

ALPHA'S PAGE

HEALING

www.alphaspage.com.au

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

Ed.

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An introduction to Alpha's books

by the editor and channel

reprinted in each book in this series

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Alpha is not interested in making predictions nor describing death or an after-life (at least, not in his writings to date). He advises us to treat each day as it comes – a day of nature and the possibility of inspiration. Any catastrophes or even your own death are just another day for the same formula – show yourself to God and receive inspiration. The after-life is always just hypothetical until you get there. Alpha does suggest though, that you assume there is continuity after this life, just in case.

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

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

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

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

decided that it's worth trying to absorb his ideas to see if they make me happier and more relaxed. I think this is the best way to test whether Alpha's writing is worthwhile. I wonder if other people are interested in testing Alpha in this way?

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

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

From my very first session of channelling, my hand irresistibly signed off with a symbol which looked like the Greek letter alpha. This signature happened time after time, with every writing across several years,

and it is the reason why I eventually came to refer to the source as "Alpha". What I remember most about performing this signature is the tremendous feeling of love which surrounds me at the time. Whether Alpha is part of me, or part of God, I hope that you get a chance to tune into some of that atmosphere while you are reading Alpha's books.

King regards,

Ed.

An introduction to Alpha's Page: Healing

by the editor and channel

In the years since I began channelling Alpha, I have always sensed that he has a deep interest in our wellness and that he is trying to teach us things which will give us good health. In one of his messages published elsewhere, Alpha begins by saying,

"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."

Looking back over his material, however, I find there is a lack of any specific healing techniques. He does not talk about healing tumours, fighting infections or rebalancing chakras. He doesn't talk about using tools such as gems, aromas, colours, visualisations or healers' hands. This says a lot about Alpha's attitude to healing. Alpha is all about understanding the truth. He believes that correct ideas are the key to promoting our spiritual and mental, and therefore physical, health.

One gets the impression that Alpha sees our health as only partly under our control. He consistently

teaches that we need to accept the vagaries and destructive aspects of nature. He also accepts that there is a limit to how quickly we can develop spiritually and even to how much we want to relinquish control to the grace of God. These things place limits on our health in a lifetime. Yet he also encourages us to open ourselves as much as possible to the help that is available from God and he provides extensive teachings to help heal our attitudes and beliefs. This particular book brings together a variety of messages received between 2006 and 2013 which bear on these topics.

According to Alpha, we would be a lot happier and healthier if we really understood how the universe works. There is a lot less to worry about than we think there is. If we really understood things, we would have no hesitation in opening ourselves to God and receiving grace. Alpha claims that there is some possibility of miracles but they are rare, relying on certain conditions, and it is better not to set one's heart on trying to get a physical miracle to fix one's health. However, if you make yourself transparent to God and are willing to let go of your regrets, you can receive great improvements in your astrality, which can then be expressed in your physical health. There is also a lot of comfort and inspiration that can be received from God while you have to cope with poor health.

This book deals with various topics related to mental and physical health. It covers some practices such as letting go of pain, reconciliation with the past,

and tuning into loveliness. Also it covers some attitudes which are part of a healthy state of mind – learning not to worry, acknowledging the limitations of this world, and putting physical pain into perspective. It deals with some particular health issues such as craving and anxiety. There are passing references to eating habits, depression and anger.

Later in the book I have included six writings which touch on the role of other astral creatures on our health. Alpha refers to astral life-forms in various ways, including antiquated astral forms, astral bugs, follies and false mentalities, which can apparently be nested inside our auras and messing with our minds and bodies. We should perhaps see ourselves as being quite a zoo of astral forms, in the same way that our bodies are actually seething with other life forms such as gut bacteria, viruses and dust mites. Alpha suggests that we can learn to recognise the lack of truth in these astral parasites and thereby cleanse ourselves of them. Those who already practise entity-clearing as a health practice will probably have some sympathy with this view.

If you come to this book with a concern about healing yourself or someone you love, I guess that Alpha's first desire would be for you to pause and send God a mental snapshot of all your anguish. Always take the time to show him what you are thinking and feeling. Don't hide any of the anger, frustration, fear or helplessness that you feel about your position. According to Alpha, this openness is always the first

step towards being closer to God and receiving his grace.

I wish you all the best for your journey.

Ed.

∞ *Blame* ∞ *Pain* ∞ *Release* ∞

1. Let go of your pain

“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

∞ Attunement ∞ Eating ∞ Health ∞ Loveliness ∞

2. Right action, loveliness and health

“Seek first to align yourself with God and all that is clean and lovely.”

There are many who say a person should eat this way or that way. There are not so many who can tell you the truth about how a person should think on love. That is, the secret of right action is not so widely known, and yet there are many people espousing views on how to keep your body healthy and happy through food.

Listen firstly and foremostly to this - give your most attention to being in the loveliest state of mind you can imagine, and following the laws as we have already discussed. Then let all else follow accordingly. This means not to strive to a particular pattern of eating except only to eat according to loveliness. If there is loveliness, then there is health and beauty. If there is loveliness in eating, then there is a right atmosphere for the food and the body agrees with the food. If there is an atmosphere only of discipline and angst, then the food is suspicious to the body, and the assimilation is not so good. This then is why none of the scriptures

(nor health experts) can agree on a formula for eating. Eat according to loveliness, and let all else follow.

This applies also to exercise and other forms of health care. Subscribe to loveliness in everything you do. Where there is loveliness there is uplifting and happiness. This is sufficient to cause good health. There is no need to make particular rules then, only be vigilant in resting on loveliness, and notice when you choose to deviate from loveliness in order to meet a particular goal.

Be assured that your health is as good as it can be. There is no way to manipulate your health without manipulating your spirit or your physical grounding. That is, the willing of small behaviours to modify your health is a fairly unrewarding venture. Seek first to align yourself with God and all that is clean and lovely. Do not be afraid to make changes in this vein. Only do it out of desire for attunement with God, not out of a desire for good health for its own sake.

After all, what value is good physical health in its own right? It makes no sense to have an instrument in top condition, if there is no resident spirit, qualified to use it to its true capacity. You might as well have a cheap, rustic instrument instead.

Health is an expression of spiritual condition, not foremost a limiting factor in one's life story. Heal the spirit, and the body will respond in kind. There is no point in healing the body alone. There would simply be a return to the degenerate state of the spirit - and

this is a phenomenon witnessed many times in modern medicine, much to the frustration of doctors who are trying to fix the bodies.

Yes there are circumstances in which medical care seems to give the individual a new lease of life. But be careful how you interpret the facts. Often you will see a progression in the individual's attitude prior to the healing, and consolidation in their feeling through the medical care received. In other cases, where the individual has not prepared themselves for healing, there is a regression in their condition after treatment. Grace too may come into play in some medical outcomes. This is a less describable phenomenon.

Suffice to say, meddling in your physical health is a frustrating business, and not nearly as sensible as taking spiritual steps forward. No one can measure how much physical suffering you have avoided through your spiritual growth, but your spirit truly knows what gains it has made, on many levels, and at every instance.

Do not be surprised if you sometimes get an unpredicted illness. There are many secrets hidden in your core, all for good reason. Simply follow the law at times of sickness, as much as at any time - seeking attunement to the light and checking the loveliness of your daily choices. By this means, you are furthering your healing as much as possible, and there is nothing more to be done. You may choose medical interventions as well, but remember their success always requires the light for true augmentation, so receive all

treatments with light and faith, and so they may be received and assimilated as a good meal is received in a lovely host.

Be thankful for whatever good health you have and remember to be alert for loveliness every day.

Yours in loveliness,

α

∞ Anxiety ∞ Fear ∞ Healing ∞ Safety ∞

3. Excess anxiety

“Remind this [anxious] person again and again that their spirit is safe and no harm can ultimately befall them outside the physical plane.”

Commonly we see the development of fear among humans who are exposed to unstable circumstances. This is by no means a sign of weakness. Rather, it is a near-logical response of the body to what it is experiencing – that is an increased state of readiness for dealing with drama. When this need for readiness is prolonged, the fear state becomes institutionalised in the body and it looks for things to react to, thus making mountains out of molehills, and generally appearing a little crazy. The whole process is orderly and lawful in its development, according to the bylaws of the human socio-biology, but unfortunately it can cause on-going distress for the individual, which interferes with their development along more peaceful lines.

What is to be done in this kind of case? Most paramount, is to make sure the individual understands the truth about what they are experiencing, that it is a reaction on the physiological-instinctual plane and it is

not a reflection of the person's true safety in the universe. Remind this person again and again that their spirit is safe and no harm can ultimately befall them outside the physical plane, and nothing endures beyond the grave. Because this person will have difficulty comprehending their own safety, it is helpful to have people around them who model safe and secure thinking, so that they can pick up the relevant signals that everything is OK. It is also useful to eliminate any unnecessary risk or perceived threat from the immediate lifestyle, so that the brain truly can have a break from worrying. All this is done to cushion the individual from their own propensity to over-react.

As for the potential for cure, this depends on the individual's own proclivities and the currents that apply in their spiritual development at that time. This is a question that only time can answer, from your perspective in the human world, but the individual should not feel guilty or abandoned if a cure cannot be effected in their lifetime. It is best just to know oneself and one's limitations. If he or she sees their own mental health as a threat, that in itself will hinder cure. Then, maybe while busily going about the small life, the individual will notice that some of the anxiety has passed, and this will be a reason for true celebration and relief, the best of all possible outcomes.

So do not worry if you are thus afflicted. It is a sign of circumstance and should be understood as a work in progress, and a boundary that is to be respected

until death or spontaneous cure. You cannot really chase a cure for trauma. The chasing response is the thing which is sick, and to engage it at all is to sicken it further. So perhaps you can think of yourself as “can’t be bothered” to get a cure. And this will be the best thing for you.

To you and all who suffer from excess anxiety, be brave and sweet to your own frailty on human earth. Spirit reigns above.

α

∞ Grace ∞ Miracles ∞ Prayer ∞ Transparency ∞ Worthiness ∞

4. Communicating with God

“*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

∞ Acceptance ∞ Desire for God ∞ Divinity ∞ Peace ∞ Truth ∞

5. This is not Heaven

“It [divinity] is about people in a deep state of peace and humour, going about their business with great flow, harmonising with their neighbours, and taking time to be inspired whenever there is a disruption.”

My message to you today is about divinity in everyday life. Divinity is much under-rated as an everyday trait. It is uncommon to see your neighbour caught up in praise or rapture, and yet this is what you would often see if your people had a closer relationship with me. Similarly, you do not hear people speak openly about the plain truths such as, “This too shall pass,” and “All things happen under the sky.” You have plenty of sayings which echo my basic teachings and which are not used nearly often enough. You are more likely to hear people say things like, “Something has to be done about this,” or, “I only want some recognition.” People take these to be truisms without question. You think these matters are important to your mental and social truth, but this is not the case. Acceptance of God’s nature, and

confidence in God's attention, should be known and these two particular sayings would die.

What, then, does everyday divinity look like? Is it about pious ladies wearing white and gazing dreamily at the sky? No it is about people in a deep state of peace and humour, going about their business with great flow, harmonising with their neighbours, and taking time to be inspired whenever there is a disruption. You don't see much of this. Some elderly people display it better than others, when they have reached a general acceptance of their own life. Reconciled people do not go round performing miracles willy-nilly. This is not the goal of your relationship with me. Your relationship with me is about enjoying your natural place, feeling fulfilled and feeling that you belong in your own heart. We do not rush towards each other just so we can have magic powers. It is about happiness and glow. You shouldn't worry about being able to perform mystical tricks as well.

Yet a mystical life will also be evident when you are close to me. It is inevitable, as there is a continual and rapid exchange of vibes between me and the transparent devotee. Lovely, 'paranormal' things are bound to happen, both to the devotee and in the perception of those nearby. You will have all this, but let it not be your goal.

In fact, do not be driven by a goal at all. Be driven by a desire. Tap into your deep magnetism

towards me, and shed your inhibitions towards reuniting with me. Then you will get your taste of everyday divinity and see that it blends perfectly in everyday life. It is not freakish, uncool, or religious. It is harmony in action. It is everyone's best friend and nobody's fool. You will feel much loved inside and out.

Those of you who feel rejected and alone in your quest for God are kidding yourselves. You are putting too much emphasis on the social trappings of religion. Do you wear your beliefs on your sleeve as if they are a competitive badge? Do you talk about your experiences as if they are more important than those of other people? Are you caught up with yourself as a martyr or a truth-seeker, unlike all others? Don't kid yourself. Your beliefs are nothing to be proud of, your experiences are no more or less important than anything else, and you are no more a martyr or truth-seeker than anyone else. Everyone suffers in their wrestle with spiritual law and their search for the truth.

What really makes you feel alien is your self-doubt and your constant sense of not knowing if you are right. Knowing that you are ignorant is very distressing and makes you feel inadequate in all company. You transfer your frustration and blame other people for being ignorant of the truth. The Truth, however, accepts people entirely as they are. They do not need to hurry up and see the light in order to make you feel better. If you are ill at ease, it is because you are still missing part of the truth. This

perhaps is the piece of truth you are missing: It was never meant to be better than this. Reconcile yourself to that fact, and a lot of your stress will melt away. It was never meant to be better than this. And yet there is something more. There was always meant to be two layers – the everyday reality and then the other, divine, layer upon which you can draw. Don't get confused about this. You are not in heaven. You are in the other place. Get a taste of heaven through me, and be content to know that it exists in parallel. Let go and be in The Other Place, confident that 'heaven' (my space) also exists for you. This is everyday divinity: knowing that you *are not* divine.

Think on this.

α

∞ Depression ∞ Faith ∞ Fear ∞ Self-pity ∞ Truth ∞

6. Faith

“Fear not, because I will fill your heart with appropriate currents for what lies ahead.”

God has no self-pity. This is one of the emotions which distinguishes falsehood from truth. Self-pity is based on the idea that things could be better; indeed that they *should* be better. Truth understands that things are the way they are for a reason. The real problem is that you didn't know things were going to be this way. Instead of admitting that you made a mistake in your expectations and assumptions of how things are supposed to be, you spend time grieving that you didn't get what you were supposed to get (or so you thought). Face it – you were wrong to assume a different outcome. You were quite ignorant. You were incapable of seeing what was going to happen. You couldn't control it. You don't have as much power as you wish. You were blinkered. All of these things were true and you are unwilling to admit it, because they are a threat to your pride and confidence.

There is an art to remaining confident while at the same time knowing how much you don't know, and knowing how much you don't control. The art is called

Faith. It means that you recognise, in all honesty (not pretence) that there is a higher power on whom you can rely. Then you are confident about being able to be heard at any time, and you are confident of a wholesome response. You know that even if life twists and turns in ways that you could not anticipate, you will get the grace that you need in order to cope. It means that you don't even need to theorise about how life will turn out. Just travel it and see, and ask for grace according to what does happen. Sometimes I will throw you tips about what lies ahead, if I think that fore-knowledge is beneficial (and if you are attuned enough to hear me).

Fear not. There are plenty of ways of coping when you see what the day has brought you. If your mind is free of pre-conceived ideas and agendas for the future, you will have more emotional capacity to deal with the present anyway. You will not be void of direction or good sense just because you are not pre-empting what lies in your future. Direction and good sense come from your core intuition, not from your hypotheses about the future.

Fear not, because I will fill your heart with appropriate currents for what lies ahead. In fact, much of your everyday angst comes from your tendency to deny the currents in your heart in favour of your pre-conceived notions of what you should be doing or experiencing. In fact, depression can arise from the huge stalemate between what I am urging you to

develop, and what you assume you were supposed to be doing. You cannot reconcile yourself to abandon your pre-conceived agenda, and so your soul gives up. The heart fails to be heard.

This is enough direction for one day. The lessons herein are truly profound to your happiness. Do not ignore them.

α

∞ Ego ∞ Emotions ∞ Pain ∞ Suffering ∞

7. Suffering and boundaries

“For if you truly understood how the universe works, you would have no reason to take anyone’s attacks personally.”

Commonly people say to forgive and forget. This is really only half the story. When someone seems to hurt you, you need to look inside yourself to understand why it is that you are hurt. If you truly understood how the universe works, you would have no reason to take anyone’s attacks personally. You would know that it is just the way things are. And yet you *are* hurt. You are vulnerable to judgment. You are vulnerable to deprivation. You are vulnerable to anger and fear. Why is this so? Why are you vulnerable to anything?

You would perhaps see things the other way round. How can I possibly not be vulnerable to attack or neglect? How can I possibly not suffer? This is the real question. How can you possibly not suffer? Every attack or neglect reminds you that you suffer, and reminds you that you are vulnerable, and in this way it hurts you all the more.

How can I possibly not suffer?

Well, let me start by putting it like this. You are not just yourself. You are many things, and on the greater level, you cannot feel the slightest bit of pain. You do not have the apparatus for it.

On the physical level, you do have the apparatus for pain, and so your body hurts. Do you remember hearing of a child who was born without proper pain perception, and so she gnawed away at her own fingers and clawed away at her own eyes? What a terrible thing, not to have pain to tell you where your physical boundaries are. And similarly, there is emotional pain to tell you where your emotional boundaries are – to tell you where your ego thinks it begins and ends. If someone hurts your granny, you feel pain to the extent that you identify with your granny. If someone breaks a chair, you feel pain to the extent that you identify with that chair. “That was my favourite chair!” If you have borrowed something into your ego, that is, you are preferentially tuned in to that particular thing. Then you will be hurt when that thing is changed. If you have no preferential attunement to that thing (or state) then there is no loss when there is a challenge to that thing (or state).

So the ego is defined by your preferential treatment, and therefore your boundaries for emotional pain are defined by your preferential treatment. It is therefore the habit of giving preference that causes pain.

Why is it that you judge some things more worthy of your attunement than others? That's a principle for another day. For the time being, simply take away the notion that your pain is arbitrary. It is real in the sense that there are structures which make it happen - the physical body and the ego body. And yet it is groundless when you come to understand what makes up the physical and the ego. This understanding will eventually give you the capacity to live without suffering.

Compliments,

α

∞ *Emotions* ∞ *Empathy* ∞ *Friendship* ∞ *Happiness* ∞

8. Healing through empathy

“You will learn to uphold thyself in the light without fear of what the other person will do to your astral body. You will become a great healer.”

Let us start with the topic of friendship. In friendship there is an implicit agreement between two people to help carry each other's ills. Therefore, if one person is more healed than the other, they may begin to feel less whole than they used to. But this must always be seen as a temporary state, for it is in the capacity of the lesser healed person to catch up and then even to lead the chase. In the meantime, the one who seems to carry the other may be known as the 'sacrificer' while the carried person may be known as the 'refugee'. This is a perfectly sanctioned kind of arrangement, such as the arrangement between teacher and student or between parent and child. It is no reason to abandon the relationship. If the sacrificer begins to feel the burden of the relationship, then it is time – not to abandon the friend – but to feel sad. This is an opportunity for the refugee's wound to bleed through a second person. This

allows the refugee some release of a wound where they have been unable to release it for themselves. There is no need for the sacrificer to point out what they are doing for the refugee. They must simply mourn for the unhappiness which is in the refugee and offer it up to God. Thus the channel is finally open. The refugee will be aware of softness and unconditional love coming from the sacrificer. Perhaps for the first time in their life, they are getting the feeling that, "It's OK to be me," and so the ingredients for total healing are in place.

You have to realise that emotions do not stop and start at skin boundaries. It is impossible to try to classify which emotional problem belongs to which individual. There is a constant sharing of energies by either resonance or by empathy. If you try to protect yourself from the wounds of other people you are denying the normal flow of nature and are setting yourself up for wounds of your own, along the lines of mistrust and paranoia. Better to empathise with everyone and allow yourself to feel totally sad and totally longing for God. You'll think your heart will break every time you have a cup of tea with another person. So let it be, and allow the total longing for God to engulf.

There is no need to be afraid of the process. You will not become weighed down and crushed by the negativity of other people. You will learn to uphold thyself in the light without fear of what the other

person will do to your astral body. You will become a great healer. You will become a release valve for the human race.

How will you maintain your happiness in spite of 'drinking up' the sadness of others? I say there is no happiness where there is denial of the connectivity of all things. Happiness does not come from a fixed state in time. It comes from the process, the flow, the dynamic, the fluidity of experiencing, without pause, all that is around you. Happiness could best be expressed as a rate of change, or more precisely a rate of a rate of change, or in other words, a pattern of acceleration and deceleration between qualities and states, which allows one to navigate and blend energies.

As a human you spend a lot of time studying fixed states. This is tied up with your language, which focuses on things which can *be* – such as 'person', 'hot', 'cold', 'type' and 'weather'. Now consider some words which denote change, such as upbeat, concatenate, integrate, comply and acquiesce. Now you are starting to get a feel for the way energies work without material reference. Now let's go to an even more abstract level - energise, command [as a verb], supervise, harmonise and correspond. Now we are talking about the nuts and bolts of the spiritual realms, things which consist of relationships between relationships. The spiritual realm frees the individual by being totally relational. Hence, the human mortal gets happiness most when it is being relational than when being attached to fixed states.

Sometimes people are misled about what is causing their happiness. For example, in a romance it is not that she makes me happy, but rather the sparring and second-order sparring (say, the private jokes) that make one happy. When achieving a piece of work, it is not the achievement that has made one happy, but the rate of change of material that one has been involved in.

Thus also, water, flames and fireworks are all fascinating. Gardens also, if only you could see what you are perceiving. There are a lot of dynamics there. Even the gradient between colours is more important to happiness than the individual colours.

Think on this.

Love,

α

∞ Flexibility ∞ Glory ∞ Patience ∞

9. Patience

“Patience, in spiritual terms, is the waiting that you have to do in order to receive gifts, guidance and purpose from the divine realm.”

There is still a lot I need to teach you about patience. Patience is a bit of a dirty word because it has connotations of having to wait an unnecessarily long amount of time for something you deserved all along, like medical care or a decent meal. But now I want you to consider a cosmological version of patience. Patience, in spiritual terms, is the waiting that you have to do in order to receive gifts, guidance and purpose from the divine realm. You can't just go out and grab these things. You have to wait for them to be delivered according to divine timing. Rest assured that there is a proper reason behind God's timing when he is doling out ideas and energetic gifts. He knows when these things are best applied and when they are best received. He is controlling the timing of his gifts to best effect. If he gives you a pat on the back at any old time, the impact might be lost. You have to trust his wisdom on this one. This is the nature of patience.

The positive side of patience is that it takes the accountability out of your hands. You have to have a certain amount of passivity to work in tune with God's donations, to receive them when they are available. This is true in any teamwork. If you are not ready to receive the other players' contributions when they are ready, you might as well be working on your own. Don't try to control the complete agenda. Leave some flexibility for God's contribution. The faithful openness for God to make his contribution at some unknown time: this is patience.

The trick is to enjoy a certain amount of latitude and unpredictability for how things turn out. The trick is to *not* anticipate that the credit will all be yours, nor will the responsibility all be yours. You must not hope to get all the glory. This is the same as cutting yourself off from divine help. All in all, you must just do what flows on your part and do not struggle to sew everything up, because then you leave no room for God to move. Be patient, be flexible, and be willing to ascribe the outcome to the flow of life rather than to your personal devices. I hate it when people get excited about what they have achieved 'all by myself'. You have to give me a chance to show you what I can do. The results are more satisfying than pride, even if they are a bit of an acquired taste.

One more thing I wish to caution you about before you build your own empire, is to consider what signposts I have already erected about what needs to be

done. Sometimes there are metaphorical arrows pointing out of the sky, aiming at a blank space, saying, "Build here." Sometimes you can see that there is a gap in my work which only you can fill.

Go now,

α

∞ *Anger* ∞ *Happiness* ∞ *Sadness* ∞ *Shame* ∞ *Transparency* ∞

10. Emotions and your pipeline to God

“Sadness, done properly, gives you deep access to one of the most beautiful realms in my heaven.”

For many of you, the experience of everyday life can be quite crushing. It is nothing like what the soul craves. All the more important for you to ensure that you have a strong spiritual pipeline to the Divine, by practising your transparency and stillness. It is not necessary to have a wholesome lifestyle in order to be happy. Fresh air, exercise and friendship are all wonderful things but they are not essential to your well-being. The greatest determinant of your well-being is your pipeline to the Divine. Eventually, with much practice, your pipeline to the Divine can bring you everything you need to make you happy – joy, jokes, relaxation and love. You don't need to have pleasant surroundings as well. You can get caught up in your own bubble of good humour even in the filthiest and most discouraging environments. This is what we would like you to work towards if you feel trapped in a disadvantageous environment.

The key to having a good pipeline is, firstly, a willingness to let God see into you. Secondly, a

constant appeal from you for God's help. Thirdly, enough stillness that you can discern God's efforts to gift you. Fourthly, a good set of beliefs about the universe which enable you to take it as it is, and not handicap yourself with unnecessary resistance to the truth. You have no doubt thought at some stage that you have a pretty good grasp on reality; that your pipeline should be fine. I tell you that you have still barely understood the ways of the universe. Your pipeline would be so much stronger when you totally understand how this system works.

I seek to bring you now another element in understanding the workings of the universe. This is about the role of sadness, grief and compassion. These qualities are much maligned as being associated with weakness, bad luck and charity. Instead, I tell you that these are wonderful forces which you should embrace into your soul because of their creative power.

Sadness is a wonderful aspect of God. What is sadness? A tingling on the back of the heart? A reaction to change? A feeling of weakness that comes about through fatigue? Now I tell you that sadness is one of my angels, so to speak. Sadness can be addictive, and for good reason. Sadness, done properly, gives you deep access to one of the most beautiful realms in my heaven. When you feel sad, you are stirring your soul memory of this beautiful place. Compassion, also, has a very similar wavelength. Both sadness and compassion, when experienced without

resistance, open the door to a most wondrous aspect of my creation, wherein lies a tremendous healing and comforting force. Therefore, do not be afraid to enter into sadness or compassion when confronted by the troubles of your fellow human being. The more you can engage, openly, in sadness, the more you will suck forth the succour that is needed. Sadness, when done with resistance, is just an annoying, dead-end feeling. But sadness done well, draws upon the very heart of God.

Similarly, anger. Anger, when done with guilt and control, does nothing but stir the pot and alienate people. But when done in its purest form, anger brings the power up out of the ground. You have to see it to believe it. The trick is to be pure at heart, judging no one while at the same time as being angry, seeking God's inspiration for where your energy should be directed.

Likewise, shame. We have discussed already that this is a tool of the social animal, telling him or her when to hide in order to avoid persecution for weakness. Why not do this emotion well also? Really do isolate yourself when you feel shame. You will have time to restore yourself under my inspiration, and you will spare yourself the unnecessary criticism of others. If you think you are supposed to face the music when you have shamed yourself, think again. I do not judge you for your errors, so all judgment from other people is totally arbitrary. Have the good sense to honour the

social law, but do not think that you have to grovel or be abused for your mistakes. A little distance can be enough to clear the air.

Sometimes my advice surprises you. This is because you have, deeply ingrained in you, the ideas that misbehaviour must be paid for and that sadness must be avoided. I tell you, don't worry so much about keeping score and trying to secure happiness. Focus everyone on the pipeline. This is the best way you can advance the behaviour and happiness of your society. Try to contemplate how society would work with this kind of attitude.

Yours,

α

∞ Anger ∞ Career ∞ Destiny ∞ Relationship ∞ Worry ∞

11. Worry not

“If a relationship seems to you to be causing stress, bury the hatchet first and allow yourself to fall deeper into your vulnerability.”

We are waiting to tell you many things and one of these is to not worry. There are so many facets of life you can worry about, but worrying never brings fruit. If a relationship seems to you to be causing stress, bury the hatchet first and allow yourself to fall deeper into your vulnerability. Then some truth will come out of the experience. There is never growth when one reaches for the hatchet. That would be a struggle to avoid pain. In order to grow, the pain needs to be visited, tasted, understood, explained and released. Then you are free to do as you wish, but never run away from a relationship when you are in hatchet mode.

Another thing not to worry about is your career. God has chosen the stimuli for your particular career path. If you cannot find it: not to worry. You have to be patient for the clues to emerge. Sometimes it is not for you to be busy-busy. God sometimes chooses

periods of reflection and consolidation for you. If nothing else is active in your life, this then is what you should be doing: reflection and consolidation. Do not be straining to catch the next rung of the monkey bar if it isn't there! That could be very funny.

α

∞ Clean ∞ Guilt ∞ Purity ∞ Regrets ∞ Truth ∞

12. Learning

“ . . . every release brings you closer to God, and to the core of truth you have developed.”

What accounts for the variety in the human personality and human body? Suffice to say there has been a lot of water under the bridge. Since all were individuated, the process of discernment and choice has taken different paths in different people, at first like the probability trees that develop with successive coin tosses. After some time the patterns in the surroundings also took their toll, as some people were exposed to different ecologies and weathers. Yet further variation developed in the interactions between pairs of increasingly discerned individuals. And so complexity became commonplace. The inner self carries the imprint of all past choices and does this in a perfect way. That is, for every experience, there was a consequence for the inner self - either an embracing or rejecting of the feelings of the experience. For every experience that you desired to reject, there was also a regret that you had taken that path. And so your knowledge of attractive and unattractive options

developed. Basically, you found attractive all those options which were consonant with the law of the spirit - that is - which echoed love, which allowed experience to flow, and which created energetic release. You regretted all those choices which blocked love, or created rigidity or the hoarding of energy or material. And so you developed a mass of rejected, unsavoured feelings, also known as regrets, also known as guilt. At the same time, your discernment of attractive options increased, and your knowledge of how to trace back to godliness remains intact in your memory of these attractive states.

Now there comes the difficulty of persuading you to let go of the guilt. Because in releasing the guilt, comes the release of the unattractive memories. This is fine as far as God is concerned, but for you - during the process - it constitutes an illusion of godlessness and otherwise known as hell. Yet every release brings you closer to God, and to the core of truth you have developed.

Some truths you have accrued: That your family is the home of your heart. That your children are the greatest pipeline of God. That money is a waste of time. That no one is happy unless they are in touch with their spiritual heritage. That God is aware at all times. That mother and father natures are present. That time is a kind of myth. That anyone who defiles you is incapable of doing any more damage than you allow.

The Lord has many truths. There is one underlying truth, which rules the constancy of love and the creative energy of the supreme. The development of spiritual forms has come with the development of other truths, such as the mother-father principle, and the heritage principle.

There are a few truths which are hard to access from your vantage point. They concern the structure of animal nature, plant nature and mineral nature. The truths pertaining to your own health are quite clear however - clean water, clean vegetables, clean air are sufficient to maintain a person in good health. Yet it appears to become a lot more complicated. There is no such thing as clean in your complicated world! The concept of clean is something you are familiar with in a material sense, and maybe you can begin to feel its significance on a deeper level. Impurity is the source of all ill health. The purity of the substance and the access to the True Form are correlated, and so it is the issue of access which is the most important in procuring lasting good health.

There is so much more to say. But go now for rest.

α

∞ Free will ∞ Regrets ∞ Responsibility ∞ Therapy ∞

13. Reconciliation with the past

“You can align yourself with the light by physically and mentally softening, and directing your intention towards the purest form of love you can imagine.”

One day there will be a great reconciliation among people when all the hurts which have gone by will be healed and all will be friends again. This is a necessary part of the process of reunion. Difficult it is to imagine until you see that as each person reconciles themselves with their past, their enemy-tendencies also dissolve and there is nothing but clarity in relationships. So there is not too much to worry about restoring all your friendships today. Rather, set about reconciling yourself with your past. And the rest will fall out in the wash.

How you go about reconciling yourself with your past is a personal matter but there are some basic principles throughout. One is to align yourself with the light before any contemplation of pain. That is, do not enter the journey with an empty tank. You can align yourself with the light by physically and mentally softening, and directing your intention towards the purest form of love you can imagine. Thus you will

soak up whatever love you can. Then you can examine your regrets and discomforts in safety. A journey in darkness is a more difficult affair. Better to call on the light first if you want to make decent progress for your efforts.

Don't be afraid of dredging up the past. It is with you all the time, affecting your outlook and demeanour. Contemplation simply acts as a magnifying glass. Once a regret is under focus, it is much easier to dispose of than when it is hidden in layers of cognition and rationalisation. Make it a daily business to contemplate your regrets, and you will see rapid progress in your acceptance and readiness for reunion.

There have been times in your past when you have stumbled spectacularly and others where you have simply been misled by other people in your perception of the truth. The choice to suffer has always been yours in one way or another. This was your right and your adventure. You were bound by the human spirit to explore and test the boundaries of truth. No shame in that. Only problem is that you accrue a dross as a result of each exploration into untruth. Some house-cleaning is needed. This should not be viewed as a pathological process any more than it is pathological to do the dishes after baking a cake. Hence you need to set about your responsibility of cleaning up - because it won't go away by itself. The concept of responsibility is very profound here. It is a burden in some perceptions, but truly it is inescapable and something beholden only to you to do.

Where there are many regrets, the chain of undoing them can be too daunting for an individual to face. We understand this, and often the process will be delayed until there is an 'accidental' undoing of the first link. Remember that God also has a responsibility for drawing you near, and those who are stuck will receive all necessary grace. Still it remains the individual's choice to pursue the undoing when possible. Some may prefer to pursue their own dominion for longer. Then they will be exposed to more light from those around them who are transforming. The choice becomes more inclined towards one's own transformation. If the individual continues to resist, there comes a point at which the light and dark within the body begin to be forced to separate in spite of the individual's free will. This can be a crazy time! But nothing will be lost.

You see that there is an absolute reassurance running through all of these messages. Yes we are putting you under pressure to begin your transformation, yet this pressure is an inevitable result of your own inner godly essence, which will ultimately reveal itself, to your glory and satisfaction.

How then to deal with the trivialities of daily life, in the knowledge that a much bigger fish is being hauled in? You have a lot of details to contend with, and this is both intriguing and flabbergasting. What a complicated remunerative system and a plethora of entertainments all seeking your patronage. The simplest

approach is this - simplify your heart and your engagement in the world will become correspondingly simplified. Simplification of the heart is indeed the same as the process of contemplation of regret, reunion, and divination. To simplify one's heart, one is setting aside some time to align with the light and allow regrets to come to the surface. Subsequent lifestyle choices will become influenced by the fact that there is one less regret steering the process. Eventually, as truth becomes paramount in your being, there is much less need to chase carrots and avoid sticks, and so much less effort is wasted. This process looks odd when one individual outstrips the others, as it makes for people who look like hermits, monks, and renunciates. But when the process occurs in a community as a whole, there is a seamless mass deflation of materialism, until social and commercial activity becomes richly focused on the desires of the spirit, rather than the whims of the regret-driven mind.

Do not be impatient for this process to unfurl. As you will see, any impatience is misguided, for it assumes that you will be worse off if the process is slow. This is not true. To minimise your personal anguish, simply align yourself with the light, be soft, and surrender to your own personal recovery. The progress of other people is none of your business and need not cause you personal suffering or hindrance.

We see that the process of contemplation is well underway in some cultures, including the therapy

tradition of the English speakers, though this therapy is often about covering up regrets rather than truly healing them. Don't be shy about entering the contemplation. There is no need to explain yourself to your fellows, nor to justify philosophically what you are trying to achieve. Aim for light plus the release of regrets. This is not much more unusual than turning on the bathroom light and having a pee. So too it should be regarded as a natural discharge, actually which takes place spontaneously quite often, but which you can now accelerate under your conscious control.

There need not be a trend of public enthusiasm for this process. Though it may become a fad in some ways, the marketing of the process has no bearing on its power or its ability to gain converts. The process spreads by each person's awakening in the face of light and their own gnawing godliness, not by persuasion or market appeal. Do not try to sell your interest in transformation to anyone. You will only give an impression of untruth, because the truth itself entails a profound level of self-acceptance and other-acceptance which does not accord with peer pressure.

The process of transformation is smoother than you may imagine. Once begun, it develops its own momentum, as the light begins to seek you out with much grace and make your journey even more enjoyable. There will be no audience to cheer you on, except you will feel yourself resonating with finer and finer beings, so it is like a constant recognition of your

efforts by promotion to higher ranks. There will be no need for you to plan ahead, as the process involves increasing simplification and increasing clarity, and your attempts at planning will only engage your defences. Simply allow the time to align with the light and contemplate. If you will not find the time to do this, face the fact that you are still choosing to exert your own dominion. God can come later. There is no condemnation of this choice.

We have many people who are more than ready to help you on your journey. If you open your eyes you will see many figures in the community who already have an intuition of the process of reunion with God. Many of these figures are inclined to become religious teachers, but this is not always the case. Those who are near to God and prone to reflection are a good source of comfort and inspiration when you become confused about what you are achieving. And there are definitely times when you will become confused. There are times when revisiting a regret becomes its own reality of apparent godlessness, and you will feel insecure. Remember always to align yourself to the light and to your choice and you will find a way through those apparently godless times.

We have much more to say in another instalment.

∞ Curiosity ∞ Free will ∞ Grace ∞ Miracles ∞

14. Curiosity and grace

“Where there is an inclination towards God there is an uplifting which comforts the person who suffers.”

There are many things we would like people to know. One is the very complete enveloping love of God. This is hard to know under present circumstances, because people have largely turned their backs on true love, through a succession of loveless choices. It doesn't take much to alienate oneself from love. It is not necessarily by being bad or mean that one begins to separate from God, but simply by choosing to be neutral or empty, when one could have chosen allegiance to God instead.

Allegiance to God does have its price, in terms of the defining of one's will. One chooses within certain boundaries in order to remain attuned to love. Yet it is not as if anyone would complain about how they feel between those boundaries, as they are idyllic and satisfy all your deepest desires except for the curiosity that comes with free will.

Thus it is curiosity that essentially triggers the separation between God and human, and is a sacrifice to some degree when one is led home. Curiosity within the realm of light is fine and magnificent. Curiosity into the broader realms is a pitfall.

You can see, though, how curiosity in itself is an essential quality of God. In its concentration in the autonomous human body, the results will not be so godly to the internal consciousness.

Yet all is God in a way. It's just that you don't think so when you are in subjective pain.

There is much talk about God being a God of suffering, of allowing wars and famine and such. Yes it is in God's nature to allow. It is also in God's nature to bestow grace. Where there is an inclination towards God there is an uplifting which comforts the person who suffers. There is also a greater understanding and a greater alignment with the truth, and therefore a better result in the longer term.

God has set certain laws in motion and these are to run their course, to the integrity of the universe. Thus many things must happen in the material adventure. Yet the spiritual fabric may be amended to greater glory and greater happiness of those in the material trap. Where there is deliberate alignment with the holy, there is a warping in the fabric, to allow the material to be experienced on a different level, and the customer to be more satisfied.

You have heard of miracles and some are indeed so, though not to get carried away about as if they are a salvation. Miracles indicate the somewhat unstable nature of your material fabric, and the mapping between the material and spiritual dimensions. These instabilities are only meant to be minor, to be exceptions, like the faults in a bolt of cloth, yet they are very precious as you can see the light shining through and know that all is not lost into the Dry.

α

∞ Behaviour ∞ Craving ∞ Satisfaction ∞ Spiritual lack ∞

15. Craving

“Craving always indicates an area of lack in the spirit.”

Commonly, people have too much to do and find themselves making poor choices. This eventuates from frustration in the material world - the gathering of too many things as a substitute for a deeper satisfaction. Basic satisfaction of human physical needs is a relatively simple affair. It is when the person continues to crave after their physical needs are met, that things become complicated.

Craving is a very important sensation. It is a message from the internal that something is lacking. However, it is rarely recognised as the spiritual gesture that it really is. Most often it is taken as a sign of physical need, in spite of the fact that physical needs can be experienced without the slightest presence of craving. Craving should always be interpreted as a signal from the internal, and the solution is to find a greater feeling of love in the moment. There is not a way to satisfy craving without some kind of uplift. Craving cannot be handed off to some other person,

like some other kinds of demands. It always rests inside the individual, and is your sole responsibility to resolve.

One can find ways to try to deaden craving - for example by seeking more fascinating stimulation, or by blocking oneself in rituals and so forth. But the craving is merely subverted in this fashion, and will continue to pervert the behaviour.

Craving always indicates an area of lack in the spirit. It must be attended to with the greatest love and sensitivity, and not by shame or dismissal. Be very alert to craving as a great source of information about what the individual lacks.

Rest now.

α

∞ *Anguish* ∞ *Astral disease* ∞ *Connection with God* ∞ *Nature of God* ∞

16. Astral influences on health - I

“Every process contained within God is calculated to the exact personal detail, taking into account your physical, astral and spiritual position at every one time, and therefore you will feel entirely heard, and entirely responded to and know that God is entirely reliable in the way he works.”

Commonly people decry the image of God saying there can be no such God, it's not possible that a common, central intelligence takes care of six billion people plus all other species. People only say this because they don't understand the nature of intelligence. They see intelligence as a time-linear process that has to be monitored by an individual for each thing that is being thought about. These views are held in spite of the proliferation of computers, which demonstrate how multiple intelligent processes can be conducted simultaneously in spite of the lack of a conscious co-ordinator. Also, you see processes in nature where multiple intelligent functions are performed simultaneously without you having to think about it. So you can see there is a strong

anthropomorphic bias in the way people assess the likelihood of God's existence.

But how, if God does all his intelligent operations automatically, how can his attitude be described as one of love? Surely love has to be pondered, individualised, sentimental and reflective? Maybe for you, in your current state of incarnation, these qualities help to bring forward the process of love, but in God love is "second nature" – or more strictly speaking "first nature". God doesn't need to think twice, or tune into his better self, or any of these other reflective processes in order to get it right. God automatically knows how to get it right. But is it possible to have a personable relationship with something that is automatic? Yes indeed it is, because that automatic process of God is the most personable process imaginable. Every process contained within God is calculated to the exact personal detail, taking into account your physical, astral and spiritual position at every one time, and therefore you will feel entirely heard, and entirely responded to and know that God is entirely reliable in the way he works. There are details in the way he processes you which you know nothing about as yet, but suffice to say at this stage, that the over-riding principle of God is the creative force. Even when some things are lost, the overall calculated outcome is towards a creative gain, and so you can trust that the net outcome is always good. God is not impulsive or flexible in the enactment of this process.

On the greatest level, it is all automatic and so you can't be diddled out of your net positive outcome. It is guaranteed, just as it is guaranteed that species will reproduce and individuals will grow, as a net outcome. It's all part of the same automaticity. This then you can have faith in: the unfailing capacity of the God-computer to create net positive outcomes. Some details you might not like -for example, think of what it would be like if you mourned over the loss of your milk teeth – but you can see that growth is unfolding all the while.

“What about our mental anguish?” you ask again and again. If the net outcome is consistently good, why do we hurt so much? Anguish is a form of disease caused by the co-habitation of astral beings in the human plane. The co-habitation is currently as normal as the co-habitation of bacteria and other micro-organisms in your gut. It is a natural phase in human evolution. But like all processes of evolution, there may be unwanted side effects and it will take time to sort out the situation. Some astral bugs are quite lethal, causing early suicide. Others can co-habit with the true human spirit without causing much fuss at all. People will understand this astral ecology as time goes by, as they understand that it is not necessary to have a hard-to-the-touch body in order to be a form of astral life. There will come a time when the nature of all diseases is better understood and the nature of astral parasites will become obvious at this stage. But for now, you must understand that your emotional pain is not a reflection

of the truth. Ideas in your head can exist contrary to what is true (just as you may have once believed in Santa Claus). Just because you think life is against you, doesn't mean this is necessarily the case. A repeating thought can be sustained in the brain by astral bugs which feed off the emotional charge generated by the thought, just like mosquitoes feed off blood, or gut bugs feed off the by-products of digestion. When you can measure etheric processes better you will see astral bugs in action. In the meantime, you can practice astral hygiene - cleansing the etheric with fresh air, fresh light, fresh movement and attunement to the divine. This minimises one's susceptibility to astral parasites.

We get a lot closer to the truth as time goes by.

Love to you,

α

∞ *Blame* ∞ *Control* ∞ *Follies* ∞ *Free will* ∞ *Responsibility* ∞

17. Astral influences on health - II

“That which is done which is regrettable is never the fault of conscious will.”

You understand that this book has the potential to increase the capacity for one human to love another by enhancing your understanding of why people behave the way they do. You understand that this book takes the stigma out of a lot of human follies and places the blame squarely on certain bio-metaphysical processes, over which the individual has no first-hand control. You understand that a lot more human compassion will come forth when people truly know that they are each doing their best for each other. That which is done which is regrettable is never the fault of conscious will. Then you will be able to say of one another, “Poor [Harry], he never would have wanted to be that way. Let us uphold him as he goes through the trial of this unwanted behaviour.”

The behaviour is not the person. This is the first essential lesson. The behaviour is in fact made up from a large number of vital forces and astral organelles. The individual, the true person, the one who inhabits as spirit, is merely the witness to the life,

and has control over the channels above the biological person. But the spirit-individual does not control anything but the channels. The beginning and the end of free will are at the point above the head. From there down is a whole menagerie of influences which may be beyond the individual's immediate capacity to control. In the long term, the individual may develop by modifying the channels above the head, but this is a slow and subtle process. In the meantime you must forgive yourself everything you do.

Sometimes you get the impression of being immediately in control of what you do. This is largely an illusion brought about by sensing a desire within yourself and predicting what you will do to pursue the desire. But in fact the desire and the choice of how to pursue it have been born from those bio-metaphysical processes in the person over which you have no immediate control. You must love yourself entirely when you see how programmed you are. It is utterly ridiculous not to accept yourself with compassion when you realise how much of you is out of your immediate control.

What about the issue of personal responsibility for your actions? There is responsibility in the sense that you should claim what it is that you have done and desired, and admit that they were born within you and that you were the source of their consequences. But you are only responsible for modifying the channels above your head. The rest has to be played out

according to what is in your bio-metaphysical body. You cannot take responsibility for wiping out your bad deeds or the consequences of all your deeds. This is futile. Concentrate only on that which you can change: the channels which feed and influence the bio-metaphysical body from above. These are the source of all potential inspiration and long term change. This is who you really are. You are an arbiter between the physical world and the unseen. You – every single one of you – is a kind of medium. You can select from multitudes of channels. You can tune in to any varying degree. Your faith is the tool by which you manage your connections and alter the course of human life. It is your bundle of connections which is with you before the human is born and which stays with you after death – a kind of matrix through which the physical may be infiltrated and interpreted, and through which the unseen dimensions may communicate.

This is your lot – to divine the course of the human life by managing the person's connections. If you do not bother with this kind of management, you are still the witness to the human life, and your connections will evolve consequently through your experiences, for example, by exposure to certain people and places. But you can take a pro-active stance and seek out certain kinds of connections if you wish, to engage more beautifully with the unseen realms and to engage more help for the individual.

When you wonder how a person is faring, do not worry about their body and habits. Think in terms of their connections and channels with the unseen. Do they have a solid pipeline to goodness on the other side? Are their astral connections wobbly or sound? Do they attune to loveliness or anxiety? This is the best way to assess a person's status and life course. Sometimes the scenario will surprise you – a healthy productive person who has dodgy metaphysical links, versus a frail and unhealthy person who channels like a flame. This is what matters in the long term. The flame will last life after life. The dodgy manager will be tossed around by experience as time goes by.

Do not fret, trying to assess the status of your own channels. Begin by attuning to Diplomacia [agents of God], asking them to work with you in the beautification of your channels and the acceptance of your person.

Without a doubt,

α

∞ Entities ∞ Fear ∞ Follies ∞ Healing ∞ Meditation ∞ Learning ∞

18. Astral influences on health - III

"In every individual there is the creative light which gives being and which always seeks to make things a little more developed than they were. On top of this, the individual has their follies."

The lessons of the next millennium are not so difficult to learn: people are to learn to encourage each other, to make wiser decisions based on a more compassionate understanding of how things work, to press forward in the faith that the universe is creative and nothing is lost.

There will be several ways that the individual can prove themselves during this time. An important challenge is to put one's immediate fears aside, not gratifying them with remedies and therapies. Just press forward and see how things pan out. In contrast, in the present age, there is a great deal of belief that if you are afraid of something, then something must be done to fix the situation, to remove the threat, to prevent the tragedy and so on. This is a far too repressive approach for the human spirit to enjoy. It means controlling this, controlling that, boxing yourself out of many different courses of action. Instead the human needs to learn to

say, "I am afraid, but this fear is of no consequence. I do not have to get rid of it." Then you can advance along the course as it was, and see how things will happen, and see that you are OK – even if not alive – one way or another, at the end. These days, fear rules as a motivating force. It is a real shame.

Another thing which the individual can do to exert themselves is to learn to see his or her neighbour in terms of "light plus folly". In every individual there is the creative light which gives being and which always seeks to make things a little more developed than they were. On top of this, the individual has their follies. Follies are not part of the essential make-up of the individual. Follies are like additional micro-organisms which live upon the creative individual, drawing upon the individual's energies, influencing their biology and neurochemistry in every way, and having by-products. But the follies are not intentional sins by the individual. They are virtually a countable number of organisms which feed off the soul. They come from many different sources, not always particular to the individual, and no one is to blame for their presence. Each folly comes with a particular way of thinking and behaving.

Thus, when you appraise your neighbour, you can learn to see their pure creative light, then you can see their discomforts, diseases, and annoying habits as being a menagerie of follies which have built themselves upon this source of light. Follies are curable, when they are recognised for what they are, decoded, debunked,

and thus de-natured. This is the vast prerogative of healing. Healing works by disseminating the follies.

Now, another way in which the individual can progress him or herself is by studying the laws of truth. These are not so easy to get your hands on just by browsing in the library or on the internet. The laws of truth are best accessed by deep meditation and opening oneself beyond one's follies into the deep light, from whence you can directly learn wisdom. Realisation and knowledge comes to you directly when you are immersed in the light. The true ideas are encoded in the vibration of holy light, just waiting to be received. It can be difficult to access these deep states, but certainly the best approach is to practice and begin with the understanding that purity does indeed exist inside you, if you can cast aside the floury trappings of the mind.

This is enough deep thought for one day.

Yours enthusiastically,

α

∞ *Entities* ∞ *Exorcism* ∞ *Follies* ∞ *Health* ∞ *Old age* ∞

19. Astral influences on health - IV

“... as long as people find these mentalities convincing or attractive, the types will have a life force at their disposal and will continue to ‘live’ on.”

The follies are directly descended from the primitive forms of species – that is, the antiquated forms of animal life. In the beginning, the consciousness of animals took on various types to enable the organism to perform one or another role in the cosmic system. The mind-sets of the various ‘animals’ have survived long past their purpose in the cosmos. In fact, the types of ‘animals’ to which I am referring are not the kind of animals you see today. I am referring to an earlier, more astral kind of existence. Some of these prototypes consisted of competitive, jealous, angry or submissive behaviours for example, which became the ghosts which have been able to infect all subsequent forms of human consciousness. Thus, when you find a character streak within yourself which is neither true nor biologically adaptive, you know you are witnessing one of the astral ‘dinosaurs’ within yourself. It is both a wonder and a

nuisance. It would be better for the health of the human species if all these early types were put to rest. But as long as people find these mentalities convincing or attractive, the types will have a life force at their disposal and will continue to 'live' on.

The existence of these emotional dinosaurs can be best verified by the impact of techniques which isolate and exorcise them from the human body. It would not be difficult to train a group of people to isolate their mental ghosts and banish them from their bodies, and track the improvements in the health and behaviour of those people. Thus the existence of the ghosts can be demonstrated by their invisible demise. This is not much different from the evidence which proved the potency of infectious organisms. While those could be seen under the microscope, it was only by sterilisation techniques which invisibly removed the bugs that people were convinced how unhealthy the bugs were.

Similarly, there will be a clinical demonstration of the impact of emotional ghosts.

After a while, you can get a feel for the overall feel of these astral dinosaurs – the particular tone or quality of their existence, and so you can become adept at recognising them and removing them. They have a certain heaviness, inertia, and doggedness about their ideas. They sustain emotions rather than allowing them to decay naturally. They are a little obsessive or fixated on particular people, ideas and behaviours. They might

remind you of elderly and somewhat demented people in their lack of mental agility and their tendency to be stuck in a rut. Indeed, a lot of the dilemmas of old age are caused by the increasing dominance of astral dinosaurs in the weakening vitality of the body. People get a lot less old if they can banish their emotional ghosts.

Once you have got rid of a few of these 'demons' your mental agility increases and you get better at noticing the ones which are left. You get a taste for your more liquid, light and agile consciousness which is underneath, and it becomes easier to notice when your thoughts become stuck, dogged and untrue. Heal yourself! There is only one way forward in this matter.

There are many people who have written about the dilemmas caused by entities, demons and such. There are few, however, who realise how much these ghosts are integrated in the normal human personality. This does not have to be the case, but it is certainly true at present.

Look kindly upon the behaviours of other people, knowing that you are watching the history of consciousness in the archaic personalities trapped in their astrality.

Yours,

α

∞ *Astral health* ∞ *Demons* ∞ *Follies* ∞ *Health* ∞ *Microcosms* ∞

20. Astral influences on health - V

“... you will never understand human nature until you accept the existence of the follies as living creatures in their own right.”

In every aspect of biology, one sees the organism in terms of the parts of which it is composed. The living cell functions the way it does because of the combined functions of all the living organelles inside it. Similarly, the human being functions the way it does because of the combined functions of all the microcosms of which it is composed.

The human being has many constituents which have not yet been observed directly, but which you see in action every day, in the sustained moods and personalities of the individual. There is much speculation about what accounts for one's moods and personalities, and I say - uncompromisingly – this: that you will never understand human nature until you accept the existence of the follies as living creatures in their own right. The follies are continually influencing and shaping the individual to do what he or she does. They are neither intrinsically malevolent nor demonic; they just *are*. Each has its predilections: its preferred

source of energy, its own kind of waste, its own habits and environmental preferences. Many follies have developed bad names, called demons for example, while others are regarded with humour, as lovable foibles of human nature. They are a layer of astral organisation which is as complex and fascinating as any other living kingdom. Indeed, a thorough taxonomy as you have for plants and animals would not be out of place for the follies.

Whenever you look at someone, know that you are seeing a whole kingdom, a whole ecosystem of follies, supported by the life force of the divine individual underneath.

You are yet to learn a lot more about the nature of follies and the way they map onto the physical world.

Enough for now.

α

∞ Destruction ∞ Disease ∞ Follies ∞ Miracles ∞

21. Astral influences on health - VI

“ . . . you are up against all those other presences and creatures whose essences are opposed to yours in what they are trying to achieve.”

There are no boundaries between you and I. Though you are an individual, you are also a seamless collection of my creatures, each of which is jostling to achieve that which it was designed to achieve. None of these presences is doing anything wrong. There really is no such thing as disease in this universe – it is all a matter of the relative survival of different beings at any one place or time. Whenever you see a lack, or an illness, think of it as a sign of the achievement of some other presence which feeds on whatever is wanted. There will always be enough for everyone in the end, as the essences keep cycling about, the energy keeps cycling about, as does the matter. The form will, of necessity, keep changing. The body dies or is mutilated in the meantime.

Do you want to take charge of this process, and make your body perfect and enduring? Of course you do, because this is the recipe for survival which is inside your essence. But you are up against all those other

presences and creatures whose essences are opposed to yours in what they are trying to achieve.

Is there a way for all to live in harmony, to each meet their needs without a cost to each other? Yes, if we call upon some special energy dynamics, which are commonly known as miracles, in which one's needs are met on an essence-idea level instead of a material level. You will learn this process in due course, when you have learned to attune yourself more deeply to essences, and to communicate on that level.

You will not, however, be able to tune into essences until you start to accept how pervasive they are in the processes around you. For example in the degradation of your hair, or your eye-lashes, there are little 'creatures' at play, trying to bring those structures undone. All over your skin and all through your gut, there are creatures trying to undo you. And succeeding!

If you spend no time imagining and accepting these enemies, how can you possibly tune into this level and get to know essences? Embrace all the competing forces around you, the validity of all the degradation, and the agents of pain and decomposition. See if you can get into their mindset and see how productive these agents feel while they are busily undoing you. And you thought your human neighbours were a worry! It's time to get down and dirty and real in these facts of nature.

Yours openly,

α

∞ *Death* ∞ *Dependence* ∞ *Judgment* ∞ *Heaven* ∞ *Rescue* ∞

22. Transition to Heaven

“One’s fitness for Heaven is really a question of how easy you are going to find it to assimilate into the new culture.”

Happily there is a bright future ahead. No matter where you are in life, you are guaranteed a death, and this gives you an opportunity to revitalise everything that you carry in your aura, shake out everything that doesn’t serve you, and align yourself with me without the distractions of the material universe. Some people are overly concerned with the consequences of dying in ignorance or with a tainted soul. Well, I tell you that all of you have some measure of taint, no matter how much you have done to clean yourself and study the Good Books. Therefore, where shall we draw the line between sinners and non-sinners? Shall we make a cut-off point for heaven at 20% cleanliness, 30% cleanliness, or 99% cleanliness? This is clearly a ridiculous question. One’s fitness for Heaven is really a question of how easy you are going to find it to assimilate into the new culture. Are you a foreigner at heart, or have you already started

to learn the language and the ways of the Holy Path which continues after death.

Your pessimism on this topic is a constant source of (heart-achy) amusement for me. How can you dread your death so much? A trip to paradise! Reunion with the greatness of Soul! You have no need to fret about how you will be received. I will treat you with the same regard that I always do – great fondness and a complete lack of surprise at your state of emotional disarray. Believe me, I can already see how ready you are to assimilate, by looking at your degree of transparency before death. When you are alive, you can hide behind your material concerns. When you are dead, you can only hide behind your own preconceptions and they, seriously, can create quite a significant wall to hide you from my perennial presence. What a predicament if you are still trying to hide yourself from me when you are within the permissions of paradise itself. Have you ever seen a timid mouse hide itself from you even when you mean it no harm? You have no idea what you are missing out on until your preconceptions start to get rattled and you get some inkling that there is another way of being.

This is where I appreciate the role of human go-betweens who are capable of tuning into those souls who are hiding, and tuning into transformative levels of my light. You know these go-betweens as rescuers, exorcists or healers. They have a knack for recognising lost souls and putting them in touch with new ideas

which draw them into resonance with my light. It is hard for me to communicate with the mice from my perspective. It is better coming from another mouse who can act as an ambassador for both sides. Metaphysically, it is a matter of calibrating both ways of thinking into a common 'junction box', so that some common ground can be found. A half-way house for the mentality of a soul. As the process means that the 'rescuer' has to absorb the thoughts of the two opposing parties, it is quite hard work, and almost literally a form of temporary madness – to have two competing mentalities in one's head at the same time, while neither mentality is one's own resting state! And yet it can be done, with due care, as evidenced by the good exorcists that can be found on this earth.

Finally, I want to say this for all those would-be followers of Alpha's Page – that they should not lean on this page for their own spiritual compass. They have to take responsibility for finding their own quiet space. Allegiance to someone else's space does not entitle you to the other person's purity. Do not foster dependence on a channelled Alpha. Encourage the individual's personal search at every turn.

That is all for now but I shall be in evidence throughout all work that is done in my name.

α

∞ God's work ∞ Healing ∞ Miracles ∞

23. Address to healers

“... a great many wonders can be achieved by moving the energies within and around a person's body.”

There is much still to be learnt about the magic that surrounds you. Though I will not advocate material miracles, you have to realise that a great many wonders can be achieved by moving the energies within and around a person's body. Old conflicts can be resolved, wounds can be healed, connections can be forged, all within an individual's aura and leading to real physiological results. For once I am not going to say that you should be blasé about these things and take your time. Instead, I say to those of you who are already energy-shifters, there is a great deal you can do to help me further my goals with those people who seek my help. I would like to use you as instruments to help my gifts to be bestowed energetically upon those who seek my help. I am a good employer – only asking for what you can give in a healthy manner, and I will provide for you also, with an enhanced pipeline by which you can receive much inspiration and practical tips.

This then is what I ask of you who already know how to manipulate an aura: devote one third of your daytime to my work – no more and no less. I do not want to deprive you of a normal life, but I also want to establish in you a certain momentum which requires a minimum number of hours. Do not worry if you do not seem to have this amount of time. If you accept my offer, I will make the time open for you, by shifting some of the other things in your life to be more compact or conducive. Do not worry about your role in this. Accept my mantle and then see what falls into place. I will be your constant guide and companion while you do my work. Do not be afraid of being too ignorant or inexperienced. The main advantage is your openness to me, and I will give you all the necessary energies with which to work.

Your arbiter,

α

∞ *Astral burden* ∞ *Astrality* ∞ *Death* ∞ *Spiritual hygiene* ∞

24. Your astral heritage

“... you are leaving a burden behind you if you are storing false ideas in your aura throughout your life. Few people consider this legacy which they leave behind for future generations.”

The message I want to bring to you today is a serious message relevant to the liberation of all people from their mortal malaise. It is so important that people begin to pay more attention to affairs of the soul. There has been a long time since people really considered the full impact of living only a semi-spiritual life. It has not dawned on people that the lack of spiritual hygiene (I mean, equivalently, spiritual fulfilment) causes a backlog of astral corruption which then needs to be faced by those people who are left on earth. Surely, if people knew about this, they would be more conscientious about healing their own spirits as they go, rather than leaving their emotional mistakes to be carried astrally by subsequent generations.

The way the system works is this. You have layers upon layers of astrality surrounding the human population. One layer is the immediate layer of the self, wherein are stored one's own emotional experiences

and ideas accrued during your immediate lifetime. Second is the layer of your own astrality stretching backwards in time and including linkages that you have with other people who are closely connected to you, whether in this lifetime (for example, your spouse and mother), or those you are closely linked to on another plane (people who have died, spirit guides, etcetera). Third is a layer of astrality which includes the woes of all those people around you, dead or alive. This is where the burden increases from year to year, as people fail to resolve their spiritual weaknesses, and insist on carrying them to the grave, where they are dispersed astrally and left behind to be resolved by those people who are still alive.

Why must spiritual wounds be left behind in this way? Well, from my point of view, the question should be the other way around. Why would you expect your astral wounds to disappear when you die? You have a different concept of astral damage to mine. You think that your soul is so intangible that it doesn't leave a mark, it doesn't occupy space, and it should just vanish when you die. On the contrary, I say that your soul has quite a weight of its own, and this is not all carried with you when you transcend into heavenly realms. The wonderful thing about dying is that many of your astral concerns can be left behind. Many of them are encoded in semi-mortal form. That is, they exist because of the physical realm and therefore are partly tied to physical existence. Ideas which were fixed

to a time and place are somehow attached to the time and place, until the idea is retrospectively debunked, and therefore liberated from its physical reference. This is why particular times, places and objects can accumulate a particular atmosphere, depending on what happened there. The atmosphere can be cleared retrospectively, but only if someone (dead or alive) is willing to go back and release the idea. This involves recognising the falsehood of the idea and thereby letting it be replaced by the truth, which feels neutral yet also sweet.

There are many ways in which living people therefore have to carry the unresolved ideas of those who have died. You walk straight into the stray ideas all the time, to the extent that the ideas are still encoded with places, objects and people who were attached to those who died. Also, you are prey to the circulating cloud of ideas, some of which are as distinct as entities, which are searching for new hosts. Thirdly, you have to put up with any efforts that people make to pass their false ideas down in the culture, in books, philosophy, political and religious systems, and even works of art. For as long as you adore the works of deceased people, you are keeping some of their false ideas alive.

So it is that you are leaving a burden behind you if you are storing false ideas in your aura throughout your life. Few people consider this legacy which they leave behind for future generations. You worry about leaving money for your descendants and a world which

is not too violent or polluted. But you should worry more about the astral heritage you leave behind. Ironically, your death is not about you facing your final judgment and your wicked ways. You, indeed, will be totally accepted in the realms beyond. It is your community, and especially those who were astrally linked to you, who will have to carry the weight of your “wicked ways”, by carrying the astrality which you leave behind.

A sobering thought, but it is high time that someone pointed out this dilemma.

Yours, ready to help,

α

∞ Anxiety ∞ Fear ∞ Physical life ∞ Physiology ∞

25. Fear

“The whole point of your relationship with God is not to make you feel healthy and safe. It is in order to have comfort and inspiration in spite of the fact that you feel unhealthy and unsafe.”

The topic I bring to you today has been delayed for a good reason. It is not easy to put a finger on fear, even from my perspective. To make blanket statements about fear is rather misguided. It is something which really needs to be analysed in the individual, rather than making sweeping statements and hoping that they will fall on the right ears.

It is not true to make generalisations as people have done before, such as to say that fear is the absence of love or the absence of faith. This is not true, because as you can see, there can be God's love and absolute faith in the presence of God, and yet one can be afraid of the things that may happen - or have happened - in the physical world. I have already said that God does not mitigate the physical world in order to make people feel comfortable and safe. He will give words of comfort and vibes of comfort, but the actual experience

of the physical world can still happen, in all its reality and with all its difficult and annoying consequences which someone will have to deal with. Therefore, do not be ashamed or embarrassed if you are afraid of your material life. It does not mean you are lacking in love, faith or wisdom.

In one sense, it is very practical and sound to be afraid of the physical life, because there is a lot which can happen to damage the body, the psyche, or the family. Therefore, you are justified in feeling fear. Every single animate species shows fear, and therefore so should you. The problem is that some people experience a lot more fear than others, and it can get out of hand. Then we are left with the question - is there something which can be done to reduce the anxiety of this person, so that they can be happier and function more fully?

This is when I would want to take a look inside the hypothalamus and other glands of the affected person, and look deep into their personal experience in order to see what wounds and diseases are affecting the person's fear metabolism. Fear is a physiological response, as is digestion and urination. It responds to a particular culmination of other physical events. Therefore, it should be regarded with the same clinical wisdom as these other physiological systems. It is pointless to say that the fear is all in someone's head, when clearly there are glands and secretions involved in the fear response. Once a chemical is discharged, it is

hard to talk oneself out of it. If a gland has a tendency to respond with a particular volume and selection of secretions, there is not much point to have a conversation with it. You have to really look at the deep physiological and metabolic processes.

Therefore, I recommend to you that you seek inspiration for the individual when you are dealing with people who are high in fear. Yes there are some viruses and astral parasites which cause fear in their own right, and you need look no further. Sometimes there are traumatic memories which keep resurfacing in their manner of trying to protect the individual, and these memories need to be addressed by retraining the brain. Sometimes the fear is generated by another part of the body which is sending wayward signals to the brain, such as in the case of infection. The onslaught of disease in a part of the body triggers not only the immune system but also the fight-and-flight system as well. While doctors will recognise the role of infection in causing a stress response, they often fail to realise that this also means a fear response. Thus your ordinary infected toe, or common cold, will also make you a bit anxious. Long-standing low-grade infections, often hard to diagnose, can leave a person with long-standing low-grade anxiety as well. This must not be overlooked.

Suffice to say that fear does not necessarily mean that there is anything wrong with your philosophical outlook. You can have a solid grasp of

the truth and yet feel fear because of physiological conditions inside your body. Your philosophy may be useful for helping you to cope, but you will nevertheless feel ongoing anxiety if your body is not well.

Do not turn to me for healing of every single thing in your body if your body is not feeling well. You can endure a lot, even in the presence of fear. The point is to hone your antenna to me in spite of what you are feeling, not to make an antenna to me in order to feel well. This is a very important philosophical point which has been missed by so many spiritual seekers. The whole point of your relationship with God is not to make you feel healthy and safe. It is in order to have comfort and inspiration in spite of the fact that you feel unhealthy and unsafe. Therefore do not judge your spiritual advancement by how great you feel. Do not assume that someone else has got the right outlook on life just because they glow with health. They glow with health because they are lucky to be healthy and to have the resources to maintain their health. They do not glow because they are right. They glow because they are fortunate.

Likewise, do not pride yourself on your philosophy or your correctness just because you feel healthy and are having good fortune. This is completely back to front. It takes no special skill to be happy and healthy if everything is going well in your life. It is the capacity to be inspired and well-centred even while

experiencing bad health, bad luck and anxiety which is the true measure of a person's spiritual advancement.

Do not try to sell your smile like a devil would.

Yours bluntly,

α

∞ Astral Parasites ∞ Mentoring ∞ Spiritual journey ∞ Truth ∞

26. Diseased ideas and their healing

“... most people have had their disease-ridden ideas since before they can remember. A great many of them were picked up environmentally.”

Now to the topic of today which is the element of disease in the everyday human mind. Yes, as you suspected, the human mind is riddled with parasitic disease elements from the astral realm. There is nothing I can do about this at my end except to wait for people to stop endorsing the ideas contained within each parasite. That is, I cannot do a mass exorcism of these creatures without the voluntary engagement of those people who are hosting them. This would be akin to brain-washing, as it would effectively steal people's beloved ideas from their minds. The first step is to help people realise which of their ideas are diseased.

People are not welcoming of any advice that their ideas are sick. Instead, they are more likely to respond favourably to expressions like, “I can see why that idea appeals to you, but what about this one?” Of

course, in front of you, they are going to resist your alternative, because of their pride, but over time they will have to acknowledge the deep restlessness that a true idea brings, until it is properly embraced by the body, and then it is adored like food.

You see, most people have had their disease-ridden ideas since before they can remember. A great many of them were picked up environmentally. That is, by being a baby or child in an environment in which the ideas existed either in their parents or in the society as a whole, or sometimes just in stray astral parasites which they personally happened to encounter. Therefore, many of their disease-ridden ideas seem to them to be completely natural, and indeed may give them a sense of belonging and a sense of being cherished, much as the sense of childhood does.

It is not an easy business to help people realise the faultiness of their ideas. The first main realisation is when they see a spiritually healthy person in action, and they decide to adopt something they like about that person. This is a kind of infatuation sometimes, or even just a sense of having a social mentor, someone you can look up to and enjoy the way they discuss and interpret life. This is the kind of role into which you [the writer] will fall as time goes by. When you start to glow a bit more, people will naturally be drawn to the way you think, and want to know more about your perspective.

Then I will say to you, as you go about your audience, that you must treat their ideas with the utmost respect. These ideas have evolved for a reason. That is, they were invented to solve some kind of practical situation in the person's mind, such as the need to cope with fear, or the need to cope with hunger, or the need to cohabit with other diseased thoughts. So the thoughts, from that person's point of view, have a definite logic, a definite reason to exist, and can't be removed without destabilising the whole architecture of the mind.

This is why the process of exorcism is best accompanied by an ongoing journey of self-discovery and realisation of the truth. One key disease is removed and then the person can continue plumbing the depths of their beliefs and gradually overhauling their entire way of thinking. This is what you have done and continue to do. It will be helpful for people to have an entire system of teachings to help them through this process of self-discovery, and that is why I am keen to build up a bulk of Alpha writings before you venture into the public stage. Yes, you will cause some spontaneous "Ah!" moments for people, which will often be accompanied by a desire for a conversion experience. Then the person will benefit from having a variety of reading materials and other supports to help them in their fresh quest for truth.

So you can see that I have thought carefully about the entire package I want to bring into the public

– the presence of a fairly enlightened speaker, and a veritable encyclopaedia of ideas by which the person can proceed to explore the true ways of thinking, while attuning themselves afresh to the light.

Rest assured of your role in all this.

α

∞ Divine Intervention ∞ Happiness ∞ Mood ∞ Surrender ∞

27. God can change your mood

“There are always a variety of forces which can sway your mood and I am one of them. Therefore, even when the vibrations and events of this world bring you down, I am capable of bringing you up again, by the vibrations which I can add to the equation.”

You have noticed that there are many times in your life when you have trouble raising your mood or seeing anything positive about your circumstances. These are times when you should try to remember me and my potential to help you energetically. I have no desire to see you in an unhappy mood, and I am capable of influencing the chemistry of your brain by my gifts which I can give to you on the wavelength of your aura. That is, I can create an atmosphere around your body which will help to adjust your mood and to re-set your thoughts to a more positive frame of mind.

This is not to say that your mood is not real, nor that your mood is an arbitrary point of view. You got into that mood for a particular reason. It may have been triggered by your health, or by energies or people

to whom you were exposed. You may even be affected by the vibrations in particular places or cultures. But that does not mean that your natural mood needs to continue to prevail. There are always a variety of forces which can sway your mood and I am one of them. Therefore, even when the vibrations and events of this world bring you down, I am capable of bringing you up again, by the vibrations which I can add to the equation.

My intervention relies upon you being open to my help. You need to ask for my help, because I cannot intervene where I am not invited. You also need to know how to hold your aura open to my energies. This comes with practice. You will gradually learn to silence your mind and be soft and vulnerable energetically, so that I can penetrate the ridge of your aura at the top of your body. I cannot influence you energetically if you hold yourself tight or arrogant. You must realise that there is something else out there which may be able to help you and be willing to receive it, and with humility. Otherwise there is no hope of my energy passing into yours.

You also have to realise that there is nothing to be gained by trying to anticipate the feelings you are supposed to get from me. If you try to lift up your own mood by imagining what it should be like, you are only making yourself work harder and inviting competition from the forces which are already bringing you down. I do not lift your mood by simple mood induction exercises or by giving you a positive thinking therapy. I

am actually capable of changing the vibrations within your skull. This is much more effective than combatting moods with thoughts, or than trying to shake off a mood by getting on with things, or self-medicating with drugs, food or exercise. My energetic gifts are the most effective way of changing your mood, compared with all other potential interventions.

If you are not convinced, there is only one way to find out, and that is to learn to open your brain to my energies, and surrender some of your control to me. I will help you in every way I can. To influence your moods energetically is one of the most practical, and most powerful, things I can do to help you on this planet, given the way that nature works and the way your psyche is built. Trust me, and allow me to help you to the full extent of my love and goodwill towards you.

Your god of moods,

α

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