

December 2014

21st December 2014

Received number while in the car.

4327.94

20th December 2014

(N) had amazing Experience in the early hours of the morning, involving mathematics.

16th December 2014

109

The number above was received with no explanation. It was however the start of the "Cosmology Project."

August 2014

17th August 2014

I know you said to meditate which I know I need to do but tonight I feel so exhausted – a different kind of tiredness.

1st August 2014

I feel the need to talk to someone but not sure who.

You are in a dilemma with the three of us here. If you have a specific question then you know, but if you aren't sure then you need me, Gandolf.

Right – I did think so. Is there anything I need to know. How is (G)?

She is exhausted but all going OK, don't worry, the baby is alright.

But where is all this going?

It's hard to explain. – to help you to understand how life and death is organized in the Spirit World – to train you to be a Light Worker – to heal and bring out your amazing talent, which has not seen the light of day yet.

What is that?

To bring down knowledge through Samuel. Do some studying in the next few weeks – on herbs and potions. Nothing you do will be wasted. Devour everything on the internet, books etc. Lyla will help you during the next few weeks.

Why do I specifically need help then?

A lot will happen – you will need emotional support – not just for yourself but to help others too. Rest now.

My granddaughter Alice was born today.

July 2014

14th July 2014

What an amazing reading with (D) today – and what a reaction – poor lady! I'm interested to know who that lady is that came through at the Mind/Body/Spirit festival and said that I must be strong in a situation , even though it might ruffle a few feathers. Have you any advice on the subject?

Can you remember a little while ago you were told about a person who would come into your life – it's connected with that – soon a decision about something will be made and you will have to be strong, but I will be here to guide you – it's to do with your Spiritual progress.

Exciting – Thank you.

5th July 2014

Well – I seem to be drawn to talk to you tonight Gandolf. Things are so much in the air at the moment – I know Samuel wants to get me Communicating directly but it's not that easy.

No (M) – you are doing well though and have got yourself better – you really mustn't let yourself get so ill again – be calm and still and everything will be fine. Be very lazy this weekend.

June 2014

4th June 2014

Well, I certainly feel much better but realize that I don't have to do much to feel tired again – even with all the tablets I'm taking – I should be totally fit – was it the head massage I did that has made me like this? It's hard to stand by and watch (D) going through so much when I can help her.

(M), she has been through a lot, like you have, she doesn't understand the workings of life and living like you do. But you need to be with her during the Soul regressions and the odd massage. No more at the moment. Anyone who brings you down cannot be with you until you get your strength fully back. You know what you must do to get better: Meditate, sleep, play the piano, gardening and healthy cooking.

Thank you Gandolf and Samuel.

May 2014

22nd May 2014

Thank you Gandolf and everyone, I do feel so much better – but I do realize that it may be short lived and I will have a dip and must be careful not to do so much. Is (J) deteriorating?

Not as much as you think as her husband was there – she worries a lot though. You will be OK now – healthwise because you are taking a break which you do need. They will look after you. You are greatly loved and must remember that in all your down times.

Thank you. Is there an answer to my question this morning? Why am I having such a time with my health when I should be doing so much?

You are learning a valuable lesson (M). That is to understand humankind, you have to experience the woes and ills yourself. No one ever escapes some kind of disability.

21st May 2014

Hello Gandolf – that was certainly a revelation, although I can see it is true that we both miss the Spiritual side of the Path. Is it time to ask about the Health benefits of pure water?

You are not listening (M) – when it is time for the water knowledge we will tell you – you are not ready to impart this yet. This may seem harsh but we don't think you realize your health issues. We are holding you in a cocoon at the moment but that can only be for a while.

What else should I be doing?

Try not to project issues – it's your mind that is responsible for a lot of this.

20th May 2014

Such good advice, thank you so much.

Please don't forget about the rest (M) . It's so important for your recovery.

Well – I really do feel so much better – so soon after taking the tablets. I feel it's important to get better quickly for some reason. I am getting so much help with appointments and cancelled lessons etc. Is there a particular reason?

Yes (M) and listen carefully and take this to heart. We are all here waiting to help you through your life and know that it hasn't been easy for you. Your needs have been met on a physical level with money and a lovely place to live etc. – but you crave more! This is because you need to fulfill your destiny, which is to be able to give what you have been given and not deny what you have – I mean the Path. You came alive when you had that responsibility and service in Manchester and you shone like a beacon. Now, with what has happened it seems at the moment that you can't do this. That is the real frustration in you – and (N) too. This isn't meant to be a criticism,

just an explanation about your real feelings. You have really fulfilled your Spiritual Destiny. There is really no more for you to do. I am with you till you die and take you to your Place in the Heavens.

So you're saying that my desire to do the Head Massages are just a distraction from what I really want to do?

Yes

Is there a way my time can be best used?

By doing lots of Meditation and yoga for your health. You will be meeting people who you will relate to more soon on a Spiritual Level, all is not lost. You need to be better this week to go up North and get some well-earned rest and relaxation. It will all go well for you. They love you up there and will want the best for you. Then you can come back with renewed strength for all the demands on your precious time. I say precious because like it or not your health is not as good as it should be and you need to watch who and what you give your energy to.

Can I do anything to help my depleted energy levels?

You actually need a complete break but We know that is impossible right now. Go to the beach when you can, that is good for you.

Thank You.

18th May 2014

I am immensely lucky to have you , Samuel and Lyla to help me – but I feel at a bit of a crossroads – not sure who to ask to help where to go from here. Maybe the best way is to separate the question. My health issues are certainly a priority and must be sorted, but is the best way to see some kind of specialist or try to find some cure myself? The other question would be for (N)'s experiments, with water and some guidance on the way forward with things that need to be done.

(M) you are certainly muddled, We must sort you out. Firstly , don't let (N) be telling you what to do. This is for you. Your health certainly comes at the top of the list before anything else. You can't focus properly on the complexities of (N)'s inventions with your mind as it is now. You must rest until you have sorted yourself out , it's really Important, otherwise you are on a slippery slope.

OK, I get the message, but where do I go?

Rest alone isn't enough, you need professional treatment; a throat specialist, you have to go to a doctor and insist you need this. Book an appointment this week, in the meantime you need Vitamin C. And also be aware of your rest – slow down.

April 2014

25th April 2014

Again you came to my rescue Gandolf – thank you . Are you my guide for just this lifetime?

Yes (M) it has been a privilege to be with you as you grow in confidence, love and peace. You needed my Energy this time round. I have been there when you have been at your most vulnerable and also witnessed the highs as well.

I know that this isn't usual but I need to ask you something that I know the answer to.

Yes (M) We know what you need. When people incarnate they come for different reasons – no one the same – no one. They are able to function at a certain vibration, some higher, some lower but all moving towards a common goal. All people who, from your point of view, have special powers are not necessarily happy to have them. In other words they are not able to integrate these powers into their personal life. They can help others, and do, but they are not able to help themselves. It is almost like a Spiritual law. Clairvoyance, as you were told in Lifewave is a lower energy form. Unless you do some work on yourself then your life is no better than the general public who don't have that power. In fact, generally it is worse because you have depleted energy from all the people you have been trying to help. People who come to see a general clairvoyant need to hear about relationships/money/love etc. so therefore their lower vibration will bring down the energy level of the clairvoyant to such a degree that they cannot help themselves. 'Physician heal thyself' – it can't be done.

Is that the same for (Y)

No – not the same at all – his vibration is much higher and he has done great service to mankind – even though his personality has hindered the growth he desired.

But if the Energy is so needed on this level, why send a flawed personality to give the immense Spirituality that he gave?

This is because there were only a few people who really could benefit from the Light and Sound. Look around you, who in Sidmouth have you found to come to the Path? (Y) came to collect his own and you and (N) were part of that. He really loves you both, but understands your reasons for leaving, it was part of the plan. But he does miss you.

Thank you Gandolf , that is very clear. But we have distanced ourselves from him now, I can't help thinking of how it was before and his rages about people.

Yes, I know, his frustrations came and he upset a lot of people including yourselves. But you must understand that his vibration is very high and he knew he could 'fast track' many Souls – but needed more people in order to do that. He didn't/couldn't see that most people were not ready to be taken to the Higher Spiritual Realms. His enthusiasm outweighed their interest.

20th April 2014

Such a grey horrible day – Easter Sunday – I seem to have lost Communication with the whole World.

You are learning a valuable lesson today – all your fears are groundless – everyone is OK. You have to be more self-reliant and learn that the World is going through a difficult time and everyone is feeling anxious and not able to function as well as they might – just trust and get yourself together.

3rd April 2014

I think I'm in need of a boost to make sure I've still got proper Communication. I seem to have lost it with Samuel.

That does happen (M), don't be concerned about it because it's a bit waring for you to have Communication everyday anyway.

March 2014

29th March 2014

What have I done to make myself feel like this? – obviously (N)'s reaction was to be really angry and I don't blame him. Is it yesterday – the tapping or my time with (D) afterwards?

A bit of all three – your mental state is not good at the moment – you are in a transition and anything can throw you off balance.

It's hard to analyze when he gets angry and I feel really awful. Am I doing anything wrong?

No definitely not, you are on the right road and getting rid of things no longer required in your life. Your only fault is that you didn't do it earlier and it's all coming at once for you and not easy to deal with.

It's like you have balls coming to you from different directions. A Spring Clean!

26th March 2014

Sorry I couldn't manage last night – that film really hit a nerve. I suppose it echoed what had happened earlier about no one being interested in the tapping course.

You are in Sidmouth (M) – you shouldn't expect too much – you have other things to do to keep you busy and happy – just look at those and don't be concerned about your popularity in the area – it really doesn't matter. Please do keep focussed on the things you have been told and all will be well. Your happiness depends on how much you go inside to Meditate – you know this, it's not about how the world operates; it's very cruel and heartless and the more you go into it the more upset you will become. Stay around your home like you did today more often. There are times when you have to go out but

keep this to a minimum especially at the moment, now you are feeling vulnerable.

Do you think we are on the right track with the herbs and depression – putting them under the pyramid to promote health? Two or three, have I got the right ones to douse or are there more? Are you showing me what it feels like to be depressed so I can take the herbs and feel better – or to make me get on with studying to get things moving? I feel very strange at the moment, not at all normal.

As we said (M) you are going through a big Metamorphosis – moving through chasms and rather like a chrysalis turning into a butterfly. Just go with it, don't fight it, it will happen anyway but you can make the transgression so much easier for you and (N) if you just go with the flow and don't analyze too much of what is happening. (N) is better at this than you.

Thank you.

24th March 2014

Hello Gandolf – you will have heard what we have been discussing about Enlightenment. I have been reading about my past life with (D) and Eleanor mentions about me being 'more' Enlightened. What does this mean?

It is a turn of phrase, the way she is talking in the reading. What you have is the real thing – Yes – you are both Enlightened. You have both been Enlightened before so you are going to what you already know. It's like you are picking up the Mantle again. That is why it is so familiar to you both. Whenever you have a life here you search for it. So each time you die you pass into the Higher Worlds with this 'State' and then look for it when you reincarnate.

Why do we incarnate if we are Enlightened already?

That is easy, just as you were told to bring Spirit down to Earth – you chose to do this.

What about my lives that weren't to do with Spirit?

It doesn't happen all the times you incarnate. Those times no one would listen anyway.

When were we Enlightened first?

In Egypt.

So what is this Source that is talked about in the books?

That is where you go when you feel ready to return Home for good. It is always your choice.

So what happens to (N) and I now, in this life.

Again, your choice. You have done well, especially you (M), you have achieved a lot.

I must admit to being tired of it all now – there is so much stupidity in the world.

You are able to see through it all now – that is why it is hard for you.

Yes, they just don't understand. I have to lift myself out of this and find a purpose otherwise my life will not be of any use any more.

Don't be concerned – you are being cared for by many of us. This may well be your last life on Earth. There is no real need for you to come back now.

Is there a special bond between me and Eleanor, or anyone in my family?

You are tired (M) let's leave this one for another time.

OK – thanks so much.

The word Enlightenment is used to define the Spiritual State of Oneness in which the Meditator loses all sense of their individuality.

19th March 2014

Yes, I will do as you say – I won't stay too long tomorrow. It was interesting to read the information of (N) tonight. I hadn't realized there was so much. What am I doing with an Alien?

You don't need to worry too much about that – you needed a man with great character to get you away from Denstone where you could never have developed what you needed to. Don't say too much to (K) as she takes it all in and may use it against you at some stage. She is more unstable than you think. Luckily her memory isn't that good! She is jealous of you though – many women are, jealousy can do strange things. The only person you can really trust is yourself. You would be wise to keep your council, you are much better at this but must try harder. Be true to yourself – you are a High Being, only people who are like you will recognize your greatness – people can only recognize what they are themselves. (P) is like you – you were together before and were great friends. (Y) has loved you many times – he took a brand of Spirituality and made it his own but unfortunately his ego got in the way – he could have done great things. But you and (P) have been with him before – always a ladies man. That is his downfall, he never learns.

Thank you Gandolf.

You are welcome – Meditate!

18th March 2014

I do feel very tired after doing the least amount! Hello Gandolf – I seem to have gone off the boil for the moment, hoping to get back. Life is taking over I'm afraid.

(M) this will be the case – still recovering from your illness, be patient and rest more. Meditate – it's good for you. Your whole being lights up when you meditate and you will understand a lot more without me telling you. If possible try not to have too much with (D) at the moment. She is trying her best but is not coping and she will drag you down as she does others. I know you want to help her but it is not in your interest to do so. She will be better in a few weeks.

12th March 2014

Hello Samuel – so glad to get to talk to you – it's great what Gandolf said about my dreams coming true. Must get those herbs for my skin.

You could try the herbs you found all will have an effect. It's not good to have the same ones all the time as the skin gets used to them and they cease to work. Try liquorice from the Health Food shop tomorrow and Burdock tea.

Now, about these herbs for depression – keep focused because it really is a good thing to do – you need to do as I suggested and put them all on a piece of paper and douse them.

Do you mean All or just the English ones?

Just the English ones for now – they seem to have been forgotten in the rush for foreign things but they will be good for people. We used to do this. Just use them in infusion for now and see the effects for yourself – use another book.

11th March 2014

What can you tell me about (D) , she really is an enigma. Should I be less judgmental and keep accepting that she always has a problem – you solve one for her and another one pops up.

She really does try her best but she has had quite a life – very problematic and needs to keep tapping/or equivalent. Your role with her really is to keep a distance at the moment. She will bring you down unfortunately. We don't want that when things are moving so well for you. She needs to make up with her friend (L) as it is a very big problem for her – massive. She will call you when she is ready – text her if you like.

Thank you Gandolf – is there anything else you would like to tell me?

Samuel is happy to have communication with you and this will shape you for the next few years of your life. You can't see it yet but your dreams of healing will be fulfilled.

10th March 2014

Thank you for being so patient – I would still like to check out herbs for other purposes – e.g. my skin . You talked about blends of herbs, can we do this together, ourselves.?

Yes (M) I have been waiting for this moment. Nick is happy now he has his music and Euphoria together – a perfect combination. We can get to work now on our little project. We were together in a Past Life, you and I – together we cured a large number of people with our herbs and potions. It's so good to talk with you on Earth. You have done well in this life, many challenges that you have overcome. We made an arrangement that I would come to you in your latter days on Earth. It is all going according to plan –

we need to Communicate regularly together so we can build up the bond we had together. I have been learning so much Here – there is so much to do for you. I know your dream is to work alongside someone.

Your idea of growing herbs in the garden is good, but you won't be able to grow all the ones we need and you won't have the patience to dry them all etc. They are cheap to buy, as long as you get good quality herbs.

I'm so happy to meet you properly, thanks for introducing yourself to me, my life is so much richer now with the extra activities that are more Spiritually connected. I would like to have some sort of apothecary but I don't want to take up too much of the house with my wares, so to speak. How can it all be organized?

Don't worry, that side will all get sorted in due course. Your concern is to do more studying. I suggest we look at your skin first and then depression. You will be able to make a potion for when your skin flares up. Burdock, Red clover and Nettles Borage, Liquorice, Rose and Lemon Balm

Thank you – I think maybe a special book for this

9th March 2014

Am I going about the herb study in the correct fashion? There seems to be quite a lot for depression and as you say there are different kinds of depression. Are there certain herbs that can be used in all three types of cure. The three main depression types are: long term, short term and euphoria!

(M) don't feel too bad about what has happened , it's a natural reaction from (N) who is keen to get the project underway with the best possible help. He is happy that you are getting messages from Us as it helps to clarify his mind which is going ten to the dozen at the moment. What a Mind! Your part in this is still very important – your tears tonight were from that Past Life which was so traumatic. You are still emotional about it which is understandable – We will keep you buoyant.

Thank you Gandolf.

Rose – Lavender – Clary Sage.

8th March 2014

We are so grateful for your input and would never want You to think that we are disrespectful of all your efforts to communicate this priceless information.

Don't worry (M) we know you are both grateful. To answer your questions, you are getting the essence of the plant so in reality it does not matter what medium you use – be it liquid or herb. Quality doesn't matter either. What does matter is the amount of time it sits in the forcefield and should be doused accordingly. You can keep it there as you are doing but it doesn't need to be there 24/7 to get an effect – two hours a day perhaps. You need to get going with finding plants to douse for healing the mind. You will find the ones that are in a typical English garden are fine for healing purposes. It might make things too complicated if you mix the flower essences, keep it

simple, about three or four herbs, but there are different kinds of depression, did you know? You would be wise to do two or three different ones – depression comes from all different types of brain disorder – students for example would suffer other symptoms to some older people. You are right about Borage, it needs to be mixed with others for people contemplating suicide. Please look up some more so I can help.

St John's Wort – mild to moderate depression. Gentian, Wormwood and Mugwort are 'bitters'. Depression is not just a state of mind, it affects the entire body's physiology. Bitters improve hormone and digestive processes, lift energy and treat constipation which is a common symptom in depression. Oats – (*Avena sativa*) pale green – yellow seeds tincture. Lavender. Vervain – for long term depression and can heal liver damage. Ginkgo – cardiovascular and nervous system, enhances memory. Good for treatment of depression especially in the elderly – counteracts age related decreases in the receptors for serotonin.

Two groups: Older adults with early Alzheimer's/dementia or histories of strokes. Young people – studying/concentration/memory.

Kava Kava – alleviate the anxiety that can accompany depression Camomile, Motherwort Hops – but some herbalists think that this herb should not be used for depression – makes it worse!

Valerian – anti anxiety – but not for everyone. Passion Flowers – insomnia. Siberian Ginseng – chronic stress. Liquorice – adrenal tonic. Rosemary and dandelion leaves.

Euphoric Herbs: Callamus, Catmint, Damiana, Melissa – lemon balm

7th March 2014

Gandolf, please wish me luck in the insights that I need to find in order to move forward.

Peace be with you It is I, Eleanor.

I have come because you wish to know about (D) and where you met him before.

At this time it is not possible to give full details of your life with him. We can give you what we hope will be of help to you.

He was your husband many centuries ago. He was cruel in that life; cruel to all human beings. He felt that he should have something better so that he could be happier. He felt he should have wealth not poverty. But he did not want for anything that was needed. He was cruel and bitter – from another life not with you. Bitterness carried on in this life now. He is searching for something in mankind – not through Spirit, through his Soul. His lives have been corrupted by what he has seen on Earth. He will not find solace in this lifetime either. His Soul is not fulfilled and he is unhappy; he does not feed his Soul. He is not living the life that his Soul would wish him to follow. He is still wrapped up in the lifetimes he was in from many centuries ago. (Not with you) He was cruel to you as a husband, made you scrimp and scrape.

You were a slave to him. You have moved on and progressed to become 'more' Enlightened and achieved far more than he has managed to achieve. He chose to come back to this lifetime in order to redress the balance of some of those lives he led on Earth. His bitterness still stays with him though and hinders his movement and progression towards the Source. Because of your lives, you bear him no malice in this life. You just cannot understand why he is like it. You are thrown, sometimes more than others, back into that life with him. You mustn't bear bitterness towards him. It is his challenge, his goal. Do not fear him because he has enough fear for the world. You must forgive him for that lifetime – and you must learn from that lifetime. You must stand up and be your own person and not be subservient like you were with him. Just send a thought to the Spirit World when you are distressed about him and They will help. We are all here to help you.

Thank you Eleanor. Why do I find it so hard to go to Staffordshire, even just for the weekend?

Your distress is because you feel the emotion of that past life with your brother and lived in the same area. You feel it on the ether. It resonates and vibrates inside you.

Is there anything I can do?

Take a map and draw a circle around the area – douse with a pendulum. This will clear the area for you. Say a prayer when you are dowsing for that part of your psyche to be cleansed and healed – and the door closed upon it.

More on the reading with (D)

He is distraught inside of himself – but is not open to any suggestion that you might have. You must pray for him – for his Soul, and send Love and Compassion so that he may heal the anger and bitterness that has come from himself in past times.

Thank you Gandolf for being there today – I really appreciated you coming and telling me – and wishing me Good Luck! Is there anything more I need to know about the situation?

No, (M) I think you have what you need to move on now. It has been a big one for you. Learn from it, as Eleanor says. Much as I would love to talk to you I think you should rest now.

Thank you Gandolf.

Eleanor is the name of (M)'s Essence. We are told that the Souls of all human beings manifest from an Essence that remains in the Spiritual Realms; it is to this that we return to when we die. The expression 'more' Enlightened is dealt with on the 24th of March 2014.

6th March 2014

Is (N) on the right track with the apple?

Yes, you can both see it makes a difference and this is the way forward. The idea is to place items in the field of the Pyramid/Nikatron.

How can the apple make the same sound different?

It's all to do with vibration. Everything has a vibration and this is the result of the apple vibration.

Can we put items like Yarrow to enhance the properties?

Yes and they will be potentized.

How long do we put them there and how long will their potency last?

Depends on each individual item. But once they are imprinted, should last as long as the patient wishes to take them.

What kind of properties will they have?

They are deeper acting – more potent. You need to douse how long to place in the forcefield. Did you get that? When the Nikatron is involved as well as the pyramid, the imprint is much more potent. (N) is right – the Nikatron is all around and keeping you both well, so will join with the pyramid to potentize – the medium, so to speak.

Does it matter where you place the items, top, middle or bottom? Does the product need to be ingested, or maybe just needs to be around?

Everything is connected – there are no spaces, so, yes you can take in the vibration, which is being transmitted by the pyramid. That is what they would do in the past. Energy was transmitted from the Great Pyramid to control the masses, in the end it got abused.

Thank you so much, and thank you for being patient with me!

5th March 2014

My life is definitely less complicated now – things seem to be sorting themselves out without too much hassle; all ready for my writing – wish I had more confidence in myself to be able to bring down what you want me to write. Is (N) on to something with the apple?

Yes, the music has told him to carry on with what he is doing. It's all about the vibration of the sounds and not always how it comes out.

What is it about my family in general that sends me in such a spin. Even something positive like last night?

Your relationship is very varied with each member so don't think of them as a collective whole. Only certain members have difficult pasts.

4th March 2014

The thing with Meditating more and getting more involved with Spiritual matters it is more difficult to live in this world of trivia. You are so much more Evolved than these people and finally you are being true to yourself rather than getting dragged down into the mire. It is what is expected of you in your Higher State. We are here to make sure you don't get dragged down – stay elevated and away from the dross as much as you can. We will help you. We are happy to speak to you as you can now understand where We are coming from more – very important that you keep the Transmissions going and not miss too much. (N) needs to know he can rely on you to

deliver Messages from Us that are going to help him on his quest. Only by doing this every day are you going to get good enough for this. We know you are faltering and not sure of yourself, but you will get much better and know that what you write will be taken and used for good. Your way of doing things is taken into consideration, We know you very well and your understanding of Spiritual Matters is quite considerable. If this was writing about Spirit you would have no trouble in understanding and writing what we have to say. But this is harder for you as the language will be more scientific and therefore not what you are used to. That is why it is important to try and do this more often so that your pen flows over the page (like this, now) and you can almost be writing without thinking what you are doing. That is perhaps the way for you. When we tell you certain things just write them down, don't consider if they make sense, sometimes they won't. Don't try to analyze, criticize or give your opinion, just write and see what happens. It will be amazing for you, you won't believe it at first, but it will come, we promise, just keep writing.

3rd March 2014

Well – what a transformation! My skin is nearly blemish free today. Feeling so much better. Must have had some help from above!

Yes (M) we did pull out a few stops for you – you were very down.

Thank you!

Was I right about the tapping bringing out the positive vibrations?

Yes – in a way but don't forget the other side too. The tapping goes into the subconscious and changes the way people are thinking/patterns etc.

2nd March 2014

What is happening? Why does the idea of events this evening have such a devastating effect on my state of mind? Why can't I handle it? It's not even serious. Please can you help in any way?

You need to rest (M) – try to understand that your part in this so called drama is very small, insignificant even. Your reaction is from a very long time ago when you had very little help from someone you cared for very much. They abused your trust and therefore your way of handling situations is difficult for you. These people are part of your family now and there is a memory deep in your psyche of these events that so scared you. You have had much to do in this lifetime and you have done amazingly well – such a task!

You wanted to get it all done in this lifetime, that was your quest – that is why you have such a lot of good helpers to see you through. These people (family) have done similar things in this lifetime but now you have much more strength and (N) to help you whereas before you were alone.

Please – what can I do to become more detached about the situation?

Truly believe that the situation is small and whatever needs to be done We will help to set it right. Get immersed in your life here. You have much work to do.

Thank you.

February 2014

28th February 2014

We are waiting to impart some information to you both about the way forward with the Nikatron. Since we talked about it, things have moved on slightly and it is necessary to rethink how it should be modified to suit requirements. We are sure you would like to have results quickly but this will take longer than expected. It is very simple to do and very important not to rush it without testing each component . It must also send out Waves which are subtle but very powerful without damaging the individual.

25th February 2014

Your skin is improving as your general health improves and will continue but you must remember not to ingest the things you know will make it bad. Treat your liver with good things – eat more brown rice. Breathe properly – do some yoga. You are able to concentrate more on things that are of benefit to you – but please do so and try not to fritter away time – Meditate and talk to Us.

Are there any specific messages for (N) at the moment?

He is busy with (J) and very happy to have a special relationship with him. We talked about meditating on how the mind works, this needs to be done.

24th February 2014

Be careful with your dealings and make sure this week that you are talking to people you can trust.

Who?

There are things that you don't know about the situation in hand. Stay right out and make no more contacts until you are contacted – Leave it up to them..... This is the time for inner Spiritual Knowledge to come to the fore. You must make time for Spiritual reading , Meditation and breathing techniques. You are becoming better at listening to Us without your writing which is what We want you to do. You are capable of doing Soul readings – it would take time to learn but it is possible. But the best thing for you to concentrate on at the moment is being aware of what is happening and being able to read situations more clearly. It makes for an easier life and that

is what we want for you (M). Not to worry about the trivial aspects but concentrate on the deeper issues which are more far reaching.

22nd February 2014

Have a look at the way you need to be reminded to do things, by the book We chose for you today. That is the way of the human being, of which obviously you are one; chopping and changing and getting into the world at the slightest opportunity. You saw how even reading the first chapter can help an individual to come out of their habits and understand the way to Be and not the way the mind wants to be.

What about (J)?

She needs your help; (D) could help her but chooses not to as he doesn't know where to start. She needs to sit down and meditate. She is quite a high old soul but somehow has got lost in this life – which hasn't gone the way it was planned. She needs to help herself by going inwards and sitting still before she can help others.

You are popular, as your ways of doing things and being with people are helping them to respect themselves while becoming happier and able to understand themselves more. And if you understand yourself then you are going to understand others. It comes quite naturally to you and is a real gift that you are not even aware of. You can only do this of course when you are comfortable in a situation – and your task in the next few weeks is to be comfortable in All situations – be it family, teaching, personal friends etc. The way to do this is to practice what the new book is saying – your general life will become so much easier in the process and just by being around others you will help them too, just by being there.

20th February 2014

What is wrong with (R)?

He is suffering from a skin rash from his nappy which has turned septic. He will be fine soon, it is only a temporary thing but (L) is concerned as she feels guilty about not seeing it before it turned nasty. Why are all her children having skin problems at the moment.?

It is to do with her relationship with (S) – they pick up the tension and it is manifesting in their skin. Just like you – the tension you feel is in your skin rashes.

Will life get any easier for her?

Slightly maybe but her Soul purpose was to make it up with you and that is done now, mostly. She needs to deal with relationships – like you! If she looks to her mother and learns, her life will get easier, but it is her choice. You and (N) have to be around to pick up the pieces – as you know.

What tension is there in me that I can fix to mend my skin?

Mostly still around your family – some with your teaching. Your teaching commitments will get less which is good, to be replaced with Spiritual Matters. (D) will figure less but you will meet someone to take her place. Tapping is good but Bach Flowers also. Ask (S).

Thank you.

Tapping is another name for the EFT therapy.

19th February 2014

When the body is left to its own devices it can heal itself – but that is when you take out the stresses and strains of modern life. You are right, the female/male phenomenon is there as a testing ground for all. Life is there to find a balance in all things – like the Buddhist middle way. You are always trying to find that balance, and it can go out for the slightest reason – as if on a tightrope. Your illness is no exception. Your body is trying to heal itself but because your emotions take you out of balance so much it's taking a while. But don't be concerned about your body – just do what you need to do in life – be gentle on yourself and you will all of a sudden realize that you are better!

See how much easier it is to write from Us when you practice every day, the words come clearer and you are able to scribe much easier.

18th February 2014

Thank you so much for such profound knowledge – although most people still miss it even when it's pointed out to them.

Yes, we know (M) – you have tried to tell people but it doesn't get accepted easily, but still try as it is so important.

Thank you for helping me this weekend – I feel so much better now. As if a weight has been lifted off me.

We are concerned that your ways of doing things are not always to your advantage. You must not worry about your children and grandchildren, We will keep them out of harm's way. Your plan is to work for Spirit and so all other worries should be kept to a minimum. We know you are much better but there is still some way to go.

OK – We have some other knowledge to impart regarding the Nikatron. (N) is wondering what to do next. He is interested in the way the machine gives off Energy such that an impulse can result in waves forming in a dual fashion. But this cannot happen until he understands more about how a machine like his can operate successfully. This will take a few weeks of intense study into the ways of the wave machine that can give intense Energy pulses to help people with depression – something you can attach to the body – on the wrist. That – together with breathing techniques will go some way into fighting depression – not chronic so much, but certainly the kind you are looking into. They will work off the body's heat and give magnetic impulses

to calm down the brain's busy waves. From this you can lower stress levels which can cause depression if left unchecked.

13th February 2014

You are going through a transformation that We never envisaged – also We hoped would happen. You are almost ready to solve the mystery about Creation – it really is important to be 'still' and take on board what We say to you. It is going on all around you but you miss it because you are too busy living your lives. It is about the breathing – you are right that we can choose what we breathe in – be it fresh air, stale air, polluted air, other people's emotions, hopes, fears. Creation is all about the Breath. That is before you even start on the act of breathing itself. People miss it but their lives take over. So if people don't breath properly you can give them all the pills/ potions etc but they will not fully work if the body isn't performing the one basic task efficiently. So simple!

Amazing – where are the best breathing techniques to be found?

Just like you are now – into your gut, not shallow breathing like most people do. You don't really need a course (M) just emphasize your breathing like you are and then it will come naturally. Simple, yet people make their lives so complicated!

12th February 2014

Keep looking for herbal books – good ones, you will be surprised what you come up with to help combat depression – there are combinations that will work better together rather than separately. Get a batch of remedies, douse the amounts of each one that seems relevant.

11th February 2014

Good that you have been better today, keep what I have told you in mind because We want to help in All that you do – not just the Spiritual side. The Sun is good for you, try to do a little 'bathing' each time you see the Sun is shining through the window.

(M) – you are very good at giving advice and want to help people with their mental and physical health, you need an outlet for this.

We would like to introduce you to your new Helper who has been here waiting for you to be ready for him. As (D) says he has been a herbalist for eons of time and wishes to impart some of his precious knowledge to you and (N). You both need an outlet for you are both very giving people. It is to do with herbs and plants combined together. There is a way to do this with the Nikatron which will enhance the properties of the plants in order to bring health and wellbeing. A simple process of getting certain plants and placing them in the forcefield of the Nikatron and maybe also the pyramid, to greatly

strengthen them for healing purposes. Rose and Lavender that you already know are great for the atomiser but also for ingesting too. Possibly in a capsule for taking each day.

There are many herbs for healing the mind. You need to look them up and become familiar with the names. I can then tell you about the combinations – what frequency for the Nikatron?

Thank you so much – very pleased to meet you.

You are welcome – it was Me that helped you 20 years ago!

What herbs will help me now?

Keep taking the yarrow and also 1 a day of the liver capsule. Please get yourself a good herbal book.

I enjoyed reading the herb book – what about borage for lifting the spirits?

2nd February 2014

There are certain elements of (N)'s project that he can revisit his view of the way it will go forward. Simple, in that there has to be continued dialogue between Us and you to get used to Our language and to make sure you write it down correctly. As you are still not going out too much which is good for you, there are times when you can sit and write for Us several times a day. Sometimes the Messages are just to get you going but some are important – you will know the difference.

Don't deviate from this work (M), or as your Guide I won't be able to give you advice and get you along the way of Spirit as I know you desperately want to do. You are very special and there is a lot hanging on this Communication. That is why you are still not well as we want to make you ready for the amazing work that is in front of you. In your daytime activity you are still scattered. Become more focused – We will help as we know it doesn't come easy to you.

January 2014

29th January 2014

Firstly let Us tell you that you haven't got Cancer but you need to check for your peace of mind. You are better now, like We said but take care not to overdo it at first and realize what caused it to happen in the first place. You must take real care not to let it happen again.

Secondly, We need to say that your mind is the cause of many of your problems and EFT is your way forward. Clear all your concerns in the next few days and you will then be ready to be a Channel for Us. Don't ever be downhearted as you are dear to Us. We planned this together but you don't remember do you!?

28th January 2014

The answer is so simple yet can't be understood by the mind – (N) should be able to get it himself by Meditating on ways of understanding the project. It is a good idea to look at the human mind and its complexities and it isn't hard to fathom the ways this can be relieved and in what direction to go. But don't be fooled by too much thinking, that won't be able to give you the answer. Meditate on how the mind functions and bring down the answers that way. When the impulses of the brain are slowed down it gives a special kind of memory which acts as an influx of detailed activity designed to relax the mind.

It will become clearer the more information is gathered from various sources, including dreams. Don't discount tonight's conversation. There are snippets to help with putting things together.

(N)'s dream Electronics – dipping circuit board into a solution caused something to build up before a process (perhaps silver) – kept absorbing it.

27th January 2014

See if I can do better today.

Right – you must understand the importance of being well enough to Communicate with Us or you will get confused.

When the Nikatron is working normally the frequency is higher than it needs to be for the purpose of our work. The frequency is going to vary according to the person who is using the device. That frequency is devised by using a method of trial and error.

26th January 2014

We are getting closer to what really matters now in our quest for searching the way forward in the Nikatron revamp. It is connected with numbers and can be searched by looking at ways to power the machine in a slightly different way. (N) already has the answer but has dismissed it. He needs to rethink and try again, the answer is elusively close – leave the pyramids out of the equation at the moment – bring out later. Look for answers in the way it brings out the order of the numbers in a slightly modified way. It's there! Look at the way the machine operates. Does it maintain the same Energy if you put numbers together and away from each other in a random way. Can you put the machine in automatic to maintain the same frequency? Is it away from the pull of gravity and outside the workings of the Universal laws? No! Maintain the laws and you will get the answers. It is connected with numbers.

Is the Energy unidirectional – is it in one direction, or pulsating? Shape of the pulse – 3 types: sine, square, triangular. Equilibrium in the brain!

25th January 2014

Hello – here we are again.

Right – We need to start you off on the reasons for writing – to bring down information from the Higher Realms that is not usually accessible to human kind. You have done as you have been asked and you will be rewarded. We want to say that your actions regarding this will be far reaching. You can feel this already and this has been the reason for your prolonged illness – to slow you down to do this important work.

You can see by the way this is unfolding that it comes in stages, otherwise it would be too much for you to be able to write correctly. You must completely let go of your prejudices and just write what you hear inside. (N) and (J) are on the right road with their ideas and in the next few days we will give you more thoughts on the matter of the Nikatron's new phase. It is really not the way to set about it and it is going to reach a different level – quite removed, in some ways but similar in others. The modifications are quite dramatic and won't seem right but follow our instructions and you will have amazing results.

Practice the EFT (M) you will benefit a lot and will be able to do it for others too. You mustn't go back to the way you were!

EFT (Emotional Freedom Technique) is an alternative therapy which involves tapping on different parts of the body to help balance energy and reduce physical and emotional pain.

24th January 2014

Well I'm here again, thanks for being patient with me.

You are on the road to recovery but please don't overdo it. You need to rest more than you are at the moment. You don't realize how ill you have been. Have a bath tonight and not too much TV.

As regards the project the new computer sounds good as a receptor for (N)'s projects. He will be given insights in due course and will be able to move on with things quicker with (J). They make a good team.

You must not come to the conclusion that your part in this is any less valuable. In fact, your contribution is vital to the whole thing.

Am I connected with (N) and (J)'s project?

It is best not to ask questions, just let the information come into your being. Your role is to be the scribe as you are doing now and bring down the ways to make everything work – this is so important, as you need to really practice this Communication so it comes naturally and more coherent. Not in your language so much but in a more scientific language that sometimes you won't understand. But just let your pen flow and allow the words to appear on the page. You are able, in this way, to bring down not only ideas for (N) and (J) but also for yourself. This is the beginning of something amazing.

The project referred to is the D.C.T.

23rd January 2014

Should music be used in the experiments?

Yes, but that's not all.

Will (N) need to buy any additional Double Coils?

What do I need to know this evening?

It is not easy to give you the information you seek above . Your way forward is to stop looking – he won't get anywhere by thought – this is beyond thought. He needs to Meditate and let things come, filter into his Consciousness. Such an amazing system such as the one he will devise is beyond human understanding. It will filter into his Consciousness by degrees – be patient.

22nd January 2014

Is the Levels of Consciousness idea, as stated in the book correct, as far as it goes?

To a point, but more complicated almost for a human brain to understand. That is why you really need to Meditate regularly in order to access this information. Because that is what it is – Information. Interesting, but not what We would like you to be focussing on right now. You need to understand the workings of the human mind – you are right that people are 'in their minds' too much now. It's a human condition. We would like you and (N) to get involved with being able to focus people into more positivity – not being too manic. Obviously Meditation is one way but you both (in different ways) should work towards developing a system to help this epidemic condition. (N) has already started with his Nikatron and pyramid – but needs to go further. This will come to him in due course. (M) – you need to focus on getting better, acupuncture is very good for you.

The Nikatron was the first name given to the machine that later became known as D.C.T. or double coil technology. See 'articles' at top of page for more information.

21st January 2014

I know that there are messages beyond the family that are waiting for me. Is this true?

Yes, it is important to remember that you are able to communicate vast knowledge and not to be confined to the 'small' areas of your life.

Can you continue to help me with this?

Of course, but try to focus more on higher aspects and the other areas will take care of themselves.

Anything particular?

Yes, you can meditate on a regular basis – at least for an hour per day – continue to relax and not be so manic as you have been. Study more Philosophy and get into the ‘mode’. Not so much of the ‘death’ stuff which I know fascinates you, but you are able to access much higher information to import in (D)’s book. Write like you are now and study.

Would you tell me what to study?

Yes, have a look at Ponder of This – can you feel your vibration getting higher already? Steiner may be something too.

The sky is the limit – you needed to slow down and find your true vocation which is to bring down Spirit, true Spirituality, not fake.

Should I be teaching Meditation?

Of course, that is part of your training, to become a Spiritual Teacher. Work towards that.

19th January 2014

Is there anything I need to know right now?

You are on the brink of something quite special it is very rewarding and satisfying. Don’t dismiss it; you will know when it arrives sometime this week. Your cough is on the way out now but you must still be very careful – that is why we are keeping you inside. (N) is quite poorly – he won’t know it yet but there is something wrong he needs to sort out soon. Please don’t talk too much about it to him – he will do it himself and needs to.

(L) is happy with today’s events.

Please do be aware of this important event in your life. – it will come from an unexpected source – from a communication – you will need to contact someone.

Thank you, is there anything else?

Yes, you must do this more often as you may not keep the ability to do it so well. Do it every day – sometimes the Messages won’t seem as important as others but the more you do it you will be confident that the Messages you receive will be accurate.

Am I talking to Gandolf?

Yes.

Is it better to talk to you than the Akashic Records?

For you, Yes, at the moment but if you need to find out about past lives that would be different.

(M) has totally learnt compassion, pity, kindness and selflessness all in one lifetime.

The Akashic Records refer to a ‘Library’ in the Spiritual Realms that contain all Knowledge.