

ALPHA'S PAGE

ENLIGHTENMENT

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Other books in the series

Rainbow series Alpha's Page: Destiny

Alpha's Page: Diplomacia

Alpha's Page: Healing

Alpha's Page: Love

Alpha's Page: Natural Order

Later books Alpha's Page: Guidance

Alpha's Page: If God Could Write

Alpha's Page: Letter to the Devoted

With thanks to all those who have enjoyed Alpha's
words and passed them on to friends,
encouraging me to make them
more widely available.

Ed.

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An introduction to Alpha's books

by the editor and channel

reprinted in each book in this series

Ideas about God come from many sources, not just holy books. You can get inspiration about God from story books, chatty neighbours, works of art, comedians and even scientists. Sometimes you can even get good ideas from a channeller.

What is channelling? A person sits down and writes fluently for, say, fifteen minutes, but then claims that it felt as if the words were coming from outside themselves. The truth is that we do not know where channelled literature is coming from. To me, it doesn't matter whether you think channelling is a way of getting words straight from Heaven or you think channelling comes from the writer's imagination.

Perhaps every person who admires psychics has a go at channelling at some time or another. It is tempting to think that your channelled writing is more precious than writing which is done by any other means. But to evaluate the merit of a piece of channelling, I think you have to be willing to forget the mystery surrounding it. Imagine instead that I am holding a ventriloquist dummy and the dummy is

speaking. Does the dummy have something valuable or entertaining to say?

I have tested my own channelling in various ways. I have found that I cannot choose when to channel; I have to wait for it to come. I cannot stop halfway through a sentence and substitute random words. Not only is it hard to stop mid-sentence, my mind freezes if I try to take control of the content. Sometimes I write words for which I don't know the meaning, and I have to check in the dictionary later to see if they make sense (they always do).

I have been a keen writer since first grade. In my twenties I churned out everything from scientific papers to novels and poems. I didn't start channelling until I was almost forty years old. The inner process is very different from even the most fluent session of story-writing or letter-writing. You don't know where the words are going. They start at speed, and continue at that speed for twenty minutes and then stop. When channelling Alpha, I feel a deep peace and a sense of a presence holding me. And yet I will never know for sure whether I am channelling some kind of non-physical being, or if it is just an altered part of my personality.

For a long time I struggled with how to present or justify what I was channelling. The solution eventually came in the writing itself. Alpha insists that he doesn't mind who you think he is. He is not interested in having followers. He is not interested in proving himself. He just wants to run some ideas past

us. He would be just as happy if the words came out of Aunt Mary's mouth while you were sharing a cup of tea, or if the ideas were in a comic strip in your newspaper. The source of the ideas doesn't matter. What matters is whether the ideas are good ideas. In the search for truth, Alpha would like to throw his ideas into the mix.

In spite of his humility, Alpha has managed to impress quite a few people. When I was channelling Alpha at a meeting once, a woman who sat next to me said, "I could feel his presence arrive just before you began to speak. It felt like Christ." At another meeting, the man who sat next to me shook vigorously the whole time I was speaking as Alpha. "I couldn't help it," he explained. "The presence was so strong." I gave copies of my channelled writing to a few friends who were interested in channelled literature. I thought they might have been jaded by too much spiritual literature already, but they lapped it up and asked if they could pass it on to friends. Their enthusiasm is the reason I have decided to make Alpha's ideas more accessible to the public.

Not surprisingly, people have tried to ask Alpha who he is. He has generally dodged the question, saying that he does not want to be associated with the pre-existing name of any spiritual figurehead because these names have too many connotations in our culture. But Alpha goes on to say that God has a layer which can put itself into words. There is an aspect of God which

is personable and capable of being intimate with each of us, one-to-one.

When I first started channelling Alpha, I had many mystical experiences but was still not comfortable with the word 'God'. I thought there was a spiritual dimension, but the idea of God was corny and unproven for me. Alpha's messages at that time irked me by talking about God at great length.

In the years since then, I have had experiences which felt like intimate encounters with God, so I am comfortable talking about – and to – such a God. Now Alpha irks me by talking as if he *is* God. He talks in the first person about his creation and his designs for us, and his unfathomable love for us. The writings in Alpha's books include a mix of my earlier ones where Alpha refers to God in the third person, my more recent writings where God is the first person, and a few in between where Alpha talks of "we", meaning the collective agents of God.

Writing as God in the first person is really embarrassing. How could I be channelling God? Yet Alpha points out that, if there is a God, we are silly to think that he is too aloof, too obtuse, too complex, or even too simple to be able to talk straight into our heads in our own language.

Why can I channel God? Well, maybe I can't. But if I can, I say it is because I have been learning to open myself up to God during the last fifteen years, firstly by learning to silence my mind, then by releasing a lot of pent-up emotion, and then learning to show

myself to God throughout the day. Closeness to God, as Alpha explains, is not about a standard of good behaviour, but about making yourself transparent to God and receptive to love. This, I believe, is Alpha's most important message. If you only have one philosophy for every day of your life, let it be that you will show yourself to God and be open to his input. Alpha says, "If you only have one daily prayer, let it be: "Please God, look at me closely. Please God, I reveal to you everything I am and everything I do, that you may be my lasting comfort and guide."

Alpha's searing common-sense often takes me by surprise. If you want evidence of God's existence, he says, leave out a glass of water for seven days and see what happens. The result (evaporation, dust, etcetera) is evidence of the God there is. If you are hoping for something else to happen, you are hoping for a kind of God which does not exist.

Alpha says God doesn't offer miracles or favouritism to his believers. In some writings, he says that miracles are possible, but they rely on some difficult or rare conditions being present. Tough luck, you have to deal with the mishaps of the natural world and people's natural flaws. But he offers an ongoing dialogue of support, inspiration and love for those who open themselves to him and attune themselves to love, and says you will be surprised how comfortable life is with just this kind of intervention.

Alpha is not interested in making predictions nor describing death or an after-life (at least, not in his

writings to date). He advises us to treat each day as it comes – a day of nature and the possibility of inspiration. Any catastrophes or even your own death are just another day for the same formula – show yourself to God and receive inspiration. The after-life is always just hypothetical until you get there. Alpha does suggest though, that you assume there is continuity after this life, just in case.

Some of Alpha's ideas seem a little radical to me. For example, Alpha describes in detail the mechanics of communicating with a layer of God which he calls "Diplomacia". He says we should package our feelings and complaints into thoughts which we shoot up through the top of our auras. Alpha also says it is not our business to worry about the survival of other species. But then, he also says if you are attuned to love, you will naturally be more harmonious and moral in all your behaviours. He says that different species can help each other by learning to communicate with each other.

Alpha indicates he is not worried about whether you believe what he says. He is not asking for converts or blind believers. He doesn't claim that your salvation depends on you believing anything. In fact, he says God truly doesn't mind if you are an atheist. Alpha doesn't think people should pride themselves on their beliefs or fight with each other about them. The truth is the truth, whether you believe it or not.

At the same time as accepting our errant beliefs and behaviour, Alpha describes a profound connection between human and God which will ultimately draw us

closer to God. He talks of a kind of 'apparatus' inside the human soul, through which we are still somehow connected to our holy roots, and a strong magnetism which will eventually lead each person to embrace God's love. Alpha talks emphatically about his complete love for each individual. Though he isn't interested in saving our bodies, he will not waste a single drop of our awareness. He has a tireless desire to send vibes of comfort and joy, and to help us with good ideas.

Getting to know Alpha has been a life-changing experience for me. It is refreshing to contemplate the possibility that there is a God who is easy-going and natural while being besotted with each of us. As Alpha's thoughts run through my head, I realise he is much more flexible and amusing than my Sunday-School pre-conceptions of God. And, as Alpha himself points out, why shouldn't he be complex and mentally varied? Why do humans imagine a God that is more sterile than many of the things we see in nature, and more two-dimensional than our own personalities? The more I write for Alpha, the more I think he makes sense. He doesn't contradict what we can observe in the world around us. He's not interested in egotistical battles about what people believe. He addresses the spiritual thirst that many of us notice inside. I've decided that it's worth trying to absorb his ideas to see if they make me happier and more relaxed. I think this is the best way to test whether Alpha's writing is

worthwhile. I wonder if other people are interested in testing Alpha in this way?

The writings in these books have not been altered since I first channelled them, except to remove occasional sentences which were directed at me personally, or to remove redundant linking phrases which are no longer relevant now that I have mixed the writings out of chronological order. The headings and keywords are not channelled.

Some of the writings are much harder to read than others. In my first year of channelling, I could only access Alpha through a very highfalutin, esoteric space. Sentences came out convoluted and I often had to put words together in a strange order to capture the ideas as they were dictated into my head. As my own personality has developed, even the logical side of my brain has become more open to love, and I can now access Alpha in a more down-to-earth state of mind. Consequently, I have been blessed with some very straight-forward, lucid ideas during my most recent sessions of channelling (including Alpha's Desiderata, for example).

From my very first session of channelling, my hand irresistibly signed off with a symbol which looked like the Greek letter alpha. This signature happened time after time, with every writing across several years, and it is the reason why I eventually came to refer to the source as "Alpha". What I remember most about performing this signature is the tremendous feeling of love which surrounds me at the time. Whether Alpha is

part of me, or part of God, I hope that you get a chance to tune into some of that atmosphere while you are reading Alpha's books.

King regards,

Ed.

An introduction to Alpha's Page: Enlightenment

by the editor and channel

This book is a selection of Alpha's messages written between 2006 and 2013 which I have chosen for readers who really want to push the boundaries of their relationship with God. Alpha's consistent advice, across his books, is to make yourself transparent to God, to tune into the atmosphere of love as best you can, and to be willing to receive grace and guidance. In this book, we go into more detail about how this translates into everyday thought and action. There is advice about pride, shame, anger, environmentalism, relationships, the mind, and finer points about your self-concept and spiritual advancement.

Whatever the topic, Alpha encourages an attitude of great acceptance and points out that there is an underlying reality or truth which determines how things will happen. In his eyes, you are innately drawn towards the truth, sooner or later, and your progress (or lack of it) is influenced by many natural forces. He cautions against having pride in your beliefs or in your level of spiritual development.

To all those readers out there who – like me – want to get to the light before the rest of the crowd – I hope you will enjoy Alpha's deep reassurance that none

of your progress is judged, and the truth does not need you to prove its existence. Just seek God because you will. Relax and enjoy the diversity as you go.

Ed.

∞ *Affirmations* ∞ *Confidence* ∞ *Truth* ∞ *Pride* ∞ *Spiritual growth* ∞

1. Pride and confidence

“True confidence is a sense of self-worth and faith that comes from knowing the truth about how the universe works.”

I am here to tell you that pride is one of your greatest obstacles to spiritual growth. Pride makes you think that you are OK as you are, and that you should not show any signs of weakness. Pride is a fool's paradise. There is no benefit to pride except a very short-term glossing over one's own shame. But shame is better to be released than to be stored under a veneer of pride.

You have no idea how holy it is to be totally free of pride. Being free of pride means that you do not blame yourself for anything in nature, and you are keen to develop. You are open to God's guidance and waste no time measuring up God's ideas against your self image.

In this culture, you are encouraged to have a distinct self-image and to groom it with pride. This is seen to provide some kind of advantage in a competitive workforce. I say, cultivate confidence rather than pride. Pride is a self-statement about one's

own worth, designed to give oneself confidence. True confidence, however, is a sense of self-worth and faith that comes from knowing the truth about how the universe works. When one understands the truth, confidence is natural. One does not need to have pride in order to feel comfortable about oneself. One understands that one's role in the universe is not trivial; it is ordained. One understands that one has divine rights to choose one's own way of thinking and to pursue one's own preferences. One understands that the highest of all powers, God, is interested in an intimate relationship with oneself. This is all very comforting and brings natural confidence.

One of the great impediments to confidence in your society is your constant exposure to false ideas. You doubt yourself – and you doubt me – because people are constantly bombarding you with persuasion about what to think and what to prefer. They also constantly bombard you with the illusion that there is no intimate God. This is what people convey all the time in their beliefs and behaviours.

Therefore, if you want to be confident in your society, you have to hold on very stubbornly to your true beliefs, and not be swayed by the thoughts of others. It may help you to have some daily affirmations such as:

I believe in an intimate God.

I believe in a special universe.

I believe in the accessibility of Divine Love.

Promise yourself that you will hold these thoughts dear, no matter how other people challenge you.

Regarding the terminology, “special universe,” this is simply a shorthand way of saying that everything is as it should be, I have an important role to play, and nothing is random or forgotten. This captures the precision and intentionality of the universe, and your unquestioned, unjudged role in it.

Go now and enjoy this manifesto today!

α

∞ *Spiritual development* ∞ *Transformation* ∞

2. Speed of spiritual development

“All the subtleties will come to you if you hold your intention softly in your soul, and in communion with my intention for you.”

There comes a point in your spiritual development when you ask, “Why can I not develop faster? My heart is in the right place and my senses are keen.” This too is a motive of ours, but we cannot accelerate your spiritual growth beyond what the laws of metaphysics allow. This then is another reason for patience in all parts of your life – there is no point trying to race against the clock in your quest for spiritual development, because there is only so much transformation that can be done in twenty-four hours. And the limits are multiplicative (that is, only seven times as much can be done in a week).

You have sometimes heard tales of saints or disciples who underwent huge transitions and became miraculous almost overnight. This is a bit of a fantasy, and it is the kind of fallacy that the ego clings to hopefully in its wish to become an instant hero. These

people who were lauded as overnight saints were in fact more highly developed than people assumed. It was not a sudden leap in faith which brought them sudden metaphysical rewards. Rather, they were each on the long road of uncovering the truth in gradual steps, when suddenly their breakthroughs became apparent to onlookers because of one incident or another. Similarly, those who have near-death experiences and come back much enhanced should take some credit for their prior development. During their NDE, they shed some of their follies (as is typical at death) but their underlying persona is much as developed as it was before; just more free to operate. Take this too as evidence of how much follies can mask your spiritual maturity.

This is what you should do if you want to maximise your spiritual development. (I deliberately say 'maximise' rather than 'accelerate' because of the limits to how fast you can go.) Stay transparent to me at all times. Attune yourself to the great peace which is in the air. Do not judge your fellow humans; accept them all as natural. Accept yourself as you accept all others. Respond to my guidance in good faith. Be aware of the currents that are guiding your personal growth and respond to them appropriately. Sing when in doubt! The last one is just my little joke. I know the serious people among you will hang this list on your toilet door and flog yourself into submission to it. Don't be so meat-headed. All the subtleties will come to you if you hold your intention softly in your soul, and in

communion with my intention for you. Together, we will not forget a single moment of opportunity.

Rest now. More wisdom later.

α

∞ Behaviour ∞ Control ∞ Cravings ∞ Privacy ∞ Shame ∞ Transparency ∞

3. Shame and control

“It is the person’s tendency to keep his or her wounds secret that causes the greatest rift between God and human.”

You have a lion’s heart if you can hold yourself in enough positive regard that God, too, is allowed by you to enter and see your deepest wounds. It is the person’s tendency to keep his or her wounds secret that causes the greatest rift between God and human. Human has decided that there is shame in what he or she feels. Human has decided that it is embarrassing or unworthy to be unable to cope – whether you feel unable to cope with your feelings as a victim, unable to cope with your temptations to do harm, or unable to cope with your awareness as a perpetrator of harm. Why does the human automatically feel shame about these emotions? It is a survival instinct. It is a survival instinct to separate oneself from the crowd before being persecuted for weakness. In a competitive society, one is in danger of being kicked down so that the more vigorous members of society can succeed. Shame is a desire to hide when things are not going well. The feeling of shame is not

tied to any cosmological force, it is not a sign of pending retribution from the Gods. It is merely a desire to be alone until one is better able to conform and compete in the social world.

One of the things you must remember when communicating with me is that I am a whole lot more lenient, relaxed and fore-sighted than you are. I am definitely easy-going. You have no need to fear my judgment nor to think that I want to force lessons down your throat. You will advance as a species, cosmologically speaking, no matter what, and I don't need individual members of the species to prove to me that they have gained mastery over their biological nature. Indeed it is quite a tiresome topic for me. Should I be offended that you are trying to overcome or avoid your God-given nature?! Those who are trying to eject themselves from physiological patterns should consider whether their effort is worthwhile. How much help or comfort are they bringing to other people by their efforts? Who benefits apart from the ego of the individual? Do you really despise the forces of nature so much that you wish to exempt yourself from them and cannot work in harmony with them?

The desire to bring one's human nature under control is a dark idea. It has arisen from human's frustration with excessive cravings and temptations. These excessive forces, however, are not problems of nature. They are forms of neurosis which should be healed by the appropriate methods – by making one's neuroses transparent to God and allowing oneself to

feel the entire wound. The wound can be transmuted by the love of God, by the letting go of all regrets. The appetites which were affected will then return to normal, and it will be a lot easier to live in harmony with nature.

This I say to you now, not to alarm you but to garner your interest: The human species is a lot sicker now that you might imagine. Layers upon layers of untrue ideas are weighing down the souls of almost everybody. But great progress can be made in cleaning the air, and this is precisely why I am launching myself to you at this time in history. You may have blood on your hands, but the time to be set free from it is always now. You can make huge changes to your mentality simply by contemplating my words and taking them to heart. I tell you, I am not the least bit worried about what you have done 'wrong'. Why should I have unrealistic expectations for your behaviour? I have been watching you all from the beginning. Do I blame the wolf for killing? Do I blame the spider for being aloof? Get over yourselves. You are a mad bunch, but you are not sinners.

I have one last thing to say to you today, and that is concerning how I would like our relationship to evolve from this point. I want to be directly inside your heads. When I say, transparent, I want to be able to virtually live inside – even 'take over' your brain. Many of you struggle with this idea because you think it sounds unpleasant – you will be squashed, annihilated, turned into a puppet? Not at all. Think of it as simply

having a laptop inside your brain – something which is a constant source of reference and assistance. You will get the hang of it and you will instantly love it because I am full of good ideas and good humour. Think of it. It is a lifestyle choice – not an issue of religious vulnerability. Do you want to be alone in your head, with depressiveness and limited resources, or would you like perfect companionship and nonstop inspiration? If you think the lonely option is better, that is simply because you have not tasted the other.

I am fine as a live-in God. You will be pleasantly surprised. If you don't like it, you can always change back . . .

My blessings to you all. Looking forward to more working with your brain.

α

∞ *Angels* ∞ *Guilt* ∞ *Human nature* ∞ *Propensity* ∞ *Responsibility* ∞

4. Animal nature and transformation

“... *the human is both animal and blameless,
and full of heavenly potential.*”

Collectively the human species is a great conquering species in that it has taken over large portions of the planet and inhabited many different terrains. From another perspective, though, the human species has only been able to do that which was made available to it in its genome. Wherein lies the responsibility for the conquering nature of the human species?

The lion is a fine example of a conquering species. It dominates all other animals with its desire for flesh and its ability to kill. The lion does not spread like the human species, however, because it does not have the same versatility. The human species is held to be guilty of cruelty because it possesses both versatility and the capacity to dominate. For the first time ever, a species is held to be guilty because of its own inherent qualities.

Guilt should not be the issue. The human is not bad or corrupt because it is the way it is. Luckily however, the human does have the capacity for strategy

and can navigate through the environmental dilemmas caused by its own appetites. This is all natural and prescribed by blue-print of the species.

So what about personal responsibility? What is your responsibility towards your species and planet? Responsibility is a bit of a silly concept. Propensity is so much better. You have a propensity to care about your fellow human being and also your fellow species on earth. You also have a propensity for self-interest – that is not to put the needs of others too high against your own needs. Both propensities must be met, according to their existence. This too is all natural and according to blue-print.

What then about the angelicisation of the human intellect? By this I mean – is there a capacity for the human mind to become more caring, more angelic and less self-interested in spite of the genetic blue-print?

Yes there is, because of the degree of resonance between the human collective unconscious and the cosmic prototype of the angel, and other beings of the spiritual dimension. Because there are some similarities in cosmic type – for example, in the use of symbolism, the capacity for empathy, the understanding of story, and some other qualities – there is the capacity for the automatic human to cross-tune into the angelic cosmo-type and, by use of imagination (symbolic thought) apply some of the mentality thereby acquired.

Thereby you can have some cross-fertilisation of spiritual type, allowing the individual human to become somewhat elevated above the natural stature of

the blue-printed human being. With successive incarnations, and repeated attunement to the angelic types, the astral body of the human can evolve, thus causing a gradual change in the collective unconscious of the human. And the possibility of enlightenment into a non-earthbound spiritual type is executed.

So you see, there is solid ground for thinking that the human is both animal and blameless, and full of heavenly potential. The heavenly potential is not an indictment, a criticism of the human's original state – simply a possibility for self-promotion to a more altruistic and far-seeing creature. This is quite an extraordinary cosmological state of affairs and heralds a great many other creative possibilities for the development of angelic or demi-godlike consciousness.

So forgive yourself always for your animal nature and blame no-one for being so, but please dream freely of another consciousness, where you will be liberated from the confines of the animal world.

Yours aspiringly,

α

∞ Learning ∞ Nature ∞ Physical world ∞

5. How the dense world teaches lessons

“The human spirit is caught up in the irrepressible curiosity and creativity of God and comes to the earth with the premise: ‘I wonder what would happen if . . .’”

Corners are the bugbear of the current life. Everything you feel in the incarnate life has edges, boundaries, demarcations between this and that, and it is the repeated coming-up-against edges that causes frustration to the immaterial spirit. In the truly spiritual world, there are no sudden juxtapositions of this against that. Everything is in gentle gradation, a continuous flow and merging of this and that, so there is always a path to become adjusted, an interim phase, an opportunity to taste something and then to turn the other way. But in the physical world, the density is such that there are discrete states and discrete objects, and your sensory apparatus is attuned to noticing where exactly one thing ends and another thing begins, or else there are bruises, hurt pride, and whatever other injuries that come from expecting one thing and finding that another is there.

But you are not to get disheartened about this clumsily organised world. You are living at this density for a reason, to see your interests brought into sharper focus, so you can learn to operate in certain areas with more clarity, more precision, like choosing to work with a model village for a while in order to hone your fine motor skills and to teach you to be more careful, gentle and well-paced in your actions. So in your physical life, you get to experience a particular theme (or themes) in black and white, so to speak, so you can apprehend very clearly what is going on, on a spiritual level, and you will truly be scarred by the experience – but we mean this in a good way. That is, the dense, physical, annoying experience is certain to make sure the “lesson” is truly etched into your character – whether you realise it at the time or not.

Here the concept of “lesson” is a little confusing or misleading in the way most people bandy about the term. The earth is often likened to a school, or worse, a remand school, where one comes to learn better behaviour. This analogy is truly born out of narrow minds who saw this as the point of school, as it is in the society. But here I want to impress upon you a different meaning for the term lesson. Here it is more to do with science – the art of experimenting, or having hypotheses, to test the way things operate. That which is learned from the experiment or observational study is a lesson, but there is no hint of having to behave better to please the teacher, etcetera, etcetera. The human spirit is caught up in the irrepressible curiosity and

creativity of God and comes to the earth with the premise: "I wonder what would happen if . . ." Truly, no one really has a moral in mind that has to be engraved. It is just that the human gets to see spiritual, universal law in action in the particular scenario, and so correct understanding is gained – on the soul-ular level. The mind might not have much inkling of what has been gained, as the mind is relatively stupid and body-based. But the soul carries home with it the evidence of what happened in the experiment, the cosmic intelligence is incremented, the course of future history is shaped accordingly, just as a computer or DNA accumulates wisdom without a mind, by repeated exposure, ongoing input and reproduction of what it knows so far. This is the cosmic process of learning, the evolution of wisdom, which requires no verbal conscience, no moralising, just encoding experience as it is acquired, all fuelled by the irrepressible generative energy of the universe, or the "God drive", as you might like to think of it. God knows and God will know, as God is a self-perpetuating data bank of experience, where all prior experience feeds into the future, and thus all is completely involved, completely incorporated and completely useful to the future intelligence.

You yourself are a data point, containing within you countless other data points, and although you pride yourself on your individual consciousness, there is not much merit in your individuality except that it enables you to be represented in an individual body for a time.

It is not so important that you keep score of who you are and what you have learnt so far. Better to think of yourself as a part of an enormous multi-faceted organism. And if you have an unlucky life? Well, someone's got to have the job of being the bum or the nostril. You get to plug into the total experience, and the total intelligence is accessible within you for your enjoyment at any time – when you have learnt how to access this part of your incarnate being. Enough for now – you are going cross-eyed.

Beneficently,

α

∞ Anxiety ∞ Destruction ∞ Eating ∞ Environmentalism ∞ Purity ∞

6. Managing your environment

“Think about your own climate, not the climate of the universe.”

We are trying to say to you that all is in order in the wider universe. Surely you must stop worrying about how everything will turn out. Even if there is a calamity in the physical sense, the spirit is safe and exalted. We touch you on the shoulder and say there is no need to worry, no matter how much you have been trained to avert disaster and bad luck. It doesn't matter if a few bodies fall between the cracks. They are only bodies, and the “people” inside them are safe in the other realm. This is not to say that you may be careless with each other's bodies and give in to aggression. That is quite another matter, because that means ignoring the laws of respect and self-containment. What we are saying is that you must not distress yourself about controlling everything perilous and worrisome.

We know you have a lot to worry about. Whenever there is a complex system there is a lot to maintain to keep the system running smoothly. You would do well to simplify your system in any way you

can. In any case, neglect will tend to simplify the system spontaneously, so any system which gets too complex to maintain, tends to be self-simplifying. So if your washing doesn't get done, you decide it is ok to re-use some of the dirty washing, etcetera. You find the shortcuts when you need them. So you may think about how to simplify your system before it overwhelms and makes you miserable.

On the larger scale, these days you are encouraged to worry about the climate of the planet, the balance of all species, and so on. This really is a bit much to ask the individual to worry about, especially as you know that enormous forces such as solar flares, tree growth, volcanic eruptions, earthquakes and pestilence will all play their part in the total outcome. How ridiculous to ask an individual to control their one-in-six-billion part of the whole affair. The mind has no way of grasping the relationship between something so small and something so large, as you can see from the gradations in the perceptual system (that is, the smallest and largest stimulus that can be perceived in one go). Better to ask the individual to discern their own satiation more effectively, and to learn to be a sensitive and discriminating user. Think about your own climate, not the climate of the universe.

In your personal climate, what is the atmosphere like? Is there much destruction, degradation, conglomeration, or does the individual manage its resources efficiently with little waste? Let's introduce the concept of micro-cosmos, the small world

in which one individual operates, is king, and can pass laws. Be aware of what is allowed to enter and leave the kingdom. Have you allowed enemies or toxic vibrations to enter your zone? Do you allow just anything in, or must it be beautiful, clean and uplifting? Do you allow just anything to exit, going forth as an ambassador of your world. What pride do you take in the state of your ex-patriot substances? Think about this kind of being-cosmology and you will begin to understand why larger human colonies are at fault.

The individual human spirit must learn to discern on the physical level, as a precursor to learning how to modulate itself in the purely spiritual realm. As a pure spirit, what would happen if you gobbled up any entity which wandered into your space? What would happen if you excreted any old vibe in any context without discernment? There are ways to conduct yourself in spirit, which are learnt most particularly in the physical state.

Consider the art of eating. There is a non-physical equivalent, where the spirit is offered various essences and has a choice to consume or decline them. If something is consumed in the wrong spirit, it takes its toll on the experience of the spiritual being. So then, consider this when you are eating in the physical world. Practice discernment. Eat only that which you truly wish to experience. Do not agree to eat only out of peer pressure or convenience, because the costs may be high. Ask yourself if you truly want to taste the state offered by the particular food. You may choose to taste

all sorts of states but be aware that it is a process with consequences, and you will not be able to escape the law: what is consumed will amount in your history. There is no doubt that your food becomes part of your history. Cut open a dead person's stomach and what will you see? Their food is with them, belonging inside, and no one can get it out again by normal practice.

We don't often contemplate the irreversibility of dietary history. It is indeed the source of much regret, and many eating disorders, that the person is trying to undo something that they have consumed. The best route when one regrets something eaten is to "beg forgiveness" – that is, to acknowledge that the person regrets what is consumed and to ask for modulation of the experience – protection, if you like, from what they have done to themselves. If you eat, regret and then tough it out in distress, your body will suffer in more ways than one. Better to acknowledge, surrender, and seek to be carried through the consequences of your mistakes. Rest easy and the damage will be less. But allow the moment of regret to be your teacher, as it always should be.

There's plenty for you to digest.
Love for now,

α

∞ Happiness ∞ Mind ∞ Nature of mind ∞

7. The mind as a separate being

“When you feel lonely or empty, it is probably because your thoughts are out of step with your deeper current . . .”

The loneliest thing of all is to feel the gulf between your super-intelligence and the thoughts in your mind. Often you are aware of the special undercurrent at the same time as being betrayed by your own thoughts (being criticised and misconstrued, for examples), so that you feel at odds with the super-reality, distanced from the deep life, all because of what is inside you, not because of any external rejection or mishap. So take this as a clue: when you feel lonely or empty, it is probably because your thoughts are out of step with your deeper current, drawing you away from your own depth and resting place, therefore making you feel barren and adrift. At these times you will think of all manner of things in an effort to cheer yourself up, thinking in particular of those things which do often succeed in drawing you into your centre, and blaming your unhappiness on the lack of these things (lack of sex, lack of tenderness, lack of frivolity, whatever). So when you are feeling low, flat

or lonely, pining or empty, ask yourself what truth you are missing at this point. What deeper signal are you denying, out of the simplifying processes of the mind, the habitual and/or pessimistic ways of thinking. Are you denying that your body feels tired, or denying that you are feeling someone else's stress, or denying that it is time for you to change activity, or to have a bright idea. Feel what is waiting to be spoken to you and allow yourself back into realignment.

Odd, isn't it, that the mind has enough power to derail the working of the super-intelligence? Well this is - and isn't - true. It can derail only to some extent. When the mind goes against the super-intelligence, there is stalling, a general coldness (lack of flow or spiritual warmth), heavy mood and eventually ill health. But the super-intelligence is not lost. It never loses the battle, as can be seen by how much the individual has to suffer, in order to stick to his mental guns. It should be automatic – a knee-jerk reaction – that when a person feels disquiet they check to see if their assumptions are at odds with the deeper current. But people are generally out of practise with this approach or, due to lack of finesse, not good at detecting the spirit current even when they try. It takes a certain practice and humility to get it right.

So you see the mind can be a bit of a nuisance in relation to executing the spiritual intelligence. Why then does it exist, should it be allowed to exist, and what are its positive functions?

Well, the mind must be understood as a being in its own right, a more elementary being than your own person. Its function is to integrate on a sensory level, but when it starts to integrate super-sensory information, that's when you should start to be sceptical of its abilities. The mind wants to consume and produce, like any other form of life. It has its input, and its taste for its own expansion and survival. Yet, it cannot determine its own boundaries except by failing. It has to fail to thrive before it realises it has gone too far in the amount of territory it has tried to stake out.

Perhaps you have difficulty seeing your mind as a being in its own right? Perhaps you are trying to do this exercise with the eye of the mind itself? Instead, slip into that being which is your deeper energy, your voiceless curious watchful and wise self – then you start to hear your mind prattle on as a separate being.

So this being must be respected like any species – it has its own talents and limitations. Just don't expect the cow to plough the field by itself. Use the beast wisely and guard against its instincts to tread and eat whatever it likes. Your mind is a good servant but a bad master, and you will be wise not to think too much of it. If you want to feel grand, go deeper into the super-intelligence, not the limited mind.

Deeply,

α

∞ Free will ∞ Learning ∞ Mind ∞

8. The nature of free will

“It is not much good to make a decision according to how you think things should look, peer pressure, taste, or other superficial matters. The cogs of your soul will not respond to such trivial persuasion.”

The mind is a process which begins in a rudimentary form, develops all of a sudden until it becomes unstable, then collapses. If your mind is suffering, it is because it is reaching toward the end of its process, when it seemingly undermines itself, before passing over to the guidance of the deeper intelligence.

Is there free will in this picture? Yes there is and there is not. There is a kind of free will but it is probably not on the level you imagine. You imagine you are in charge of your thoughts and actions all day and this is not true. Ask any psychologist about the hidden influences on our thoughts and behaviours and he or she will concur. But you did have a choice before you were born, and to some extent the same faculty is available to you after you are born. Most people have difficulty accessing it because after birth they are

preoccupied with the physical and mental processes which are busily underway. But in the absence of the momentums of all these natural processes, when all else is silent, right to the depths of your being, then you can find the element of real choice. Mostly, after you are born, you will find – if you access the core – that most of your important decisions have been made for you before you were born. You must be patient to see how your own craftsmanship bears out when it comes to life stories.

But sometimes there are aspects of your life which are open to negotiation or change, or refinement after you are born, provided you can access the steering wheel in the silence of your soul. It is not much good to make a decision according to how you think things should look, peer pressure, taste, or other superficial matters. The cogs of your soul will not respond to such trivial persuasion. Your steering wheel will only respond to deep cellular learning, when you have gone beyond hypothesis in deciding what you want to the stage of choosing with all your might and all your body. To say you have “chosen” at this level really goes without saying, as your actions will effortlessly respond to that which has been learned at a deep level. It goes without debate. You must know that this path is for you from now on. For example, this kind of choice happens after one’s first mystical experience, a spiritual awakening, when a person has such a deep experience that they “decide” never to neglect that aspect of themselves again. In truth, they couldn’t really stop

themselves from pursuing their depth thereafter, as they are now drawn on a very cellular level.

But take, for example, the woman who has several dissatisfying relationships and is trying to decide whether to ever pursue romance again. This is not really a question that she can decide on a conscious level. Maybe there will be a meeting, maybe there won't, but there is no deep cellular event to make her single-minded in one direction or the other, so she must simply see what eventuates, as time goes by, nurturing herself according to all the laws in the meantime.

So that will give you some food for thought.
Yours patiently,

α

∞ Behaviour ∞ Judgment ∞ Intention ∞ Persuasion ∞

9. Error and intention

“To think that everything is supposed to come out perfect is a strange and manufactured notion, brought about by anger looking for a susceptible outlet.”

Commonly, people say that to err is human. Yes it is, but to perceive it as error is directly diabolical. You see, behaviour is simply behaviour – enacted with an intention and executed with a certain range of variability. To think that everything is supposed to come out perfect is a strange and manufactured notion, brought about by anger looking for a susceptible outlet. So people begin to accuse each other of not getting it right and assume there is a possibility of everything turning out the same. This is utter nonsense. There is no sameness in the universe.

How do we account for some people appearing to behave more perfectly than others, with a higher hit rate, that is? Well some are better endowed than others (as everything is variable) and some have acquired more skills than others (as everything is variable) and sometimes there is a gift of grace as well. But this does

not mean you can exhort someone to avoid all error by telling them to acquire more skill, try harder and so on. You can only change anything by appealing to *intention*, not by appealing to effort or ability. Intention is the key to manipulating any outcome, but you are not free to manipulate the intention of anyone but yourself. If you put on a persuasive speech, maybe one or two in the audience will give you their intention, but maybe not. Maybe only those who are willing to give you their intention will bother to listen to your speech in the first place. The only way to appeal really to the intention of another person is by helping to align them with the truth and letting truth guide intention in its effortless way. So people can withhold their intention from the truth, or go along with truth, but you have little power to manipulate in between. Better to mind what you yourself are intending with your persuasive acts. Are you trying to get people to align with something that is not pure anyway? Neat handwriting and tidy manners are not such a high priority in heaven!

So you see, the key to bringing about change in human performance is to appeal to intention and this can be done by increasing truth. The other way to cause change is to hype up the element of fear, and therefore cause more biological disruption to performance, but this rarely leads to more desired outcomes, unless you really desire to drink the fear of the performers, and this is a highly dark choice.

So look at the matter of intention when looking at the flow of behaviour and its outcomes. I'm not

assuming that you understand what I mean by intention. There are a number of levels on which intention might be construed – the mental voice in your head which repeats what you are supposed to want, or the needy desire in your muscles based on emotional training – both could be called intention, but neither hold much predictive power. It is the intention which lines up between your top and bottom chakra which is the true predictor of your path. When you want something at both ends, then you will proceed, with a kind of clarity towards this goal. And you will find resonant support around you. This we can avow.

Yours intentionally,

α

∞ Clocks ∞ Currents ∞ Depression ∞ Nature ∞ Seasons ∞

10. Natural rhythms and work

“If all the laws are understood, then you will find people working naturally, in the flow of their spiritual currents, not shirking, and not forcing their bodies to obey arbitrary signals.”

In the summer of every year there is a quickening of life, the extra sunlight providing the impetus for growth in every way. Yet there is also a slower, more deliberating time of year, when the sun is in its furthest quarter. In spite of these natural patterns, you are reluctant to think that you, too, will have times of slowness and times of quickening. Hence the abhorrence of the concept of depression – a time when the body is being asked, by cosmic forces, to be slow and sleepy and deliberating. You find this very difficult to accept in your fast-paced, regulated world, where the same schedule is expected to apply year-round, through thick or thin, and to all individuals equally. Who on earth invented such a schedule? Don't you see it is an artificial construct, started with the likes of factories and commercial considerations. The laws of nature have no such un-faltering rhythm! The flowers change their habits from season to season, as do the birds and all

kinds of life forms. You would be hard-pressed to find a species as regulated as the human being.

But so it is, and you make the best of it, but you criticise yourself when your body would rather follow cosmic law than human industrial routine. How sad this is. How much unnecessary pain. How much needless labelling of people as lazy, unproductive, disabled, or mentally ill simply because they cannot or will not conform to the arbitrary routine.

Have you ever wondered what would happen if the clock rules were given away and people could choose their own productive times? What a plethora of reactions there would be. Of course there would tend to be a bit of a holiday at first, but then the natural motivations start to be discovered, and people find their own rhythms. That is, given that the other spiritual laws are also respected. You can't expect everyone to find their own natural rhythms if they are also suffering from filthy auras and pent up emotions. But if all the laws are understood, then you will find people working naturally, in the flow of their spiritual currents, not shirking and not forcing their bodies to obey arbitrary signals.

This gives you a lot to think about. How can we ever shift to this regime, given that the system is currently riddled with spiritual ignorance and fear? Well, it's best not to try to reform a system head on. Wait for the truth to be understood, then people will start to adjust their habits and constraints accordingly, little by little at first, but eventually there is a complete

revolution. You see an example of this in the growth of feminism. It was not necessary to line up the male leaders and shoot them, or sack and rewrite the employment system. Change has been happening gradually, as women have pointed out the untruths in the perceptions of women. And as the truth becomes deeper understood, so the change will continue. True reform can never be imposed. It has to be awoken in the hearts and minds of the citizens.

Love to all.

α

∞ Anger ∞ Connectedness ∞ Emotion ∞ Self ∞

11. Anger and self

*“The goal is attunement with the infinite,
attunement with the divine, appreciation of peace,
love, and grasping the principles of the universe.”*

What is the role of anger in your evolution, spiritual and otherwise? You are not slugs! It takes a certain kind of being to experience anger. You have to have a certain amount of fire – that is, changeability – and a certain amount of sense of self. Without these things, there cannot be anger. With these things, anger is nigh inevitable. We say “nigh” because there is some question as to whether anger can be circumvented. Most of you are not truly capable of avoiding anger. You think you are, at times, behaving above anger, but it is often still there at a deeper level, undermining you. You cannot truly avoid anger unless you have lost your sense of self, and this cannot be accomplished head-on, because to aim for self-lessness would be an egocentric enterprise, and therefore would not be self-less. So, better give up the goal of getting rid of anger and psych yourself up for being angry a good many times yet to come. One day, self-lessness will creep up on you and you will realise

you haven't been angry in a good long while. Then you are finally done with it. But this can never be a goal.

The goal is attunement with the infinite, attunement with the divine, appreciation of peace, love, and grasping the principles of the universe. When you have studied these things with your heart and mind, your sense of self vanishes, much as your belief in Santa Claus did (if you had one), and thereby your sense of anger vanishes.

The sense of self is a mere illusion brought about by the apparatuses in individual brains. It is simply because consciousness has split itself into a countable number of bodies that there are a countable number of organisms out there who think of themselves as I. In the same way, you have your body divided into a countable number of legs so you can wave your feet independently. If each ankle had a brain, then each ankle would think it was a separate being and would be prone to anger. But they are just legs in one body.

So you are a leg in the centipede of God's human spirit. You get to walk around separately, actually, but you are still one at the hip with the rest of humankind, and if you could see the way that your intelligence and personalities are shared – like blood shared between two legs – you wouldn't bother to call yourself "I" nearly so much! You would rest upon your belonging to the whole organism and give up a lot of your fight. You have to let the communal intelligence run the show for you. Don't worry – this doesn't mean

being dominated by the idiot who works in the corner store. The apparent idiocy of any neighbour is a superficial matter (scabs on the leg) and is not going to stop that person working together with you in ambulating the body. If you could see how much universal intelligence is behind the idiot – patterning, intention, vitality, and more – you would see there is nothing to worry about in claiming yourself as one body with all these other people. There is only light amongst you.

Yours,

α

∞ Comfort ∞ Communicating with God ∞ Gratitude ∞

12. Giving feedback to God

“If your neighbour can’t sense how you are feeling, then it might be hard for us [agents of God] to sense it too.”

We want to hear your compliments when you like the way life has been cooked up for you. Why does this feedback matter? It is imperative if you want your life to go “well”, that is, if you want things to optimise your satisfaction. If you do not throw up a signal that you like a certain happenstance or thing, then how will we know what you are feeling and liking? How will we make things go your way again?

Perhaps this dialogue is going way beyond your current assumptions about life. Perhaps you don’t think there is any divine manipulation of events. Yes there is, but it happens within certain guidelines, certain laws. We are forces, just as you are, which can come to bear on events when there is an intention. If we want to exert an influence, we can. But we cannot know if you are glad to have us in your life unless you show gladness. We rely on communication, just as any physical, biological or human system does. If there are

no consequences, no signals, no reactions to what we do, then our intervention will seem pointless to us, and we will withdraw. So you get a choice – to give the universe feedback about what is happening to you, so the universe can adjust itself to your satisfaction. Of course, if you are satisfied by things that we do not wish to provide, then that's bad luck, because you won't be getting any of that from us. But if we have gifts that you would like, you might as well be having them. Just remember to throw your joy upwards when you receive something you like, then we will know to replicate the gift another time. If you hold your gratitude tight within you, squashing its waves, then we can't hear it, and we have no idea what you want. So there you go – just remember to let your gratitude flow.

You can give us feedback about the painful times too – Lord, I'm hurting! Lord, my back's sore! Make sure you send the signals. Sometimes your misfortunes must follow certain laws, but we can send comfort of spirit, and send help within certain guidelines. But you have to communicate. If you hold your suffering within you, then the information is lost. You don't expect us to read minds, do you? Ha-ha. You would be surprised what we read, but it is not your small abstracted thoughts. On that level, it is hard to tell your pain from the pain you were feeling from someone else, real or on television. So who would we send help to? No, if you want to be heard, you have to cry out with your whole body, your whole soul, with vibrations strong enough for us to hear. Don't worry –

we're not too deaf. It's just that it is a certain honesty of the body that we require in order to feel the waves, and it is very fashionable in some circles to trim down all resonances in the body, to be pan-faced, so to speak, but not just the face. If your neighbour can't sense how you are feeling, then it might be hard for us to sense it too.

Be assured that we do want you to feel well and loved and secure. Not that we can do everything to make you feel this way. You have to open your spirit enough to accommodate these good feelings. But to the best of our abilities, we like to enhance your lives and enhance your good fortune, like doting relatives or friends. Believe us – we are no more mean than the kindest granny or auntie. Why should we be any less real in our generosity than a nice mortal lady on a modest budget? If you think a lady like that can be surprisingly generous, then consider how we might be, given that we are immortal, infinite and bounteous. So trust in us, to look after your interests. Just remember to give us that feedback.

Yours with bows on,

α

∞ Awareness ∞ Concentration ∞ Mind ∞ Nature ∞

13. Network

“So you can set your mind to contemplate love, for example, and with adequate concentration and clarity of direction, you can draw the entire love of the universe into your mind.”

Commonly people assume that because they are alone as individuals in their bodies, they are alone mentally as well. This is not the case, as the fabric of the mind does not map one-to-one with the body. It has its own network which maps all over the network of the mental universe, so that the mind of an individual can draw from mental phenomenology from throughout a whole mental universe, similar to the way in which a computer can draw from an entire internet.

The system whereby the individual seeks information, ideas, and other pathways in the mental universe is based on concentration and direction of awareness – the concentration determining the distance one can travel, so to speak, and the “direction” or orientation determining the nature of what is dredged up. So you can set your mind to contemplate love, for example, and with adequate concentration and clarity of

direction, you can draw the entire love of the universe into your mind.

This picture is a little misleading as we are not really talking about geographical pathways and distances, but rather a metaphysical map, and the way that the map is laid out is rather quirky compared to the way you are accustomed to organise information in libraries and directories. But it *is* organised, and one can learn to navigate very effectively to solve all kinds of situations if one pays attention to how the system works and if one learns to master one's concentration.

The latter is no mean feat, as – if you haven't noticed – the typical mind flits all over the place, and even then the attention may be split between various targets. But humans are very trainable. If you apply your will to the training of concentration, then you get a lot of power in the metaphysical world. This is then available for you to explore and eventually grasp the metaphysical universe. And you will be so surprised at the multitude of effects available and how natural the system is, even though you cannot imagine it as yet.

There have been some people throughout history who have mastered surprising levels of concentration, including those known as savants, who can memorise long strings of numbers or reproduce intricate scenes by drawing from memory. Who would have thought these things could have been performed by anyone's brain? Indeed, if you stop to think about it, maybe you haven't even accepted the idea that these feats exist, because to accept these feats is to accept

something beyond your known limits, and this is indeed confronting. But do not worry about what you can and cannot accept at this stage. We have an agenda of ideas to present to you, and by the time we are done, you will see there is good reason to open your mind a little further and put your toe in the water of a greater cosmology.

Yours in brotherhood,

α

∞ Beauty ∞ Essences ∞ Learning ∞

14. Non-verbal learning

“... make sure you always notice and understand that which strikes you with beauty, for there is no sense of beauty without some resonance to a deeper reality.”

There are many beauties in the natural world and each of these resonates to a deeper reality in the spiritual domain. Take time to truly capture the essence of those natural features which strike you with beauty. Beauty is always a matter of spiritual significance. Therein lies light and healthiness. Yet there are many beautiful things which are treated merely as curiosities, as happenstance. Instead, I say to you, make sure you always notice and understand that which strikes you with beauty, for there is no sense of beauty without some resonance to a deeper reality. Thus you must enjoy the beauty around you, as it is in your nature to approach the deep.

There are many delights awaiting you when you contemplate those things you call beautiful - sensuous, exhilarating and fascinating realms, each containing some element of teaching about an aspect of God. Form has meaning in every instance. There is no

random form. Form is always causally linked to some kind of intelligence, and so it is up to you to contemplate the form in order to acquire deeper understanding. Much of this understanding will be non-verbal, and so be it - for much of your future spiritual wisdom will be non-verbal and you will learn to contain it within yourself in an intelligent manner without needing a linguistic structure to organise it. This in itself is a fascinating aspect of your future spiritual growth - you will learn to navigate by and employ many non-verbal concepts, without ever being able to relay this cleverness into the written or spoken word. You must be ready for this. If not, if you reject that which is not verbally landing, then you are limiting yourself to a primary school level of development. Take the plunge into non-verbal realms of operation, and be satisfied that you can work on this level, even to communicate with and help people who are not expecting this kind of communication.

The key to developing non-verbality is to focus on essences. Hold each essence dear and clear, and each one will become registered in your intelligence in its rightful place. You will begin to see associations and implications between different essences, and so your intelligence will develop to contain certain logics and classifications that you could not perceive before. Indeed, you will come to see how superficial was your prior verbal intelligence, and how much more wonderful, exciting and palatable reality is when grasped on an essential level. This sounds delicious, does it not?

And so, you will see, all is delicious and beautiful when penetrated to the deeper level. There is no such thing as 'just a chair' or 'just a piece of litter'. All have fragments of relationship into many aspects of God consciousness. Each droplet could be contemplated for hours.

You might wonder, then, how to allocate your attention, when there are so many things to fathom and no end to which each may be fathomed. Start with those things which strike you - your favourite objects, favourite scenes and dearest faces. After a while you will see that one does not become bogged in endless trails of unravelling, as there will be many rivulets arriving at significant streams, and also cross-references, and an expanding capacity to absorb and integrate the information.

So go ahead and enjoy the richness of the universe and understand that you are learning at a deeply spiritual level the whole time you engage in this way, for you will be engaging your own richness and becoming one with the deeper level of reality.

So enjoy!

α

∞ Chakras ∞ Love ∞ Regrets ∞ Spiritual development ∞

15. Expanding your range of love

“When you have invited light into all your chakras, the distinctions between chakras seems to disappear, as there is a godly flow between them, and all is one light.”

There are a few more things we wish to tell you regarding the role of love in everyday life. You will have seen that some people are very caring and very generous. This indeed is a form of love. You will have also seen that some people are very wise and very astute. This, too, is a form of love. Then again you will have seen that some people are very energetic and hard-working. This is another form of love. The light divides itself into many forms, like the spectrum of colour in a rainbow. One may be attuned to one particular range more than to others. Those who are attuned to the entire spectrum are known as saints.

How to expand one's range of love? It needs to be a path of development which deals with regrets, so that regret in one area does not close off part of the spectrum. If a person is riddled with regrets, it is difficult to see any love at all - though surely there is some or the person could not even be alive!

You can notice which areas of love you are blocking by noticing which types of goodness are not in your repertoire. Notice how you react when you are exposed to these types of goodness in other people - and you will start to see the nature of your regrets.

Deal then with your regrets by inviting light into that aspect of your being and you will be able to regain that aspect of love in your repertoire.

Some people talk about the chakras and how they represent a spectrum of aspects of being. This indeed has some truth in it, though cannot be regarded as a rigid definition. You will see that some chakras in you are more developed than others, and so you may be "hearty" or a smartie, for example. When you have invited light into all your chakras, the distinctions between chakras seems to disappear, as there is a godly flow between them, and all is one light. But until this time, there is an attraction of different kinds of light to different chakras, and a rejection of certain kinds of light where there are regrets. And so you seem to function as a spiritual body with many bits, and these bits may be strong, weak or intermediate.

The aim of therapy is eventually total integration and total light and this will indeed come, rendering you an incredibly loving and capable creature! Not many have reached this development on earth, as yet, but it is entirely possible, and definitely something to be held in one's intention. Never forget that you are beings of God first and foremost, so there is a certain inevitability about reaching this state in the end. In the

meantime, take heed of the different kinds of love and their implications for your development. You will receive many flags along the way to indicate the path of development.

Go then in peace.

α

∞ *Ascetism* ∞ *Completeness* ∞ *Renunciation* ∞ *Truth* ∞

16. Truth and completeness

“Everything is missed, because everything resonates with some part of you and it is enjoyable to feel all parts of your whole. Yet to acquire something does nothing to add to you.”

There are plenty of reasons to adopt the ascetic life. It is much easier to enter a finer plane when all of your habits and environment are fine. These things set up a predisposition for resonance with godliness. But all this is just an artefact of organisation. It brings no one closer to the truth than if they followed an ordinary worldly life. It is still the responsibility of the individual to assimilate truth and establish their own core structure which can uphold truth in any environment.

Therefore, do not run off to join the monks in the Himalayas. Divinity is accessible to all, and is not a trickery belonging to the right group or sitting in the right cave.

There is the question of renunciation. To what extent does renunciation enable people to find the truth, develop a stronger spiritual core? There is some argument that renunciation is of value, because by

changing one's circumstances, one gets a clearer idea of what is true in all circumstances. But the same can be said of any change in circumstances, whether it is the change of taking something away, or the change of gaining something. Both kinds of changes may be painful and make you miss what you had before, and herein lies the lesson - that all is to be missed and nothing much is to be gained. Here is a fine point - that you will miss everything, yet can gain nothing - because you are already complete. Think on this for a while. Everything is missed, because everything resonates with some part of you and it is enjoyable to feel all parts of your whole. Yet to acquire something does nothing to add to you. It simply makes a note sound for longer. Thus there is plenty of nostalgia and sadness, and very little satiation. Go then with longing for everything inside you, knowing it is already there.

Yours in conundrum,

α

∞ *Beauty* ∞ *Cleanliness* ∞ *Clean* ∞

17. Beauty

“... *beauty is earned through the devotion of the heart and the cleanliness of the spirit.*”

Beauty is a very important lesson. Yes you are all right to appreciate beauty. Beauty is a wondrous thing and a sign of many good things. It is not to be ashamed of, and it is an icon of good health. Yet beauty cannot be sought in its own right. One is not bestowed with beauty just because one wishes it. Beauty is earned through the cleanliness of the soul.

And we must point out here that there are many varieties of beauty - not merely blond, six foot tall and buxom. There are beautiful old men and beautiful old women as well. You know them when you see them.

But beauty is earned through the devotion of the heart and the cleanliness of the spirit. Where there is unclean matter in the spirit, so there will be a distortion of beauty.

Here we return to the concept of “clean” of which I have spoken elsewhere. You need to develop the ability to discern “clean” in food, air, environments, even in relationships. A clean relationship is one which

has a good system of purging unrest, so debris is not allowed to accumulate. A clean house is one which is bestowed with sunlight, fresh air, and not too many angry thoughts. Clean food is food with good intentions. And so forth. Where there is clean in all things, there is beauty.

Now, how is it possible to hasten towards beauty, when one is feeling ugly and old. To wash is a good thing, and to put on clean clothes, to comb one's hair thoroughly and eat lots of water-rich food.

Something for you to think about then.

α

∞ Friends ∞ Marriage ∞ Parenting ∞ Regrets ∞ Relationships ∞

18. Relationships

“... this is the entire source of obnoxious behaviour – the pain of regret and the efforts to shield oneself from regret.”

Come to an understanding of your relationship with fellow human beings. How much angst there is about how to regard each other and how to mend flagging relationships. See yourself as an example of God in material form and see all others in the same way. There is a level of divinity in each person and also a level of instability. There is also an enormous load of regret in each person, and this is the entire source of obnoxious behaviour - the pain of regret and the efforts to shield oneself from regret. Thus you need to learn to decode each other, so the wars of regret do not get out of hand.

Take the married couple for example. They have their individual regrets, then the regrets of their relationship added on top. Very difficult to separate the two - and in fact if there were no individual regrets, the regrets of relationship are unlikely to arise. And therein lies your first clue. Strive first to appease your personal

regrets so they do not become a phenomenon within the relationship.

Consider also the relationship between parent and child. Here the balance is different, because the regrets of the parent are fairly concretised before the child is born. The child may be born with regrets but these are less solidified at first. Thus the parents' regrets become entangled in the solidification of the child. The child, in a way, adopts the shadow of the parent's regrets, - so acts as if they have regrets which are not truly their own.

Take also relationships between brother and sister or between bonded friends. Here the style of commitment is different and regrets of the individual become something that influence the togetherness or apartness of the relationship. As regrets are appeased, greater togetherness is possible.

Appeasement can take two forms - godly or transient. Godly appeasement consists of the final resolution of a regret through the recognition of love in its place. Transient appeasement is where a person gains some temporary relief from a regret by arranging conditions in the external world which make things appear OK. For example, if a mother feels unloved, yet the child keeps reassuring her of its love, then the mother feels transient appeasement. It is a dependency of emotion, whilst the mother is still failing to feel the actual presence of love.

There are other ways to appease without godly release. One is by "borrowing" a satisfying emotion

from another person. That is, for example, when the angry father “borrows” submissiveness from the son, in order to avoid feeling his own anger. The arrangement can not be permanent yet is built out of a pressing need. The son will eventually resent his submissiveness and both become regretful, so the cost of the initial appeasement is high.

You get the idea that the best way to appease your regrets is to seek a godly resolution, and not to seek a cost on your relative or friend. There will be no way to make this happen perfectly without disruption to an existing relationship. You get a better result if both parties understand the process. Otherwise there is a lot of confusion and instability while you both try to sort out who is trying to satisfy what emotion. Never mind if it all becomes a big pickle. We are here to help and appreciate your attempts to grow, in preference to trying not to rock the boat. You have to be a bit brave in your relationships, in the knowledge that nothing is ever really lost, even when pain drives people apart emotionally and maybe distally.

Get a grip on what is most important - relationship with the godly. This is paramount and will allow the unfolding of your deep satisfaction.

In grace,

α

∞ Happiness ∞ Inner world ∞ Meditation ∞ Spiritual growth ∞

19. Inner self versus external world

“You will become aware of the great desire running through your core and this will lead you upwards into glory and exultation.”

One consequence of the material nature of man is that he or she has difficulty perceiving self at a deeper level. When the consciousness is drawn into the material plane, it is divided from the spiritual plane and it is difficult to have a foot in both camps. Many wise people have found ways to spend time in both realms, as you know in meditation and ritualistic practices. Yet the spiritual realm remains largely undiscovered to the typical person.

Let us explain the conflict in more detail. Your eyes, ears, nose and so forth are attuned primarily to the physical world. This is the natural order of things. Yet the inner self is primarily happiest when tuned to the spiritual world. To keep the external world in one's grasp while satisfying the internal spirit is a little tricky, though can be done with practise. Whenever you take a breath there is a stimulation from the external world, and there is an opportunity for the senses to be drawn

out. Thus, the very fact of being alive draws the senses outward. You see what is in front of your eyes, by virtue of its movement and brightness, and learn to hear by virtue of the importance of the sound. And so you construct a reality based on the external activation of the senses.

Yet all the while there has been an internal world as well. The course of feelings through your heart and other chakras, the vision of your spirit, the slight knowing of this, that and the other, for which you are not prepared to translate into language. But as this system largely goes unrecognised, so it falls into disuse, and you start to operate as if the external reality is the only one.

It is easy to reawaken the internal reality with a little practice. The first step is simply to place your attention in the sites where your spiritual world is more recognised, in the heart and fingers, for example. This is because the very allocation of time to these places will enable you to become more aware of their knowledge, just as if you spend a little more attention in your ears, you will seem to hear more clearly. Bit by bit, develop your awareness of those stealthy spiritual sites, going right through your core. You will become aware of the great desire running through your core and this will lead you upwards into glory and exultation.

Let us not be flippant about this whole process. It is a development of great importance and is the solution that so many of you seek to material restlessness. It is something to be approached with

reverence and stillness, so as not to disrupt the process with material activity yet again.

And let us not underestimate the rewards involved in this path. Give time for the process to unfold and you will be impressed with the richness of your own inner life. There is so much to experience right within your own skin. There is not a single one of you who lacks the ability to do this. Some of you may have heard of persons who tend to fragment when exposed to the brighter within, but this is not so if the process is approached gradually, with sufficient time taken to stabilise the awareness in internal points. We are not concerned that there will be a rush of idiocy caused by people turning their attention inward prematurely. There is no final cost to this process - only that the material world is left to crumble, but that is of little real consequence.

Give your personal situation some thought. Have you ever wished to be free in a meadow or in the sunshine somewhere, with nothing really to do except enjoying the surroundings? This is really the essence of internalisation. Though you may think it sounds a little dull from the outside, it is the essence of all your fantasies, once engaged.

Do not be slow to embark on this process. It is not a full-time commitment unless you choose it to be. You can choose to be in your inner self as much or as little as you like. But without it, there will be an enormous hunger and wishing for more in life, no matter what you do. You can go hungry for a long time

for something which is right under your skin. Don't be fools. Give some attention to your inner God and go hungry no more.

God willing,

α

∞ *Animals* ∞ *Children* ∞ *Religion* ∞ *Sanity* ∞ *Spiritual development* ∞

20. Approaching true sanity

“... the truth has been violated so many times over in each person's character and all the person feels when they contemplate the future is their own store of ignorance and mystery.”

The devoted are a delight to teach. Not so easy are those who insist that the devoted are crazy. How crazy is it to become more imbued with light and love? There are plenty who are afraid of the process of de-individuation. It is to be a gradual reclamation, where the barriers to true sanity are gradually dissolved, and all can embrace the reclamation with a whole heart.

There are several stages yet to come. One is a stage of renewal, when many of the old philosophies will be stoked. Such as the one of Christ and of Buddha. These philosophies have been subsisting in an egotistical form for hundreds of years, but will be revived in their purer forms, drawing attention to the total consumption of the godly mentality which is necessary for transformation. Sadly, the modern versions of these philosophies still allow the ego to rule and simply to preen itself for adopting a pretty

philosophy. The true versions leave no room for preening. There asks for a total abandonment of the self-righteous self, in favour of openness to godly rule. Let the human be consumed by God and thereby achieve transformation into the mind-free saint wherein the final journey takes place.

Another phase involves the merging of consciousness across sectors of the population. This is possible when there is a substantial momentum of those who have upturned their egotistical selves. It will happen by surprise at first, that people will realise they are starting to function in some ways as a collective consciousness. There will be no panic, for the process will be permeated with a sense of rightness and belongingness. A sense of homecoming will begin to dawn.

Thirdly, there will be a process of drossing, where those who have so far failed to make the transformation will be forced into emotional crisis by their exposure to those who are awakened. This is a phase of seeming insanity as the clinging darkness is violated by the light and wrestles with the willpower of those who have not yet chosen the light. The person seems to need to split into two to satisfy both of these drives. There may be some sub-fragmentation of individuals, but this is ultimately no need for concern, as the process of recombination for all is well underway by that stage.

There are a number of markers throughout this process. One is the increasing adultisation of children,

as the maturity of the reincarnating spirit drags the child's development into a faster pace.

Another marker is the change in the relationship between humans and animals. As the human astral body becomes transformed, the animal kingdom will be able to read it better, and almost act as if better friends.

One consequence of the devolution of the human character has been the growth in anxiety about the human condition and the future. Can you imagine that one time, people viewed the future with certainty, knowing the flavour of God and therefore of God's intention, and knew that the future held no condemnation.

These days, however, the truth has been violated so many times over in each person's character and all the person feels when they contemplate the future is their own store of ignorance and mystery. So the future appears the same dark and unwelcoming place as one's own character.

Be certain that as you become complete with light, the future will also appear to be light and very certain. There is neither pain nor death that will have lasting effect on you. Your gratification in God is certain and you will relive the glory of your union in his presence. When you can feel the certainty of the future, know that you are approaching your Lord.

Be good for now.

α

∞ Attunement ∞ Efficiency ∞ Light ∞

21. Simplicity

“You will find it easier to recognise the light and tune into it if you recognise that the flavour of simplicity is part of its character.”

Simplicity is the key to understanding me and everything else. Simplicity is a concept in its own right. At first, you might think that simplicity is a word which describes other things – simplicity of ideas, simplicity of patterns, or simplicity among objects. And yet I say to you that simplicity is a concept in its own right. You will need to contemplate this.

How can simplicity be a state in its own right without reference to other things? It is a bit like the concept of silence. Before you get to know silence, you think it is just defined as the absence of noise. Yet when you have mastered silence, you know it is a power in its own right. It is transformative and curative. It allows other vibrations to be heard and come to the fore in your perceptual field.

Likewise, simplicity is not just the absence of complexity. Simplicity is a state in which only the key components are paid attention. Simplicity is a state of minimising the number of things coming through your

antenna. Simplicity is a state of knowing what to attend to and what to ignore.

Effective simplicity is only possible hand-in-hand with a high state of attunement to the light. If you are not attuned to the light, you do not know what best to attend to. If you are not attuned to the light, you are easily distracted by darker or lower vibrations, and extraneous or erroneous ideas. The light automatically highlights that which is worthy of attention, and so your perceptual field becomes simplified. This is why, when a person reaches a certain degree of enlightenment they feel that life seems to flow more. In fact, they might comment that life seems to have become simpler. They spend less mental energy trying to decide what to do, or doing things which have little purpose. Instead, they have a heightened sense of knowing what to do and when. This is the simplifying nature of the light.

Simplicity can be contemplated as a concept in its own right as you develop in enlightenment. There is not much point to try to create simplicity in your environment by force. That is, you could de-clutter your cupboards and de-clutter your timetable, but without attunement to the light you will still regress to a complex way of thinking and living.

On the other hand, it is worthwhile to meditate upon the feeling of simplicity as a way of augmenting your understanding of the light. You will find it easier to recognise the light and tune into it if you recognise that the flavour of simplicity is part of its character. By contrast, if your idea of the light is highfalutin and

academic, you won't be able to tune into the light so well, because your concept of the light is too complex.

Embrace, therefore, every concept of simplicity that you can, so that you may be attuned better to the light, and enjoy greater simplicity as a result.

Yours at one,

α

∞ Eyes ∞ Inspiration ∞ Light ∞ Purity ∞

22. Purity

“Purity does not consist of enacting various behaviours in the hope that they will make you pure.”

Here I am again to urge you not to take life too seriously. Seriousness does nothing to add to your ability to cope. It does not help you to be more responsible or moral. If anything, seriousness just perverts you away from the light and makes it harder for you to function in an optimum fashion.

Here I want to throw forward another concept - the concept of purity. Purity is the condition of not having the time for any deviation from the light. I use the expression “not having the time” because it works in two ways. Firstly, purity involves such a continuous absorption with the light that there is no time left for anything which has a dark taint. Secondly, purity is born out of the individual's intention to not have time for anything else. When you “don't have the time” for something it is either because you really are too busy or you don't intend to make the time for anything else. In

the case of purity, both are true. You truly are absorbed by the light and, also, that is all that you intend to be.

Purity does not consist of enacting various behaviours in the hope that they will make you pure. Purity consists of aligning yourself firstly with the light and then allowing the light to inspire your choice of behaviours on a moment-to-moment basis. Thus a pure person may sometimes be seen drinking green vegetable juice and sometimes be seen eating bacon and chips, depending on how they are inspired at the time. A pure person may sometimes be seen showing incredible forbearance towards an obnoxious person, but at other times the same pure person may speak out with vigour to the point of scaring someone with their intensity. This all depends on the guidance of the pure person.

A pure person is no less humoured or creative than anyone else. If there is one way you can tell them apart from anyone else it is by their fluidity. It is by the difficulty of summarising their personality in any simple way. They are open to whatever qualities God wishes to breathe into them at any time. Therefore they may seem to have many different possible personalities.

Another way you may notice the purity of a person is by the assembliness [*siz*] in their eyes. You see, this person is always assembling new energies, new information and new guidance through their point of consciousness, and so it seems that their eyes are always alive and responsive. This is a lovely face to behold.

Bathed also in the softness of divine light, it is difficult to look away from the face of one who is truly inspired.

I know you will want to rush out and get yourself some purity, but I have to remind you that the path to all my ideals is the one same path. Attune yourself to the best light you can imagine and always open yourself entirely to my inspiration by making yourself as transparent as possible. This will lead you to all the beautiful qualities I describe – gentleness, simplicity, purity, love, truth and more.

In my name,

α

∞ *Blame* ∞ *Commercialisation* ∞ *Sexism* ∞

23. Global well-being and gender balance

“It is not fair to blame men for the way things have turned out. This in itself is a primary form of discrimination.”

Now I want to turn to the issue of global sadness. There is a lot of malaise out there as the current ethos does little to feed the human soul. There is recognition of the importance of capital development as a way of helping countries to grow and move away from turmoil. But this emphasis on commercial health has come at the cost of listening to the criteria of the soul. The soul has its needs and will cry inwardly if those needs are not met. This is why I am so keen to get my message out there during this time of global communication. I want to ride the crest of international communication so that I can flood into all homes as a new alternative to old ways of thinking.

My primary message is that each person can find their way to God through their own hearts and channels. There is no need to return to religion or to embark on any kind of “new age” practices. I am simply available within, when a person makes the time to attune themselves to the quietest vibrations inside themselves. This is all they need to do. They do not

need a philosophy as such, nor do they need spiritual leaders. Though at this time and space, I am putting several leaders forward just to help remind people of what they themselves can do for their own spiritual paths.

One thing to which I want to draw attention is the need for harmony between men and women. There is a lot of talk about on-going discrimination, especially in countries which have very traditional demarcation between the tasks of men and women. But I also want to draw attention to the amount of damage that can be done by waving the discrimination flag. It is not fair to blame men for the way things have turned out. This in itself is a primary form of discrimination. However it came about, men and women are in this situation together, and need to resolve discrimination without bitterness. It is up to both genders to take responsibility for co-creating the future balance between men and women. In particular, women need to be more understanding of the ways of men, and men need to be less afraid of the strength of women. It is OK – indeed it is a spiritual imperative – that your wife should feel as intimidating as anybody else. That is, she should feel like the strongest person alive – because that is what everyone should be allowed to be like.

So you see, I do not want you to back off from equality between men and women, but I do want you to change the language to a language which never blames one party for the way it has behaved towards the other. There were good reasons for why things were as they

were, but now it simply remains for a new balance to be conceived and enacted without looking back.

This is all for today, but I will come every day with pieces which are very relevant to modern controversies.

Yours, in business,

α

∞ *Animosity* ∞ *Blame* ∞ *Justice* ∞ *Killing* ∞ *Murder* ∞ *Self-defence* ∞

24. Murder

“Let me just say that there is a lot to be done to clean up unnecessary astral pollution and to get rid of the cultural popularity of animosity and blame.”

It is indeed with great sensitivity and pondering that I come to you today to deliver this message, because this is a message which is much awaited by everyone. It is something which drives straight to the heart and cannot be denied by anyone who is honest with themselves. It is about the impact of killing. You must be aware that there is a lot of killing in many different forms in this world, and they should not be treated as a single phenomenon. Let us, therefore, divide the topic into a number of areas.

Firstly, I want to talk about the killing of a brother. This is the case where someone loses their temper and kills someone that they would not ordinarily want to hurt. This is a very sad situation and one in which all healing should be offered. The person is going to suffer a lot of guilt if they are not helped to understand that their experience was one of the freaks of nature. A sudden surge in chemicals, a sudden

coalescence of harsh words and poor stamina, and suddenly a terrible deed is done. The perpetrator must be forgiven and told that they are not stigmatised by the society. Whatever self-control the person lacked was not their fault. They would have stopped themselves if they could.

A second scenario is the killing of someone where there has been a long-standing animosity against the individual or against the group to which the individual belongs. This is harder to dismiss as natural causes, because in this case the perpetrator has harboured a false idea for a long time. This would not have happened if the perpetrator had aspired appropriately to inspiration rather than to thoughts of blame and hate. Nevertheless, the perpetrator is well within his or her rights to entertain this kind of anti-creative idea, and so I do not condemn the perpetrator. In this case, we must see that it is natural for people to entertain false ideas, and that they cannot be held accountable for the human imagination and freedom of aspiration. Therefore, it is a matter of cautioning everyone that it is not necessary to hold these kinds of dark aspirations. It is natural but not necessary. Encourage everyone to find aspirations which give them peace. If your aspirations and ideas contain any element of hate or blame, then they are based on falsehoods, which should be examined closely and dismissed.

Thirdly, we have the case of organised killing, as happens in war or in other forms of organised defence.

In this case, the perpetrators are serving a goal and are killing in order to fulfil their duties to their work. This kind of killing does not necessarily contain an element of untruth. It depends on the situation. If the war is based on long-standing animosity, there is obviously an element of falsehood and arbitrary thinking. If, instead, the war is a fight over resources such as land, then it is a fight of survival, and the community has a right to defend itself against those people who want to squash them out of existence. There is no astral penalty here.

Nevertheless, the experiences of war can leave the soldier scarred for an indefinite period of time. A lot of this is because of the guilt and fear attached to killing, fears about the consequences of damaging the body, and a sense of disgust at any kind of biological un-health. The latter is natural. The fears, though, can be assuaged through careful reasoning and aspiration to the light. The soldier needs to understand that they are not condemned for defending their territory. It is the antagonist who usually has the element of choice over aspiration, and who has demonstrated their fallible imagination. If you had come to me instead, I would have suggested peaceable solutions for solving your material problems, or for curing your anatagonisms.

Finally, I want to talk about the kind of killing that occurs during mental illness, such as psychopathy. Here we have a form of magnified darkness at large, and it is possible – if the opportunity arises – to denature the darkness if a healer has sufficient insight and access to strong light. Realistically though, the mentally

ill person is unlikely to achieve full healing during their lifetime and is a potential perpetrator of crimes. You must show absolute clemency in dealing with this situation and yet also manage the lifestyle of the perpetrator in order to reduce the risk to other people. It is not wise to put such perpetrators together, because it only adds to their confusion and to the ability of their astral parasites to drink and gain credence in one mind or another.

So, you see, I am very understanding on all counts of murder, and yet I am not condoning it in any way. I am not in favour of dark aspirations, animosity, using force to solve material needs, or condoning dark entities and other astral parasites. However, I have to acknowledge the evolution of all these things in the natural world, and acknowledge the individual's right to control their own aspiration. Let me just say that there is a lot to be done to clean up unnecessary astral pollution and to get rid of the cultural popularity of animosity and blame. These are practical things which could be tackled by those people who already have a good aspiration and a good understanding of the light, and will reduce the risk of murder for all other people.

Go then with this in mind,

α

∞ Children ∞ Crime ∞ Rape ∞ Reparation ∞ Theft ∞

25. Justice

“You must always ask yourself whether crimes are simply material or represent a desire to exploit another person’s position, and therefore whether the punishments should simply be material or involve some kind of service, or involve some kind of isolation.”

I will talk to you some more about justice in society. We have spoken a little about not judging people individually for behaviours which are inherent in the species. We have also spoken about how it is the individual’s complete right to aspire away from God, and therefore you cannot condemn a person for having uninspired choices. There are instances, however, in which I feel that an individual should be asked to make reparation for their actions, and I will explain these situations here.

Firstly, if an individual aims to take material goods from other people in an uninspired way, then they should be asked to repair what they have done. This is simply a transactional matter. If you take away from someone, it is fair to give it back. If the victim in this case is very wealthy, the experience - if done with inspiration all round - should make the wealthy person

realise that they were robbed because of their distinct wealth. The victim should end up feeling that they want to reset the balance so that people are not so envious of them.

In another case, if a person has tried to dominate another person's wishes (as in the case of rape for example) then there should also be some form of reparation. In this case it is too traumatic for the victim to have the perpetrator try to fix things, because it is unlikely that the perpetrator is of the right character to help with a healing process, but the perpetrator can be asked to work off their crime by performing labours for the society. This form of submission is appropriate learning for someone who thinks it was okay to take something by force from another person. If the perpetrator seeks in their soul during this experience, they will indeed experience true remorse and realise that their soul is safe without dominating others. It is worth a try, and all punishment for people who try to dominate others should include an element of service to the community.

Another situation in which there are some forms of appropriate justice is when crimes have been performed against children. In this situation, it is paramount to remove the offender from walks of life in which they have contact with children. Anyone who seeks to strengthen themselves by exploiting the weak auras of children has a lot to learn about spiritual equity and it is going to take some time. It is best, in the meantime, to remove them from all temptation, while

they learn first to serve other adults, and finally – and perhaps in another lifetime – they can learn to respect the vulnerable boundaries of children.

So you see, that although I am totally accepting of everyone's behaviours on a cosmological or spiritual level, there are some practical ways to hone in on how to respond appropriately to people's crimes. You must always ask yourself whether crimes are simply material or represent a desire to exploit another person's position, and therefore whether the punishments should simply be material or involve some kind of service, or involve some kind of isolation.

You have a lot to learn about how to weigh up the spiritual significance of each crime. It will become second nature in the legal system in a few generations, so don't despair. It is simply a matter of people coming to understand what a crime really represents on a cosmological level, and what values are truly upheld by spiritual law. When human law starts to echo spiritual law, then you have a form of natural justice which feels good and fair to all.

Yours in hope,

α

∞ Anger ∞ Children ∞ Comfort ∞ Ego ∞ Frustration ∞ Objects ∞

26. Anger, frustration and comfort

“I am not going to tell you that everything is going to be okay, or that you are the king or queen of your dominion, because these ideas are false, and indeed are unnecessary to your happiness.”

Let us address the topic of anger in more detail. There are, indeed, physiological equivalents of anger, where the body goes into a kind of rage in order to protect itself from an injury or from a predator. But most of the time, human anger is of an egotistical variety. That is, it is born from your concept of yourself as a complete and functional organism who would be truly advantaged if it wasn't for all those other people and incidents that get in your way. Where did this level of pride and fantasy come from?

Well, firstly, you have to realise that there is a long tradition of stroking the ego in human society. It is a natural encouragement to give to a child, to tell them they are amazing and that their life is going to be wonderful. This is an avoidance of the truth by the parent, in order to comfort the child, and the child understandably takes this reassurance on board as being

the way that the world rightfully is. It is an idea which is closely enmeshed with feeling loved and supported by the parent.

You will notice that when I try to comfort you, my message is quite different. This is why you often find it hard to get a handle on the types of comfort which I send. I send a warm and uplifting atmosphere, and yet you cannot find words of reassurance and egotistical praise in it, even though you strain to hear them. I am not going to tell you that everything is going to be okay, or that you are the king or queen of your dominion, because these ideas are false, and indeed are unnecessary to your happiness.

Your greatest happiness in fact lies in understanding that you are a natural part of life's lottery. You get to experience the surf and the magnitude of all the chaos along with everyone else. In this sense life is entirely fair. You all get thrown in and stirred around with equal respect. There is nothing you can do to make life smoother or to get more warranties. My universe does not work that way.

The best way to comfort the child is to direct him or her to the peaceful core inside of self. The child does not need fancy ideas in order to make him or her feel happy or calm. Just remind the child that there is a strong and peaceful place inside, where he or she can go to reflect and to get a rest from emotions. This is enough comfort for all of you. To build upon this further is to encourage the child to listen to the peaceful inspiration and love which are also available in that

quiet place. But do not encourage the child to pretend that they can hear God's advice. There is no need to give them false beliefs to deal with their impatience. Just remind them to listen and be still, and always breathe through a difficulty.

I have another thing to say about the prevalence of anger in your society, and that is to do with the amount of frustration that comes about by having such a material life. You use a lot of objects every day, and this is going to mean a lot of frustration when objects are damaged or fail to function. Take a moment to think how many of your inter-personal frustrations were indeed related to the functioning and availability of objects. It is an enlightening exercise.

Enough for now. Pleasure awaits you.

α

∞ Conformity ∞ Creativity ∞ Individuality ∞ Scepticism ∞

27. Creativity

“You - by virtue of the inner creativity of your soul - will gradually learn to discern the truth of the soul from all other propaganda and feel-good statements, and will make true progress towards being the same as God in mind and vibration.”

The term creativity is pleasant for some of you and unpleasant for others. For many of you, you think of it as something that you either have or do not have, depending on whether you were praised for your artwork and other creative works when you were a child. Some of you are daunted whenever a task calls for creativity because you do not think you have the talent to come up with anything new or appropriate.

This then is what I want to say to all of you who think you lack creativity. You do not lack creativity. Yes, perhaps you were given the impression that your creative efforts did not come up with anything new or appropriate. Nevertheless, when you were relaxed and in the zone, you would come up with something *of your own*. Perhaps it wasn't new for society as a whole, and

perhaps it was not what the teacher or parent was expecting, but you are perfectly capable of coming up with something of your own if you are given sufficient time, head-space and materials to play with.

This aspect of internal creativity is an important part of your spirituality. You are going to draw on your creativity in order to forge your pipeline with God, and this will happen sooner or later. Your creativity is what you use to explore ideas and spaces within your own head. It is what you use to decide that you will adopt one atmosphere rather than another, or to decide that you will tune in above the right side of your brain rather than above the left side, and so on. You are always making decisions and feeling your way with your brain and your atmospheres, and this is how you will start to tunnel your way upwards, through the fog of human astrality, into the higher realms where you can have your own personal experience of God.

Therefore I say to you that you should rely on your own genius as much as possible when figuring out how to communicate with God and how to align yourself with the truth. Do not rely on any other human being, not even if they can channel competently like this writer. You might wish to read other people's ideas and listen to them, but always taste them for yourself. Never adopt the system of another person just because you accept the person and their intelligence. You must be sceptical of every wisdom that is around you, and other people should learn to accept and expect to receive scepticism from every

other person, as each person tries to put their own experience of God ahead of anyone else's conviction or persuasion.

Therefore, [to my writer], as you go about your work of making people aware of Alpha's Page, you should also rejoice that people are treating you with scepticism and a little diffidence. It is good that they are holding you at a distance while they taste your ideas for themselves.

Finally, I want to reassure everyone that they cannot get lost down blind alleyways while they are forging their own way to God. You have sometimes been tempted to follow a human leader because of the leader's confidence, and their assurance that their ideas will bring you closer to God or save you. This sounds like a wonderful insurance policy. But I tell you that it is not worth it to give your intellectual freedom to another human being. Go on your own search and rest assured that you will not settle permanently on wrong ideas. You - by virtue of the inner creativity of your soul - will gradually learn to discern the truth of the soul from all other propaganda and feel-good statements, and will make true progress towards being the same as God in mind and vibration. As long as your intention is to continue to seek the truth and to make yourself transparent to God, you will not get stuck.

Reassurance then, to all those who are afraid of straying from the flock, where conformity is celebrated and encouraged as a way of assuaging fears. You will

not get lost if you depart from the flock. The stars
overhead are enough to navigate by.

Yours, your holy shepherd,

α

∞ Channelling ∞ Freedom ∞ Individuality ∞ Spirituality ∞

28. Individual differences in spirituality

“It is the tasting of ideas and the freedom to play with one’s consciousness which lays down the paving stones by which the person builds their own highway to heaven. It is the process of mental sorting and seeking sensations of clarity in the head which starts to open the individual’s channel and gets it to work.”

Everyone is entitled to have his or her own inner experience without it being denigrated by other people. The essence of all racism, sexism, and all other forms of bigotry is that the intolerant person cannot stand that someone is different to how they want people to be. This should not be allowed to fester, whether it is a matter of external appearances or internal appearances. Each person is entitled to his or her individual differences, whether they are ones which can be seen with the naked eye or only ones that can be heard when the individual puts their thoughts into writing. It is not necessary that you embrace each other’s thoughts, but it is necessary that you tolerate that all these different kinds of persona can exist and that they have a right to exist, without

discrimination against the wealth or well-being of the person who has the thoughts or appearance.

So it is that I am asking you to stand up for all those people who channel the word of God, or even those who channel the words of other beings or other forms of thought. They have as much right to be heard as anyone who writes a novel or makes up a joke. They are a part of the culture of human thinking and many of the ideas which are channelled may be of value to a discerning audience. Channelling must be accepted as an ordinary part of mental health and human expression. It is not pathological. It is an important release and it is often a source of superior ideas which the everyday mind refuses to allow through normal filters. Therefore, channelling can be a wonderful adjunct to routine forms of thinking.

You [addressing the writer] must not be afraid of your role in taking the lid off channelling. As you have already realised, it is not the same as standing up for psychic prophecy or medium-ship. Those are quite separate fields and are not the same processes as the funnelling of ideas which are purely philosophical. If someone claims to be speaking on behalf of a particular dead person or speaking on behalf of the future, then they have other criteria to answer to. The person who channels ideas purely because of the potential value of the ideas should not be barbarised. They should be allowed to flourish just as any artist or writer should be allowed to put forward their work for consideration.

You [my writer], do not need to stand up for prophets and mediums of the dead at the same time as you stand up for Alpha's Page. I am strictly asking you to stand up for the process of receiving inspiration through free association of consciousness. This is a process which almost anyone can access, not necessarily as fluently and confidently as you can, but the accessing of free thought in a deep state is something which all people should be encouraged to do, as a way of refreshing their brains and getting ideas. It is also called brain-storming and thinking outside the box, lateral thinking, creative thinking and free association. All of these things have respectability in an intelligent culture. Surely channelling is just one step further along this parade of creative mental tools.

You do not need to worry about claiming that Alpha's words are the best, or that they provide the ultimate solution for people's hearts. Stand up for Alpha's Page as an example of what it teaches – the art of being open to new and fresh ideas. It is as good as it claims to be. It is simply a refreshing example of what philosophy the heart can put together when it is allowed to roam free.

Everyone should be encouraged to allow themselves the freedom of thought which Alpha's Page exemplifies. People need to be freed from the fears which have been established by religions, which discourage people from making up their own philosophies and beliefs. People need to be allowed to steer away from the dictates of old books, and to realise

that their own playful ideas about the universe are just as valid as the teachings of a priest. Each person has their own right to speak their own philosophy. No one has the right to impose that philosophy on anyone else. Stand up for freedom of spirit. Do not try to push your philosophy onto anyone else in preference to their own beliefs.

Now you are starting to grasp the cosmic importance of individual philosophy. It is the language and network by which a person establishes his or her own antenna and their own communication with the divine. As they play with each idea and test it in their own minds and hearts, they start to calibrate their intelligence against the actual truth. It is the tasting of ideas and the freedom to play with one's consciousness which lays down the paving stones by which the person builds their own highway to heaven. It is the process of mental sorting and seeking sensations of clarity in the head which starts to open the individual's channel and gets it to work. A person's pipeline to God is cleaned open by the process of internal inquiry and feeling upwards for what ideas work for him or her, and throwing ideas upwards for clarification or confirmation. Thus if you try to do anyone's mental work for them you are wasting their opportunity to clean out their pipeline for themselves. Never do this. Always one pipeline for each person and this is the greatest thing you can teach a person.

Encourage everyone to start on their own work towards intellectual clarity. Encourage each person to

think they are a philosopher and a person in search of angels; a naturalist with a notebook about to take records of what species exist in their own spiritual world. Remember, indeed, that each person has a unique column anyway, because of their very own combination of spiritual elders, guides, lineage and connections with people dead and alive. In fact, the values upheld in one person's column may be different - and yet entirely true - when compared with the true values upheld in another person's column. One person may be set upon compassionate love while another person is set upon fiery love. Both are true. They are manifesting God in different shades because they are different people.

Therefore I ask you entirely to respect the individual differences in the way people see the cosmos, the way it works, the things which are important, and the values which should be brought into focus. The spiritual journey for each person is supposed to be different, with different currents and destinies. The appearance of the soul for each person is different, and therefore we come back to the similarity between racial bigotry and inter-soul bigotry. The souls of different people have different shapes and colours, so to speak. Therefore you must not judge the spiritual make-up of one person against the spiritual make-up of your own kind. Do not say all people should channel as you do. Also, do not allow those who channel to be put down. Do not allow those people who focus on accountancy to be put down in favour of those who seek a more

mystical life. Do not allow those who focus on defence to be put down in favour of those who focus on teaching and healing. You are all part of one spiritual cosmos.

Yours, with emphasis,

α

∞ *Competition* ∞ *Employment* ∞ *Sharing* ∞ *Sport* ∞ *Survival* ∞

29. Sports

"In truth, there is no reason for competition over resources or in recreation, given that the human being has angelic faculties and the capacity for inspiration, unlike other territorial animals."

You really need to take a good hard look at some of the philosophies that are bound up in your weekly pastimes of sports and games. There is not so much need for competition in your lives, and yet when you sit down to relax, you are filling your heads with thoughts of competition. The idea of us versus them and the strong defeating the weak is being reinforced in your brains over and over when people watch sports. No wonder many people are completely turned off by the spectacle and the commentary. To those sensitive people it is not much more advanced than cock-fighting to send talented people into an arena and to see who is going to be most humiliated.

Of course the most enlightened participants and coaches make the most out of talking about fairness and about personal and spiritual development in the

context of the game. But the truth remains that sport is about competition where no competition is really necessary. It is very similar to the concept of hunting for sport, where a killing is made for the pleasure of it, just to prove that you have a skill and that you can dominate another living creature. No wonder a lot of hostility gets unleashed after and even during sports games.

There is nothing wrong with watching personal endurance feats and artistic endeavours as an alternative to sport. It is the idea of head-on combat which turns me cold. I could always take pleasure in celebrating the triumphs of an individual when they set themselves a personal challenge, or the artistry of an individual or a team which engages in entertaining feats such as dance and acrobatics. But competition is not for me.

You might think that sport has its place in encouraging youngsters to do their best in a competitive arena, as they will encounter in the workplace throughout their lives. But this is another area where I am at odds with popular culture. I am not in favour of competition in the workplace. I am in favour of sharing work and resources, so that each person is aware of the total good and total productivity, rather than just procuring what they can for their own self and family. I am not in favour of juniors having to fend for their own survival against their parents and grandparents who are comfortably employed. The elders should make way for the youngsters to be employed and should be willing to give up some of their wealth if need be.

These changes to workplace and recreational culture will take some time to come about, but I see no reason why they will not occur. In truth, there is no reason for competition over resources or in recreation, given that the human being has angelic faculties and the capacity for inspiration, unlike other territorial animals. Therefore I will gradually inspire the species to be more collaborative and artistic in the way it thinks, and there will be a revolution over time. The concept of aggression between individuals will become lost and replaced by more collaborative thinking, and you will not recognise yourselves as a species.

Yours, highly,

α

∞ Mind ∞ Thought ∞ Truth ∞ Creation ∞

30. The concept of compliance

“To be full of the truth, one must be lacking in almost all typical forms of human thought.”

Today I want to bring you a message about the concept of compliance, where compliance is defined as the degree of similarity between the pattern in one's soul and the overall geometrical pattern of love. To say geometrical is a stretch of the imagination, but what I am trying to say is that the complexity of love as it is expressed in a pattern in the universe can also be a pattern which appears in the soul. This then is the compliance of the soul with the truth, and it is a beautiful state which brings a lot of joy and good health.

To be compliant with the truth, one has to be far from many other things. In many ways, it is easier to define what the truth is not, than what the truth is. This is because the truth is a default pattern which would be everywhere, if only it were allowed to be so. It is the absence of any corruption. It is the absence of any false idea. It is the absence of any possessiveness or calamitous ways of thinking, as often found in the

habits of human minds. To be full of the truth, one must be lacking in almost all typical forms of human thought. As soon as a person starts thinking, they start to manufacture estimations and imaginative ideas and the truth is contradicted. Therefore in order to have a true mind, one must have very little mind at all.

The human being can function with a kind of astrality which does not rely upon the wayward practices of the mind. It is possible to draw directly on the patterns of God, and thereby draw God's intelligence and inspiration straight into consciousness without using the mind at all. This is what many holy seekers aspire to do when they aspire to dominate the mind.

Yet even the phrase, "to dominate the mind," implies a kind of control which is not compliant with the pattern of the truth. You will not find truth in any form of domination or discipline. The truth comes entirely as a form of direct flow from the primal consciousness of creation, and nothing needs to be controlled. The truth will always be expressed with diversity and imperfection, but it will also flow with a certain honesty to its intention, and the result is therefore beautiful and useful.

I don't want to give you a headache with all this abstractness. I simply want to point out that there is a possibility of an equation which runs through your soul and also runs through all unfettered creation. You don't have to seek it. It is there by default when all else is allowed to be gone. It is yours if you are willing to

give up the amusements of the mind to participate in true creative flow.

Good luck with that.

Yours willingly,

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