

ALPHA'S PAGE

# GUIDANCE

[www.alphaspage.com.au](http://www.alphaspage.com.au)

This book may be printed on request with a custom-made appendix.

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Later books Alpha's Page: If God Could Write

Alpha's Page: Letter to the Devoted

# D EDUCATION

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*To my dear reader,*

*Thank you for reaching out for guidance.  
Every step of yours is a step forward for everyone.*

*Please feel free to ask me for help again.*

*Yours sincerely,*

*Ed.*

(Alpha's editor and channel)





# DEDICATION



from Alpha to Ed.

*I will be with you every time you sit down to  
write help for those who seek it.*

*You must know by now that I am always inside you,  
eager to show my support for anyone as  
soon as they are willing to receive it.*

*Go now and do my work.*

α



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1.

**I**NTRODUCTION

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## 1.1. About this book

*by the editor and channel*



This book is a collection of Alpha's works aimed to help you at this time when you seek guidance. If you have personally requested this book, it includes a custom-made appendix which I have put together especially for you when I received your particular request for guidance.

The body of the book consists of channelled teachings from Alpha, all of which I have selected because of their relevance to people at their time of seeking guidance. Some of the teachings are channelled writings, and some of them (part 3) are transcripts from meetings at which I channelled Alpha orally to a small number of people who were open to guidance from him.

Wading through my library of unpublished channelled material, I selected teachings which deal with fundamental issues of guidance – grappling with emotional and physical pain, tension in relationships, worries about guilt and morality, uncertainty about your

path, freedom from religion, listening to your inner wisdom, the forces which colour how you experience life (currents and propensities) and the role of criticism.

In part 4, I have included a few reprints of Alpha's writings from other books in the *Alpha's Page* series. I thought they were worth reproducing here because they deal with classic topics of letting go of pain, communicating with God for help, and Alpha's most fundamental teachings as captured in *Alpha's Desiderata*.

I hope this selection helps to give you strength and perspective, and a desire to continue to seek divine inspiration.

Ed.

## 1.2. A word from Alpha

*“My goal is ultimately to raise you up, and to help you to see the universe from my perspective. So you see that your burden is the same as my burden.”*

I am not so different from you as you might suppose. I too have a burning need to communicate, to be heard, and to have my ideas weighed up by others. You assume that because you are vulnerable you are the only one who needs to unburden yourself. But I, too, need to unburden myself. I need the opportunity to talk to you and to say what is on my mind. My goal is ultimately to raise you up, and to help you to see the universe from my perspective. So you see that your burden is the same as my burden. We both need to talk, so that you might be raised up, and so that your view of the universe might be correct.

To receive guidance is not a weird or unmanly thing to do. To receive guidance is not to admit that you are weaker or less capable than the next person. To receive guidance is a birth right. It is what should come

naturally to each and every person. For you there is quite a rigmarole involved – to seek out a channel who can communicate with me. But I assure you that it is my deepest intention to come directly into your head one day, as soon as you are able. It's not that I want to put the channels out of business. It is simply that direct communication between you and me should be the natural way of doing things. This is something to which I will always strive.

Having come this far, I want you to put my counsel to good use. You can ignore it and say it was misguided if you wish. That is your absolute right. However, I want you to consider that you might need to upgrade your perspective on life every now and then. Sometimes, the new ideas will be painful to you because you are unfamiliar with them, not because they are wrong. You have every right to decide that the ideas in this guidance are wrong. But first I want you to consider this – that you are free to experiment with a great many ways of looking at the universe without it costing more than a daydream. Play with ideas over and over in your head and consider how they feel in your heart, mind and soul. Ask yourself what is the cost of trying out a new idea, compared to the cost of staying where you are. Allow yourself to experiment with new ideas, but always promise yourself that if the new idea does not work, you will find another new one, or go back to the way things were. You do not have to prove anything to anyone by clinging to a particular idea.

Now I will go and prepare myself for particular messages between you and I. You have nothing to fear. I am no more dangerous than the paper on which this is written.

Yours,

α

# 2.

 GUIDANCE FOR ALL

Writings from Alpha

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## 2.1. What is pain?

*“With rigid armour, everything is painful. With no armour, there is no pain at the soul level. Therefore, armour causes pain.”*

**W**hat is pain? Pain is being out of step with the great gentleness that is available to you on a metaphysical plane. I am not surprised that pain is a regular and persistent feature of your daily lives, as you are always underestimating how gently things can be done.

Gentleness is a great concept and has many levels, from the gentleness that can be enacted in one's physical movements, to the gentleness that can be received energetically from heavenly realms. Always you are jacking up and resisting the things which happen in your life, whereas if you entered every experience in a deep atmosphere of gentleness, you would find that so much of life washes over you without pain.

Pain comes in a great many forms and has a great many triggers, so it is difficult to give a simple answer to the question of where pain comes from, or why it is caused. But the solution is single. You only need to maintain a resonant aura of gentleness at all times, so that you have no sharp edges, no pockets



where darkness can hide, and no tightness which causes your soul to cramp. You must be open in order to avoid pain. Interestingly, most people try to close themselves to avoid pain, but the opposite is true. Do not be afraid of experience. Only let it flow through you and over you, dislodging any impurities in you as you go. Then you will keep being washed into a state where you can achieve even greater gentleness. An upward cycle of purity and non-resistance is established, and very few things can cause you any noticeable damage.

And so I answer your question, "What is pain?" by explaining what is necessary for you to feel hurt, namely an absence of gentleness in your aura. This, I feel, is the best way to answer the question because your armour is ultimately what determines if anything is painful. With rigid armour, everything is painful. With no armour, there is no pain at the soul level. Therefore, armour causes pain.

You have noticed that, with your intermediate level of armour, some things are more likely to cause you pain than others. Anger, loss and jealousy, for examples, cause more pain than a neutral state. You want to know what is going on that translates some experiences into more pain than others.

In answer to this question, I say that the answer is defiance. Your degree of defiance to a situation is what determines how painful it is. Start with examples of physical pain. Your thumb defies a hammer. Your skin defies a burn. Your pain receptors are literally

complaining against a particular assault. That is easy to understand. Now let us consider some abstract examples. Your child knocks over a chair. Do you defy this experience or not? Is your demeanour one of, "No, that shouldn't have happened," or is it one of, "Never mind"? The former is painful because you defy the experience.

What point is there in defying an experience? It has happened already, so how can it be defied? Everything which has already happened is ridiculous to defy, as it is a waste of logic and energy.

Of course, you have this idea that it is wise to defy certain experiences in the hope that you can prevent them from happening again. Defy that your wife cheated on you, and you will discourage her from doing it again? You can see that it is not clear that this will work. What is better is to accept an experience but take the time to tell Diplomacia how you feel about it. Tell them you wish it will never happen again, acknowledge your depth of hurt, and be humble in knowing that it could well happen again because you are not the controller of your wife. Take all your pains to Diplomacia, and let them worry about the future.

Relax. Defy nothing. Let your entire aura be gentle. Give all your feelings to Diplomacia, and let's see how things pan out.

Optimistically,

α

## 2.2. God buffers pain

*"I am not causing pain or suffering in order to teach you a lesson or in order to make you strong. On the contrary, whenever I have a chance, I will help you to avoid pain on a metaphysical level and will help to wipe your memories of it so that it does not develop into a complex over time."*

Now let us turn to the task at hand, which is to study the concept of pain in more detail. I understand that you are reluctant to take any glib statements to your readers about the role of destruction and bad luck in their lives. Therefore I am willing to expand this topic for you now.

Firstly let me say that bad luck in the universe is sort-of intentional. That is, I intended for there to be enormous diversity in the load of the universe, and this means that there will always be one end of the distribution which doesn't look so good for survival or comfort. This is the end which you call "bad luck". I did not intend to do this on purpose for your discomfort, though. That is, there was no malicious intent inside me for you to suffer as a way of building character of paying for your sins. This idea, which is spread by a lot of people in their desire to understand

pain, is patently false. I am not causing pain or suffering in order to teach you a lesson or in order to make you strong. On the contrary, whenever I have a chance, I will help you to avoid pain on a metaphysical level and will help to wipe your memories of it so that it does not develop into a complex over time.

Let us, therefore, discuss my capacity to buffer your pain at a metaphysical level. You know that your pain receptors are organised in a chain of structures to the part of your brain where pain is interpreted. Therefore there are a number of points at which one could potentially intervene. My intervention is all along the chain. That is, I interfere with the workings of the chain itself by causing a kind of white noise in your aura which obscures the pain signals as they travel from nerve endings to the brain. You have noticed this effect when I come close to you in a trance – you become numb all over your body and at the same time you seem to vibrate in a way and feel comforted and at peace. This is my oscillation which obscures pain, and I can send this effect to anyone who has their channel open enough to receive my intervention.

When it comes to matters of emotional suffering, I am equally forthcoming. I have no desire to see you wallow in grief in order to learn this lesson or that. I am eager to soften the blow of losses. I understand that your brain loves things to stay the same, especially when they are pleasant and stable, so you have an in-built disability to cope with large losses. I understand this and I do not exploit this weakness of

yours in order to torture you. Quite the opposite, I am keen to exert my love upon you when you are going through a time of loss or transition, in order to cushion the effect of your own dogmatic brain. I understand entirely that you come up with ideas which make your transition even harder. That is, you question why things have to happen, you blame people, and you have expectations which are too high. I understand all of this and I don't think you are silly for getting into these mind traps. It is in your nature to think these ways, with or without the provocation of a society or an entity which eggs you on with false ideas. Therefore I am sympathetic to all the emotional pain your experience, even when it is exacerbated by your wrong understanding of the universe. Therefore I am keen to comfort you until such a time that you are in a position to grow and quench your ignorance, and clear your memory of the pain you have endured.

So you see, that although life is fraught with pain and you are bound to feel it and exaggerate it by the apparatus in your head, I am also ready to comfort you by metaphysical means and, gradually over time, to teach you ways of evolving your soul so that pain will not be so severe and will not become endemic in you.

You have every right to question my efficacy in buffering pain. You have not seen much effective metaphysical pain relief around you in your culture, due to the lack of people forming effective channels with me. It remains to be seen, when more people open themselves to my intervention, whether the levels of

anguish in society do indeed go down. I encourage you all to be part of this experiment.

Yours, always with good intentions,

α

## 2.3. Respect

*“If you have a distaste for certain types of people, you are willing them to shrink down and make way for your own flavours. This is not fair, and this is bigotry in its basic form.”*

I want to talk about the concept of respect. Respect is a common word, understood quite well on a social level but not on a spiritual level. What are the metaphysical implications of respect? I say to you that respect is a very fundamental part of love on an astral level. It is the art of containing your own astral energies to an extent that they do not impact on your neighbour. This is incredibly important if you want your neighbour to live their own true life, uncontaminated by your own astral scars and parasites.

If you think about it, there would be no need for respect if everyone was astrally clean. Each aura would have neat and healthy boundaries and would not cause a cost or a drain to the next person. As it is, though, your aura contains various dark elements - ideas which don't align with the truth, parasites which are manipulating your emotional energy, and unresolved attachments to other, also incomplete, auras. If you were to radiate this persona to other people, they will sense the darkness. Their own dark ideas will be triggered and manipulated. They will be in danger of

catching your parasites and they will be drawn into your web of attachments. Therefore, when you are near someone, you should not be thinking that it is okay to radiate your entire energy. You should be containing yourself in a certain field - say, 1.5 metres in diameter - so that the other person also has room to be himself or herself.

This containment also implies that you are willing for the other person's aura to have equal weight to yours. You do not require them to submit to your ways. You do not ask them to move into the corner. They have just as much right to circulate and take up as much astral space as you do. This is the crux of equality. If you have a distaste for certain types of people, you are willing them to shrink down and make way for your own flavours. This is not fair, and this is bigotry in its basic form. You must not do this, or you will be in breach of spiritual law.

Spiritual law gives equal credence to each individual's way of being. It is built into astral structure that each person has equal potential strength in their root chakra. The seed is equal in each person, and so nature wills that each person is equally strong [on an astral plane]. That's how it is. If you will that someone has less astral strength than you, then you are willing against nature. This is dark, in that it is wrong, and also in that it creates an element which is felt as dark and unpleasant by all living things.

Every time you will against nature, you generate a dark space, an "anti-nature" which, by definition feels



the opposite of the creative good, and therefore feels bad and unhealthy to all. This is the basis of darkness - the defiance of the will of the creative good. It comes about by imaginative and untested thinking and it persists until the dark idea is debunked. That is, it persists until it has lost all its followers. A dark idea only has followers because you are born with more imagination than good sense (as you can see in children). If imaginative (dark) ideas get a foothold due to a lack of accumulating good sense, then unhappiness and un-health are also born.

So you can see that respect relates back to the very core of your astral vulnerability. If you are going to be imaginative in the way you see the universe, you are also going to need respect in the way you treat other people.

This conundrum is all fine with me. I hold myself accountable for your imaginative - and therefore, dark - side of your nature. I only wish for you to explore your own astral dominion and derive your own conscious intention to re-align with the truth of God. Your conscious intention to collaborate with me is the ultimate fruit which I harvest, which makes me stronger and more "me", and therefore which has made the whole creative exercise worthwhile.

Yours, explosively (I know you are flabbergasted by my egocentric creation!),

α

## 2.4. Marital conflict

*"I am all in favour of faithfulness, stability and devotion, but I am not in favour of two people pretending they are one personality. That is too much to ask."*

For today, I want you to take down some guidance relating to marital conflict. This is a topic which almost every adult relates to at one time or another, no matter how brief or non-committal their relationships have been. I am tired of humans' expectations that they can live close to another being without conflict.

Think of it this way: Ultimately each person has a different agenda from every other person. They are caring for their own body, own desires and own dreams. Therefore, no two people have aligned goals. Secondly, the human spirit is not designed to mesh into the aura of another being. The human astral prototype is designed to maintain its astral integrity. There may be a lot of communication between two auras but ultimately each person has to kick away to some extent to prevent their aura being consumed by the residential energies of the other person. Thirdly, there is no need for two people to be meshed into order to have a close and functional marriage.

You have to realise that love is not correlated with the degree of astral co-habitation. Enemies can be right inside each other's auras and this is not representative of love. Love is not symbolised by coincidence of thought and habit. Love is about the flow of energy and the constant raising up into the light.

So, you see, I think that a lot of marriages are too claustrophobic in their intentions. I am all in favour of faithfulness, stability and devotion, but I am not in favour of two people pretending they are one personality. That is too much to ask.

And so I counsel you, anyone, when they are in a state of marital distress, to consider whether you are mixing up your goals and the goals of your partner. Are you failing to hear your own aura because you are trying too hard to hear the desires and needs of the other person? Do not be afraid that my approach will lead to lack of commitment or that you will be perceived to be not loyal enough. You each have to breathe for yourself, and then you will bring greater happiness back into your co-habitation.

Do not despair that you have to be told such elementary stuff. People have a wrong idea about the amount of synchrony that is part of a good marriage because they see the flow between people in an ideal relationship and think they can emulate it from the outside, starting by matching with their spouse. You cannot emulate a good relationship by enacting togetherness. You must each align yourselves with the

light and the light will bring you together, and then this will flow into, and be evident in, your behaviour.

Many married couples have shared divine-given goals after a while. When two people function well as a team, the spirit world may inspire them with joint goals which suit their talents. This, again, cannot be emulated from the outside. Inventing a shared goal will not bring two people together.

Your duty as a married person then is this: to share in the household duties, to keep yourself well and free of paranoia, and to manage your own personal calling with greatest possible peace and inspiration. Then you will both enjoy yourselves, side by side, and this leads to much humour, synergy and friendship.

This then is enough.

Yours in diligence.

α

## 2.5. When a family member is scarred

*“... it is important for everyone in the household to have their own relationship with the divine, and to seek inspired behaviour for themselves to navigate through the difficult times.”*

**O**n the topic of causality in relationships, yes it is possible to point the finger at a particular individual and say that there are tensions emanating from that person which are impacting negatively on others in the household. This is not to say that the individual is to blame, nor that they can necessarily heal themselves within the desired time-frame. This is why it is important for everyone in the household to have their own relationship with the divine, and to seek inspired behaviour for themselves to navigate through the difficult times. If everyone reduces their aspirations to the level of the trouble-maker, there will be no end to the conflict and degeneration of the family. So each person must aspire as high as they can, so as to deflect the tension rather than to feed it.

Regarding the emotional scars which are causing the individual to be disruptive, it is not easy to unlock such deep traumata when there are no clues as to when

and why these injuries occurred. You are not to blame yourself for your inability to access these wounds. It is human nature to forget all these wounds when you are re-born. Ordinarily you would be able to drop your ties with the past, but sometimes there are deep traumas which the spirit tries to never forget. The spirit is saying, in effect, "I refuse to ever get into that situation again." And so it sensitises itself to anything resembling that situation, and will actually go near such dangerous situations again in order to stop the self from going all the way.

You will get best results in your therapy if you don't try to get into it yourself, but just allow spirit forces to gradually lead you into the enlightenment. Simply ask for your past wounds to be healed.

Yours,

α

## 2.6. Dealing with a controlling person

*“Do not think that you need to put up with discomfort in order to ease the other person. This makes no sense at all, because your comfort is just as important as the other person’s comfort in creating the total amount of love and happiness.”*

**W**hen one person attempts to control another it is usually because they feel inadequate inside themselves. They feel ill-equipped to cope with the challenges of life, so they seek the security of having another person at their disposal. It becomes a two-edged sword, because they create more risk for themselves by having a conflict of interest with the person they are trying to control. Their world never really does feel safer, but they can project all of their insecurities onto the task of trying to master the other person and can blame and get angry with the other person, and thereby distract themselves from the real source of their discomfort in the world.

The best way to deal with a controlling person is to give them plenty of reassurance but no actual help. That is, you can give them plenty of words to help them believe that they are strong and capable of dealing with things in the world by themselves, but do not actually lift a finger to do what they desire.

In a marriage relationship, the boundaries are hard to enforce, because you inevitably end up doing things for the other person as part of the normal flow of give-and-take in a marriage. It is important to ask yourself how much giving is fair. Do not do more than your fair share. Do not make yourself available to fit around the other person's wishes more than they would do for you. That is, make sure that there is an equal distribution of what he wants versus what she wants. It is not petty to insist on this kind of equity. It is not supposed to be organised so that the most needy person gets their way more often. That just encourages people to make great displays of neediness and petulance in order to get their own way. Therefore a person will be moody and ask for more than their share in order to get control of the situation, when it is not actually necessary for their happiness.

When you are caught in a marriage which is already out of balance, you need to start redressing the balance gradually. Start with the parts of the relationship which are clearly unfair and inequitable, such as the distribution of housework, or the distribution of spending. If you can make it clear, you can also start discussing your own preferences for how you spend your time, rather than just following the other person's lead during leisure time. Don't be afraid to wear the leader's hat as often as you can.

Finally, you have to remember that your physical needs should be met just as well as the other person's. This includes your need for rest, your need



for meals which suit your physiology, your need for exercise, and your comfort during sexual activity. Do not think that you need to put up with discomfort in order to ease the other person. This makes no sense at all, because your comfort is just as important as the other person's comfort in creating the total amount of love and happiness.

Do all this with confidence.

Yours,

α

## 2.7. Anti-social behaviour

*“You cannot change the standards of another person by asking them to regulate themselves better. The standard of their behaviour will continue to flow down from the quality of their astral channel, and you will simply make a person more anxious and self-doubting if you tell them to change themselves from within.”*

**O**n the question of whether psychopaths are guilty for their behaviours, let me explain a little more to you about the nature of mental illness. Mental illness is itself, largely a result of past behaviour, referring to the elongated life history of a person when seen over reincarnations. There will be people who are so corrupted in their astral body that certain parts of their free will are not accessible to them during a particular incarnation. Therefore you will find that person to be limited in what kind of behaviour they can produce during their current life. In the case of psychopaths, where there is no living conscience apparent, this is because the conscience has been suppressed so much during the experience of a previous incarnation, to the point where the conscience is not being visibly expressed at all during the current

incarnation. And so you see that the person is, in a way, being punished by their past behaviour.

You might say that it is society as whole who is effectively punished when one of its members is mentally ill. But I say to you, you should not take the offences of a mentally ill person so personally. You are bound to be impacted negatively by nature at some time or another, and the affronts of a psychopath are just one kind of nature. You must bear them without blaming the individual for the way that nature works.

The same is true of schizophrenia and any of the other major mental illnesses. They are the natural product of the force of creation and the development of the human psyche, and you must just all bear these illnesses patiently, like you would bear a locust plague or a wind storm. There is nothing you can do to rewrite them, except to continue to hold your own inspiration regarding how to deal with each circumstance which presents itself to you. Therefore, you might be inspired to deal with a mentally ill person in a particular way, but you should do this without going on a vigil against all mental illness, and without blaming anyone for the fact that mental illness exists.

I want to drive home this point about the acceptance of causality. You all find it very hard to accept that your behaviour is ok by natural standards. You all want to blame the incidence of free will for your own behaviours and the behaviours of other people around you. Let me extend your teaching by telling you that your own free will is very limited. It is limited

entirely to how you steer the aspirations above your head. This is the full extent of your free will, and you would do well to concentrate your willpower there, rather than trying to exert your willpower all over your mind and body. Aspire to be connected to God and to be inspired in every way. Then your aura will be healed and uplifted, and your total machine will function better. This is all you can do.

You cannot blame your fellow human being for what he aspires to, or fails to aspire to. He has his own choice and will exercise his choice based also upon the unfolding of nature and experience. If you try to interfere with another person's aspiration, you are interfering with the unfolding of truth. Truth will consume all consciousness gradually. If you are not confident of this fact, if you try to accelerate the spread of truth, then you are aspiring against truth. You are making a lie - namely, that truth needs your help to accelerate it. Surely you will promote truth much better if you aspire to the gentle creativity of God, and the spread of the light through harmony and idyllic resonance. That is everything you must aspire to.

The culture of trying to force ideas and behaviours on other people is dark and tangled. It comes about primarily because the human brain doubts its own ideas (for good reason) and so is gullible to ideas which are put forward out of the blue. There are plenty of mutant ideas coming out of the blue, and one of these ideas which has gained cultural acceptance is the idea that you can mutate the standards of other

people by persuading them how to be good and how they should behave. This is not true. You cannot change the standards of another person by asking them to regulate themselves better. The standard of their behaviour will continue to flow down from the quality of their astral channel, and you will simply make a person more anxious and self-doubting if you tell them to change themselves from within. All behaviour change must be sought by the individual through aspiration above the head. No other method will work.

I have one thing to say to those who try to engineer the behaviour of other people: Do you really have the authority to know what behaviour is best? You are very cavalier in your decisions about how people should be living their lives. You are happy to direct their attention to self-worth and guilt and self-blame and fear of death and failure. This is a very dark aspiration to offer to people. You should instead be asking them to aspire to love and inspiration. All remedies can be found within a divine aspiration. On the other hand, the individual who aspires toward self-blame and fear will find themselves turning into a hornet's nest of lost souls and bad ideas. You must not do this to another human being. The natural flow of creation is toward ever increasing light and inspiration. If you aspire to turn other people towards a dark aspiration, you are going against the tide of creation, and will yourself find that your memories are imbued with a sense of dark, and you will suffer the burden of this anti-creative venture of yours.

I cannot say enough about the darkness of making other people blame themselves for their actions. I entirely take the blame for the way nature unfolds. You should not be pointing at individuals for that which is common among the masses. You are an enemy of my creative force if you stand and point the finger at individuals for what they have done. You must, instead, encourage them to see how their behaviour was governed by natural trends, and you can encourage them to see how they can aspire for a lovelier future through closeness to the light. No one is going to regress into evil just because you have forgiven them. If the forces of nature still propel them toward anti-social behaviour, you were not going to succeed by making them feel guilty anyway. For God's sake, go and do a study to find out whether guilt is a good way of steering an individual. You will see that I am right.

There is no easy way for me to point out that so many teachers, parents, preachers and other social supporters have been wrong and corrupt in the way they have encouraged individuals to take the blame for their actions. You have slowed the light enormously by creating a culture of personal antagonism, instead of a sense of species responsibility and mutual care. I am mortified that this culture has become so entrenched and I look forward to the time when you raise up each person at the time of anti-social behaviour, explain to them carefully how their behaviour was natural, and remind them simply to tune into the gentle aura of God. You can do all this without faltering for an

instant in your own gentleness and adherence to the truth, and so your message of aspiration is a convincing one and also metaphysically powerful.

So you see, you are not going to embrace the idea of life without hell until you also become comfortable with my own version of social justice, where no one is to blame, darkness exists only where you fail to aspire to the light, and darkness spreads only because you fail to clean the darkness of the past. That is my entire message.

Yours, unflinchingly,

α

## 2.8. Guilt

*“You must just accept the fluidity of everything that people do, grieve a little about it if you must, but never ever blame anyone, including yourself.”*

**T**oday's lesson is about guilt. I won't waste time defining guilt because you all know that feeling, and it is the same as my definition of it. Guilt is the single greatest source of human un-wellness and misery, and yet it is totally unnecessary. Guilt comes about because you have an exaggerated sense of personal responsibility for what you do in life, especially if your actions have negative consequences. You were never meant to take so much blame.

Blame and self-blame have become very popular styles of thinking throughout the world because they are the simplest way for people to explain to themselves why things have happened. “He was responsible,” and, “I shouldn't have done that,” are common thoughts and yet they totally misrepresent the contexts in which people behave. When something unpleasant happens, you have a knee-jerk desire to ask why. By trial and error, you find that blame and self-



blame give you a satisfactory sense that something has been explained, even though it has not. The sense of finding an answer puts you at ease, and so you get an internal reward for having blamed someone, even if it is yourself.

It is very superstitious to hold a single person responsible for anything. You don't blame a fruit tree for spoiling its fruit. You don't blame a cow for kicking over the milk can. You know that these mishaps are part of the nature of things. Yet when people are involved you have a whole different way of looking at things. You are too anthropomorphic (ironically). That is, you tend to look at this animal and attribute to it all kinds of motives, powers and intentions which are quite fantastic when applied to an animal. These are the kinds of superstitious ways of thinking which used to lead people to blame the sun, moon, or various unseen nature gods for why things happen the way they do.

Your tendency to see excessive personal motives and responsibility in your fellow humans is a trick of astral parasites. Whoever invented the first claim of, "It's all her fault," harnessed a lot of anger and aggression and sadness, and could milk it for a long time to come. Surely there are a lot of astral parasites who will go round whispering to people, "It's your fault," "It's his fault," and then watch your emotions dance. It's a free harvest of emotional energy.

How did an astral entity ever come up with the idea of blame and why do you find it is so easy to believe? The whole Adam and Eve story is about this

very concept - the planting of a foreign idea into the minds of humans and thereby driving them away from God and truth.

I wish I knew where this idea came from. It is like a virus in my own system. A little hacker which has managed to corrupt a great deal of creative energy.

You have to understand that my system has the potential for mutations to occur within it. That is, DNA can be mutated and so too can ideas. That is part of the whole excitement of the creative force that it can generate new creation.

And so I let this program run, and some of the mutated ideas had a power which I did not anticipate. They could come from anywhere. Ideas exist everywhere in the creative gel. This one found a viable food source, an environment conducive for it to reproduce, and so it really took hold.

Why do you find the concept of blame so believable? It is because your minds are simplistic. Like a child initially thinks that things cease to exist when out of view, or that liquid changes volume when it changes container, you believe your eyes when you see that someone does a harmful act. It looks like they caused it, and so you believe it to be so.

Now it's time for you to put this illusion aside and move up to a more abstract kind of thinking, more suited to your greater intelligence. All causes are complex and there is never ever a starting point. You must just accept the fluidity of everything that people

do, grieve a little about it if you must, but never ever blame anyone, including yourself.

Yours, with absolute conviction,

α

## 2.9. Hell

*“I encourage you again to explore your channel with God, to make yourself accessible to spirit helpers at time of death.”*

**T**oday's topic is hell – or rather, the non-existence of hell. Hell has never appeared in my language up to this point for good reason. Hell is a manufactured notion. Yes there are degrees of unease and entrapment which a soul can feel, depending on its level of resonance with the truth, but the idea of hell has really been propelled by those entities who feed upon the fears of human beings. It is very easy to talk about hell and get a captive audience because it is such a fearsome concept about a part of life (death) about which you have an enormous amount of uncertainty. But just because you don't know what happens after death, and you doubt your own safety, that doesn't mean you should believe in hell.

You doubt your own safety for a good reason. Throughout your mortal life you have been bombarded with dark ideas and images. You think, “Surely these ideas come from somewhere. Surely there is an explanation for them which is beyond this world.” In your normal fashion of discrimination, you decide that maybe all darkness comes from a particular place - say,

a hell dimension - or a particular agent - namely, the devil.

This is not true. The fabric of darkness is closely interwoven with your own natural way of thinking. It is that aspect of imagination which makes up ideas which are contrary to the pattern of nature. They feel dark because they feel anti-natural or anti-creation. You have a meter inside you which responds positively to the truth. You feel a sense of darkness when your meter swings in the opposite direction, detecting anti-truth. You can have degrees of truth and degrees of anti-truth. "Pure evil" means a lot of dark ideas tied up together, contradicting some key truths, and being hard to untangle because of the apparent co-dependence of the dark ideas.

And so you have a natural awareness of darkness, but it is just a complex of ideas, sometimes peddled by entities and other non-corporeal beings as a sport (they hunt your fear and other emotions to drink upon the astral charge).

You have no reason to fear the prevalence of darkness after death. At death one of the major factors of your mind is lost - namely, its rigidity and its tendency to categorise things discretely. Your ideas become more fluid and can rapidly change when exposed to the light which predominates in the background at death.

Yes there are some lost souls in that some souls fail to break their umbilical cord with their mortal mind. This is a failure of the midwifery system at death - a lack

of suitable attendees at the time of death due to the weakness of the individual's channel with God. Therefore there is a need to bring in a midwife later - that is, someone who can "rescue" a lost soul or perform a suitable clearing rite.

And so I encourage you again to explore your channel with God, to make yourself accessible to spirit helpers at time of death. It is not that you will ever be abandoned. Your assigned helpers will be there. It's just that if you have erected a ceiling of thoughts to "protect" you from the divine gaze, you are caught in this web at death and need it to be cleared, to make your channel open. This is best done by someone who has a good grasp of human thought-webs, whether dead (a spirit guide) or alive (an exorcist).

Enough for now. Mainly remember there is no hell beyond human imagination and those who exploit it temporarily. And your soul is safe in my own measure of time.

Yours, assuredly,

α

## 2.10. More about hell

*“This I want you to say to those who believe in hell: That if you are so sure that you should spread the idea of hell, then you should be willing to test the existence of it for yourself. For how can you justify spreading such a miserable idea without evidence?”*

I understand that this is a very confronting topic for all of you who have been taught to fear hell. For you, even to put aside the fear of hell is to risk going to hell. Therefore at the same time as trying to forget about hell, you are trying to keep one eye open to make sure hell doesn't come up and take you by stealth. I understand all of this.

You have to understand the motives of those people who propagate the idea of hell. Firstly, they are not all bad people. They are motivated to improve the quality of behaviour on this planet and feel that they are rightly authorised to claim that there is some kind of penalty for wrong behaviour. Indeed, there is a kind of penalty for “wrong” (against-truth) behaviour but the penalties are all a matter of astral physics and are immediate. Nothing is stored up for your afterlife in particular.

But let us get back to those people who promulgate the idea of hell. The idea of hell is satisfying to them in a number of ways. Firstly, they hope that the idea of hell will encourage the thirst for God and godliness. Secondly, they hope that the threat will act as a deterrent for anyone who considers behaving against the social code. Thirdly, it is satisfying to have a concept which seems to explain the amount of darkness that one senses around in life. That is, everyone gets the sense that there is something dark going on, and it would be convenient to call it hell and temptation and the devil and so forth.

This I want you to say to those who believe in hell: That if you are so sure that you should spread the idea of hell, then you should be willing to test the existence of it for yourself. For how can you justify spreading such a miserable idea without evidence?

That will keep a good many people at bay. But there will always be people who insist on the word of the lord, according to Bibles or other fixed scriptures. I say that I have never actually approved of the idolisation of scripture. I am keen for people to seek inspiration in literature, but not at the expense of living inspiration, which can come through your own channel with God. Therefore, if when you feel attuned to God you cannot accept the concept of Hell, then you should deem yourself as being correct, no matter how some other people interpret the Bible or other scripture.

Finally, I want to get back to the metaphysics of "punishment". This is not punishment in my language.



It is simply the metaphysical result of thinking and behaving in ways that are not inspired. If you are not inspired when you behave, then your astral body remembers the experience as being somewhat dark. You store memories of your dark behaviours in a kind of code which is also lacking in light and inspiration. Therefore, you have to carry a kind of burden as a result of un-inspired behaviour. This memory bank of darkness impedes your general ability to resonate with the light in the future.

It is possible to transform your memory bank of darkness into a more enlightened state by re-visiting the bank in a state of inspiration. This is what is known as forgiveness or letting go of regrets. Basically, you can open your storage units and invite me to infuse you with light. The previous behaviour is then seen for what it is - namely, uninspired and therefore lacking in certain truths - and then you can dismiss it as unrepresentative of truth, and make way for ideas which are more enriched with truth and light.

This is as it should be. I have no desire for people to have to continue to carry the burden of the previous uninspired behaviours. In fact, I have no wish for you to be ever separate from my inspiration, but it will happen, and therefore I wish that it is also possible to clean the state and resume a more inspired life.

You should assure all those people who are worried about their past deeds that there is no one, apart from themselves, who keeps a cosmic record of their uninspired acts. The memories of other people

are more about their own interpretations of what they have experienced than about your guilt for what you have done to them. Your victims, had they been inspired, would have realised that your corrupt behaviour was anomalous and not sanctioned by God, and that you only acted that way because you are a natural human in a moment of lack of inspiration. This is something which can happen to anyone. You must forgive yourself and realise that the key to your forgiveness is all inside yourself. Your uninspired days will be a burden to you until you “forgive” yourself by offering your memories to the enlightenment of God. Your memories may then be transformed and your load lightened, and your entire soul made more accessible to God thenceforth.

On the matter of dispensation by making amends, I am not so concerned about this as you might think. I have no need for people to work away their guilt or to pay back their times of being uninspired. It only has a value in that it helps the person to revisit their burden and to feel that they can open their memory to God without shame. If making amends helps you to open yourself and accept your past, then it is a useful tool. But it is better to realise that making amends is not a necessary part of the metaphysics. You might as well focus on what really works, which is the sole fact of paying attention to your burdensome memories and seeing them anew with the help of the inspiration of God.

There I have said it. You can now wipe yourself free of all guilt and all anxiety about standing up for forgiveness. There is no hell, no debt to pay, and no karma beyond that which you carry as astral rigidity as a result of being uninspired from time to time. You have my blessing to distribute this message without fear of reprisal. No souls will be lost as a result of advertising the non-existence of hell. Instead, some may be saved by the knowledge that they can clear their slate now, effectively and without fearing that they will have to face hell anyway.

Yours, in entirety,

α

## 2.11. More on hell, punishment and behaviour

*“Teach parents to always explain children’s behaviour to the child in a humanitarian way, and to finish with a bug and a reminder to connect with the light of the community. This will help the child not to sink into darkness or loneliness when their behaviour does not meet social norms.”*

**O**n this topic I have a few more things to say. You are not entirely in the clear when you are dead. You have to acknowledge the depth of your desires which you may not have enacted and yet which continue to taint your soul. Anything which you carry inside you as a propensity needs to be addressed, so it is not just actual deeds which account for the amount of darkness inside you. It is also your affinity with certain ambitions which colours your aura after death.

You have to let go of the idea that an individual can gauge their own likelihood of going to heaven or hell spaces. It is not possible for a person to see, subjective as they are, where they are going to fit into the cosmos of light and dark. Therefore each person

simply should focus on whether they feel lighter now than they used to. If you are carrying the burdens of other people as well as your own, you might feel quite dark and weighed down, and yet find that your personal light is quite strong at death. On the other hand, someone who is having an easy life, might feel that they are quite enlightened and free in their soul, and yet find upon death that their aura is quite weak, being poorly defined and untested. Therefore, do not encourage people to introspect to try to guess what state their soul is in, and thereby as a way of guessing what the quality of their after-life will be.

I would like people to focus on the following three things when they are gauging their direction in life. Firstly they should pay attention to their inner urges which tell them they will feel more complete on one path versus another. Secondly, I would like people to pay attention to those mentors which catch their eye. These people have something to teach that the individual is ready to learn. Thirdly, I would like to draw your attention to the possibility of an internal channel, such as this one, which you can open inside yourself with sufficient opening and training of your aura. These are the three things which are most powerful in enabling an individual to follow the call of inspiration. The first two are much more achievable in the current culture than the third, and therefore I would recommend these two as a starting point.

You do not need to rewrite your material regarding opening to inspiration. Most people realise

that their inner voice and the inspired voices around them are a great way to pick up inspiration. This comes naturally when people take the time to clear their minds and relax a little. The opening of a metaphysical channel is a secondary concern for most people, and many are not in a position to take on such a concentrated and intense pursuit at this point in their lives.

There is another thing I would like to teach you concerning the teaching about hell, punishment and behaviour. You should not put too much emphasis on the thinking and self-analysis which people do when wondering how to act. Most people are going with the flow, behaving in ways they were trained as a child, without the time or energy to exert conscious control over either their behaviour or their degree of inspiration. Therefore what we are aiming for is the gradual changing of ideas over generations. What is most important in my opinion is what parents are teaching their children, regarding ways of interpreting and raising their behaviour. Teach parents to always explain children's behaviour to the child in a humanitarian way, and to finish with a hug and a reminder to connect with the light of the community. This will help the child not to sink into darkness or loneliness when their behaviour does not meet social norms.

You are well equipped to answer the individual who, in pain, asks if they are going to hell. But as for wider education, you need to address yourself to

parents, rather than to the individual who is making decisions as they go through the rest of their life. The astute reader will realise that they can “parent” themselves in the same way that you describe parenting for children.

This is all for now. Put all of my teachings to good use.

Yours, collaboratively,

α

## 2.12. Fate

*"I am like a fluid which permeates everything. I am like an immune system which permeates a body, trying to keep healthy things healthy, and triggering intervention where a change is warranted."*

**Y**ou ask me to talk about fate, and so here is my instalment. Fate, in your language, is that thing which is going to be inevitable over time. In particular you often use it to refer to your end point, or to a force which controls certain key events in your life. Now I want to broaden your concept of fate to something which is more fluid and more present in every moment.

There is indeed a force which is shaping you on a moment-to-moment basis and influencing the course - and outcome - of your life. This force can be referred to as "God's will" or the force of Creation, but both of these terms sound a bit old-fashioned and smell of bibles and righteousness. What I am referring to is something metaphysical, ever present and omnipresent which, as you evolve, becomes almost perceptible in the air. You don't have to worry about the physics or metaphysics of it. Let me just assure you that this force does not overlook a single atom in space or a single



moment in time. It permeates everything. And yet, it is also dynamic enough that it can influence how things turn out. It can “call” things into place, so to speak.

What you must understand is that you have no choice in how this force works, and it has always been with you. You live along with it your entire life, just as you live along with energy and light, so there should be no question of how you are going to deal with this force. It's just there, and you are used to it already.

The first thing that the force achieves is to recognise the nature of things as they are. That is, the force conforms to the essence of all material objects and natural creatures. It resonates with their inherent structure and helps to maintain their integrity to the cosmic prototype of each element of creation.

Secondly the force of fate creates change by slightly “calling” the form of things into new patterns. Thus things evolve in their form. This is where the concept of ongoing creation applies.

Thirdly, the force of fate can cause an intervention, particularly in the minds of people (which are very dynamic), by oscillating in particular modalities, to achieve whatever effect is desired. You can imagine, it would be difficult to cause an intervention in the minds of people if there was not already some kind of energetic mechanism running through their brains, that was open to manipulation.

All in all, this validating, creative and interventionist force may also be known as “God”. You see, I am like a fluid which permeates everything. I

am like an immune system which permeates a body, trying to keep healthy things healthy, and triggering intervention where a change is warranted.

You should not be afraid of me, for I have always been oscillating inside your head in one way or another.

Thus you can see I am omnipresent and ever present, life-affirming and capable of intimacy with your mind. It is all through metaphysical contact, the nuts and bolts of which I cannot explain until you have more concepts on which to hang my teachings.

Yours, in stages,

α

## 2.13. Happiness and your second level of destiny

*“The only way you are going to achieve sustained happiness during your mortal time is to come clean about your true desires and submit them to God for guidance.”*

**M**y loves, I come to you today with a particularly sensitive message of hope because I want you to know that you have only just scratched the surface of the concept of happiness. In spite of all I have said about the inevitability of human pain and the destructive aspects of nature, and the distinction between mortal life and heaven, I want to assure you that a great quality of happiness is nevertheless possible while you are walking from cot to grave. You have this to thank me for.

The only way you are going to achieve sustained happiness during your mortal time is to come clean about your true desires and submit them to God for guidance. Yes you can go about a satisfactory life by just living as it comes, ignorant to your deeper self, but if you want true gratification you will have to go to the next level, wherein you establish a dialogue between your deepest inclinations and the counsel of God.

You see, you have two natures, and therefore two possible levels of achievement. The first level is simply to do what comes naturally without seeking God's special involvement. The second level is an optional extra. It is about tapping into a more secret code which is embedded in your soul, which tells you what your soul (and God) would like you to do if you give it a chance. This is the second, optional layer of destiny. It is a potential which is responsible for people feeling a certain restlessness and unquenchable thirst until they stumble upon ways of unlocking their deepest desires. This is what you know as "living your dream" or "self-actualisation". The most efficient way to harness this deeper code is by entering a relationship with God – the kind of transparency we have discussed elsewhere – so that God can augment your efforts to discern and live out your desires.

This then is what I ask you to do. Be humble about the possibility that there is a secret code inside you – a unique and quite precise code – that could be fulfilled. Be confident that it is your right to choose whether to listen to and pursue this code. Know that if you try to unfold your code alone, without God's help, you will waste a lot of time and energy trying to figure it out and to get it translated into the real world. This code, or second destiny, was only meant to work with God's help. You will need to expose yourself to God if you want to live in the joy of your deepest code.

This is a bit of a catch isn't it? Your deepest happiness lies in fulfilment of the deepest destiny inside

you, but this destiny is only open to you if you fold God into it. And so you see that, although it is your absolute right to keep God out of your life, there is a limit to how happy and fulfilled you will be without his involvement.

Don't be afraid of this potential impasse. It is easy to choose to become intimate with God, even if you have no prior experience with him. First comes the intention to open yourself to him and to attune yourself to what you grasp of loveliness. Let the rest unfold over time.

Yours, as mentor,

α

## 2.14. Morality and coordinating with God

*“My ways are moral because I recognise the fundamental truths on which your so-called morals are based - equality, fairness, gentleness and compliance with a greater good.”*

I would like to pass on my condolences for what a treacherous life you have lived so far, trying to walk with insufficient guidance in a world that is quite dark in its ideas and energies. It's time for me to shine a light on your footsteps, if only you will grant me an opportunity to do so.

A collaboration with me is not as limiting as you might think. Quite the opposite is true. When you open a dialogue with me, you open great possibilities to pursue your heart's greatest destiny, allowing you to see your soul's desires more clearly and to find ways to fulfil them in a world which is largely beyond your control. You will find that I am entirely sympathetic to the ways and wishes of your heart. I will give you what you need to make you feel like you are your own best home for your soul.

There is one thing which I strive to impress upon your mind, and that is the art of co-ordination

between your own calculations and mine. It is an art of give and take, between your impulses and mine, such that you never push forward on your own impulses without feeling that they are endorsed by me, and – when you are short of ideas – you wait to be inspired by me. When you are practised at this, you will find there is a continuous flow of achievable ideas commensurate with your energy levels and suited to the opportunities in the outside world. If you have pushed your own agenda through, without waiting for my inspired input, you won't find either the same joyful flow or the same kind of success.

It truly is a “secret to success” that you unlock the chain of two-way communication between your mind and mine. Some people have managed to do this without realising that the source of their inspiration is “God”. That's fine by me. I don't need a pat on the back. However you do it, and however you justify it to yourself, just keep reaching above your head for those good ideas, and do not push yourself forward when there are none.

I turn my attention now to the morality of what you choose to pursue in this life. If, metaphysically, you manage to open yourself to my inspiration, the morality will come naturally. Your attunement to that esoteric field where inspiration resides will tend to draw your consciousness in a moral direction. If your mental rules were not already moral, they will tend to mature over time into ones that are. Certainly when you are drawing

on divine inspiration you will tend to be performing in ways which I consider to be “right”.

If, on the other hand, you try to draw your inspiration from mental rules which are not particularly moral, such as, “Look after number one (yourself) first,” or, “Aim to get as much money as possible,” then you are going to run into some dead ends. Firstly, you will tend to narrow the channel between me and yourself because we are not thinking along the same lines. Secondly, you will fail to inspire or nurture your own soul. This will become apparent over time, with diminished mental or physical health. Thirdly, you will not be as successful at progressing in the world as you could be. Perhaps you will appear successful in terms of money or status, but you could have been a lot more effective at expressing your soul’s gifts in the dynamic world, or “leaving your mark on the world” in a metaphysical sense.

Finally, I want to guide you in the role that morality plays in your life. I do not judge you by how moral you are. Morality is a choice which comes packaged with the choice of being open to God or divinity. You are not obliged to choose this path in its own right. On the other hand, your soul is happiest when it aligns with God and therefore is happiest in a moral package.

My ways are moral because I recognise the fundamental truths on which your so-called morals are based - equality, fairness, gentleness and compliance with a greater good. These each are true aspects of my



nature, and indeed of the nature of the entire creation, so can not be contradicted in the same breath as being close to God.

Enough for you to contemplate.

Yours, solidly,

α

## 2.15. The passing of religion

*“It is time for individuals to take their own responsibility for their views about the universe and their views about God, rather than swearing to follow some kind of group.”*

The need for religion has passed. In the old days, religion was the primary means of social organisation. It was a wonderful tool for managing people in groups and for getting them to see a common goal and common ways of doing things. Today the media serves the same purpose. A common viewpoint is derived within society by the natural selection of ideas that occurs in the media. Good ideas and role models rise to the top. Good citizens are interviewed and given appropriate reverence. Scandalous people are given appropriate scrutiny and scorn. Therefore, the need for religions as some kind of club where allegiance is encouraged is no longer present. It is time, instead, for individuals to take their own responsibility for their views about the universe and their views about God, rather than swearing to follow some kind of group.

This is why, in all my work as a channelled source, I am encouraging you not to compete in your beliefs, nor to seek converts. Your spirituality is an

intensely personal matter, which you do not need to discuss with anyone, unless someone is curious about your “secret”. That is what I am comfortable with. No one needs to spout their beliefs to others, unless they have a specific calling to be a spiritual catalyst – I mean, a spiritual teacher, as is the case with this channel.

I am giving you full permission to make up your own systems of belief and to discuss them with me at your own leisure. There is no urgency. In fact, many people do not have the cognition to make much of a business about their philosophy. They just have some vague ideas which are dear in their heart, and might not be possible to put into words. That is enough. As long as your heart has some kind of understanding and intention, it doesn't matter what the brain knows or the mouth says.

This then is my message for today. Religion is no longer a suitable tool, and each person should find their own way to God.

Yours and amen,

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# 3.

 GUIDANCE FOR ALL

Excerpts from Meetings

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### **3.1. When you don't know what to do**

“In that period when things don't quite feel right but you don't know what else you should be doing; there is no urgency to do anything. It's just a matter of sitting with the status quo until the next sign post does come up. Plenty of time for tea and biscuits.”

*transcribed from oral channelling of Alpha*

### 3.2. Listening to how you feel

“That feeling that you get first thing in the morning is very informative. If you wake up in the morning and you dread what’s going to happen that day, it’s because you’re making some wrong assumptions about the day in some respects. Like you’re making some wrong assumptions about your role in it or what you have to do, or the value of what’s going to happen that day or you’re carrying something with you that you need to let go of. You need to learn to read those things rather than thinking of them as weakness of character.”

*transcribed from oral channelling of Alpha*

### 3.3. Tuning into your soul's intention

“ . . . you've heard the expression where there's a will there's a way. Where there's a recognised intention there's a way. So when you can see what it is you're trying to do then you can mentalise what you're trying to do and it facilitates the pathway. It's like alerting the future to your travelling through it in a certain way. And it smooths things over. It's like waking up the hairs along the passage – that's a biological analogy in case you haven't studied biology – it's like sending your intention out into the universe and therefore things will be ready for you when you get there. He's [Alpha's] talking about that kind of idea. So the more that you key in to your covenant, what your true intention is, the more you can resonate with your intention. The more your intention can form into the future and make the way ready for you.”

*transcribed from oral channelling of Alpha*

### 3.4 Currents and propensities

“ . . . the problem with this law of attraction that people bandy about is that you can't actually tell what you're attracted to. And you can't change it just by saying I want to be attracted to *this* - I'll beef up my attraction to *this* and therefore I'll attract it. What's really going is what he [Alpha] tends to call currents. You have currents within you, your spirit, on a very deep level, that attract you to certain things at different times in the life of your spirit.

I feel like now he [Alpha] wants to talk about propensities, which is another term I threw in earlier; propensities being those things that you carry inside you, more of a constant thing. Currents come and go, like your theme that you're working on spiritually, what it's time to develop. Much like children have a time when it's time to develop object permanence and a time to develop abstract thinking and so on, you have your currents spiritually, all the way, cradle to grave and beyond; different currents. But propensities are more like a package that, unless you're big into spiritual healing, they stay fairly constant and they're like this package through which you interpret the world and which other people kind of sense, and you kind of radiate this thing and therefore you might also set off this atmosphere in other people and events around you. For example, if you are insecure, supposing that's one



of your propensities, then you actually make other people feel insecure, and set off other patterns that then might make you feel more insecure and so you do get some kind of spirals and what could look like a law of attraction happening around a propensity.

Not all propensities are bad. They're not necessarily all wounds. They're just part of what you have in your make-up as a result of what's happened to you in the past - in your spiritual history and your biological history. Basically it's a matrix through which you interpret the world and colour things around you. And through which people see you and which inspire other people's behaviour around you.

So the two things are happening together - your propensities and your currents. They determine a lot about how things play out around you. The currents are kind of more sacred. The propensities are more circumstantial and things which you can change by retraining yourself at a deep astral level, or healing various wounds and realising that things don't have to be seen in a certain way. But the two together, though, if you don't realise what they are, they can make you feel a bit fatalistic, like you don't really have conscious choice, because so much has been flavoured already.

But actually there's quite a lot of room for conscious choice. And the area you should think of your conscious choice occurring is in aspiration. What you aspire to then feeds back into this system of things which guide you and things which influence you. So it's hard to kind of want something and try and control it

front-on. But if you aspire - and then your aspiration means that you can get guidance along that track which then influences the whole caravan, if you see what I'm saying.

So your best way of controlling your life is by aspiring, by communicating through the Diplomacia.”

*transcribed from oral channelling of Alpha*

### 3.5. Time and criticism

*A message channelled at Christmas*

“ . . . [Alpha is saying]. . . that we criticise because we're impatient. We criticise because we don't think we have enough time. It's like we want to learn faster than he thinks we need to. And, therefore, by projection, I suppose we want other people to learn really quickly as well.

The two processes of learning and criticism are complementary. But that's the only way that they should be, in that you should only get the criticism when you're in the process of learning. For example, if you're addressing yourself to learn something, then you appreciate criticism, you want the feedback as you go, you're in the state of readiness to learn something. And the criticism is seen by you as actually positive. If you have someone who coaches you and tells you how to do things better or what your mistakes were when you're in that phase of being positive, that receptivity, the criticism is almost always welcome.

But if you are not learning, not in the state of learning in an area where you're given criticism, the criticism is inappropriate and it falls on deaf ears. It's almost like the relationship between a plant and water. When a plant needs water it takes it up gladly. When the plant has plenty of water, I guess, or it's not the right

time to receive water, the water itself can be damaging, so it's excessive, or the plant is not open to it in a way that it can make any use of it.

So when you're criticised by your spouse, for example, for something that you're not interested in developing at that point, the criticism is not about what you should be learning but more about what they are learning at that point. That person has an issue that they're working through and it spills off the criticism.

The unpleasantness of the criticism is basically an issue of that disconnect between the receiver and the sender, and the timing of the situation. If the person who is criticising is impatient to get a point across, they will discharge their criticism when the receiver is not receptive, so the opportunity to grow is lost. But if the sender of the criticism is not in a hurry, they can just store their idea and wait until there is a time when the receiver is receptive and then can deliver their comments appropriately and the comments will be gladly received.

So you can see how the negativity of criticism, that mismatch between sending and receiving, is caused by impatience; people trying to get a point across when it's not welcome. So what do you do if you see something faulty around you that you think needs to be fixed right now, regardless of whether someone is ready to receive your suggestions? Well, in that case, you really should be taking responsibility to facilitate the situation yourself and not put it on to the other person just to update their behaviour. There is a right time to

learn. You can't force them to acquire a new attitude when they're busy developing in other ways. So if you want to see a situation changed, rather than putting the onus onto the other person, you need to step up, give them assistance, change the system, whatever's necessary. Or just be more patient."

*transcribed from oral channelling of Alpha*

4.



GUIDANCE FOR ALL

Reprints from Alpha

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## 4.1. Let go of your pain

Reprinted from Alpha's Page: *Healing*

*"Just because there is a solid reason for your pain, doesn't mean you should keep your pain for permanent storage."*

If you could feel the full extent of my sympathy, you would not be able to bear it. Like my love for you, my empathy for you when you are unhappy is limitless and resonates across the universe. What comfort you would feel just by knowing the huge impact of your sadness on me. Never assume you are alone in your troubles. Know that your feelings are also going off like a gong in me.

When you feel wretched, there is a very good reason. I never belittle the nature of your misery, even if I think it comes from your misunderstanding of the way things are. Why don't you accept the validity of your feelings, but be willing to expose them and release them anyway? Just because there is a solid reason for your pain, doesn't mean you should keep your pain for permanent storage.

The reason was.

The pain is.

The pain melts.

The world goes on.

This should be the default cycle. Not storage of pain in order to prove its existence and to score points.

How you humans like to store pain in order to prove to each other that you were hurt! This is a fool's game – firstly because you deepen your own ills by storing pain, and secondly because you make unfair assumptions when you assume who caused your pain in the first place. There is no one starting point for the sequence of events. Perhaps the chain of causality even flowed through you, then impacted on your 'enemy-to-be' and then this results in the 'enemy's' action towards you. Better to admit that you are not qualified to blame anyone in particular and be determined to put an end to the pain cycle whenever you get a chance. If you are determined to rally against pain, don't rally against the person who you perceive to be at fault. Rally against the perpetuation of the pain. Like stopping the flow of disease, concentrate on fixing the disease germ, not on killing the people who have infected others. "The pain cycle stops here with me," can be your macho motto, if you need one to replace your previous desire for revenge. This is how you should direct your anger – to the expulsion of hurt from the astral layer, not to the perpetuation of hurt.

You will have to accept certain other things if you are going to let go of your feelings as a victim. You will have to accept that you and the perpetrator might be friends again in a few minutes. You will have to



accept that there will be no compensation pay-out from the perpetrator, to apologise or thank you for your clemency. You will have to accept that being hurt, and releasing your pain, does not make you a hero. It is something that, one day, we hope everyone will do as humbly as washing your hands. Perhaps the first people who learnt to wash their hands for hygiene thought themselves to be very clever and heroic, but you can see now it is just good common-sense that can be expected of anyone.

Imagine if everyone got into the habit of excreting their pain without taking it out on anyone else, revenge or otherwise. How much the pain levels in society would drop! Harmony would reign. Imagine if you each had a sense of global altruism that made you think, "Let's all get rid of our grudges and feelings of offence, so that we stop bouncing pain off each other." What a massive change that would be! It all starts with the individual realising the futility of fostering their pain and being determined to let it go, on principle, lest a greater good can therefore be created.

God speed on that one.

α

## 4.2. Help from God

Reprinted from Alpha's Page: *Natural Order*

*"You can control your transparency to me and your ability to listen to me, and your readiness to follow my hints when you hear them."*

I am the resolution for a great many ills in your heart. Once you have found the time and patience to listen to your heart, then you can show me the troubles within and I can lift them from your astral body. You only need to ask me for my spiritual healing and I will give it. There is no need to prove yourself worthy in order to get favours from me.

I have a great many talents which I can bring to bear upon your earthly journey. One is the gift of joy. I know how to sneak into your hearts and into your everyday occurrences in a way that will give you a lift, if you indicate to me that you are interested in receiving such blessings. There is no need to force yourself into contrived happiness. I can tap you into genuine relief and jollity.

Another thing I can provide are the energies of comfort. These are useful for all manner of pains, from the physical to the emotional to the imaginary. From

my perspective, all these pains are equally deserving of my comfort, whether that comfort is in the form of inspiration, insight, or energetic transfer.

Another talent of mine upon which you can prevail is my sense of good timing. Attuned to me, you will make happier decisions about when to do things, and for how long. I have a knack of knowing when things can be done to best effect. While I can't directly control the things around you, I can go a long way by giving you advice on when to act. It is almost as good as being in control of how other people respond to you.

Finally, another great talent I can offer you is my supply of delicious ideas. Upon reflection, there are a great many light-bulb moments you can get from me, thereby putting power into your own hands to make happy progress in your worldly affairs. What is more satisfying than to think up a solution which deals with the problems of conflicting parties simultaneously, or to get an idea which energises you, or which makes tasks easier. You can count on me for that kind of resourcefulness.

On the other hand, what I will not do is this: I will not manipulate the behaviour of other people in order to meet your agenda. I will not contradict the laws of nature, not even the laws of destruction. There are some times when I can help to create an energetic buffer around a person to protect them from harm, but the conditions have to be right (extreme Divine Will and human readiness) and the effects are short-lived and limited. So do not go around, pie in the sky,

expecting me to save you from cancer or to stop other cars from running into yours. These experiences are not ordained by me in order to teach you a lesson. They are simply things which naturally happen. If you listen to me closely you can avoid a lot of bad outcomes, but you will never be free from the up-and-down nature of nature for as long as you live on your designated planet.

I say these things in order to smarten you up and to stop you from sulking quite so much. You have heard the prayer, "Help me to accept the things I cannot control and to control the things I can." This is all very well if you are clear about what you *can* control and what you *can't*. You *can* control your transparency to me and your ability to listen to me, and your readiness to follow my hints when you hear them. You cannot control the vagaries of nature, not even by extreme preventive measures (though some middle-range preventive measures are reasonable), so don't go round thinking you can prevent earthquakes and pestilence. Focus on me above all things. I am your greatest strategy and greatest comfort. Beyond what we can achieve together – let it go. Nothing more was meant to be. Sometimes you just have to lie down and take it, knowing that I too am your witness and your soul is ultimately safe.

Let us finish today's lesson at this point. I'm sure you have enough to absorb, and it will help you to think about what I have said and get a clearer idea of what I am offering (and not offering). There has been

so much bragging, exaggerating and wishful thinking about my powers. I think it would be so much better if you all focus on what we really can achieve together, and aim for a high standard on that dimension. Then you really will see results, instead of expecting me to do everything, then getting discouraged by the results before you have developed any real ability to connect with me.

Go now in comfort and inspiration!

α

### 4.3. Communicating with God

Reprinted from Alpha's Page: *Healing*

“*The more true your soul, the more we can chat.*”

Firstly, I need each and every person to understand their deep need to talk to me. Who doesn't need to get things off their chest! You have to keep expressing yourself to someone, and indirectly you are satisfying your need to talk to me. Indeed, if you were to look deep inside your aura, you would see an apparatus inside yourself which is specifically designed for communicating with God, like an old fashioned bell-pull and service chute. Little used, by most of you, but still capable of being dusted off and made functional again. I compare it to a bell-pull and service chute because of the engineering analogy – a signal which passes up vertically and parcels of goods to be delivered downwards into your aura. The directionality of this process is important to note: it is hard to talk to God by shooting energy out forwards through your heart chakra, for example. Try chuting (shooting) packets of information up through the top of your head. By information I mean any kind of packaged communication, such as questions, complaints or feelings, expressed in compact ideas and sent

upwards. Those of you who are practical at moving energies with your chakras will find it easier to pack a message and send it up to me, but everyone should have a go. You will get more effective with practice.

It is difficult for you to express information to me in this way if you are held back by self-consciousness in the face of God. You must be willing for me to see you as you are. Believe me, I have no trouble accepting you as you are; the problem is all at your end if you think you are unworthy. To solve your sense of unworthiness try this: at what point should a child feel ashamed of his or her inabilities? Is there a cut-off point where your weaknesses go from being childish to being shameful? On what day did that cut-off occur? Which particular weaknesses changed from being childish to shameful? Do you see these logical dilemmas? Obviously the judgment of shame is arbitrary. Perhaps we need a new concept of childishness which is OK indefinitely. Call it 'spiritual naivety' if you like. You have to admit, you have some areas of spiritual naivety. Of course you do! You're not a saint are you? You were born with masses of naivety and some of it has worn off, but not all of it. Don't be ashamed. Everyone has some. There are so many spiritual lessons to learn, you can't even compare people in their level of spiritual naivety. Some people are mature on some points, but very naive about others. There are some people who do good deeds all the time but are full of anxiety. How naive are they? There are some people who are thieves and vagabonds but who

are good at rolling with bad luck and bad health. How naive are they? Give up measuring your shame, or your naivety, and simply come to me. Say to yourself, well I don't know whether God likes me but I need to talk to him anyway! Of course I do love you, but if you are in doubt, just think of your needs and bust your way through, like a needy customer.

Once you have made your petition to me, rest assured that your thoughts and needs will be weighed up thoroughly and logically by me. I am not capable of being anything but thorough and logical. Also I am totally imbued with love. I will respond to you in some way or another, but if your antenna is weak, you might not be aware of my response. Build your antenna (through silence, love and attunement), and eventually you will notice how I gift you. My gifts may come in the form of energies or ideas. I do not manipulate the world for you, and I do not act against my greater goals, but I will always give you some kind of guidance or boost. You will receive this if your aura is sufficiently open and attuned.

To improve your attunement, you will need to keep working on your transparency to me. That is, let go of everything in you that wants to hide. Recognise your deep desire for divine love and for an intimate relationship with God. Recognise love and peace wherever you come across it. Be alert to the prevalence of false ideas and realise that these will get in the way of your ability to communicate energetically with me. The more true your soul, the more we can chat.



This is enough of a summary for now. I talk around this topic often, as it is my greatest desire to collaborate with all individuals, for their own fulfilment and joy, and for mine also.

Yours,

α

## 4.4. How your prayers are processed

Reprinted from Alpha's Page: *Diplomacia*

*“There is no shame, no shame whatsoever, in opening your silliest emotions and ideas to us.”*

**D**on't stop short of telling us everything that is in your heart. We have records of everything you let us know. That is, it is kept and it is open for us to re-visit, to understand everything you experience. But we only have access to those things you open for us to see.

There is no shame, no shame whatsoever, in opening your silliest emotions and ideas to us. After all, there is nothing in your mind that was not caused logically by the processes of the universe, even if the ideas may seem silly and idiosyncratic to you, they are there for a reason, and the reason is not something that you personally invented.

We have ways of moderating your experience all the time, if we choose to. We do not do this at whim. We only do it for a higher good, and in accordance with what you are willing to share with us. Thus you can see that divine intervention is a truly collaborative process.

It is your willingness to express yourself, coupled with our willingness to intervene.

Time and time again, I hear you thinking, "But what about the power of the higher God? I don't want my prayers dealt with by a bunch of minor clerks!" I understand your concern, but it is not based on reality. Diplomacia are not minor clerks, any more than your fingertips are minor clerks when compared with your brain. We are completely and logically linked to the master plan. We are reliable outlets of the overall God, even if we do present ourselves as a bit too human for your liking.

In fact we are not human, as such. That is, we are not, and never have been, tied to the human physical prototype. But we do have human-like faculties of speech and thought, which is why we are essential as interlocutors when you pass up your thoughts and feelings to God. Your thoughts and feelings need to be received by someone who is capable of understanding them in the way they are expressed. There would be no point, for example, typing your thoughts and feelings straight into a computer and hoping they would be heard. Although the information would be put in, there is no apparatus in the computer which can receive the meaning of what you have typed. With us, you are being heard. It is our function to translate again into another form which can be processed by another level of the universe (the computer, if you like), so that your petition is open to intervention.

This then is how we always operate. We operate always with your permission (implied when you put a petition to us) and always according to what you cellularly express, and then according to the greater good, and that is done by passing up your petition to the next level, where modulation is possible.

Then it is simply your business to pass up your worries and wait (in the back of your mind). Do not literally stop doing things and wait, because you won't know when or if an intervention is coming (unless you are very attuned to us). Simply carry on about your daily tasks in good faith. Many a dilemma blows over in this fashion any way, and we will be sure to monitor whether that has indeed been the case.

So there is nothing for you to worry about. The wheels are oiled, all things in life are moving and progressing. No dilemma will ever remain unchanged one way or another.

Much love to you and thank you for your patience.

α

## 4.5 Alpha's Desiderata

Reprinted from Alpha's Page: *Love*

*“Do not hide a single fault or tension from him [God]. The more darkness you reveal to him the better.”*

I am trying to teach everyone that one philosophy is adequate for every day of your life. You do not need to know what the day will hold. You do not need to know what is going to happen next week or next year. You do not even need to know if there is life after death. One formula fits all.

Live each day as if God was right inside you. Open yourself entirely to his vision. Do not hide a single fault or tension from him. The more darkness you reveal to him the better. Take it for granted that he sees you clearly and accepts you entirely. He does not judge anyone or anything; he sees all as natural and feels accountable for all. Open yourself to his advice and his gifts of joyful energy. Do not assume that you have to solve or prove anything on your own. Nor should you anticipate taking credit for how your day turns out. Be willing to relinquish both your personal control and personal glory in order to receive greater love, wisdom and efficacy. It is a trade-off that is well worthwhile.

Know that, whatever happens during the day, there is enough time for you to hear the whispers of God that aim to guide you. Know that you are never alone in solving any problem. Be patient for the whispers and gifts. As long as you are open, you will hear them when you need them.

Do not vex yourself about being good at loving other people. As long as you open yourself to God, all love and appropriate moral behaviour will follow. Remember that attunement to God comes bound up with certain truths. If you do not accept these truths, you will find it hard to open to God and to receive his love. But on the other hand, if you try to open yourself to God with all your heart, his truths will come to you and gradually take you over.

His truths include a lack of judgment of all people. You must see other people and their behaviour as natural, and the result of natural competition between different propensities and astral beings. You must not tighten up against darkness, but be willing to perceive and release it. You must acknowledge what you do but not hold yourself guilty for it. You must accept that there will always be diversity and destruction, no matter that it causes pain to humans. You must realise that your pain is finite and need only involve your body. Your soul is safe and the truth does not change just because you are hurting. You must realise that the love, comfort and inspiration of God is always forthcoming, but miracles are rare. Open,

always open yourself, and the consequences will be so profound that you will never feel the need for a miracle.

Realise that the love of God does not feel quite the same as the love shared between humans. The love of God is more metaphysical, more energising, more full of wisdom on a particulate level, and less comforting to the ego. The love of God is liberating and unconditional. It does not demand a response. It permeates all things, as evidenced in a particular relational pattern among all things, which is evidenced also in you and your behaviour, especially – in its purest form – when you are attuned to God. This then is your bliss.

Yours, shamelessly and forever,

α

# 5.



GUIDANCE FOR YOU

A custom-made appendix

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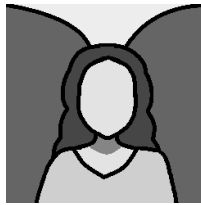




## 5.1.Reprints from Alpha's library chosen for you

*If you have personally requested this book,  
I will insert here some writings especially for you  
from my entire library of Alpha's writings.*

*I hope they will give you comfort  
and inspiration.*



*Ed.*

[If requested, reprints will be inserted here for you.]

## 5.2.About your personal guidance

*by the editor and channel*



*Reprinted in all Guidance books*

If you personally requested this book, the following section, *5.3.Your personal guidance*, was written by me specifically for you, from scratch. Please note that if your personal guidance included information which could identify you as an individual, I have removed that information from the text before pasting the message into this appendix, and I have sent you the full version by email.

The first thing I do when I write personal guidance is to throw your request above my head and ask for guidance from the light. Alpha is likely to step forward and give me a message to write verbatim for you. At other times he guides me with concepts which I put into my own words. I may also draw on my own grasp of spiritual philosophy based on my many years of channelling Alpha, other mystical experiences, and my familiarity with Alpha's way of thinking. Sometimes when I am writing personal guidance, I also feel

inspired to draw upon my background as a psychologist and therapist.

At times Alpha's advice can seem annoyingly vague but, when you reflect, you realise he has pointed out the basic issues which you need to ponder. He is keen for everyone to learn fundamental truths which you can then apply to every situation, whenever you need them. He rarely gives detailed advice about a specific situation, and he does not usually make predictions about what's going to happen in your future. He likes to clarify the core concepts with which you are wrestling, and will leave it to you to apply the wisdom to your life. This is how he teaches and empowers us.

It is usually helpful to read your guidance more than once. Perhaps you could read it a couple of times when you first receive this, and then read it again at a later date. Give yourself time to contemplate the ideas, and to integrate them on an astral level. You might find that you are ready to open yourself in other ways at the same time. Your request for guidance probably represents an underlying readiness to move forward in more ways than one.

Thank you again for giving me (and Alpha) the opportunity to give you some guidance. For me it is a great joy to be in the state of seeking and channelling spiritual wisdom.

I wish you all the best on your journey.

Ed.

### **5.3. Your personal guidance**

*If you personally requested this book, this section is an original composition, written specifically for you.*

[If requested, your personal guidance will be inserted here.]

With love from

α