

**HOW TO TALK
WITH THE DEAD**

By

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A manual of communication
with the spiritual universe

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To my wife, Amanda, without whose help and devotion this work could not have been written.

CHAPTER 1

Any mention of talking with the dead usually evokes a knowing smile that implies that you are crazy. It is assumed by most people, even those who spend a lifetime praying and preparing for the afterlife, that it is impossible to communicate with those who have passed away. After all, the body has decomposed; the brain, which they believe to be the repository of memory and the organ of thought, has decayed, so what is there remaining with which one can possibly converse.

The barrier between an understanding of the physical universe and an acceptance of the spiritual universe is present here and those who think in this way are materialistic.

That which is spiritual is not physical and vice versa. We are all spiritual entities and spiritual substance does *not* decompose. Thus it is that the personality and knowledge of a human being survive death.

It is hardly surprising that many feel an instinctive repugnance at the thought of communication with the dead since the stories of weird happenings at séances are well-known.

As with incarnate beings, there are many different levels of communication with the spiritual world. The level of any communication is always dependent upon the intellectual standards that it contains. When ignorant, ill-educated people converse, their communication is invariably on a low level but, when well-educated, learned people do so, their conversation is on a higher level.

When the uninitiated attempt to 'get through' to the other world, it is not surprising that some of them get into trouble. This occurs because they do not understand the laws of communication with the spiritual world.

Before contemplating talking with the dead, you must ensure that you have a good understanding of what death is. Also, the more knowledge you have of everything pertaining to the spiritual existence, the better equipped you will be to carry out successful and rewarding communication with people who have left behind the life on earth.

However outrageous an occult subject may appear to you, it will repay you to study it carefully. To this end, I recommend that you read every book that you can find on paranormal and occult subjects. Beware, though, of a tendency to accept everything that you read because there is a great deal of imaginative literature, in particular that dealing with mysticism, that is absolutely untrue and is pure fiction.

After a considerable amount of study, you should begin to get a feeling about that which is probably true and that which is obviously false. Then, by a process of rejecting the ridiculous, the impossible and the unlikely and accepting with reservations the probable and that which appears quite logical to you, you can build a foundation of understanding that will enormously enhance the benefits that you eventually derive from communication with those in heaven. The reservations to which I refer mean that you keep the information in mind as a likelihood until such time as it may be confirmed or denied by your personal experience or by a very reliable spiritual guide.

In order to understand how you can survive the death of your body, you must be able to accept that you are a spiritual being, that

you were not just created at conception or birth but that you have existed for an immense age. As a spiritual being you enter different physical bodies at different times and between those lives you continue to exist in your spiritual form in heaven.

While in heaven, you are the same person with the same mind as you were while incarnate, not necessarily on earth. You still possess a body in human form that is composed of spiritual materials. Spiritual matter differs from physical matter but it can be utilised to create almost anything and any kind of effect. Spiritual matter can also be created merely by the power of thought and it is no exaggeration to say that, in heaven, one's thoughts may become solidified.

One of the most difficult aspects of the spiritual existence to comprehend is the nature of it. What is it like in heaven? The somewhat amazing answer is that it resembles the earth in many ways. One does not float around endlessly in a vaporous cloud carrying a harp and wearing wings as some sources would have us believe. So similar to earth is the spiritual universe that many people who have recently passed over are quite unaware that they have died.

When I was a young man, I found it difficult to understand how anyone could die and find himself sitting under a tree for example. I had just read a newspaper article by Air Chief Marshal Hugh Dowding who claimed to be receiving messages from Battle of Britain pilots who had been killed in action. One such brave pilot had given his life for his country yet he said he was talking while sitting under a tree beside a quiet stream.

As my understanding and knowledge increased, I dwelt at length on the true nature of the life after death, without really achieving a good realization of it. It was not until I began to communicate with the dead myself that I got the true picture.

Heaven is indeed very similar to earth in its appearance and has fields, lakes, mountains, seas, rivers and buildings. It would seem

that earth is a reflection of heaven and that for anything to exist in the physical universe it must first exist in the spiritual universe.

There are some notable differences however. There is no time as we measure it and the force of gravity is conspicuously absent. Physical pain does not exist but mental faculties are generally enhanced once we have left behind our flesh bodies.

The emotional range in heaven is great and can stretch from agony of mind to high elation. Material considerations lose their importance. Gold and money are not sought after because only the spiritual values are important. There is plenty of gold to be seen adorning the higher spiritual beings in the forms of robes and medallions as it is the noble colour and indicates high spirituality.

Any impression that you may have that life in heaven is random must be dispelled. There are laws and a system of enforcing the laws. As on earth, though, there are those who have no regard whatever for authority. These people ultimately pay the price for their libertinism as do incarnate persons.

Intellectuals will find no shortage of colleagues of similar interest, and those who enjoy teaching will never be short of students.

Social life is just as important to those who have 'died' as it is to people on earth. No spiritual being need ever be alone unless it is his own choice.

The subjects of learning on earth are numerous but, in heaven, they are unlimited. The only limitations on achievement are self-imposed.

The fundamental purpose of all human existence is, by experience, learning, atoning and suffering, to rise spiritually to the plane of no return. This means that, having completed one's karma of many lives on planets, one may then remain in heaven for ever, happy and free from physical tribulations.

It is a long, hard road and it may take some spiritual beings thousands or even millions of earth years to acquire the spiritual height necessary to make further reincarnation unnecessary.

It is a widely-held belief that the inexplicable phenomena related in the bible only happened in the era covered by it. This is utterly false since all of the phenomena witnessed and reported in the bible have been happening continuously since then and are still happening today. Yet, the Christian accepts the bible as the word of God but, when similar phenomena are brought to his attention today, he reviles those who report them.

Biblical examples of spiritual occurrences include psychic light, so-called automatic writing, direct writing by a spiritual hand, materializations, UFOs, psychic fire, sounds of music and musical instruments, apports, clairvoyance, clairsaudience, receipt of messages from the dead by Christ and His apostles, speaking in tongues, prophecy, trance, levitation and apparitions of the dead. There are many others, so why do the pious avoid like the plague anything connected with their own spiritual existence yet spend thousands of hours in churches practising rituals and praying in the hope that, by so doing, they will attract God's attention and receive preferential favour in His eyes to the exclusion of the non-religious?

To the sincere, religious believer, all psychic phenomena reported in the bible are accepted but similar occurrences today are ridiculed and denied. Where is the logic in this?

William Ewart Gladstone, four times prime minister of Great Britain, said of psychic phenomena, "I know of no rule which forbids a Christian to examine into this system. It is a question, in the first instance, of evidence."

Percival Lowell, a Harvard University graduate and American astronomer said, "Is anything of God's contriving endangered by inquiry? Was it the system of the Universe, or the monks, that

trembled at the telescope of Galileo? Did the circulation of the firmament stop because Newton laid a finger on its pulse?"

Over the centuries, Christianity has withdrawn from all association with the spiritual phenomena that form the entire basis of its existence. They pray to the Holy Spirit, yet if anyone dares to claim to have communicated with a high spirit he is castigated.

A modern inquiry by Christian priests into spiritual phenomena resulted in complete confirmation of their existence but, although 'leaked' privately, the report on the inquiry has never been officially published. If it were, it would knock aside the pedestal on which the modern Christian churches stand. This explains the inability of the clergy concerned to confront their own findings. They do not want to know because the knowledge overtly endangers their own positions both in the eyes of their hierarchy and of their congregations.

The reader may be assured that the interaction between the material world and the spiritual one, continues, uninterrupted, today as it has since man's creation. The churches' illogical attitude of professing to believe in the spiritual phenomena of a past age while denying them in the present, places them in a completely untenable position. They cannot claim, by any stretch of the imagination that their views are logical.

The proofs of the spiritual existence and the life after death are available to all who seek them, yet it is distressing to witness the grief of Christians at funerals of their relatives, a grief that is exacerbated by not knowing that the departed has not ceased to exist but has merely moved on into a different phase of existence complete with mind, memory and spiritual body.

It is the responsibility of all intellectual people to enhance the interaction between the two worlds but this may only be done by abandoning belief and seeking knowledge. Setting aside religious superstitions, creeds, dogmas, doctrines and rituals is the first step that any seeker of the truth must take.

The mental cobwebs of preconceptions and prejudices must be swept aside to clear the path to understanding.

It must be said that this path is strewn with obstacles, most of which exist only in the mind of the seeker.

Those who want the truth often set limits upon the knowledge that they are willing to accept. If they discover something unpleasant about themselves, some will refuse to confront it and will even deny it.

There can be no ultimate denial, since God knows all. There is no room for atheism in a study of the truth because no spiritual phenomena can ever be explained by material science. Only an acceptance that a superior intelligence has created both heaven and earth can form a strong enough foundation upon which to build one's understanding. How one imagines this superior being is irrelevant in the early stages of spiritual study.

There is a spate of programmes on television, at the time of writing, concerning the nature of the mind and the origins of the universe, in all of which psychologists, psychiatrists and cosmologists expound their views of their subjects. Their approach is always materialistic and it is saddening to listen to the world's leading authorities floundering in a quagmire of pseudo-scientific explanations.

The renowned psychologist is convinced that the mind is the brain and makes a statement to the effect that the one thing that he knows for certain is that every thought is preceded by a chemical action in the brain. He is misled by his evidence! The mind, a non-physical entity, impinges upon the brain and creates physiological effects in it. This is quite the reverse of the scientific 'knowledge'.

The cosmologists are virtually unanimous, now, that the universe began with a giant explosion, the 'big bang' theory. One such expert found no difficulty whatever in believing that 'everything came from nothing', an utterly impossible concept, by definition of the word 'nothing'. So materialistic is this cosmologist that he exuded confidence that it was only a matter of time before all the secrets of the universe were known and that the "intellectual excrement (sic) of the concept of a creator god" was abandoned forever.

The further that scientists probe matter with microscopes and particle accelerators, the more they are realising that they are dealing not with materials but with concepts.

It is obvious to millions of non-scientists that the answers to existence will never be discovered by the use of technical and scientific apparatus nor by any combination of mathematical formulae.

At the turn of the century several scientists decided to investigate occult and spiritual phenomena because events were taking place that defied any scientific explanation. Among those bold enough to risk the ridicule of their learned fraternities was Sir William Crookes, F. R. S., Professor of Chemistry and the discoverer of thallium, a very eminent physicist in his time. His eminence may be judged by some of the positions that he held such as President of the Chemical Society, President of the Institution of Electrical Engineers, President of the British Association for the Advancement of Science, Royal Medallist, Bakerian Lecturer of the Royal Society and other qualifications.

Sir William's initial intention was to prove that all psychic phenomena being demonstrated were a clever hoax and were produced by fraud and trickery. Although he upset many of his colleagues who believed that there was nothing that could not be known by scientists and who ridiculed the strange phenomena, Sir

William staked his entire, very substantial reputation on his findings that they were genuine.

This was a significant departure from the rules of science and it took great courage to undertake such a study and verify the findings in learned papers.

At a meeting of the British Association for the Advancement of Science in 1898, Sir William said that he had nothing to retract and went on to say, "I have no objection to reaffirm my position on the subject of what are known as psychical phenomena, and to state that in regard to my investigations first entered upon by me more than forty years ago, I adhere to my published statements and have nothing to retract. That I have not hitherto considered it necessary to commit myself to any generalisations upon the facts to which I have drawn attention does not in any way invalidate my testimony regarding the facts themselves. In my opinion they substantiate the claims made for them by several of my colleagues and friends in the Society for Psychical Research – viz. that they point to the existence of another order of human life continuous with this and demonstrate the possibility in certain circumstances of connection between this world and the next."

One would expect a Vice-Admiral to possess the faculty of acute observation especially as he would be trained to make observations and record them accurately. For most of his life, Vice-Admiral Usborne Moore was engaged in scientific work for the government yet he found the time, seven years in all, to investigate psychic phenomena. He said, "If I never see another psychic again, the evidence I have obtained will make me sure of the future. I shall go to my grave in the conviction that in a brief space – a few days – I shall awaken in the possession of the same individuality that was mine before breath left my body. I have come to the absolute conviction that what we call death is a mere incident, a door to a higher life that is in reality more substantial to the senses we shall hereafter possess than the one we set so much store upon here."

Sir William Barrett, F. R. S., one time Professor of Experimental Physics in the Royal College of Science for Ireland said, "I am absolutely convinced of the fact that those who have once lived on earth can and do communicate with us." He also stated, "I have failed to find that any person who ridicules spiritual phenomena has given to the subject any serious and patient consideration. Moreover, I venture to assert that any fair-minded person who devotes to its careful and dispassionate investigation as many days or, even hours, as some of us have given years, will find it impossible to continue sitting in the seat of the scornful."

Another great British scientist, Sir Oliver Lodge, who invented a method of wireless telegraphy and was also a philosopher, said, when he was Principal of Birmingham University, "The conclusion is that survival of existence is scientifically proved by scientific investigation."

The purpose so far has been to appraise the reader of the fact that some of the deepest thinkers and most highly academically qualified people have confirmed categorically the validity of psychic and spiritual phenomena.

One of the great barriers that the sceptic encounters is that which stands between a knowledge of the purely material existence and an understanding of the spiritual state.

It is difficult, without extensive consideration, to comprehend the meaning of the word 'spiritual'. Anything that is spiritual is not composed of physical matter and is incorporeal. It is of the soul. The fact that man survives death and can still think, speak and act, indicates that he has retained his mind, since it is with the mind that we think.

Wilder Penfield, who pioneered techniques for the treatment of epilepsy, wrote, "The Mystery of the Mind" (Princeton University Press). Like many another academic, he intended to prove that the brain is responsible for the mind. After studying thousands of patients and experimenting with electrical stimulation of the brain,

Mr. Penfield finally concluded that the mind is totally independent of the brain. He said, "The mind stands above the content of consciousness at any moment. It is an independent entity. The mind directs and the brain executes. The brain is messenger to the consciousness."

This investigator has drawn the correct conclusions from his experiments, unlike the previously-mentioned psychologist who maintains that thought originates in the brain.

Since the mind is not the brain and is independent of it, and it is obviously not physical, it is the mind that survives the death of the body.

Thus we are essentially spiritual in state, although we are incarnate. In reality we live a dual existence.

Some further subjects worthy of study and on which many reports, articles and books are available include Out of Body Experiences, OBE's for short; Transmigration, the transference of a spiritual being at death to another living body, usually by agreement; Possession, the unwelcome occupation of a living body by a spiritual being not its owner; Exorcism, the act of removing an intruding spiritual being from a living body; Levitation, the raising of the physical body against gravity and without physical means; Astral travel, the ability that we all possess to leave our physical bodies and travel in the spiritual universe. This phenomenon is the explanation of some dreams.

When you have waded through those subjects in your local library, there are still Psychokinesis, the moving of objects by mind power alone; Psychometry, the amazing talent of some psychics to pick up information from objects such as stones, letters, articles of clothing and so on; Ghosts, Poltergeists and Psychic Artists.

CHAPTER 2

The bible is full of examples of communication with the spiritual world and it is undoubtedly a process that has continued since the creation of man. There are several examples of direct voice communication. Here is a typical example of a voice apparently coming from no incarnate person. "And there came a voice out of the cloud, saying, This is my beloved Son: hear him." – Luke ix. 35. Usually, a psychic person is present during direct voice manifestation but he or she may or may not be aware of being psychic.

One of the most primitive methods used by spiritual beings to communicate with people on earth is by making knocking or rapping sounds. The number of knocks corresponds with a letter of the alphabet and the earthly recipient merely forms the reply or question in his mind or speaks aloud.

Obviously, this is a very laborious and slow means of having a chat with someone.

Clairaudience, the ability of a psychic to hear a voice that no-one else in the vicinity can hear, is a common way of receiving communication from the 'dead'. Some psychics hear the sound in their heads; others receive messages that 'sound' much the same as their own thoughts do.

Clairvoyance is the ability of psychics to see, by an extension of their vision, into the spiritual realms. Messages may be shown by the spiritual beings in the form of symbols or of written words. I have often been shown statements written on a scroll that the spiritual communicant has unrolled before me.

Incidentally, language is no barrier in heaven and, no matter what language was spoken by the deceased in life, he or she can always communicate in your own language. This is possible because communication in the spiritual world is by telepathic concepts and actual words are not necessary.

The most well-known method of communication with the 'dead' is through a medium. A medium merely acts as a relay between the spiritual being and the 'sitter' or person wanting to communicate with a friend or relative who has passed on. Normally, the medium goes into a trance and the spiritual being speaks through him or her. With this method, the medium is usually unaware of anything that has taken place during the trance. In some cases, the medium's voice takes on the timbre of the spiritual communicant and, in very rare examples, the medium's face is transformed into the likeness of the known deceased person. This occurs with transfiguration mediums.

The phenomena produced by direct voice, trance and transfiguration mediums are usually manifested in darkness or very dim light and this fact alone has given unscrupulous fakes and tricksters almost unlimited opportunities to swindle the public and to bring false hope to the bereaved.

Since it is possible to simulate many occult phenomena by means of conjuring tricks and the use of technical apparatus, those desirous of capitalising on the distress of bereaved people have had a field day. It is not only the gullible who have been hoodwinked either. Some eminent people have been misled by charlatans.

All this indicates that one has to be extremely careful when trusting another person to pass on information from the spiritual world. It must be emphasized that there are many genuine psychics and mediums who apply their talents for the benefit of others and who seek little, and sometimes nothing in return.

If, however, you learn how to communicate alone, the only person who can be responsible, if things do not proceed according to plan, is you. The previous classical examples of communication are all practised by people with a well-developed psychic ability, each with their own special method.

Every person is capable of developing psychic awareness but, as with the acquisition of any worthwhile talent, it takes time, patience and study. Few people will learn to communicate overnight. Some may be well on their way in a few hours; others may need much longer before they can communicate well with the spiritual world. Some, alas, may make no progress at all. This kind of situation applies to any field of study. There are always the good, the average and the failures. Learning to communicate with the dead demands devotion to study, dedication to the subject, diligent application, repeated and regular practice and, above all, the right attitude.

What is the right attitude? It is borne of an earnest desire to understand the truth of one's existence and, subsequently, the reasons for one's experiences in the present life.

It is definitely not recommended that anyone should attempt to speak with the dead just 'for kicks' because they are likely to be kicked much harder than they expect to be. Neither should curiosity be the motive.

Deeply religious people are, in general, unlikely to attempt to communicate because their religion forbids it claiming, quite falsely, that it is the work of the devil. Those who have been indoctrinated into a religious belief are not advised to attempt to communicate because, owing to their fixed preconceptions, they would receive wrong impressions and false messages.

For example, some Christians who think constantly of Jesus Christ are very likely to believe that He is communicating with them at their very first try owing to the fact that their own mind is influencing the message.

Only a free-thinking person, mentally unencumbered by religious dogma or even the contrary atheistic dogma will be able to achieve successful two-way dialogue with those in heaven. An open mind is absolutely essential but, in fact, this is something that few possess.

Many who claim to have an open mind do not understand the meaning of the words and I have met people who state that their mind is open but who, upon my mentioning reincarnation, for example, make it quite plain that I am no longer welcome in their presence. If your mind is really open, you must be able to apply deductive reasoning to any subject and be able either to arrive at a conclusion or continue to keep an open mind on it.

Anyone who is emotionally unstable is well advised not to attempt communication with the dead. Many people who have passed on carry with them their evil or mischievous characters and are not averse to taking advantage of an easy target on earth. They can impersonate others known to the unstable person and pass false messages. The results can be very serious indeed, leading even to mental breakdown.

Teenagers are strongly advised not to attempt to communicate because of their general immaturity. They are, however, recommended to study this book and to try to understand as much of it as they can. When they have reached a deeper understanding of the spiritual world, by virtue of more advanced age and experience, they may commence communication knowing exactly what they are taking on.

Before anyone attempts to talk with the dead it is vitally essential that they read and understand the principles of communication set out in the next chapter. One reading is not enough. They should be read and re-read until they are firmly fixed in the mind.

Some readers may find difficulty in accepting some of the principles because of the preconceptions given to them by misguided priests, psychiatrists, psychologists and scientists who, in general, have no understanding of spiritual matters.

It is, therefore, essential that you set aside that which you think you already know and concentrate on accepting the facts contained in the Principles in the next chapter.

CHAPTER 3

THE PRINCIPLES OF COMMUNICATION WITH THE SPIRITUAL WORLD

1. All two-way communication on an intellectual basis between an incarnate being and a spiritual being, without using a medium, is telepathic.

N.B. Telepathy is defined as “Communication between mind and mind otherwise than through the known channels of the senses.” A person who practises telepathy is known as a telepath.

2. Telepathy may occur with or without the knowledge of or awareness of an incarnate being.

E.g. Thomas Edison, the great inventor, when asked where he obtained his ideas said, “They come not from me but from without.” He was being fed information by spiritual beings in the spiritual world.

3. Telepathy can occur between incarnate beings.

N.B. Numerous examples of this are experienced by most people but are often dismissed as coincidence. Also, controlled experiments in telepathy have produced some astounding results that completely rule out chance or coincidence.

4. Telepathy takes place between discarnate spiritual beings and is their usual method of communication.

E.g. There is the evidence of those people who have had a near-death experience. Many claim that they were given messages by a spiritual being by telepathy and were told, for example, that their time on earth had not yet finished.

5. The mind transcends the death of the body. N.B. If it were not for this fact, communication with the dead would be impossible.
6. The mind is NOT the brain.
7. The mind is not IN the brain.
8. The brain is NOT the mind.
9. The brain is the computer of the physical body.
10. The mind is the computer of the spiritual body.
11. The mind monitors the brain for sensory perceptions.
12. One is aware of everything only through the mind.
13. The mind feeds information to the brain in order to control the body.
14. The mind and spiritual body are separable from the physical body temporarily as in astral travelling or exteriorisation.

15. The mind and spiritual body are separable from the physical body and this event is known as death.
16. The mind is corruptible.
17. The mind is indestructible.
18. The mind can be influenced by evil or for good.
19. The memory store is in the mind.
20. Memory transcends death.
21. The brain is NOT responsible for memory.
22. There is no such thing as a memory cell.
23. No incident or event in one's life can be forgotten irretrievably.
24. No incident or event in one's total existence of many lives can be forgotten irretrievably.
25. High spiritual beings influence the minds of incarnate people for good.

E.g. The incredible creative output of people like Thomas A. Edison, Ludwig van Beethoven, Wolfgang Mozart and Leonardo da Vinci, each of whom was given ideas for his work by High Spiritual Beings.

26. Low spiritual beings can influence the minds of incarnate beings for evil.

E.g. Cases of possession where a person's mind is influenced by an evil-minded low spiritual being; poltergeists who spread fear and distress and are usually destructive; low spiritual beings that prey upon the gullible and the weak-minded and

influence them towards evil practices such as drug taking, terrorism, murder, rape and any conceivable crime or atrocity. Some people are encouraged to take their own lives by low spiritual beings.

N.B. THESE FACTS MUST BE CONTINUALLY BORNE IN MIND IF YOU ATTEMPT TO COMMUNICATE WITH THE SPIRITUAL WORLD.

27. Scepticism inhibits communication.

N.B. If one tries to communicate while still sceptical about the possibility, it is unlikely that any worthwhile results will be obtained.

28. Preconceptions confuse communication.

N.B. Beliefs that are contrary to these Principles must be set aside before success can be achieved.

29. Spiritually low incarnate beings will attract low spiritual beings and can receive garbled and even malicious messages.

30. Low spiritual beings may communicate what they believe are factual and ethical data but which may be false owing to their lack of knowledge and understanding.

31. Perfectly correct communication can only be achieved by High Spiritual Beings communicating through spiritually high incarnate beings.

32. The communication of High Spiritual Beings is *always* highly ethical.

33. *All* communications with religious content should be regarded with suspicion and must be challenged.

34. *No* High Spiritual Being will attempt to communicate on a religious basis.

N.B. No High Spiritual Beings are associated with any religious theology or practices because they KNOW the TRUTH and the TRUTH bears little resemblance to religious beliefs. Spiritual beings on the lower planes sometimes still persist in their religious beliefs and they may communicate in religious terms. If they do, discount the message.

35. Even when communicating with High Spiritual Beings any doubtful communications should be challenged and clarified.

36. The communication of spiritual beings may be limited by the education and vocabulary of the incarnate being.

37. A spiritual being who had a poor education in his or her last life will, usually, still exhibit that in his or her communication.

38. *All* High Spiritual Beings are well educated.

39. Many low spiritual beings are well educated but are ill-informed on spiritual matters.

40. Important questions of life, death, philosophy, metaphysics and so on should only ever be asked of High Spiritual Beings of Planes Five and Six.

41. Communication with low spiritual beings should be limited to friendly discussions on commonplace subjects of mutual interest.

N.B. If, at any time, the spiritual being becomes offensive or tries to upset you, cease communication immediately on your own initiative.

42. Some spiritual beings are capable of communicating with two telepaths simultaneously on different subjects, but not more than two.

43. Spiritual beings can read auras, since the aura contains information before the mind is aware of it. Thus, the aura is precognitive and spiritual beings can know what a telepath is *about* to think.

44. Spiritual beings can read minds successfully only when the thoughts in them are clear.

45. The clarity of a mind increases with spiritual height.

46. Regular daily practice is essential if communication is to reach the desired standard.

47. Inter-world communication is very tiring for both communicants, particularly for beginners. Sessions should be limited in the early stages to periods of about fifteen minutes, working up to a maximum of one hour.

48. An atmosphere of quiet and calm is essential for good inter-world communication.

49. Private communication should only be carried out while physically alone or in the presence of other initiates.

50. The presence of a sceptic during communication can upset both communicants.

51. Communication should *never* proceed until the spiritual being has given his or her name.

N.B. Initial identification prevents problems later and the telepath learns to recognise different spiritual beings by their style and manner of communicating.

52. The spiritual being must *never* be allowed to take over. The telepath must *always* make the final decisions.
53. The telepath should never attempt to act as a medium between the dead and their friends or relatives on earth.

N.B. This can cause considerable problems with the people concerned because they may have a completely different reality on their loved ones who have passed on and the telepath is likely to be branded a fraud. Those desirous of speaking with the dead should be advised to study this book and attempt it by themselves, alone.

54. Failure to get in touch with a person known to have passed into the spiritual world may be owing to their having been reincarnated.

N.B. Some spiritual beings are forbidden to communicate with people on earth and others may need some time to elapse before they have recovered sufficiently from the trauma of their passing to confront those still incarnate.

55. Failure to understand and comply with the foregoing Principles could result in confusion, disillusionment and even distress.
56. The more astute student will, no doubt, realise that there are considerable possibilities for experimentation with spiritual beings once good communication has been established.
For example, spiritual beings can view the physical universe with more perception than can incarnate beings.

This may lead the student to assume that magical tricks can be performed to the consternation of friends such as asking a spiritual being to disclose the contents of a closed box or to predict the fall of cards.

While these things are possible only through specially chosen mediums, it must not be assumed that every telepath should be able to demonstrate such tricks.

Similarly, asking a spiritual being to relay a message to another spiritual being and thence to a second incarnate being can have a negative result. Again, this is possible but the important thing to remember is that the telepath must *never* attempt to demonstrate his communication skills by indulging in party tricks.

Acknowledgement

This chapter is a wonderful example of two-way communication with the spiritual world. All the principles of communication laid down and explained in this chapter were dictated to the author, posthumously, by Professor Doctor Carl Gustav Jung, the eminent Swiss psychologist who passed on in 1961.

Professor Jung and the author worked together on this project for many hours and the resulting intellectual standard is self-evident.

CHAPTER 4

Now, I shall describe the actual methods of communicating with the spiritual world that I have used. The first is the ouija board. Yes, I know there is much misunderstanding and sometimes fear

associated with its use and this is because the principles have not hitherto been known or understood.

As with all occult phenomena, there will always be those who claim that all the effects and results are imaginary or that one's own subconscious mind is the source of messages received on the ouija board. Such people are very fond of criticising a subject about which they know absolutely nothing and it is doubtful whether those who make the loudest protestations against occult practices have ever studied them seriously.

Here, for the first time, are the facts concerning the use of the ouija board. The word 'ouija', is made up from the French and German words for 'yes', 'oui', and 'ja'.

It is not necessary to spend any money on buying a ouija board as one may be made in less than half an hour. The simplest method is to cut out twenty-six pieces of thin cardboard to a size about two inches (fifty millimetres) square. On each card write a letter of the alphabet. Then, lay the cards in a circle, clockwise in alphabetical order, on a table. A small, occasional table will suffice.

Place a small circular object in the centre, such as an inverted glass, a plastic cap from a medicine bottle or even a coin. This is only necessary for beginners who may find it easier. The forefinger is placed upon the object and the communication may begin but, before I explain the procedure, here is another design of ouija board which costs nothing to make and can be carried in a wallet or handbag, depending on the size required.

Take, for example, a plain postcard and draw a circle on it as large as possible. Then, divide the circle into thirty sectors if you wish to make a neat job of it. In each sector write, or print with 'instant lettering', a letter of the alphabet, working clockwise. In the few remaining spaces, insert CLAP and LAUGH.

To divide the circle into thirty sectors make marks every twelve degrees around the circle using a protractor. If you do not possess

such an instrument, simply divide the circle into thirty-two sectors by repeated division into two, four, eight, sixteen and thirty-two.

At the end of this book is a printed ouija board of the type developed by the author.

You should have plenty to laugh about with your friends and relatives in the other world and you will find that, if they had a strong sense of humour while on earth, then they will have retained it.

Beginners using a small object placed on the board on which they can rest a finger should make sure that it can slide easily. Too much friction will make communication difficult because a beginner's psychic channel is not capable of accepting the strong telepathic influences necessary to move the finger and the object.

With experience, you may embellish your ouija board in any way you like. It is a good idea to print the names of your most frequent spiritual visitors on the board as it saves time and avoids spelling out names.

The ouija board is, in modern computer jargon, the 'interface' between the world of the departed and our world. It enables spiritual beings to convert their thoughts and concepts through the medium of telepathy into language that you can understand.

The spiritual being thinks of that which he wishes to convey to the incarnate being and impresses his thoughts telepathically on the person's mind which then influences the brain which, in turn, motivates the body to make a movement that will indicate the message being telepathized.

It should be realized that only an incarnate person with a clear mind can receive clear messages.

If you receive movement of your finger at all and you *know* that you did not consciously move it, then you are being communicated

with by a discarnate spiritual being. Forget about the claims of some that you are talking to your own subconscious mind. *You* are the centre of awareness of your own mind so, if you made no overt attempt to move your finger, or the glass or whatever the object is that you may be using, and it still moves, you have made contact and are having a close encounter of the psychic kind. You must accept this!

It is essential that this be clearly understood right from the start because doubts about who is moving the object and finger can slow down your progress.

The planchette, a small platform on wheels, castors or bearings is sometimes used for communication but, because the telepath's finger or hand is being moved, the planchette is quite unnecessary and will not be discussed further.

Let us assume, for instance, that you have made a ouija board and are seated comfortably before it with the letter 'A' at about twelve o'clock from you. Ensure that you are alone and that the environment is reasonably quiet.

Spend a minute or two consciously relaxing and emptying your mind of all apprehension. Then, place the forefinger of either hand on the movable object of your choice. Ensure that you are doing this for the right motives and put out the thought that you would like someone to speak to you.

It may be some little while before anything happens but if, after fifteen minutes, nothing has happened, just leave it and try again several hours later.

Eventually, the glass will start to jerk and move very slightly; so slightly that you may think you moved it accidentally. At this stage, keep thinking about being spoken to and the movement should increase until the glass has moved from the centre of the board to one of the letters of the alphabet.

It is important to write down everything that you receive, no matter how incomprehensible it may seem, because you can often fill any gaps later and see if it makes sense.

The glass, after moving to several letters in turn, should have spelt out a word. Failing that, it will have moved to a series of letters that do not make a word. In the early stages, this is to be expected. Sometimes, one receives mainly consonants and, without vowels, English words cannot be formed.

Be pleased that you have achieved movement of the glass and communicate with the spiritual being, whom you cannot see, as though he or she were physically in the room with you, by thinking what you wish to say.

Tell the communicant when you intend to stop and arrange to speak together again at a suitable time. As soon as you begin to receive words that make sense, ask the spiritual being's name but restrict your conversation to very basic subjects at this stage.

Even after complete words and sentences have been received, the messages may not make sense. At this point you must avoid being sceptical because, if you have got as far as this, then you can proceed until you do receive sensible information.

If, at any time, you do not feel at ease, or are apprehensive, you should abandon the attempt and try again when you are feeling completely calm and confident.

It may take many sessions before you finally achieve good two-way communication. This will depend on a number of factors such as your attitudes and your understanding.

Never try to communicate when you are tired because the session will be mentally demanding and you cannot get good results in such a state. If you become tired during a session, tell your communicant, then end the session on your own initiative.

It could be dangerous to attempt to communicate while under the influence of alcohol or drugs. Your defences are down in this condition and you could be exposing yourself to some risk. A sober, clear mind is absolutely essential.

You should have noticed that, at each session, the movement of the glass becomes stronger until, finally, it is so positive as to leave you in no doubt that an external agency is motivating it.

After you have established the identity of your communicant, the way should be open to a whole new adventure, the greatest adventure of all, since you will be able to do what the majority of people believe is impossible, namely, to talk with the dead!

I discovered at an early stage in my own communication that the same man came to speak to me every day. He had already told me his first name. Then, it occurred to me to ask if he were my Guide and he said he was. This gentleman turned out to be a mine of information and I must have nearly driven him silly with my numerous questions.

Since being a small boy, I had thought deeply about my own existence and life in general. I had survived six years of war in the Royal Air Force and had some very thought-provoking experiences so, when I found myself talking to an obviously knowledgeable man on the other side of the veil, it was only natural that I should ply him with questions.

My new-found Guide told me about life in heaven and set my mind at rest concerning many puzzling aspects of existence. He confirmed many of the facts that I had previously discovered by other means such as the fact that I had lived many previous lives.

As the weeks passed, my wonderful and helpful Guide assisted me with my daily routine and gave me much useful advice.

The various spiritual planes in heaven were described to me and I was told what one had to do in order to rise spiritually. It should be

more interesting for you, the reader, to ask your own questions but here are a few to begin with.

Do we live more than one life? Is there hell after death? What is life like for your communicant in heaven? The list is endless and only your imagination or lack of it determine how much you learn.

Be careful when asking such questions of people on the lower planes. It is quite possible that they do not know the answers and they may give a wrong answer, believing it to be right. Death does not automatically endow people with wisdom or knowledge.

Sooner or later, you are likely to meet a departed relative. Now is your opportunity to confirm with certainty who they are because you have known them closely and can question them intimately.

If you progress well, in time you may be informed about your former existences in other bodies. Some of that which is revealed may be very disturbing to you but, if you have the courage to confront and accept your behaviour in an earlier life, you will almost certainly find that many of the problems of your present life had their origins before you were born.

The early sessions on the ouija board may be slow in progress but this is not the time to give up. If you have made any progress at all, then there is nothing to prevent you from continuing. It is a painstaking process receiving words spelled out, but at least you are communicating.

After a while you should realize that you know what word is coming next although you have only received the first letter. This build-up of your psychic awareness is very significant and should be practised.

If you think you know what the next word is going to be, just ask your spiritual communicant. For example, you may receive the letter 'p' and the word 'pencil' comes into your mind. Ask if the

word is 'pencil'. If it is, your finger should move to 'Y' for 'yes' and, if you are wrong, it should move to 'N' for 'no'. If the latter occurs, ask for the word to be spelt out.

Use abbreviations wherever possible in order to speed up the communication. As soon as you have become proficient at receiving whole words from initial letters only, the rate of speaking is increased to shorthand speed compared with the previous, very slow speed.

Most people who have progressed to this stage will find that this technique suits them best but there is still further skill to be acquired and more psychic awareness to be awakened.

If you wish to continue to advance your communication technique then the next step is to set aside the glass, coin, bottle cap or whatever slider you may have been using and simply use your forefinger in place of it.

You will find that the result is just the same. Your hand will be moved, according to the Principles in Chapter 3, influenced by the mind of the spiritual being who is talking to you. From now on, you may carry your postcard sized ouija board anywhere and talk to your spiritual friends whether you are at home, in a hotel or even in a train or aeroplane.

This kind of communication is a far cry from the blacked-out rooms and séances redolent of the Victorian era. Now to the ultimate method. Let us now assume that you have been practising for weeks, or even months, using the forefinger on your home-made board.

Turn your ouija board over to its blank side or just use a plain piece of card or paper. Place your forefinger in the centre and communicate. Here is an amazing thing. During all your self-training you have built up in your mind a copy of the ouija board and you know exactly where each letter of the alphabet is. Your

communicant will also be familiar with your mind and will move your finger to an imaginary letter on the blank board.

The words should shoot into your mind with every movement of your forefinger although there is no visible alphabet. After some success using this method, you will find that you no longer need anything other than your forefinger in order to receive messages from the dead.

If you speak mentally to your spiritual friend and you feel your finger being moved at the same time as you receive words telepathically, then you *know* you are in communication and are not just listening to your own thoughts. For serious discussions and where names are important it is advisable to use your ouija board as this ensures greater accuracy.

You should have proved to yourself, by now, that communication with the dead is possible and that there is nothing to fear provided you have heeded the advice contained in this book. The very last stage using this method of talking with the dead is to discard the ouija board altogether, when you will discover that, even though you have no visible screen under your forefinger, its movement alone, irrespective of where it moves, is sufficient.

By this means you can now speak with your spiritual friends secretly, in public, by keeping one hand in your pocket or by hiding the movement of your finger with the other hand.

Having dealt with the ouija board method of speaking with the dead, in the next chapter I shall tell you of an equally exciting and successful method that I use.

CHAPTER 5

Whereas the use of the ouija board and the practice of spirit writing are by no means new techniques of communication from the spiritual world to ours, the principles governing them, as contained

in this book, have not been previously known. Now that they are known, communication becomes a much more precise practice than it ever was before.

After having spoken at great length with one of my highly spiritual Guides, I decided to ask him, one day, if he could write through me. He suggested that we try it, so I picked up a pen and held it over a sheet of paper. For a few seconds nothing happened. Then, my hand began to move but not at *my* will. Slowly, at first, and then increasing in speed, perfectly understandable English appeared before me, written by my hand, yet not from my mind.

Owing to the fact that I had acquired great facility on the ouija board, I experienced no difficulty in receiving spirit writing. The Principles in this book apply equally to receiving writing by psychic, telepathic means as to the ouija board method of communication.

Some psychics receive writing by joining all words together. This is quite unnecessary as the writing should appear more or less as you would normally write. Sometimes, though, the spiritual communicant can superimpose his own calligraphic style upon yours, making it appear as though someone else wrote it.

The time difference between heaven and earth means that spirit writing is usually received very fast. If it becomes too fast for you, merely ask the spiritual being to remember that you have physical limitations and he or she will slow it down.

It was at this stage that I had very tangible proof that I was being communicated with by a mind completely independent of my own. My Guide advised me to obtain a certain book from the public library. I had never heard of it or the author's name before and yet, there it was on the shelf in my local library. It is this kind of incident that hammers home the certainty of your association with those in heaven.

Taking a script from a 'dead' person, far from being spooky or eerie, is a wonderful thrill. When you realize that page after page of writing is not coming from your mind but from that of another being, you can only marvel that it is happening.

If you are spiritually high enough and fortunate enough to have a very knowledgeable Guide, you should receive first-hand accounts of what life in heaven is really like. This knowledge should remove any fear of death that you may still have.

Asking your Guides to write through you is the better method if you want a permanent record of their statements, otherwise the ouija board technique, with or without an actual board, is to be preferred.

As with all communication, the spiritual guest should always announce his or her name first, thus:- "This is Tom Foster (a fictitious name) writing through.....", your name will be inserted here. It is equally important to date your scripts and to keep any important ones in a file.

Unless you are already clairvoyant to some extent, you will not usually be able to see your communicant but I discovered very early in my experiments that I was aware of a spiritual being entering my room. Then I found that I picked up their name telepathically and could dimly see what they were wearing and whether they were sitting or standing.

Some of those who came to me in this way I had never met before but they had been well-known while incarnate and I was able to say, "So and so is here", and then check it on the ouija board. When meeting spiritual beings in this way, I have never been wrong and this has given me great faith in my own psychic awareness.

CHAPTER 6

After achieving successful communication with the other world you may, understandably, feel like telling everybody about your newly-acquired skill. It is important to realize that not everybody wants to know and, if you do confide in anyone, it is as well to ensure that they are likely to be understanding and sympathetic in their reactions.

You may encounter hostility, disbelief, even ridicule because many prefer to accept the word of professional people who know nothing about the subject. *You* know, however, and you must never allow another person to influence your own attitudes regarding life after death once you have acquired the knowledge.

As you will already have appreciated, the kinds of people who are most likely to cry you down are religious bigots who will accuse you of consorting with the devil, psychologists, psychiatrists, atheists and materialists of all persuasions. Explanations that are apparently plausible will be given by some people that attempt to explain psychic phenomena in materialistic, genetic terms. My advice is to ignore, completely, those who do *not* know and listen only to those who do.

You may be asked by someone to prove that we survive death. Your reply should be, “You prove it to *yourself* as I have to *myself*.” The proof of any spiritual revelation can only be as a result of your own knowledge. It is of no use to demonstrate your amazing ability to talk with the dead on your ouija board to a sceptic because he or she will deny that you are, in fact, communicating.

I wish to make it plain that I have never experienced any unusual, unnatural or frightening phenomena during the many years that I have been talking with the dead. It would be foolish of me to make such a claim on behalf of others because everyone is at a different spiritual level and possesses different depths of knowledge and understanding.

It is essential for me to repeat that, if at any time something unpleasant or upsetting occurs, you must end the session at once and order the offending visitors to leave.

Some readers may find it difficult to understand why I state on the one hand that atheists should not become involved in communication and, on the other hand, neither should people of deep religious conviction. It is perfectly possible to accept the spiritual existence with God, who is generally regarded as the Supreme Being, at the head, without accepting any of the thousands of religious beliefs that people hold.

Furthermore, prayer is of great help to you because God hears everyone's thoughts telepathically. Only personal prayer is recommended, though, because mass prayer has no effect on people's individual karmas. Similarly, ritual prayers are simply a waste of time. Pray for success and help in any venture in which you can help others and pray for your own good health without abusing it while doing so. If you want money for a good purpose such as survival and a better standard of living, pray for that, as well.

Do not be too surprised if your prayers are not answered because we receive only that which we deserve.

By all means pray for help in understanding your true spiritual nature through the medium of telepathic communication and remember that the principles of telepathy are just as valid as scientific laws such as the law of gravity. Both were established by our Creator to Whom great reverence should always be shown but Who, being so great Himself, does not need to be worshipped.

Should you be fortunate enough to be well advanced on the spiritual scale and you establish good communication with the other world, it is probable that you may be requested by higher spiritual beings to assist them in their eternal task of trying to help the people of earth to understand their true spiritual nature. This is a great

honour that is afforded to few but, if you are chosen, you can expect to be severely tested.

Several examples are reported in the bible of chosen people being tested before being accepted to carry out vital work for the heavenly hierarchy. In modern times, a test of faith, such as that demanded of Abraham when ordered to sacrifice his son Isaac, is not likely. Nevertheless, you can expect any test to be stringent.

Only those who show their full faith in, and acceptance of, their highly spiritual Guides that they can be trusted, that they have no personal axe to grind and that they are prepared to work hard, will be of any use to the hierarchy.

In writing this book, I am fulfilling part of my responsibility to disseminate the information that has been passed to me by people in high places in heaven. Before I was given the vital data, however, I was tested several times, very rigorously.

I was then asked if I wished to continue to help the spiritual world in its task of trying to enlighten people on earth. The choice was mine, I was told. If I agreed, I should receive all help possible from them but if I decided not to, they would simply withdraw and I should be entirely on my own again.

As I had spent much of my life formulating my own philosophy and studying the spiritual existence, it was the answer to my aspirations. Of course, I agreed.

From that moment on, I have had to work hard trying, in various ways, some successful, others less so, to acquaint my friends and the public with the facts about their existence. Throughout man's sojourn on earth, the spiritual world has been working to help him but, although they have had their successes, they have also had their failures.

One of the biggest difficulties, they have told me, lies in finding suitable mediums or instruments. Many have been called and many have been found wanting. It is so unusual to find a psychic person who is not already indoctrinated with religious teaching or one who is prepared to set aside his own ideas and understanding and accept a completely new set of principles of existence.

There have been psychics who, after having been given some information by the spiritual world, have seen themselves as a new Messiah and, having failed to understand the information, have formed a new cult or religion. This is the last thing that the spiritual hierarchy wish to see because the existing varieties of religion are the cause of tension worldwide and only the *facts* about your existence are important to you.

One of the most enjoyable aspects of my routine communication with those in the next world is that I have been introduced to many people whom I have admired from a distance while they lived on earth. Although we had never met before, I discovered that I had a lot in common with them all.

An even more remarkable reward has been to be introduced to some great people of past history, some of whom lived hundreds, or even thousands, of years ago.

Please excuse me for not giving the names of my communicants but I think it better if I leave you to experience the joys and surprises of being able to talk to someone who lived on earth ages ago in your own way.

The important factor that seems to determine whom you meet is that of affinity. If you have approved of and admired a well-known historical person and that person has been a force for good, then you may be lucky enough to meet them. They will, usually, only approach people on earth who have a deep understanding of the spiritual existence and who are high-minded.

Whatever you do, do not attempt to get in touch with the known evil-doers of the past. Look only upwards, towards the great ones of exemplary character and achievement.

Failure to get in touch with a particular being could be for a number of reasons. He or she may have been reincarnated; you, personally, may not be considered wise enough or worthy enough; your attitudes may leave a lot to be desired and, of course, the beings concerned may be engaged on vital work in heaven

On a more personal note, as we have all lived previous lives, we have known, and may have had close associations or family relationships with, many spiritual beings who are no longer incarnate.

One such association it has been my great joy to renew. It concerns a lovely young woman who was my wife in two previous lives. Since she was reintroduced to me, our earlier great love for each other has been rekindled and I have the most beautiful and satisfying relationship with her although she is in heaven and I am on earth. It needs no emphasis that I shall be with her again, on equal terms, when I return to the world of spirit. With this wonderful prospect, it is impossible for me to harbour the least fear of dying since I know that it is simply a return to the greater life beyond.

It should come as no surprise to the successful telepath to learn that they cannot hide anything from those in heaven who have good reason to be observing them. I know that my every thought is received by many spiritual beings who are taking a particular interest in my work. It is impossible for me to be alone and those of you who are lonely will no longer feel the pangs of loneliness after you have learned to communicate.

Space and time represent no difficulties to spiritual beings, unlike our earthly problems. They can go anywhere, instantaneously, as quickly as thought itself. They need no vehicles and are unbound

by the opposition of gravity, weather or time. Similarly, the physical barriers that we encounter such as walls, rivers, seas, mountains and so on, offer no impedance whatever to those in the spiritual world.

There may be some readers who, after a while, will begin to have such a reality on their spiritual existence that they neglect their physical one by not eating properly or neglecting their health.

This must never be allowed to happen. We are not ascetics, we do not lie in darkness on mountain tops, we have no need to punish our bodies in order to rise spiritually.

Similarly, fasting is absolutely unnecessary if you wish to acquire enlightenment. Your body should be kept in good condition by eating a reasonable amount of food and by not over-indulging in anything that is harmful to it. Your physical needs must always have priority.

In order to achieve the best results while communicating with the dead, it is essential that you remain fully conscious and, to this end, it is not advisable to take drugs of any kind unless they are vital to your survival as is the case with diabetics and some people with heart disease, for example.

It stands to reason that hallucinatory drugs represent the road to spiritual ruin and no one who takes such drugs should ever contemplate communication with the dead.

Like attracts like and birds of a feather flock together. These adages apply to spiritual beings in heaven the same as they do on earth. Those who think evil attract evil and those who think of good, love and kindness will gather in these things.

Perhaps a few readers are concerned that they may meet the devil. Do not worry about that because he is a purely fictional being

created by religions to represent a personification of evil. There is no being in heaven known as the devil or Satan. In Principle 26, however, the examples quoted are of devilish behaviour by individual spiritual beings who were wicked on earth and who choose still to follow the paths of evil now that they have returned to heaven.

All people, incarnate or discarnate, who show an earnest desire to improve their understanding and behaviour are helped by God, therefore He is in full support of those on earth who, through the application of their intelligence, aspire to greater knowledge and comprehension of their true spiritual state through the medium of communication with the dead.

Almost every major invention or new discovery throughout history has brought with it heavy responsibility. Explosives can be used to assist man's mining and building work and to enable him to construct huge dams and reservoirs without using slaves or sweated labour. On the other hand, they are used to maim, destroy and slaughter people.

Electronics and radio have made it possible for anyone to pick up a telephone and speak to someone living on the other side of the world and television brings us colour pictures of events around the world as they happen, but these wonderful inventions are also used for evil such as remotely detonating terrorist bombs and for spying upon one's neighbours.

Aviation has revolutionized global travel but it has also been the means of massacres and destruction on a horrific scale.

I am trying to show that nothing is inherently either good or evil but that everything depends on its manner of use and the intention behind it. So it is with spiritual communication. God has made all these wonderful things possible and has given us all free will to make of them what we can. Therefore, I repeat that communication with the spiritual world is not evil of itself.

The perversion of God's laws in order to practise wickedness carries with it a heavy karmic penalty and this applies as much to spiritual aspects of creation as it does to man's inventions.

Be sure that when you communicate with the dead you are doing so for positive reasons such as love or a burning desire to know the facts in order to benefit yourself and others. Rest assured that, with altruistic motives such as these, you will suffer no harm.

Those who choose to attempt to use the knowledge contained in this book for evil purposes will have to take the consequences, as do all wrong-doers. I am touching upon the subject of karma, here, but this is not the place to expand upon it. You will learn about karma and possibly some aspects of your own karma if you reach the stage where you can speak to those spiritually high enough in heaven to be able to explain it to you.

Suffice it to say that the ability to speak with the dead is the key to the greatest revelations of all time. You will not have to decipher cryptic messages; they will be in plain language. Mysticism may be fascinating to some people but it is a region of unknowingness, uncertainty and confusion. Through your own efforts, you can eliminate these undesirable qualities and substitute for them knowledge certainty and enlightenment.

CHAPTER 7

Although, as I have already explained, there are many people only too anxious to condemn communication with the spiritual world, their opposition to it stems largely from both ignorance and fear.

If you have proceeded with your practice and have acquired a pleasant relationship with a person or persons in heaven, you are in an excellent position to begin to experience the enormous benefits and advantages that such an association can bring.

Please bear in mind that, as on earth, not everyone in heaven is knowledgeable or wise so if you are, for example, an artist and would like to receive guidance and assistance with your work, the best course of action is to ask your spiritual communicant if he or she can find a spiritual being who is skilled in art to assist you.

It is always possible for a low spiritual being in heaven to receive advice and assistance from one on a higher plane. Based on the principle that God helps those who help themselves, anyone who discloses an honest desire to improve will be helped.

My own career has been in engineering in many of its numerous branches and I am now able to enjoy the advice and assistance of some of the most eminent and able engineers in history.

Perhaps only an engineer can really appreciate another engineer's work and when I think of the achievements of people like Isambard Kingdom Brunel, I just marvel at his creative talents, devotion to a declared aim and his diligence.

As is well known, Brunel designed ships, bridges, railways, viaducts, tunnels and many other things that brought immense advantages to the people of Britain in particular.

One day, I was sitting pensively in my room when I became aware of a presence. As I looked, I saw first a top hat in the style of the mid-nineteenth century, then a white bow tie, a black suit, patent leather boots and a silver-knobbed, ebony walking stick. Recognising the figure from photographs, I immediately checked with my Guide and it was confirmed that the great Isambard was with me.

After a preliminary chat, I was offered help by Isambard and, although this was some ten years ago, he still visits me to ask how I am progressing. He also stayed with me at a time when I was deeply involved in my own engineering project which demanded that I work a seven-day week. His advice and counsel were invaluable.

Later, I discovered that, on the principle of birds of a feather flocking together, Isambard had, as his constant companion in heaven, Sir Barnes Wallace, one of Britain's greatest twentieth-century engineers. Barnes is famous for his aircraft designs that incorporated geodetic construction and resulted in extremely strong bombers such as the Vickers Wellington during the second world war. He, also, designed the skip bomb that enabled our bomber pilots to destroy the German dams.

Perhaps Barnes is not remembered so much today for his design of the R100 airship which flew successfully to Canada and back and was proved to be infinitely superior to the R101 which was the victim of total disaster. Only a dedicated engineer can really understand the devotion to work, the mental ability, the foresight, the imagination, the numerous frustrations, the failures, the setbacks and, sometimes, the heartbreak of being an engineer in the forefront of technology.

Neville Shute Norway worked with Barnes Wallace on the R100 and wrote a book about it entitled, "Slide Rule". For his literary work he called himself Neville Shute and, although a brilliant engineer, he went on to become a best-selling author of novels.

Neville is the third member of the trio of engineers who have helped me in my work. As I write, they are standing beside me, having picked up from my mind that I am thinking of them.

The three great engineers of the past have completed their karmas on earth and now reside on Plane Six in heaven, the highest that ordinary people ever reach.

With my psychic vision, I can see Isambard in his usual, resplendent, Victorian attire. Barnes usually wears a brown overcoat which, apparently, was his favourite garment when watching outdoor trials of his numerous inventions. Neville is tall and wears a grey three-piece suit with a silver tie.

This kind of relationship is an example of the amazing and fascinating world of the accomplished psychic.

If you have succeeded in communicating, then you *are* psychic and further practice and study should bring their own reward in ways that you can never foresee.

Perhaps you are a nurse. Can you imagine the tremendous advantage of knowing the spiritual truth about your patients? Knowing that their suffering is not random but has a purpose and knowing that, although their bodies die, *they* do not, makes you a nurse in a million. Your understanding will improve greatly and your effectiveness with your patients will be enhanced.

If your psychic talents develop well, you may even develop the ability to see auras. There is much to learn about the meanings of aura colours but this is a specialized subject that cannot be covered in this book. As a nurse, though, you would be able to identify the spiritual height of your patients which, in turn, would allow you to understand their suffering and their behaviour better.

Those of you who are mothers will, as a result of your successful communication be able to understand your children as few others can. Most Westerners think that they, as parents, create their offspring but they merely provide the physical vehicle for the spiritual being that is the child.

Pregnant women can communicate by telepathy with their unborn children and console them during their traumatic period in the womb. Being born is a painful process for the baby as well as, sometimes, for the mother so a mother-to-be who can talk to her unborn child will be able to take much of its mental suffering away before it is born. This will pay handsome dividends as the child will be more placid.

I should like to tell you about some more of the numerous benefits that I receive owing to my psychic ability. The young lady to whom I was married in two previous lives has remained with me day and night since we were reintroduced about ten years ago.

Apart from the wonderful solace that she brings me, my soul mate, for that is who she is, helps me in many aspects of my daily routine. If I wish to rise early in the morning, she will wake me at the time that I have requested so that I do not need to set an alarm clock.

When I am preparing meals, I can feel her moving me about and guiding my thoughts as to what to do next. She has the most loving and charming character and understands me completely. We indulge often in humorous banter and I can feel her close presence, at times as though she were incarnate.

When driving my car, I am always accompanied by a spiritual being who, while on earth, was a famous motor racing driver and speed record holder. We chat to each other which helps to relieve the boredom of long journeys.

Many a time while driving on narrow, winding roads, I have unconsciously withdrawn my foot from the accelerator and put it on the brake only to find a double-decker bus or a heavy lorry completely blocking the road around the next bend. My spiritual Guide has seen the danger and given me advance warning. The value of this kind of spiritual guidance cannot be overestimated.

Music, and the playing of musical instruments, have been a hobby of mine since I was a child. I still enjoy playing in dance and jazz bands but, recently, there has come an additional fillip to my enjoyment. Well-known musicians who have returned to heaven visit me when I am rehearsing and are always present at my engagements..

Being able to see my spiritual visitors is a wonderful experience and I chat with each of them as often as time allows.

I was not very skilful on the clarinet until one particular musician, his life's work finished and now in heaven, came regularly to coach me, but, thanks to his teaching and encouragement, my ability on

that instrument has increased to the point where I now play confidently in public.

These are just a few of the amazing benefits that I have personally received as a result of learning to communicate with dead. There have been many more but, above all, I have satisfied my lifetime curiosity concerning our spiritual existence and, at the same time, have learned about my own behaviour and treatment by others in previous lives.

The reasons for suffering are now clear to me and the purpose behind human life has been disclosed.

Before I began to speak with those in heaven, I had little understanding of the realities of the after-life, although I was certain of its existence but daily conversations with people of many different talents and experiences who now enjoy their celestial existence have filled in the gaps in my knowledge and removed the anxiety that I felt in my quest for the truth.

CHAPTER 8

The realisation that life is eternal opens up the most amazing possibilities in the realm of psychic studies. As soon as you are completely convinced that you cannot cease to exist, it will become obvious that everyone who has ever lived is still around somewhere, either incarnate or in spirit form.

It is, therefore, possible to speak with the great people of ancient history. Can you imagine holding a private conversation with a popular historic figure such as Julius Caesar or Alexander the Great?

If you are intellectual and philosophically-minded you can, conceivably, communicate with the great Greek philosophers and learn how they saw life and how they coped with it.

Christians speak of the Living Christ as though He were still alive today, and so He is but not on earth. Christ is alive in heaven as are millions of people in spiritual form.

If one can accept that Christ has not died, then surely it is as easy to accept that no other human being has. They merely pass from one form of existence, a temporary one, to another, permanent one.

Extending this line of reasoning still further, we can appreciate that the well-known biblical characters must also be in existence somewhere. Furthermore, it would be reasonable to assume that those who were shown favour in the eyes of the biblical God, and who worked and suffered at His command, are now reaping their rewards by virtue of being highly-placed in heaven.

It stands to reason that only those mortals who have proved their mettle are ever likely to be granted positions of authority and responsibility in heaven.

The bible clearly relates the trials and sufferings of many great men, some of whom are the subjects of entire chapters therein. From a study of these people, it can be seen that the path to the top is a difficult one involving hard work, suffering, learning and experience before the final achievement of life in the most beautiful, highest realms of heaven is attained.

It may also have occurred to you that you could speak with your ancestors but do you realize that you may actually have been one of your own ancestors! This may, on the face of it, sound ridiculous but, if you consider that you have lived in many bodies, all of them for a specific, karmic purpose, then it is perfectly feasible. You could have been your own grandmother or grandfather, a situation that is not unknown in spiritual circles.

The ramifications of karma are so very far-reaching that they make enormous demands upon one's understanding. Through

communication with those in heaven with sufficient knowledge, you can, eventually, broaden your depth of comprehension and extend its limits to the point where you may embrace a kharmic pattern of existence spanning thousands of years.

Eventually, having achieved an ability to accept your previous existence, you may then begin to examine your past in detail. This may involve much questioning of your spiritual Guide but you must be prepared to be told some unpleasant facts about your behaviour in previous lives.

If you weaken at this stage, you will make no further progress, spiritually. On the other hand, if you courageously accept your own actions and take full responsibility for them, you will continue to rise both in spiritual terms and understanding of your present-life problems.

If you have suffered in a particular manner, you may discover what you did in the past to incur such an experience. Knowing the reason for one's tribulations goes a long way towards easing the symptoms. It is very difficult to understand just why one is made to suffer but there *is* a reason and there *is* justice in the universe.

Without reincarnation, it would be difficult to imagine how a system of justice could be imposed because much retribution would have to occur after the death of the body and it could only happen in the spiritual world.

Reincarnation is the fundamental means of ensuring that we reap as we sow. Memories of our past lives are largely obscured from us, so it is always difficult to relate a particular present-life problem to behaviour in an earlier life or lives. Now, though, it is possible to ascertain the facts concerning our past by dint of assistance from our spiritual Guides.

It is as well to remember that nothing that we have ever said or done in our total existence has failed to be impressed upon the

Akashic Record. Also, there are numerous highly spiritual individuals in heaven who have personal knowledge of our behaviour both in our present and past lives.

Many of the latter may have been living in close association with us in earlier lives, either in harmony or conflict. As soon as they see that the person of their former acquaintance is taking a serious interest in his or her spiritual life, they will often help in any way possible and one of these ways is to pass information from their world to ours via the medium of telepathic communication.

In a recent statistical survey it was revealed that well over half of the people of the United Kingdom believe that there is something beyond the grave other than oblivion. Owing to a lack of means of corroborating their beliefs, most never find out until they die.

Now, as described in this book, the means are available, for many of those who only believe, to convert their belief into absolute knowledge.

All the fears, the doubts, the scepticism, the worries and the uncertainties concerning death and the after-life can be swept aside leaving a deeply satisfying feeling of confidence in the future and an understanding that surpasses that of the majority of earth's inhabitants.

Do not be surprised if you encounter hostility from some people when they learn of your psychic abilities. There are those who may turn their backs as soon as they realize that you know more than they do. This is an unfortunate aberration that some people possess. Their arrogance will not allow them to accept that any other 'ordinary' person can possibly know more than they do.

By 'ordinary', I mean men or women who have no letters after their names. It is quite extraordinary that 'learned' papers presented by 'experts' are readily accepted by the uninitiated, no matter how misguided or false the statements and claims may be. It should be

remembered that, throughout history, experts have ridiculed new theories only to find later that those theories were correct.

If you are an unlettered citizen, no matter whether you are right or wrong, it will prove difficult to convince some people that you have special knowledge that they lack.

There are good and bad in all professions but the public at large do tend to revere and respect doctors, psychiatrists, psychologists and scientists regardless of their individual competence.

The reader may wish to try to convert others to his or her new-found abilities and this is laudable but it may prove to be a nearly impossible task because only a very small number of the population are spiritually ready to confront the fact that they are going to survive death and even fewer will be willing to accept that they must, at some time, atone for their misdeeds.

By now, you should be convinced that communicating with the dead brings with it a great responsibility and that it is not a practice that should be attempted lightly or frivolously.

Your sincerity and dedication to the great adventure into your own spiritual world will determine your success.

Whatever you do, please ensure that you do it for the highest, unselfish motives because, if you do not, you may reap a most unwelcome retribution. I know of more than one case of a person paying a heavy penalty in their present life for misguiding people seeking spiritual help from them in their former lives.

The medium who defrauds, misleads or deliberately cheats a person has to suffer for those crimes to the extent that others were made to suffer. There is nothing to fear if your intentions are honourable and a genuine mistake does not constitute a crime.

CHAPTER 9

If it is your ambition to improve your education and become more knowledgeable, then there can be no better way to commune with educated people who have passed on. Not only can you be given personal advice by accomplished and skilled spiritual beings but you can acquire wisdom and understanding that are not taught in schools or churches on earth.

On account of the chaotic variety of religious beliefs and the lack of a unified philosophy in the western world, there is no coherent source of the facts of your existence to be found in libraries.

The only valid source of information concerning the reality of our lives on earth lies in the spiritual world. You are now in a position to tap this limitless fountain of facts and, by doing so, will become a person apart. This will bring with it its own problems as it is not easy to work with the spiritual world in the company of disbelievers.

Superior knowledge places one in an invidious position that, sometimes, may make great demands upon one's tolerance and patience.

Such knowledge as you may gain is of the utmost value and this should be balanced against the possible disadvantages of social problems that may occur as a result of your new-found enlightenment.

Those people who are brought up in closed communities where they all have to conform with the social habits and the religious

practices and beliefs of their society are not in a good position to be able to advance their knowledge of spiritual matters. Any 'unorthodox' thinking is immediately squashed by the elders.

Nevertheless, some courageous souls manage to remove the fetters of their earlier intensive indoctrination and, in spite of it, using their individual, analytical minds, become quite knowledgeable on the subject of their spiritual life. It takes an exceptional person to do this, though, and one who is prepared to retain his or her intellectual independence in spite of overwhelming opposition from contemporaries.

After many years of sifting and analysing the information that has been received from above, it becomes obvious that not only are religious dogmas far from the truth, but religious practice is not essential in order for a human being to fulfil God's purpose while he is incarnate.

Mere membership of an established religion is not an automatic passport to the higher planes in heaven, in spite of widespread belief to the contrary. Knowledge of the facts releases one from the urge to adhere to religious beliefs because the two are incompatible.

Being released from the pressure of others to accept their beliefs leaves one free to utilize one's own conscious mind in a constructive, unbiased manner and this is surely what God intends us to do.

One of the greatest personal achievements for any human being must be to gain an absolute certainty that the death of the body is not the end of everything. Those people of my acquaintance who have this knowledge display a calm confidence that is rarely seen in others who do not know or even care. This is because they realize that they are 'on trial' during their earthly lives and they approach their problems philosophically, knowing that there is a purpose to it all and that, in the long run, they will benefit.

An elderly woman friend of mine is in the latter category and she owes much of her serenity to the telepathic communication that she has with a man, now in heaven, who was a Persian prince in a former life when she was his princess. The lady can describe her former husband and receives much consolation from conversations with him. I have seen the prince when in the lady's company and he is resplendent in a silver suit in the eighteenth-century style with a turban to match, crowned with silver feathers in the form of a fleur-de-lis.

This particular lady is looking forward to her return to heaven which she thinks of as 'going home'. It is gratifying and wonderful to meet such people for they possess that rare characteristic, a firm conviction that they cannot cease to exist.

Loneliness is the lot of many elderly people now that western society has changed to the extent that the old are often rejected by their own families and are left to fend for themselves. How much improved their lives could be if they had the knowledge. The ability to talk with someone, even if they are in a different world, goes a long way towards relieving the pangs of loneliness that so many experience.

Those who do communicate while living alone are less likely to experience the difficulties that others do when they have to cope with family scepticism, opposition and even ridicule.

Those who display a genuine interest in psychic matters need never be alone because there is always a spiritual being in heaven ready and willing to talk to them and help them to overcome the feeling of rejection and sense of isolation that so many experience.

My communication takes place during all my waking hours and it is a wonderful solace to me to be greeted, as I awake, by my soul-mate. I should add here that, even when I am in public or amongst friends, no-one knows that I am communicating because I use the clandestine methods that I have already described.

One does not have to be ill in order to die and numerous couples are suddenly parted by the death of one partner. Often, when the relationship was very close, this leaves the surviving partner in a terrible state of grief. In some cases, it arouses a burning desire to know whether the departed has actually ceased to exist or is still alive in some other realm. Some go to séances in the hope of learning that their loved one is still around and many come away convinced and happy in the knowledge that there is no death and that they will meet once again, sometime, somewhere.

To be able to receive such conviction as a result of one's personal ability to communicate represents an even greater success and is achievable by any serious-minded, dedicated person. The parents whose children die can temper their grief with understanding thereby mollifying their suffering.

It may be brought home to some aggrieved souls that there are very good reasons why people die young and that, for the individual concerned, far from being a punishment, it is a great blessing in that they have stepped up another rung of the spiritual ladder.

Who has not asked the question, "Why me?", when they have endured great suffering? It is natural to wonder why one is being made to endure chronic illnesses or distress. The medical profession, who seem to treat only the effects of illness, can seldom identify a cause. They do admit, though, that about seventy per cent of their patients are suffering from psychosomatic disorders.

It is a fact that almost any physical condition can be created by one's state of mind and if the latter is altered, the symptoms vanish. The skilled telepathist is in a perfect position to enquire about his illness and discover whether it is karmic or subconsciously self-imposed as a result of his altered attitudes under the influence of the aberrated behaviour of others .

A knowledge of why one is suffering enables a person to accept his illness more easily and tends to remove much of the frustration that results from being ill.

The subject of God's existence or non-existence and His nature are probably the most contentious questions ever pondered by man. To the majority, God is inseparable from their religious beliefs and every person has his own idea as to God's nature. The atheist, of course, does not concern himself with God's nature since he cannot accept His existence.

Let us concern ourselves with those who do have a strong belief, conviction or even knowledge of God. Those who, through prayer, see the results of their prayers and those who are perspicacious enough to see the hand of the Master Craftsman in every creature on earth have an inner acceptance of a higher power.

There are many individual concepts of God. Is He in the form of a man? God created man in His own image, according to the bible. In this case, the anthropomorphic concept is validated. Years ago, my concept of God was that of an all-knowing mental computer. I know differently, now. It is not extremely important how one sees God as long as He is recognised as existing. Prayer is just as effective or ineffective, as the case may be, regardless of your personal concept of God.

It should not be assumed that everyone in heaven is familiar with God or has even seen Him. Those who were deeply religious while incarnate find it difficult, or even impossible, to rid themselves of their former habits, practices and beliefs. It is of no avail to ask such spiritual beings questions concerning God but there are, particularly on the higher planes, many spiritual beings who can tell you what God is like and what His purpose is.

If you become really adept at talking with the dead and you are approached by High Spiritual Beings, you may find out this incredible information for yourself. It is perfectly possible to prove God's existence to yourself and discover His nature, of this I can assure you but, instead of revealing the details here, I prefer to leave it to you, the seeker, to discover the combination to the most

difficult lock in the universe, namely that on the door leading to the highest realms in heaven.

CHAPTER 10

No two people on earth are exactly alike and every person's experience is unique. In addition, family and social situations vary widely. Standards of education and the impression that education has made upon the student obviously covers a wide range, also. If you couple these factors with the numerous prejudices, preconceptions, indoctrination and beliefs of the average person, it is not difficult to see that it is impossible to guarantee results with students of a subject as contentious as communication with the dead.

To give you an idea of the range of results, I shall describe cases taken from the files of some students. One, a man in his fifties, had learned to communicate well and was introduced to a spiritual being who was his wife in a former life. The two found no difficulty in talking to each other but, then, the student got cold feet and it turned out that he was very much in fear of his present wife finding out that he was talking to another woman, even though she was in the spiritual world.

In order to cover his fear, the student began to criticise and negate everything that he had already achieved. He, metaphorically, closed the door in his own face!

A young man had made great progress in communication and was a loyal and devoted student. Quiet and shy, he was very keen to advance his knowledge of his spiritual existence. Unfortunately, his wife was extremely suppressive and took advantage of his gentle nature.

Attending lessons was a problem for this student because his wife was antipathetic towards anything spiritual.

Practising communication at his home involved his sneaking into the garden shed, usually cold and uncomfortable.

Finally, the wife's behaviour became so bad that the poor fellow was forced to abandon his training and drop out just to keep the peace.

Yet another young man, highly capable and intelligent, became a star student by achieving the highest standards in spiritual knowledge and communication. Then, his wife discovered what he was studying, she forbade him to continue his training. She was very much afraid that he would discover the truth about her, which in fact, he did. A burden of guilt carried over from her previous life was subconsciously causing her to fear any spiritual revelations that might concern her.

The student was reluctant to endanger the happiness of his young daughter as his wife was threatening to leave him if he continued his studies and so he left.

The next case history concerns a young woman. In her late 'teens, the student was poorly educated and had been given virtually no upbringing by her parents who ignored her and suppressed her. Of her own accord, the young lady took a course of training and immediately showed a great insight into spiritual subjects. Quick to learn, she very soon was communicating with great facility. Then her mother died after a long, distressing illness, which caused her considerable grief, although there had been no strong bond between them.

After a while, the young student's mother returned to speak to her daughter. This produced some very beneficial effects. The young

lady was able to talk with her mother again and, of course, was certain that there is no death.

Furthermore, the mother had, by now, realized that she had badly neglected her daughter and was very contrite and only too willing to make amends. The daughter's grief subsided although she still missed the physical presence of her mother.

This student has since been given an education and now has a successful career entirely as a result of her spiritual training. She talks with her mother and other spiritual beings who knew her in previous lives and, although she lives by herself at present, she is never alone. In spite of numerous difficulties, this young lady has come out on top and is all set to enjoy a satisfying career.

Whenever she needs help or advice, this successful student merely has an informal chat with her spiritual helpers. She knows, too, that she can receive guidance on medical matters and this helps her in her profession as a nurse. The transformation of this student from a vulnerable, bewildered 'teenager into a confident, competent and knowledgeable young woman is a remarkable success story.

A further case history concerns a young man who, after a traumatic childhood, was floundering through life, unable to remain in employment for long before quitting. He finally realized that it was time he did something to sort himself out. Fortunately, for him, he took naturally to learning about his spiritual existence and very rapidly learned to communicate.

The student soon discovered, as a result of conversations with High Spiritual Beings, that the characteristic of arrogance that has been his downfall on many occasions in this life, stems from his previous life. He was given details of his behaviour in that life that shocked and horrified him but he inwardly knew that it was all true.

Undaunted, the young man pursued his studies and became an adept at communication. Some might have dropped out after being

exposed as he was but, with considerable courage, he continued to study and communicate.

This devotion to study and the subsequent enlightenment that he received led the student to a delightful reintroduction to a woman with whom he shared a happy married life in an earlier century. He even began to recall incidents from that life when he was employed as an ostler to a titled family in the Cotswolds in England.

The new communicant turned out to be the student's soul-mate and he is now able to talk with her again, ages after they were last together on earth. Such are the rewards awaiting the successful telepath.

You can see from these case histories that persistence pays. It is up to the seeker to decide which is the more important, giving in to suppressive people in present time or forging ahead with spiritual studies against all opposition in order to advance his spiritual state, possibly avoiding further incarnation by so doing.

Your spiritual future is of the utmost importance but only you can decide just how much importance you should attach to it. Remember, when you encounter opposition, that no one who has never been involved with communication with the dead is in a position to criticise those who have.

Most of the popular beliefs concerning life after death are false since they are so closely bound up with religious thought. The time has come for everyone to pause and think really hard about their existence for themselves; those who do will never regret it.

It is a well-known fact that some people pray to be healed of their ailments and that, although many are healed, others are not. Through your ability to talk with those in the next world, you are in a position to ask directly for healing but it would be wrong to expect a hundred per cent success every time because there are very valid reasons why incarnate beings suffer and there are no exceptions to the laws of karma.

There are, of course, numerous doctors in heaven and it is customary for accomplished telepaths to have spiritual doctors appointed to them. They can be of great consolation, especially if one is unfortunate enough to endure a stay in hospital.

In this chapter I have described some of the pitfalls and some of the immense advantages that can ensue from a serious study of communication with those who have already gone to where we shall all, eventually, return.

CHAPTER 11

As any highly-developed psychic will tell you, the advantages that can be obtained from an ability to communicate with those who have passed on are so great that one's life is completely transformed from that of the average, routine, doubting, unknowing, sceptical human being to that of a confident, fearless, exceptional, knowing person.

The problems of working with the spiritual world are no greater than those of everyday living. They may be different, and of varying degrees of severity, but the most difficult problem of all is that of overcoming the prejudices of people who know nothing about psychic matters yet who have much to say against them.

When some people die, they may either not realize that they have died or simply refuse to accept it. Then, they may try to continue to take part in the earthly existence by interfering with the living, often to the distress of those concerned. This kind of behaviour has acquired a bad name for psychic events in general because the standards displayed by some of those who return may vary from the lowest and most vulgar conceivable to the well-meaning but just plain ignorant.

It is quite natural that these latter cases are latched on to by the media and broadcast far and wide because they are sensational. When an experienced medium receives messages from a high authority in heaven he or she is reluctant to reveal the details for fear of the inevitable criticism and the ridicule of the press. This is a most unfortunate state of affairs and is evidence of the persistence in many people's minds of the attitudes held in the middle ages by the Bishop of Beauvais and his fellow Roman Catholic dignitaries who condemned the brave eighteen-year old, wonderful psychic, Joan of Arc, to an appalling death by burning after having accused her of being a blasphemer of God and His Angels, commissioned by Satan, wicked, a liar and a sorceress. She was of course an innocent girl who was genuinely psychic and was able to communicate with high intelligences in heaven. The stupid priests were condemning the girl for having the effrontery to be able to do something of which they themselves were completely unworthy, namely talking with High Spiritual Beings.

More than four hundred years ago, the astronomical system of Copernicus (1473 – 1543) which has the sun at its centre was denounced by the Lutheran, Roman and Calvinist Churches as being contrary to the scripture. The, then, greatest living scientist and one of the greatest ever, Galileo, who had confirmed the Copernican theory as a result of his own investigations was forced by the Inquisition to recant as follows.

“I Galileo, being in my seventieth year, being a prisoner and on my knees, and before your Eminences, having before my eyes the Holy Gospel which I touch with my hands, abjure, curse and detest the error and heresy of the movement of the earth.”

This disgusting and tragic example of the blindness and crass stupidity of the ‘Eminences’ typifies the arrogance born of ignorance that many religious people held in those days. Unfortunately, there are still vestigial remains of similar attitudes in certain quarters but, luckily for mankind, the Churches were unable to suppress the truth about our solar system and many other subjects

of vital importance, owing to the scientific knowledge that was growing rapidly.

Joan of Arc's cardinal sin was that she was doing what Christ and His apostles did. She was communicating with the dead.

Galileo's wicked sin was that he had the temerity to use his own God-given mind for the furtherance of scientific knowledge and the benefit of mankind. Both people paid a heavy price for doing what they came to earth to do in man's best interests.

The handbook and basis of Christianity, the bible, is filled from cover to cover with accounts of spirit control, apparitions, messages, voices, materializations, apports and numerous other phenomena. Any argument that Churches may bring against modern psychic phenomena is an argument against the very foundations of their religion. One would think that a person aspiring to be a good Christian would wish to emulate those great biblical characters who communed with spiritual beings in heaven but it seems that few are willing to contemplate it and many even go so far as to revile others who do so, whether religious or not.

Without psychics or seers, as they were known in the bible, there would be no evidence of survival after death, no knowledge of a spirit world and no revealed religion. It is time the churches understood this and discarded their opposition to the work of psychics once and for all.

To those who believe that every word in the bible is the word of God, I draw their attention to Rev. ii. 17 and 29, "Hear, you who have ears to hear, what the Spirit says to the churches!"

We cannot divorce ourselves from the reality of our spiritual existence merely by postulating its non-existence. We *are* spiritual beings, no matter what we may believe to the contrary.

As soon as people can accept that they are observed by spiritual beings, their behaviour is likely to improve enormously. One of the most rewarding aspects of talking with the dead is the realization that they can read the minds of the living. They are doing just this constantly, usually without the knowledge of the incarnate person.

In this way, those in heaven can know every quirk of one's character and every detail of one's intentions. On the other hand, most of the spiritual beings are here to help us through our often difficult lives and they can put ideas or intentions into our minds and arrange for us to meet people who may be influential in assisting us in our aims.

Life is anything but haphazard and this fact becomes obvious after one has been using telepathic communication with those in heaven for any length of time. It is essential, though, that you retain your own intellectual independence at all times. All experience is personal to the individual and you know what you know. Do not allow others to attempt to tear down the edifice of understanding and knowledge you have built up. If you do not know the answers to some problems it is wise to admit the fact but when you do know the answers, stick to your guns.

Mediumship takes many forms. Some people are psychic without knowing it. I was myself, until about ten years ago, when I discovered that I was very psychic. Communication awakens one's spiritual awareness but, since no two people are alike, what one experiences another may not although both are psychic.

The important thing is to study the spiritual world as it is and not as scientists say it is or as priests say it is. What point is there in telling a life-long medium that he or she is deluded or that one half of the brain is talking to the other half, which is currently one of the crazy explanations put forward by materialistic sceptics.

An understanding of psychic principles demands an abandonment of all ideas that the only things in the universe are physical. Scientists are utterly baffled by psychic phenomena only because they try to evaluate them from a point of view of terrestrial knowledge. Modern sceptical investigators would do themselves a favour if they were to turn the clock back almost a century to the time when some of our greatest scientists confirmed the reality of life after death and the ability of those who have passed on to return and, sometimes, show themselves and speak to the living.

In this book, I have tried to show that the best way to genuine enlightenment is by talking with those spiritual beings on the higher planes who understand where they are, what they are doing and who are academically and spiritually qualified to pass on the truth of existence to earthbound telepaths.

You should find, as you progress, that the quality of receiving your messages improves. If it does not, and you keep on receiving monotonous, boring, repetitive or uninformative information, then you should ask for a more enlightened spiritual being to talk to you.

Do not forget that important information about the spiritual existence will only be given to those considered by the hierarchy to be worthy and capable of handling it.

CHAPTER 12

The seriousness and importance of communication with the spiritual world cannot be overemphasized and this accounts for my having repeated certain information throughout this book.

Dabblers are likely to burn their fingers to their own disadvantage and to the detriment of communication with the dead in general. It is difficult enough to convince others of the credibility of this

subject so any invalidation by dabblers will only fuel fires of opposition.

If it should happen that you reach a point in your study and practice where you are not making progress, think hard about your real, underlying reasons for wanting to communicate. Persistence pays. It was forty years after I consciously began to study our spiritual existence that I learned the secrets of two-way communication with spiritual beings but it takes only a few hours or days to train a suitable student.

It will be as well if I expand on the true nature of the world with whose occupants you will be communicating. First of all, their methods of recording information are virtually the same as ours. They write on paper but, instead of the many written languages of earth, there is only one, Concept Writing.

The script appears to be similar to shorthand but anyone in heaven is able to read it, regardless of his ethnic origin on earth and, oddly enough, regardless of his standard of literacy.

You will realize that most people of the western world can read but that does not imply that they can understand everything that they read. So it is in heaven. All spiritual beings can read the concept writing but their comprehension of it will vary according to their education and past experience of the subject.

There are vast libraries in the next world that contain information on everything under the sun and on everything that exists in heaven. Anyone may use the main libraries but there are, on the higher planes, libraries reserved for members of esoteric societies. The works contained in these libraries are on the highest intellectual level and are only comprehensible to High Spiritual Beings who have acquired a very high academic standard and achieved a deep understanding of their subjects.

The books on these levels contain the facts about the various topics in addition to historical sections that inform the reader of

man's struggles to understand throughout the centuries. In the latter works are contained the theories in purely abstract subjects as philosophy.

Thousands of beautifully bound tomes line the shelves in the heavenly libraries and no one is denied access to any subject. This is because it is up to every person to find his or her own level of understanding.

People on earth behave alike when they attend libraries, each person heading for books that contain subjects on their own intellectual level. Of course, on the lower planes there are numerous spiritual beings who have no interest in reading and no desire to learn anything in order to improve themselves. The similarities between the physical and spiritual universe are quite marked in this respect.

Now I should like to explain how people talk to one another in heaven. There are two basic methods, vocal and telepathic. Spiritual beings may speak as they did on earth, using their former language or they may use concept speech which is understood by all.

You may find it difficult to accept that there are such things as sight and sound in heaven but please remember that the physical universe is a kind of reflection of the spiritual universe. Obviously, since we continue to exist in human form with mind and intellect intact, we must have some way of talking to each other and, without sight or sound, there could be no satisfactory communion with another.

When you have achieved good communication with a spiritual being using the principles and techniques that I have described earlier, you will understand how telepathy functions. You will have realized that your mind is being read by your communicant and, if you achieve a really close rapport with your spiritual Guides, you will find that you can read their telepathic thoughts.

Those in heaven have a greater advantage in that many of them who are experienced can see the auras of their fellow spiritual beings and also those of incarnate beings. This faculty enables them to understand more easily. It also means that it is virtually impossible to lie and deceive the listener. A lie manifests itself in the aura as a dirty grey or even black, so when you communicate, make sure you are honest.

Nothing can be gained by trying to pretend to your Guide that you did not do or say a certain thing. He will know. Furthermore, if it concerns something in your distant past, there is always the Akashic Record which contains all your past history in every factual detail. Unlike a cinematograph film or a video-tape recording, the Akashic Record cannot be destroyed or erased. You may be able to fool people in authority on earth but in heaven it is impossible. The saying, "Be sure your sins will find you out", is a true one.

If there is one outstanding factor of human existence that takes priority of importance over everything else it is Personal Responsibility. We are *all* responsible for our thoughts, words and deeds *at all times*. It is time that the legal profession accepted this fact and stopped defending wicked criminals on the grounds of diminished responsibility. We are responsible for our actions whether we are sober or drunk, sane or insane.

We cannot always control our destiny, however, and may be forced, under duress, to commit acts that are abhorrent to us. This applies to those involved in war who may be called up and forced to fight and kill people whom they have never met. In these circumstances, individual responsibility is overridden by the State authority and the karma of the person involved is not adversely affected.

There are many kinds of psychic, few of whom are actually trance mediums. It is the latter that have attracted the most interest because the phenomena which they produce are usually more impressive visually and aurally. As you advance in your studies and experience, you may discover many new psychic abilities of

which you were previously quite unaware. You may, for example, find that when your spiritual communicant is experiencing emotion, you pick it up. This is a particular form of psychic sensitivity. Your visitor on the other side may be very distressed after having visited his akashic record and seen his behaviour in earlier lives.

This experience can leave a being in a state of grief and shock which you as a developing psychic may experience yourself to such an extent that you might cry and tremble and exhibit the emotions being felt by your communicant.

This is to be regarded as an advantage and should cause you no personal distress once you have realized that you are dramatising the emotions of another person.

The very advanced telepath is most likely to be accepted and approached by higher spiritual beings as his understanding increases. Should he indicate a willingness to confront his past sins and to accept responsibility for them he may be allowed to see part of his previous existence.

This may be done by the telepath being given a recall by a High Spiritual Being. Approval must be granted by a very high authority for this to be carried out and it will only be given to a trustworthy person.

The High Spiritual Being appointed to deliver the recall will visit the Akashic Record and see and hear for himself the particular episode that it has been decided will be given to the psychic. He will then return to earth, carrying the information in his memory. The recipient of the recall will be asked to sit comfortably in a chair and close his eyes letting his mind go blank.

After a while, images will appear in the person's mind that are being telepathically transmitted from the mind of the High Spiritual Being. From then on, a scenario will be enacted in which the recipient of the recall recognises him or herself in a previous life.

The recall, at first, is usually a pleasant one in order to give you a reality on the fact that you are able to re-experience a former life.

If you have reacted favourably to and understood and accepted your recall, it is possible that on a later occasion you could be given an unpleasant incident in which you behaved very badly.

The purpose of these recalls is to show the genuine seeker of the truth just why he and others have to suffer in their lives. The reason, of course, is atonement. Once this has been accepted and understood, you are in a far better position to handle your own life and to help others through their suffering because you at last know why you have paid such a penalty.

Recalls of the unpleasant kind may be very traumatic and they may try you very severely but, if you genuinely wish to advance spiritually, you must go through them. You will emerge a wiser and better person. In fact, you should consider yourself extremely privileged to have been given a preview of something that the great majority of people never see until after their death.

I have been given many recalls of my former lives and have learned numerous facts about my current life and the reasons for my past suffering. Some of the recalls were brief, others have lasted more than half an hour. They have ranged between the horrifying experiences of some lives and the most beautiful events in others. It is true to say that they have all been extremely interesting and many have been directly relevant to my present life.

Yet another means by which you may be shown excerpts from your previous lives is to be taken astral travelling to the Great Hall of Memories on Plane Four which is where the Akashic Record is to be found. This is a very advanced technique and would only be

offered to very accomplished psychics. Two High Spiritual Beings escort you to the Great Hall and you are taken inside to see and hear a replay of your former existence in a building very similar to a large cinema.

There is no danger of your becoming lost while absent from your physical body because your Guides have a tight grip on your hands, one on each side. After the session, you may be taken on a little trip around one of the planes and then you will be returned to your physical body.

This is a most wonderful and beautiful experience and, if it should happen to you, you may notch up yet another great psychic experience. Of course, witnessing your behaviour in a former life may not be so wonderful but you will, by now, have learned to be philosophical about it because you know that it is useless to deny anything.

This last experience, above all else, will give you the final conviction of your immortality. In turn, any residual fear of death will have left you because you know that there is no death, merely a continuation of life but in a subtly different world.

Do not expect your recalls to be limited to comparatively recent lives, let us say for the last few centuries. You have existed for an eternity and will continue to exist into eternity. Most incarnate people have lived in physical bodies of one kind or another during a period of earth time spanning millions of years.

Some of your earlier lives may have been on other inhabited planets of which there are several. Incidentally, this should be one of the subjects of your initial curiosity after you have made contact with reliable, learned Guides. See just what you can discover about the other inhabited planets.

The moon still holds many secrets that some men already know and are unwilling to disclose. There is much that they do not know

that is known to High Spiritual Beings and these vital secrets may be passed on to trusted telepaths on earth.

Some absolutely astounding knowledge may be given to the deserving seeker but one must realize that some knowledge is denied everyone while incarnate and you should be prepared to be told that your question will not be answered. In my experience, this has happened very rarely but I accept that, from the view-point of incarnate beings, there must be some things that we cannot understand until we return to the heavenly fields whence we came.

A common misconception among 'experts' is that everything technological that man invents is utterly novel and has never existed before. If you ask the right questions of your Guide, you will find out whether aviation and space travel are new in the universe or whether they have existed in an earlier age.

The mythologies of many races on earth contain references to beings coming from the sky and of very superior human types on earth. It is easy for the professors to write these off as the ramblings of primitive peoples but it is also arrogant to assume that modern man is the first in the history of the universe to create technological marvels.

This reasoning leads naturally to the supposition that other inhabited planets exist; a perfectly reasonable assumption but also a question that can be answered by a High Spiritual Being. We live in a mysterious world in which our own existence is one of the biggest mysteries but answers can be forthcoming on many of the puzzling aspects of our existence by means of communicating with beings living on higher planes than we do.

It stands to reason that we must aim high and thereby justify any trust that might be placed in us by High Spiritual Beings who decide to confide in us the secrets of existence that are unavailable to the ordinary, non-psychic person. Our informants must be reasonably certain that their trust in us will not be abused by our attempting to

use such esoteric knowledge that they may impart for selfish or subversive reasons.

Once you have become the recipient of some of the universal secrets you will be able to sympathise with those specialists in their fields who confidently proclaim on the media that man is an accident or who state that we are descended from the apes. Those people do not find the truth because they look in the wrong direction, guided only by their materialistic views.

CHAPTER 13

The way of life of a person who decides to open up his psychic channels changes inexorably for the better as progress is made and, once you have taken the plunge and become committed to the great, new adventure, you will never be the same again.

If you suffer from inertia and are unwilling to alter your attitudes and to enjoy new experiences, the path that leads to enlightenment is not for you. If, on the other hand, you surrender yourself to the discovery of, and utilization of, God's natural psychic laws, every day could hold in store for you a new revelation.

Armed with new certainties on life you will look back upon your former years of unknowingness, uncertainty and doubt and marvel at the incredible contrast between the two states of being. No matter what the difficulties of your physical existence may be, you will have the unforgettable knowledge that relatively few people on earth possess.

Should you be advanced enough to be granted a permanent Guide, you may always share your problems with him or her. Also, you may seek advice on your best course of action to take when faced with a difficult decision.

You always have the final say in any decision, therefore you remain responsible at all times. Your God-given free will must

never be abandoned but this is not to imply that you have a licence for stubbornness. Quiet, mutual agreement with your Guide is the best way. If your spiritual advisor is a High Spiritual Being then, in general, you would be unwise to go against his or her advice because he or she usually has access to more information than you have. Not only will he or she know more about you than you do yourself but he or she will be better informed on the thoughts and intentions of the other persons involved in your problem whether it is choosing a new car or buying a house. Contrast this new faculty of receiving advice from someone in heaven with the guesswork and often indecision of your former state.

Virtually all men and women of history who have changed the lives of millions did so after much experimentation and amazing and devoted persistence towards a chosen goal. Thomas Edison's famous inventions involved a vast number of experiments once the germ of the idea had entered his mind.

Pierre and Marie Curie spent sleepless nights discovering the unique properties of radium which has benefitted millions when used in an X-ray machine.

To experiment requires courage, dedication and devotion but, without inventors and experimenters, we should have none of our present-day advantages such as electricity, radio, television, trains, cars and aircraft. Each of these modern boons finally reached perfection but not before millions of hours had been spent by many people applying their intelligence to a desirable goal.

All of the items just mentioned had dangers that were hidden until someone fell victim to them, after which steps were taken to prevent similar occurrences in the future.

In order to acquire knowledge first-hand, one must be prepared to experiment and, if necessary, to take risks. Many a fine psychic in

earlier centuries has suffered a cruel fate at the hands of ignorant people by being branded a witch when she was only using her God-given psychic talents to help others who were in desperate need.

Fortunately, today there is, in general, a more enlightened view taken of such people but there is still a small minority of persons with an insane obsession that they are right and everyone else is wrong.

If you have decided to become a psychic and to put one foot on the long ladder of spiritual understanding, take your courage in both hands and experiment a little at a time, with communication, all the while adhering to the Principles contained in Chapter 3. Only by dint of slow and laborious experimentation and research can the truth be attained.

Knowing that there are in heaven people who are sufficiently interested in you to come and talk to you greatly enhances your sense of value as a person. You will realize your true significance as a human being.

There are some on earth who have a low opinion of themselves even to the extent of deciding that they are worthless and that their lives are meaningless. Many take their own lives but, if these unfortunate people knew for certain that there is no death, they would realize the futility of suicide.

There is no escape from kharma, therefore suicide solves nothing but, instead, increases one's karmic debt to the extent that another life must be led in order to cope with similar problems again.

As you progress, spiritually, during the course of your psychic studies through communication, you should find that your self-esteem rises in parallel with your other abstract qualities such as integrity, honesty, politeness, consideration for others and understanding of life's problems. The improvement in your

character will not be lost on some of your close relatives and friends.

Once you are well on the way up the spiritual ladder, you will be creating for yourself a new and exciting future, a future in which you will experience a growing certainty of your reason for existence and an expanding awareness of the life to come in the next world. This is in direct contrast with the majority who stand by, watch and criticise others but who do nothing themselves for fear of being criticised.

Do not fear criticism because there are only a small minority of people on earth who have sufficient knowledge of psychic matters to be justified in criticising others. Stick to your knowledge and let no one attempt to alienate your right to seek the truth in your way.

Be a doer, and not solely an observer of the works of others. The more you contribute to society, the more you give of yourself and your talents, the greater will be your rewards. There are few enough deep thinkers around so join the few, use your wonderful intellect to research and, if possible, improve upon existing ideas by becoming a true spiritual philosopher. This is the only philosophy that leads to the truth.

Looking ahead to the inevitable spiritual life to come, it should be realized that none of your money or material possessions can be taken with you. It is a surprising fact that, whereas money is useless in the next world, spiritual beings still cherish possessions that meant a lot to them while they were incarnate. For example, if a lady owned a beautiful tea service on earth, then she may recreate it in heaven and still enjoy it.

Anything that man can create for the benefit of others on earth he can also create in the spiritual world. On the lower astral plane spiritual beings continue to create objects of a low order and may still try to follow the same paths of waywardness as they did on earth but this should be of only academic interest to the true seeker who should be aiming for the stars and not grovelling in the mud.

The point that arises from this discussion is that the *only* permanent things worth having are the abstract, spiritual qualities. You will take these with you and they will last. You will carry with you past the grave your attitudes, considerations, feelings, knowledge, loves and hates. In addition, you will retain an interest in many of the subjects and activities that occupied your time on earth.

Becoming more highly spiritual does not mean that you have to give up the worldly goods that are dear to you but it means that your attitudes towards owning them should change. You no longer see them as important status symbols because the only status worth having, ultimately, is high spiritual status.

Now, please turn to page one and read this book again before you embark on the most enlightening and amazing adventure of your life.

