

100 QUESTIONS ANSWERED BY THE MASTERS



BY THE ABBOTTS

A Divine E-BOOK

PSYCHIC AND SPIRITUAL KNOWLEDGE

PRACTICAL INFORMATION ON EVERYDAY ISSUES

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100 QUESTIONS ANSWERED BY MASTERS, FOR **YOU**, ON -
LOVE, SEX, **DRUGS**, MONEY, POWER, UFO'S, HEALING, **ANGELS**, PAST LIVES,
TELEPATHY, **ALIENS**, ESP & MORE!

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FOREWORD

As The Abbotts, Tony and I (Robyn), have put together these 100 Questions and Answers from the Masters, hopefully, to help you bring spiritual power into your everyday life. This new millennium's energy is allowing all people to raise their spiritual vibration and they are quickly realising that spirituality is not just confined to church or temple worship, once a week. It should be part of their every action and thought.

Therefore, we are constantly asked, 'How can I deal with life's issues and problems, in a spiritually inspired way?' We collected the 100 most frequently asked questions and over a five year period, put them to the Masters, for their own original and higher channelling responses. The Masters that we asked, were as diverse as Isis, White Eagle, Sananda, Mother Mary, Kuthumi, Serapis Bey, Kwan Yin, Joachim, Ashtar and Melchizadek. These Masters do not speak from any one particular religious or denominational viewpoint. Their answers are for Hindus, Christians, Moslems, Jews, Buddhists, New Age devotees and all other religions and philosophies and they cover a range of subjects from - sexuality, soul mates, manifestation, healing powers, light body activity, earth changes, drug addiction, UFO's, suicide, Star Children, death and many, many, other relevant questions.

Tony and I have pledged our lives, to giving out practical, spiritual information *that we know works!* We hope that you will find this book, enlightening, thought provoking and useful.

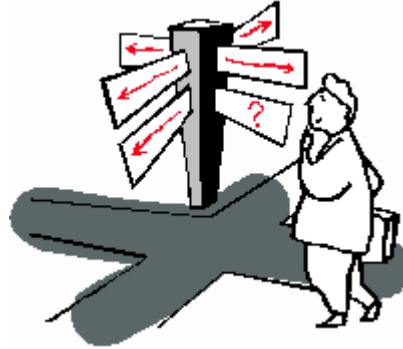
Love and Light,

The Abbotts.

13.6.2000.

CHAPTER 1

WHO AM I AND WHY AM I HERE?



The questions in this section were answered by Lord Sananda who is the Higher Self of Jesus. He is a compassionate and loving master, who has had many lives on Earth and truly understands the human condition and problems.

Q1. WHO AM I REALLY?

A. You are a spirit, part of the Godforce who has incarnated into a body on Earth at this time, in order to experience human life. If you can imagine the Divine Godforce as a huge energy force that is all knowing, all powerful and all loving, then realise that you are part of that Divine energy. A small droplet of light, that is part of the greater ocean of cosmic love and knowledge.

You volunteered to visit Earth and incarnate into a human body, to gain greater knowledge of how it feels to be a woman or man. You have already experienced what it is like to be a foetus, a baby, a child and a teenager. As your life progresses you will find out what it is like to be an adult and then an elderly person and then finally discard the fragile aged body and return to the great Ocean of Divinity, to share your knowledge.

Your experience of life is totally unique! No-one else has ever experienced being you! This time frame of the 21st century is unique! Your knowledge and experiences of life, love, hate, sex, religion and joy is something only *you* have experienced - so that you can relate to and you can share this knowledge with the collective spirits that make up the Godforce. You are an information gatherer on a wonderful unique journey. Make sure that you enjoy the experience, it will never happen exactly the same again!

Q2. WHY WOULD I WANT TO LEAVE HEAVEN AND COME DOWN HERE?

A. You have probably discovered already, that on Earth, you have to work hard to get where you want in life. You will need to go to kindergarten as a small child, then work your way through secondary to high school, then maybe college or university, if you want to be specialised at a certain occupation. Just 'wanting' to be a brain surgeon is not enough! It will

take many years of schooling and training, until you are fully qualified. In heaven it is the same. Your work does not stop when you leave this small planet, at death. Although heaven is a wonderful place compared to Earth, there is still much work to do! To put it succinctly, you need to earn your wings!

If you want to progress, ever upwards, towards the perfected Godforce, you need to perfect yourself. Trying to perfect yourself on these Higher Levels of Awareness, is difficult. Everyone is warm and loving. How do you perfect yourself, amongst angels? Where are the challenges for you to overcome? To perfect yourself more quickly, you decide to reincarnate to planet Earth, where yes, life is difficult and often challenging, but, somewhere you can't possibly exist, in a quiet, warm, fuzzy, uncomplicated, uneventful manner.

Life is complicated! Life is challenging! But, it certainly gives you opportunities to grow spiritually. Hopefully, each time you are here, you become aware of your spiritual nature, act lovingly and compassionately and therefore at death, pass over to a Higher state of existence to the one you resided on, prior to this life. Think of Earth as a training school - difficult and tiring, but you eventually pass your exams and graduate with honours!

Q3. I CAN'T SEE MYSELF AS A VOLUNTEER, EXPLAIN?

A. On that higher level in Heaven, you are a much, more brave, daring being, than you are, here on Earth. You see life as an adventure and a challenge. You choose the life you want to live, for the lessons you can learn from it. For instance, perhaps, you have been very impatient in many past lives on Earth. You may have even lost your life, several times, by being too impatient. Perhaps, charging into battle too soon or doing something dangerous, such as trying to swim a strong river, rather than wait for the ferryboat.

This life, you choose to be born in a quiet region, where very little happens out of the ordinary. Or you may then choose to enter a convent and live the routine of a nun. You train yourself to acquire and appreciate patience. Soon it becomes part of your character. When you pass over to Heaven after this life, you will have attained this virtue and you won't have to live a life devoted to attaining patience again.

Even if the life on the Higher planes is wonderful compared to that of Earth, you are still able to catch 'glimpses' of how magnificent the Higher levels or planes are. This inspires you to try to develop yourself to your highest and most perfect. Therefore, a little time on Earth, eighty years or so, seems a fair trade for the chance to raise a level in spiritual consciousness! You are soon eager to volunteer to return to Earth, like the other billions of your inhabitants!

Q4. I'M NOT SURE THAT I BELIEVE IN REINCARNATION. HOW IS IT POSSIBLE?

A. Why is it more probable that you can be born once as a baby and not twice, four times or fifty times! It is the same procedure, whether it be once or many times. Your spiritual being or energy enters into the foetus many times before birth, for short periods of time and then enters finally, into the baby's body, just before birth. A veil of amnesia comes over the baby's

mind and most of it's former existence is forgotten. This is a new life to be experienced and lived with a clean slate. If the baby was to have strong memories of being either an angelic being or of it's last human life, as an adult, it would be too confusing for it. Imagine a newborn girl baby, remembering a former life as a male general in war! It would cause mental breakdown in the new child.

Sometimes, young children do have some memories of former lifetimes, but they are not so overwhelming, as to be a cause of mental confusion. These memories often disappear by the age of seven. I like to think of the new body, that you take on in each incarnation, as a new overcoat. You wear it comfortably for seventy years or so and when it becomes uncomfortable, old and shabby, you discard it (death) and later take on a new one (reincarnation).

Each overcoat is a different colour - black, white, yellow, brown or red. They are all slightly different in design - female or male, and some are luxurious and beautiful, some plain and practical. But, remember, you choose the colour, design and eventual use of the new coat. No one would like the same coloured coat, each time. You'd like a change! That is why, you may choose the body of a black princess in Africa, one life and the Asian body of a Tibetan lama in another. Another life, you may choose to be a red Indian brave or a white, female movie star. There are endless combinations and possibilities!

Reincarnation gives you this choice. You need to experience as many life situations as you can, to be a fully rounded human. This means experiencing poverty and riches, pain and pleasure, power and slavery, male and female and many other unique Earth situations. One short life wouldn't teach you much or be nearly as interesting!

Q5. WHY IS EVERYONE'S LIFE, A DIFFERENT LENGTH?

A. Each person chooses the length of their life. It is related to their purpose for incarnating. Some choose to come back only for a few hours or days. But, there is a purpose behind it! Perhaps, they are gradually becoming used to the Earth's vibration or perhaps, it is to share briefly, their love and energy with their parents. There are many reasons for a short life. On the other hand, you may choose to come back and experience many situations, relationships and adventures. There may be many inner spiritual traits, that you wish to develop, such as love, compassion, tolerance, patience, hope, faith etc. And you reason, that it will take ninety years to develop these. So you pick a long life!

Often when a lesson has been learnt fully, the person will exit Earth through death. They have come in to work on one issue only and when that is completed, they choose to exit, as soon as possible. They may also choose in a few years or decades, to return to Earth, to work on another issue. The length of your life doesn't really matter. There are no awards for staying longer. But, if you return to Heaven, without accomplishing any of your tasks, that is when you have really wasted a life journey! But, the wonderful thing is, that you will always have the chance to try again, in a new body and life!

Q6. IF WE ALL HAVE A VEIL OF AMNESIA HOW DO WE FIND OUT WHAT WE ARE MEANT TO DO HERE?

A. Spirit nudges you whenever possible, to discover your true purpose for being here. But, many people do not respond to the gentle nudges, so, with your highest permission, we give you stronger and stronger pushes, in the hope that you will take the hint!

For instance, say you have always had a strong love of music. At three years of age, you wanted to play the family piano and often played ‘pretend drums’, on the kitchen pots and pans. At seven, you began guitar lessons and told everyone you knew that, ‘One day I am going to become a great musician!’ By fifteen, you could play several instruments and music was still your favourite interest. You happily listened to all types of music from the Spice Girls to Bach!

But, at eighteen, your parents told you, that it was important that you get a degree in economics, instead of music, so that ‘You would have a secure future.’ After much internal conflict, you gave in to their well meaning suggestions and spent four years becoming an economist. But, you hated it! You later married and brought up a family. But, everyday that you went to your office, you felt depressed and confused. You now, very rarely played any music. It seemed to make your depression worse. You retired at sixty and died at seventy years of age. Although, you have had a successful life, as most humans would perceive it, all your life you have felt incomplete.

When you pass over to the Higher planes after death, you discover to your great regret, that you had chosen this life, to contribute great knowledge to the musical field. Your contributions of new musical compositions, would have inspired and lifted the hearts of millions of people! What deep regrets you would feel. You may well say, ‘Well. why didn’t Spirit, let me know that I was on the wrong track, giving up my musical ambitions?’

Then you would remember- that on the way to college you had a tyre blowout, on your car.. you somehow lost your application papers...you hated the room you were assigned to study in, for the next four years... whenever you heard music for the first four years you almost gave up the economics course...you had an offer to travel with a small band and you turned it down ... you hurt your leg in a skiing accident and instead of taking the recuperative time to sit and play music, you spent it watching television ...you won an electric organ in a competition, after you retired and you sold it for the money to buy a spa bath.. Just how many nudges and pushes did you need!

Spirit does not come down and write your intended vocation, in large black letters on your bedroom wall. This would interfere with your freewill. You are meant to pick up some of the cues yourself!

So I suggest to you, that you first look at what you most love to do in life and what you are the most gifted at. If you are a gifted musician - develop that skill and look for work or hobby within that field. If you love to help others - look at counselling or psychiatry. If you love to heal animals- look at veterinary vocations. Love working with fabrics and colour? Look at fashion designing or home decorating. Do you get my drift?

If you can’t always do the thing you love professionally, at least do it as a hobby or service to

humanity. Can't sing professionally for money? Join a choir that visits the elderly in nursing homes and joyfully express your talent for free. Your soft toys are not good enough to sell commercially? Either go to classes to improve your gift or donate the toys willingly, to an orphanage. If you have a good voice, read books to the elderly or blind people. But, do not give up your talent or true love! This is unique to you. Don't live a half life, as so many people do!

You all have two plans that you incarnate with, firmly implanted within you. One is to use the thing that you are most talented to do, for your own life's work. This is called your Life Plan. The other, is your World Plan and this involves your contribution to help humanity. It may be the same or an offshoot of your life plan, such as a professional musician who gives free concerts for charities. Or it may be, that your professional work is as a nurse, but, you also love to sing, so you entertain the elderly for free, at the weekends. As you begin to do what you are truly meant to do, other opportunities will open up for you, to expand your gifts and talents.

Look for how we have already attempted to nudge you. Look for the coincidences, that try to lead you gently, along a certain pathway in life. Look at the opportunities offered to you. Take chances, that irresistibly call to you, to fulfil your life's dream. Deep in your heart, you know what makes you happy and fulfilled - find ways now, to achieve that in your life!



Q7. YOU MENTION SPIRIT, WHAT DO YOU MEAN BY THIS TERM?

A. The Godforce, whether you call it Jehovah, Yahweh, Allah, the Gods, Universal Energy etc. or Spirit, will try to contact you in any way possible. It may appear to you, as Angels, Fairies, Aliens, Guardians, Energy forces, Higher Self or anything at all, that will get your attention.

It knows what sort of person you are and what you will most take notice of!

Everyone, has at least two Guardian angels or protectors, who guide and protect you, where possible. Teacher Guides will come in to help you learn certain subjects, such as healing or spirit communication. The Masters, such as myself, Sananda, if called upon, will come to help and teach those who ask for our guidance. Naturally, if you are a Buddhist, you may feel more inclined to call upon Buddha or Kwan Yin, to help you, as you are probably, already used to their energies, around you. If you are a devoted Christian, you are possibly, already familiar with the energies of Jesus Christ or Mother Mary. Hindus may feel familiar with Krishna or Arjuna. Jews with Archangel Michael or Uriel.

We are often felt, at first, as cool or warm, loving vibrations around you. Later you may see us

or have conversations with us. Some people even smell us around them, as beautiful odours! The important thing is to ask us to come to you, gently and from the highest intent. If you don't know how to call us in, we will try to reach you through coincidences -synchronicity or as I have mentioned before, through nudges and pushes. We are non denominational and belong to no religion. You can be a sincere Christian and learn to speak to Kwan Yin, the compassionate healer. Or a devout Buddhist and speak with Mother Mary and Archangel Michael.

Higher Self is a special part of you that is still attached to the Godforce. As you spiritually develop, you become aware of Higher Self and learn to tap into it for information and guidance. With great spiritual effort you can become Higher Self!

Spirit is not interested in religions. Spirit is interested only, in your personal spiritual development! If you are reading this, you must be at least curious to see if you have a spiritual side to your personality. Be adventurous and try to contact us on a deeper level. The benefits to you will be amazing!



Q8. I HAVE A BUSY, SUCCESSFUL LIFE, HOBBIES, FAMILY ETC. WHY DO I FEEL LIKE SOMETHING IS MISSING?

A. Because something *is* missing - your spiritual connection. By this, I don't mean going to church on Sundays. Many well intentioned people visit churches, synagogues, temples, etc. once a week, or more often, but rarely feel truly uplifted spiritually, by the attendance. They leave all spiritual intervention to the priest, rabbi or monk. Apart from a few prayers or meditations, this is the extent of their spiritual involvement. Spirit or God is not just a theosophical thought, it is a state of living. The more you live it, the more your life expands and the more fulfilling your life becomes.

This does not mean, that you have to give up your job, family or hobbies. But, you may begin to look on them, in a slightly different way. You don't have to be sitting in a church, to experience Spirit. You can experience it while washing up the dishes or driving to work. Once

you begin to live, at first, part of the time, then gradually all of the time, in a spiritually connected manner - miracles happen in your life.

Your life plan and purpose becomes activated. You learn wonderful new information, about the world around you. You discover your psychic talents and abilities. You begin to recognise, who you truly are. You are more than your body, your personality and even your brain. You are a cosmic, angelic being who is using your identity, for a spiritual purpose. You will never look on life, in quite the same way again! And it will gradually fill your life with purpose and divine love. You will no longer feel that something is missing in your life. Your life will be complete!

As in all things, you live on a freewill planet. You decide your present and future. Keep on as you are now and be discontented and unfulfilled, or seek something wonderfully, enlivening and fulfilling. The choice is yours!

Q9. WHAT IS STOPPING ME UNDERSTANDING AND BELIEVING THIS INFORMATION?

A. Your ego. The ego stops you acting on new information , even if it for your own development and good. The ego hates change, even change for the better!

The ego was developed as part of the human nature, originally to help you stay alive. In primitive times, if you were not self aware and self centred, you would have soon been lunch for a hungry tiger or left to starve by your tribe, when food supplies were low. Your ego demanded that you be fed, looked after, have sex, the warmest spot by the fire etc. It was meant to be a small, but important part of your survival nature or personality. But, what has happened with all humankind, is that the ego tasted power and loved it! It has taken over, almost all your personality, in very subtle and not so subtle ways.

Please don't confuse ego with being 'egotistical' - arrogant, brash, overbearing or dictatorial. The quietest, least self assured people, also have a strong ego. The ego forces them to be silent, insignificant and shy, in order that they become afraid to change, take risks and grow emotionally.

If you don't believe that you have an ego, try this little test - look at what you are most socially addicted to - cigarettes, a glass of beer or whisky at the end of a day, chocolate, sex, television, coffee and so on. Now try to give this main addiction up, totally for one week! Most of you will not make it further than one day. Why? Because the ego will subtly influence you to break your abstinence. How? By creating tension in your body, which results in stressful arguments with family or work mates or giving you bad headaches or stomach pains or making you feel very depressed, tired etc. In other words, the ego is wearing you down, until finally you rationalise that the abstinence is creating so much unhappiness in your life, that you frantically grab for the cigarette, coffee, alcohol or chocolate, as an antidote.

Why does it do this? Because the ego likes life as it is. It doesn't want change. It's will is usually stronger than yours. The ego will do exactly the same to you, when you attempt to take on a new philosophy and live your life differently. It is so strong, that it will even create

negative situations, in order for you to return to your old way of living! Your ego is very good at manifesting.

For instance, the day that you begin a meditation class, the ego will allow you to go to the lesson and observe, very quietly at first. For a few days it will let you meditate, for half an hour at seven o'clock in the morning. Then on the fourth day, ego will make sure that you sleep in late and as you have to be at work at nine o'clock, you will find that you have no time to meditate that morning. The next day you will be woken by a phone call, from a friend who talks for half an hour, so again you cannot do your meditation. By the sixth day, you have forgotten to meditate, on your own account and by the end of the week you have given up the practise completely. Ego has won the round, again!

Ego will also try to rationalise with you, about any new philosophy that you attempt to take on. Say for instance you wish to study the new religion of Big Toe Study, (imaginary). At first you are intrigued, by this New Age method of spiritually divining the future. You read many books, on the psychic properties of the feet and attend a class, led by a special Big Foot guru. Amazingly, this parascience seems to work. By studying your big and little toes you can predict the future! You decide that you will enter a Big Foot monastery for a year long course. You are happy and excited. The ego is not!

It does not want this change. So it begins to produce circumstances which will disillusion you, from taking this drastic step. First of all, you accidentally find an old newspaper which tells of a salacious scandal within the Big Foot community, several years ago. Many of the head monks were discovered to be wearing, artificially long toes! Your particular guru was one of the defamed monks involved! Immediately you become distrustful of his intentions. Is it a big confidence trick just to get your hard earned money?

If this doesn't deter you, ego will cause you to 'accidentally' hurt your feet, in a freak roller-skating accident. With both feet in thick plaster, it is now impossible for you to do the year-long, monastery course. Reluctantly, you give up your ambition to be the first Big Foot guru in your local area. Ego sighs with smug relief!

How then do you ever defeat this age-old enemy?

One, by becoming aware of its great power in your life.

Two, by observing how it works. Try doing something that threatens it and watch it go into action.

Three, by learning to detach from it and give it less and less power.

The first two steps are fairly explanatory. But, you do have to be an objective observer of what is going on. The ego will try to make you feel, as if it is your own wish to stop new growth, not it's selfish interference.

The third involves practise and learning initially, to outwit the ego. For instance, if something happens to stop you meditating at seven o'clock, instead meditate in your lunch hour or late at night. Surprise and outwit the ego!

If you are trying to give up cigarettes, be aware that the ego will use your temper and stress against you. Stop yourself reacting badly, take deep breaths, go for a walk (without your cigarettes), have a massage or scented bath. Be aware, that your resistance is lowered after alcohol or a good meal - this is when the ego will heavily suggest to you, 'That its okay to have just one'! Don't get angry and disillusioned, when the ego beats you. It has had years of practise, acting covertly. But, you are more intelligent and wily than it!

Learn to take back your personal power and do what you want! Surprisingly, as you continue to live as you wish, the ego will gradually come around and agree to let you continue with the new activity or philosophy. However, be ever vigilant, that it doesn't start to manipulate you in other ways. One way to cope with the ego is to use humour. Laugh at its efforts to override your own desires. Don't take its efforts seriously. Treat it like a lazy, naughty child. Keep it's power diminished. You will never rid yourself of it entirely, but, it can have a small but protective place in your life, not an overwhelming, dictatorial one.

Q10. ISN'T SPIRITUAL DEVELOPMENT MEANT TO BE SERIOUS AND PIOUS?

A. Definitely not! Your spirituality should be part of your everyday activities, as well as your church going, meditating and prayer. Spirit is not doleful and prim and proper. Spirit is joyous, radiant and loving. And yes, we have a good sense of humour! We want you to enjoy life - love, dance, sing, laugh and learn. Sour looks and faces are not appreciated by Spirit or yourselves! The following sections of this book, will show you how to bring spiritual concepts into every aspect of your life. Please read on and enjoy!

Love and Light, *Sananda*.



CHAPTER 2.

FAMILY RELATIONSHIPS



Questions answered by Mother Mary, who is a Master in her own right. She works with a pale, pink light of unconditional love.

Q1. DO I PICK MY FAMILY?

A. Yes, Dear One, on the Higher planes, you sit with angelic guides and teachers and decide which lessons you would like to learn in the next life, what karma must be repaid and which individuals you need to interact with, in order to achieve these ends.

Families are the perfect setting for interacting and learning. You cannot ignore them, you love and hate them and they provide social conditioning, for the person you wish to become. As a baby, you are totally dependent on your Mother and Father to provide, food, warmth, shelter, stimuli and hopefully, love and support. As you age, you develop your personality, with help or hindrance from their reaction to you. As a teenager you become more independent and take in more values from your peer groups and social interactions. Normally, as an adult, you break away from the family group, in order to develop yourself more fully as an individual and later establish your own family group.

It is important then, that you choose the best people, who will fit easily into these teaching roles. This is a typical scenario. A spirit on the Higher planes, Karen, wishes to incarnate, primarily to develop tolerance, hope, love and compassion. She has outstanding karma owed to three beings, from experiences in past lives. So, she chooses one being to be her mother, Rita, another to be her father, Ted and the third to be her brother, Jack, in her next life.

In a past life in India, she deliberately caused the death of the person who is to be her mother. She wants to repay this negative karma, by being extra loving and helpful to her mother. In another past life in Russia, as a Cossack, she saved the life of the being, who she decides will be her next father, Ted. He owes her good karma and will help her to develop the characteristics of hope and faith. The third being, will become her brother, Jack. She was intolerant of him in a past life in Italy and maligned him in front of a group of people, leading to him becoming a social outcast. She asks, that he be the type of person who will cause her problems and trouble, but, that she will learn, never the less, to be tolerant and compassionate

towards him. She has never incarnated to England before, so she chooses to live in a small village there, in a middleclass existence.

The beings, who are to become her family, have their own agendas to work out and they lovingly agree to take on these family roles. In Heaven there is no anger, no hatred, no resentment. But, we do often feel that we need to voluntarily repay, any negativity that we have caused to others and repay them for the good they have done to us. This is called repaying karma. What you sow, you reap.

So, yes, Dear One, you do chose your family to be - with their loving permission.



Q2. DO WE CHOOSE THE PHYSICAL BODIES WE WILL HAVE?

A. Yes, since your body is a combination of your parent's genes, you choose a combination which will best serve you in learning lessons. Note, that this is not always the most perfect or healthy body, but one, which may teach you new aspects of your spiritual personality.

For instance, taking the example again of Karen, if her father, Ted, has a weak chest and her mother Rita, has asthma, it is likely that she will inherit this trait. She may catch colds easy and spend many times, as a child in bed, in the winter months. However, this may lead to her filling in her time, with reading many books or playing with her computer. Karen may gain greater knowledge, through enforced rest. It may also allow her to spend valuable time with her mother. Rita may have initially, had a slight aversion to Karen, caused by a deep subconscious memory of her daughter killing her in a past life. Because, she spend so much time with her daughter while she is sick, both overcome their instinctive negative feelings and learn to genuinely love and understand one another. This may continue all through their lives and as the daughter, she will gladly aid her mother, whenever physical or emotional help is needed.

Overcoming a physical defect can also help you to grow as an individual, making your traits of determination and courage stronger. Many championship athletes began life with a physical weakness, which they later overcame and turned into an asset.

Q3. WHAT OTHER LESSONS CAN OUR PARENTS TEACH US?

A. Well, using our hypothetical family as an example, the father of the family Ted, may encourage the sick child Karen, to believe in faith and hope. She will get better eventually! With exercise, her chest may become stronger! She will be able to achieve all the goals that she has set for herself! He may take her, in the summer, to swimming lessons and help her develop and strengthen her breathing, through competitive swimming. He is unconsciously, repaying her the good karma that she established in a past life, by giving her encouragement, hope and support.

Q4. WHAT LESSONS CAN OUR BROTHERS AND SISTERS TEACH US?

A. Well, in this scenario, the brother Jack, may be a jealous boy, who resents the attention that his sick sister is getting from her parents. He may be mean to her, teasing, pinching etc. Later, he may become a drug addict, upsetting and depressing the entire family. Karen has the opportunity here, to learn tolerance and compassion for him. To either help Jack to overcome his problems or just, to stand back and let him lead his life with detached, unconditional love. Remember, last life with him, she interfered and caused him pain. This time she can develop tolerance and acceptance.

Of course, brothers and sisters can also teach us to share, love, hate, fight, discern, care, feel, help etc. the list is endless. What have your sisters and brothers, taught you?



Q5. I HAVE A REALLY TERRIBLE FAMILY. WHY WOULD I HAVE CHOSEN THIS?

A. Dear One, there must have been many lessons that you could only learn, within a dysfunctional family setup. Maybe, you are learning, *how not to raise a family!* Maybe, you are learning tolerance, patience, faith or how to overcome adversity. Or perhaps, you are repaying some karma. It is possible, that you have had many incarnations in perfectly, happy families and wanted to experience the worst!

It is a possibility, that you will never know why you chose such a dysfunctional family, the important thing, is not to follow their pattern of families. Start your own family pattern, with love, compassion, patience and understanding. Remember, how you felt in certain circumstances and don't repeat their negative reactions. Be grateful, when you find loving people. An old saying is, 'The most beautiful flower starts its life in the muck and mud'! Let yourself grow into that beautiful flower. And please, don't hold resentment to your failed family. You chose them as a family, to learn certain lessons. You have done that. Send them love mentally and forgive them. Hatred only causes pain in you. Let the pain go.

Q6. WHY DIDN'T I PICK A WEALTHY, POWERFUL, HEALTHY FAMILY TO BE BORN INTO?

A. You didn't need those lessons. Or maybe, you have done that scenario, many times over and it was time for a change. Even healthy, wealthy families have problems. And if by chance, you chose a quiet, loving, supportive family, where there was no friction or problems - where would be the challenges? Didn't you come for adventure, challenge and action?

Your family, normally only takes up the bulk of your first twenty years - the rest is yours to discover and make as you wish. Fifty years or more upwards. Don't waste it in regrets of what might have been, if you had been born into the perfect family! Imagine yourself reborn today. Use your skills and abilities to create a new you. Study, examine, learn, change and become the person you would have been, if you had been raised in the perfect supportive family. You are your own family now - raise yourself up!

Q7. DOES THIS MEAN ALSO, THAT MY AUNTS, UNCLES, COUSINS AND GRANDPARENTS ARE ALSO PEOPLE, KARMICALLY LINKED TO ME?

A. Usually yes. Occasionally, you will incarnate with new souls, formerly unknown to you in your group. But, more than likely, you have journeyed to Earth, many times with the people who make up your immediate and extended family. Some of these people, will owe you good karma and spontaneously help you in your life. Others, may have been hurt by you in a past life and will attempt to harm you in this life, unless their better natures take over. Others will be pleasant to you, but detached about your joys and sufferings, offering neither help nor hindrances.

All beings incarnate in order to overcome any negative feelings that they have to those, that have hurt them in past lives, but often, they cannot overcome their basic feelings of distrust, anger or hate. So many, will follow the same pattern of behaviour, that they started in a past life. For instance, six lifetimes ago, you may have fought in battle and badly injured a soul who is now your cousin Mandy. You have known Mandy all your life, but, she has always been cold to you. As a child she refused to play with you and as an adult, seldom speaks to you at family gatherings. She does you no actual harm, and is normally a warm hearted person, but, her subconscious mind is reminding her that you harmed her in a past life and may do it again!

Rather than retaliate by wounding you physically, she avoids you. As you become more spiritually developed, you begin to subtly remember this past life, when you injured her. You have two choices - either try to make up for your past misdeed, by being extra pleasant and helpful to Mandy or by sending her love and asking for forgiveness, via prayer and meditation. Also, it is necessary that you ask, that any karma between you be dissolved for all time. You may find in time, that Mandy will gradually begin to treat you with more warmth and affection, although she may not know the reason why!

Q8. I HATE AN UNCLE WHO ABUSED ME AS A CHILD, BUT WHO IS NOW DEAD. WHAT SHOULD I DO ABOUT THIS?

A. Difficult as it may be, Dear One, you need to learn to forgive him, for your own sake. Firstly, because you are carrying hate around with you, that is detrimental to your health, emotions and mind and secondly because, if you don't release and forgive him, you will inevitably forge a karmic bond with him, that will have to be replayed in another future life.

Until, we become *spiritually awakened* and begin to see what life is really all about, we tend to follow the same patterns, with people within our family groups. In a future life, he may abuse you again, or conquer his abnormal cravings, through his own positive inner nature. You may have the chance to forgive him, once again - displaying your own unconditionally loving nature or perform the same act on him as revenge!

People often incarnate time and time again, in the different roles of abuser and victim, until one breaks the cycle, through their own spiritual development. Forgiveness, is certainly a higher virtue than revenge. Hatred kept in the body can turn to cancer. Hatred kept in the mind - to depression or abnormal behaviour. While hatred in the soul, causes you great pain and regret, when you pass over to the Higher realms and lowers your spiritual development in this current life.

Q9. DO WE ALWAYS COME BACK AS THE SAME SEX?

A. No, you often change sex with different lives. This allows you the opportunity to feel what it is like to be a male and female. Especially in the past, they have often lived completely different types of lives. Think of the English crusader who went off to find the holy grail in the Holy land, while his wife stayed patiently at home, embroidering and bearing children. In the same way, you live as different races, for the wonderful experiences, that they enable you to enjoy. Imagine being a Masai warrior tracking a lion, a Chinese Empress or a Viking setting forth to discover Greenland! This is also, why you change time frames and countries, so that you get a more rounded experience of being human. The diversity of Earth is truly amazing! Don't you agree!

Q10. I'M AN ORPHAN AND DON'T HAVE ANY FAMILY, WHAT DOES THIS MEAN?

A. This means usually, Dear One, that you wanted to try incarnating to Earth, totally independent of other people. You felt brave enough and strong enough, to begin the journey on your own. You may have been brought up in the traditional family scenario, in most of your other lives on Earth. This time, you wanted to try a really different experience.

It will also mean, that your karmic ties are more likely to be with those who looked after you

as a baby, perhaps the nurses and custodians at the orphanage. If you were later adopted, your karmic links will be with your adopted parents and adopted brothers and sisters. Remember, this has all been setup before you incarnated. You decided that you needed this experience and these kind souls have gone along with your story line. It is similar to a huge play that you write, direct and act in. The Godforce has the combined powers of a million computers, to plan your life and all it's interactions. No experience or person, who enters it, is by accident. So make the most of the experience - it is a unique journey, that only you, can travel!

Dear Ones, I send you my love and my heart, Mother Mary.



CHAPTER 3.



LOVE AND SEX

These questions are answered by Master Joachim who is the father of Mother Mary and a commander of the Ashtar Command. He is a gentle and humorous Master.

Well I should imagine that many of you have turned to this section first! Humans are always endlessly fascinated by these two momentous subjects! Shall we begin, with some important questions and I will attempt to answer them from my own humble perspective. Remember I have lived amongst you and I do remember vividly, how important these issues were to me

Q1. DOES BEING SPIRITUAL, MEAN THAT YOU MUST RID YOURSELF OF SEXUAL FEELINGS AND ACTIVITY?

A. Definitely not! Sexual feelings are not wrong. They are normal and instinctive. They were developed in you by the Creator, as not only a means of continuing the species, but, also, as a pleasurable activity to bring you joy. Have you not heard of Tantric sex? The Hindus developed the sexual act into an activity which allowed union to the Godforce, to be part of it's purpose. Many people, while experiencing orgasm, find a little bit of heaven in their lives.

We would suggest, however, when you are engaging in sexual activity that you do it with someone you love and respect. This raises the act into one of 'loving oneness', not just lust and animal behaviour. Besides, as any mature person will tell you honestly, that to have sex with someone you love and who really loves you - is a wondrous event in your life. While to have sex with someone you don't love or respect, makes the act tawdry and inconsequential.

On the other hand, being celibate is not wrong either. If you prefer to channel your energy into spiritual endeavours, sport or creativity, this is fine also. The choice must be always yours. There is no right or wrong answer and neither sexual activity or celibacy, is higher spiritually, than the other.

Q2. WHAT ABOUT RAPE THEN?

A. Well of course, rape is wrong, as is molestation or any non consenting sexual activity! No one, should ever hurt or force their behaviour on to another person. That is not spiritual or loving. If you believe in the theory of karma, you will realise that if you harm anyone physically, emotionally, mentally or spiritually through rape, that inevitably you will be placed in a similar incident where you will be the victim, not the perpetrator, so that you can experience the pain of the situation and hopefully never perpetrate the act again. If the karma does not happen in this life, it most certainly will happen in a future life. Karma is the perfect reward and punishment system. You may elude the law in this life, but you can't evade your karmic responsibilities, forever!

Q3. THEN HOW DO YOU EVER OVERCOME THE KARMIC PATTERN OF VICTIM AND PERPETRATOR?

A. hopefully, there will come a life, when either yourself or your victim will break the pattern. Your higher moral values and deep feelings of empathy towards all fellow beings, will make the act of rape seem atrocious and barbaric. When both of you feel this way and no longer wish to harm each other (and in fact can forgive any negative actions in past lives), the pattern is dissolved forever and the situation will not arise in future lives. Once you have learnt important life lessons, thoroughly, there is no further point in repeating them. The same conditions apply for child molestation, sexual assault or harassment. Forgiveness is always the most important step. If you don't learn to forgive, then you carry hatred and pain around with you, influencing this life, negatively and influencing future lives.

Q4. HOW DOES SPIRIT VIEW HOMOSEXUALITY?

A. Again, we would stress that any act of love or sex which is done with respect and love, is not judged as being wrong, by Spirit. many humans who have had countless incarnations as men and women, may choose to experience a life as a homosexual man or woman. This is not a 'lesser' condition. It is just one of many variations. Certainly, we are not naive enough to think that it may not cause the individual great emotional pain. Society is still very prejudiced against anyone who is different or who is seen as a threat. But, the individual soul chooses this lifestyle and emotional and mental pattern quite willingly. This can be perceived as either very brave or very stupid. The choice is yours. But, please have tolerance and love for these souls. Who knows, you may decide to choose a similar life next time! How would you like people to treat you? With love and understanding or resentment and anger?

Q5. HOW DOES SPIRIT VIEW ADULTERY?

A. Usually with sadness, rather than condemnation. Not because of the physical act which may or not be unloving, but because trust and faith are broken with their legal partner. if it is discovered, it often causes emotional pain within the relationship and an ending to family life.

This is a time in your society, for many people to end up karma, with many beings who they have previously loved in past lives, as wives, husbands or lovers. That is why many people have many partners in their lives and the divorce rate is so high! This is a perfect example, of spirit using a negative situation for spiritual positivity! We would naturally, prefer you to meet your Twin Flame and live a contented life with your partner, for the rest of your life. But, so few of you marry your Twin Flames, that it is inevitable that many people, leave their partners and seek for that elusive being. Unfortunately, most of you are looking for the wrong type of person in the wrong place!

To return to your original question - yes, adultery is wrong. If your marriage is so dysfunctional, that you need to find someone else as a sexual partner, you need to look at your motives and your marriage. Are you just being immature and greedy or is it time to lovingly and gently end the marriage, so that your partner also, can find their Twin Flame?

Q6. HOW DOES ANYONE FIND THEIR SOUL MATE?

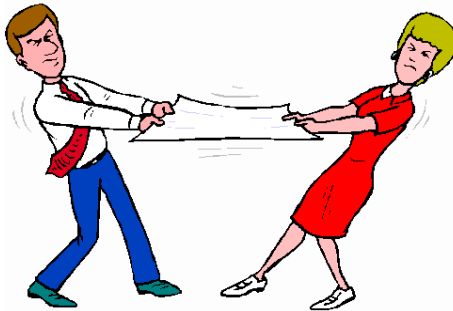
A. We will use the term Twin Flame, rather than Soul Mate, which has become a much abused term. You will find many soul mates in your life, from your first childhood sweetheart, to your many teenage dates and perhaps multiple sex and marriage partners. They teach you many valuable lessons about yourself and life. Send them love and gratitude! But, your Twin Flame is someone special. This person usually comes into your life, when you are at a higher stage of spiritual development. Their motives are not just to marry you and have a contented family life, but to inspire you to find your true spirituality, your Life and World plans.

Often, they will work with you, in achieving these plans and projects. They are usually the opposite sex to you, but of course, in some circumstances, can be the same. Sometimes best friends are Twin Flames and occasionally twins are Twin Flames. Two people who have come together as soul mates can develop into Twin Flames, if they are similarly inspired, to develop

the spiritual side of their natures.

However, usually what happens is this - you begin to discover your true spiritual nature. You continue developing it and discover your Life plan and World plan. You begin to live these plans. You become more wise and unconditionally loving. You begin to treat others with respect and warmth. You then meet your twin flame, who has similar objectives and virtues. Often the attraction is not overwhelming and passionate! Be warned. Karmic relationships (soul mates) often inspire great passion in you immediately. This happens in order to create a relationship for a short time. Sexual attraction will hold you together, just long enough for you to trade karma!

Twin Flames on the other hand, have years to get to know you. They don't usually rush things. Your common interests will bring you together and slowly, you will fall in love. They will support and encourage you to find your spiritual nature and activate your Life Plan, just as you will support and encourage them. Twin Flames are often -different races, different ages, different social classes. You are drawn together for a similarity of purpose, not because of great physical beauty, money, power or brains. A Twin flame relationship is based on equality, not the traditional female/ male gender roles. But, you will understand and deeply care for each other. There is no need to put on an act with your Twin Flame. Instead of falling in love - you will both rise in love together!



Q7. HOW DO I STOP BEING ANGRY AT A PAST LOVER WHO HAS GONE OUT OF MY LIFE?

A. When we are in love with someone, we create a spiritual or psychic heart chord to their heart. While the relationship is working well and all is rosy, these chords let our emotional love flow to them from our heart chakra in the centre of our chest. However, when the relationship ends, particularly if it ends abruptly, through hate or anger, these chords are often ripped apart and the two ends left dangling, outside our auric field. This can cause negativity to be drawn into the open chord which causes you physical and emotional pain.

It is important, that you sit quietly and imagine the chord you have sent out being reconnected to your own being and flooded with golden light and love. Don't leave it trailing out there! Other people of course, gently sever the connection or allow it to gradually dissolve, causing very little pain or anguish. Others, however both keep the heart chord connection attached and never, quite release each other from their emotions, mind or spiritual

connection. These people often meet up at night, on the higher astral planes, while asleep, spend time together and forget all about it when they awaken! An astral romance, you have no conscious knowledge of!

If the memories of a past relationship are causing you pain, please disconnect the chord. And please realise, not everyone is meant to be with us as our Twin Flame. You have merely met a soul mate. Be grateful of the lessons, good and bad that they have taught you. Too many people, only remember the bad things that happened in a relationship! Now, begin to look for your true Twin Flame who will truly appreciate and love you. Don't try to hold on to past loves. Forgive and forget. Perhaps in the next incarnation, you will have a more successful romance with them!

Q8. HOW DOES SPIRIT VIEW PROSTITUTION?

A. In ancient times, often in the large temples, there were priestesses who had sex with the young single men of the town. They did this out of compassion and unconditional love. They were doing this from a higher spiritual perspective. If prostitutes today, also worked from this higher intent, Spirit would have no difficulty with this occupation. Unfortunately, this is not so, in the majority of situations. Most prostitution takes places purely for money, lust or is related to abuse and drugs. These are all negative reasons for engaging in sex. They do not elevate the spirit, mind or emotions. There is no love or respect involved. Certainly, lots of life lessons are being learnt for the prostitute and the client, but usually these are not of the highest. So, we look at this trade with sorrow, rather than condemnation.

Q9. WHAT DOES SPIRIT THINK OF POLYGAMY?

A. Rarely, does a person have more than one Twin Flame, as they are meant to be the other half of you. Three halves don't make a whole, someone is being left out or they are getting only half of their expectations met! No, polygamous situations are usually karmic. They may be enjoyable and loving, but, you are definitely not with your Twin Flame. If you were, they would be enough for you and you wouldn't need any one else, in the relationship!

Q10. HOW DOES SPIRIT VIEW INCEST?

A. Again we must view every situation separately. Incest between consenting adults, with no psychological, emotional or physical pressure being applied by either party, can be seen as acceptable. The Egyptian kings and queens, often married their brothers and sisters. However in this present day, such a marriage would normally, be seen as undesirable. Normally your brother or sister is not your Twin Flame. They are possibly a karmic relationship with echoes of romances in past lives, but, your higher spiritual instincts, should tell you not to pursue a sexual or romantic relationship with them in this lifetime.

It is similar with Father/daughter relationships or Mother/son relationships. I do not

personally know, of one Twin Flame relationship which is meant to be between these combinations. Incest is definitely wrong morally and spiritually, when coercion of any type takes place. Particularly, between a stronger adult with family power and a younger immature brother, sister, daughter and son. This is not loving, compassionate or respectful. This is merely lust and greed in action. Spirit knows that many lessons are learnt through incest, but, the pain and mental anguish that often follows and remains throughout life, are extremely negative and destructive results. Masters would not act in such a way, and wouldn't you like to be a Master!

We have had to look at both agreeable and disagreeable subjects, in our questions on Love and Sex. I believe, that within our hearts, we all truly know, what is right or wrong, constructive or destructive. As in all things in life, you have choice. If you always stop and ask, 'Is this for my higher Good?' and answer this truthfully and with love, you will find the answer within you!

Blessings from your old friend, Joachim.



CHAPTER 4.



WORK AND ABILITIES

Master Serapis Bey who has also incarnated as the Egyptian god Ptah, is an enlightened Master who helps oversee the Earth. He has an earthy green aura.

Q1. IF I UNDERSTAND YOU, YOU ARE SAYING I HAVE BEEN BORN WITH SPECIAL ABILITIES IS THIS CORRECT?

A. All beings are born with certain talents, abilities and skills. Some are obvious from an early age - the child singing star, the young super athlete or the child mathematical genius. Many of these children have had many previous lives, perfecting these skills. For instance a spirit may have had a life as a famous composer such as Chopin or Bach and wishes to continue this love of music in the next life. Some of his talents will emerge at an early age. The three year old genius, who can play the piano within a few short lessons, is an example of this. However, most of you will have skills which are much more subtle and which have to be relearned in this current life.

For instance, perhaps, you were a studious, young girl, with your head always in a book. People's behaviour and exploits, always fascinated you. You would counsel your playmates and even attempt to psychoanalyze your dolls! Your impulse to counsel and help others, is strong and the human mind fascinates you. This is the sort of gift that if developed gradually and with appropriate schooling, a counsellor, psychiatrist or psychologist, will emerge. This will shape the girl's Life Plan, into being, as she uses her counselling, empathy and caring skills. They will provide her with a comfortable living and satisfy her inner need, to understand and work with people.

She can further develop this into her World Plan, by perhaps writing about her discoveries about people and how to fix their special problems. Or perhaps she will offer her services to a free clinic, to help poor people with mental problems, overcome their difficulties.

In the same way, a boy born with a love of colour and form, may begin to paint as an amateur and later become a professional artist. His imaginative paintings, may give great joy to many people around the Earth, inspiring and uplifting them emotionally. He could further, hold free painting clinics for young artists. He is therefore living both his Life Plan and World Plan.

Perhaps, your gift has not yet emerged. But, you will definitely have it within you!

Q2. THEN HOW DO I DISCOVER IT?

A. If you are not quite sure, just what your Life Plan is and how it can be developed to be your World Plan, you might like to try the following steps.

Fill in the next ten lines with things you most love to do in life-

1.....

2.....

3.....

4.....

5.....

6.....

7.....

8.....

9.....

10.....

Now notice if there is a common thread running through your favourite activities.

For instance, if you have listed- movies, television, playing with cosmetics, fashion, and acting, as your five most favourite activities and you have always daydreamed about being involved in the movie or television industry, begin to look for opportunities to work in that field. Everyone can't be a movie star, but, you could do a course which enables you to become a makeup artist or even enter as a general helper. If you are not confident enough, to work professionally in this field, offer your services to an amateur theatrical society, and get some experience. The important thing is to be doing what you love!

On the other hand, if you answered - talking to people, helping people, herbal tonics, gardening, playing with children, you may decide to start classes in herb growing, teaching people, particularly children, to use natural remedies and relate to Mother Earth. Begin on an amateur level and eventually, you may find yourself doing this professionally for a job. The important thing, is to define your gifts, which should be your loves also, and begin to practically use them, as a hobby, then later a profession. This will greatly satisfy you and make your life more fulfilling and more content! Share what you do well!

Q3. WON'T THIS MEAN A DROP IN INCOME?

A. Possibly. But, what would you rather do with your life - live it wealthy, but miserably or live moderately, but joyously and fulfilled. The choice is yours. It is also quite possible, that once you have found your true vocation in life, which helps others, also, that finances will gradually improve, until you are actually earning more than you used to. After all, when your doing what you really love, you don't clock watch and resist overtime!

Q4a. WHAT ABOUT MY PSYCHIC AND SPIRITUAL GIFTS?

A. Everyone is born with spiritual gifts, but most aren't aware that they have them or how to develop them. Spirit will try many times, to reach you in your life, in order to wake you up spiritually!

Some children have invisible playmates, who are actually angelic beings. Other people have

strange dreams which are prophetic or illuminating. Others still, will feel a dead relative around them or see them after they have passed away. Many people will often know, what someone is about to say or do or pick up someone else's thoughts. Many humans can think of something they badly need and manifest it to them, in a short time. These are all psychic gifts, but most people don't recognise them as such!

Everyone can be trained to easily use these skills in their daily life. But please, go to a professional, reputable person to teach you these psychic abilities. There are many charlatans out there. Look at their intent, is it of the highest? Can they do the things they claim. Are they working in the light?

Wouldn't you like to speak to angels, manifest your needs and understand others!

You can, but you need to put the time and effort in, just as you would with any subject you wanted to learn.



Q4b. AREN'T SOME PEOPLE JUST BORN WITH THESE ABILITIES DEVELOPED?

A. Just as there are a few child prodigies in any field, a rare few may have these gifts, but 99.9% of people need to relearn them! You don't have to be the seventh son of a seventh son. However naturally, being born into a family who all believe in and foster these gifts, is very helpful. Most young children are psychic, they see fairies, see angels, believe in things and manifest them, see auras and believe in other planes of existences. However parents, inevitably, tell them to grow up and become more realistic and the gifts are forgotten! But they can be revived!

Usually in life, you say 'That when you see it- you will believe it.' Now you need to say instead - 'When I believe it - I will see it! The direct *opposite*. You need interest, faith and an open mind to explore the wonderful kingdom of the paranormal. That is why sceptics, rarely have spiritual experiences. They don't allow themselves to believe!

Q5. HOW ARE MY ABILITIES LIKELY TO COME IN?

A. One of the first stages is usually synchronicity. This is spiritually inspired coincidences. Say for instance, that you read a line about *chakras*, for the first time in a book. It may only mention that they are energy centres. The next day you run into a friend, who is in a hurry as she is going to have her *chakras* balanced. You walk past a bookshop, which has a book entitled 'Everything you wanted to know about *Chakras*', in the window. Hopefully you run in

and buy it! That night on television, there is a program about Hindus and the *chakras* are mentioned. Do you see how it works? Spirit is directing you to information, concerning something that is spiritually important to you! You may need to do a course on chakras, because your health is bad and by using the chakras more effectively, you can learn to overcome the problem.

Look for coincidences. Note how often they happen. Sometimes you have to be patient for them to occur, but at other times they will happen in a short time.

Meditation is a wonderful way to kick start your spiritual and psychic development. Sit quietly and try to relax your mind and body. Again, lessons may be necessary at first. But it is well worth the expense. You will never need tranquillisers or such again. Prayer is said to be 'You talking to God. Meditation is God talking back to you!' But, you do have to sit quietly and calm your mind. Spirit normally doesn't intervene, if your thoughts are full of the menu for tonight's dinner! Meditations can be prophetic, angelic, inspiring, illuminating or just peaceful. You never know quite what to expect!

Connect with nature. This is important because the sophisticated person of the cities has lost the contact with Mother Earth. Her energies empower us. Until we can see and feel the unity of Earth with ourselves, we are missing a valuable component to our spiritual development.

Q6. I'M WORRIED I'LL BE FRIGHTENED, WHEN I FIRST SEE A SPIRIT!

A. Spirits, generally are loving beings. If you loved your Grandmother when she was alive and you weren't afraid of her then, why would you be afraid to see her as a loving spirit? Often, she will look the same, smile at you and mentally send you a loving message. This is not frightening, but reassuring. It proves she still exists on a nearby spiritual plane. These occurrences often happen spontaneously, when you least expect them and when you are in a relaxed state.

However, when you are consciously trying to first contact any spirits, it is important that you learn the techniques, particularly of personal protection, from an experienced medium or clairvoyant. This is because, just as there is polarity, or opposites in everything in life, dark /light, good/bad, male/female etc. there are also negative energies in the fourth dimension who can frighten you. They often will lull you into a false feeling of security, then scare you or become abusive. This is why we don't recommend Ouija boards, as they often bring in abusive negative spirits. It is much safer, if you contact a Master, your Guardian Angels or Higher Self to talk to and learn from. Call in an Angel such as Archangel Michael, if you ever feel frightened or wary. His blue light and spiritual sword, will often chase any negative entities away!

Q7. YOU MENTIONED MANIFESTATION, HOW DO I DO THAT?

A. Well you already do it to some extent, in your life. For instance, you may want to go on a holiday to New Zealand. You think about it a lot and imagine yourself there, enjoying the hot

springs and scenery. You do not have enough money or free time, to just go on the holiday now. A strange set of incidents then begin to occur. Your boss tells you to take your holidays earlier this year, as he will need you to work later in the year. A work mate tells you that she is originally from New Zealand and is going there for a year. She invites you to come and stay with her family, if you ever over there. You walk past a travel agency and see a special price on New Zealand airfares for the next few months. Do you see, how you have effectively manifested your cheap accommodation, free time and cheap airfares? All this you have done subconsciously. Now you need to learn how to *consciously* manifest what you want. This is how you do it.

1. You need to think of the object you want and ask that it comes to you ,‘For your highest good’. (Being prepared to not have it manifest, if it will do you harm instead of good and never interfering with another person's freewill).
2. Put an emotional feeling behind your image of what you want. Emotion helps to get it to you quicker. For instance - satisfaction, joy, happiness, contentment, love.
3. Put a visual reminder of what you want in a prominent place. Such as an advertisement or drawing, on your bedside table.
4. Imagine that you already have the object. Feel it is already part of your life.
5. Have faith that it is coming to you.
6. Detach from details being absolute. For instance if you want to manifest a red Toyota, don't knock back the offer of a green Toyota car. You can always paint it red!
7. Be patient. The Universe will bring the object to you in *it's time* not at your deadline.
8. Be prepared to put some effort into attaining the object - save half the money, enter competitions or ask and negotiate for it.

Q8. DOES ANY PARTICULAR GENERATION HAVE GREATER PSYCHIC SKILLS?

A. No, but the Starseeds born since the late 1960's have been born with their third eye chakras, pelvic chakras and crown chakras, very open. This aids them with their psychic skills. They are easily able to develop telepathy, ESP and Spirit contact. Unfortunately, most of them are not aware of their potentiality and many of them are confused, drug addicted and disillusioned with life on Earth. This is the reverse side of being sensitive to spiritual and psychic energies.

However, everyone can develop their abilities. These are natural, inherent psychic talents that we all have. But, as with most things in life, you have to learn about them, study and practice them often, if you want to be good at them!

Q9. WHAT HAPPENS IF I USE MY GIFTS FOR EVIL?

A. You will be karmically responsible for all negative deeds that you do. You will either have to repay them in this life or in future lives. Perhaps, you are already living a difficult life that is a repayment of earlier abused psychic powers in past lives? Think about it!

You will have endless chances, in many lives, to break free of the pattern of abusing your psychic gifts. The thing is - aren't you a little tired of endless lives of getting it wrong, by misusing your powers? Why not develop them in this lifetime and use them for something positively constructive, such as healing others, teaching and guiding others?

Give yourself and others joy! The choice is yours.

Q10. HOW DO I BRING MY SPIRITUAL BELIEF INTO MY SCHOOL OR WORKPLACE?

A. By living them. By being tolerant, unconditionally loving and caring of others. By being detached from emotionally damaging situations. By observing others and seeing them as spirits acting out a play, in physical human bodies, unaware of the reasons behind their actions, but still being kind and gentle towards them. By living your life with purpose, such as discovering your Life and World plans. By not being overwhelmed and motivated by fear, as most people are. By taking *control* of your life, in a firm but loving way and *living* your beliefs and philosophy. By trusting in the Universe that you are loved and being guided, in the best possible way, towards your greatest potential - becoming a living Master.

One practical way, of living as a spiritual being, is by being very aware of each situation that arises in your life and not reacting over emotionally towards it. When an argument arises, step back, look at everyone concerned. Think to yourself, 'How would a Master react?' - with love, gentleness, detachment. Not with anger, hate or spite. Take gentle control or turn away, but don't retaliate! See the higher view - is this argument really important? Is there another way to deal with the issue? See your opponents, as just other lost spirits acting out of fear - forgive them and release the issue.

Try to see what makes you angry or upset, locate where this feeling comes from and let it go from you for ever! Each time you do this, you will find it easier to do, so that soon it becomes automatic.

Realise that everything happens for a purpose and see what you can learn from it, whether the experience seems good or bad. Treat everyone you know, whether it be the boss or the principal or the cleaner or lowest pupil with respect - they are all equal as spirits. Honour yourself, you are unique and valuable. You have gifts, *only you* can develop. Raise your spiritual light, wherever you are!

Blessings Serapis Bey

Compliments of The Abbotts

CHAPTER 5



FINANCES

Channelled by Master Kuthumi who works with Wisdom and Love and aids those working on self awareness.

Q1. HOW DOES SPIRIT VIEW FINANCES AND MONEY MAKING?

A. Spirit understands that money is an energy. You exchange it for what you want. It is also a valuable teaching tool. Too little money and you learn valuable lessons around poverty. Too much money and you learn lessons around responsibility and excess. On the higher levels, the beings there, do not need money, gold etc they manifest what they want. What is needed is provided. Here on Earth, you value money, much too highly! Can money buy you good health, bring love, contentment, spiritual power, to name just a few! No, money is just a simple exchange of energy. Please get your values right!

Q2. HOW CAN I BRING MORE MONEY INTO MY LIFE?

A. If you want more money in your life, you need to understand the energy of money. Touch it, feel it, play with it. Become familiar with it's vibration. Be generous with money. Give to charities, friends etc. treat yourself. The Universe then sees that you are not a hoarder, but a user of money. It will send you more to use. Believe that money is always around you. Believe you will always have enough. Trust in the Universe to supply you with what you need and more. Enjoy it, but don't make it your God. For money does not have compassion, love or wisdom.

Q3. IS THERE A GEMSTONE THAT I CAN USE TO BRING MORE MONEY INTO MY LIFE?

A. The gemstone citrine, a pale yellow stone, often brings in wealth to the holder. Place it in your purse, wallet or piggy bank to attract the energy of wealth.

Q4. ARE THERE OFTEN KARMIC LESSONS AROUND WEALTH?

A. Most certainly. If you have been wealthy in a past life and abused that wealth, giving nothing to the poor or defrauding honest people, then often you will repay this misdemeanor, by returning to a life of poverty. In the same way, if in the past you have used your wealth wisely and compassionately, you may find that your circumstances are much more comfortable in this life. However, it is your responsibility to be equally as generous to others in this life or you may need to experience circumstances of poverty, again, to re teach you humility and generosity.

Sometimes, people are born into poverty and through their own creativity, become wealthy. The wealth is then a test, to see if they use the wealth in a loving, compassionate way or for their own selfish ends. Others, will begin life with wealth and be reduced to poverty in their life, just to see if they can continue to be spiritual and compassionate in their poverty or give in to bitterness and despair. Remember, you have set the lessons for yourself. You wanted to try being poor or rich. You can only believe that it is for a higher reason and blame no one else!

Q5. WHAT THEN IS THE HIGHEST SPIRITUAL WAY TO DEAL WITH AND UNDERSTAND FINANCES?

A. Let the Universe give you what you *need* - not what you *want*. There is a big difference between the two. You may think that you need a new car, a large house and beautiful expensive clothes. Spirit knows however, that this is what you *want*, not *need*. Spirit supplies you with what you need now- an old car, a small apartment and attractive, but simple clothes, to live the life that you *need* to live. However, you may have great healing skills, be a wonderful teacher, artist or loving friend. These are much more valuable than new things!

Tell the Universe what you want, then get on with your life, confident that it will help and guide you to what is *most beneficial* for your spiritual growth. If wealth is part of this, it will happen. If it is not, be content with what you have. This is the most spiritual way to regard money!

Q6. BUT ISN'T IT POSSIBLE TO BE BOTH EXTREMELY WEALTHY AND SPIRITUAL?

A. All things are possible. But, write me a long list of all the people you know who have been

both! Your list will be very short. Please, do not mistakenly believe that very wealthy people who make large donations to charities, are always doing it from the goodness of their hearts. They are more than likely, wanting to receive some honour from it, a knighthood or public recognition. Otherwise, why have they not done their charitable deed, quietly and with humility?

It is usually the poor who are the kindest, in their charitable donations. Do you remember the New Testament's story of the widow who gave her mite (a few cents), to help the poor. It was seen by God, as a mightier gift than the huge amounts of money given by wealthy men, who would not miss it. Begin doing your loving acts, *now* - while you are poor and continue doing them, when you are rich! After all, Buddha gave away his wealth to become a spiritual man. Jesus was poor all of his life and rejected riches offered to him by the Devil. Mother Theresa and Gandhi put their spiritual duty to humankind, before wealth. You can be wealthy and spiritual but, please, don't choose wealth over spirituality!

Q7. WHY ARE SOME COUNTRIES MORE WEALTHIER THAN OTHERS?

A. Many nations have created karma for themselves. Groups of people who may have abused others, with their money in the past, may choose to incarnate to poorer third world countries in this life, to gain a perspective around poverty. In the U.S.A., many poor African Americans were white, wealthy slave dealers in their past lives. They are *willingly* experiencing, the opposite side of the coin.

If you visit an amusement park, all the rides are not the same, you need diversity. Earth is like that. It has wealthy countries and poor countries. Poor neighbourhoods and rich neighbourhoods. Some people exchange poverty for riches, others don't. Some people want to experience living close to nature in primitive societies, others want to live lives of comparative ease. All teach lessons. If you are an aware person, you can use your personal power to move out of poverty, into at least a comfortable existence. This can be done by education or hard work. As always, you have choice.

Be aware, that you are in a specific country to learn a special lesson. Find out what that lesson is! Then once it is understood, you can choose to immigrate to another country, if you do not wish to be there. Use your heart and your head to improve your life!

Q8. WHO CAN I CALL IN TO HELP ME UNDERSTAND MORE ABOUT MONEY AND SPIRITUALITY?

A. Master Archimedes is a special Teacher Guide, to call in, to discuss money matters with, in a sensible and loving way. He presents himself as a wise elderly man. He has given us this exercise to draw money into your life, to be used for your highest good.

1. Sit down with pen and paper and write down when money most flowed to you in your life, when you felt most worthy of money.

2. When the list is completed, notice when there were times of plenty and times of scarcity. Look for a pattern. What are your feelings towards money. Do you feel worthy of it? How can you use this?

3. Meditate and ask your Guides and myself Archimedes, to remove any restrictions or limitations and patterning, concerning money flowing to you.

4. Create your merkabah or heavenly body around you, (visualise a six pointed star enveloping you.) Raise up in it until you link in with the Earth Christ Consciousness grid, which surrounds this planet.

5. Ask again, that all restrictions to money be removed and for money to flow to you.

Flow love and compassion into the grid.

6. Visualise what you will do with the money, for your highest good and for the good of others.

7. Now bring your merkabah back down to earth and dissolve it around your body.

8. Thank the Masters for helping you.

9. Burn your list.

10. Affirm three times daily -'I am Healthy, wealthy and wise. Money flows to me!'

11. Believe it will flow to you.'



Q9. IF I HAVE SURPLUS MONEY, HOW CAN I USE IT FOR A SPIRITUALLY HIGHER PURPOSE?

A. There are many wonderful charities, doing great work on this poor planet. Contribute to them, but, also give them your time and effort, if you can. It will ennoble you! Also look at how you can spread the knowledge about greater, spiritual truths. You might like to fund

books, videos, courses etc. which spread spiritual knowledge or environmental issues. Look at your own communities. What is needed both physically and spiritually, to enhance it? You might like to donate a piece of needed equipment, to your local hospital, that will save lives. Or you might like to rent a hall and have guest speakers talk to your community, about spiritual subjects.

Most of all, don't neglect your own spiritual development. Do courses, seminars, buy books about spiritual subjects. Enhance your spiritual life with your money.

Q10. CAN I BUY SPIRITUALITY?

A. No! But, money can help you to find courses, teachings, books etc that will make the spiritual journey easier. Many people mistakenly believe that those beings who charge the most, know what they are talking about. That is often not so. Exorbitant fees for clairvoyant readings, lessons, seminars etc. show that the persons involved, value money over teaching. This is their karma of course. Every teacher deserves some payment for their skills and to make a moderate living. But, millionaire evangelists, in flashy homes and many cars and luxuries are not truly working in the light. Their consciences would not allow them to revel in luxuries, while others are starving overseas.

Your actions and thoughts must also, be equal to the money you donate. If you don't truly have compassion and love in your heart, for all your fellow humankind, then no amount of money will buy you contentment on Earth or a place in heaven!

Joy and Prosperity to you,

Kuthumi.

CHAPTER SIX



ILLNESS

Lady Kwan Yin, the Chinese Goddess of Compassion and Healing, will answer these important questions on health issues. She works with a beautiful, aqua blue ray of light.

Q1. WHY DO WE EXPERIENCE ILLNESS?

A. Illness can be a wonderful teaching tool for humans. It makes you stop and think just what, life and death are really about. It forces you to stop your daily activities, rest and focus on inner thoughts. Many people experience life changing episodes, while they are ill - Near Death Experiences, visitations by angels and spiritual insights. Often these experiences, can be strong enough, for them to leave their third dimensional life behind and begin to discover their soul purpose for being on Earth.

Sickness also changes your perspective on life. When you are confined to bed, suddenly all the ordinary things that you used to do, become valuable. Just to walk to the corner shop, becomes a wonderful adventure! Often, the things you most valued, become irrelevant - life at the office goes on without you, school is still there, without you. You may see your place on Earth, as it really is and become determined to live your life as you wish!

Sometimes illness is due to karma being repaid, voluntarily by you. In a past life, you may have maliciously harmed the legs of your slave or someone in battle. In this lifetime, you break a leg skiing and experience the discomfort of it, to repay your former negative action.

There are many other reasons for illness, such as suppressed emotions, past lifetime blocks, chakra or auric damage, to name but a few.

If you can discover the psychic reason behind it - all the better. It will make sense of the illness for you. This will also help you, to release this condition forever, once you have released all the emotions around the incident. In this way the sickness should not reoccur again.

Here is how it can be done-

- 1. Relax in meditation.**
- 2. Ask your guides to show you the reason behind your illness.**
- 3. View the reason with detachment.**
- 4. Forgive everyone concerned and yourself.**
- 5. Ask that the illness will not reoccur.**
- 6. Thank all concerned.**

This of course is a simplified version, but it works!

Don't hate your condition, realise there is purpose behind it! Maybe, you need to just take a break from your normal routine and rediscover yourself. Use the time to read spiritual books,

meditate, contact your guides and plan a positive future. Blessings, Dear ones.

Q2. WHY DOES DRUG ADDICTION OCCUR?

A. Of course dear ones, everyone has a slightly different reason for becoming a drug addict, but the main causes are- fear of life and emotional pain. The drugs help a person escape from the harshness of Earth life. Many people, feel an almost fourth dimensional feeling of illusion, heightened sensitivity, numbness to pain. But, of course this is caused by a temporary poisoning of the body and brain and cannot be accepted as a true spiritual experience. The drugs unfortunately, also cause physical and mental dependency, a disruption to lifestyle and body and mind deterioration.

We do not recommend any drug use in an effort to make spiritual growth. This also includes alcohol, nicotine, marijuana or mushroom derivatives. The heightened spiritual states can be easily achieved, without the use of intoxicants. Most people can only achieve a rise in consciousness to the fourth dimension, through the use of drugs, while with spiritual and psychic training, you can learn to access fifth and higher states, in a clearly remembered, conscious manner. Is that not preferable to the confused, groggy, after affects of stimulants?

We have great sympathy for the drug addict, who is attempting to escape from harsh Earth environments, but, we advise these dear ones, to make a contented, fulfilled life for themselves, find a higher purpose to life, live your world plan and the ‘rush’ you get, will be greater and healthier for you than any drug!

Q3. MY FATHER DIED FIVE YEARS AGO AND NOW MY MOTHER HAS JUST DISCOVERED THAT SHE HAS BREAST CANCER, IS THERE A LINK?

A. Most definitely! Often when tragedy strikes us, we hold the negative emotion first within our aura and also within the corresponding body part. Your mother’s heart and breast area have taken on the pain of her bereavement and she has literally, hugged it to her. This has helped the cancer to develop. She needs now, to help express her pain and let it go, first from her aura and then from her body, then there will be a high chance of recovery. But, of course the choice is her own. She may wish to join with your father in the afterlife and this is her method of doing so. Blessings, dear one.

Q4. ARE YOU SAYING TO STOP ALL ORTHODOX MEDICINES?

A. No, at this stage of your society’s development, you still need to use conventional practices, that your doctors and specialists provide. But, most can be used in hand with spiritual healing. When your society reaches the higher dimensions of fifth upwards, conventional medicine will be unnecessary, as you will have full control of your body’s functions and illness will be merely thought away! Blessings, dear ones.



Q5. WHY ARE ILLNESSES SUCH AS CANCER, AIDS AND ADHD, ON THE INCREASE?

A. Accidents, cancer, A.D.H.D, AIDS, etc have increased, so that humans can still experience illnesses which will make them examine their lives, death and purpose. As we enter the fourth dimension, our bodies become more sensitive and you experience more physical reaction to emotional, mental and spiritual problems. In other words, emotional pain can cause cancer and AIDS.

Hyperactivity conditions are often caused from emotional blocks in the chakras. (See The Abbotts Q&A section for a fuller account of treating ADD conditions).

Light Body symptoms are also occurring generally in spiritually developed people. This is a sensitivity to many physical objects which causes physical, emotional and mental problems. Raise your light above the fourth dimension and your physical problems will disappear. Blessings, dear ones.

Q6 PLEASE EXPLAIN ABOUT THE LIGHTBODY SYMPTOMS?

A. These are numerous. Some are as familiar as sensitivity to artificial fabrics like nylon or neon lights. Others include sensitivity to electrical outlets and rays from television, mobiles and radar towers. People find once tolerated foods, become almost poisonous in nature. There is usually an aversion to meat and alcohol. Some people can not wear an electronic watch or be near electronic equipment without affecting it and breaking it.

Others cannot tolerate loud noises or strong perfumes. In the fourth dimension many third dimensional products irritate enormously! Blessings, Dear ones. (See the free Abbott's book Living with the Lightbody.)

Q7. WHAT IS THE SPIRITUAL REASON FOR AUTISM?

A. Many young souls do not want to be here on Earth! It is so much harsher, than earlier incarnations or heavenly levels. While they volunteer originally to come here, the culture shock is too difficult, therefore they detach from their bodies, as much as possible. (This health issue will be posted up in our Q&A section in a few months time, in greater detail). A similar thing happens to the elderly, who often enter comas, before finally leaving their bodies

at death. They detach from their bodies, enter the higher realms in spirit, to become re-accustomed to the finer vibrations.

Q8. WHO CAN WE ASK, TO HELP US WITH OVERCOMING ILLNESS?

A. Call upon any of your guides, Mother Mary, Sananda and Myself. I come in a beautiful, aqua light ray to heal and help you. Ask for us to send our healing rays to you. Be prepared to work with any intuitive suggestions, that we send to you - these may be in diet, gemstones, scented oils etc. Visualise yourself always, getting better. Have faith. Blessings, dear ones.

Q9. HOW CAN WE DEAL WITH PHYSICAL PAIN?

A. There are meditative techniques which can help with severe pain.

I would suggest that anyone who needs to live with constant pain, go to a qualified hypnotherapist and learn self hypnosis techniques, for reducing pain. This can be done effectively. Under hypnosis, operations have been performed without anaesthetics. Blood flow has been stopped mentally. Pain drastically reduced. You can learn to safely do this.

Here is one ancient technique for reducing pain and in some cases, removing it entirely,

- 1. Meditate for half an hour or as long as you can.**
- 2. Ask your Guides and myself Kwan Yin to help you to reduce your pain.**
- 3. Mentally visualise your pain as a dark spot in your body.**
- 4. Begin to visualise (slowly) the dark spot becoming smaller.**
- 5. As it becomes smaller, the pain becomes smaller. Keep shrinking the pain until it is the size of a matchstick head and then a pin prick.**
- 6. Now make the pain spot disappear completely. Your pain has gone.**
- 7. Keep practicing, until this is an almost automatic gesture, that you make when your pain arises.**
- 8. Thank your Guides.**

Q10. HOW CAN WE PROMOTE BETTER HEALTH?

A. You need to perceive the body as a valuable tool, to experience life here on Earth. But it is not your only asset, it is not the be and end all. Respect it. Keep it healthy, with good food,

warmth, moderate exercise and love. Realise that you chose this body for a reason! You chose a combination of your parent's genes so that you could experience certain lessons in your body. Don't resent it. Find out why, you chose this special vehicle and cherish the lessons you learn from it. If you are using it right, you are developing into a spiritual being! Balance your physical with your emotional, mental and spiritual. Then you will be much healthier!

Blessings, Dear ones. Kwan Yin.



CHAPTER 7.



HOW TO BE HAPPY

Master White Eagle has incarnated many times to the American continents as Quetzacoatl and other honoured chiefs and medicine men. He brings divine information and healing skills.

Q1. HOW DOES SPIRIT VIEW HAPPINESS?

A. Happiness is a human concept. We would rather, that you be contented and fulfilled. Happiness and sadness are two sides of the same coin. You flip the coin and one day you are happy, the next day you are sad. Strive instead, to find inner contentment and purpose. This is

much more satisfying and fulfilling. This is balance. Once you have found balance and detachment, you will also find inner joy! This is not happiness - ephemeral and fleeting, but lasting and sustainable.

Happiness makes you delirious and you can't think straight. Sadness has the same effect. But, contentment and inner joy allow you to work, play and love in a rational, yet motivated way!

Q2. HOW CAN I BE HAPPY IN MY WORK?

A. Find work that you love to do. When you find work that you love, it is no longer a chore, but a privilege to do. You spring out of bed each day, instead of being reluctantly dragged from your bed. See adventure in your work. See it as an opportunity for growth. Don't stay employed in a soulless, grey vocation. Discover what you love to do and do it!

And if it helps others, what a bonus that will be!

Q3. HOW CAN I FIND CONTENTMENT IN MY LOVE LIFE?

A. Most relationships are karmic. You owe them something or need to repay something, with your partner. They may owe you karma, as well or need to break a certain pattern, that you both have developed over many lifetimes. Perhaps, you betrayed them last lifetime and this lifetime they will have the chance to betray you, in order to even things up! There are endless patterns of hate, malice, spite, betrayal, guilt, jealousy etc. Of course, they may also repay the good karma you have developed with them, over many lifetimes as helpfulness, encouragement, love, affection, self sacrifice etc. However, when the karma, good or bad, is repaid it is often time for them to move out of your life. This is when the relationship ends.

You may have also set up similar lessons with other partners, in order to reinforce the learning. For example, you may have three lovers, who are all very jealous. This jealousy usually helps to end the relationship, fairly fast. You may need to look at why your partners, are always jealous? Is it something you do? Is it the type of partner you are drawn to and why? Your tactics at dealing with their jealousy have not worked successfully in the past. How then, can you change your actions, to promote a better relationship? Do you see the lessons you can learn by objectively looking at your relationships! Hopefully you will overcome the pattern and developing better patterns for the future?

As you begin to perfect yourself spiritually, you will then have the opportunity to draw into your life, your Twin Flame or soul mate. This is a very special person, meant to not only love you, but to also encourage you to explore your spiritual nature. Together, you can do great spiritual deeds and obtain great spiritual growth. But, first of all, you need to learn through your karmic relationships, end useless patterns and develop yourself to be similar to the partner you would like to draw into you. If you want a loving, caring, open minded, spiritual person - you need to be one also. Like attracts like!

Q4. I HAVE SO MANY PROBLEMS, HOW DO I OVERCOME THEM TO FIND CONTENTMENT?

A. First of all, write down a long list of your problems. Be truthful. Put the most important ones at the top and smallest at the bottom. Now begin to work on changing the smallest ones first. Here is an example of how it could be done -

Someone's list

- 1. No purpose in life.**
- 2. No partner in life.**
- 3. Hate my job.**
- 4. Hate where I live.**
- 5. Feel stressed and can't relax.**

Start with no.5. Do - Join a meditation circle. Go for long walks in the country or seaside. Gentle exercise, such as yoga or tai chi. Join a hobby group. Do what you love to do. Pamper yourself. Be creative. Don't - Just try to relax at home. Follow your same routine. Watch television.

Realise that you have spent years, creating this stress. It may take some time to relieve it, but, it will go in time. Be as inventive about relieving the stress, just as you would about a new account or project. See your relaxation time as valuable!

Next No.4. Move! Find somewhere you really love, which makes you feel good and move there. You may not have the same type or class of accommodation, but, wouldn't you rather wake up to the sound of the ocean, in a small, one bedroom apartment, than live in a large house in the centre of a busy city? Share accommodation, house sit, live in a boarding house, live in a caravan. Try something different. If you don't like it, you can always leave, but, at least you have successfully changed your mundane environment!

Now No.3. Decide what you really want to work at in life and begin working towards this. Go back to college part time or learn a new skill from an experienced craftsman. Save your money towards being independent for six months, doing what you would love to do. You can spend forty years complaining about a dead end job or put a few years or months into developing the vocation that you really want. But begin now!

No. 2. If you have done all the preceding steps, you are becoming used to change. Your becoming courageous. You've changed your home and job and learned to relax. Life is certainly a thousand percent better than it was. Right? Now you need to begin to look for your true loving companion. But, not in the old way! No bars, raves, dances, etc. Go to exactly the opposite places, that you usually go, to meet partners. (Remember you are trying to break patterns!

Try hobby groups, sports clubs, philosophical societies, meditation groups, seminars, art galleries, etc. it is important, that you go to where you feel comfortable and find interesting, if you truly want to meet a similar type person. Ask the Universe or Great Spirit, to send you the, 'Right partner for your highest good'.

Be aware! Many people meet wonderfully, compatible people, but, dismiss them for minor reasons - too thin, too fat, too old, too young, too plain, wrong race or religion, too brainy, etc. Get to know each person thoroughly. Look at their actions, as well as what they say. Look for the diamond within, not just the sparkle outside. Have faith and be patient. Better to find the right person after a long wait, then many wrong people in a short time!

No.1. Now we will tackle this important issue. It is hoped by now that all the other problems are being solved. You are feeling confident and contented, now that you are relaxed, in the right vocation, living in a uplifting home with your Twin flame, it is time to tackle your Life Purpose. What do you and your partner, want to do with the rest of your lives?

What can you offer society, to better it and make yourself feel valued? Can your vocation be extended to help society improve or a hobby similarly developed? How can you work in tandem with your partner (or alone if necessary), to make a spiritual difference here on Earth? Sit down and list your skills. What can you develop? Now using the skills, that you developed to solve the other four problems, solve this problem! Create a life of purpose and unconditional love. You can do it!

Q5. ISN'T IT OKAY TO FEEL SAD, SOMETIMES?

A. You can choose to feel anything you like. But, if you want true control over your emotions, you need to practice developing this, for sometimes it is inappropriate to feel sad or low. If you are going for a job interview and really want to get the job, being sad, depressed or dispirited, will convey to the employer that you are not a desirable employee and it is unlikely that you will get the job! It is hard to make friends, when you are feeling depressed. Everything feels like an effort. But of course, the choice is yours!

Q6. HOW CAN I STOP FEELING SAD ALL THE TIME?

A. Develop strategies for dealing with depression. Here are some -

1. Place a picture of something beautiful and uplifting on your bedside table or wall, so that when you wake up in the morning it is the first thing you see.
2. Lying in bed, visualise everything that you need to do in your coming day and see yourself doing them super successfully. Never dwell on negative thoughts!

3. If its sunny outside, go outside and lift your face to the sun. This is what we Native Americans would do daily to set us up for the day.
4. Have a breakfast you really enjoy.
5. Dress in bright attractive clothing. No greys or blacks! Stand tall.
6. Allow yourself time to do your chores or get to work early, without rushing!
7. See everything that happens to you, in your day, as neither good or bad, but just interesting! You are learning something new every moment. Be adventurous!
8. Increase your spiritual connection. You have many friends and powers in the unseen world!
9. Believe it is a benevolent Universe.

Do you see, Brothers and Sisters, how easy it can be to create positivity within you, rather than pessimism? Learn these techniques and as you radiate positivity, you will draw corresponding positive situations to you, to reinforce your good mood.



Q7. DO MASTERS EVER FEEL SAD?

A. We feel sad when we are not able to help you on the lower dimensional level, when you are not even aware of our assistance. When you do not strive to make your lives more beautiful, through higher states of loving, creativity and brotherhood. When you scorn the knowledge of many millenniums and repeat the same futile mistakes. Yes, then we are sad. But, we know that every so often, a generation awakens, to *who they can truly become*, contact us and raise their civilisation's light, to a higher dimensional vibration of great love and fulfillment. We hope that this is a similar generation!

Q8. SOMETIMES FOR NO REASON I FEEL SAD, WHY?

A. Surprisingly, sadness can be contagious! Standing in the auric field of someone who is feeling sad, can mean that you accidentally pickup their depression. When you feel sad for no apparent reason, learn to cleanse your aura. Imagine a powerful, golden light flooding into

your aura, sending any grey negativity out, to the sun, to be destroyed. Put a protective barrier of golden- white light, around your aura, whenever you are in a crowd!

Q9. WHAT DO I DO IF I FEEL I'M UNDER PSYCHIC ATTACK?

A. Do as above, cleanse your aura. Put a protective barrier around yourself. Then imagine that your auric bubble is mirror reflective. What is sent to you, is reflected back. So that if someone sends you evil, they will receive evil. If they send you love, they will receive love. Do not add to the negativity. Be detached. Ask your Guides and Arch Angel Michael to protect you.

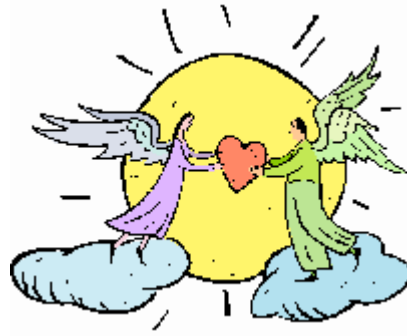
Q10. MY BOYFRIEND MADE ME FEEL SAD, ISN'T IT HIS FAULT?

A. Only you are responsible for your own happiness, no one else is! This is called self responsibility. It is a sign of maturity of spirit. Other people's actions may initially effect you, but as you attain detachment and control of your emotions, you learn to not react to their manipulations. You see their negative actions as childlike and non spiritual. You learn to create inner joy, within yourself, confidence and unconditional love. They then, cannot harm or hurt you. You then choose to feel happy or sad, glad or unhappy, joyous or depressed. You are in control. Do not blame others. Free yourself, by choosing to feel however, you like!

Ho! White Eagle.

CHAPTER EIGHT

DEATH



Isis the Egyptian Mother Goddess, protector of sea travellers to the Romans. Wise mother figure to the present, gives us her higher overview of death.

Q1. PLEASE EXPLAIN THE PROCESS OF DEATH?

A. Please do not regard death, as either painful or frightening. It is neither. It is a natural part of life. As natural as birth. In birth you enter into this world which is different and confusing. At death you enter into the heavenly realms, which again, is different and enlightening. You value life, but you do not value death. Yet your true 'life' in spirit, is much longer than the eighty years or so, that you spend on earth! Life of the soul, does not finish at the 'physical death'. You will still think and feel, but, without the heaviness of the body. What a joy! What a release. You finally leave behind pain and suffering.

Your beloveds will be there to greet you, after your silver chord has left your body. It is a time of reunion, joy and peace. After resting for days, months or years (you are beyond time), you will review your life and see clearly your triumphs and mistakes. No one will judge you. You only judge yourself. You decide, how you can repay your mistakes (karma). Then for a time you will enjoy the great teaching facilities of the heavenly realms, before you decide to reincarnate, once again. Believe me, the heavenly state is much more natural to you, than this Earth state. So do not fear it, Little Ones.

Q2. WHAT IS HEAVEN REALLY LIKE?

A. There are many levels to heaven. Does your bible not speak of 'many mansions'? After death, depending on your spiritual growth, in that last life and in your many past lives, you naturally gravitate back to the level to which you are most familiar.

All levels are amazingly beautiful, peaceful and loving. Some are closer to your version of Earth. That is why, some spirits talk of sitting down at home and having a cup of tea with old friends. This is what they are comfortable with and so, this is what they create for themselves! In time they will create more open and complete versions of heaven, as their memories of Earth life fade.

A person who is very spiritually aware on Earth, will have no problems readjusting to the heavenly state and will see heaven as it truly is - a loving, limitless opportunity for growth.

There are wonderful Akashic libraries and venues for learning, much about music, mathematics, art and all the sciences. Your friends and enemies (who are no longer evil, but loving towards you) will embrace you with delight. You are back, once again with them. Back with your soul group! All things are possible, on the heavenly levels. You create what you think. You can instantly teleport to wherever you wish. You have telepathy with all. Heaven is your true home. Earth is just a teaching school.

Q3. WHY THEN STAY HERE. WHY NOT COMMIT SUICIDE?

A. You chose to come to Earth to experience certain learning lessons, for your own higher good and to also, transmit those experiences back to the Universal consciousness, as a teaching tool for others. You chose a life of a certain length. When you suicide (which is always an option, but, a secondary one) you cut short your assignment. You let yourself down, because you most surely, will soon decide to reincarnate, to finish your assignment.

You see Little One, in heaven you are much braver than you are here. Not only will you have to come back, to relive again the experiences you are trying to avoid, but, you will have to go through the tedious process of birth, childhood, teenager years etc to get back to your present position. It is a bit like your game of snakes and ladders. Although, your lifetime, may seem a long time to you. It is actually very short. Soon you will be back in Heaven. Why not use your time here, constructively? A human body is a very precious vehicle. How long may it be, before you can return to Earth again, to finish your angelic mission?

For those contemplating suicide, I will say this, from the bottom of my heart - find your true planetary purpose, first. Once you have found this, once you understand your angelic mission, why you are here, you will find great purpose and joy in being here and you will want to stay and finish your assignment! You are braver than you think. No difficulty, that you feel and experience around you, is important enough to have you discard your valuable physical body, before your task is completed!

Q4. DO WE ALL REINCARNATE BACK TO EARTH?

A. No. You can choose to experience life on other planets, in constellations far away, once you have reached a certain level of spiritual attainment. Remember, they are usually more advanced than Earth. They exist in higher dimensions, such as the fifth, six and seventh. However there are other third dimensional planets, similar to Earth, where you can live a different, but more grounded lifestyle. Of course, you can develop spiritual growth on the heavenly levels, but, it is so slow as compared to the opportunities offered to you on Earth. In Heaven all is love and light. On Earth you have wars, famine, disease, hate, anger, jealousy and the opportunity to not only experience these, but rise above them! What a wonderful training school. How quickly you can learn, if only you try!

But, if you are a little tired of the hectic life on Earth and you feel it will help you to

experience life on other planets, it can be arranged. Most of you will have had lives in many different and amazing constellations! Again the choice and responsibility is yours!

Q5. WHY WOULD A CHILD CHOOSE TO DIE?

A. All life spans are not the same. Some live to one hundred, some only a few days or years. They have chosen this before incarnating. There are several reasons for this.

A soul new to Earth, may fear Earth's harsher vibration and choose only to remain for a short time, to accustom itself to this dense energy, then depart (through death), to rest in the heavenly levels. Later, they may try again to incarnate for a longer period of time.

Sometimes members of the combined soul group, may need to experience the loss of a child for their higher growth, to learn compassion, love, loss, sadness etc. One member will volunteer to incarnate as the child, who will remain only for a few years and then return to the heavenly levels. It's mission is ended.

At yet other times, a karmic situation may be playing out. Perhaps, that being caused the death of a child in a past life and now wishes to repay the karma, by experiencing death at an early age, themselves.

Most of all, you must realise that the soul in a child's body is not a 'child soul'. It is an adult angelic being who is using the shape, mind and body of a child to experience certain events. Whether that soul is in a ninety year old body or a three year old's body, it remains the same.

Q6. WHY HAS MY HUSBAND BEEN TAKEN FROM ME?

A. Little One, I feel your pain and your grief. But, it is misplaced. Your husband lives in the higher realms in great peace and joy. His greatest sorrow, is the way that you are reacting to his death! Naturally you will grieve and miss his physical presence, around you. But he is not lost to you. He is often around you trying to comfort you. But, you keep him out! Your very grief is creating a barrier between you and him! He is just a breath away from you. Stop your tears. Sit and meditate. You will feel him around you, when you are at peace.

He has not been 'taken'. He chose before incarnation, when he would return to his heavenly home. He had completed his angelic mission and he needed to return. Do not be angry about that. Be generous and see it as a great release and joy for him. He will watch over you during your life and meet you on the other side, when you leave at death. But, do make the most of your time here. Complete your mission. Do your tasks. Learn to love life, again. Do not dwell on death.

Q7. WHAT ABOUT ALL THE DIFFERENT RELIGIONS, DO THEY ALL GET TO HEAVEN?

A. Of course! Religions are man made, not God made. There is no difference there, between Christians, Jews, Hindus or agnostics! If all mankind lived to the highest of their own religions concepts, then you would all live in peace and plenty on Earth and never have to incarnate back again! All religions have truth. All religions have faults. Inspired men and women come to give you the truths and humanity corrupts their concepts! Look for your own truths and live them! That is the greatest personal religion that you can develop. Be loving, be compassionate, be tolerant, be generous - these are the greatest commandments. If you all lived by them, you would create Heaven on Earth!

Q8. IF I DO SOMETHING TRULY EVIL, WILL MY SOUL BE DESTROYED FOREVER?

A. No. The Universe is always forgiving, no matter what evil you do. But, you will have to repay the karma you do, usually in a similar way. This is the perfect justice system, is it not? Why not begin repaying that karma now, by doing good deeds all your life, to help to balance the scales, before death! Ask for forgiveness and ask for opportunities to repay the debt. Become a spiritually aware person, instead of a dead soulless person! Learn from your lesson and choose to never do evil again.

Q9. I FEEL THAT ALL MY LIFE I HAVE HAD A GREAT FEAR OF DEATH, WHY?

A. More than likely, it is not a fear of death that you are experiencing, but a fear of life! Yes, this is surprising but true! Many of you begin to panic, as you are birthed into this life. You see life on Earth as painful and terrifying. You are homesick for heaven! You carry this terror with you all your life, thinking it is a fear of death, when it is in fact the reverse. Begin to live your life fully, find your life mission and enjoy being here, for the opportunities it allows you for growth. Make spiritual contact with your Guides and Masters. They will tell you how wonderful it is, after death. Then you will find you will no longer fear death, but, see it instead, as a wonderful doorway home!

Q10. ARE NEAR DEATH EXPERIENCES REAL OR CHEMICALLY PRODUCED UNDER STRESS?

A. They are very real. In fact ask anyone who has experienced them, (including Tony who has helped Robyn put this book together) and they will tell you that it is the 'realest' thing that ever happened to them! Those that have them, are indeed blessed, because it gives them a short opportunity, to experience life on the higher planes. After the experience, which is normally exhilarating, peaceful and illuminating, they return to Earth with new vigour and a determination to make the most of their life remaining. It is a truly spiritual and rewarding experience!

Scientists would try to reduce it to just chemicals, but, they would do the same to the experience of love and compassion. They are mistakenly trying to prove fifth dimensional experiences, through third dimensional science. It can't be done!

One day they too will awaken! Send them love and light!

Blessings, Isis

CHAPTER 9.



HOW TO MAKE SPIRITUAL GROWTH

Master Melchizadek of the White Brotherhood, represents transformation and spiritual upliftment.

Q1. WHY WOULD I WANT TO GROW SPIRITUALLY?

- A. Spiritual growth is a natural human development. It is progression. Unless you want to stay static or regress, this is the way humanity will eventually develop. Think of your cavemen, were they not almost animalistic? A type of basic man. Then mankind developed complicated speech, the written word, settled and raised crops and herded the cattle. He began to develop his artistic abilities and create primitive religions. He was moving away from his basic beginnings and becoming more societal.**

Later, he developed more complex societies, with attention given to the arts - poetry, literature, painting, sculpting etc. plus your established religions. And now, you have your present technological civilisation, and open thinking of the New Age movement. As mankind develops physically and technologically, so his attitudes to his spiritual development change. This is right, this is good, this is order!

Now, what you are really saying, my friend is, 'What is in it for me?' Well, wouldn't you like to be a Master and have a Master's powers? Wouldn't you like to feel One with everything. Never lonely again? Wouldn't you like to be able to speak to angels and those in the heavens? Think of the knowledge you could accumulate. Wouldn't you like to develop your psychic gifts - telepathy, ESP, astral travelling, far seeing? Wouldn't you love to be able to heal the sick of the world, with your own hands and healing power and manifest whatever you like? All these things and more, are part of a Master's abilities.

Abilities that you have dormant within you. That only need a good heart and good mind, to release them. And lastly, for those of you that are a little weary of continuous lives on Earth, wouldn't you like to finally rise up off the karmic wheel of reincarnation? These are all part of the process known as spiritual enlightenment.

Q2. CAN YOU TELL ME THE MOST IMPORTANT FACTORS TO SPIRITUAL GROWTH?

A. Self responsibility, awareness, detachment and unconditional love, are in my opinion the four most important aspects to your spiritual growth. Let us examine them separately-

1. Self Responsibility. In other words, dear friends, it is up to you! No priest, minister, friend or lover can do the work for you. You have to decide to begin your spiritual journey. You have to take the responsibility for your own progress. You can decide to progress only a very little in this lifetime and come back one hundred times more, to learn a little more in each lifetime or you can try to learn it all in this lifetime. The choice is yours! You need to not only want to do it, but begin to do it. Read everything you can get your hands on, go to seminars, join meditation groups, talk with other New Age people, explore, explore, explore! Don't give up, when things become stagnant or difficult. Treat your journey as a special assignment with you the benefactor! And ask for spiritual help from your Guides and appropriate Masters.

2. Awareness. Your Guides are constantly trying to reach you and help you with your spiritual development. Look for coincidences (synchronicity) when they are trying to tell you something - seeing the same object or word over and over again. Don't dismiss things, as just chance! If you run into a friend three times in the one day, stop and sit and talk to him. There may be something important he has to tell you.

Look at patterns in your life. Change the negative ones that bring you pain. Look at your home, work, relationships, attitudes, with fresh, awareness. What can be changed for your spiritual highest and in the most loving method? Learn to contact your guides directly, so that you can benefit from actually conversing with them. Be adventurous, be alert and be aware!

3. Detachment. This does not mean coldness or aloofness. It means being able to see yourself and your actions and mental and emotional attitudes, in an objective way. Not giving in, to over emotionalism. Not hating, feeling jealous, envious, frightened, angry or alternatively, overly excited and irrational. Without some detachment, you are at the mercies of every emotional wind that blows your way!

Detachment is taking charge of your emotions, so that they work for you, not against you. If

you can believe that you are a spiritual being, using your body and personality, to learn lessons. That you are not Jane or John Jones, but an angelic being, using Jane's life to appear human, than you can learn to push aside your ego, with the help of detachment, and see your behaviour objectively. You can then control your life and spiritual progress.

4. Unconditional Love. If everyone worked and lived unconditional love, you would have few problems on your Earth. There would be no famines, wars, abuse or illnesses, because all your loving efforts would be focused towards eliminating these terrible conditions. But, because most of society does not work with unconditional love, these problems are left to only a few, to tackle. Unconditional love is not just an abstract emotion, it is something that should be lived. You can't say you have unconditional love and then say that you hate Jews or Hindus or Asians or women.

There are no exceptions to unconditional love. You see all humans as angelic beings, striving to find spiritual enlightenment and growth, under very difficult conditions and you love all of them for trying! Not just some of them! You don't just love the Gandhis and Mother Therasas, you also love the Hitlers and mass murderers. Some have found unconditional love, others haven't. You may not like the deeds of a Hitler or mass murderer, but, you can forgiven the fallen angel who has committed them.

How do you know, that you haven't committed similar acts in a past life? Wouldn't you like forgiveness for your negative acts? Live unconditional love from the moment you wake up each morning, til the moment you place your head on your pillow at night. All are your brothers and sisters. All are worthy of your respect. All deserve your unconditional love.

Q3. WHAT IS THE GREATEST BARRIER TO ATTAINING ENLIGHTENMENT?

A. Your ego. This is what stops you believing in spiritual matters. This is what stops you raising up from the third dimension to the fourth and higher. The ego does not like any change! The Ego likes things as they are. If you are sick, the ego doesn't care, it would prefer you to remain sick, rather than get better and change your life. Even if that change is for your better good.

By ego, I do not mean egotistical - being obnoxiously proud of yourself. I mean the inner voice which rules your subconscious and makes you behave in ways you do not like, that makes you doubt yourself. For instance, if you try to give up smoking cigarettes, the ego will try to convince you that you are foolish to try. It will use every trick available to it - making you irritable, angry, tired, depressed etc just to make you go back to smoking. It doesn't like change! And of course, it does the same when you try to spiritually progress.

How then, do you get your ego to work with you not against you? Try these ideas -

Imagine the ego as a naughty boy or girl - reduce it to size and make it comical.

Be aware that the ego will try to sabotage your plans for spiritual growth. Recognise its attempts to sabotage you and outwit it! Laugh at it, out think it! If it beats you once, try again. Keep on your spiritual journey. Ask ego to help you, not hinder you. As it gradually becomes

used to the change and you don't allow it to dominate you any more, it will fall into place and be tolerant of your growth. Be confident that you are a powerful angelic being in physical form - don't allow ego to tell you otherwise.

Q4. HOW DO WE GET IN TOUCH WITH OUR SPIRITUAL SELF?

A. You are an angelic being who has a higher component of yourself, that is known as your Higher Self. This is a glorified version of yourself that normally resides on the fifth and upper dimensions. It is you, the you that you can become. This Higher Self is wiser and more loving than you - but it is still you. You can learn to contact this Higher Self and use its wisdom and love to help you on the lower dimensions. And most amazingly, as you spiritually progress, you become more and more like your Higher self, until one day you are Higher Self!

If this sounds difficult to understand, I would say first of all, learn to speak to your Higher Self. Protect yourself and ask Higher Self to come to you in meditation. You will see a beautiful version of yourself, approach you. Ask it questions, listen to the reply. Feel the power of Higher Self within you, giving you strength and wisdom. Become Higher Self.



Q5. SHOULD I CALL IN THE TEACHER GUIDES OR MASTERS FOR HELP?

A. Of course. They love to be called in to advise and help you. Many of them have a specific function. For example Sandalphon an Archangel, works with music. Call him in when you need inspiration with composing music. Archimedes works with finances and money matters. Serapis Bey works with Earth energies. Mother Mary and Isis with love and compassion. Michael with protection. Kwan Yin with healing matters. Many of you will have a favourite Master who helps you, but, do get to know the other Teachers, as well.

I work with the White Brotherhood, a mystical order of beings, who are concerned with spiritual development. Call me in when you need me. Sit meditate and feel me around you. Listen to my words. Weigh my words and make your own decisions. We are here to guide not to command!

Q6. I'D LIKE TO DO SOMETHING POSITIVE WITH MY PSYCHIC POWERS, WHAT DO YOU SUGGEST?

A. There are many wonderful things that you can do with your spiritual gifts. Always use them for the highest, never for personal power or for evil. For if you do, you will have to repay any karma that you make and your spiritual growth will be halted. You can learn to heal people, heal animals and heal the planet. You can learn to cleanse negative areas on Earth, to promote peace and spiritual growth. You can learn to contact the Master and Higher beings and write your channellings down, for others to learn from their wisdom. You can learn to manifest for the highest and help others around the world. You can learn to use astral travelling, ESP and Telepathy in ways, that will promote peace and brotherhood around your planet. Some can learn to use their kinetic energy for good. The opportunities are endless for teaching, counselling, artistry and healing!

Q7. HOW CAN TELEPATHY BE USED FOR HIGHER GOOD?

A. The Starseeds, born since 1970 onwards and the new Love Children born in the 1990's, will find in time, that their telepathy skills can be easily reactivated. Many of these people, feel very isolated in their beliefs and lifestyles. By the use of telepathy, they will learn to easily recognise each other and make strong bonds of affection and understanding. Think of the wisdom that could be exchanged, with no barriers of language! Start practicing your skills today!

Q8. DOES ASTRAL TRAVELLING WORK?

A. Of course! Once, many lifetimes ago, you could all do it! You have just forgotten how. Again, practice makes perfect. Safely learn to project yourself anywhere in the Earth and beyond. Think of the air fares that you will save! All these ancient sciences can be relearned, but, please learn through someone reputable, for you must learn to do these things safely or you may become frightened, the first time something goes amiss! When you first learnt to walk, didn't you fall down a few times? Spiritual development is the same, you need gentle guidance and support. Then you will be able to run on your own!

Q9. DO LOWER ASTRALS EXIST?

A. Ah, yes. This is what I am talking about. Polarity, where there is good there is always bad, where there is light there is darkness. There are negative beings, who live in the fourth dimension and who would like to see you suppressed on the third dimension. They don't have great powers, but they can scare you and discourage you from progressing. This is why, you need professional help in learning these skills. Protection can be easily learnt and the lower astrals sent away for good. Your spiritual light can be magnified so that they leave you well alone.



Q10. CAN THESE SPIRITUAL POWERS BE INTEGRATED WITH MY OWN RELIGION?

A. Of course. Most religions already recognise these powers. Jews, Christians, Buddhists and Hindus all mention these powers in their texts. However, over many centuries, only the priests have taken on these powers and condemned them in others. They are meant to be for all, not just a few privileged people. Many orthodox religions, are now beginning to incorporate healing services into their programs and fundamentalist churches, often perform healing, driving out of devils and talking in tongues.

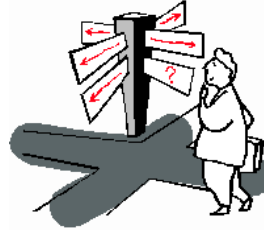
Many of the religious icons such as Jesus, Krishna, Archangel Michael, Isis, Mother Mary, Kwan Yin and Buddha, speak regularly through channellers. You can speak to them too and more importantly listen to them speak back to you! So dear Friends, you do not have to give up your religions - but you do have to expand them a little to their full potential!

Blessings,

Melchizadek



CHAPTER TEN



TEN TRICKY QUESTIONS

Answered By Lord Ashtar of the Ashtar Command, part of the Confederation of Planets.

Q1. HOW DOES SPIRIT VIEW ABORTION?

A. I cannot speak for all Spirit, but I will tell you how it is regarded from higher wisdom. The spirit enters into the foetus several times before birth, to accustom itself to the human body again. Finally, at birth, it enters the babies body, the veil of amnesia comes down and it is human again! So if a miscarriage or abortion take place it is only the physical matter that is destroyed, not the soul or angelic being. The spirit will choose another foetus to dwell in or wait till the mother is capable of carrying the baby to full term. So you see, we do not view abortion as a sin. There is no blame attached to the woman or baby. We do however stress, that it is often a traumatic event for all involved and therefore we strongly encourage contraception, rather than abortion.

Q2. HOW DOES SPIRIT VIEW EUTHANASIA?

A. You all have choice to decide the length of your life. Again, there is no sin attached to euthanasia. Many people can not endure painful conditions. However, we would encourage you to stay as long as you can bear it, for how do you not know that your greatest work may come in the very final stages of your life? Perhaps that is specifically why you have incarnated, to be noble and inspiring to others at your death! There is no wrong or right answer to this question, but do consult your Higher Self and Guides for higher advice, should this decision ever arise.

Q3. DO UFO'S TRULY EXIST?

A. Ha! I am sitting in one now as I speak to you. Naturally they exist. Do you really think that humankind on Earth, is the only or highest form of life in the entire Universe? Perhaps you do. Oh dear, you are in for a shock! In time you will have concrete proof. Yes we aliens as you call us, do exist and we do pilot UFO's. However, they are not third dimensional. The Ashtar Command's vehicles, travel through space in the higher dimensions of fifth upwards, while the Greys or Zeta Reticuli travel through the fourth dimension. This is why you see more of theirs, then ours! You are closer to the fourth.

Q4. WHY DOESN'T THE ASHTAR COMMAND INTERVENE TO HELP HUMANITY?

A. It is not our right to intervene with conditions on Earth, except in prearranged circumstances or in great emergencies. This is a Freewill planet. You have all chosen to incarnate on third dimensional Earth to learn certain lessons. If we continually intervened, how could that help you learn? If you had taken your Mother to school with you and she had done all the work for you, how could you read and write now?

You choose to learn through very harsh conditions and on a higher level, you don't want our intervention. You are all capable, if you combine your psychic and physical energies, of eliminating all negativity on your planet. You can rid the planet of disease, war, hate, violence and even death! You can do it alone. However, we can be called upon to guide you with higher advice when needed. Why not learn to contact us!

Q5. WHY DO BAD THINGS HAPPEN TO GOOD PEOPLE?

A. How have you most easily learnt things in your life? Unfortunately, usually by painful lessons, not by loving ones! You ask to learn certain lessons, while you are on Earth for your highest spiritual development. On the higher heavenly planes, you don't care if these lessons are harsh, as long as you learn from them! Down on Earth, however, you resent the very lessons you asked for! You don't like pain or suffering. One way to lessen this learning pain, is to learn the first lessons quickly. Be aware! Learn from little nudges, not huge knocks. If you don't learn in the beginning, the lessons are repeated with stronger emphasis! Remember, you have asked for this, because you didn't learn these lessons in past lives.

Very loving good people are often the bravest and they ask for particularly hard lessons to wake them up to their spiritual nature and learn their lessons quicker. Lazy people usually try to avoid learning lessons. However, they will have to learn them sometimes, if not in this lifetime, in the next! We salute the good people who are having a bad time. Be brave, be strong, try to detach from your emotions and love everything that happens to you! It is for a reason.

Q6. WHAT IS THE FOURTH DIMENSION LIKE?

A. It is a place of illusion and often confusion. However, it shows you what humankind is

capable of attaining on the fifth and higher dimensions. On the 4th, you learn about your psychic powers and start to work with them. However, many people never rise above this level in their lifetime, because they get stuck. They get stuck, because they misuse their psychic powers for only personal gain or for negative results!

People who create negative spells, manifest only for wealth and power, try to destroy others or the planet, do not rise above the fourth dimension. Many lower astral beings, also, use the fourth dimension to confuse genuine seekers of spiritual knowledge. That is why it is important that you learn to fully protect yourself and call on angels to guide you through the fourth to the fifth dimension and higher.

Q7. WHAT IS THE FIFTH DIMENSION AND HIGHER LIKE?

A. Peaceful and powerful. You are still in human form, but light body symptoms will increase. Your powers will become more apparent and you will always, use them for the highest. The pleasures of the third dimension will lessen. You will discover great truths. As you raise up the dimensions, you attain all the powers of a Master. These you will learn to use with unconditional power and respect. You become part of the One. You lose separation, as you rise higher. Your compassion and love increase, in pace with your universal knowledge. It is wonderful. You can attain it!

Q8. WHO MAKES UP THE ASHTAR COMMAND?

A. Beings from many constellations who wish to help oversee planets such as Earth and help you to raise your spiritual light. They come from many different and varied constellations. They are adventurous volunteers. Although, we usually do not intervene in your planet's working, we do help in larger tasks, such as stabilizing the planet's wobble and other earth changes.

Many of you meet up with us in your dream state at night or in meditations. We try to guide and influence you, in a positive way. Many of you may have been part of our crews, in former lives and feel a connection. Aren't many of you drawn to television shows and movies about space beings? Those of you that have fifth dimensional vision, may see our craft at times, sometimes as golden disks or strange shaped cloud formations. This is called lenticular vision. We work with the higher masters, particularly Sananda, Serapis Bey and Kuthumi.

Q9. TELL ME ABOUT EARTH CHANGES?

A. Many people are afraid of Earth changes. Every time you have a planetary lineup they panic! They think the Earth will be pulled apart, cyclones, earthquakes and tidal waves will happen. They don't understand that the Earth naturally moves and shakes. She is young, unstable planet. Yet, most of you survive her wriggles! Humanity will learn in time to not only predict her rumblings but also stabilise them with combined psychokinetic energy. But, this is

a little down the track! However, when the planets line up, you usually only feel the spiritual effects. Which are normally for your higher good. So don't fear them - welcome them. Remember what you think of frequently and with emotion - you create. So don't think of disasters- instead think of peace and stability! One day, hopefully, the greatest of Earth changes will take place, you and Mother Gaia will move up through the fourth to the fifth dimension - to a golden age for humanity!

Q10. WHAT HAPPENS IF I REFUSE TO BELIEVE ALL THIS ADVICE?

A. Nothing! Nothing will happen in your life, but the usual routine, mundane things of normality. If this is what you want, close this book now! You can tackle these issues in the next life! However, if you want a better, more loving, fulfilling life, full of spiritual adventure and love, please take the advice of the Masters who have laboured to tell you their knowledge, through The Abbotts.

Think of their words, examine their ideas and opinions and sift the knowledge through your heart and mind. Be open! Expand your mental, emotional and spiritual horizons. You will be a better, more advanced being for your courageous effort. You cannot always prove fifth dimensional truths, through third dimensional logic, but you can investigate them using both third dimensional and fourth dimensional senses. Allow synchronicity, hunches, coincidences and life's serendipity to guide you as well as using resources such as books, seminars, ancient teachings and the Internet! You will not be disappointed, but enlightened!

Love and Light Ashtar



We hope that this e-book 100 Questions has answered many of your most perplexing questions about life and spirit.

We wish you an exciting, interesting and spiritually fulfilling life.

Love and Light

The Abbotts, Robyn and Tony Abbott.



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The End.