

I DON'T WANT TO BE HERE!

Coping with depression, suicidal thoughts and apathy, by finding a
REASON for LIVING!

By

The Abbotts



A free Ebook

www.spiritwatch.com

team@spiritwatch.com

- Chapter One - Are You Depressed? A short quiz.
- Chapter Two - Starseed Sadness.
- Chapter Three - Light Worker Mid-life Blues.
- Chapter Four - What makes you Depressed and how to Release it forever! **Drugs, Alcohol, Broken relationships, Work and Failure, Sexual problems, Illness, Loneliness and Death.**
- Chapter Five - Family and Friends.
- Chapter Six - Walk Ins - A different kind of suicide. NDE's
- Appendage - **Our free ebook links and other links**

THOUGHTS OF SUICIDE?



If you are reading this book, it is highly likely that you feel very depressed, apathetic with life or even suicidal at this time. Everyone feels like this at some time during their lives, but most people **choose not to suicide** and leave this current life, but instead stay and find a new direction and purpose for living. This is what we hope to offer you, purpose for living, a reason for remaining here in the human body and **a new uplifting direction for you to take in life**. No matter how impossible this may seem to you at this time, please keep reading our book to the end! After all this could be the most important information you have ever read, that is **truly relevant to you!**

Whether you are **a Starseed, a young person born since 1971** who is confused about their purpose here on Earth or a **Light Worker pre 1971** who is thoroughly disillusioned with life or an person facing a life threatening illness or life trauma - please understand that there are reasons for the way you feel and there are **practical and uplifting solutions to end your despair!** Apathy on the other hand means that you feel very weary with life and unable to make any effort to make your life more interesting or positive. Apathy is often a result of depression.

Our explanations may be controversial and our solutions radical, but they work! These solutions and "soul-utions" have been given to us by the Ascended Masters and Higher angelic Beings - just for *you*, so please give them a try!

Here is what one of the **Ascended Masters, Mother Mary** has said about depression -



"Tell my dear ones not to despair and that there is hope! Do not give into apathy, depression and fear. You can change your life around and create the life you want! **You all have immense, undiscovered paranormal powers** which can be reactivated and used to create a meaningful, contented life for yourselves. We in Spirit, are just a breath away from you and more than willing to help you. Contact us, pray to us, call us in your meditations, listen to us, feel our love. We will never desert you. Find your true purpose for incarnating - for there is one! You only have **to search and find it!**

And do not give into thoughts of suicide. For I tell you this - those who take their lives prematurely, before their divine missions are fulfilled, almost certainly, return immediately into the form of a new born baby. Then they have to go through the arduous task of growing

up and becoming adults again, in similar surroundings and **WITH THE SAME SET OF EMOTIONAL PROBLEMS!** So you can't circumvent your missions or dodge your life lessons, no matter how many times you opt out of life by suicide. So why not stay and live out this life **as you planned**. Believe me, dear ones, it *will* become better. You *will* find love and contentment. You *can* make a difference!"

FINDING OUT IF I AM DEPRESSED

Why not complete our short quiz below and find out if you are suffering from depression -

1. I feel sad most of the time and can't cheer myself up. yes/no
2. I feel that life seems to have no meaning. yes/no
3. I feel tired and have no energy. yes/no
4. I feel personally worthless. yes/no
5. I feel very guilty about something I've done. yes/no
6. I can't make decisions easily. yes/no
7. My sleep is very disturbed or I sleep over eight hours per day. yes/no
8. I have no appetite. yes/no
9. I overly eat to fill a void within me. yes/no
10. I no longer wish to see my friends and family. yes/no
11. I have trouble concentrating on work or studies. yes/no
12. I feel there is something major missing in my life. yes/no
13. I feel very alone. yes/no
14. I cry easily. yes/no
15. I have severe mood swings from great joy to deep despair. yes/no
16. I often think of death and suicide. yes/no
17. I have attempted suicide or engaged in risky activities. yes/no
18. I feel helpless. yes/no
19. I am overly using alcohol and leisure drugs. yes/no
20. I am no longer interested in sex, sports or entertainment. yes/no

ANSWERS

If you have ticked two or more of the above questions as YES and you have felt like this for *longer than two weeks*, you are suffering from some type of depression.

If there is an **external event** such as a death in the family, diagnosis of a life threatening disease, end of a romance or job redundancy, that has caused this depression, we urge you to seek short term medical or psychiatric assistance, to deal with this traumatic event. The mind

and body are often very resilient and in time, your normal positive nature will return.

However, if there is **no specific external event** causing your depression and you have ticked more than two questions with a YES and the depression has lasted longer than several weeks, we suggest that you consult a doctor, psychologist or psychiatrist to help you with your depression, as it may be caused by some chemical imbalance within your body or deep seated emotional trauma.

If you are currently taking **antidepressant drugs** or involved in orthodox treatment of any kind, we suggest that you continue with these in the short term. There are also, many web sites devoted to helping depressed people. We will list them at the end of this book. However, we hope that the answers, we will give you in this book, will help you to look on your condition in a totally different way and help you to create a more contented, joyful life for yourself. So that you no longer feel that "I don't want to be here!"

Here are some other **paranormal reasons** why a person may decide to suicide -

Patterning. Often when hypnotically regressed, a suicidal person will remember a past life, where they committed suicide at a certain age. When they reach this age in their current lifetime, the suicidal, depressive thoughts arise, unconsciously. This feeling of doom etc can be overcome with hypnotic suggestions and daily affirmations, such as " I leave suicidal thoughts in the past. I choose to live a happy contented life NOW!"

Negative energies. If a person lives in a negative environment continually, they will gradually absorb the negative energies into their auric field. This may depress them to the brink of suicide. That is partly why, there are so many suicides in gaols and mental homes, where negativity has accumulated over many years.

Solution: Leave the place or learn to psychically cleanse it, by sending golden white light, while fully protected. (see protection exercise)

Astral attack. When a person uses drugs and alcohol abusively or engages in lower behaviour, they create negative tears in their astral and auric bodies. They are prone then to lower astral attack by negative entities. This causes them confusion and depression. **Solution.** Stop using the drugs and alcohol. Live a cleaner more spiritual life and cleanse yourself with the help of angels. Use our protection technique. See chapter on Walk Ins.

Chapter Two

STARSEED SADNESS



If you have been born after 1971 and are a sensitive, new age person, who often feels sad, apathetic and depressed, without purpose in life and totally confused about your future and what others expect from you - it is highly likely that **you are a Starseed**. From information gained from our spiritual clairvoyant channellings from the Ascended Masters (Divine Beings who have lived on Earth) and Archangels, we have been told that **80% of young people** born on Earth, since the early 1970's, have in previous lives, spent most of their former incarnations or lifetimes in **the Pleiades constellation**.

The Pleiades home worlds are completely different to Earth. No wonder that you don't feel happy here and old Earth doesn't seem too familiar! The Pleiades home worlds exist in **the fifth and higher dimensions**, while Earth is just coming into the fourth dimension. Therefore Earth seems very barbaric and very harsh to you!

On the Pleiades, the people live in harmony, joy and unity. All help each other, in a loving, unconditional manner. **Their psychic gifts are fully developed** and daily living is not a struggle, as there are adequate resources for all. There is no child abuse, greed or striving for material success, but instead, gentle, peaceful, artistic, communal living. No wonder you feel confused to be here and more than a little depressed!

Your present situation is similar, to that of a civilised, gentle, intelligent person brought up in a loving, rich household, who suddenly finds themselves thrown into the gutter, in a harsh slum! But, if you identify with this .. **WAIT!** there is **a reason you are here** and there are ways to eliminate the harsh conditions around you and make a life similar to that on the Pleiades.

But first, here is a short description of a Starseed. Why not see if you are one? (This is taken from our **free ebook Starseeds** on our website <http://www.users.bigpond.com/theabbotts1/>

You might like to read it later.)

Pleiadian traits relate to **You**. Why not *tick* them, as you go!

Here are some of the typical characteristics of a **Starseed** or **Pleiadian**, they are;

1. A relaxed and *easy going* personality.
2. Strong environmental beliefs.
3. A strong interest in high tech gadgets.
4. Well developed personal psychic and spiritual gifts, including, clairvoyance (the ability to see spirit), clairaudience (the ability to hear spirit), ESP and Telepathy etc.
5. Lack of personal stamina. (You feel tired easily.)
6. Poor organisational skills. (Schedules don't appeal!)
7. A dislike of meat, artificial ingredients, man made fibres and highly processed foods. (You like the natural approach to life.)
8. A keen interest in the New Age movement.
9. A dislike of cruelty to other people and animals.
10. A natural tendency to suffer from stress related illnesses, such as headaches and muscle tension.
11. A dislike of time keeping and you have poor punctuality skills. (You're always running late for appointments!)
12. A very keen interest in highly creative activities, such as music, art, painting, drawing, sculpture and writing.
13. A natural dislike of structure and repetition within Your life.
14. The ability to easily accept new technology that makes life easier and more interesting for yourself, e.g. mobile telephones, computers and the Internet.
15. A dislike of conventional work and standard work practices, e.g. jobs with little variation and lack of personal self expression.
16. A lack of interest in money and a carefree attitude towards how You spend, what You have.

- 17. A dislike of wars.**
- 18. You naturally respect the opposite gender/sex.**
- 19. A tendency to drift towards illegal drugs, alcohol, tobacco and other forms of stimuli.**
- 20. You treat your partner as an equal. This is particularly true within personal relationships and close friendships.**
- 21. A tendency to develop bouts of depression or other forms of mental illnesses, including schizophrenia.**
- 22. You easily forget important calendar dates, such as family and friends birthdays, mother and fathers day, anniversaries etc.**
- 23. You don't distinguish greatly, between gender roles. (He'll change the baby and let her put out the garbage!)**
- 24. You have little interest and attachment to personal possessions and physical items.**
- 25. You have powerful and highly active, major, secondary and minor chakras throughout the physical body. This is especially true with the orange pelvis, green heart and purple brow/third eye chakras.**
- 26. You may have a high susceptibility to eating disorders, including anorexia and bulimia.**
- 27. You like to barter or exchange items with other Starseeds, keeping cash transactions to a minimum.**
- 28. When You are stressed, You tend to pass your personal responsibilities onto other people. This can include parents, partner, friends, an employer or landlord.**
- 29. You strongly value personal freedom and dislike following a conformist lifestyle.**
- 30. You give dress, etiquette and social skills, a low priority. (You like to dress and act in a casual manner).**
- 31. You readily accept the fact that U.F.O's, E.T.'s (extra-terrestrials), Angels, Ascended Masters and a Universal Creator or God exists.**
- 32. You tend to easily feel "hard done by" by life and other people, when you don't get what you want. (You like to have Your personal needs met quickly).**
- 33. You have a highly sensitive nature and are easily hurt by other's criticism.**
- 34. Even with issues and activities, that You have a personal interested in, You normally, only have a limited amount of time, energy and enthusiasm for them. (You easily move onto other activities that interest You).**

35. You feel a strong unity with all living life forms.

36. You may have strong feelings that you have lived on Earth or other planets before!

37. You do not like to commit Yourself to standard social expectations, e.g. You easily move from one job/career choice to another, once it becomes routine and boring.

How many have you scored? Five or more and you are obviously a Starseed!

Congratulations!

Assuming that you have identified yourself as a Starseed, how then do you deal with the depression you feel and your desire of "I DON'T WANT TO BE HERE!"?

Well, first you must realise why you incarnated to Earth this time and not to the Pleiades. **After all, you did have choice!** You could have spent another thousand years or so there, but you said, "No! This time I choose to incarnate and spend a life time on Earth!"

Why would you do this? Why would you willingly give up a higher existence on the loving fifth dimension and volunteer to come down to the coarse third/fourth dimension, for eighty years or so?

This is what **Spirit (Masters and Angels)** have told us in channelings -

"These young ones are so brave. They come to Earth, Gaia with a **special mission!** They come to bring a unique energy to the planet that will help to lift it from the harsh third dimension, into the fourth dimension of expanding psychic gifts, into the higher dimension of the fifth, where peace, unconditional love and unity will become universal!

Where all Earth beings, men, women, children, black, white, yellow, red and brown, will live as One. Helping each other. Ending wars and conflicts. Ending famine and disease. Promoting hope and faith. This is a wonderful, **spiritual, voluntary mission** that these young ones are on! Although, they give up much to be here, they *will* find their way. They will remember their individual and combined missions. They will live beyond the mundane life and make their lifetime here on Earth, valuable and meaningful!

Unfortunately, many of them, when born, experienced the **veil of amnesia** and forgot their

Divine missions. They felt alone, abandoned and sad. They do not want to take on the values of their parents - the materialistic lifestyle. They want to be free and without pressure and stress, to live the lives, *they want!*

Many of them have turned to **drugs and alcohol**, as a way of softening the experience of harsh Earth, but this has it's own traps of further amnesia, health risks and mental confusion. Others **feel apathetic**, disillusioned and depressed, because they have an **inner knowing** that they are wasting their time here, living in an ordinary human way!

It is now time for them to wake up, to why they are here! To begin **their Life and World Plans and Divine Missions** and create more Pleiadian-type lifestyles, here on Earth. Have you young ones, the courage to do so? Accept the challenge and we in Spirit will give you much strength and guidance!" **Archangel Michael.**



Awesome words aren't they! Do you now understand, that you personally volunteered to live out this incarnation on Earth - for a higher reason? **You are not meant to be like everyone else!** You are meant to remember your Life and World Plans and Divine Missions and implement them. Stop being stressed about "fitting in" and being different, you are different! **Divinely different!**

Stop thinking of death as a way out and start thinking about **activating your Divine Mission!** You are a multi-talented, psychically gifted person who has a great contribution to give to humanity and the planet. Start living like one!

More importantly, you are **NOT ALONE.** There are literally millions of Starseeds out there, like you, trying to wake up, trying to remember why they incarnated, trying to activate their

Divine Missions! Plus Spirit, in the form of your **Guardian Angels, Ascended Masters, Archangels and others** are all trying to help you to remember and willing to give you personal guidance. Pretty amazing, isn't it?

You have been sad, depressed, apathetic and tired, because you are finding it hard living in the lower third and fourth dimension. **The vibration is harsher.** Your physical body feels heavier, because it's in a third dimensional existence. That is why many young Starseed girls become **ANOREXIC**, to try to subconsciously regain a lighter, thinner Pleiadian body. They haven't yet realised that they need a heavier body on 3D Earth! Also, the food here on Earth is much heavier. You live on much lighter substances, such as fruit and honeyed liquid on the Pleiades. And you definitely don't eat meat - the vibration is too harsh!

That is why there is a growing tendency to **vegetarianism**, amongst the Starseeds.

Your mind, too, is very confused, because Earth is a confusing place! People give out conflicting verbal messages and behaviour.



Those in authority tell you to be honest, fair and gentle, while at the same time they glorify war and tell you all's fair in business and success comes from greed! Most people aren't unconditionally loving and don't work from highest intent - but on the Pleiades (where you've just incarnated from) they do follow these higher values. No wonder you can't figure Earth out! It's not surprising that **you often feel that you are the odd one out!**

Emotionally, the Earth and the Pleiades are also complete contrasts. On the Pleiades Home Worlds, the people live in peace, abundance and unconditional love. Everyone works for **the betterment of the planet** and the population. On Earth, sadly, these are not the main priorities among humans. No wonder, that you have often felt that people here are harsh and primitive. **They are**, in comparison to what you have formerly known!

Spiritually also, things are very different between the two civilisations. On the Pleiades, they are fully aware of higher spiritual beings and interact with them often. Their lifestyle is based on spiritual, not materialistic values. Children are taught at an early age, to respect all life forms. In comparison Earth, alas, is a barren wasteland.

Many confused starseeds will even mutilate their bodies in order to express the deep pain they feel at being on Earth and as an declaration of their "very differentness."

But, before we make you feel even more depressed - remember this is why you and millions of others have incarnated at this **time, to change these harsh conditions**. And you can do it! You just need to begin to organise yourself and begin. Accept Archangel Michael's challenge. We will show you how. Soon you will feel too *busy, fulfilled and contented to feel sad and depressed!* You will be living your Life Plans and World Plans and beginning your Divine Missions! **Read on**

WHAT ARE YOUR WORLD PLANS AND LIFE PLANS?



This extract is taken from our ebook **The Secret Rules of Life**

Before incarnating, the scenario goes something like this - You meet with your Guides and Higher beings and **review your previous lives**, particularly the most recent past life. This is all done in an amicable, helpful way. There are no great trials or condemnation of your former activities on Earth or the Pleiades. **No one judges you**. But, wishing to better yourself spiritually, you may be a little harsh on your own faults and misdemeanors! Knowing that you have sown negative karma, you normally decide to come back and **repay any individual person that you have hurt in the past**, by giving them positive, helpful actions.

You scrutinise your character and may **decide to work on aspects which seem unloving**, in your next life. You may also, have a particular interest which you wish to continue following. If you were a musician on the Pleiades, you may decide to become a musician on Earth and bring in revolutionary new musical techniques. With the help of your Guides, you will draw up a major Life plan for yourself. This plan will consist of who you will be born to (your mother and father) and where (your country, region, social status and religious background),

what will be the major events in your life, who you will interact with and what qualities you wish to develop.

In your **Life plan** you will choose life lessons - good and bad, which will allow you to have the opportunity to repay many of the negative karmic debts, that you have accumulated in previous lives. It is important to realise, that **YOU choose your life lessons - not anyone else!** And because, you're **so much braver** in the higher realms, you choose often very harsh, spectacular ones!!

So, if you have **problems in your love life, sex life, work arena, school studies, family problems - remember you chose them**, because you wanted to face these particular issues, conquer or accept them and go on with your life! They have not been thrust upon you, by an uncaring Universe and they have not been sent to defeat you!

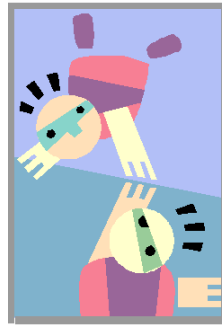
Your **World Plan**, works in many ways similarly to your Life Plan, but it is oriented more towards **how you can help humanity**, as a whole. Although, it may mean some karmic repayments, it is more likely to be an unselfish offering of your talents and gifts, for the betterment of society. For instance, if you are interested in people and have some healing abilities, you may decide to donate your healing services to an organisation such as the Peace Corps or World Vision, for a period of time, in order to help those people suffering, in medically under serviced lands.

Others may choose to work as amateur counselors, healers or spiritual teachers, as part of their World Plan. Often, our chosen professions may complement the activities in our World Plan, but sometimes they are completely different. The local postman may be a wonderful healer in his spare time or the young mother down the road, may be an excellent spiritual counsellor. Our World Plan draws upon **our interests and special talents** and unselfishly, **funnels them towards where they are most needed.**

To understand our **World Plan**, we look at our gifts and talents that we have developed over our many lives, and examine them carefully. What fields are we drawn to, in order to fully express them as a loving gift to humanity?

Often, we are given **little nudges by life**, to use our talents in this way. Don't let these nudges go unnoticed! We may not all be able to fully commit our lives to the service of others, like the late Mother Theresa of India, but we can join local charities or work groups, to help others in need. We can learn **healing techniques and attempt to heal our families and pets** and we can lend a sympathetic ear, to friends in trouble. The choices are endless, just follow your natural loving inclinations!

Through **meditation and prayer**, we can ask the Divine to direct us towards understanding our World Plan.



Here is **an exercise to help you discover your Life and World Plans** from our free ebook **Starseeds**. Have paper and pen ready.

Discovering Your Life and World Plans

To discover what Your World Plan gifts or talents are, read the following question and write down Your answer.

Question 1.

Which **TEN** activities do **I** perform, in a normal week (when I'm not depressed), that give **ME** the most amount of personal enjoyment and fun?

As a tip they could include;

- A. Talking, socialising or entertaining people.
- B. Dancing or acting.
- C. Painting or drawing.
- D. Surfing the Internet.
- E. Creative writing.
- F. Learning how to develop my spiritual and psychic abilities.
- G. Watching television.
- H. Gardening or caring for the environment.

I. Caring for animals.

J. Caring for aged, infirm or handicapped people.

K. Playing a musical instrument.

L. Reading about subjects that interest me, like Psychology and Sociology.

Now from Your list, rate them in order of preference, with number 1 being the highest and number 10 being the lowest. Rate them on, how much enjoyment and inner fulfillment they give You, when You are performing that activity. Once You have done this, remove Numbers 9 and 10 from the list. Begin to reassess and change the order of Your preferences, (if necessary). Each day, remove two more numbers from the list. Continue, to reassess Your list, until You only have numbers 1 and 2 left.

If You have been honest with Yourself and have carefully followed the above instructions, the last two remaining items on the list, are the activities in life that give You the most amount of enjoyment and inner fulfillment. Once You know this, You can be certain that the activities that You are left with, numbers 1 and 2, are Your personal gifts to humanity or World Plan aims.

The next step, is to carefully look at Your two chosen activities, numbers 1 and 2, and write out a list, of all the professions/jobs, that include these activities. An example of this could be, that You like painting and caring for animals. Therefore, how about becoming a pet portrait artist? Or You like developing Your psychic and spiritual abilities and caring for people. How about becoming an **alternate healer**? With a little thought, it is easy to work out the ideal profession/job for Yourself.

We recommend, that You start Your new career, as either a hobby or a **voluntary part time commitment**. This will give You the opportunity to try it, before totally committing yourself to the new career choice.

If You discover that Your new hobby or part time commitment is not the ideal career choice for Yourself, redo the above exercise. This time, include in the second exercise, some of the new skills and activities that You currently like to perform in Your hobby. This will make Your second attempt at the exercise, more accurate. Now which other hobby or part time work commitment, **would You like to attempt?**

Continue to redo the exercise, as many times as necessary. Persist in changing Your hobby or part time commitment, until You discover the ideal career opportunity for Yourself. The **tiny** amount of effort that You have to put into discovering it, is nothing, compared to the amount

of personal pleasure and inner fulfillment it will give You, *for the rest of Your life!*

Now, You should have realised, that by discovering what Your World Plan is and making it a major component of Your life, (e.g. chosen career), You will be getting paid to perform the activity, that You gives You the *most amount of pleasure and inner fulfillment!* No longer, will Your work or career, be mind numbing. **It will be like Love - You'll never be able to get enough of it!**

Freewill is the most important aspect of all incarnations. No matter what our higher intentions may be, before incarnating - **we are allowed to make our own mistakes**, while we are here. Because, we incarnate in an amnesiac state, forgetting all our higher aspirations, we often fail to take the opportunities to repay karma or create positive karma for the future.

Once, we have some understanding of our Life Plan, we realise that **everything is meant to happen, as it does**. This is what we asked for! We learn **not to resent any supposedly negative situations** and not to try to manipulate people and events. By treating everyone, as a potential opportunity to repay karma, positively, we do not create any further negative karma or create enemies in this life or the next!

You will also find that **positivity is like a snowball**, if you begin to be more caring, happy and confident, so positive people and situations are drawn to you. The snowball gets bigger and you affect others around you to become more positive! Spiritually, we call this synergy.



WHAT ARE YOUR DIVINE MISSIONS?

Your Divine Missions are planned before you incarnate. With the assistance of Advisory Angels, you look at a specific spiritual and **psychic gift that you can redevelop on Earth** and unite with others with similar gifts to change or improve some condition on Earth.

We say redevelop these psychic gifts, rather than develop them, because **you have used them successfully** in many former lifetimes and on the Pleiades, they are generally used by all! You just have to learn to **reawaken the memory of them** and learn to use them skillfully, once more.

Some of these **psychic gifts** may include -

-
- Telepathy** (mentally conversing with others)
- Clairvoyance** (seeing spirits)
- Astral travelling** (using your astral body to travel long distances or other dimensions)
- Spiritual Healing**
- Extra sensory perception** (higher knowing)
- Manifestation** (bringing objects and situations to you by thought)
- Seeing Auras and working with Chakras of the Light Body.**
- Working in the dream state.**
- Spiritual Cleansings of negative regions.**
- Contact with Higher Beings.**
- Accumulating Higher Wisdom.**
- Teleportation of objects and people.**
- Time Travel.**
- Extra-terrestrial contact work.**
- Helping others with advice using Tarot, Astrology, Numerology etc.**

The list is endless!

Look at this list - does something stir your interest? Do you feel a drawing to one or more of these gifts? Or perhaps your interest lies outside this list. Write down those that appeal to you. Remember that you will probably be performing these abilities, in groups of like minded people.

Now sit and meditate and ask the Universe/Spirit to send to you, over a period of a few weeks,

a clearer understanding of your Divine Mission. Then allow yourself, in your daily routine, to become aware of **synchronicity** (Spirit sending the same message to you in multiple ways).

What do we mean by this? Well say for instance, that you are drawn to the subject of **Astral travelling**, on our list. You'd love to travel, not only over the earth, without paying air fares, but also into **space and interdimensionally**. When you meditate, you visualise yourself in astral form (starry body) travelling around the planet. It feels very real to you. You turn on the television and there is a program about Far Seeing and Astral Travelling being broadcast. The next day you pick up a book at a book stall, with a title - Astral Traveling. You see a psychic/spiritual class (such as The Abbotts free classes about Astral travelling). You decide to download it.

You meet a new friend who tells you she would love to learn to astral travel, in a group. You meet up at night and learn to astral travel together. You meet others who also want to work in a group. You decide to use your combined psychic energy - **synergy**, in a group at night when asleep, to travel to places of great pollution, such as toxic dumps and begin to psychically clean up the area. These areas become less negative and more positive. **Each month we have a Starseed Mission project at our website in the Starseed World section. Why not join us next month?**

Can you then see how **synchronicity, awareness and synergy, plus Spirit help**, has led you to accomplishing a very beneficial act for the planet? Plus, you have made new spiritual, like-minded friends! Life has become so much **more rewarding and happy**. Now you can deal with any life problems that arise, in a much, more balanced, optimistic manner. No longer are you depressed and apathetic. You are a Starseed on a Divine Mission with true purpose. **Life is truly worth living.**

By gradually increasing the number of your psychic gifts and learning more about the spiritual world that is accessible to us all, you will create an emotionally richer life for yourself. Your spiritual journey will introduce you to new, stimulating friends and you will experience life changing and inspiring life situations. This exciting journey begins with you **making a decision to change your perception or slant on life**. To no longer see it as threatening or dull and mundane, but to now see that you are here for a divine and very special reason and you can change your life for the better.

Places to meet other Starseeds -

- The Internet spiritual sites. See chat lines and activities.**

- Local psychic and self development classes, fairs and seminars.**
- Join a meditation class.**
- Visit your local Spiritualist Church.**
- Put an ad in your local paper, with your telephone contact number, to start a discussion or meditation group to meet weekly, either at your home or in a rented community hall.**

A little bit of effort, can result in meeting [similar people like yourself](#). Once you have formed a group, begin to develop your psychic talents and gifts and then use them for a higher intent!

What can you do?

- Heal others and yourself.**
- Learn to astral Travel in groups, (fully protected) & to cleanse negative regions.**
- Counsel others.**
- Teach others.**
- Link in with friendly devic (nature spirits) energies at power sites, such as ley line centres, in your local area. Use this power to send light to the planet for healing.**
- Learn to safely communicate with angels, your personal Guides and The Ascended Masters.**
- Develop ESP and Telepathy.**
- Learn to manifest things to you, for your highest good.**
- See our ebook [Star Gifts](#) for more information. [Link at end of this book.](#)**

An affirmation given to us by The Ascended Masters to say aloud, many times daily, which will help to activate the spiritual side of your nature is -

"I accept that I am here on a Divine Mission. I am a Starseed. Each day I will become aware of the spiritual and psychic world around me and recognise my active participation in it. I will allow Spirit to send synchronicity and synergy to me, to begin my Mission. I will join with others to help the planet and humanity to become more Divine. I do this from Highest Intent and Unconditional Love!"

Visit our site for many free and low cost ebooks on these exciting paranormal abilities and a deeper understanding of yourself and Spirit.

Blessings to you on your journey!

Love and Light

Robyn and Tony J.

The Abbotts

We suggest that for specific problems such as [Drugs, Sexual Confusion, Broken Relationships, Loneliness, Illness, Work and Success problems](#), that you read **Chapter Four of this book.**

Chapter Three

LIGHTWORKER MID-LIFE BLUES

If you are a Light Worker, you were born prior to 1970 and have a deep interest in the psychic and spiritual side of your nature. Here is a brief description of a Light worker, taken from our [free ebook Light Worker](#). We suggest that you link to this book, for further information on Light Worker abilities and Life purposes.

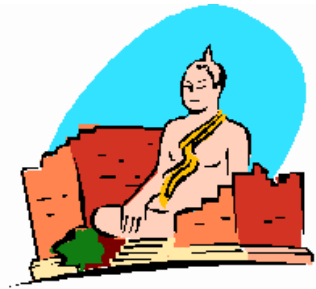
Many Lightworkers chose to incarnate from the mid 1940's onwards and are often called the Baby Boomers. They are now the parents of the Starseeds and the Grandparents of the Love Children. They chose Life plans which would enable them to take on the roles of parents, to encourage their Starseed children to develop their spiritual natures. They experienced the Hippy days of the 1970's, free love and more radical thinking, towards religion and community concepts. They were much more open, loving and lenient with their children and attempted to breakdown the stereotypes of male and female behaviour.



Women's Liberation was successfully introduced, during their youth and women gained more equal status in society with men. Racial integration and harmony has also occurred during their lifetime. Many Lightworkers incarnated spiritually, to bring light to the planet, as nuclear threat and the cold war crisis loomed menacingly over humanity.

The sighting of UFOs in the later part of the 1940's (due to nuclear testing in the USA) and the threat that these aliens (The Greys) posed towards society, also encouraged the Lightworkers to incarnate at that time, to counteract this negative influence.

Many Lightworkers started the current **New Age Movement**. They broke away from traditional forms of religions and worship and began to explore their own psyches. They have encouraged their own children to explore other religions and philosophies, such as Buddhism, Hinduism, and other Eastern concepts and have motivated self exploration in psychology, psychiatry and alternative counselling techniques.



Lightworkers have investigated and instigated new and ancient concepts and healing techniques, such as reflexology, hypnosis, flower remedies, naturopathy, reiki etc. They have also been willing to open their minds up to controversial topics such as alien life, UFOs, nature kingdoms, other dimensions and angelic influences.

Many have led peace marches and protests and raised society's consciousness towards these issues. They have developed a respect for mother nature and the animal kingdoms, developing organisations to promote these issues, such as Green Peace. Lightworkers have developed a conscience towards those who live in Third world countries and refugees and actively

promoted voluntary groups to aid these oppressed people.

Their contribution to human society has been **invaluable**. Yet, while many work in a third dimensional way, practical way, to aid the planet and it's peoples, others have not yet spiritually awakened to their true possibilities, as spiritual beings. So that many reach their middle aged years, **feeling unfulfilled and confused!** An inner voice tells them that they have experienced much in a material way. They have usually married, raised children, bought homes and often made successful careers for themselves - but still, something is deeply missing in their lives.

Many other Light Workers may also have **divorced**, remarried or had unsuccessful love affairs, which have caused them great emotional pain. Others have been retrenched from their work or are now experiencing financial difficulties. Others of you may be experiencing **bad health or mental depression and fatigue**. You may feel that life seems against you. **That life doesn't seem worth living**. Suicide may feel like a viable option out! But please read this small book first!

Find out about the real reason why you are experiencing these hard emotional lessons, what you can do about it and **how you can rebuild a wonderfully, content life for yourself**. Isn't it worth an hour of your life, to discover who you are and why you are really here on planet Earth?

The Baby Boomers came to Earth after the Second World War, to bring in peaceful vibrations, to help stabilise the planet and avert nuclear war and **active vibrations, to cause radical changes in the social setup**. Many of these goals have been successfully attained - **women's rights**, peace groups, children's rights, more charities and world wide assistance schemes, fewer wars and conflicts, environmental issues tackled and **freer religious and spiritual** beliefs explored and integrated into society.

But also, the Baby Boomers have experienced **divorce on an unprecedented scale**, domestic and international changes, such as many women working full-time after marriage and major changes in sexual attitudes and child raising. The **social expectations, ethics and opinions** that they set out with, in the fifties and sixties, have often been completely **turned around in the 2000's**. No wonder, they're feeling so confused!

Fifty years ago, at the age of fifty or sixty, most men and women were still married to the same first husband and wife. They were grandparents who lived conventional lives. The woman worked within the home and accepted being a matronly, middle-aged home maker, while the male earned the income, drove the car, knew a little about politics and drank the beer. Both looked forward to retirement and attended church regularly, each

Sunday.

How many people live in this way today? Very few. Yet, the Light Workers have had to adjust to these **great social changes**, with very little help or sympathy from the outside world.

Today, a **fifty year old woman is not considered old, like former generations.** She is expected to be fashionable, healthy, knowledgeable about international events. She holds down a professional job and often has to deal with household chores, formerly delegated to the male of the household. She is expected to drive a car, travel overseas on her own, supervise auto and household repairs, visit the gym regularly, be sexually active, balance her finances, look after the needs of her children and elderly parents and pursue her own hobbies and religious interests.

Many **middle aged women** have discovered that by fifty, they have not achieved the **worldly or emotional success**, that was promised to them, in their youth. Others have achieved the big house, new car, overseas holidays and caring spouse and yet, **still feel dissatisfied.** NO wonder, that she **feels tired, worn out, confused and depressed!** It's not surprising that many middle-aged women turn to alcohol, prescribed or illegal drugs and acquire addictions to food or develop physical or mental problems.

We understand that you are feeling overwhelmed with it all - particularly if **you are alone and confused.** But, what we want to tell you is- that it can be sorted out! We can tell you how to find a **purpose behind it all and how to design a better life for yourself!**



We are not forgetting the **Light Worker Male**, who was born before 1970 and who is most probably a **Baby Boomer.** He too, is finding it a confusing, depressing world. He may have been a teenager in the 1950's or 60's. The films of that era, depict the average macho guy, that he was intended to become, as he aged. The male leads of that time were often like Marlon Brando, in "The Wild One" - rebellious, macho leaders with little respect for women. Or seducers like Rock Hudson who displayed very **yang** masculine traits, to their attractive **yin** female costars, like Doris Day or Debbie Reynolds.

A true macho man in the sixties, chased the woman he desired, married and mated with her and raised several children, while she stayed happily at home, vacuuming and getting ready to present him with a martini, when he returned from work at night. He made all the important decisions in life and she adored him for it. **How times have changed!**

The **confused Baby Boomer male** has had to come to terms with Women's Liberation, frozen dinners, equality in the marriage, rebellious children, female coworkers, demands on him to

be physically fit, fashionable and sexually knowledgeable. Almost half the marriages in this era have ended in divorce and **social and religious aspects of life, including sexual partnerships, have changed dramatically.**



Many **middle aged males** have discovered that by fifty, they have not had the worldly success that was promised to them, in their youth. Others have achieved the big house, new car, overseas holidays or trophy wife and yet, **still feel dissatisfied.** They feel confused and depressed! Many Light Worker males have tried to deal with this confusion, by turning to **alcohol, prescribed or illegal drugs and developed addictions to food or develop physical or mental problems.**

We understand that you are probably feeling overwhelmed with it all - particularly if you are alone and confused. But, what we want to tell you is, that it can be sorted out! We can tell you how to find a **purpose behind it all and how to go on to design a better life for yourself!**

First you must realise, why you are here on Earth? And guess what? **It's not to be a material success!** Despite what you have been conditioned to believe all your life - the richest person to die, doesn't win! Success doesn't buy you happiness and all the money in the world won't make you feel fulfilled and spiritually uplifted. Like the Beatles sang, "Money can't buy you love!"

To progress with your life you have to dump once and for all, these **outmoded concepts.**

Unfortunately, the governments and major religions of this planet, want you to believe that **these are your prime aims in life** - to be materially successful, nationalistic, ego driven and slot nicely into society, where you won't think for yourself, behave in a radical manner or be a threat to status quo around you. If you get depressed and suicide, rather than turn rebellious and lead your own life - they don't really care! They don't want you to know who you really are and why you're really here on Earth, **because it doesn't suit their own purposes for you to be informed!**

You are a spirit in human form, not a human with a small, diminutive spirit or soul. This life is one of many that you have experienced. You come to Earth to learn about yourself and others, through life experiences and lessons. Everything that happens to you happens for a purpose. **There are no coincidences,** no accidents and no failures. Life may seem unfair, but it is not. You *asked* to experience everything that happens to you, good or bad - for a **higher reason.** **The divorce has a reason, the illness, a reason, the unmanageable kids, a reason, the redundancy at work, a reason ..** Do you get the idea?

Now, if you are normal, by now you are saying - "No way! I love myself. I wouldn't ask for bad things to happen to me! I'm not a masochist!" Right? We've all felt like this at first. But

like it or not, this is what we ask for. Why? Because, we learn quicker and more thoroughly, through pain.

Think about it, before you reject it. You can tell a small child, a hundred times, not to touch the hot fire and fully explain why and even reward him for not touching it. But unfortunately, one little burn will teach him forever, not to touch a fire again. (I am not advocating burning your child, by the way!) But aren't you the same? How many times did your mother and father talk to you about the "evils of alcohol"? But one binge and hangover, showed you what they meant, very quickly.

Of course some people are very slow learners and so the lesson and punishment (self inflicted) is repeated, until one day a light bulb goes off in your head and you suddenly realise - alcohol, drugs, bad men or women, speeding, being arrogant or too submissive - is bad for you!

Mostly you learn lessons, that somehow you have dodged or not learned adequately, in past lives. If you were a noble man or woman, arrogant and cruel to the peasants, in medieval France, you will find that you often return as a poor person, in this current life. But now you're in the USA or Australia, oppressed by the very same peasants! You can't escape your own karma! So we advise you to get your act together in this current life or you will take those negative karmic actions into future lives and have to relive them over!

Another reason that unpleasant things happen to you, is to wake you up! The sacking at work, the end of a romance or the illness, all make you stop and think - what is life about and where am I going? Quo Vadis? Your spiritual guides want you to question everything! They want you to discover the spirit within you and begin living a more spiritual, uplifting, fulfilling life!

We suggest that you read our ebooks on our website titled THE SECRET RULES OF LIFE, 100 QUESTIONS AND RELATIONSHIPS IN THE 21ST CENTURY for more details about your spiritual nature and how to cope with modern life.



The important thing is - not to give up. To realise, that you have incarnated to Earth with a special mission. You have just been distracted for the last fifty years or so, from your true purpose for being here! You came to increase your own special spiritual light and knowledge and you came to raise the light of the planet. You came to bring in the young starseeds, as your children and you came to be grandparents to the special love children.

Your generation has made great changes, that have benefited the Earth and will continue to do so. You can find contentment, by joining with others, to further promote these changes. In other words, give your life meaning! This can all be done with spiritual guidance from the Ascended Masters, Angels and Guides. Now, isn't that worth living for! Please read this article that was printed in an Australian New Age Magazine, by the Abbotts. You may find

that it **relates to you!**

WHY BAD THINGS HAPPEN TO GOOD PEOPLE

An extract from an article written by The Abbotts -

Have you ever said to yourself, 'Why is this happening to me? What did I ever do to deserve this!'

As a counsellor, I have listened to the complaints of many hundreds of people whose lives have been touched by tragedies and problems, which they feel, are happening through no fault of their own. They consider themselves, good, law abiding people of principle, who give to charities, believe in God and try to bring their children up in the most appropriate and loving ways and yet, bad things still happen to them. It seems, **bad things do happen to good people.**

However, looking more deeply into the issues that plague these well intentioned, but bewildered people, I have inevitably found, that these so called tragedies and problems all have deeper spiritual messages behind them. I've discovered, that negative situations do not happen randomly and for no apparently constructive purpose. And yes, **there is always an important lesson behind every catastrophe and misfortune.** More importantly, when you can begin to understand why the lesson was sent and what you are meant to do with it, then inevitably, **the harsh problems begin to quickly disappear.**

A client of mine, Susan, is a typical example of this situation. Susan is an intelligent, red-haired, attractive and well dressed woman in her mid forties. Divorced with two teenage boys, she works as a secretary with a local legal firm. She is a great organiser and has been invaluable at her Spiritual Centre, with organising fund - raising Psychic Fairs, which are held regularly. She is happy to work long hours voluntarily and has the fortunate ability of being able to wheedle help and donations out of the most unlikely people. To most people, Susan appears to be **fully in control of her life.**

Yet, Susan came to me one day, in tears of despair. Her eldest son Martin, had the week before, been arrested by the police for dealing in and using heavy drugs and at her yearly breast x ray, the doctors had discovered a lump, which would have to be surgically removed and checked for **cancerous cells.** She naturally enough, felt very stressed and distraught.

'I'm a good person, I go to church, I believe in God, I love my children. Why has this happened to me! Why do bad things happen to me!' Susan sobbed into her handkerchief. Her shoulders bowed with her burden. The normally confident, assertive woman had become a confused, resentful child.

She told me a little about her life. She had a favoured childhood, living in the country with loving, supportive parents and many friends. She had been popular at college and married an up and coming, handsome and financially well off, young man, Tom, who was training as a pharmacist. Her marriage had been happy, until in it's twelfth year, Tom unexpectedly asked for a **divorce.** He had fallen in love with one of the young assistants in his pharmacy and

wanted to marry her.

Susan was shocked and hurt, but managed to agree to a reasonably, **amicable divorce** and was able to live quite well, with her two sons, on her divorce settlement. Later, she decided to do a secretarial course and reentered the workforce. Her life over the last six years had been busy and seemingly pleasant. She had bought herself a small, pretty cottage and spent many hours in the garden planting and weeding. She enjoyed the company of her two children and her involvement with the Spiritual Church. I asked her to describe her usual attitude towards her life and she answered thoughtfully, 'Active and happy'.

Now, however her life had been rocked by the events of the last week.

'I don't understand what I've done wrong.' she admitted to me tearfully. '**I've tried to live a good life!**'

Susan was surprised, when I asked her **what she thought her life was truly about. Why had she decided to incarnate at this time?** Although, she had some ideas of spiritual principles, her actual philosophy was hazy.

'I suppose to do good. To help others.' She answered hesitantly.

'But, what about **your own personal spiritual growth?**' I asked her.

She admitted, that she had very little time for actual contact with Spirit, meditation or spiritual reading or seminars.

'I'd love to have more contact with Spirit, but, I have **too busy a life.**' she admitted truthfully.

I knew that Susan had attended a four part course on Contacting your Higher Self, (the more spiritual advanced part of you, that resides on the higher dimensions), the previous Summer and I asked her, if she would like her Higher Self to help her, during our counselling session. She readily agreed to this **and mentally asked Higher Self** to come in and help her.

I told her then, what I have told many other **overly active people** - that Spirit will not run beside you, trying to make contact! You must slow down and take time to make spiritual contact, meditate and examine what is happening in your current life.

We all incarnate with wonderful expectations of the tremendous spiritual growth we will make, in this lifetime. Yet, most of us only **accomplish a small percentage of our spiritual aims**. Why? Because we get so caught up in third dimensional life - family, work, sports activities, hobbies etc that we allow very, little time for our spiritual development.

Of course on the higher levels, before we incarnate down to Earth, we realise that we may forget why we have incarnated - '**To spiritually perfect ourselves and raise the spiritual understanding of others**', so we purposely plan and place, supposedly negative situations in our lives at certain intervals, to help us 'wake up' to our original reasons for incarnating.

It would be wonderful, if we could be roused to wakefulness, by happy, loving incidents in our lives, but unfortunately **most people only become aware and question their existence, when unpleasant things happen to them!** As they say, 'the churches are always full, during wartime!'

I asked Susan to try to **look with detachment**, at the two incidents which had caused her so much stress and unhappiness. Her son's problem with drugs, ultimately was **not her problem**.

It was *his*. Naturally, as a mother, she was distressed at his actions and should offer comfort and support, but it was Martin's problem, (no doubt a wake up reminder from his own Spiritual Higher Self, to make *him* examine his life). We discussed, how she could spend more time with Martin, in a companionable, but not critical manner and how she could help him find professional drug counselling, for his addiction. Susan was **encouraged, not to feel guilty** about Martin's addiction. It was *his* choice and *his* actions, not *her own*.

Under a light hypnosis, I asked Susan, with the help of her Higher Self, to look at the reasons for her panic about **the lump in her breast and where the problem had originated**. As I had suspected, it was an incident, **preplanned before this lifetime** and sent to her, to make her temporarily cease her overly-active lifestyle and make her sit down calmly and examine where her life was heading and what plans, she needed to make, for her spiritual and personal growth.

Often, people will introduce a severe disease or accident into their lives, just to get **some breathing space**, time out, to fully discover who they are and what they are here to accomplish.

Personal emotional pain in life, can also result in physical problems and under hypnosis, Susan revealed that **the divorce and rejection**, by her former husband Tom, had accumulated in her breast and resulted in **the lump forming**. I suggested that she consciously, begin to forgive Tom, ask that the lump be removed slowly by Spirit and in future, begin to release her emotional pain through words and thought, rather than submerging them, denying them and having them **emerge eventually, as a physical medical problem**.

Susan agreed and followed my exercise to release her grief in that area, forgive Tom and began to make constructive spiritual plans for her future.

Susan began, by **cutting her work time down** to several days a week, allowing her more personal time for meditation, spiritual development and quality, family time with her two sons. She was able, to calmly discuss Martin's drug addiction with him and he agreed to have drug counselling, from a local rehabilitation centre.

Susan's biopsy showed that the lump was not malignant and now, that she is aware of allowing her emotions to be constructively released, she has not experienced any similar medical problems. Most importantly, now, when negative problems occur in her life, she begins **to examine the cause behind them** and not just give into despair and guilt.

She realises that life may still bring her the occasional bad incident, but, if she is constant with her spiritual growth and more connected with her personal Spirit Guides and Higher Self, then she **has invaluable advice and help to guide her in her life**.

Yes, bad things do happen to good people. But, they do so for a purposeful reason. **No accident or illness, relationship breakdown or severe problem, happens randomly. It is sent for a reason.** It is usually sent to wake you up - to who you really are! Spirit in human form, sent to do great, spiritual good for yourself and humanity, not a human with a spirit, content to do everyday material things. Wake up now and many of the major problems will disappear from your life! Love and Light. The Abbotts''

Okay, Now you may be saying, "But my problem is not the same as Susan's!" We understand that everyone has unique blocks and problems to look at and conquer in this lifetime. But you must realise that before you incarnated - **YOU ASKED FOR THEM!**

This is always difficult for people to accept. Why would you ask for harsh lessons? Because in the Heavenly Realms, you are so much braver than you are here. There, you *like* challenges! That's why you decided to incarnate this time on Earth, not on other different and amazing constellations, but because **you wanted challenges**. And you must admit, that you certainly are challenged on Earth!

But you also added, enough **strength and courage** to your mental, emotional and physical makeup, to help you overcome any obstacles, no matter how large or invasive. And you also added, deep within your being, **all the spiritual gifts that you would need, to become a vibrant spiritually alive person**. You just haven't accessed them yet. But they are waiting for you to discover them and change your life for the better!

The Baby Boomers are often very psychic and can easily be taught to reawaken their spiritual gifts, such as **Spiritual Healing, seeing Auric Fields, cleansing Chakras, Astral Travelling, Manifestation of material objects, Communicating with Angels** and much more! They just need to be shown how!



Here are some other **paranormal reasons** why a person may decide to suicide -

Patterning. Often when hypnotically regressed a suicidal person will remember a past life where they committed suicide at a certain age in their former life. When they reach this age in their current lifetime, the suicidal, depressive thoughts come up unconsciously. This feeling of doom etc can be overcome with hypnotic suggestions and daily affirmations such as " I leave suicidal thoughts in the past. I choose to live a happy contented life NOW!"

Negative energies. If a person lives in a negative environment continually they will gradually absorb the negative energies into their auric field. This may depress them to the brink of suicide. That is partly why there are so many suicides in gaols and mental homes, where negativity has accumulated over many years. Solution leave the place or learn to psychically cleanse it by sending golden white light.

Astral attack. When a person uses drugs and alcohol abusively or engages in lower behaviour, they create negative tears in their astral and auric bodies. They are prone then to lower astral attack by negative entities. This causes them confusion and depression. Solution. Stop using the drugs and alcohol. Live a cleaner more spiritual life and cleanse yourself with the help of angels. Use our protection technique. See chapter

on Walk Ins.

You have so many gifts and qualities to give to the world. Begin to see and believe that you are a spiritual warrior on a special mission to Earth. Suicidal thoughts, apathy and Depression originate from your ego body not your spirit body! Begin to learn and live in a spiritual manner and you will find your perspective on life will change, for the better. You will then attract in positive and uplifting situations, into your life.

Places to meet other Light workers -

- The Internet spiritual sites. See chat lines and activities.
- Local psychic and self development classes, fairs and seminars.
- Join a meditation class.
- Visit your local Spiritualist Church.
- Put an ad in your local paper, with your telephone contact number, to start a discussion or meditation group to meet weekly, either at your home or in a rented community hall.

A little bit of effort can result in meeting similar people like yourself. Once you have formed a group, begin to develop your psychic talents and gifts and then use them for a higher intent!



What can you do?

- Heal others and yourself.**
- Learn to astral Travel in groups, (fully protected), to cleanse negative regions on the Earth.**
- Counsel others.**
- Teach others.**

- Link in with friendly devic (nature spirits) energies at power sites, such as ley line centres, in your local area. Use this power to send light to the planet for good.**
- Learn to safely communicate with angels, your personal Guides and The Ascended Masters.**
- Develop ESP and Telepathy.**
- Learn to manifest things to you, for your highest good.**
- See our low cost ebooks [The Secret Rules of Life](#) and [Star Gifts](#) for more information.**

An affirmation given to us by The Ascended Masters to say aloud, many times daily, which will help to activate the spiritual side of your nature is -

"I accept that I am here on a Divine Mission. I am a Lightworker. Each day I will become aware of the spiritual and psychic world around me and recognise my active participation in it. I will allow Spirit to send synchronicity and synergy to me, to begin my Mission. I will join with others to help the planet and humanity to become more Divine. I do this from Highest Intent and Unconditional Love!"



Lady Kwan Yin summed it up nicely, in one of her channelings to The Abbotts - "I would talk tonight of your thoughts. You probably realise, as you are going now through the fourth dimension, how truly *powerful your thoughts are!* Your thoughts have great power behind them. In the past, when you thought about certain events they would manifest in time, but perhaps there would be years between the conception of the thought and the realisation of the thought. But now, you will find many things *happening instantly*, certainly much quicker.

*It is very important then, that you look **at the focus of your thoughts**. It is said, '**Where your thoughts are, you are!**' Therefore if your thoughts are in the past, then you are actually being in the past. If your thoughts are in the future, then you are projecting to the future. But it is very important at this time that, **you remain centered in the Now**.*

*It is also said, that 'What you think of, becomes your god!' Therefore, if you are always thinking of negative things, negativity becomes your god. If you are worried about money, money becomes your god. If you worry about relationships, the people within those relationships become your god. The Hindus believe that the thought process is so important, that when a person died, **their last thoughts** would draw them either back to the Earth, to live through many more incarnations, or for them finally to get off the celestial wheel and back to the Cosmos.*

*Therefore, if a person's dying thought is perhaps even of their own mother, or father, **they would be drawn back to have another incarnation with these people.** If their dying thoughts were of food, then the Hindu people believed they would reincarnate as a pig, or any other such animal that had **the lower desires.** They believed the thoughts - were **all-powerful.***

*The Sufis have in their religion, a book that is the Book of Life and if you look at that book, you would find that **every page in that book is blank.** It is said that you write your own life script and this is true. Certainly some major events in your life are planned, before you come back to Earth, but there are many blank spaces for you to fill in.*

*Make sure, dear friends, as your thoughts become more powerful and you manifest to you many, many objects, many, many people, many, many situations of growth for you, that you try to bring to you **positivity.** Let your thoughts be of the highest, not of the lowest, for you will manifest whatever you are truly thinking of.*

*And if you find yourself caught up with **judgement, criticism, anger or fear,** then meditate for a while in peace and look at yourself objectively. See that most negative acts that you commit on this Earth are committed through fear and that is because **your ego** feels that it is threatened. Your ego does not like anyone attempting to take its power, or to frighten, or hurt, or harm it in any way. If you can rise beyond the ego and see yourself as Spirit, you see **the spirit is never harmed, never hurt by what happens on the Earth.***

*If you see yourself as **invincible,** if you see yourself as being able to overcome any challenges that happen on the Earth, if you see that you are truly **Light and not just body,** then you will write in those blank pages in that Sufi book, **a wonderful life script for yourself,** in which you do great good. And watch your thoughts for they are so very powerful! **Blessings, Kwan Yin"***

We hope that these inspirational words have touched your heart and given you new hope.

Love and Light The Abbotts.

Specific problems and uplifting solutions relating to **Drug Abuse, Alcohol Abuse, Addictions, Relationships, Loneliness, Illness, Work, Sexual problems and Death** will be given in the next chapter.

Chapter Four

HOW TO UNDERSTAND AND OVERCOME YOUR PROBLEMS.

Drug Abuse, Alcohol Abuse, Addictions, Relationships, Work, Death, Illness, Loneliness and Sexual problems.



Every life problem is **given to you for a reason**. You are meant to explore the situation, make a choice to overcome it and win out successfully. Every time you win you become more spiritual and happy with life. You are meant to *create the life that you want!* Not what *others* dictate.

Often however, the problems seem to become insurmountable. They begin to **control our whole lives**, instead of being one small part of it. We think of them constantly, instead of relegating them to their proper place in our lives. We see our problems as huge obstacles and not little challenges. What is needed however, is a **huge change of perspective!**

By understanding **why you are here on Earth and seeing the overview**, you are able to develop a sense of humour about your problems. You see them as no different from learning to stand, walk or tie your shoe laces. They are small challenges, that you have **deliberately decided to face and overcome in this lifetime**. You understand that you have the mental, emotional and spiritual resources to easily overcome these problems and create the fulfilling life that you want!

Here are some common problems many people face and the solutions to overcoming them - by understanding their origins.

Alcohol Abuse

Drug Abuse

Relationship Breakdowns

Work Problems

Sexual Confusion

Illness

Loneliness

Handling Death

ALCOHOL ABUSE

Why do people become addicted to alcohol? Scientists today, tell us that certain people have a genetic disposition, to becoming an alcoholic. That you can't help it, because it's in your genes. Others say that it is a lack of willpower. Here is what Sananda (an Ascended Master) has said about Alcohol addiction (and other addictions) -

"There is a spiritual reason behind alcoholism. Many sensitive souls cannot stand the harsh vibrations of planet Earth. The pain they feel from negative relationships, physical suffering, mental confusion and emotional despair, is real to them! Others may look at their lives and say, "He or she has no reason to be an alcoholic. Their life is better than mine!" But remember, you have not lived their lives, felt their suffering or been confused by the unfamiliar vibrations around them. The old Indian saying "walk a mile in my moccasins" is very apt. You can't see the pain or feel the inner turmoil, but it is there.

Many of these souls are new to the Earth plane, they are not old souls. They are becoming accustomed to it's vibration, which is much lower than where they have previously resided. To deaden the pain of being here - they drink alcohol. The alcohol at first gives them a temporary

"high" feeling of contentment. They can now stand being here! Then of course they become addicted to the alcohol and it causes it's own problems of violence, sickness, bad work record, broken relationships, poverty and disillusionment. The pain they tried at first to avoid becomes far worse than they ever imagined.

Please give them your compassion and understanding. They did not take the alcohol, to become bad and broke, but instead to make life bearable.

How then do you help an alcoholic or if you are an alcoholic, how do you overcome your addiction?

By understanding that you are a very **confused angelic being** who has been initially, very brave to incarnate to Earth. Now however, you don't like the experience and you think that the alcohol will make the experience more easy to live with. But has it? No! What you need to do is **regain the bravery you once felt**. Realise that you came to Earth with a spiritual mission that has still to be fulfilled and *live* that mission!

When you begin to do this, you will **no longer need the crutch of alcohol to get you through the day**. As you band with other Light Workers or Starseeds who are on a similar mission, you will feel uplifted and contented. Being here, will become a joy not a trial!"

Sananda's words, are very true. When we **lose our way on our Life Plan** and begin to believe that the physical and materialistic life is all there is, we usually become very disheartened and turn to alcohol or drugs, as a way of bearing the unbearable.

Helpful Organisations - We suggest that you visit an A.A. meeting for emotional and mental support while you are recovering. Alcoholics Anonymous and other recovery groups, usually hold as their first principle, a belief in a higher being - God. As a Lightworker, you can use this principle to help you in a New Age manner. Find out as much as you can about **the real spiritual side of yourself**. Discover your Life and World Plans (see earlier) and group with others, to work out your Divine Mission. You are here for a purpose.

Finding aims in life which are higher than merely existing or being addicted to alcohol, is what you need. Sit and meditate. Ask your Higher Self and angelic Guides to help you to give up the alcohol and to **find your Divine Purpose in life**.

Begin to dress, act and speak in a positive manner. Be truthful about your alcoholism, but treat it as if it is diabetes or short-sightedness - restrictive, but not fatal. See yourself as an angel who has lost his way for a short time, but now is back on track. Enjoy the challenge of being here on Earth - remember you chose it!

You chose to experience alcoholism for a short time. Why? Perhaps so that you could have empathy for others who are addicted to substances. Perhaps, your World Plan involves helping others with similar problems. You understand the disease don't you? Once you have cured yourself, share the information with others!



Also, it is possible that you are patterning. Following a similar life pattern to a past life, where you also succumbed to alcohol, to avoid the harsh realities of life. Break the pattern now! Develop a joyful life for yourself, without alcohol. It can be done!

Our ebooks will help you with a greater understanding of your spiritual nature and how to activate your inherent psychic gifts, to aid your Life and World Plans. We invite you to read them.

Your depression is linked to the problems that your alcohol addiction is causing in your life and because you haven't truly discovered your real spiritual nature and Life Purpose. Begin to discover and live your spiritual Life Plan and your alcoholism will disappear. Your alcohol addiction is a wake up signal to you, that you are off your chosen spiritual path, not a life sentence. Get back on track and create a meaningful life for yourself!

Love and Light

The Abbotts



Broken Relationships

The ending of a love affair can be devastating to many people. They become severely depressed and often suicidal. If you have recently experienced the ending of a long term relationship, such as marriage through divorce or a short term passionate love affair, that has left you feeling shattered, we acknowledge that it is healthy for you to mourn the ending of this treasured relationship.

But, we would say that from a spiritual aspect, the parting - was meant to be! Not only was it meant to be, but you chose for it to happen - before you incarnated to Earth. You wrote the relationship and it's eventual ending, into your Life Plan. Not only that, but your lost lover, also agreed to love you for a time, teach you certain lessons and then depart! It's just, that you've both forgotten the pact. And the pact was made, *for the higher good of both of you!*

If you are finding this difficult to believe, read what Mother Mary an Ascended Master, has to say about broken relationships -

"Oh, dear ones, the pain you could all save yourselves, if you were to only understand that everything happens for a reason. Everything has a time limit - including relationships. Very few people begin their adult lives with their Twin Flames. Instead, you have a series of relationships with old soul mates from past lives, to work out karmic issues between you both. These are the passionate relationships which may last a few weeks or fifty years, but inevitably they end in sadness and bitterness! You feel betrayed and alone.

What is needed is a radical change of attitude! You need to honour the person, for the years or weeks of life lessons that they gave to you. To praise their good attributes and be understanding of their human faults. To recognise that all that can be learnt from the relationship - has been learnt. And that you are now, a better more knowledgeable person for

it! Life hasn't ended, it's just changed and you are brave enough and wise enough, to deal with the change!

Many people **fear being alone** or feeling lonely. This is wrong! This time apart from another, gives you time for spiritual growth, to discover **the real you** - an angel in physical form, experiencing life on Earth. Your relationship breakup, is one of those lessons. Sad as it seems, it is just one in a long series of sad and **pleasurable lessons**, you asked to experience for growth!

Please, also understand that if your relationship has broken up - he/she **was not your true soul mate**, or else the relationship would have run smoothly for you both. You now, have the wonderful opportunity to go out and **find your Twin Flame Partner** and this *is* what you truly want, deep down.

Ask the Universe, God or Spirit to help you to **get over your last relationship break up** and find your true inner being, then eventually bring to you, your Twin Flame partner. Work on perfecting the *inner spiritual you*. Overcoming your emotional problems and blocks and your Twin Flame partner **will appear, when you are ready**.

So wipe your tears, Dear Ones. This is a sad time, but wonderful days will follow! Blessings, Mary."

Mother Mary's wise and loving advice, is inspiring, isn't it? And more importantly, **it works!** To give up your life, for the sadness you feel over the break up of a soul mate connection, when your **Twin Flame is just waiting around the corner**, is plain ludicrous!

For those of you who are **feeling vengeful** towards your ex partner, we suggest that each time you think of them- you send **forgiveness**, even if this is at first difficult to do. When you feel hatred or pain towards them, you actually **strengthen the heart chords** to them! Making the pain worse! **Gently imagine those heart chords disappearing**. There is a famous saying, "The best revenge, is to live a successful life!"

I (Robyn) have professionally hypnotised and past life regressed, hundreds of people in the last twenty years and **every partner, was someone they had known in a past life and owed some karma (good or bad) to**. Not one couple, involved a stranger or new soul. Many were soul mates not Twin Flames and this is why they had **difficulties in their relationships**.

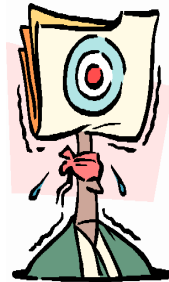
Many depressed, suicidal people that I have counselled, have worked through their sadness and grief and later gone on to meet their Twin Flame Partner. How glad they were, that they had not given in to their suicidal feelings, of the time. So please, if you are feeling extremely depressed, seek professional help, overcome your emotional blocks and believe that in your Life Plan, you predetermined to have wondrous events, Divine Missions and a waiting Twin Flame partner - for it is true!

Our ebooks written with Spiritual guidance will help you with a greater understanding of your spiritual nature, Twin Flames and how to activate your inherent psychic gifts to aid your Life and World Plans. We invite you to read them.

Love and Light

The Abbotts

DRUG ADDICTION



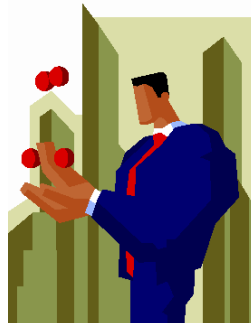
Why has drug addiction become such a major problem on our planet in the last twenty years? Because the young Starseeds coming to Earth, are finding it so harsh living here that they turn to drugs such as marijuana, heroin, speed, crack etc to dull the experience.

Just as you would have morphine prescribed to you, to deaden the pain of the after-effects of a surgical operation, they are using drugs in the same way, to soften the effects of living through emotional, mental and spiritual pain, on Earth!

The "high" that they get temporarily from the drug, feels similar to the fifth dimensional feeling that they are used to, on the Pleiades. However there, they feel this naturally and don't take drugs to achieve it. This feeling can be reproduced through meditation, spiritual exercises and raising the "light body" up to the fifth dimension on Earth - it's just that they have forgotten how to do it! Others suffer from so much apathy, that they are just too tired and inactive to try to achieve it!

On the Pleiades however, this high feeling is appropriate, because it isn't addictive and doesn't cost huge amounts of money to achieve, it doesn't ruin the mind and body, it doesn't destroy relationships, isn't socially abhorrent and isn't illegal! On Earth it is and worse! On Earth drugs destroy your life and ruin your plans for your Divine Mission. The addiction stops you achieving your Life Plans and World Plans and often ends your life abruptly, throwing your soul into confusion.

Many addicts who fatally overdose, find themselves in special rehab type medical wards, in Heaven, spending many eons overcoming their last trip to Earth. And then incarnating back to achieve what they failed at this lifetime. Not a wonderful scenario!



Suicide caused by accidental overdoses of drugs is very common, as the type of person who makes and sells the drugs, is not caring of the user's body reaction. They just want money from you. They don't care if the ingredients in the drug, are toxic or not! But they are storing up immeasurable negative karma for themselves, which must be repaid in future lives. Karma is the most Divine method of justice, ever established. You make it and you can't escape it!



How do you then overcome your addiction? These uplifting, wise words from Lord Sananda, an Ascended Master, may help you -

"There is a spiritual reason behind drug addiction. Many sensitive souls cannot stand the harsh vibrations of planet Earth. The pain they feel from negative relationships, physical suffering, mental confusion and emotional despair is real to them! Others may look at their lives and say, "He or she has no reason to be a drug addict. Their life is better than mine!"

But remember, you have not lived their lives, felt their suffering or been confused by the unfamiliar vibrations around them. The old Indian saying, " to understand me, walk a mile in my moccasins" is very apt. You can't see the pain or feel the inner turmoil, but it is there.

Many of these souls are new to the Earth plane, they are not old souls. They are becoming accustomed to it's vibration, which is much lower than where they have previously resided. To deaden the pain of being here - they take drugs.

The drugs, at first, give them a temporary "high" feeling of contentment. They can now bear being here! Then of course, they become addicted to the drug and it causes it's own problems of violence, sickness, bad work record, broken relationships, poverty and disillusionment. The pain they tried at first to avoid, becomes far worse than they ever imagined!

Please give them your compassion and understanding. They did not take the drugs to become bad and broke, but instead to make life livable.

How then do you help a drug addict or if you are an addict, how do you overcome your addiction?

By understanding, that you are a **very confused angelic being**, who has been initially, very brave to incarnate to Earth. Now however, you don't like the experience and you think that the drugs will make the experience easier to live with. But has it? No! What you need to do is **regain the bravery that you once felt.**

Realise, that you came to Earth with a spiritual mission, that has still to be fulfilled and *live that mission!* When you begin to do this, you will no longer need the crutch of drugs, to get you through the day. As you band with other Light workers or Starseeds who are on a similar mission, you will feel uplifted and contented. **Being here, will become a joy not a trial!"**

Sananda's words are very true. When we lose our way, on our Life plan and begin to believe that the physical and materialistic life is all that there is, we often become very disheartened and turn to drugs, as a way of enduring the unbearable. But, you are stronger and more wise than that! You instinctively know that **you are special and you are here for a very Divine Mission.** The time has come for you to rediscover it!

Helpful Organisations - We suggest that you visit an N.A. meeting for emotional and mental support, while you are recovering. Narcotics Anonymous and other recovery groups, usually hold, as their first principle, a belief in a higher being - God. As a Starseed, you can use this principle, to help you recover, in a New Age manner. Find out as much as you can about the **real spiritual side of yourself.** Discover your Life and World Plans (see earlier) and group with others to work out your Divine Mission. You are here for a purpose.

Finding aims in life, that are higher than merely existing or being addicted to drugs, is what you really need. Sit and meditate. Ask your Higher Self and angelic Guides **to help you to give up the drugs and to find your Divine purpose in life.**

Begin to dress, act and speak in a positive manner. Be truthful about your drug addiction, but treat it as if it is diabetes or short sightedness - restrictive, but not fatal. See yourself as an angel who has lost his/her way, for a short time, but now, **is back on track.** Enjoy the challenge of being here on Earth - remember you chose it! Now *live* it with courage!

You chose to experience drug addiction, for a short time. Why? Perhaps, so that you could have empathy for others who are addicted to substances. Possibly, your World Plan, involves helping others with similar problems. You understand the disease and cure don't you? Now is

the time to share it with others.

Also, it is possible that you are **patterning**. Following a similar life pattern to a past life, where you also succumbed to drugs, to avoid the harsh realities of life. **Break the pattern now! Don't repeat it in future lives.**

Your depression is linked, to the problems your drug addiction is causing in your life and because you haven't truly **discovered your real spiritual nature and Life Purpose**. Begin to discover and live them and your drug addiction, will disappear. It is a **wake-up signal** to you, that you are off your chosen spiritual path, not a life sentence. Get back on it with renewed strengths and insights!



Our **free and low cost ebooks** will help you with a **greater understanding of your spiritual nature** and teach you how to activate your inherent psychic gifts, to aid your **Life and World Plans**. We invite you to read them.

Love and Light

The Abbotts

WORK PROBLEMS



Society constantly indoctrinates us to the idea that to live a successful life, you have to have a high powered job, lots of fame and masses of money. The actual job is not so important - you can be a paper clip manufacturer, pornographer, doctor or actor, but the richest person to die - wins!

Wins what, you may well ask? Certainly not spiritual enlightenment, certainly not contentment, certainly not loving friends and happy family members or self-satisfaction. Cold hard cash is not much good to you in the grave. You can't take it with you. Or as Spirit has often said, "What is made in the 3rd dimension, stays in the 3rd dimension!"

So why are you so worried, when your work life has problems?

Why are some people even driven to suicide and deep depression, over their employment failures? Because they don't truly understand who they are and why they are here on Earth and generally, it is not to grind away from 9 to 5 to make a lot of money!

For instance, take the case of a friend Sam, an accountant, who a few years ago often came to me complaining that he hated his work. He had on- going feuds with half the staff and resented going into an unfulfilling job, each day. I advised him to sit quietly and meditate and tell the Universe that he wanted a positive change from his work.



A few weeks later he came to me upset, **he had lost his job** and been given a large redundancy package. Instead of being happy, he was unhappy! He hadn't thought the **Universe would take him so literally!** I reminded him of his dislike of that work place and how it was making him physically and mentally ill. I told him to view his redundancy, as a **bid for freedom!** To have extra money and **time to set up a life, *that he wanted!*** Lucky Sam!

I asked him, what he really wanted to do in life. His **secret dreams.** He told me that he had always wanted to work with cattle - to be a cowboy!

We discussed his financial situation and I advised him to settle for something a little more realistic than a cowboy, while still achieving his dream and using his accountancy skills. He searched the work ads for rural areas and took on a part time job, as an accountant, in a small country town. He rented a small ranch and moved his family there. He bought a small herd of cattle and enjoyed working with them, several days a week. He is now a **very contented man.** So much so, that he is now opening his small ranch to poor children from the city to come and stay for holidays. He is **living his dream in a loving, but realistic manner.**

There is **nothing stopping you,** from sitting down and deciding what you want from your life. Resurrect your old dreams, tone them down a little and begin living them! Enjoy your life!

Students often feel very depressed when they fail in examinations or can't immediately get a job, after graduating, but you may have well **written this into your Life Plan.** Don't see this experience as a failure, but **just one of life's strange occurrences.** Perhaps, you aren't meant to go into the profession that your family have picked out for you. Maybe, you're meant to **explore the artistic and musical side** of your personality. You are a **multi-faceted being** - not just preordained for one job, one professional path! Give yourself time to find out what *you want to do!*



Don't see the ending of a job, as a disaster, but as a **serendipitous release for you,** to find your true vocation in life. Who says that you have to have the biggest house, flashiest car and lots of

money to be happy? Plan your future to do the things - you want to do!

Move to the seaside, go on a cruise, travel cheaply, grow organic vegetables, play music, study, mind children, keep pets...whatever you love!

A friend, Sally, took ten years to get her degree in Psychology. She did it part time, while she raised three small sons, at home. As she put it - "If I start now when I'm thirty- five, by the time I'm forty five, I'll be fully qualified. If I don't start now, at forty five, I'll have no degree and be packing shelves at the local supermarket!" Time doesn't matter but attitude does!

Many famous men and financial wizards of the past went bankrupt many times - including Abraham Lincoln and Tesla.

Once you realise, that you are an angel in human form, setting up these experiences for yourself and it doesn't really matter if you win or lose financially, it's what you learn from the experience that matters - then your whole perspective changes! After all, how many happy millionaires, do you actually know? Most of them are stressed and depressed with unhappy marriages and synthetic lives with little spiritual purpose. You are greater than that!

They are locked into their lives, you aren't! You can be a beach bum, hitch hike to warmer climes, be a volunteer to help others, plan your own future, study anything you like, try many varied jobs, surf the internet from an internet café, sit in the sun, meet new friends, the selection is endless

One of the saddest stories that I have recently heard, was of a family who lived nearby. The youngest son wanted desperately to go to a prestigious university, to become a lawyer. He was rejected, by two less well - known colleges and became very depressed and committed suicide. Two days after his funeral, an acceptance letter came from the particular University, he had wanted to attend! If he had waited patiently and accepted what the Universe had sent him, his death could have been averted. Please, never give up on life for material wealth and success. This is not why you incarnated! The Universe does know what you need and will get it to you!

Joachim, an Ascended Master said in a recent channeling -

" Work! You Terrans have made it your God! When do you have time to sit and smell the flowers, or watch your children grow up? I have seen happier beggars, than you lot! Remember, everything, happens for a reason. If you have lost your job, it is because you need a change. Something better is coming!! Learn to recognise the new opportunity. It is sent to make you more spiritually alive and more contented. Have faith, it is all for a purpose!"

You may find that by reading our ebooks available from our website, that you change your understanding of life for the better! Our ebook **The Secret Rules of Life explains simply, why you are here and how to live life successfully in an uplifting and more contented manner!**

Blessings with your amazing journey!

Love and Light

The Abbotts.

SEXUAL PROBLEMS

Many people have huge issues around their sexuality that can make them feel very depressed and even lead to suicide. Some of the common problems that many people face are - confused gender roles, homosexuality, sexual abuse, incest and rape. An incident early in life, may make many people live their lives with strong feelings of guilt or hatred of the opposite sex.

The Kinsey Report tells us that 10% of people are strongly heterosexual, 10% homosexual and the other 80% slide along the scale. So why are we so hung up on sexual preferences?

Most people want a partner in life who they can relate to emotionally, mentally, spiritually and physically, through sex. However, their deep inhibitions and results of trauma, leave them unable to relate to others, which increases their depression. Every message that we have received through channelings from the Ascended Masters and Angels, has always been sympathetic and non-judgmental towards anyone who is sexually confused.



Spirit also, has sympathy for the perpetrator of sexual crimes, knowing that they too, are a confused angel who has lost their way. They expect them to get their act together and stop abusing anyone and to try to make amends where possible, but they don't condemn or hate them. Here are some topics from our **free ebook 100 Questions below, with comments from the Ascended Masters, perhaps they will help you with your sexual problems.**

"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 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 loving, 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 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 your 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! Some people of course, gently sever the connection or allow it to gradually dissolve,

causing very little pain or anguish. Others, however, **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!

Q7. 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.**

Q8. 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?

Q9. 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!

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,

Master Joachim."

Holding on to old pain over sexual issues is a constant drain on your emotional, mental, physical and spiritual energies. There are better things that you can do with your life than sitting around hugging an old wound to you. You are here on this Planet Earth to learn about life issues and many of them are not pleasant to experience - but you are brave enough to overcome them.

It is important to learn to forgive those who may have hurt you in any way. Because if you hold the pain to you, you will inevitably cause yourself, not only mental illness, but actually start a negative reaction in your body which may turn to cancer or such. As an angel in physical form - you can forgive others. You can start a new life for yourself and you can shake off your old feelings of guilt, fear and hate. This is why you have incarnated - for growth, not stagnation. And if you do not release the situation, you may well create a negative karmic bond with your perpetrator which will have to be worked out in a future life. Release that pain and resentment now!

Please be gentle, but resolute with yourselves! You can't change the past, but you can make it work for you in a way that empowers you, not weakens you. Again, it is a matter of perspective. You are angelic, you are not a feeble human. You have come here to experience,

not be totally safe all your life. You have a Divine Mission to accomplish, don't let sexual problems stop you achieving it! Love yourself and learn again to love others.

Blessings,

The Abbotts

DEATH

The unexpected death of a loved one, family member or friend, can send you into severe grief. This is natural. However, to maintain this grief indefinitely and to sink into depression, apathy and suicidal thoughts is not!

Most people fear death. They see it as a lack of communication with others, an ending of the physical body and emptiness. Nothing could be farther from the truth! In death you are freed from pain and suffering that is part of the human physical condition. In death you regain your natural being as a magnificent angel. And you do not sit around on a cloud, playing a harp and worshipping God. On the contrary from all accounts, angels live a very busy and fulfilling supernatural existence.

They study subjects that they are interested in - imagine being taught music by Chopin or Elvis, or painting by Michaelangelo. They oversee life on other planets and help and counsel many people in the 3rd dimension. Once a person has lived their set period of time on Earth and achieved the goals they set out to learn, they return happily to their true spiritual home. Earth is just a training school for them, a tough one at times, but just a temporary visiting place.



Everyone has a **set period for being here**, whether it is one day, three years, twenty years or one hundred years. You decide the time, before you incarnate down! You may go out in an accident, war, through illness or old age - but **the time was preset** before you came here!

And more amazingly, your parents, friends etc all agreed to it. You've all just **forgotten the plan!**

Naturally, you grieve because the one you loved is no longer in physical form - but remember, **they decided to exit then** and they have returned home to heaven, to live a spectacularly happy life. You are mourning, but they are full of joy! Can you not see then, that your mourning and grief, is a little inappropriate?

There is an old saying - *When a child is born on Earth, we rejoice and the Angels cry. When a soul returns to Heaven, we cry and the Angels rejoice!* Who is right?

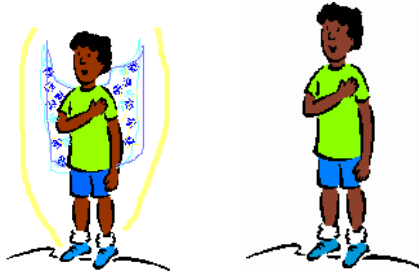
Here is a spirit channeling that we received, from a small boy who died several years ago.

"I would like to tell my mother and father that I am very happy here. I have many playmates and family to look after me. Grandmother is here and she showed me around, when I left my body in the hospital. I wasn't a bit afraid, it was great! It is so fantastic here and lots to do! I can think of anything and I have it! I can travel anywhere, without a plane or car! I sometimes go down to see my mother and father and they are so sad, that it upsets me. **Please, tell them to be happy.** I am. I will see them both one day and we will be together, but they have lots to do now. Tell them to remember me, but to **remember me happy, not sad!**"

We can learn much from the loved one who has left us. We can be inspired by their life and character or we can sink into depression and **erase all the wonderful memories** we had of

them, by grieving constantly. Your loved one, wants you to be happy, to get over your depression and to live for a special purpose. **Value** the years, weeks or days you had with them, not the years you think you missed. **Don't spoil their triumphant journey home with your tears.**

They are angels now and you are an angel in human form, what is so different?



Learn to feel them around you. Talk to them as if they were here now. Laugh and joke with them. And show your respect for them, by getting on with your life, in a better way. Live your Divine Mission, activate your Life and World Plans and live as a tribute to them!

Love and Light

The Abbotts

ILLNESS

When we are seriously ill, we often become depressed, apathetic and some people even think of suicide, as a viable way out of their painful life. Euthanasia has it's place, when the person sees no possible prospect of recovering and their life has become intolerable. However, for many people, depression is part of the symptoms of the disease and once they are recovered from their illness, the depression also lifts and they feel much more optimistic again and get on with their lives successfully.

What most people don't understand, is the spiritual reasons behind their illness. Most doctors, will now agree, that our mental and emotional state can lead to a physical disease appearing in the body. Grief can cause cancer and worry, can cause illness, such as stomach ulcers.



But, what most people don't understand, is that we bring **karmic blocks into our life, from past life experiences** which we are meant to look at and erase from our body, forever. If we don't look at these blocks **voluntarily**, they will come out eventually, as illness in the body.

For instance, a friend Judy, had severely swollen ankles and often twisted her ankles, in minor accidents. She got disillusioned with standard orthodox medicine and came to me for a hypnosis, past life reading.

She immediately remembered, under hypnosis, several lives where she had been **a slave and been shackled around the ankles**, by her owners. The shackles on her lower legs, in those lives, caused her great pain, skin irritations and **loss of freedom**. In this life, whenever she felt overly restrained, by life situations, such as attending tedious social events, she twisted her ankles or they swelled on their own account.

The sore ankles **stopped her doing things in her life**, that made her feel restricted and left her free, to just sit and do nothing! I recommended that she learn to deal with confining situations in her life, by talking about them - mainly, by saying no!

She consciously learnt to **release the old blocks** from her past lives, forgive her past owners and oppressors and her ankle problems disappeared in time, forever.

Illness is often sent to **wake you up spiritually**. You have written it into you Life Plan, that if you "fall asleep" and forget why you have incarnated, (to do your **Divine Mission**), then sickness can be sent to you to make you stop, **relax and think about your life**. Often, in our hectic active world, we never take the time to sit and wonder - what it is all about! Sickness makes us do that.

Frequently, a life threatening illness, will help to change the life perspective of a person. Suddenly, their old priorities are left behind. No longer does work, success and money, mean as much. Now their health and mental stability, spiritual life, friends and nature, take on new priorities. Sickness gives us a second chance to discover who we truly are!

Lady Kwan Yin has channeled this short message and exercise, to explain Illness. It is an extract from our **free ebook 100 QUESTIONS.**

"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 medical condition, realise that 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 Spirit Guides and **plan a positive future.****

Blessings, Dear ones. Kwan Yin."

Love and Light

The Abbotts

LONELINESS



Often people become very depressed and suicidal when they feel overwhelming loneliness. Yet, their very depressive moods push people away from them. It is not pleasant to be around a sad, morose person who won't go anywhere or do anything interesting. The depressed person wants caring and attention, but seems unable to draw it into his/her bleak life.

How can you stop being lonely?

Firstly, you must realise that loneliness in your life - has a purpose. You planned for it, before you incarnated to Earth and you asked for it, to teach you lessons. Everything happens for a purpose! Perhaps, in the past, you have been too caught up with friends, activities and stress. Now it is time for you to relax, be alone and use your time constructively for your spiritual growth.

Learn to safely contact spirit, see auras, cleanse chakras, heal yourself, work out blocks and problems (see above), study subjects that intrigue you, read, watch and experiment! This is a time to discover who you truly are - an angel in human form. Learn to love yourself.

Now, if you would like to be less alone - here are some suggestions- begin with -

Phone in chat lines

Internet chat sites

Pen pals

Then progress to -

Classes, seminars and courses

Voluntary work

Then join -

Dinner groups,

Service Clubs (Apex, Lions, Jaycees)

Discussion groups

Book Clubs

Gardening Clubs

Theatre groups

Begin to - Travel in groups

Join in work social activities

Family activities

The list is endless..

But you need to phone, log on or contact someone, to begin the process.

Psyche yourself up to do it. Tell yourself, that you are a magnificent angel, using this physical body for a lifetime and now is the time to activate the true inner you!

Do all the things you've always wanted to do, that will make you happy and contented. Ask for angelic help, in becoming the person that *you would like to become*. Imagine yourself, as you would like to become - empowered, joyful, fulfilled, every morning and night. Now begin

acting like that confident person. Imagine people, being your friends and have faith that they will. Plan an interesting life and begin to live it!



Pretend that you're happy and interested in other people, even if you're not! Act the part, soon it will become normal behaviour. Ask others to help you come out of your shell. Most people are kind and willing to invite you to functions and introduce you to other people.

Remember that this is just one stage of your life. You can make the rest of your life - the way you want it!

Activate your Life and World Plans, begin your Divine Mission with confidence, that the Universe will back you up!

If necessary, move house, change job, change your image, join new clubs, learn new knowledge, approach nice people, take a calculated risk - what have you got to lose, except your depression?

And remember what the Angels have told us, countless times - "You are never alone. We are here always. You've just forgotten how to see and hear us. Try a little harder!"

Love and Light

The Abbotts

LITERATURE AND MUSIC SUICIDE PROMOTERS

Many depressed people find that they are drawn to listen to music, films and literature that **reinforce their feelings of depression sadness**. The cumulative effect of listening to the same sad piece of music over and over again can be very destructive. One depressing record, *Gloomy Sunday* released in the 1930's in Hungary, then later USA and England, was believed to have contributed to the deaths of many suiciders, until it was banned from the radio airwaves!

Constantly reading the **negative writings** of philosophers who promote violence, non spiritual outlooks and antisocial behaviour can also push a depressed person over the edge into suicidal behaviour. Violent, negative videos and films can also instill a feeling of hopelessness and longing for death in a depressed person.

Where possible choose books, novels, movies and music that have uplifting themes. Your mental images at this time of depression have great power. Think negatively and you will feel sad. Think positively and you will feel happier and more inspired.

Humour has been found by psychologists to have a positive effect on curing cancer patients. A funny movie can not only distract you from your depressive mood, but laughter also releases feel - good chemicals into your blood stream. An inspiring book can uplift you mentally and a joyful piece of music can help you regain your emotional balance and feeling of well being. Choose your reading, viewing and listening material well, as it can have long - reaching and dramatic effects on your psyche.

Chapter Five



FAMILY AND FRIENDS

What can we do?

When a family member or friend is contemplating suicide and may already have attempted unsuccessful suicides earlier, it is very difficult for the relatives and friends of these depressed people, to cope with the situation. In fact after a fatal suicide by a close friend or family member, often a second suicide occurs in the family circle, due to the depression caused by the first death!

How can we first identify who is very depressed and possibly suicidal?

Depressed or suicidal people often behave in the following ways, they include-

- Mood swings due to no apparent reason..
- Increased irritability with people and everyday situations.
- A reluctance to associate with other people and join in activities formerly enjoyed.
- An increase in the use of drugs and alcohol to handle situations.
- Dangerous behaviour such as speeding in cars and risk taking situations.
- Violent behaviour.
- An increased sensitivity to others remarks and criticisms.
- A lack of sense of humour about life.
- Increased time sleeping or lying around apathetically.
- No desire to go to work or school.
- An increase in physical illnesses and general fatigue.
- Unable to sleep - insomnia.

- A feeling of futility or impending doom.
- A decline in eating or increased overeating.
- Talking often of death and suicide.
- Crying often.
- Loss of interest in pleasurable activities such as sex or entertainment.

Often family members and friends are confused about these negative behavioural traits. Friends and lovers are often the first to break away from the depressed person, as they find the person too disheartening to be with socially. This isolation, may further depress the potential suicider. Family members often lose their patience with the depressed person and tell them "To get their act together!" Often further alienating the depressed person.

Many friends, work mates and family members, feel very guilty after a failed suicide or fatal suicide. They feel that they should have read the signals earlier or given more emotional support. It is important that you do not feel guilty about this situation. Guilt helps no one! No-one expects you to be psychic and able to read the suicider's mind! But here are some suggestions to help you with a depressed suicidal person, in the future.

How then can we help those who are contemplating suicide or very depressed?

- Sit down with the depressed person and tell them that you love them, unconditionally and that you have noticed a change in their normal behaviour.
- If they can explain their depression to you, listen sympathetically.
- Ask for spiritual guidance on the illness and how to tackle it with the depressed person. Encourage them to speak to their own Spirit Guides and angels about their depression.
- Then suggest that you accompany them to visit their family doctor or accompany them to visit a professional counsellor, psychologist or psychiatrist, to discuss their depressed feelings.
- Help them to make an appointment and attend the interview.
-
- Make efforts to keep cheerful around the person and include them in interesting activities. Regard and speak to them of their depression, as an illness similar to a broken leg. (It will have a time-frame, solution and soon be mended.)
-
- Help the depressed person, seek out information about depression from the Internet and books. Suggest that they read our site and this book on depression.
-
- Encourage the belief that they have a true purpose here on Earth, that life has meaning and a reason behind it.
-
- Encourage them to be spiritual.
-
- Encourage them to join in spiritual pursuits with you. Plan uplifting seminars, outings etc with them.
-
- Try to encourage other family members, friends and work colleagues to adopt a similar outlook, in their dealings with the depressed person.
-
- Encourage faith and hope in the depressed person.
 - Express your unconditional Love for them.

WHEN THERE ARE NO SIGNS

Sometimes a suicide occurs, where the victim has given no apparent evidence of their true feelings of despair and depression. Directly preceding the suicide they are **smiling and laughing with friends**. Their lives seem contented and successful. They may even make plans for the future. The mourning family are left with the guilt of not having recognised their loved one's inner torment.

Firstly let us say, **under no circumstances, should you feel guilty** about the attempted or fatal suicide. Many people are excellent actors and **do not show their true feelings** to anyone. Others may actually feel confident and happy one moment and then depressed almost instantly, afterwards. A type of dramatic bi-polar reaction, where they swing from elation to depression within minutes. There is no way that you can stand guard over someone, twenty

four hours a day and ultimately **they do have free will choice** over continuing or ending their life. As one friend who lost a son to suicide, explained it - "I decided to live my life joyously, as a memorial to my son's life!"

Here are some other **paranormal reasons** why a person may decide to suicide -

- Patterning.** Often when hypnotically regressed, a suicidal person will remember a past life where they committed suicide, at a certain age in their former life. **When they reach this age in their current lifetime, the suicidal, depressive thoughts come up unconsciously. This feeling of doom etc can be overcome with hypnotic suggestions and daily affirmations such as, " I leave suicidal thoughts in the past. I choose to live a happy contented life NOW!"**
- Negative energies.** If a person lives in a negative environment continually, they will gradually absorb the negative energies into their auric field. This may depress them to the brink of suicide. That is partly why there are so many suicides in goals and mental homes, where negativity has accumulated over many years. Solution: leave the place or learn to psychically cleanse it, by sending golden white light from the Divine.
- Astral attack.** When a person uses drugs and alcohol abusively or engages in lower behaviour, they create **negative tears** in their astral and auric bodies. They are prone then, to lower astral attack by negative entities. This causes them confusion and depression. Solution. Stop using the drugs and alcohol. Live a cleaner more spiritual life and cleanse yourself with the help of Angels. Use our protection technique. See next chapter.

Chapter Six

WALK INS

A DIFFERENT KIND OF SUICIDE



This book has been written in the hope, that if you are seriously contemplating suicide, that you first stop and realise who you truly are, why you are here and how suicide will **only interrupt** your Divine Mission, for a short time. Spirit has told us many times, that suicide only delays the inevitable and you will shortly reincarnate, back to Earth, **to face the same set of problems and blocks** once more. No one forces you to do so, but you feel that you should come back and give it another try! So we sincerely hope that you recognise the fact, that just delaying going on with your life and resisting your mission, is rather a futile exercise!

However, we do realise that not everyone will share this view with us and some people have just had enough of the harshness of Earth and have decided to suicide, to end the pain. If you cannot be coaxed to find your true **Mission** and get on to creating a more loving, contented life for yourself - we offer a **more fulfilling** and painless way of leaving the planet. What we would call a Clayton's Suicide. The suicide you have, that's not really a suicide.

In other words, **you don't kill the physical body**, you just leave it and allow a higher being to use it for a spiritual mission. The higher being who gets to use your body, is called a **Walk In**.

Q. I have heard of **Walk Ins** what are they?

A. Walk - Ins are rare, but do occur. Take the case of a person contemplating suicide - the soul or spirit of the person may decide to leave the physical body, as they have had quite enough of physical Earth! Spiritually, they arrange with someone of the **same soul group**, who has not yet incarnated to Earth, to take over the body when they exit it.

The Walk in is usually, a **more spiritually advanced being** and does not wish to go through the physical human stages of birth, childhood, adolescence etc. They want a fully-grown adult body to work with!

That is why, in the few known cases of Walk Ins, the person (usually after a very dramatic life threatening episode) seems to have changed to another personality. The new spirit within the body, takes on many of the memories and responsibilities of the old spirit, but may reject many of the earlier ethics and relationships of the physical human. Usually they **begin to live and speak** in a much more spiritual manner.

What happens to me? Your soul returns to the higher levels, to rest in a type of loving hospital environment and then resumes life on the higher astral planes. In time you will **review your life on Earth** and then usually elect to return as a baby, once more and live a similar life to the last. This time, hopefully living out your divine mission and creating a fulfilling life for yourself, that does not end in suicide.

Can I get my body back? Usually, no. Once the decision is made to give it up, to one of your soul group, they have **the responsibility** of looking after that body for the rest of it's natural life.

What about negative beings taking over my body? It is important that if you are determined to leave your body forever and let a spiritual entity take it over, that **you fully prepare** for this eventuality. This includes learning protection techniques, communication with higher beings and performing the Walk In procedure properly. Obviously, you do not want any negative being taking over your body and using it for their own ends. Below is the procedure for allowing Walk In to occur safely.

First learn to Protect yourself fully -

SELF PROTECTION TECHNIQUES

Before any type of Spiritual or Psychic activities, e.g. meditation, channelling, astral travelling, spirit contact, are entered into, it is necessary to always use adequate protection. It is suggested that you always get into a routine of self / group protection. This prevents any negative situations occurring, such as, Lower Astral contact, negative Alien contact - e.g. Zeta Reticuli (the Greys or grays), and mental / physical disturbances etc.

A BASIC PROTECTION TECHNIQUE

Say aloud , "I visualise this building surrounded by a beautiful, golden, white light, of the Divine Source, entering in through the doors and windows, filling this building in its entirety, dispelling all negativity and totally protecting me/us. I ask that my Spiritual Guardian only let through those of the Highest Vibration and Intent. I state that I will always use my spiritual/psychic gifts, for the Highest Good!"

Now visualise yourself inside a protective egg shape (auric egg) of golden white light. Inside this protection, at your front and rear, place a power symbol such as a cross†, six pointed star☆ or ankh. This protective auric egg shell will deflect all negative energies, but allows positive energies through. If you feel unsure of any spiritual or alien beings, tell them to depart. Repeat several times if required

SLEEP PROTECTION

Before going to sleep, say aloud: 'I ask my Spiritual Guardian to protect me on all levels of my being, fill my room with golden white light during my sleep and only allow through those of the highest vibration and intent.'

ATTACK/ABDUCTION PROTECTION TECHNIQUE

During the night, if you feel that you are under physical or mental attack or abduction, or feel frightened or disturbed in any way:

- a. Try to wake yourself up, if asleep. If this is not possible, continue:**
- b. Mentally ask that Archangel Michael come to your aid.**
- c. Visualise your surroundings being filled with an ELECTRIC BLUE LIGHT of protection.**
- d. Mentally say, " I do not wish this experience. Go Away!" Repeat several times if needed.**
- e. Mentally chant this mantra until you wake up : 'Holy, Holy, Holy, Lord of Hosts'.**

When you have fully protected yourself, begin to meditate peacefully. Allow the outside world to drift away. Ask to speak to one of your higher soul group members who would like to come, as a Walk in into your body, when you exit it. Allow this being to come forward and speak to you. Listen with your inner ear. Ask him/her their intentions. What will they do with your fully grown body? Will they take on the loving commitments that you have made to family and friends?

Notice the feel of the spirit talking to you. Is it loving, caring and pure? Do you feel that you would like this being to takeover your body, when you leave it?

If all seems well and you have discussed your reasons for leaving the body with your potential Walk In, set a date for your departure. On this date if you are still determined to leave the physical body (you can change your mind at any time) lie down on a flat surface, where you cannot be disturbed. Protect yourself with golden/white light and ask for your spirit to leave the body forever and travel to the higher realms, down the passage of light. Ask Archangel Michael to then bring the higher Walk in spirit, into your body. Let the exchange happen in peaceful, loving surroundings. You may well fall into a deep sleep and awaken gradually to life on the higher realms.

Meanwhile, the Walk In spirit is adjusting to your physical body, immediate surroundings and relationships with others. Quite often, they may temporarily forget who they are and why they are here, but then gradually, they will make dramatic changes to your old life. A change of job, a change of nature and perspective, greater spirituality and a gradual ending of unfulfilling relationships. This is a new you with a very positive attitude! Prepare for them, to do great things!

While we would prefer for *you*, to be making these wonderful life choices and changes, at least by allowing a higher spirit to use your body when you exit it voluntarily, the body is not just uselessly discarded, as it is in most suicides. The suicide involves no pain or suffering to you or your body. We wish you happiness on the higher realms and a more fulfilling life, next time.

Love and Light

The Abbotts

Near Death Experiences



As a final note to our book, we would like to share some NDE experiences with you. These are not fictional - they have happened to friends, family members and special acquaintances.

Johnny 27 : "When I was sixteen, I was **very depressed** about sexual issues and mixed painkillers with alcohol. I left my body and floated through the ceiling, towards a bright tunnel of light. I could see my body lying on the floor. I travelled up the tunnel and saw many angelic beings who spoke to me in loving voices.

At the top of the tunnel, my Grandfather appeared and he sat with me and **we discussed my life**. He gave me the choice to stay in Heaven or return to Earth. He said I could do great things there, now that I knew that there was a heaven and life had a meaning. **I chose to come back**. And I'm glad I did. My life is now wonderful, positive and I am now, no longer afraid of death!"

Maeve 36: At twenty -eight years of age, I had an operation where I stopped breathing, due to a reaction to the anesthetic used. I drifted from my body and lovely angels surrounded me, including my favourite Aunt who had died several years before. **I felt great peace**. I was told that I could go with them to heaven or stay and live my life.

I thought of my two small daughters and decided to stay. With a whoosh, I was back in my body and began breathing. Since then, I have taken up meditation and spirit communication. **I believe in an after life and my life now has turned around. I feel that I can do anything!** And

I do!

Beverly 48: I tried to kill myself after an unhappy love affair. I knew it was stupid. I felt terrible and my spirit floated above my body. A lovely angel with a kind face spoke to me and told me that I had much to do and it was **not my time to go**.

I was astonished, as I hadn't believed in angels or heaven before! She showed me a future where I would meet a loving man and live a happy life, to inspire me, I guess. But, she said **I had to improve myself spiritually first!** I came back to my body and woke up with a devil of a headache.

I began to read about the New Age and spiritual issues. I attended a spiritual development class and **worked on psychological issues that were holding me back, with a professional**. Two years later, I met my current husband, Bill. He's a wonderful, kind, spiritual man. Thank goodness, I didn't kill myself, over my old partner!

Value your life for if you don't - how long will it be before you can get another one?

The Abbotts.

Robyn and Tony Abbott.

Copyright, The Abbotts 2001.

Other links that may help you -

www.beyondblue.org.au

www.depressioNet.com.au

www.kidshelp.com.au

www.lifeline.org.au

www.spheregp.com.au

www.med.unsw.edu.au/ndarc

www.alcoholics-anonymous.org

Revisit our site Regularly! We have many e-books and courses to help you with life problems and spiritual growth!

Reader comments welcome (via email).

www.spiritwatch.com

team@spiritwatch.com

To return back to Spiritwatch opening screen [click here](#)

The End.

.