked across the car park, I noticed two things. The first was the full moon just emerging from behind a cloud. The second was a car with the unusual registration number **055555**. I turned on my car ignition and noted the time - **5.55**. What was the significance of all these '5s'? At that point the anxious feeling seemed to dissipate. If I had had any subconscious concern, I then felt quite at ease about the trip. At the time I concluded that the '5s' related to the pentagram - a mystical symbol of protection. However, reflecting on these events years later, I now consider that the above sensations seemed to have been the result of a spiritual influence on my body in an attempt to get me to understand a method of 'communication' from another dimension.

Moving to the present - **12 February 2017**. I woke during the night needing to use the toilet. Afterwards I wandered into the kitchen to check the time. There was an unusual light shining across the floor. I looked out of the window to see where it was coming from. It was the full moon. The numbers on the digital timer were **5.55**. But of course everything is 'NOW'.

Roseline arrived to stay from 14 to 25 February. We were driving to a restaurant on **21 February 2017** in fog and with the fog lights on, my
focus was on following the line of the left-hand kerb. On this familiar road, I suddenly realised that I should have been curving to the right but the kerb line was taking me to the left. I attempted to correct the direction in which I was driving but as a result I demolished a sign post to a camping and caravan site which caused considerable damage to the car. Fortunately there were no injuries to anyone and no other car was involved. As my car was 14 years old, and the insurance cover was less than 20% of the estimated cost of the repairs, I felt that the best option would be to replace my car. I found what appeared to be a suitable second hand replacement on the Internet. On 24 February, Roseline and I had my birthday dinner at the restaurant which I had earlier reserved. The following day, after dropping her off at the station for her return journey, I drove to Exeter in the courtesy vehicle to test drive my selected replacement car. Considering the price and the low mileage for a 4 year old vehicle and feeling so at ease during the drive, I decided to buy it. In a strange way it felt as though the replacement car was a surprise birthday present.

My insurance broker advised me that there would be an additional amount to pay to cover the difference between the value of my old and new car. The instant I was told the amount I knew that all these recent events had been influenced from beyond. The extra amount I had to pay was £55.55. I then recalled that some weeks previously, considering the age of my car, I had vaguely wondered how I might eventually be able to dispose of a left hand drive vehicle in UK. I had better be careful and remain aware of what I think while in altered states of consciousness.

While collecting my personal belongings from my old car I noticed that the damage caused by the camping and caravan signpost was in a 20cm gap between the front number plate and the headlamp. Neither the number plate nor the headlamp were damaged. Over the years (as recorded in a number instances throughout DT and WWT) I had come to understand that vehicle registration plates, for me, were a form of symbolic expression associated with the identity of individuals. What I symbolically understood from what I now perceived was that I (symbolised by my registration plate, being undamaged), together with releasing attachment to my old car (former life), was being shown that I was to express 'Light' (symbolised by the vehicle headlamp which was
also undamaged). I then knew that what I had been told in a meditation in September 1995 was coming to fruition. I had briefly recounted the 1995 incident in DT\textsuperscript{164} and stated that I was told that ‘in future I would be teaching spiritual topics’. I have used the symbolic image I received during that meditation on the front cover of all of my books. The detailed ‘conversation’ I had during that meditation I recorded as follows:

‘I was told that I would take the teaching beyond that which had been taught by Gordon. I didn’t believe what I was being told. I argued that this was not possible. To which I received a series of responses on the lines of: ‘Didn’t we tell you so and so?’ to which I replied ‘Yes’. ‘Didn’t such and such take place?’ ‘Yes’. ‘Didn’t .....?’ ‘Yes’. And so it went on. Eventually it was followed by: ‘Well we’re telling you, you will take the teaching beyond that which Gordon taught’.

I have sat with that knowledge, knowing that eventually it would have to come about. Gordon's spirit name is 'Light'. My spirit name is 'Light'. And now I was being shown that it was time to trust 'Light'; that I will be guided and to express this in the best way that I am able. While searching for the above quote I came across what I had written in the Foreword to DT (page IX), which now seemed to be a challenge to myself.

‘Are we, our ego selves, ready to change to meet the challenges of that Reality? Are we ready to accept that guiding power that is there for the asking? Or do we insist on remaining in our apparent ‘comfort zone’ despite having peeked through the door and perceived something greater?’

But there were other events which seemed to have some significance towards understanding what had been taking place. I returned to live in England in 2000, and eventually Roseline and I reluctantly agreed that we needed to separate, although neither of us wanted this.\textsuperscript{165} After I took delivery of my old car in Belgium on 2 June 2002, the first person to sit in the passenger seat was Roseline. The following day was the day we separated and I returned home. Although we had occasional distant

\textsuperscript{164} (See DT Chap 14, Page 91.)
\textsuperscript{165} (See DT Chap 17, Page 125. Complete details are also recorded in Annex C to this book.)
contact, how we came to be drawn together again exactly 10 years later in June 2012 is recounted in WWT.\textsuperscript{166} On the day of my accident and the write off of my car on 21 February 2017 in England, the last person sitting in the passenger seat of that same car was Roseline. She returned to Belgium four days later. This was too much to be coincidence and I began to notice the significance of intervening events.

As mentioned in Chapter 12, Roseline and I had discussed visiting Switzerland in June 2017. It was in Switzerland in 2001 that we discovered that we were not only being prompted to separate, but we received confirmation of a historical link to lives in Delphi some thousands of years earlier. In order to explain the significance of what took place I need to summarise the sequence of significant events. (Complete details are also recorded in Annex C.)

**August 1995.** Margaret and I separated and she went to live in England.

**Spring 1996.** While attempting to sell the house in Belgium I met Roseline. She asked if she could come to take photographs of flowers in the garden. At that time Roseline only knew me as 'Nick'. She arrived with a book of photographs of Monet's Garden. The name of the photographer seemed to be significant: 'Nicolas Murray'. So began a journey of discovery.

**Late 1997 - June 1998.** As a result of meditation experiences and books by Omraam Mikhaël Aïvanhov I felt drawn to visit the Greek Islands, in particular Patmos, together with Roseline.\textsuperscript{167}

\textsuperscript{168} **October 1999.** I attend a 'Past Life' workshop. During a regression experience (in an altered state of consciousness) I encounter a young woman. The location seemed to be Egypt. (But later events convinced me that it was Delphi, in Greece.) I am the son of the leader of a temple. The woman is of a different class and it would be impossible for us to

\textsuperscript{166} (See WWT Chap 15, Pages 149-154. Complete details are also recorded in Annex C to this book.)

\textsuperscript{167} (See DT Chap 22, Pages 171-172)

\textsuperscript{168} (See DT Chap 17, Pages 117-122 for the account and details covering the events up to and including November 2000.)
have a relationship. I see her for the last time before she is sent away to another temple.

**Spring 2000.** I booked for Roseline and myself to join a group to visit Israel and Sinaï in Egypt at the beginning of November 2000.

**October 2000.** I attended another 'Past Life' workshop. I am invited to find the young woman from my 'Egyptian' experience. I describe her as being similar to the *Greek statue of the 'Charioteer' wearing a long white dress of light material.* *She is holding a taper and is lighting 5 or 6 candles on pedestals in a particular formation. She has some sort of decoration on her head, like a wreath of golden leaves. It is as though I am separate from the girl.*' While I was attending that workshop Roseline was contacted by the organisers of the trip to Israel and Sinaï. The trip had to be changed and as Roseline was unable to contact me, she had to decide whether to be reimbursed or take the alternative trip to Greece. She opted for us to go to Greece.

**November 2000.** During the Greek trip both Roseline and I had disturbing experiences while visiting Delphi and Sounion. The disposition of the 6 columns of the Temple of Apollo was identical to the *'pedestals'* that I had perceived during the workshop the previous month, keeping in mind that I was unaware at the time that we would be going to Greece. *'It is as though I am separate from the girl.'* related to me being unable to influence the decision of the girl being sent away to another temple. I wondered if the stadium was where I had *‘seen the girl from my ‘past life’ dancing for the last time’* before being sent away. Roseline became agitated and overly insistent on taking a photograph of the stadium at Delphi without anyone in it. Then on arrival at Sounion she felt it was familiar and that she had been there previously.

**May 2001.** We toured France and Switzerland, which included an unplanned visit to the Olympic Museum in Lausanne. While Roseline was occupied taking photos of a model of the layout of the Delphi complex, I noticed television monitors showing a lady dressed in a long white robe (similar to that which I had described as being worn by the lady in the ‘past life’ exercise 7 months previously) handing a lighted torch to a runner. This appeared to have taken place in the original Olympic stadium. We stood in silence watching the screens with tears in our eyes,
knowing that this was an indication that Roseline was sending me on my way. Another symbolic indication that we were to be separated. Over the following year further symbolic events occurred in our lives which resulted in us separating in June 2002.169

31 March 2012. [I moved to live in Belgium on 31 March 1967.] I saw a TV image of an aerial sketch of a First World War reconnaissance map covering the area where I had lived and worked for 33 years. This prompted me to contact Roseline, which resulted in our eventual getting back together again in June 2012, exactly ten years after we had separated.170

During Roseline's visit from 14-23 November 2016 I was reading 'Chronicles from the Future' for the third time. Paul's diary recounts that he had experienced deep unrequited love for Anna, but she had been persuaded to marry another and died in 1909 prior to Paul's coma experience in 1921. The last time Paul saw Anna before her marriage he recounts being with her on their 'hill' in Switzerland. She said that she would make a wreath of wildflowers and asked Paul if he would place it on her head. They made a promise that they would meet again.

Paul's last recorded diary entry before he went into a coma in 1921 is dated 24 February 1919.

Roseline came to visit again from 14-25 February 2017. In Paul's diary account of his coma experience he recounts falling in love with Sylvia who he sensed as being the same personality as Anna. In his last coma diary entry he mentioned to Sylvia that he had been back to visit Switzerland. She immediately suggested that just the two of them went to Switzerland the following day. There, while sitting on a hill, Sylvia made a wreath of wild flowers and handed this to Paul saying 'Will you put this wreath on my head ... it's time we headed home.’ I read that account again a couple of days before Roseline was due to return home and felt quite emotional as I read it. I commented to Roseline that it sounded like our story.

169 (See DT Chap 17, Pages 123-125)
170 (See WWT Chap 15, Pages 149-156 for the complete account.)
By now my mind was in turmoil. My car had been written off and I needed transport to take Roseline to the station on 25 February. I had come to terms with releasing my attachment to the old car, but was the symbolic meaning of Roseline being the first and last person sitting in the passenger seat of that car indicating that it was the end of our journey together again? We had already made tentative arrangements for the first few days of our stay in Switzerland in June. Suddenly I recalled more detail from the 'Past Life' workshop in England in October 2000. The lady with whom I had been partnered for that exercise was called Sylvia. Not only that, she was Swiss, and the young woman I perceived during that experience had 'some sort of decoration on her head, like a wreath of golden leaves.' There was something pushing me to return to the Olympic Museum while in Switzerland to check to see if the woman in images on the TV monitors was wearing a wreath on her head. That was one of the symbolic images which confirmed that we had to separate. But that was in 2001 and this was a new experience. Maybe we could change the outcome this time around? I began to wonder if we had been drawn into working on attempting to release an unresolved issue of 'global consciousness'. I don't know, but it certainly seems to be a possible interesting avenue for further investigation.

After Roseline's return home she gave me the dates of when she would next be free to come over. Unusually, I immediately booked tickets for her to come on 25 April without first confirming the date and times with her. I had noticed that the date of Paul's last diary entry before he went into a coma seemed to be significant - 24 February (my birthdate). This prompted me to wonder if the date of his last diary account of his coma experience might also be significant. Paul, from his 3906 AD perspective, explained that in AD 2396, a New Calendar had been established. Paul's last coma diary entry was dated 1-VIII. I looked up the conversion table to see what this corresponded to in the Gregorian calendar. It was 24 April. But Sylvia had suggested to Paul that they leave for Switzerland the following day. 25 April was the date that I had booked tickets for Roseline's next visit.

Suddenly I recalled that on my journey home after dropping off Roseline for her return journey on 25 February, a branch had caught the wing mirror of the courtesy car causing the glass to become detached. There
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was no initial damage, but I was unable to stop on the narrow road until a few hundred meters further on. By that time the glass of the mirror had fallen off. I walked back to retrieve it but meanwhile another vehicle had run over it. As I reflected on the significance of the symbolism of the broken glass I understood the message: 'Don't look back'.

12 March 2017. I was woken in the middle of the night with clarification and answers to my probing questions.

LOVE

Now we can speak. Thank you for listening.

We have waited for you to anchor into your consciousness the understanding of the ability to focus attention upon any dimension, or any period of time to which you are attracted. You came to experience a period of time upon earth. You could equally have chosen to experience a period of time upon earth in the, what you call past, or equally what you call future. You could have chosen to be male or female, a human or animal or plant or mineral. Are you beginning to assimilate the concept of our attempts to help your understanding of what you have been experiencing? You could equally have focussed your consciousness upon another dimension in the Universe, for all is a free choice. Once this concept, or these concepts, are anchored within your conscious awareness it begins to enlighten your understanding of what many will consider as strange events.

If, as you have experienced another [personality] utilising your body to express through you what he wished to communicate to his sister, then it is equally feasible for you, your consciousness, to influence another, in another domain, to express what your consciousness is drawn towards.171 It is difficult, we know, to eliminate all the barriers which humanity has erected around 'freedom of thought', but until this is accepted it will be impossible for [to bring about] the peace experienced by Deinach, through Northam in your future. You experienced the deeper level of consciousness whereby you were attended to by beings

171 (See DT Chap 5, Pages 28-29)
without limbs, emanating light. Was that not real? Did that not remain clear in your consciousness? These experiences are but grains of sand on the beaches of your dimension. The whole of Reality is beyond the comprehension of a single spark of conscious awareness. We can but attempt to encourage you to express your feelings and experiences to the best of your ability as part of your mission towards helping others understand the enormity of the realms, dimensions, and absence of time throughout the Universal Expression of Oneness.

Your experiences are simply that. Each expression of consciousness has their individual experiences. All we are capable of bringing to your awareness is for individuals to recognise that through their thinking they are the creators of the environment in which they become aware. Think of love and love will prevail. Think of healing and healing will prevail. Think of wanting to understand 'The Mechanism of the Universe' and you will be given experiences towards that end. Quite simple really.

So we come back to your dilemma towards understanding the feeling you experienced as a fear of separation between your conscious understanding and that of the understanding of Roseline. You experienced a long separation in the past [thousands of years]. You were shown a shorter period of separation [10 years] for you to realise that love can re-unite conscious expressions in this physical dimension. The emotional sense of possible separation you experienced was for your awareness to recognise that so long as love remains, the natural attraction will continue.

Again much of what we communicate will be beyond the comprehension of the majority, the great majority, of conscious expressions as humans in your dimension. This is not something that should concern your development and understanding. You have chosen this particular avenue on this particular planet for a limited period of duration in this period of evolution towards

172 (See WWT Chap 7, Page 65 for details.)
helping to expand conscious awareness in this domain. Many will need many experiences in order to develop and integrate such awareness into their consciousness.

You will have completed the task that you chose to address and in due course you will be freed from attachment to this earthly environment. Go in peace. We will wait your re-integration within the Oneness of All That Is. And All That Is, is Love.

To summarise, here are a few guidelines towards gaining a greater understanding of 'The Mechanism of the Universe'.

- 'In the beginning was a thought. It was an ‘earth shattering’ thought, but nevertheless, it was a thought. And from that beginning all else flowed.'
- When we lose our physical body, our consciousness awareness remains.
- Every thought we have has an effect on the Universal energy field.
- We are each an amalgam of energetic vibrations expressing themselves in this dimension which we perceive as physical forms.
- The level of consciousness at which thoughts are expressed, in conjunction with the intensity of the thought, determines the speed and intensity at which it affects the physical dimension.
- Whatever subject we focus on will be drawn into our environment or we will be attracted to the environment on which we focus.
- This physical dimension is a reflection of the spiritual dimension.
- Perceive any apparent negative event as an opportunity to gain a deeper understanding.
- Have no fear.
- Remain focussed on any positive aspects such as love, harmony, peace and gratitude.

My conclusion to all of these events is:
'I created them all by my thoughts'.

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Remain aware of what you think.

I will close with a slightly modified version of a poem that I received on 20 January 2011\textsuperscript{173} which I felt went a long way towards answering a question that I posed in the Introduction to Discovering Truth. - ‘What is this life all about?’

\textbf{WHO AM I}

\textit{From brilliant stars that shine at night, their geometric patterns right, there flows an Energy Divine, that ends on earth as yours and mine. And man on earth in his attempt are seen by ‘gods’, not with contempt but with a love that’s undefiled, as by a father for a child. We came to suffer darkness; yet, within the search sometimes forget the truth of why we’re on this land. But now it's time to understand the truth of why we came to be, upon this earth as you and me.}

\textit{We are but seeds from One and All. We are the dust that made the fall from that perceived Almighty One. When our time on earth is done we will return and hold His hand. And then it is we’ll understand our journey to this earthly plane and our choice to come again, if that’s what is our true desire. If that’s what sets our heart on fire.}

\textit{For all is but a natural jest, an act, a trial, a simple test towards uncovering who we are. We’ve manifested as a star, not shining in the heavens bright, but down on earth through day and night. Accept each challenge with delight, our journey back towards the light from whence we came. And I am told, a light so bright, but still behold seen from within our inner being, as Light of One, that’s what we’re seeing.}

\textsuperscript{173} (Previously recorded in WWT Chap 8, Page 69)
Experience is no surprise. So listen with our inner eyes, the truth is there for all to see, even for souls like you and me. Perceive our life as just a chance to play and sing an earthly dance, a chance to grow along the way, a chance to live another day. All in good time at sojourn’s end, we will return and understand that we created for ourselves, all of the fairies, sometimes elves, and sometimes we created fear, for that is part of why we’re here, to realise at last to find, we’re but expressions of the mind.

So go in peace and know this day, in life or death, there is no way that as an everlasting soul, you can be separate from the Whole. Experience this life with love, inspired from the realms above. Sometimes you call them angels now, but they are thoughts expressed, and how they are perceived in this domain, is simply just like falling rain. Reflect upon these words we send. Remember that there is no end. Eternity is ever 'NOW'. Just go with love and take a bow.

With love and many blessings to you all. Nick
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Towards the end of March 2017 I spent a few days making arrangements to meet friends and reserve hotels during the trip to Switzerland that Roseline and I were planning to take in June.

In Chapter 12 (Pages 172-175) I recount how I became involved in working with Curtis Southern, one of the last victims of the Great War who died on 11 November 1918. Curtis is buried in the Meuse-Argonne American Cemetery, which is located about half way between Roseline's home and Colmar where I had booked for us to stay on the first night of our trip. I had made mental contact with Curtis and offered to go to the cemetery with him, where he would be able to use my eyes to see his own grave headstone. I initially felt we could visit the cemetery on that first leg of our journey. However I then realised that although I had promised Curtis to go the cemetery, I had subsequently mentally asked him if he would like to go to 'where he came from' and sensed that he seemed to float up into an ever widening tunnel and disappeared into light. With these thoughts in mind, and as the first day of our trip involved a 500 km drive, I abandoned the visit to the cemetery.

By 26 March, the planning for the whole trip to Switzerland was complete except for our 600 km drive back to Belgium. In order to break the long journey I booked a hotel in Verdun for one night. This would give us the opportunity to visit the Douaumont Ossuary Memorial containing the bones of 130,000 unidentified soldiers. Also it was only 40 km from the Meuse-Argonne American Cemetery which we could then visit on the last stage of our trip.

26 March was also the day that the clocks were put forward one hour to denote 'summertime'. I watched TV until midnight (my routine time for going to bed) but did not feel tired. Unusually, I checked to see if there was any other programme that might be interesting. I found the repeat of the BBC programme 'Timewatch – The Last Days of World War I', first broadcast in 2008. Towards the end of that programme, the presenter, Michael Palin is shown kneeling beside the grave headstone of Curtis Southern, just one of the 14,246 American casualties buried in the Meuse-Argonne Cemetery.
During our return trip from France and Switzerland in June, as I had promised Curtis to visit his grave, we spent some time at the cemetery where he is buried. I sensed no further contact or link with Curtis.

On 5 April 2017 I began a trip to visit both daughters and attend a conference. During the conference, on 8 April participants were invited to walk around the grounds and write about whatever came to their attention. My attention was drawn to a pansy.
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The colours of purple and yellow contrasted with my logo which I designed after attending a workshop in September 1995. The star design is referred to as 'The Star of World Service'. This in turn prompted me to write the following poem.

**THE PANSY**

*Inside out, purple and gold.*

*Only if the truth be told*

*when I was young and oh so bold.*

*Now I reflect as I grow old*

*recalling how my star unfolds*

*to bring me glimpses from the cold*

*into my heart ever to hold*

*my star forever dressed in gold.*

Prior to commencing my journey home from the April conference I attempted to set the odometer in my new car to zero. It would not work, so I left it thinking I would read the instruction book to understand how to re-set it later. At one point during the drive I was prompted to check the reading on the odometer. It read 666.5 miles. I kept glancing at this until it read 666.6. I then recalled what took place as I stood in line during my registration for 'National' Service.\(^{174}\) This resulted in me receiving the number 5063666. I suspected that the 666.6 was now indicating that I should be prepared to perform 'World' service. I then noticed that the satnav system in the car did not incorporate a recently constructed road junction interchange and was still showing this as a roundabout. I resolved to take the car to the garage to have the satnav updated before leaving on our trip to Switzerland. However on arriving home there was message on my answerphone from Jack at the garage asking me to call him. The garage phone number is 826666.

Towards the middle of April Roseline became increasingly aware of health problems. Eventually after consultations and tests, on 23 April she advised me that she was due to have a further consultation on 28 April and would not be able to travel on 25 April as planned.

\(^{174}\) (See DT Chap 20, Page 150 for a brief summary of the events which occurred in 1958.)
During this period I had become convinced that the source of Roseline's health problem was associated with our first separation some thousands of years ago. But I was unable to identify the direct cause.

On 24 April I was prompted to re-read Chapter 15 to the end of this book before concluding this account. While doing this I received a phone call from Marcia asking how I was getting on. I mentioned that I was fine, but that Roseline had had to cancel her planned trip for the following day because of illness. Marcia's reaction was that she sensed that the situation stemmed from an ancient unresolved issue and suggested that maybe I should work on this.

As I returned to reading Chapter 16 my attention was drawn to one phrase in the 'channelled communication' on page 244 above.

'So we come back to your dilemma towards understanding the feeling you experienced as a fear of separation between your conscious understanding and that of the understanding of Roseline.'

Then in the last two items of my guidelines (on page 245) I had said:

'Have no fear' and 'remain focussed on any positive aspects such as love, harmony, peace and gratitude.'

Clearly I had been focussed on 'fear of separation' on two previous occasions. I had been symbolically told by the exterior rear-view mirror being knocked off the car that I should not 'look back'. By 'fear of separation' I had created an energetic situation, resulting in Roseline's trip being cancelled.

It was not a pleasant experience, but I became consciously aware of how 'fear' can be a destructive energetic expression. I needed to ensure that I took note of the conclusion of the 'channelled guidance' to become constantly aware and remain focussed to:

Recognise that so long as love remains, the natural attraction will continue.

and
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We will wait your re-integration within the Oneness of All That Is.

And All That Is, is Love.

Prior to leaving on the June trip to Switzerland I had a strong feeling that I should purchase an ankh pendant and give this to Roseline during our visit to the Olympic Museum. It had to be while we were watching the lady in the long white robe handing a lighted torch to a runner. (See page 240 under May 2001). I sensed that this was a farewell gift that I had not been able to give Roseline when we had been forced to separate some 3000 years previously as described in 'Discovering Truth' Chapter 17.

As Roseline opened the box containing the ankh we both had an emotional reaction and I suspected that Roseline realised the significance of this symbolic gesture. My suspicions seem to have been confirmed that this related to a past life incident as Roseline only wore the ankh for a short while after dinner that same evening. This was not the type of jewellery that she would wear in this lifetime. I sensed that it was a form of karmic omission that needed to be played out in this lifetime.
I intentionally delayed publication of this book until after a scheduled consultation with my oncologist, on 20 July 2017. I was eager to learn the results of focusing my intent on a 'perfectly healthy physical body'. Following a blood test and a CT scan, my oncologist explained that he was very satisfied with the results of the treatment that he had prescribed (one injection every three months) and he would advise my GP that these treatments should be suspended immediately. He recommended that I have another blood test at the end of the year and he would schedule me for a further consultation early in January 2018.

Meanwhile, as advised, I will continue to focus my intent on 'a perfectly healthy physical body'.
## REFLECTIONS ON TRUTH

### ANNEX A

### LINKS TO CHANNELLED COMMUNICATIONS

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**LINKS TO POEMS**

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ANNEX C

RE-DISCOVERING ROSELINE

The following is a consolidated account of significant events, previously recorded in DT and WWT, towards understanding my relationship with Roseline prior to our being drawn together again in 2012. Subsequent significant events are recorded in this book, particularly commencing in Chapter 16 from the bottom of page 238 onwards.

In 1996 I attended a workshop in Brazil entitled ‘Soul Dramas and Past Lives’ facilitated by Roger Woolger. A few months previously I had been told gratuitously by two independent individuals that I had had a 'past life' in Egypt. Intrigued, I booked to participate in the workshop, with some speculation that I might discover more about this 'past life', although at the time I was not particularly interested or even sure that I believed in 'past lives'. In an exercise we lay on the floor. We were guided to relax, and then to imagine that we were above the earth. We were asked to move around the earth and imagine that we come down in a country to which we feel drawn. After a couple of false starts, eventually:

‘I am a youth in Central France. The time appears to be during the 1800’s. I leave a small house to move south to the Mediterranean. I meet a young girl who I feel is about 16 years old. We spend some time together and have a picnic, which consists of bread, feta cheese and olives. I then leave her and move east to another country. I am with a group of people sitting around a teacher who is in the middle of a circle. Suddenly I become the man in the middle of the circle. I then have to move to teach in the Eastern Mediterranean.’

The following is a brief summary of some of the events that occurred in my life between 1996 and 2000. In August 1996, two months after this 'past life' exercise, I became friendly with Roseline, whom I had briefly previously met on a couple of occasions. She is 16 years younger than

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myself. We met two days after I had received the first offer from a prospective purchaser of my house in the French speaking part of Belgium. We communicate primarily in French. We are both vegetarians and are easily satisfied with simple meals. Roseline has always been aware of my plan to leave Belgium. In October 1997 a former Greek office colleague wrote and asked me if I would be willing to present a seminar in Greece and help him by giving advice on setting up a centre for alternative studies. Following the June 1996 experience I attended many seminars to gain a deeper understanding of the workings of the self and consciousness. My first sighting of the Mediterranean in 1961 was at St Raphael. I discovered that Roseline had once set off to holiday in St Raphael which would have been her first view of the Mediterranean, but because of personal circumstances she never arrived. The last day in my house in Belgium before returning to live in England was 29th February 2000. The new owner had bought the refrigerator and I had cleared it of everything except sufficient for a snack on that last lunch time. While eating what was left, I suddenly realised the significance and how this seemed to enforce my feeling that my Brazilian experience, almost 4 years earlier, had been a glimpse into the future rather than the past. I was eating bread, butter, feta cheese and olives.

To jump further ahead again for a moment, I visited Roseline during February 2001. On the last day we had lunch together before I returned to England the following morning, and a year after my ‘feta cheese’ revelation, I noticed that Roseline had prepared a snack of bread, goat’s cheese and olives. Again I visited her on 9 May 2005 when we had lunch together. I asked her what was in a package she was opening - it was feta cheese. I guess some progress had been made, as there was also mozzarella cheese and tomatoes on the table, but Roseline then added a jar of olives.

In November 2001 I attended a further workshop on ‘past lives’ run by an Italian group. Participants had been asked to send photographs, names and dates of birth to the organisers in advance. This information was then forwarded to mediums in Italy who linked into ‘past lives’ of the participants from the details supplied. Part of the medium’s report for myself read:
‘He had a strong desire to meet and know them. That was it! Their meetings took place in the countryside surrounding Assisi and with them was the founder of the group: Francesco. He joined them.’

Did this then correspond to what I had experienced in my initial ‘past life’ experience in which I had described moving from the South of France?

‘I then leave her and move east to another country. I am with a group of people sitting around a teacher who is in the middle of a circle. Suddenly I become the man in the middle of the circle.’

And would that ‘man in the middle of the circle’ correspond to me teaching spiritual understanding? What a daunting thought.

As a result, I had begun to consider that rather than the Brazilian exercise being a peek into a ‘past life’, that what I had perceived was more a glimpse of a repetitive theme, which for some reason was again recurring in my present life. I needed to remain aware of this in relation to other events taking place in my life.

However, in October 1999 I attended a further ‘past life’ workshop. In the first experience:

‘I seem to be in Egypt as the son of a leader. (I feel that my father is not the leader of the country, but of something equivalent to a county or province.) During that life I become a priest. I am not married. Eventually I die in that life by being condemned to death by the lower priests. They rebel against the practice that I am teaching of forcing young girls to worship and look at the sun, which causes them to go blind. I am attached to a post set into the ground and staked out to dehydrate in the sun. My legs ache because of standing so long. I just want to sit down but cannot. When I die I am so happy and relieved that I fall forwards, leaving my body behind, and begin doing hand springs away from the stake. It is such a relief. I do not feel guilty that I had done anything wrong, as I was simply teaching what I had been taught.'
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I feel that the lower priests did the right thing in stopping what I had been teaching and I hold no resentment for what they did. From the experience I learned that I should trust only my own inner ‘teacher’ and not what others taught me.’

Not only did this confirm what I had been told independently in 1994 and 1995 concerning a ‘past life’ in Egypt, but it was also a reflection of my inner conviction that I had to discover everything for myself and I could not trust any teaching from other’s experiences. Of course it could also be argued that I had created the story to correspond with what had already been implanted in my consciousness from the two earlier communications. I had great difficulty in determining where the truth lay and it took a number of years and further workshops before I came to accept the experience as being a credible ‘past life’, or at least a past experience.

In order to remain focused on my relationship with Roseline, I intended to omit elements from this and further ‘past life’ exercises that related to other events. But in the course of writing up the account I realised that this was not possible. All were inter-linked within my consciousness and it was a matter of separating them into some presentable understandable form. So the following account is of my second experience during the same October 1999 workshop, the pattern of which seemed to be another aspect of the ‘Egyptian’ life. Again we were invited to imagine encircling the world and to come down in an area to which we were attracted. We were then asked to draw an image from that environment and to give it a title. The title of my image, of a man’s face, was ‘Our Future Leader’. We were then asked to ‘see’ what was taking place within the image. This is what was recorded at the time by my partner with whom I was working.

‘I am in a mist and see two people in the distance. I, as a man, become one of the people. The other person is a young woman. I am drawn to take her hands and then I gently put my arms around her. There is an explosion of energy around my solar plexus/heart area. I have found a feeling that I had never previously experienced. I never again want to let go of this feeling. I must be free to express this feeling whenever I need.'
We walk hand in hand for a while and then we each return to our respective living areas. [I am then asked to move to the next big event in my life.] I feel as though I am in Egypt. Again as the son of the leader, I cannot have a relationship, other than friendship with this girl, (and even that has to be in secret) because we are of a different standing or class. She is a dancer, singer, among the court/palace entourage. (Slave/concubine?) I intentionally walk through the orangery at a time when I know the dancers will be there. I see this girl and we arrange to meet again in three days' time. We meet beside a well, away from the palace area. Again we just go for walks. The next big event in my life is that I am seated within the palace ‘temple’ area. (It is more a long area, with seats on either side, where all big events take place, rather than a temple.) I am seated with the dignitaries in the shaded part of the area watching the dancers performing. I can see the girl (but she cannot see me) and I know that I am seeing her for the last time. She is going to move to another ‘temple’. I am sad but I know it has to be that way.’

I attended a further ‘past life’ workshop in October 2000. After discussing some of my earlier experiences with my partner, she suggested that I return to see what the girl from the ‘Egyptian’ experience was doing now. Initially I could see nothing and felt as if I was in a mist. My partner encouraged me to go through the mist until I found the girl.

‘I see her dressed in a long white dress of light material. I describe this as being like the robe worn by the Greek statue of the ‘Charioteer’. [I was familiar with the statue having previously once seen it in Greece and then almost daily, as there was a full size replica in the entrance hall of the building where I worked for over 30 years.] ‘She is holding a taper and is lighting 5 or 6 candles on pedestals. The pedestals are in a corner position, but there is no other detail around the image
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I have in mind. She has some sort of decoration on her head, like a wreath of golden leaves. I get no further detail and there is no particular emotion attached to the experience. It is as though I am separate from the girl.’

In the layout below, ‘G’ indicates the position of girl; ‘P’ indicates pedestals and ‘V’ indicates the position from which I viewed the image.

Before I left Belgium and returned to live in England at the beginning of March 2000 I had booked for Roseline and myself to travel with a group to Israel and Sinai at the beginning of November 2000. During my participation in the above workshop at the end of October, the organisers of the trip contacted Roseline. Because of the unstable situation in Israel, for safety reasons, the trip had to be cancelled. Roseline and the organisers were unable to contact me, and due to the short time delay, Roseline had to decide whether we went with the group on a revised tour to Greece, or to have our money refunded. She opted for us to go to Greece. One day of this trip was spent at Delphi. My first visit to the museum had been almost 20 years previously. Despite the interesting commentary by the guide, I was unable to concentrate. The temperature was a pleasant 24°C yet I became hot, irritated and uncomfortable. I had to leave the group and escape from the museum to be on my own. As I was leaving I passed the statue of the ‘Charioteer’ and quickly took a photograph before going out into the warm air. It was as though I had moved into another world. I felt it must be what prisoners experience when they are released from prison. The irritation and discomfort diffused immediately.

Slowly I walked up to the ruins of the main site at Delphi. There I waited in order to take a photograph of the Temple of Apollo, void of anyone
else in the picture. I then sat on a wall to wait for the rest of the group. I subsequently lay down on the wall in the shade and thought it strange that I could sense the vibrations of the feet of tourists through these enormous blocks of stone as they walked along the adjacent path. Some 30 minutes later I moved further up the ruins towards the amphitheatre and sat in the sun, still waiting for the rest of the party to arrive. The first person from the group to appear stopped for a while under the trees where I had found a quiet resting-place. She in fact was the person leading the workshops that were running concurrently with the visits. Eventually she joined me. We then noticed that another member of our group had also stopped and was sitting on the wall beneath the trees. There seemed to be something that had drawn us to that place. I then recalled part of my account from my first ‘past life’ experiment. ‘I am with a group of people sitting around a teacher who is in the middle of a circle.’ I was with a group. I had moved close to the centre of the base of the amphitheatre (semi-circle) and here was the teacher of the group and myself together. ‘I become the man in the middle of the circle.’ I reluctantly became aware of the title of my drawing from a year earlier ‘Our Future Leader’ and more of the text from that first ‘past life’ experience. ‘I then have to move to teach in the Eastern Mediterranean.’ I was standing in the Eastern Mediterranean, but suspected that this might only be the beginning of a new journey.

Suddenly I glance to my left. The rest of the group are approaching by another pathway and are gathered listening to the tour guide near the temple of Apollo. There is Roseline, and behind her are the six upright columns of the temple. I have to take a photograph of this scene – just Roseline and the columns. My mind flashed back to the experiment and of seeing the dancing girl for the last time before she left to go to another temple. Then came the realisation that I had been asked to see what she was doing NOW. ‘Lighting 5 or 6 candles on pedestals.’ There were the columns and Roseline in the exact same positions as I had envisaged the pedestals and the girl, just three weeks previously, when I had been under the impression that we would be visiting Israel and Egypt, not Greece!
I quickly moved to join the group and as they dispersed, I asked Roseline to stand in the position that I had seen the girl lighting the candles so that I could capture the image on film. About half an hour later on our descent, another member of the group, Helen, who was completely unaware of my revelation, asked me to stand with Roseline so that she could take a photograph of us together with the columns in the background. She then suggested that she take another photograph with my camera so that we would have a copy. I wonder if she realised the significance of that jest. I wonder if she realised that she had been guided in such a way as to capture a physical image that would remind me that the repetitive pattern of many experiences was now broken and would allow me to move forward into the next phase of my experiences?

Between these two photographs, the group visited the stadium where the original Olympic Games had taken place. As we entered I realised that there were seats on either side. Could this be the location where I had ‘seen the girl from my ‘past life’ dancing for the last time’ before she moved to another temple? I also noticed that Roseline seemed to be agitated and overly insistent on taking a photograph of this stadium without people in it. I needed to know if the stadium had been used for dancing as well as for athletic events. The guide was in no doubt that it had not, yet I was convinced that this was where I had seen the girl in my ‘past life’, dancing for the last time. I questioned the guide again, but she was adamant that the stadium had only been used for athletic events in ancient times. However, she did mention that there had been an event in the stadium when a ceremony with music and dancing had taken place in
the 1930’s to mark the origin of the Olympic Games. This did not seem to fit. Something was wrong.

I began writing up my account of that trip on 17 November 2000 and was drawn to read the literature in the small brochure that we had been given at the entrance to the museum. I felt excited as I read ‘In the period 11th – 9th c BC. the cult of Apollo (the Sun God) became established at Delphi. The first stone temples were built towards the end of the 7th c BC, one dedicated to Apollo and the other to Athena.’ Could this have anything to do with my ‘past life’ experiences? Maybe the images I had experienced were not of Egypt at all, but had been of Greece. Had I been a priest in Greece and not Egypt, or maybe even both in different lives? Was the ‘I then have to move to teach in the Eastern Mediterranean.’ something from the past rather than an indication of something in the future? Was part of the cult of Apollo also involved with forcing young girls to worship and look at the sun, which caused them to go blind? Just more questions, but the striking event was yet to come. In the second to last paragraph of this small brochure were the words ‘the stadium was home not only to athletic games, but also to musical events.’ So despite the insistence of the guide, here was a strong probability that the dancing that I had ‘seen and felt’ was most likely correct.

I was now forced to consider whether the images that I had experienced during the first ‘past life’ workshop in 1996 had really been of incidents from a past life, or whether they were symbolically prophetic of what was to come, or possibly more confusing still, a mixture of both? I did not know.

After years of reflection my feeling is that the images from my ‘experiments’ seemed to show ‘repetitious themes’, rather than necessarily being scenes of past or future lives. They may have been ‘past lives’, or they may be clues as to what could occur in forthcoming lives. But in considering my Egyptian/Greek experience as an indicator of my ‘future (present) life’, both the past and present experience stopped at the same point. That is, in the experience, the dancer and I were separated when she was sent away to another temple; in my present life Roseline and I were separated when I returned to live in England. The significant
difference here is that in the ‘past life’ I had no influence in Roseline being sent away, which left me feeling sad. In my present life I was responsible for our separation by moving to England and it really felt that this was something I had to do. Furthermore, in the ‘past life’ we only met occasionally very briefly, whereas in our present lives we had developed a close relationship for almost 6 years.

Looking back at the ‘past life’ exercise - only when I was subsequently taken to a point in my sub-conscious to see what the dancer was doing, NOW, was I able to progress beyond the blockage which appeared to have been a residue from that past experience. As I had already considered, it could be argued that I invented the Egyptian experience to correspond with events occurring in my present life. But then one has to question why the trip planned to Israel and Sinai so many months in advance and which felt right, was changed at the last moment to Greece? Surely I am taking things too far to suggest that it was to show me that my past experience had been in Greece and not Egypt? Why had I experienced the feeling, when in the museum at Delphi that I must move away from the group and spend time at the site of the Temple of Apollo? Was this to do with some ancient memory? Was moving out of the museum connected with the relief that I felt when I was released from my physical body upon dying after being staked out in the sun to dehydrate, the cause of which had been sun worship? What made me so insistent in questioning the guide concerning the celebration I had ‘seen’ in the original Olympic stadium? I can only suspect that the trip had to be to Greece, in order for what I had sensed in the experience a few weeks previously, to be realised and released in a physical form. It was as though whatever we create at a deeper level of consciousness eventually manifests itself in physical form and only then do we get to experience this with all our senses.

But the understanding of my relationship with Roseline was not to end there. However, before pursuing further events, it is worth considering Roseline’s health condition in her present life. She has had a heart problem since the age of about 12. (Could that have been her age in her ‘past life’ as a dancer when she was sent away – ‘broken hearted’?) She suffered from extreme anxiety when faced with a journey on most forms
of transport, although interestingly enough, not when we were travelling together by car. (Could this also stem from feelings associated with being sent away to another temple?) At the airport before our return flight from Greece, Roseline had an extreme attack of anxiety, refusing to get on the plane, until the leader of the group was able to bring calm to the situation. Finally she has a phobia of heights, particularly around cliff areas. (In my second ‘past life’ experience in October 1999 where I saw the dancer for the last time, I had said that she was ‘going to move to another temple’.

During our visit to Greece in November 2000, both Roseline and I felt that it was to the Temple of Sounion that she, in her ‘past life’, had been sent when she was moved from the Temple of Apollo in Delphi, although at that time we had no evidence to support such feelings.) Sounion is situated high on a rocky isthmus. However another event while we were on a trip to France and Switzerland in May 2001 seemed to confirm both our feelings that Sounion was the temple to which the dancer had been sent.

We booked into a hotel at Annecy, and then strolled along the side of the lake to take photographs and select a suitable restaurant for later that evening. Roseline went to make a phone call while I continued around the lake. Eventually I saw her returning then noticed that she had walked onto a short jetty out into the lake. The sun was shining from the opposite side of the lake, giving me a silhouette image of Roseline against the lake. She was wearing her poncho. In a flash of disbelief I was taken back some 19 years.

My first trip to Greece was on an official visit with work colleagues in June 1982. One evening our group of some 40 participants was taken to see the Temple of Sounion. I clearly recall having to wait a good 10 minutes in order to be able to take a photograph of the temple silhouette, without there appearing to be anyone in it. (I eventually managed to align another photographer with one of the columns so that his image did not spoil the temple outline.) The memory is so clear that even now I recall that I waited so long that, unusually, I was the last person back onto the tour coach. When I received the film back from processing, I could not believe my eyes. There, clearly visible at the edge of the temple, in the centre of the picture, was the figure of a female with flowing hair, wearing
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a cloak, looking out to sea. Every time I subsequently saw that photograph I wondered how it was possible for me not to have seen this person, after having patiently waited so long to capture a particular image.

Despite what may be considered by some to be wild speculation, I can only interpret the feeling that hit me when I saw the silhouette of Roseline at Annecy 19 years later. There was her outline with flowing hair, wearing her poncho (cloak?) silhouetted against the evening sun looking out across the lake. Could it be feasible that the unrequited love felt by the dancer (Roseline?) was so strong that an ‘energetic imprint’ of her presence had remained at Sounion throughout the centuries? Could it be possible, that my physical presence at the site, had somehow attracted an element of her ‘soul being’ closer to the earthly vibration, to the point where it manifested as a silhouette on my photograph?

In my search into understanding life, I have come across a number of recorded incidents of bi-location, where individuals have been witnessed in different places at the same time. I have also seen many photographs that contain images of dead relatives (commonly known as spirit forms) of the prime subjects of the photograph. So although my hypothesis may initially sound preposterous, careful evaluation could shed light on many phenomena that, up to now, have been categorised as strange. This all begins to make sense once we recognise the energetic makeup of the human personality, its many forms of expression, and we are able to move our conscious understanding beyond the constraints of linear time and individuality. Once we accept that ‘life’ is eternal; that which we term
‘love’ is an extremely powerful force, and that we exist in many dimensions at the same time, then the ‘strangeness’ of such a proposition begins to diminish.

Of course, at the time of my first visit to Greece, Roseline and I had not met within our present physical earthly bodies. Yet when I reflected on certain elements of our past in this life, I began to wonder if, even before we met, there was not some magnetic attraction that was pulling us together, yet we were having problems in getting the timing right? I moved to live, I must admit not by choice but because of my work, in Mons in 1967. Roseline was born within 10 km of Mons in 1955 and a couple of years later moved to live for 3 – 4 years in a house which was less than 1 km from where I eventually had a house built in 1978. But by this time Roseline had already moved to live in Liege, eventually to return to Mons in 1991. Furthermore, although there were annual official visits to different countries associated with my work, I never had a desire to participate in any of these until after some 20 years, when I was eventually drawn to visit Greece in 1982.

But to return to our holiday in 2001; we travelled from Annecy to Lausanne in heavy rain. It had not been part of my plan to visit this city. However when Roseline realised that Helen and her partner, who we planned to visit, lived only an hour’s drive away, she asked if we could spend some time in one of the museums in Lausanne. We eventually found a beautiful small hotel / restaurant located at the foot of vineyards, overlooking Lac Leman. By the following morning the rain had stopped, giving us a clear view over the lake towards the snow-capped Alps.

As we drove off to find the museum I discovered that the rain had flooded the car windscreen wiper and it was no longer working. This was something that had to be fixed, with the result that we spent the remainder of the morning searching for the main Citroen dealer. The garage had neither the required replacement motor, nor the time later that Friday afternoon to attempt to repair the wiper, and they were not open on Saturday. Disheartened, we headed back into the city discussing whether we should first have lunch or visit the museum. The decision was taken out of our hands when I missed a road sign and discovered that we were
heading towards the lake. At least it would be a good place for a picnic. Only when I looked at these events in retrospect did I realise that we probably did not have a great deal of choice, in order for what followed to be significant.

First of all we noticed a bench in some gardens overlooking the lake. Then on a street lined with parked cars, suddenly there were two vacant parking places together; the two nearest to the entrance of what we eventually discovered was the Olympic Museum. Neither of us was aware of the existence of this museum. As we stopped the car it was 12.29 and I noted that there was no charge for parking for one hour from 12.30. It seemed as if we were meant to be there. After the picnic we wandered round the museum gardens looking at the statues and eventually came to the entrance hall. We decided to spend an hour or so visiting the museum, which again was not part of our plan. Yet it was here that we were to be given another shock.

I stood in front of a display of an arc of torches, reading the short history of the journeys of the Olympic flames of the modern day Olympic Games. I happened to glance up at one of the 5 television monitors above the torches just as the image of a lady dressed in a long white robe came onto the screens. She was standing in the ruins of what appeared to be an overgrown stadium (I presume the original Olympic stadium) handing a lighted torch to a runner. The robe was exactly as I had described worn by the lady in the exercise at the ‘past life’ workshop the previous October, holding a taper lighting candles on pedestals. I called Roseline over to watch the images which were repeated every 5 minutes or so. As the image recurred, we stood in silence watching the screen with tears in our eyes. Was this a sign that it was time for me to move on and start teaching? Whatever, at some deeper level I knew that this was an indication that Roseline was sending me on my way, ‘we were to be separated’ but at a conscious level this was something that I did not want to know.

The next morning it was time to visit our friends, Helen and Albert, who we had met during our trip to Greece the previous November. Naturally we were eager to see their photographs from the trip. And here we were
faced with another strange phenomenon relating to the photograph that Helen had taken of Roseline and myself in front of the columns at Delphi. Immediately after taking that photograph, Helen had asked me if I would take a similar photograph of her and Albert together with another friend. This I did, but Helen was at a loss to explain how that photograph had turned out to be a double exposure. Practically, it was not possible to take a double exposure with her camera, yet this is exactly what had happened. The result was that Helen, Albert, their friend and I were visible on the one photograph. Roseline, except for her hair, was completely obliterated and hidden behind Helen. At the time I was unable to reach any conclusion as to the meaning of this phenomenon, although eventually I began to realise that it was probably a further indication of our forthcoming separation.

At the end of 2001 Roseline and I arranged to meet in Paris for a few days. During this trip Roseline made it clear that she was not happy with our relationship continuing with just occasional meetings. Since retiring I had never had any doubt that I must return to live in England and Roseline had always been aware of this. Then subsequent to my return to England at the beginning of March 2000 I had been visiting Roseline about every 2 months; however it was evident that she needed a more active relationship than she then had with me. Clues as to our future direction became even more evident when I went to visit her again in February and March 2002.

I had begun to realise that inner disharmony, if not adequately addressed, eventually manifested in symbolic physical form. I had come to recognise the car as being an extension of myself and as such, when things happened to the car, I questioned what this might symbolically be conveying about my current situation. (Often quite an expensive exercise, but for me, an effective means of ‘communication’.) For example, once when the car had been parked overnight and the next morning I discovered that the rear view mirror had been demolished, it clearly indicated ‘Don’t look back.’ The windscreen wiper motor failing while on holiday indicated ‘You are not seeing clearly’ etc. A few days before travelling to see Roseline in February 2002 I parked the car at the edge of a parking area. I did not notice that the front of the car was so
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low that the registration plate was touching a rising bank. Then on my return, before the hydraulic suspension system had raised the car to its maximum height, I reversed and the registration plate was ripped off. What was this telling me? The registration plate represented the car identification – the ego. ‘Let go of my ego.’ A few days later as I exited the motorway and turned into Roseline’s street, suddenly the power steering failed and I needed to exert great effort to control the car round the corner. Message: ‘I have to get hold of the wheel of my life and take control.’ or alternatively, ‘allow the power to take control’. When I checked the following morning the hydraulic fluid reservoir simply needed topping up, but nevertheless, the message still seemed valid.

I then recalled that on our 2001 trip to France and Switzerland. In addition to the windscreen wiper needing to be repaired, the experience in the Olympic museum and Roseline being blanked out on the photograph, before setting off I had to have the car air conditioning system repaired - ‘Remain cool’. Then during the first week of the holiday the exhaust pipe needed replacing. ‘Was I becoming exhausted making these frequent cross Channel trips?’ But I then received clear answers in response to my unspoken questions.

On arrival home from the February trip I experienced difficulty opening the front door. A book had been delivered while I was away which was partially covered by subsequent mail that was the cause of the door being blocked. Looking back, there was evidently something special about that book that I needed to understand. (I had waited two years for publication of the translation from French into English.) Uncharacteristically I put my case on the bed, left my coat on the chair and after the long journey, completely ignored any desire for nourishment and spent the next hour reading the book. Two days before I returned from the subsequent March trip I went into the centre of Mons and quite unexpectedly met the author of that book. She is French Canadian. I had participated in workshops with her on 3 occasions; once in Tunisia; once in France; and latterly as the leader of the workshops in which Roseline and I had participated on our trip to Greece. What were the chances of me, on a short visit from England to Belgium, meeting this lady from Canada on the one afternoon that she was in the same town as myself, to give a radio interview about
her book? Suddenly it became evident that this was another indicator of the ending of my relationship with Roseline. The title of her book: ‘Love Yourself’. Symbolically I understood that I was being prevented from entering my own door, it felt as though I was being shown that I needed to focus on the inner work that I had chosen to do.

On the last day of the March trip Roseline asked me if I would drive her to see her father’s grave. We stopped on the way to buy some roses. She left one rose on his tomb then asked if we could drive to another cemetery, to her grandfather’s grave. In the same cemetery was the grave of her stepfather and she placed one rose on each tomb. As I got into my car to leave the following morning Roseline presented me with the last of the 4 roses she had bought. I am not aware if she consciously realised the significance of her actions, but subconsciously I had no doubt of the meaning.

I made a further trip in June 2002 during which we considered separating for a while. Neither of us wanted this separation, but the difficulties that were being placed on our pathways were becoming so complicated that we knew that we had little choice. Roseline asked me for how long I felt we should separate as we had earlier discussed this - possibly being until the end of August of that same year. I was shocked, surprised and unable to control the words that came out of my mouth. I replied ‘Six years’.

Ten years later in January 2012 I realised that as Roseline’s birthday was in March and I was going to be away for much of February, I decided to buy her birthday card and complete this before leaving while I had sufficient time.

Despite there being a large selection of cards, I was drawn to an image of a wave tube on a card. The description on the reverse of the photograph was ‘Rough seas pound the beach at Torcross’. In 1944, 946 soldiers had died off that beach during training exercises for the Normandy invasion. As I began writing a poem to put in the card I recalled that, before I was aware of the details of what had happened to those soldiers, one winter night in 2001 I was driving along the road parallel to the beach. It was raining, windy and black. Roseline was with me in the car. When she
saw the waves she insisted that I stop the car while she got out to go for a walk along the beach on that stormy night. I stayed in the car. It was about five months later that I purchased *The Forgotten Dead* by Ken Small. It was in that book that I discovered the events that had drawn Ken to recover and set up a tank as a memorial to those who had died in that tragedy. It took me less than 20 minutes to write the following poem for Roseline’s birthday card directly onto the computer.

**MEMORIES**

*13 Jan 2012*

*The crashing waves upon this shore*
*at Torcross, where in times of yore*
*the soldiers came and gave their lives.*
*They were the ones who left their wives*
*to come to fight; to set men free.*
*And that is where, one day with me*
*you left the car in tempest storm*
*to feel the spray. Was it to warn*
*those soldiers that they could be free,*
*remain no longer in the sea?*
*But lift their eyes to greater light*
*where they would leave behind the night,*
*the darkness of their past; and gain*
*a glimpse of their true life again.*
*But in those days, before we knew*
*how we could help, and what to do*
to aid those souls stuck in their minds in traumas, each of different kinds.

Now over years with knowledge gained,
our links with those deceased, not strained,
we can communicate with ease
to bring them peace and such release.
So on your birthday, send a thought
to those who knew, the love you brought
REFLECTIONS ON TRUTH

to those who lost their lives in vain
upon this beach in wind and rain.
They thank you for your selfless gift
that they received. Gave them a lift
to move beyond their watery grave.
You gave them hope. Their lives you saved.
So birthday wishes from them all.
With love. Thank you. You heard the call

On 31 March 2012 I watched a Channel 5 television programme that I had recorded the previous evening. The programme ‘Revealed’, documented how a group in New Zealand, working from original blueprints, had constructed some of the early flying machines. At the outbreak of the First World War the original aircraft were initially used for reconnaissance purposes. It was explained that in the very early stages, with there being no means of communication between the aircraft and troops on the ground, the pilots would overfly enemy territory, then return to base with drawn sketches of enemy emplacements. A copy of one of the drawings was flashed on the screen.

I was stunned and stopped the recording to check the details. The crude drawing covered an area around Mons in Belgium, where I had lived for 33 years. It also indicated what appeared to be possible enemy targets.
One of these appeared to be an airfield, (‘A’ on the diagram) on which, eventually in 1966/67, was built the headquarters where I used to work. Margaret and I had moved from France to live in Belgium on 31 March 1967 – exactly 45 years to the day previously. The programme continued and eventually photographs were shown of the first two aircrew casualties who were killed on 22 August 1914. I made a note of their names, knowing that I had to visit their graves. They were Lt. Charles George Gordon Bayly (navigator) and 2nd Lt. Vincent Waterfall, (pilot) both of the Royal Flying Corps. On checking the Commonwealth War Graves Commission website I discovered that they were buried next to each other in the Tournai cemetery, some 50 km from Mons.

Since the turn of the year I had sensed that I might shortly be returning to France to visit war graves. For some time I had also wanted to add photographs to my records of the graves of the first and last allied victims from the First World War, who I had discovered, were both buried in the same cemetery on the outskirts of Mons. However I had felt that this could be combined with an eventual future trip to Belgium. I had no indication of any other particular graves that I felt drawn to visit until seeing the above programme.

The following morning as I got out of bed, my attention was drawn to an image of ‘Pegasus’ hanging on the wall. Behind this I knew was a card, on which was a different image of Pegasus. This had been purchased by Roseline and given to me at my farewell party when I left Belgium. With the contents of the poem that I had written for Roseline’s birthday fresh in my mind, I decided to contact her to explain what I had experienced relative to the airmen and how the image of Pegasus had been drawn to my attention that morning. During the conversation I asked her if she had ever visited ‘Pegasus Bridge’ which was the site where the first troops had landed during the Normandy Invasion in 1944. She had not.

Although I had not seen Roseline for about 7 years, we arranged for me to stay with her while I visited cemeteries in the Mons area. We then agreed to travel together for a few days on a trip to Normandy. My objective was to stop by the War Cemetery at Bayeux where there was a particular headstone that I regretted I had not photographed during my 2010 trip. This would nicely combine with a visit to the museum at
Pegasus Bridge. As for Roseline, for many years she had wanted to walk part of the ‘Le Chemin de Compostelle’ and she could do this from either Rouen or Caen.

By 6 April I had established a route, including a visit to my ancestor James’ grave, booked accommodation, and sent an outline of this to Roseline. She responded by giving me suggestions as to possible routes that she might like to walk from either Caen or Rouen. I checked the details on the Internet and could not believe my eyes. The beginning of ‘Le Chemin de Compostelle’ from Rouen went right in front of the hotel that I had booked where we would be staying in the town.

After we had agreed on the arrangements for the trip, I commented to Roseline that I felt that it had something to do with ‘completion’. Considering the graves that I had been drawn to visit, I wondered if this could be associated with helping to release the last of the First World War victims. It was on 30 April 2012 that I received an email from Roseline with an Internet link to an article by Marcus Mason about an eclipse that was due on 20 May. Part of it read:

“Powerful negative imprints, such as war, misuse of power or emotional trauma can block or damage the energy flow in a particular region of the planet, causing the energy to become distorted... Eclipses provide opportunities to release these negative energy imprints and enable new, positive patterns to become encoded into the Earth grids.”

After reading this I felt that my assumption seemed to be correct. However, I then came to details of times of maximum eclipse of planetary alignments and the appropriate significance associated with specific sites. As both Roseline and I are Piscean, which is ruled by Neptune, I noticed that the significance of Neptune was ‘Opening to new levels of unconditional love’. My attention was then drawn to the first two sites in question. These were The Temples of Poseidon at Sounion, and Delphi, both in Greece. I was shocked again, this time into reflection as to the significance of what I had just read. It was during our visit to Greece in November 2000, that both Roseline and I had felt that it was to the Temple
of Sounion that she, in her ‘past life’, had been sent when she was moved from the Temple of Apollo in Delphi.

The enormity of the symbolic significance of events then struck me when I realized that on 20 May 2012 the Olympic torch would pass immediately in front of my apartment. If our separation had been signalled by images of torches in the Olympic museum in 2001, was the symbolism of the 2012 Olympic torch passing immediately in front of my apartment an indication that we were to be brought together again?

The conversation I had with Roseline quoted above, where we had discussed separating and we had both been surprised by my response of ‘Six years’ had been in French. Had I misunderstood what had evidently been communicated to me from beyond my conscious self? Had I somehow misunderstood ‘six ans’ instead of ‘dix ans’ – ten years? That conversation had taken place in June 2002. Now, as a result of the events prompting me to return to Belgium to visit war graves, our planning would bring us together again on a trip in June 2012, exactly 10 years after our separation.

In the back of my mind I recalled something about another eclipse in June 2012 and decided to check the exact date. I was mistaken, but discovered an astronomical event that was due to take place, and which seemed to be equally significant. From Wikipedia I found that:

“Transit’s of Venus across the disk of the Sun are amongst the rarest of planetary alignments.

They are so rare that only seven such transits have occurred since the invention of the telescope. The previous transit of Venus was in 2004, and before that was in 1882.

There is a pattern to the Venusian transits. Previous years they occurred were, 1631, 1639, 1761, 1874, 1882, 2004, and now the transit 05/06 June 2012. [The 5th of June was the day we were scheduled to visit the Pegasus Bridge memorial.]

This is the last Transit of Venus this century. It does not occur again until 11 December 2117 and then again on 08 December 2125.”
REFLECTIONS ON TRUTH

I had little doubt that our journey was in line with something beyond our conscious planning, and we had simply fallen into line with plans greater than our conscious selves could ever have imagined. Yet in the back of my mind was the question of our relationship. How would this develop after 10 years of separation?

A dream on 19 May seemed to provide an answer.

‘I am attending a conference. It ends and I say goodbye to everyone. As I walk away from the venue I notice a man walking behind me. I turn to see who it is and as I do so I notice another man on the other side of an adjacent low wall. I then realise that the man behind me and the man on the other side of the wall look identical. The only difference is that the man behind me has what looks like the branch of a May bush across his face that is tangled in his hair. He is trying to brush it away even though he does not seem too concerned about it. The man over the wall does not have this branch across his face or in his hair.

I am excited because I seem to have seen this one person in two places at the same time. I decide to return to tell an attendee at the conference, what I have seen. As I turn and walk towards the venue the man over the wall addresses me as ‘Mr Nicholls’. I hadn’t realised that he knew me, even though he looked the same as the man behind me who had been at the conference. Although I had never met the man over the wall, the fact that he knew my name confirmed that he was the same person as the man behind me, rather than a twin.

I arrive back at the conference to tell someone what I have experienced, but they all seem busy and occupied in talking between themselves.’

INTERPRETATION. I suspect that the ‘man behind me’ is another part of my deeper-consciousness. Being shown that he has a branch of a shrub over his hair and face implies that he is not able to see clearly. There are three elements that need to be considered together:

If the man behind me is another part of myself, then the identical man over the wall must also be another part of myself.
The branch is of a May bush. This is the month of May. The branch does not impede the face and vision of the man on the other side of the low wall.

I would be travelling to Belgium before the end of May. Belgium is part of what are known as the ‘Low Countries’. I will have crossed over the low wall and be in the ‘Low Countries’ before the end of May.

The branch of the bush being absent from the face of the man over the wall indicates that I will be able to see more clearly [how our relationship would develop after 10 years of separation] once I had ‘crossed over the wall’ or once I arrive.

To answer the question, upon my eventual arrival in Belgium the gap of 10 years simply seemed like one day.