

with Verna - a nature spirit



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Introduction

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Hello Verna, are you there?

Of course, I am always here James, always at your disposal, always waiting to have a friendly chat and always wondering what's taken you so long to come around and start speaking with me.

I was thinking those thoughts myself. I've tried, as you know to involve you numerous times, but why it hasn't dawned on me until now just to speak with you like this in your own separate book, I have no idea. Perhaps you do?

Perhaps I do! It's just that you weren't ready, but now you are!

That simple eh?

Of course. Everything is that simple, is it not?

You might think so Verna, but it doesn't appear so from my side of things.

Oh James, it's just that you lack faith and patience.

Yeah because feeling so bad every day doesn't do much for having such things.

It is all necessary and vital to your spiritual growth James, and it will pass, one day it will all be over and then you will feel a lot better. One day you will finish your healing, that I can promise you.

You spirits have been telling me that for years and still it goes on, relentlessly on, and half the time I don't feel like anything has changed within me, still the same old yuk keeps coming up, over and over and I feel like shit and nothing makes sense... it's all very disheartening.

Just as your childhood was.

Yes, that is what I am finding out. Every day I find out more about that.

Good, then you are on the right track.

I hope so.

So James, what is it I can do for you today?

Well I thought I'd like to write with you about yourself, and anything else that either of us would like to write about.

Sounds good to me, any time I can speak about myself I feel good. I love speaking about myself.

Yes, I thought you'd be happy about it.

Extremely happy about it, a most splendid suggestion, when do we start?

Now, if that's okay with you.

It most certainly is.

I want to introduce the book to the reader and then we'll just go where it goes.

Fine by me, I'll follow your lead.

Okay then. As you know Marion and I have recently moved to Cowes from Melbourne, and initially we thought it would be good as there is a lot more nature down here, places to go walking, not too much development, not too much intrusion on the natural world. And to begin with we loved the walks, there are very nice board walks, fantastic scenery, such lovely plants and so many birds, some we were familiar with from Melbourne and lots of others we'd only seen in books. And lots of animals, including a lovely dark reddish swamp wallaby that you can get very close to before it hops away.

So it has been lovely to just sit and walk very slowly with all the birds and trees about us, all but separated from the man made world, however all hasn't been as nice as we hoped it might be. At Harry Street, with so few trees and greenery we didn't expect much from nature although it gave us a lot, it was the only nice thing, but down here, it's not that we are expecting anything from nature, but it's just that we expected to feel good being in it. I mean we do feel good being in it, but being so has only amplified how much we detest man's intrusion, our ignorance, our uncaring, our destruction. Phillip Island could be so beautiful. Most of it has been cleared for farming, but even still with what is left and by taking back some of the farms, this small island could be so lovely, a nature paradise, and it wouldn't take much to make it like this and still include all the people who want to come and live and have their holidays here, only a little thought and stricter controls and adherence to the laws.

But instead all we see is dead animals on the road, so many dead wallabies, so many dead birds, every day so many new ones. And such high speed limits over most of the island and very few warning signs, nothing to educate people or help protect the wildlife from invading holiday makers who just want to come and party, and nothing to wake the locals up out of their lethargy and seeming to not care about the slaughter of such precious creatures.

There is a very small minority who do care actively about the creatures and volunteer to

try and beautify the place, but they have no money and no support form anywhere. And it's infuriating when the tourist brochures all go on and on about the creatures here, all the beautiful wildlife, the lovely walking tracks in nature, the beaches, all the natural environment, all luring people down here, but then hoping they just spend their dollars on the horrible tourist attractions, killing all the animals as they race over the island.

Marion and I are becoming sickened by it so much so that it's almost too hard to leave the house and face the carnage, and the walks in the wonderful parks and reserves only serves to make us feel bad and not good, because we see ever more clearly how we, humanity, doesn't give a shit about any of it, only concerned with having to make money, driving our killing machines all over the place not respecting any other life.

We hate being a part of it. We hate being stuck here unable to do anything. We want out, but we can't leave. All we can do is try and minimalise our intrusion and express all our bad feelings. We feel so inadequate, so useless, so powerless to do anything, and there is nothing to do anyway for who is going to listen or wants to. Few people are prepared to give anything back to nature, mostly it's just all take, take, take, take, and we've both realised that as much as we'd both like to escape it all, run away and live somewhere totally surrounded by bush, we can't, it will never happen, and such places probably no longer exist.

And we feel that as soon we'd arrive, even if we were lucky enough to find such a place, people would come and start hacking down the trees, clearing the land, building their ugly houses and leaving the land bear, desolate and with some great monstrosity of a house standing out as a sign of progress for all to see.

I wish somehow humanity would vanish and leave the world for nature to reclaim. Nature is so pure, so true, the only thing of any value, and all we do is keep ruining it. Every time we hear the chainsaws start up we feel it's us they are coming to chop to bits, and we wish they did.

The native trees and shrubs, the creepers and climbers are all so wonderful, so pretty, and seeing all the birds, big and small, living in them is such a treat. But then to just see people hacking them down, or hacking off branches all so they can have a better view of the bay or the sea, just so their house will gain tens of thousands of dollars in value, is appalling. Money, money, money, just uses nature to make money, and if you can't then it has no use, so get rid of it.

So currently we're feeling very disheartened by it all. We should all put nature first, not last. It should be treated like a child, but it never will because look at how we treat children – look at how Marion and I were treated and how fucked we are as a result. So we feel there is no hope. We live on this world being tortured as it is tortured by unfeeling, uncaring, unloving people, and we can't get out of it, we're stuck here to suffer as it all disappears.

Neither of us had any idea as to the extent of our destruction. You see things on TV, or we used to when we watched it, but it's not the same until it happens all around you. At Harry Street, new houses were being build all around us, all the trees were chopped down, but that was the inner city, already too far gone and what can you expect, but at least here we thought there might be a bit of hope to preserve it, but no, in time it will all be gone too. If Melbourne grows and people want more holiday houses it will all go.

We're both feeling rather depressed about it all, but as we're also learning, there is nothing we can do about it, it's not up to us, its what the Mother and Father want for some reason, something we don't understand, so we just have to accept it all, and keep on expressing our feelings about it, all our hatred and yuk that keeps coming up.

And James you understand that all you feel about nature is all you feel about the nature of yourself? That how nature is treated is how you were treated by your parents?

We do Verna, and we understand more each day.

So I wanted to talk to you about it, I wanted to see what you had to say about it all in light of where Marion and I in our growth of truth. I want you to be a spokes person for nature as you seem intimately involved with it, so what do you say?

Love to. Let me at em my boy. I will tell you all you need to know for the time being, and a little more.

I thought you'd be able to help Verna.

Yes, I will help you. You just write according to your feelings and we'll go from there.

I will, that's about all I can do now. I can't think up what to say and where to go with my mind anymore like I used to. I like just speaking with you spirits in a more conversational sense and see what happens.

Also as I'm sure you're well aware of, I'm writing another book about death and life in spirit with other spirits at the same time, so I will come and write with you when I need a break from that.

You come and speak to me whenever you like James. I am always here, sitting by my lake and ready to help you. It's good that you write these two books together because it will help you become more flexible in your mind. Your parents and grandmother caused it to be doggedly fixed and it won't do you any harm to free it up a little more.

No it won't. Everything is still changing with the move down to Ventnor, we've been here for about five weeks now and boy has it been intense, so much fear, so many fears to deal with, I feel like I've been broken down and am lying strewn all over the ground.

Before we begin, however I should introduce the reader to you in case they have not met you before. Would you like me to tell them about you or would you like to tell them yourself?

I'll tell your readers James.

I thought you might like to.

You know me too well James.

I feel very fond of you Verna and I hope one day we can meet in person and not just like this through our minds.

You might find yourself so lucky James... one day.

I'm looking forward to it. First thing I want to do after I die if I can.

We'll see, we'll see what the Mother and Father have in store for you.

Anyway to introduce myself to your readers.

Dear reader, my name, my full name you understand is Verna – Lady of the Lake. I am very fond of that title however should the need arise you may address me simply as Verna... or Lady. Names are very important you know, being the point of contact between two personalities.

I am one of the 'Little People of Light' or commonly called a nature spirit. We go by other names: elemental, elves, fairies and the like, but really we're nature spirits as my speaking with James will show you. We are only concerned with nature, the nature of Earth – our world. Earth is our world more than it is yours, as you're all passing through, whereas we're permanent residents.

We nature spirits have an hierarchy, some of us being more evolved than others – older – and we're considered to be a slightly lower creation than that of angels, as it's angels, a certain type, that create us. And when we have served you well, we can if we want, move up to becoming an angel, we can evolve into one.

My role as Lady of the Lake is to oversee a certain section of nature, not so much physical nature these days, but the nature of James and Marion and all who come into their lives. I am as yet not at liberty to disclose why I have this role, however I love it, could not

have dreamed of a better role, and it's evolving me quite considerably every day. Very shortly James you won't know me. I will have evolved so much that I'll have to change my name. Something like Madam Verna, or Queen Verna perhaps, what do you say James?

Empress Verna I should say.

Oh thank you James, you are definitely heading in the right direction. Now do you want to tell your reader any more about me?

No, I don't think so, we can cover it as we work our way through the book – okay with you?

Yes, good idea, so let's get on with it shall we?

The first thing, Verna, I want to speak to you about is how does this sort of thing happens: on the day of our arrival, only minuets after the removalists van had backed onto the grass up our very small drive by the back door, opened up and started to take out our stuff, one of the local male magpies landed and started pecking around near us. And then minutes later it walked over to only a few metres from us spreading itself completely out over the ground on the tan bark and started sunbathing. It was an extraordinary sight, so uncaring of our proximity, fully spreading out its wings and all its feathers on the ground and going into the half trance dozy state they seem to go into when sunbathing. It was like a sign, a welcoming sign to make us feel good. We'd left 'our' magpies, ma, pa and junior at Harry Street, Marion having to give up feeding them, our relationship with ma and pa of six years ending, to be greeted by such a spectacular sight. And there he stayed spread out while we unloaded. We put stuff all around within a metre of him and he didn't move, so unafraid.

Then the next day with the rabbits and a lovely honey coloured one all hopping over the front lawn, suddenly a large ibis struts onto the lawn looking for food, thrusting his long bill down holes grabbing whatever lived down them.

Then the next morning a swamp wallaby hopped by, and the flock of local galahs descended, and then the cockatoo's, the plover parents and its little baby, it was a parade of animals and birds all as if welcoming us to our new house. We felt so excited, with so much nature all around us, no fences, lots of trees, few people as most of the places are holiday houses.

But of course it didn't last. That was just to suck us in, make us start feeling really good, so when the bad stuff started to happen we'd be plunged deeper into our bad feelings. The bad stuff did happen, the house opposite turned out to be a rental house, 'schoolies' arrived, the music was turned on full volume, they yelled and screamed day and night, got

pissed, played cricket and football all over the court hitting and kicking the balls into everyone's gardens, stomping over all the plants, breaking branches off the trees, it was hell, three weeks of it as the groups changed over each week. The baby plover vanished one morning, cans and bottles were left all over the place, no more peace, paradise had been invaded, we were scared to death as to what they might break, as they hit balls at our front door and on our roof, and speaking to them nicely or angrily did nothing. They dragged around in their cars at top speed, *the youth of today*, the young people just leaving school, the people who are going to grow up and demolish more of nature, already not giving a shit about it or anyone else other than themselves.

Anyway Verna, what I wanted to ask you was how it is done, how is it organised and then coordinated for the animals and birds to all come as they did in those first two weeks greeting us, that magpie spreading his wings on our arrival day, when since then we've hardly seen him again?

To answer your question James, it is simply your soul, it does it all, coordinates and organises everything.

Yes, but how, and how does it work down to a practical level?

On the soul level it's all planned, you understand about this?

I do, about soul-light coming from the soul interacting with Creation bringing about in Creation what needs to happen all in accordance with the soul's pattern.

Yes, and so for you and Marion your soul required that you have such experiences upon your arrival at your new home, all so you could have the experiences and feelings you had.

Okay I understand that, but how does that happen on an individual level, I mean how does that magpie 'know' to come, or what makes it come, and behave as it did, when it hasn't done anything like it since, with such an act being so out of the ordinary. We have seen magpies sunbathing before, but not so close to us and on full display being so vulnerable and yet so trusting of its own instincts, or of us perhaps even though it didn't know us - that's what I'm curious about.

It all has to do with what the Mother and Father have planned for you James, and how that happens, how your soul receives its encoded light pattern I have no idea, that is a little beyond me, as experienced as I am about most things. But as far as nature goes, it is wholly responsive to the needs of humanity, that is really all it exists for, for you. And so

that particular individual magpie was always destined to play the role it did in yours and Marion's lives, giving you an experience you will never forget.

Did you have any hand in it, the nature spirits?

No. Not in that actual experience with you, but we do in other ones people have, and in some of the ones you've had. Many that involve Potsy (our little grey cat).

What about the Divine Minister, did She?

You'll have to ask Her about it. But from what I know she did as she knows and coordinates on a mind level all that nature is and does, and how it evolves all in harmony, and for individual and collective humanity.

Okay, so it happened just how any and every experience happens.

Yes.

The mysteries of the soul, eh Verna?

You're right about that James.

You don't have a soul do you, or do you, actually I haven't thought about it?

No, we don't in the sense that you do, we're not truth based personalities, we're created to function without question, and without the need to find the truth of our actions. We know why we act, we just act, we're creations of the Mind, The Third Person of Deity; the Infinite Daughter Spirit looks after us through the Local Universal Mother Spirit, the Divine Minister.

We exist to serve you, those of the truth, as nature does, it also being a creation of the Mind, so we don't have a truth-evolving soul like you do. We do however grow in mind service, we evolve so to speak, but not how you evolve. We evolve by doing actions, by acting in accordance with the instructions and mandates we are given, and when they are fulfilled, or completed, we move onto the next assignment, that is our evolution, so we're able to grow by being given increasing responsibilities, it's the same for us as it for the angels.

So although we don't have an eternal soul like you, we do feel we have an eternal place in Creation because we are part of it; we've been created, there was and is a purpose to our

existence, so there will always be something, the next thing, for us to do. And as we do each assignment we grow, which is really, advance in light. By the *light* of an angel or nature spirit you can tell where they are in Creation, on what level, on what assignment, on what circuit, where in the Universal Mind they fit and so exist.

As you know James, Creation is all created by, and so is a manifestation of, the Mind of God, it consists of mind circuits from the lowest to the highest; and so because of that, everything in Creation can help everything else, it all being orchestrated by the intelligence of the Personalities it is derived from. So when your soul requires a certain experience, that magpie sunning itself for example, then all you are, all the environment is, all the magpie is, all that leads up to that exact moment from the beginning of Creation, moves to bring about that experience for you. And all we do is go along with it, which is all you and Marion are slowly learning to do. You are not trying to fight it, or interfere with it, you are learning to just accept nature, your own natures, your soul - or truth and mind nature.

As you learn to live as nature does, by being all-accepting, then you can allow your soul to guide you through your feelings and without trying to actively take over using your mind, to just act according to your natural impulses and feelings, all of which will bring about the desired experiences required by your soul resulting in the desired truth you are to see, know, and hence live.

How does that all sound? It's about the extent of my knowledge on such things. You'd have to go higher, ask some of your Melchizedek friends if you want to know more.

No, what you've said has helped me, thank you Verna, it's enough for the moment. When you said that about all of **Creation being an expression of Mind**, then the penny dropped as to what I was wanting to know. I hadn't put it together before. Then I got a picture of how it works, of how it all supports itself and works together, even how it accommodates our negative self-controlling – or trying to control – states. So I could see how the magpie came, how it was exactly what Marion and I needed, how it set the scene perfectly to start our two week build up of all the good amazing things of nature we saw, only to then be confronted by anti-nature people in the 'schoolies', feeling how they are so insensitive, so uncaring, so unaware, so blind to the beauty they are trampling all over, so self-consumed by their own greatness. This then helped me relate more to how I was at seventeen and how in many ways I was so blind and ignorant; it brought up a lot of stuff, and for both of us helped us to appreciate nature even more so.

We feel, Marion is leading us (as always), deeper into understanding nature and relating to it personally. I feel very different now walking in the bush to how I have done previously. I love just being engulfed by the feeling of it, this being something I have missed out on. I have always loved being in the bush, but I never felt the subtle feeling of being loved, supported, engulfed in warmth, but I feel it now. And it's so soothing, so

calming, it's very nice.

Are your little people with us when we go for such walks?

Yes. You have a band that follow you around. Those times when suddenly something catches your attention or you just find yourself focused on a bug or a leaf or an... are often their doing. And a lot of that feeling of love and warmth you get from being with nature, that other people have as well, actually comes from your (and their) attending nature spirits. We come closer to you when you are nature loving.

That reminds me, the other day for some reason my attention was caught by a slight grey-blueish colour on a trunk of a gum tree that didn't seem real. It was well off the path and at first I dismissed the blemish as just another part of the marvellous colour array on the trunk of the eucalyptus, but something kept drawing my attention back to it until finally I had to go over and have a closer look. And it was amazing, the colour was composed of colonies of bugs, unlike any I have ever seen before. They were grey-blue, some dull some bright, some young and some in what obviously was an adult form. They were in patches up and down the trunk, and I was so pleased that whatever it was in me that drew my attention and made me act on it. I love beetles and bugs, their colours and incredibleness has always fascinated me.

In that case that was your Indwelling Spirit prompting you to look. It was something that you needed to see, to find, to discover off the path, all giving you good feelings about yourself. And you needed the experience of honouring such subtle feelings and not dismissing them, as your mind was about to do. It was to help show you how much you've changed. You used to use your will and your mind to scan for such sights, so you wouldn't miss out on anything, and you were always rewarded by seeing unusual things, things most other people missed, and so were heavily praised for being so observant, but such mind control took a lot of effort; and was unbeknown to you being only something you did to make you feel more important, so they would take notice of you. But as you've healed this need to feel important and superior, so you no longer scan using your mind to spot such wonders; and low and behold, see what happens, you still don't miss out, something within you alerts you to them and makes you act. It's a far more natural way of being, so you will see what you are meant to see. You don't need the praise of being observant, no one *needs* to be observant, for if you stay true to your feelings, you will see all you need to see and when you need to see it.

We had another great experience on another walk. Marion and I were on a boardwalk, they are carefully built raised up wooden platforms to walk along so we don't wreck the

bush, and this one was through a very enchanting part of the foreshore. It was all swampy, damp, but lush with succulent vines growing up the trunks of the swamp paperbarks, and making little caves and hideaways like places you'd imagine elves and fairies living in. We were standing still when suddenly from behind us we heard a deep thump...thump...thump. I thought, oh no, it's some horrible jogger, stomping along the boardwalk scaring off all the wildlife, oblivious to frightening everything. Marion and I both turned and stepped to one side to let whomever it was pass, and then suddenly only about three metres behind a big swamp wallaby stopped dead-still looking at us. Gee it was an amazing sight. It's dark eyes were looking off into the bush whilst it's nose was twitching away trying to smell us. We didn't dare move, not wanting to scare it and half expecting it to just keep jumping right past us. But then suddenly it possibly having caught our sent, quickly turned around and thump, thump, thump, sped off back the way it had come racing down the boardwalk going so fast.

The 'swampy's' look so pretty, with a lovely white mark along their face where their jaw is, and they are a gorgeous dark reddish colour. We saw two hidden through trees on the side of the road standing looking at one another and they seemed just like people, just like two aborigines with a little face paint on looking at us.

Verna, I would love to be able to walk through the bush being aware of your kind as well. To see them around us and just going about their business.

Perhaps one day James your soul will afford you second sight, and then you'll be able to see into our realm.

Would you be able to describe what your kind are doing on one of the walks Marion and I have?

Yes, when you sit and rest, speak to me and I will tell you.

Okay, I'll look forward to that.

I'm going to stop now Verna, thank you for speaking to me and I'll be back soon.

No need to thank me James, you do as you please, I love it all, the more we speak the better, it's good fun. Speak to you soon, Verna – The Lady of the Lake.

(2 January 2009)

Verna?

I'm here James, always here at your disposal, do what you will with me...

Things have changed.

Oh no don't tell me, you're not going to write with me after all?

You know what has happened anyway, so it seems rather pointless to write this.

Yes, but our dear readers don't know, so we have to pretend - and you know how good I am at pretending - that I don't know. So you just write as if you're meeting your friend and telling them what's happened.

Okay.

I am still intending to write with you.

Oh thank God! I thought I was going to be shelved by you again.

No, not shelved, but it might take longer until I am able to give you my full attention.

James, any attention you give me is worth waiting for! So tell me, what's on that mind of yours.

Firstly I wanted to finish the book on death, dying and the afterlife. That's done. Secondly I have been feeling to push on with my editing of my first book with Mary, so that is what I'm concentrating on, then the editing of the death book. So I'll be squeezing you when I feel like a change. Okay?

Fine by me.

Good. Then thirdly I have put your forum in a spirit directory and that might bring some people along who might possibly want to speak to you.

Now you're talking. That's very good. Bring them to me!

However-

Typical! When is *The Girl* ever going to be given centre stage, I ask you?

However, it's in a bum place in the directory and so might be a little hard to find. So you'll have to work your magic behind the scenes to get who you want to see it, who you want to come and speak to you – can you do that?

Not a problem, I'm already working on it.

I thought you might be. And I love how you just say that, but you're not going to do anything are you.

No. Not unless it's all part of what you need to experience. And for the time being, that is really just speaking with the likes of me, and not with others about me.

Okay so I won't get my hopes up, even though they are up; so anyway, what I also thought was that I would include some of what is spoken about on the forum if anyone comes in this book. Use the forum as a source of inspiration, and give me – us – an idea as to what topics people are interested in. And I also thought that instead of just writing this book in a normal book format, I'm going to write it diary fashion, as in including the dates when we speak. I'll write it how I've written my other books with spirits. Okay with you?

Perfect. Whatever you want to do is perfect with me... just so long as I get to talk!

Why do you want to talk so much?

And you don't? Any LADY wants to speak all the time. And besides, I've got lots to say. It's all right all those other spirits having their say, but that's what happens all the time with us nature spirits getting left on the sidelines or ignored altogether. AND WE WANT TO HAVE OUR SAY! It's not good you relegating us to a novel, it was a fun novel to write, was it not, but still, it was *only* a novel. I want to get serious, no more mincing about. I want to get into telling you the juicy stuff, to really sort things out. Too much is said about us that is utter nonsense and I want to put the record straight, and if you don't do it, then when is it ever going to happen.

You could find someone else.

There is no one else for me, it's only you and me kiddo. It's so romantic, isn't it?

Why?

Don't ask me. Ask them, them upstairs, they call the shots, I'm just the lackey being told what to do. And it's simply not good enough. Being a Lady and not just any lady, but The Lady of the Lake, I deserve respect. I have put my notices in, but do they care about me, you know how it is James, the same old thing. When you're small or of little account, you're washed - or is it passed? - over without a thought. They put you in a pigeon hole and god knows what the pigeon is supposed to do with you, then you're left to rot or become covered in pigeon shit, and who wants that. No thank you, that's not my destiny in life, so seeing as how they have given you to me, then I'm going to make the most of it. So I will keep pestering you to write with me until I can finally have my say.

I had no idea it was like that in spirit, the same as it is on Earth, I thought things over there and things where you are, are blissfully perfect, everything happening smoothly.

They are, all I said was just mimicking you earthies. We get a good laugh out of it. Of course it's all perfect over here, and how that perfection works is how I'm with you now; and as I'm not with anyone else, so I can't just go off and be with someone else, it doesn't work that way, nothing works that way.

Earthies eh?

That's what I said – earthies, you know, you lot who live on Earth walking around on your two funny looking legs, screwing up nature and making our work increasingly difficult.

Yeah I know, and I'm not proud to be one.

And so you shouldn't be. You should have more sense than that James!

You sound like my Grandmother.

Good, because that's exactly who I was trying to mimic.

Well if you wouldn't mind, please don't. I hate hearing her voice in my head reminding me of all her controlling ways. All those things she said and how she treated me, and all those things like that being said to me by my parents also, they have fucked me up so badly. My healing drags on uncovering all the crap they put in me.

Hey Verna, by the way, I've got a job, can you believe that. Only two days a week and

standing on my legs all day, and guess what it is?

Go on then.

It's at a fishing park at Ryhll on Phillip Island. People come and try to catch trout in the top open lake, or down in the covered sheltered pool. And what I get to do, is when someone catches a lovely rainbow trout, all farm bred mind you, and about half a kilo, I take it out of the landing net and smash it on its head. I kill trout all day long. We breed the beautiful creature to slaughter it for sport and fun with absolutely no feeling for the fish.

And why you might ask, would I be working for such a company, and the reason is, because I need to show the government that I am trying to gain employment, and I love fish. So as horrible as it is, at least I'm with the fish. It's a great contradiction, but at the moment that's where I am in my healing and it's helping me see so much about myself; and best of all, how far I have come in my healing. I feel so good within myself. I feel truer to myself and I know what I feel. And I feel really good. So although I hate leaving Marion and Potsy, and although I'm murdering these fish for people's entertainment, treating nature with absolutely no respect at all and using the fish only for money and self-gain, it is helping Marion and I uncover more truth of ourselves. And it's one of those terrible things I have to do because I am fucked and in the negative, so I need to do something as bad as this to see more about that truth of my evilness.

I understand James. And although it is deplorable, it is what happens on your world, and you do need to be in it to see how you do it, how evil you are, as how evil others are, for your healing. And we understand, and are helping you to see what you need to see. And there is a lot for you to see.

And I'd like to talk more about *your help* – how you do that?

And I would love to talk more about it. So we can use this fishing park even more to your advantage.

Good. I hadn't thought of that, until I wrote the above telling you about it, but I would like that. It would make the whole experience be more interesting. There are only so many fish you can knock on the head before it becomes too repetitive and 'just a job'.

And that is what you can't allow to happen James. I know you won't, as you have progressed too far in your healing, but you must value each and every fish you kill, in the

moment when you kill it, for all that it is giving you.

Yes I can feel that. And I feel myself pause just before I deliver the blow, focusing on the beauty and selflessness of the trout, marvelling at how gorgeous it is, and telling it how sorry I am. And I know that I don't want to lose that tiny part of my personal connection with it, for if I do, I will be losing a part of myself, a part that I have only so recently gained.

Good boy, that's what I like to hear. You are already aware of it, the subtle connection between you and each fish?

I am, it was obvious right from the start, with the first fish; and it got literally smashed into me on the second fish when I bashed my finger as well as the fish. I never felt anything like it for the fish I caught with my Grandfather in the rivers and reservoirs, I just loved the fish.

But you didn't have the awareness about yourself or nature as you have now James.

I know, and I really enjoy how my appreciation of nature is growing, even though I am seeing how unloving I am to it. I can now appreciate the creatures personally and impersonally much more. Each trout I feel as a unique creature, with its own individuality and life – life I am depriving it of. And I feel bad about it, which are yet more bad feelings for me to keep expressing to uncover the truth of.

Good James, and so you should.

Verna, I want you to help me understand more about nature.

I would love to, all so long as you understand that it's all you – YOU ARE NATURE – so as you understand about plants and animals and all nature is, really you are understanding about YOURSELF. And this is very important, to see yourself as separate from nature is not right, and is where you all go wrong – it is evil, because it's dishonouring yourself: your true nature.

Marion and I have been talking about that a lot, recently having moved to the 'Island' and with so much more nature around us, and with so many more horrible road kills and cars driving too fast and uncaring people. It's helping us to see just how cruel we people are, how far removed we are from our true feelings, feelings of love, respect, care, compassion; just how much we've been turned into such evil nature hating and destroying things. I

don't think you can rightly call us being of nature anymore, as we've moved so far away from it.

That is probably true James, but you still are. And it's that truth you have to face: just how horribly destructive, how brutal, how uncaring and unloving you all are. And to face this truth on a very intimate personal level, as well as on the more impersonal global level. What you as a person, YOU, are doing to nature. How you are negatively affecting it, and how that is all because you are doing it all to yourself. EVERYTHING YOU DO TO ANOTHER CREATURE YOU ARE DOING TO YOURSELF – and that's why you're doing it to the other creature, because you're doing it to yourself. How you are in the outer world is exactly how you are in your inner world. Or rather, how you are in your inner world is how you are in the outer one. It's always the inner first. And the inner that's been created through your early childhood. You believe you are being loving to your pet, yet you keep it imprisoned all day, you feed it terrible food, mostly you neglect all the attention it wants from you, you make it obey you, you control it, you use it for your own selfish pleasure, and all you are doing to your pet is what you are doing to yourself. Because were you treating yourself with love and care, you certainly wouldn't be keeping yourself imprisoned, feeding yourself terrible food, neglecting the feelings for attention and affection you need, obeying others and indulging in a self-gratifying no-truth life seeking pleasure by any means, all to escape from the bad feelings you felt as young children. All such bad feelings being caused by your parents who were treating themselves in the same way, so could only treat you as they treated their pets.

(I can't remember what happened here at this point in the book, but I probably got sidetracked with other writing leaving Verna out on a limb until I felt like starting her book again, which when I did, I started a new book. So I've introduced her book, below, with this false start, above, as an introduction.)

with Verna

18 September 2011 - 25 September 2012

Verna, I want to apologise to you and your kind, I feel I've done you something of a disservice. Each time we've spoken I'm now aware that I've put too much of my child fantasy on you. I've wanted to relate to the nature spirits as cute little people from the

fairy stories of my childhood, and other ones I've picked up along the way. So unconsciously I've tried to fit you into this picture, writing with it overshadowing and no doubt wrongly influencing me and your being able to communicate with me. I know, as you've told me, you are specialists and experts in mimicking us humans, so I imagine you've done that flattering me, pandering to my childish need. So I want to ask you if we could in a way start again, and I'll try to not see you in the light of cute little baby gum-nut people, fairies, pixies and elves, things appealing only to children and people wanting to escape into their childhood fantasies, such as I have.

Certainly James, I'd be delighted to write with you again, and from this new perspective of yours.

Thank you. I feel like I want to grow up and relate to you however you are, that which I want to find out, rather than imposing my ignorant understanding on you. I want to write this way, conversationally, and I'll be doing it concurrently with my diary with Mary (Magdalene).

Whatever you like James. I'm always here, and always with you.

Great. However, having started, I'm sorry, as I'm now going to put you on hold and go back to Mary, I just had to get that off my chest. I hope I'm not putting you out and messing you around, but I'm trying to respond to just my feelings.

Not at all, I understand. You do as you please. Don't worry about me, I'm more than happy to fit in with you, and of course I understand that we're only a part of your life, and a small part at that. So any time you want to cut me off, even in mid-sentence, that's fine with me, your feelings and your need to express them are far more important than you worrying about hurting my sensibilities and you needing to have good manners. And it wouldn't be right if you wanted to deny Marion (or Mary for that matter) and your relationship with her by preferring to speak with me, someone you can't even see, let alone not even knowing if I actually exist. No my dear boy, you do what suits you and I'll go along with you. Anyway, it's more fun that way.

Okay, I'll go now and come back later.

Whatever you like, the Lady of the Lake shall be waiting.

Right Verna, I'm back, so let's begin.

All right James, what would you like to begin with?

Well, first I want to speak more about how I did feel about you nature spirits, and to start from the beginning and see what happens.

So first of all, you Verna are a nature spirit, right?

Right, I am, pure bred. Not that there are any of us that aren't pure bred. Not that we're bred at all.

Okay, and you're carrying on like this, pretending to be cute 'little people', is for my benefit, because of how I see you, as friends of children, little fairy people who hold little garden tea parties and dances in the secret and hidden wild flower groves deep in forest glades.

Partly, let me explain.

We do have much fun and happiness in our personalities, and we love to tease you humans because you take yourselves too seriously. And as I've told you before, we love to mimic you, pretending we're a man or woman. And we love to play with your mind's ideas and beliefs about us, we'll ham it up, go along with it, manifest ourselves to you however you want us to. We can be dragons and monsters, we can be water-horses and dragonflies, we can be gum-nut babies, we can be little fairies, elves, devas... whatever your imagination wants us to be; and more, because we can even present ourselves to you being things you'd never dream of, such as aliens from other worlds, deformed creatures, mutants, horrible scary things, or the opposite: lovely radiant angels, and so on, anything you like, and anything we like.

Okay, so you can easily play with my childish imaginings of you, and with my longings for cute invisible little friends.

Yes, and because that's all part of your negative state, so we go along with you in it, not doing anything to make you think otherwise. But once you start to do your feeling-healing, then we go along with that, with the idea to help you reach the point at which you're now at, realising that your ideas and beliefs about us are based more on delusional fantasy than any true reality.

Well at this point in my healing I want to try and let go of seeing you only in the light of

these cute little people of light, I want to grow up in my belief of you and interaction - communication, with you.

Which is fine by me, so I too will 'grow up' to match your growing up.

Is it always to be like a game?

Only if you want it to be.

Well no I don't anymore, but I did, yes, I admit that, you were something of light relief in my imagination, an escape from my bad feeling yuk life.

Yes, but as you no longer require that, then I'll put the Lady of the Lake into retirement, she no longer being needed.

If you wouldn't mind Verna.

Not at all James, it was fun whilst you needed it.

Yes, I did enjoy it, and a part of me still would like you to carry on with it, but no, I want to get on being serious about it now, facing more of the horrible truth that we are fucked and it's not going to change, and that I am in it and don't want to get out of it by pretending other fun fairy worlds exist that I might one day escape into.

What about the writing we've done together, what are you going to do with that, now you're seeing us in our true light?

I'm going to leave it as it is. I still like it, but it will be only a reflection of how I was. Do you mind?

Oh god no, I don't care what you do with it, that's not up to me, that's all up to you. It's yours, and I've communicated in good faith with you knowing what will happen, so you do whatever you like.

Okay, thanks Verna.

And is Verna your real name?

It is, I haven't made that up for you.

Just Verna?

Just Verna.

Okay Just Verna -

Ah! But if I'm not allowed to carry on, then neither are you.

Yeah okay, fair enough, sorry about that. Okay, but with second thoughts, let's leave it open for us to be how we want to be, to carry on if we feel we want to. I might need to bring more of it out of me to help me understand it more.

Fine by me. I'll just be my usual convivial self then.

Okay, good, now we've got that sorted out, where to next... I don't have a where to next, I intend to talk to you about whatever comes up, and I'd like you to feel you can do the same.

Right, I will. All to help you with your feeling-healing and acceptance of yourself.

Yes, thank you. I don't suppose you need any help, and if there's anything I can do for you?

Oh, nothing much... except you could buy me a new outfit, forest-green and deep rich lavender are my colours, one befitting of my status. The one I usually wear is getting a bit long in the tooth, you know - a bit tattered looking from all my gallivanting around having to come and speak with you and always having to look my royal best. But seriously James, I get helped by helping you, and my help that I need is nothing more than you providing me with these experiences.

Okay, sorry about the dress, I'll keep my eye out at the op shops, but as to something befitting a real Lady, well, don't get your hopes up.

No I won't, I can assure you of that.

Yeah Verna, fuck it, it's better if we carry on together if that's how we feel, it's more fun

anyway.

I agree, and you've got to have a few laughs in your dreary life, and I'm more than happy to provide them for you.

Good, now that's settled...

Verna, I'd like to go over a lot of what you've already told me about yourself and your kind, and I know I've said that before, but I want to see how I feel about it all now and in this new light. So please feel free to tell me the same stuff, or if it's now different, because back then you had to comply with my negative mind's restrictions, so don't worry about what you've already told me. Do you like me telling you what to do, organising every thing for you?

I love it James, keep going. I'll sit here yawning away until you do get on with it.

All right, but I'm trying to sort things out in my mind, make adjustments - you know?

Sure do. Your mind is so screwed up, it needs a lot of adjusting!

It's all right if I say it about myself, but not if you say it about me. Okay, so how about you tell me about yourself.

Well, what would you like to know?

What do you look like, for starters.

Well, that's a bit difficult really, but I'll try. I have what you might call my 'standing light', which means my usual appearance in Creation. You spirit beings, that being what you are in flesh, are boring compared to us angel types, in that you always remain the same - your look, all so you can recognise each other, all that expression of your personality attributes stuff you've been told about. But for us 'mini angels', we're different to you, in creation and so design. We are literally 'beings of light', and being light, we can manifest ourselves into many forms, into whatever pleases us. So I can come to you as Verna, the Lady of the Lake, which is not my usual universal appearance by the way - I'm only known as the Lady of the Lake to you James, something very personal between us you understand. And I thought it up especially for you, knowing how much you like lakes, water, fish, and all that goes on in the undersea and underwater realms. But as the real Verna, I'm nothing you'd recognise being the light that I am. So because you can't recognise me in my true state, I

have to put on a form, so to you I'd be a very beautiful woman, like an empress, someone very stately, grand and graceful, but also someone who... you get my drift?

Now in my, let's us say, native state, I'm a swirl of light, recognisable by other angels and beings of mind creation, but unrecognisable to you spirits of truth who need form other than just light. So all of my kind, and all of my angelic relations, put on forms for you to recognise us by. You don't have any choice in your form, although in spirit you can play around with your looks a little and what you wear, how you present yourself a little to the universe, but mostly you just allow your soul to manifest your spirit form as its currently manifesting your physical form, whereas we angels being all light, have a choice - and lots of it! As I said, our true form is a creation of light, which means a collection or gathering together of many lights, beautiful and artistically designed, wonders to behold, and you will be able to get something of a glimpse and soul perception impression of our natures as you grow in truth, we being something very different to you.

And like you, as in you having a soul-mate, in some ways we nature spirits work in pairs, a positive and negative, but not negative in the bad, more like in the sense of current, in physics, a positive and negative representation of the frequencies of light that we are; but we angels - I'll call myself an angel for the time being, just for the sake of argument - don't have soul-mates like you, that's purely a spirit thing, as we don't have the same type of soul that you do. We don't ever perish, we do move on, in that we ascend the circles of light, which are the relevant circles of mind for our order; but we don't grow in truth like you do. We don't have the same mind set up as you do, we don't have a thinking and feeling mind, we are just mind, and all that is mind.

So were I to be in Creation as my usual expression of myself for you, you'd recognise me as a female of the realm, and indeed as a Lady.

What about your other half?

My so-called other half is here with me now, however he doesn't figure in the proceedings for the time being, it's you and me bud. You need the feminine side of our order first, so you've got me, but he'll play his part, don't you worry about that.

Can I meet him, speak to him?

Certainly, I'll put you over to him.

Hello James, my name is Austin, that's about as close an approximation in your tongue you'll come to it. I'm here with Verna, have been all along, but as she says, it's not my time to be with you yet in this capacity - don't know if it ever will. Anyway, it doesn't

matter, Verna's a treat, and she's all you need. So I'll give you back to her.

Austin and Verna eh?

Yes, that's right.

Okay, so I can understand the part about you being of light, sort of, so as 'Verna', what do you look like, how tall are you?

I am rather diminutive. I'm about four foot, you're a giant compared to me, so it's best you stay on Earth and I'll stay unseen in our spirit realm, then we can image that I'm bigger. I can make myself bigger, I can be as big or bigger than Godzilla, or as small as a microbe, whatever you like, whatever I like! But most of us nature spirits would be between one and four feet tall - you can work out the metric.

Say, around a metre on average?

Sure, whatever, I'm a kind of easy going girl.

And what about baby nature spirits and teenagers and young adults and old aged ones, I suppose that's just how you choose to show yourselves, or how we want you to be.

Yes, that's right. We're ageless in a way, but we do have a 'starting point' a 'light-point' we call it, a moment when we're suddenly brought into being by higher angels. And mine was at the beginning of Earth's creation, so I've been around a bit, seen a few things in my day, and still feel like a young girl at heart!

So imagine a young lady, or old lady, or mature lady, whatever you like, but a *little* lady. That's what I look like. And really there's no point my showing myself to you because it's only a form I'm taking on for you anyway, it not being my true form.

Okay, I'll try and imagine what you look like. And where are you?

I'm here in our realm, the third Earth plane, as I've told you. And being in that plane I can look in on Earth, so I am 'with you' so to speak. I can sit next to Marion on the opposite couch to you; I can stand in front of you on the table; I can sit in your lap, stand on your head, stand next to you on your couch. I can fly around, even put on little angel wings, and I can change myself into a fire-breathing dragon, then back to being an elegant woman, very chick do you not think; an ugly old toad hopping about, I can even... look

like you James, now that's something!

I can't image why you'd want to do something like that. So you don't have to only look feminine?

Oh god no, how boring, I can look like whatever I want. Here watch this, now see what I look like?

Well I do, I think, I'm just trying to let the images come into my mind. I see, you've become the table, now The Urantia Book, now the chair, inanimate things; oh, now the bottle-brush outside; oh, a tree spirit, an air spirit, a flower spirit... a nature spirit! Why are you called nature spirits, really you should be called nature angels, or nature lights, or something like that.

Yes I know, but it's the name you folks gave us, so we've got stuck with it. You relate to most things as having spirits of some sort, that's how your more primitive ancestors did anyway, and as many of them could see and speak to us, so we were the spirits in and of things coming to life.

So really if one were to feel connected to the say the spirit of a tree, is that really the tree's spirit; does a tree have a spirit, or is that one of you?

All things and creatures of Creation have a 'light' to them, which you could call something akin to a spirit. Truly speaking, only spirits of truth, such as what you are, you and humanity and those sorts of spirit beings like Mary and Jesus, the mind and Celestial spirits you speak with, all who have a soul that is truth-evolving, have a spirit; we beings and creations of Mind, have a light. I know it gets rather confusing, and it doesn't matter anyway. So you could say a tree has a light, it being a creation of Mind, that being the mind of the Divine Minister in our universe of Nebadon, and so you could say that light is something akin to the tree's spirit. However were you to talk to the tree's spirit and have it talk back to you, that's then where we come in. You can't actually speak directly to and converse with lower creations like animals and plants, but we can mediate, you can through us.

Okay, so if I was to talk to the bottle-brush asking it how it was, and I heard it saying something to me like it's feeling a little dry, the spring rains being a bit tardy this year, that would really be one of your kind talking to me on behalf of the tree.

Yes, assuming it wasn't just your mind making such things up for you, or your indwelling spirit playing go-between, or another angel, or spirit doing the same. So you see it's not as simple as all of that. But what it wouldn't be is the tree itself conversing with you in your language. And as you can't speak tree language, as it's a language of light which only angels can understand, so if you wanted to communicate with the tree it would be best to ask one my kind to be the go-between for you. So you would ask me about the bottle-brush and I would tell you how it's feeling or what it's thinking.

I was with the gum tree yesterday, the yearly tree-choppers having once again hacked it up because it had grown too close to the wires, commiserating with it for having lost so many branches and for it having to grow in such a distorted way, and then was surprised when I heard 'it' say very clearly in my mind, and something I wasn't expecting, that it didn't mind being hacked around, that it was just happy to keep expressing itself however it could. So who was that saying those words in my mind on behalf of the tree?

That was your Indwelling Spirit (Bob as you call it) taking advantage of your relaxed state of mind to give the experience of the 'tree speaking back to you in reply', all so you could see that things might not always be as they seem to you. That in fact the tree didn't feel bad about it as you did.

Yes, well that is in keeping with all I'm going through at present.

And so does a tree think and feel?

It does in tree fashion, nothing like how you do, and really it's more our interpretation of what it might be thinking and feeling that we'd convey to you, but it would all amount to the same thing. So if you want to speak with the unseen realms it's best to be specific about it, and know what they are like. Many people believe they are speaking to nature spirits, but are actually speaking to the mind spirits who are pretending to be us. Very few people in fact during this phase of humanity's growth do truly communicate with our kind. But as I've told you, that's all going to change with the new spiritual age that's soon to commence.

And I guess it's not simply a matter of saying I want to speak to a nature spirit, asking God to call one up, or whatever; how would you go about it?

You'd have to feel a feeling in your heart, a true one, and one you'd have expressed a lot with your friend if you have one; or just a deep longing to communicate with us, all of

which we'd be very aware of; and then you'd set about providing the way for us to speak to you. You might desire to speak to us in meditation, or like you are by inspirational writing; you might like to hear our voices in your mind, it's all up to you, which means, it's all up to your soul. Many people would love to speak to us, trying all sorts of ways to do it, but fail or delude themselves that they are when it's only their own mind, all because it's not part of their soul growth, of what their life path is, it's only a nice idea or wish in their mind. But if it is your true life path, it will happen, and relatively easy, just as it's happened to you James.

Okay. And so for people who speak with animals for example, how do they do that?

Any number of ways. As I said, it could be that their indwelling spirit plays go-between, or other spirits, or even nature spirits. And they might even be able to share some level of natural telepathy, animals think and feel in pictures in a rudimentary way, and some people are more attuned to that, being able to give animals their mind pictures and receive them from animals.

So how would someone know they are actually speaking with a nature spirit?

There's no other way than with and through their feelings. And the truer one is, the more one has healed their negative state, the more true and so reliable such feelings. The difficulty comes, as you can testify, that whilst you're still firmly in the grasp of your evilness - your negative state and self and feeling denying mind, you might feel with all your heart that you are speaking to a nature spirit, but it's still only feelings being contrived by your mind and are untrue. You may in fact be talking with a mind spirit or with some other part of your own mind. And if you want to talk to nature spirits, but are actually connecting with mind spirits, the mind spirits aren't going to tell you the truth of who they are, as they will be wanting to keep you in your deluded state just to keep the channel open. They don't care how they communicate with people on Earth, that is the lower ones in particular, and the ones who are seeking some power by doing it, so they won't say, oh sorry, I'm a mind spirit, for nature spirits you'll have to change frequencies, they're that channel over there.

So James, let me ask you, how do you know I'm a nature spirit and not a spirit in one of the mind mansion worlds that's speaking to you pretending to be a nature spirit?

I don't know, I just think or feel you are. I don't know about that either. I just know you are as you say you are, and not such a mind spirit, but I could also be wrong. I don't know, you feel different in how you are, your light, and how you are with me than how

other spirits are, but as to you really being a nature spirit, I can't know I guess, it's a faith thing, foolish or not. And perhaps one day after I die I might find out if I can come and visit you, as I'd sure like to.

And you will James, of course you will, we're going to be doing a lot of work together, this is only the beginning. Austin and I will be companions of yours and Marion on and off during the age to come, we can't wait.

So you're not confined to your third Earth plane? You could come and see me in the mansion worlds once I come to spirit?

No we're not confined, we have free run of the place, only ordinarily we don't go into the mansion worlds, we don't want to be anything of an interfering influence or one that can be used by the mind spirits. Those spirits working on healing themselves in the Divine Love mansion worlds are not such a problem, but still we don't want to cause them any distraction from their feeling focus. We do visit these worlds, but only in their associate planes, and that's how we'll be working with you. Once you're of a Celestial level, and once you're dead, you can have access to all such planes. So we'll be able to look in on the Earth and mansion worlds together and without anyone in those worlds seeing us. It will be good fun - eh?

Verna, are you any good at trading the financial markets? Perhaps you could have a little look in on those people who are in control of them, you know, how they are seeing things... and pass on a few tips to me.

Sure James, I'll tell you when to buy and sell, no problem, piece of cake. In fact there's something in that for you, but not yet, that will come later, I can't tell you everything at once.

No, and I get side-tracked enough as it is.

Yes, we'll try to stick to one subject at a time.

Okay. I need a break, my fingers can't keep going with the typing like they used to. I'll come back later.

Cheerio!

20 September 2011

So Verna, why can I speak with you?

Because it's part of your personality to communicate with some of us who are unseen, as it's part of my life experience to speak with you.

Why is that for you?

Because I am to grow in light from our interaction. I have been chosen amongst my peers to be the one who makes direct contact with you. As to why I've been chosen, well other than it is the next step in my growth of light, it's also because that's what our Mother and Father desire.

Do you have specific things you're to tell me, is it like that?

Yes, and no. I do have specific things to tell you, a mandate if you like, however how I go about achieving this is all up to Austin and myself.

And your mandate was given to you by...

Ultimately by the Melchizedeks, as they are overseeing all who are involved with you and Marion. But specifically it was given to me by higher angels, my angelic elders you might say. There is a group of angels that are the equivalent of the group of Melchizedeks that are overseeing your sojourn - life - on Earth, and it was these angels that summonsed Austin and I. They asked us if we wanted to help you, which we said we did, and then told us what we were required to do.

And it's just the two of you?

Yes, for the time being, it is when I am speaking with you, however there are others who do other things when needed; and in future there will be a lot more involved in your work. Those other nature spirits are in training for such times with angelic groups.

And what does the future hold?

Can't tell you about that James, as you know.

Yeah, just thought I'd ask.

And where do you live?

We have what are our own quarters. They consist of a room that's specifically for our use, and it's a room in a huge beehive complex of rooms in a certain sector of our world. We don't need specific places to residence in, as you spirits do, we are more like the creatures of your world that are just out in the environment: we're just out in life almost continually. We do have a rest time, but that's never for too long, about an hour at the most - your time, and sometimes we return to our quarters for this 'down time'; but often we just sort of 'go quiet', turn inwards, lower our light, and tune out; which really means, tune into the universal light, which comes into us replenishing our circuits. It's a delightful feeling, something akin to what you feel when you feel loved by the Mother and Father, when the Holy Spirit comes about you filling your soul with Their Divine Love.

And where does the universal light come from?

The Divine Minister. She pours her light - love - into us. She sustains us, we being a creation of Hers. We're actually brought into being by certain angels, but all with Her say so and all being sustained by Her.

What's your room like?

Nothing much, just a room. It's made of a whitish substance; it has a place in which we stand for our down time, we don't need to lie down like most of you seem to need, and that's about all it is. We don't have things, we've no need for them, our environment is our thing, just like nature, and really we don't even need our room, but it's there if we have to get away from everything and everyone, which on occasion we do. We did have to get away and have time off a lot during those long, dark early years at the beginning of the Rebellion, when there was a lot of pressure being exerted by higher rebellious angels and spirits on our kind to rebel. No one can come into our rooms, they are our own personal sanctuary, and all we need is the peace, just to be alone (Austin and I) together, nothing more.

And I take it you didn't rebel?

No, had I, I wouldn't have been put forward for this assignment with you. No, all such 'sinners', although no longer living in rebellion (there are no rebellious nature spirits anymore, or angels for that matter), are still having to pay for their misconduct and will do so until humanity is completely healed. And part of that payment is not getting the good jobs. And those who are paying are happy to, it's nothing that they are being forced to bear, they have all willingly chosen to redeem themselves by doing the lesser work. So even if they happened to be offered this higher work of being directly and closely involved with a mortal spirit - yourself James, they would have refused it.

Do you have a society and hierarchy?

No, again if you liken us to the animal world, we have a society as in we recognise each other for being what we are, if you like, all of the one 'species', but we don't all fraternise with each other, have family groups and clubs and cultures and cities and the like. We only come together to do the work we're assigned to do, and we love our work, and exist solely for it. When we are together, say for instance to put on a 'little people of light carnival' for an unsuspecting human who might happen upon us in the woods being privy to seeing the elfin folk, then we pretend, based on your culture and society in relation to the assignment of what that human is to 'see' and experience. From time to time it's necessary and important for you humans to be made aware of our presence.

As for a hierarchy, yes it exists, but not how you have yours. It's not a servant master mentality, it's simply based on what work we've done, on experience, as new nature spirits are continuously (periodically) being brought into being. Our experience, as with all of the angelic orders - we being somewhat diminutive 'angels', but not pure angels like cherubim; we're a distinct order of angelic-like beings wholly native to Earth - is seen by our light. I have the pleasure of being one of the 'old hands', as I told you, I've been around for a long time and done many things - they probably gave Austin and I this job with you because it was the only thing left that we haven't done! But we oldies don't, nor can't, order the youngies around, it doesn't work like that. No one is ever in control of another, no one is ever subordinate, we're all equal in our work, all loving to be of help in any way we can. We are however all answerable to our angelic elders, who are like in some ways our supervisors, but mostly we don't need to involve them in our affairs. They oversee things but rarely need to act out of the ordinary with us. We don't mess about, nor muck things up, we're perfect in all that we do. Those who did rebel, did mess around and mucked things up, and the true angels were always having to try and stop them and stop the fallen angels from encouraging them, but as I said, those days are thankfully behind us now.

Your room Verna, where is it?

It's situated in the depths of a mountain range East of Mongolia, that will give you something to think about. It's inside the mountains as it were, our world being able to penetrate yours. We have as our basis your world, but within that we have our various planes and sectors. So we have your natural world, and unnatural world, the one man has created, as real places in our world, but within those places, we have sectors, sub-sectors and the like, and seven planes. So for example, your house and you sitting in it as you are now, exists in our world, and is the basis of our world, but we don't directly affect it or do our work in it. I can come and be with you in your world such as I am now, but as I am also in a different plane of existence to you, so I can be doing other things and my work in it without you disturbing it. So I can come and be with you, I will now... I'm entering your living room down through the roof having come in off Bass Straight, and I'm sitting on your Urantia Book, but I won't disturb the dust - we're aware of your housekeeping abilities James... or should I say, lack of them, ha, ha (oh do pardon me! Luckily, we don't have dust!), but you'll have to imagine I'm there because you can't see me, you're spirit eyes have not as yet been activated; and I can come and sit there near you in either one of our seven planes; and if I am in one plane and Austin another, then we can't see each other, we can still mind communicate, but it's as though we're in different dimensions but still using Earth as the base. Do you understand?

Yeah Verna, no worries, SIMPLE! So there could be seven of you sitting on The Urantia Book, not disturbing the dust or each other, each in a different plane based around or on Earth. So each plane would still be in or based on our house and The Urantia Book would still be on the table. So it's not like on the first plane for example is The Urantia Book, but then on the second is something else, and something else again on the third. It's all centred around our physical world.

Yes that's right. See, all very simple and quite straightforward, don't you think? And so why do we need seven planes, you ask me.

Different things - work - is done in each plane. I have to be in the seventh, the highest plane as you would call it (which by the way, we call the first plane. We work from the first the highest to the seventh the lowest, whereas you tend to go the other way, with the first the lowest working your way up to the seventh the highest), to communicate like this with you. We can't do it in the lower planes, they are for other things.

Such as?

I'll number them as you would. The first plane (the lowest) is all concerned with keeping

the light of our world shining on your world, initiating the 'light-sparks' you might recall we told you about in your novel with Thomas. It's in this plane closest to Earth that we sustain all life forms on Earth, as that is one of our primary roles. Without us, no life on Earth would keep going, it would all perish into the dust it's composed of. So as you can see, we are a rather vital commodity in the Great Scheme of Things.

The second plane is also concerned with the goings on of the first, but on a more what you'd call, managerial level. We organise how to carry out the keeping of Earth's life forms going, in it.

The third plane is what is generally called the 'new life' plane, in that it's where new life forms for Earth are evolved. We 'form' them as it were, based on the Life Carriers designs, and work out how to bring them into being on Earth.

The fourth plane is for bringing them into being.

The fifth plane is for overseeing the lower planes.

The sixth plane is for doing other things concerned with Earth such as taking into account humanity's influence on the natural world, and keeping abreast of all your scientific progress involving nature.

The seventh plane is for direct involvement with Earth, such as if we need to intervene to prevent you doing something to nature or with nature that you shouldn't, something that would jeopardise humanity's progress; and if we need to directly communicate with you, so as we're doing now.

That about briefly sums it up. And then within these planes are many sectors, sub-sectors and sub-sub-sectors and so on by seven times. They are all the compartments, so to speak, that make up the whole. And we have access to the whole lot any time, there is no such thing as more evolved nature spirits having access to and working in the higher planes the lesser evolved the lower, we're all in it together, with our work being the only thing that separates or brings us together. But as I said, as I've spent many years, many years ago, in the first plane, I have no need to work in that plane anymore as it would not enhance my light, I've experienced all I can in that plane. And it's the same for all the other planes, so I only do work in the seventh - the first according to us - plane now. And once that work is all done, then I'll be promoted to the lowest of the angelic orders so I can progress in light even further still. We nature spirits really are working from the bottom up!

So your work is two-fold: all concerned with nature - all that's natural on Earth; and all that's unnatural - us.

Yes, you're really aliens, visitors, transitory, and all of Earth is being provided for you, not for anything else. It's not there for us or even the creatures, it's all there for you. We're

created for you, that being, to help ascending and descending daughters and sons of God - all you spirits. We are all here to help you spirits of truth: it's what all mind Creation exists for. And we love helping you, it's what we're created and so designed to do. And if you would only allow us more into your lives, then we, as would you also, feel so happy and so much more fulfilled. If there were not an ascension scheme, then I dare say none of us would exist; but as it does exist, then that's what we're all concerned about and exist for.

So you feel happy - you do have feelings? - when you are working to help us truth-spirits (us humans as we're called whilst we're of flesh), in some way?

Yes, and yes we do have feelings, but we don't feel them the same way you do. We have exhilarations of light that make us feel perfect and true and so the happiest we can be. The light pings off in our mind circuits, we're all mind circuits, and this makes us the equivalent of your feeling happy.

Do you feel bad, or unhappy?

No, not like you do. Those who rebelled felt a separation within their mind circuits, deluding themselves that their own actions were making them feel good, but really they were feeling bad, which such rebellious nature spirits are still coming to terms with. Not unlike you humans, James, in that way.

When did those who rebelled, stop rebelling?

With the coming of Mary (Magdalene) and Jesus. They have been paying for their transgression all through this, Mary's and Jesus' age, and as this is a relatively short time, are still coming to terms with their fall from grace.

Are they in disgrace?

No, and they don't carry any stigma attached to such actions. It was simply a way of being they chose. We don't hold anything against them, they did what they thought was right at the time, as we all do. It was just the way of things, it made things a lot more exciting at times, we were all on a knife-edge, and if it hadn't been for the likes of Van and his associates who were able to stand firm against the Evil Ones, we'd have all followed suit into rebellion. But some of us chose to be like him and his soulmate and partner - yes, there was a 'Mrs Van'. And it wasn't that we just chose to rebel or not, it was far more complicated than that. You see when you exist to serve humanity, should humanity chose

to deny what is right, to rebel and go into default, what do you do, turn your back on humanity, say we don't want to help you, we don't want to associate with you, you're bad, and we don't like you anymore. And then sit around wondering what to do with yourselves for aeons whilst humanity continues on in its darkness.

So you see, many of our kind deliberately went with you into your darkness, which really could be looked upon as a very noble thing to do. You still needed our help, and a lot more of it in a practical hands on way, as most of the people were still very primitive; and you also needed our help to help you progress in your negative states, so we had to be negative to help you do that. So those of us who did follow you helped you enormously in your negative, evil lives, but still did rebel to do so, and so do still need to pay a penalty. The laws still have to be adhered to. And it's a bit the same for you, you don't exactly have a say in it, you start out conceived into evil not knowing you are, but even though you haven't as such chosen to deny yourselves, nature and God, still you have to pay for evilness. And by pay means, honour the laws, so if you transgress the truth, you have to do something to come back to it. That which you do as you heal yourself of your wrongness.

Why didn't you rebel Verna?

Austin and I were in a very favourable position in that we were associated with helping some of Van and his partners' associates. So we had no choice you might say, other than to stay true, provided they did, which they did.

How do you see us - humanity? Do you see us as a blight on your Earth?

No, and it's not 'our' Earth. We're simply part of Earth, just like all nature is. How we see humanity is how it is, something that is currently evil and suffering terribly in its evilness - we see the truth. How we relate to you, is mostly from afar, which means we keep our distance because there's not much we can do personally to help you, that being help you further your negative states. In that regard, you could say you've outgrown our help. All we do now is help maintain all you leave for us to look after, all that you don't destroy, and our work is becoming less. But at the same time, we understand the greater plan, the bigger picture: why you are as you are, why the rebellion came here, and what's transpiring to end it and its consequences, and we're playing our little bit in that.

How we see humanity is that you are sons and daughters of God who don't understand you are not living true. And we don't pity you or feel sad for you or even hate you, nor do we envy you, or want to humiliate and ridicule your inferiorness. We don't anything, it's just business as usual for us, notwithstanding that most of that business is rather peculiar

owing to the effects of the Rebellion.

Do you have a favourite place on Earth?

Yes, many, they are all deep in places in which humans mostly don't go. There aren't any totally pure places left anymore, but relatively speaking, the less interfered with by you are where we like to congregate. Antarctica being one of most favoured places. We love getting deep into the ice. Other places are deep in some of the less damaged and untouched forests, the highest mountains, the deserts and the deep oceans. Then we also frequent the more inhospitable places that you can't go to, such as the inside of volcanoes, the interior of Earth itself, deep in mountains, high in the sky. Our least favourite places are where you humans are the most, such as in your cities, we detest them, and don't go near them unless we have to. Austin and I are so thankful that you and Marion have moved out of Melbourne, the vibration is so gross and dense in a city, they are so dark to be in, there's a bit more light where you are now on the Island.

So what about those city pigeons and sparrows, and the few trees, do nature spirits tend to them?

Oh yes, there are those of my kind who take pity on them and so attend to their needs, but they still detest the whole city environment. It's all too much anti-nature, it goes against all we stand for. We are all for nature, pro-nature; you are all against nature, even your so-called nature lovers, because they are still living in their negative states.

How do you feel about all the species dying out because of us?

Sad, and yet we also understand that there's a higher reason for it. We feel sad that specie extinction is not taking place naturally, that we enjoy, because it means there's a lot of work for us to do; but when it's happening because of your unloving activities, that's not so pleasant for us.

Are new species going to evolve to replace the ones lost?

Yes, but it takes time, and humanity will need to be in a far better condition. So I'm afraid it's going to be a continual decline of species and specie numbers for at least the next age. After that when humanity choses to do its healing in earnest, then we can start to reintroduce species lost and new ones. But we'll be doing all of that in conjunction with humanity when that time comes, not separate from it. Humanity then will be of an entirely

different mind frame.

It would have to be.

Yes, and to get it there, a lot of change during the next age is going to happen to both the world and all people.

I just had a thought that the so-called End Times are really going to last for the next one thousand years, for the duration of the next spiritual age.

Yes, that's right, only the worst of it will be up front during the beginning of the age. That which you're nearing now. The rest of the age will be trying to come to terms with what's happened at the beginning.

So humanity hasn't even done it's worst yet so far as nature is concerned?

No, that's coming. All you've done up till now is preparation for the real work of destruction that's coming up.

I don't want to be here Verna, I hate it enough how unloving we are, how we mostly don't give a shit about nature.

I know James, but it's part of your life plan to witness it all.

How many of you nature spirits are there?

Billions. But we're relatively low on numbers, we should by rights be trillions. We've got the equivalent of seven worlds (planes) to fill.

Low on them because we live in denial of you and have wrecked so much of nature.

Yes.

So where nature is, there are always lots of nature spirits?

Yes. We're in all places with natural life. You might see a bear rock thinking there is no life, but in that you'd be wrong as there is always microscopic life, and so we will be there tending to it in some way.

What about say with our pets, say fish in an aquarium in an apartment in the middle of the city.

Yes, even there, any creature needs our attention. We might not be there all the time, but we'll come and go, mostly when you're asleep at night, cities are better to deal with at night; there's also less interfering mind spirits about as well, and this too helps us.

You feel the same way about them as you do us, and their presence in their Earth planes disturbs you?

Yes. It's the mind spirits lower light, the vibration of them, it's very disturbing, even more so than you, because your flesh bodies tend to cloak it somewhat. When we 'look into Earth' we also have to take into account the two lower Earth planes in which some of the darkest and most lost mind spirits from Earth dwell.

So the Earth must be packed with humanity, both in flesh and in spirit, for you.

Yes, it is, too many of you for our liking. There are way too many lost 'earthbound' dark spirits. We feel very sorry for them as they are in such a bad state, but they do clutter up things, but luckily for us, they live mostly around cities and around the darkest least natural parts of the cities. They help contribute to the dross of those areas on Earth.

If we were perfect, would we live in cities?

No, not as they are now. You'd still live in areas of higher and lower density, but nothing like the density you seem to like being in these days. The more of you, you can crowd into one small space, the better you seem to like it. The more disease-ridden and depressed you can be, the better. But it's understandable being as you are.

Does anything we do actually affect your world or you?

No, we're completely separate from you. We can stand in the middle of a battlefield, as we often do, without being harmed, the bomb can go off right on top of us, as it were, without us feeling even the slightest pressure. The physical realm is totally a separate realm, only it does need, that being the natural part of it (you the people part don't need us) our direct involvement with it to keep it all going - we are the spirit part, if you like, that helps sustain the natural physical life part. We effectively 'keep it alive', all that's alive

on Earth, not including you. I have to stress that, as I don't want people getting the wrong idea. Your soul keeps you alive, nothing else, and we of course don't have any say in that. Your soul determines whether you live or die, and the Divine Minister determines whether all creatures live or die. We play no part in births and deaths of any creature, not even our own, not that we die as such. And we're not born as little baby nature spirits that grow up into adults, we don't get pregnant or lay eggs or anything physical like that, we're just suddenly and spontaneously brought into being by our 'Creator Angels', and by the batch or lot, so to speak, each batch of us being a million in number. Each batch of us receives a unique number, and then further numbers are added to that number that define us. My 'Light-Number', as in your numbers, which are not ours - we have our own unique and specific language, but we can easily learn yours, is: 837462409587634012944876502987000, and please don't ask me to break it down into all its component parts. But I'll give you a taste of what it's composed of. That number includes: my lot number, which also includes on which material planet in Nebadon I originate from; my work history, my number gets added to as I progress; all the major work I've done; my place in the universe; my current status; my relationship to Austin, in that all we've done together, and other things that would be meaningless to you. How you work the number to uncover such things is by using sets of the numerals, but you've got to know the sequences to identify the sets. It's an angelic thing James, something somewhat more akin to the language of computers and what complicated mathematics might relate to. So going from left to right, if you take 8,4,5,6,1,4,6,9,0,0, then that's one sequence that would tell you some information about me, and so on, and there are millions of different sequences, so you can see there's a lot of me you can get to know from that one number. So if I meet a higher angel, I can give them my number and they can take the sequences out of it they need, thereby instantly knowing whatever the sequences tell them, such as my whole work history, or any specific part of the work - an experience - I might have had. So all I'm doing now with you is effectively being recorded into my number as many sequences, and if I have another numeral added, you can see that would increase the number of sequences by a vast amount. And I'll be getting another numeral, a '5', because of my work with you, which to us is all very exciting. It might be like getting your name extended if within your name was all that you are. So the bigger your name, the more you are. We of angelic orders tend to see and relate to things far more in sequences of numbers or digits, which are really units of light.

I'm sorry Verna, but I have to finish now.

Too much for your mere mortal mind eh James? All right, until we speak next.

21 September 2011

You want to know what I'm up to James?

Yes Verna, what are you up to?

I'm up to listening to all that Mary's been telling you, that's what. Austin and I have been tuning in like we usually do.

Ah!, so you know all that's been going on.

We do. As do many others, you're good entertainment, all you're going through. It's not every day someone does their healing on Earth you know. We all want to see how it goes for you.

Well you're most welcome to trade places if you'd like a first hand taste of it. I could do with some time out in nature spirit land.

No thanks, it's all yours, we're perfectly happy where we are. It's so much easier watching and listening to you, we don't want all those bad feelings, not in your life. We didn't rebel, knowing it would only cause us grief and pain, and so we certainly don't want it now. Tuning in on you is enough, feeling your pain through your feelings and thoughts sends the wind up us. Sometimes we have to tune out as it's all too depressing and miserable.

Do you have anything you'd like to say regarding what Mary was just telling me concerning the troubles in the world that are coming.

Yes, and I will as we go along, it is part of what we are to give to you. For example, Mary spoke of the disease resistant microbes coming about because of all the antibiotic food animals are forced to eat in some of the developed countries, well that's our department, one of them anyway. We are the ones responsible for such disease resistant bacteria. You see bacteria are open to easy manipulation from us, and so we're slowly bringing about the disease resistant strains along with the viruses and fungi that will be required by humanity in the times to come. Humanity is NOT meant to heal itself of all disease by killing off the microbe, by doing things to stop it harming you. Humanity is to grow in truth beyond the need to have such microbes affect it, thereby not having to do anything

at all to 'protect' itself from the so-called 'bugs'. The common cold only causes you such bother because you're already causing yourselves so much bother by refusing to feel the bad feelings you're denying. The bother's are the same, the cold coming to you so you can feel how you're really feeling - bothered, that being how your parents made you feel.

Humanity is to see that it's futile to keep trying to solve the problem by killing it, that it won't go away that way. It might be able to delude itself that it's done the job, but it's only short term and the bug will return, even stronger than it was. Had you left it as it was, and concentrated on growing in truth through the doing of your feeling-healing, then you'd have nothing to worry about from the bug. The bugs only cause you the suffering you require because it's what you need to help you feel bad as you refuse to allow yourself to feel as you do - bad. But instead of allowing it to make you feel bad, all so you can express such bad feelings uncovering the truth of them, you try to kill it and make it go away only exacerbating your self- and feeling-denial, only making things even worse for you in the long run.

When you have a disease, all the pain you feel from it IS ALREADY pain that's already within you, it's nothing new. You're not suddenly being attacked by this thing that's causing you all this pain. You're being helped by this thing to become aware of the pain you're already feeling, but are refusing to accept and acknowledge. And because you are denying yourself this pain, it all being felt in your early life and being kept buried within you, so it seems like suddenly your full of pain all because of your disease. And it's true that on a physical level the disease is causing you pain, but on the emotional, mental, spiritual and psychological levels, it's only helping you become aware of what you're not allowing yourself to feel. So do you see, YOU ARE ALREADY THE PAIN, it's all already there in you, you're already feeling it, only you've told yourself you're not. So the bug comes along into your body, your soul allows it to 'infect' you instead of rejecting it, and it makes you feel bad, all the bad feelings that are lying dormant within you. Only they are not dormant, you've just blocked them out, that being how extraordinary the mind is.

Were humanity true to its feelings and not under the influence of the Rebellion, it would have evolved beyond the current diseases that afflict it. It would have encountered other higher diseases, but would be well on the way to not having to require their help either. There are higher diseases awaiting humanity in the future, as it moves beyond the current ones, but by then such disease will be known for what it is, to help stimulate certain feelings which when expressed and the truth found, bring about the healing of the illness. As for the current diseases, we'll keep making them resistant to your medicines forever, it's all very easy for us.

How do you do it Verna?

We have laboratories in which we experiment with the spirit equivalent of the Earth disease. And we manipulate the genes using light. We have what we call 'light-sticks' for the purpose, angelic tools we create with our minds that enable us to do such fine work, all to create the desired result, that being, in keeping with the requirements of the age humanity is currently living in. We're given the parameters by higher angels with which we comply, we can't just make up any concoction we like, not like you can - within reason. And I say 'within reason', because we're always looking over your shoulders in such things ensuring you don't go outside the parameters set down for you for the age you live in.

So all those scientists experimenting with such things, only have their 'breakthroughs', if it's in keeping with the guidelines of the current spiritual age.

Yes, absolutely, you can't do anything outside the guidelines of your age, and all you do is within such guidelines. Humanity has a path it's going down in its negative state, and we're here to help see you go down it as you want, just as it will be when you choose to change paths and to go up the healing one.

So with our light-sticks we simulate the environmental conditions required to bring about the mutations needed to make the bacteria resistant to your drugs. And having achieved our purpose with our mind-created spirit bacteria, we then look for the required earth conditions to bring about the physical changes in the specific strain. And if those earth conditions don't come about naturally when we want them to, well then we move to stage two of the plan and make them come about. We're allowed certain leeway in our direct interference with life on Earth, not with you, but all natural life. So we might have to bring about the required conditions to cause the microbe to mutate, all of which is easy enough.

What you might be interested in James is how we know when to bring about such mutations, and that too is told to us by higher angels. As you've been told by Mary, new Creational light from Paradise is coming into your world, and your souls are being prepared for the next stage in humanity's evolution, that being the next spiritual age. So in keeping with this new incoming universal light, that which is affecting all Neadon, but Earth in its particular way, so we are able to increase the level of such bacteria through such mutations. We do it all in step and perfect harmony with the new spiritual light, which is, of course, all perfectly in step and harmony with humanity's continual descent into darkness. It horrifies many in the medical profession to see that all those bugs they thought they'd finally conquered are beginning to come back, and so quickly, and so much so that the drug companies can't keep pace. And the quickness is only going to increase as the incoming universal light increases, as we move closer to the beginning of the new age. And then once in the new age, it's going to keep increasing right through that age, it's

going to be a very interesting time for us all. Humanity has to come to terms with a lot in a very short time. One thousand years is but a blink of the eye in universal time. So the pressure is going to be kept on humanity to face the truth: that its way of being has been all wrong, and that it can't keep going the way it has been going. And if it does, it will only cause more heartache and suffering for itself. So it will have to choose another way, that being the only other way: the true way, the way of TRUTH!

So, say you find a cow that is susceptible, it being a favourable environment in which to incubate the new strain, then what?

Then we make sure the new strain is passed on. We might have to bring about the same mutation or similar ones to get it established in many different animals, but that's easy too. We then have another department that works out the influence of the new strain on humanity, such as who it will most likely affect, which souls are requiring the service of it, how it will be moved around the world if that's what is to happen to it, and how it will affect other existing life forms. It's all very complicated that part, for tinkering with the very basics of life is no small thing, however it fascinates us, keeping us all busy working and working, all of us who are involved in it. I used to be, but now I'm sort of semi-retired from such adventures, now I get to talk to you about it all.

So you work out projections for the new strain, say a flu virus, and how badly it will affect people: where in which countries, how it will be transmitted, and how it will interact with other bugs and creatures.

Yes, all that sort of thing, not unlike the models your scientists play around with.

The bigger picture is that all such new life forms, for that's basically what it amounts to when something activates new genes or has new ones added or subtracted, have to still fit in with the ongoing long term plans of the Life Carriers for Earth. We can't make anything that is not in keeping with their plans; and when I say 'make', I mean make the necessary adjustments to bring about changes in species or new ones altogether. As I've told you before, we are the missing link, or element, in evolution of the species your scientists wonder about. Without our loving 'interference', you wouldn't have any evolution of the species, no matter what natural selection the specie and individuals in question might incur. We are, to all intents and purposes, the selection process, the selectors, we make it all happen, we've brought it all about, all the millions of different life-forms on Earth, all the outworking of the Life Carriers Life Plasm. So without us, no dinosaurs, no elephants, no tiny little bugs.

So do you work out the whole, I mean, how each specie fits in with all the others?

No, we only do the hands on practical stuff of bringing about the required inner genetic alterations. The bigger picture, as to what specie is to be created, comes from 'above', higher angels, they work out all of how nature lives together, all in keeping with the plans of the Life Carriers. The Life Carrier worlds are where that all takes place, they have the whole lot under control, right down to the physical look and behaviour of the species. We just do the tinkering when required, and it's always required, there's always adjustments and fine tuning and mutations required by the plans, this occupying a lot of our time.

Each specie has a department, and then there are departments overseeing groups and families of species, and so on.

So say for the Australian magpie that Marion's feeds, a department of nature spirits exist for them doing what?

They'd be taking notice of all the different variations within the specie, and the varying races of that specie. Any naturally occurring mutations, if not within the required plan or pattern as it is, are eliminated, we can actually kill such damaged cells in a creature if need be, or we just let it die out naturally. If we want that certain variation, then that individual can be made to link up with another desirable individual, ensuring a continuation of the genes. Overall there's a perfection that's being worked toward by a specific time, and that's really what we do, ensure it's achieved. And along the way, we have to deal with a lot of your interference. As you're putting so many foreign substances into the air, land and water, and they are all having an adverse effect on every specie, so we have to take all of that into account as well. Some mighty strange things come up that we have to deal with all to ensure that things keep on track. And then at the same time as looking to nature's evolution, we have to do it all in keeping with the needs of your soul, with humanity's evolution, so it keeps us busy.

So do you know where and what every creature, every tiny microbe is doing all the time.

No, not always, but we keep a general view on things. We have an ability to know when something is amiss. We don't have to actually keep our eye on every genetic code in every cell in every creature, nor constantly on every creature seeing how it's doing, but we know when something unusual or when something goes astray, happens. Those who are overseeing that particular specie are alerted to whatever it is, we just know, I can't tell you how we know, we just sense it, we're in tune with it, if you like; and when the vibration changes of the specie, then we know. All life emits vibrations or frequencies of light, and

it's these we monitor rather than individuals. So when the light frequency of the specie alters, we're onto it, we sense it, we perceive it as something very real, and it doesn't take us long to know which individual or individuals are causing the imbalance. And if it's an imbalance that is within the accepted guidelines, then nothing might need be done about it, so we adjust our knowledge of that specie to the new light-frequency, leaving it as it is. But if the new frequency is not in keeping with the overall desire of the Life Carriers pattern for life on Earth, then we have to decide what is to be done about it. And sometimes we need to summon the overseeing Life Carriers who are stationed in the higher spirit planes of Earth for consolation with them. Sometimes we can discuss such things with our angelic supervisors and don't need to ask the Life Carriers themselves; and sometimes we can take care of things ourselves.

So when you said yesterday, I think it was, that you can bring back lost species, you'd do that through selective mutations.

Yes, that's how it all works. And we can do it relatively quickly or slowly. Mostly it's an age long process, each age allowing us to tinker to a certain degree, but in the case of what's to come for humanity, we'll be able to speed things up a lot. Humanity will be given a lot of nature back to it, because it will need nature's help with its healing in the ages to come. By the time all humanity is soon to go into, ends, there's going to be a lot less species than there are now.

You mean with all the wars and political upheaval of the so-called End Times?

Yes, as well as the earth changes. You read how scientists who looked at the floor of the ocean following the large earthquake that messed up some of Japan's nuclear reactors, discovered that so many mudslides occurred, completely destroying all the bottom dwelling creatures; and as to what's to come, it's to be expected that such events will cause some specie extinction.

Verna, thank you for telling me all of that. I greatly appreciate it. I'm going to have a break.

Okay James. If you want to talk more when you get back, I'll be here.

Please continue Verna.

Earth as you know from The Urantia Book, is a unique world so far as the life forms on it go. And we have the pleasure of being the overseers of all those life forms.

Do you have favourite life form Verna?

No. I love them all. We don't have such things as favourites, we have such things as more time being spent with certain ones, so we have more of an intimate understanding of them, but they still don't become our favourites.

Okay, so what ones have you personally spent the most time with?

I spent a long time with a species and then family of oceanic brown algae, that was the longest time, just over a million years. I also had a long experience with a specie of bacteria that lived inside the gut of certain ruminants, and one with a specie of desert lizard in Australia. I have not had much to do with any of the larger animals, although I did spend time with many species of the smaller flying dinosaurs. I haven't actually had that much to do with specification and the ongoing evolution of them, not compared to some of my peers. Some of them have specialised in such things spending millions of years with specific species, and when you spend that amount of time, your understanding of them increases to such a level that you become very attuned to nuances of the species light frequency, you might say you become specialists in your field. And many such specialist nature spirits specialise in overseeing many different species, tens of thousand at any given time. Once you become highly acquainted over many years with a specie it becomes relatively easy to then keep your eye on a lot of them and all their interactions.

Verna, it becomes a little hard for me to imagine you being alive for so long, millions of years, I can't begin to fathom what you'd do all that time.

Oh there's always plenty to do James, and now is the most busy time of all for us with all the trouble and problems humanity are causing. You'd be surprised how soon the years pass, and as we don't exist thinking in terms of years, so the ages come and go. We can't relate to how you think in terms of years, but we can relate to life being short from a creature's point of view on the world. The creatures, by the way, are all short lived because of how short lived you are, and if you were to live for a thousand years, so the life spans of the creatures would be longer.

Are our lives comparatively short so as to provide us with the experiences we need?

Yes, to keep things moving along all the time, always in a state of change; change in keeping with the changes you'd make ordinarily in your life if you were living true to your soul and feelings, growing in truth. There'd be little value in having other creatures with you if they all lived for thousands of years when you only lived for seventy or so.

If that were the case, we'd have killed them all by now.

How long are we meant to live for?

Currently, twelve cycles of seven years, so eighty-four. That would comprise a full life were you perfect.

Why is it that some birds, for example, the sulphur crested cockatoo, lives for up to a hundred years, whereas another bird species, only twenty. What governs the length of life for a specie?

That's all part of the Life Carriers pattern for that specie. They design, if you can call it that, all the different creatures, it's part of their natural self-expression. As you speak with words articulating the feelings you feel, which you then understand with your mind, so the Life Carriers speak with species so to speak, expressing the feelings they feel which result in a specie, then understanding how it all fits in with the whole ecosystem of Creation. They formulate the designs of the specie as a form of their self-expression, and then they submit such patterns and forms to the Divine Minister via certain angelic intermediaries, and She then acts upon them, and so we're then allowed to bring such life forms into being.

The Life Carriers are the creators of the life plasm for a new world, and when it has been brought into spiritual existence, it contains all the 'germ-plasm' required to create all the projected life forms of that world; and they then bring it to us, and we through our light-sticks initiate life on the physical world. We brought all the initial elements together to enable the first bacteria to come into being. Bacterial life begins it all, from there branching out into whatever is required.

The Urantia Book says the Life Carriers implanted the life plasm in three spots in our primordial seas.

Yes, that's right, we did it for them, three simultaneous implantations, each a different bacteria brought into being. There is what is called the Primary Bacterium, that being the equivalent words in English, it's a number in our language, and this is what we initiate, and then using it we can work on bringing about over time all the necessary mutations required

to eventually express all of the life plasm as living things. And we're still working on it.

So the Life Carriers don't actually come to the physical earth and dump a lot of goo in the warm seas that sets the ball rolling.

No, it's far more romantic than that James. It's the beginning of life on a barren life-less world. It's a big event, and we being the true local inhabitants have the honour of getting the ball rolling. We're here on the world before any living thing comes into being. We're here in preparation for all life. We are given an aeon of time to set up, to get things ready for the big event. And I was brought into being in the first batch of a million nature spirits, so I've been here right from the start.

And when you say 'being here', that means you weren't on the actual physical Earth, but in your earth plane.

Yes, that's right. And that's where the Life Carriers come to. And from our world acting on their spirit-goo as you might call it, we bring forth the actual physical life forms.

What was the Earth like back then?

Cold mostly, except for the equator, and full of black rocks and lava, not unlike our rooms in the mountain I was telling you about yesterday; except they're not cold. We don't have such a thing as hot and cold here in spirit.

I was thinking about your rooms, are they dark, being inside a mountain?

No, light, light everywhere, even in the darkest places of Earth, because we live in a spirit plane, not on the physical Earth, and our world is constantly lit by spirit light.

So when you go to the bottom of the deepest ocean, it's still light down there for you.

Yes, even if we were to go into the centre of the Earth.

Have you been there?

Yes, many times.

What's it like?

Hot and dark.

Dark, but light for you, right?

Right.

What's it made of?

All the various elements, but some more than others.

Is it solid?

Yes. Like your scientists think it would be.

How come you won't tell me in more detail?

It's not within the parameters as to what I can tell you. We're getting off the path so to speak. That's all for other people to be told about by other's of my kind, which we'll get to later. As you've been told, you're only to open the door into which other people can follow if they choose to, you're not to do it all. And besides, you don't actually care what the core of the Earth is made of, so I don't give you more elaborate answers.

Yes, you're right, I don't. And it is off the path. I'm slowly becoming more aware of the path I'm moving down, and there's no use straying as nothing much is forthcoming, either from you spirits or from life itself.

That's right, we all have a path and we have to stay on it. Actually, it's that we can't stray from it. And my path is mine, unique to me and I can't live someone else's path or any part of it. We might cross or have some parts that seem similar and share some things in common, but that's about all. And all of what I'm telling you now is all of what you can know on your path, so I can be more forthcoming with it. And it's all that interests you anyway, you'd prefer, if you're honest with yourself, writing and finding out about such things as this is what I'm saying now, rather than what the core of the Earth is composed of.

It's true, I would. I feel an ease of going along with you when you speak about the path and that sort of thing, the more spiritual aspects to it. I feel a stress and tension when I

move into what the core of the Earth is composed of. I do feel it's not for me, and I'm not interested. I know I'll be able to go and see it in spirit if I want to, and that will do me.

You might find you won't even do it, you might be happy hearing about it from someone else, it being their path to go and see it. I might even tell you then myself, but I can't tell you now, as this sort of communication has to strictly comply with the limitations of your mind. But when you come to spirit, those same limitations won't apply any longer, so I might be able to tell you what it was like for me.

Why won't they apply any longer?

Because all we're writing together is for humanity, not just for you personally, and so there is only so much I can say and so far I can go with each subject we focus on. All the rest is not for you, so it's not for me to tell you. You have a very specific mandate as to what can be revealed to you by spirits, and we all abide by it. So when you move to the perimeter of that mandate, we all start to feel stressed and strained. And as you can't cross over it, I'd have to say something like: I can't tell you anymore about it; or, I can't answer that question. So even if you might personally be interested in knowing more about certain subjects, if it's not within the parameters of your revelation, it will have to wait until you come into spirit, when such limitations no longer apply.

Verna, I'm tired now, and it's time to make dinner, I'll probably speak to you tomorrow.

Until then, then.

Thank you Verna for all you've said.

It's my pleasure to be sure James. Speak to you on the morrow.

27 September 2011

Hi Verna, Mary has asked me to press on with you in regards to your telling me about the coming earth changes.

Yes James, I listened in, and so I will begin. Have you got your atlas... ah, yes I can sense that you have.

All I will tell you will span the period of fifty years starting from now. I'll break it down into smaller time increments for you as we go along. But first a general overview and a comment on what's been happening up until now.

Basically as you've been told, and as many are seeming to think, there's a marked increase in the 'goings on' inside Earth being brought about possibly by natural internal factors, factors extraterrestrial, or a combination of both, even one in league with the other. And I'm going to speak about such things in more detail later, but for now, you and the people you've read who think along such lines are correct, there is much going on, both from within and without. The next fifty years on Earth is going to be very dynamic and there are lots of changes to come, all of which as Mary has told you, will help people become closer to themselves by making them feel bad and not allowing them to escape from such bad feelings as easily as they have been able to before.

It's going to be a horrendous time for humanity overall, but that's not to say that within it there will be much good and lots of good feelings for some people, and mostly for those people wanting to move with it in the understanding that it's for humanity's good, and as it couldn't go on any longer how it was, so something needed to happen.

Verna, before you go on, I have to bring out all the things I've read about the coming Earth changes because I worry they will unconsciously interfere with what you want to tell me. So if I bring them out then hopefully they won't get in the way, just as I felt I had to bring out all that I thought about you and nature spirits and how it conditioned all I'd previously written about you. And since doing that, my relationship with you, meaning on my side, has changed a lot, and I can feel myself growing up in it, and out of trying to relate to you like a child wanting to be lost in the fantasy of all these cute little fairy people running around all over the place.

By all means James, go ahead.

It comes down to mega earthquakes that sink the east and west coast of America. Giant tsunamis so big they sweep through whole countries, such as I was reading the other day; Greece because of possibly some impact of a meteor or something like that off the coast of Greece causing a 10,000 foot wave. A new continent coming up in I think from memory the Atlantic ocean, it being possibly Atlantis re-surfacing. Volcanoes going off bringing about another ice age because so much debris goes into the atmosphere blocking out the sun. Huge Solar flares frying every electrical circuit on the planet. London and other coastal places going underwater in massive subsidence or sea level rising substantially, up to 200 metres as in the novels I wrote. And a pole change, and even aliens coming from other worlds, not quite an earth change, but I thought I'd add it

anyway. And along with the sea level rising because of ice melting at the polar regions, global warming, and other undersea volcanoes rising to the surface heating things up, and other surface parts sinking under the sea. I think that about covers most of it. Some of it seeming to contradict other parts of it.

Yes, I'm aware of all that's said to happen, and has been said over the centuries, some of which has some credibility, other parts not so, just being things the mind spirits have made up and passed to people on Earth. Anyway, what I have to tell you will put things into perspective, you'll have a lot more to think about.

Okay then, I don't think I have any other worries about what you might say, other than: **WHAT IF NONE OF IT COMES TRUE!**

And as Mary said, it's all for you James, and that's all that matters. This part is more for you and not so much for humanity. And as its part of your growth, to be told such things, and as to whether or not they come true, will be a matter for the record. And if they don't, it's then to be seen as part of what you have had to go through, all to help you with your healing.

Yeah all right. I'll try and keep a neutral mind unless of course I feel bad about any of it. And I would be most surprised if anything you or Mary tell me comes true, because nothing else I've been told by spirits has come true. They telling such things to me, all for as you said, to help me express more of my repressed anger at being told lies, all of which has helped me see the truth of how my parents treated me. So it's all yours Verna, I'll just type.

As you've read James, which is correct, it was a big meteor that crashed into the Mexican gulf that effectively terminated the age of the dinosaur even though many of them were on the way out and had even become extinct before this event. It marked the turning of the evolutionary cycle allowing, as you know, the rise of present day creatures, all of which couldn't have come into being alongside the dinosaurs. What is happening now is yet another evolutionary event, however it's not going to come about as it did back then, it's coming about as a combination of humanity's impact on the planet and natural events timed to enhance humanity's impact, all so in the end, a 'new' humanity will result, willing and able to live on the world in a 'new' way. Back 65 million years ago it was purely a biological change, now it's one all for humanity, a spiritual change for humanity as Mary was telling you; a huge change, moving from living in a completely negative state, ending it, and moving to live in a completely positive one, and all along the way nature will be

affected in various ways.

All that's to happen now is more to set the stage, or scene, for the 'new' humanity to evolve into being, that being on a spiritual level, rather than a whole new evolutionary line of creatures as it was with the demise of the reptile based nature, to the rise of the mammalian one. However, as I've already told you, some new creatures will come into being during the planetary ages to come, and others that have or will become extinct, will be brought back into being.

Now, I'm going to concentrate on the next fifty years in some detail for you, as it's what is most relevant to your life and what you can relate to. However the coming Earth changes will have periods of intense activity right through this turning of the age and the next one of one thousand years. There will be ups and downs, but overall the next age will be one of ongoing tumultuous times for the surface of the planet. And it's all designed to keep humanity giving up its evilness and helping it seek the way of truth. There's not to be one big cataclysmic episode now, and then it's all peace and harmony on Earth, and people can get back to re-building all they've had - all their negative way of being and wrongness, or even set about living in peace and harmony because of some dimensional change or new spiritual light and upliftment affecting the raising of humanity's consciousness to a higher level of peace, having giving up greed and self-indulgence in material things. No, all that is to come is not to let you off the hook, or allow you to keep going only manifesting and so expressing yet another version of truth denial.

I see you're up with it too.

I'm ahead of it!

The spiritual upliftment so far as the new 'vibration' humanity will experience is the new vibe of the next age, and it's upliftment will only be uplifting those people who chose to do their healing, to submit to their bad feelings and by expressing them to uncover the truth of their evilness - all that resulted from their childhood. All the rest is nonsense perpetuated by ignorant mind spirits. Certainly there is new cosmic light coming to Urantia from Paradise, being stepped down in universal harmony through Nebadon; and certainly there is new soul-light being emitted from every soul on the planet, but as to how people choose to react to all of that is a personal choice, and many will fight their natural desire to seek the truth and so heal themselves, choosing instead to keep going in their negative states. And for such people, some will be relatively successful at doing it and keeping abreast of the increasing 'lights', others won't be so successful, failing and then succumbing to their bad feelings. And many will go to their graves feeling very bad about life; other's will want to know why they feel so bad so often, and honour their bad feelings

and start looking seriously for the truth. But overall, increasing inner and outer pressure will be brought to bare on humanity as it moves through the next age. A certain level of collective consciousness about its negative state, and a certain level of desire to heal humanity's evilness needs, both personally and collectively, to be achieved by the end of the next age; and as all things are perfect, it will be.

Okay, so back to the heart of the matter, the Earth changes.

Well, as you've read, the amount of seismic activity is on the increase, this being because the amount of rotation within the core of the Earth is speeding up. It's immeasurable currently to science, however as the core of Earth starts to move faster, so all the outer parts move faster, and that's stirring up the continental movement, which as you know from plate tectonics, is causing the crustal plates to grind against each other, with the stresses being released as earthquakes. And this core rotation is going to keep increasing for the next one thousand years.

Do you mean the whole Earth is spinning on its axis faster?

No, I mean the components of the core, are in relation to each other, moving faster, which could be seen, as for the need of a mental picture, that the core is rotating faster. It's more to do with hidden forces within the planet, ones humanity is yet to uncover; and they are more to do with, and respond directly to, the spiritual or higher light frequencies.

So it's like the spiritual rotation of Earth is increasing.

Yes, you could say it like that, and it's then having a direct affect on the material level.

Okay, so it's all coming from inner levels, not just the physical.

As does everything. The physical world, the globe as you know it, only responds to inner or more spiritual levels, it exists because of these levels, the whole physical level of creation does. From our spiritual perspective, we living in these higher or inner dimensions, we can see the energy, the light, we can sense it; we can sense it in all physical things; and we can sense or perceive - we 'feel it', as increasing in frequency, and so the physical planet is responding, it has to, it can't be otherwise.

So it's not just, say, because of what the sun is doing that's affecting the Earth.

That is happening too, it all being part of the physical relationship and interaction in those relationships, however the sun too is being driven, and so continuously affected, by the

inner, unseen, and unknown to you, spiritual levels. You are only at best observing the physical level of Creation and trying to work out laws that determine it, however there is another whole plane or 'dimension' of laws that determine the relationship of the physical to the spiritual; and then even more laws determining the spiritual, and all the levels of the spiritual, and there are many, all the way to Paradise.

Okay, so whatever is happening, we won't be able to detect, only possibly seeing signs of it on the physical that are resulting from the increase movements of the surface crustal plates.

Yes, the sea floor is spreading faster in places as the subsidence of one plate under another is increasing, all making for very exciting times on the face of the Earth, if that's what excites you.

Does it excite you Verna?

Yes, as a matter of fact it does, and greatly so. And to answer your 'why?', because it means there's a lot more for us to do, and there is, and we've been very busy and will only get busier. And because of the increasing need, more of our kind are to be created, and the first batch was brought into being a few years ago, and we've got another 'Celebration of Light' as we call them, in a years time. And we haven't had one prior to the one a year ago, for thousands of years. So to have two, and there are more to come through the crossing of the ages, is very exciting for us. It affects us all, we all gather for the big event to welcome the new members of our kind into being.

Where do you gather?

It's always in a different place in a specific sector of our seventh plane. It's a very special sector reserved only for our creation; it is if you like, our Holy Place. And as for where on Earth these events take place, it varies, the last one was in the peaks of the Himalayas, the next one will be at the opposite of extremes in one of the deep Pacific ocean trenches, we haven't been told which one yet.

And what happens, can you tell me that, or is private?

No, I can tell you something of it. There are always numerous spirit and angel guests along with all of our kind. What happens is a large area is prepared for what you might call the 'landing site' of the angel creators, those angels designated to bring the next batch of us

into being. It's mostly new angels each time. And each pair of angels creates one pair of nature spirits, so that's two million angels present. And when the time comes, there's literally an almost blinding flash of light, and ZAP! there are our new brother and sister nature spirits. And then there is a huge outpouring of light, the equivalent of our clapping and yelling; and then those assigned to the work of taking a new pair of nature spirits under their 'wing', step forward to meet their charges.

Is there a whole celebration, you know, angel singing and music and dancing or whatever angels and you nature spirits do.

Yes, there's some of that in the lead up to the main event, Plays of Light, we call them. They are inter-plays of our angelic light consisting of both nature spirits and other angels. Many nature spirits participate in these affairs, however, I'm a bit beyond all that now, I merely enjoy being thrilled by the whole spectacle and the build up of light. It all builds to a crescendo, the moment when the command is given, 'Let There Be Light', and a new batch is brought into being.

If you like, I'll invite you and Marion along to such an event, as there are more planned to occur throughout the next age.

Yes please, I'd love to see it all. I had a dream last night involving angels, and gee I felt so good in it.

I know. And you'll be having more.

I'm going to speak to Marion about it, as it helped bring up yet more of my yuk. Verna, do you - your kind - specifically do have anything to do with, say, the earthquakes?

No, not on a physical level, but we are involved on our level, but it's simply as pleasure, one of our fun things to do, not so far as making it happen or directing or controlling it, or anything like that.

Fun?

Yes, it's such a buzz to be in the centre of a big one, also volcanic eruptions, and to have the two together at once, well that's a rush of light for us. We gather, those of us who want to get such a thrill, right in the core of the quake at the slip zone, and when it goes off, the burst of energy, of light, is exhilarating to us on the spiritual level. We delight in it, it can't hurt us, and the light only penetrates so far as into our plane, it doesn't go into the

mansion worlds for example; and really it's all ours, one of our great pleasures. So whenever a big one is due, and also the little ones are not to be sneered at, there will be many of my kind having a party you might say.

Do you stand in a volcano and get blasted out of it by the spiritual light?

No actual movement, we don't get shot out of it light a cannon ball out of a cannon, but we do feel a great rush from all the light that's being liberated. It rushes up through us if we're in the right place, we all hold hands so there's a long chain of us to pass it one to the other. It's certainly good fun.

Do you have any feelings about the fact that many people might die in the event?

No, that's not our department, it has nothing to do with us. And what is death, and you only die when it's time, and it's all always perfect, even in your imperfection, so none of that bothers us. We don't have anything to do with humanity in a hands on way in that regard, so we're not part of your suffering. And we don't have the same feelings as you, we being of angelic descent are more akin to living how you observe the animals about you, we're not exactly feeling-less, but our feelings and level of feeling that you can relate to, is different to you. Even if an animal or plant suffers, and of course many do, far more than humans when such explosive natural events take place, we don't feel bad, for we understand the bigger picture, we understand what it's all for, and why such things have to occur. And on a deeper level of reality, not a conscious one that you can relate to, so too do all the creatures understand their role in the Great Scheme of Things, and they feel good about it, no matter what happens to them. Even if you abuse them making them suffer.

Okay, so you delight in such things as earthquakes and volcanic eruptions.

Yes we do. However, we don't because of that, want more of it to happen, we are completely accepting of it all; but I can tell you, those like me who are from the very old days, boy, did we have fun back then, we were delirious during those times of massive Earth changes. And there were some times of massive changes. All that Earth is to go through now will be comparatively mild, just a remnant taste of the old days. Relative to back then, the Earth is destined to remain quite stable. It will have one last massive bout of cataclysmic earth changes reminiscent of the ancient times when it's all to come to an End and Cease to Be, but humanity will be long gone by then.

Will you be around still then?

I don't think so. I don't know for sure, but because of what's happening to Austin and I, as in being so close to you, we feel that we might be close to our end of being on Earth. We might be nearing our 'Transformation'. And we hope so. We've see it all James, and now with our being able to communicate like this with you, it being the only thing we haven't done. It was amazing enough being around witnessing Mary and Jesus on Earth, but we didn't personally converse with them. So now with you and Marion as you're doing your healing and sharing with you all you're going through... So we feel, what could come after that, surely it will be our time to move on. We imagine we'll be around for the duration of the next age, having more personally to do with you, but then it and your time will be up, and so too hopefully ours.

Do you want to move on?

Yes and no. We do, but only of course when it's the right time. We don't feel bad that we're not, we are always happy in our immediate post, but still... you know how it is. When you start to feel a different stirring in you, and it's something like a call, something is calling you to move on, something you can't quite describe but you'd say 'you can feel it in your bones', then you can't help feeling something is afoot, and feel a little excited about it.

When you are transformed, do you lose consciousness, go to sleep so to speak, and wake up still retaining all from your previous existence?

We don't lose consciousness. There is, from what I am told, a rush of light, the most exhilarating to be felt by us, and then we're a new angel, still retaining full memory of all we've been. We don't lose anything, it's just that our circuits are upgraded so to speak, and we function in a different way and on different levels of light, so we're technically a new order of Creation, a new angel. And our 'Light Number' gets adjusted to comply with our new angelic rank.

And will you be still associated with Earth?

I don't know. We'll receive our assignment after it happens, so we can't know, making it all the more thrilling.

Verna, I'm going to have rest.

Yes, very well, I'll await your return.

Verna, I've got a few minutes before dinner.

No problem, I won't go further into the future stuff, is there anything else you'd like to know about me or we nature spirits?

One day when I was walking through the Albert Park park with mum, having spoken about nature spirits, she suddenly said 'there's one sitting up there on top of that tree', to which I asked her, what was he? doing. What did he look like? But in her dismissive way, she brushed all my questions aside by saying, 'oh you know, it's doing what they do, he's just sitting there looking at us'. And then she flippantly said in passing, there's one there in that bush and one in that bush, they're all around. And that was the end of it, I couldn't get more out of her. So what I want to ask you is, were you aware of that time I was with mum, and were they genuine nature spirits she was seeing, and what were they doing?

Yes James, I was aware. I've been with you throughout all your life. Austin and I have paid very close attention, for just this sort of reason, that you might ask us such a question. And yes she did see, could see us, however those nature spirits knowing they could be seen by her presented themselves in such a way for her to see them, if you know what I mean. And so they were there to be seen by her so she could tell you, but unfortunately, as you've been uncovering through your healing, your mother was only interested in showing off, saying she could see them suddenly out of the blue just to impress you, she wasn't interested, and still isn't, in anything further. She didn't want to know what they were doing, she didn't care, they were just there, she only wanted you to be impressed by her. And it annoyed her, as you recall, when you pressed her for more information, because that meant you were more interested in them than her, so she closed down on you, shutting you out as she'd always done, the result being tantalising you just to string you along.

Yes, I understand that now, in fact it was because of the dream about the angels last night and my discussing it with Marion that helped me to see what you've just said more clearly for myself. So the nature spirits were there in that situation just for us.

Yes. Sometimes we are told in advance that a mortal or mansion world spirit is to see us, we're told of the circumstances, and play our role in it. Mostly we're told when mortals will see us, so it's highly unlikely that we're seen by you on Earth without knowing you are

seeing us. And so mostly we present ourselves to you in accordance with what you need so far as your soul's experience is concerned. So in a way, our whole relationship with you in the negative is contrived, that being, being controlled by us. When people become true and of perfect mind, then we will be able to have more of a real and true relationship with those people who can see us and speak with us; we won't have to put on a show in keeping with your negative state, we'll be able to be more our true selves, as I can be with you, and that will make your understanding of us grow, taking it out of the fairy-tale type attitude you have now.

What I had.

Yes.

So that time when that jester-looking little person descended the tree we were meditating under in England, he was presenting himself in a certain way for me, all in keeping of my needing him - expecting him, to be cheeky and hopping about all over the place.

Yes, something like a cartoon character with an element of the funny dwarf human you might see clowning around at a circus you went to with your father when you were younger. But all in keeping with what you needed at that time, which was mainly to have the experience of looking into the other side during your meditation, all in keeping with helping you to open up to such things, all of which has helped you progress to where you are now.

It was a great experience.

Yes, and it was a pleasure to give it to you.

Was it you or Austin?

No, I'm saying that on behalf of us nature spirits. You see it's always a pleasure, another 'light-thrill' for us, any of us, to communicate directly with humans on Earth, and especially knowing we are helping them spiritually grow, as we did with you. There is a band of nature spirits at - what you might say - your disposal, I'll be telling more about that later. And that nature spirit was one of your band, as were the ones in the park trees and bushes there for your mother to see.

So mum can see nature spirits and other spirits in, what, the mansion worlds, or only the

Earth planes?

She can only see into three of the Earth planes: our plane, the third, as you'd number them, and the lower two, being the two Earth planes. If higher spirits want to be seen by her they would have to descend to these lower planes. Mostly she deals with spirits in the lower planes, which owing to their lack of soul development, makes what she tells people in her readings, dubious at the best of times. But as you know, she puts on an impressive show like she knows what she sees is right, and that's what most people seem happy with. But as you discovered, she can't go anywhere - deeper - with it, and she doesn't want to anyway, it scares her too much, because she'd have to start owning up to her feelings, and to feel them... well, you know what it's like.

I do. Thank you very much Verna, I have to make dinner now. I'll talk to you tomorrow.

Right you are James. Until then.

28 September 2011

All right Verna, please lead on.

Right! Okay, now let me see, where were we... Oh yes, the coming Earth changes, you want to know about them... so where to start, there's simply too much to tell you all at once, and what's the best way to do it... Well now, let me think some more...

What are you stalling for, trying to find inspiration, you know all about what's happening, are you trying to get my mind moving in the right direction, or WHAT!

Ah, that's it James, bring out a bit more of that mother of yours - HURRY UP WILL YOU!

Don't remind me, I can feel a very deep furry in my bones at how they treated me, but I'll be fucked if I can bring it up. I can only just sense it, and during the nights I feel so irritated, so annoyed by it all. I'm praying and longing to the Mother and Father to help me see and feel the truth of it all, for Them to bring it up in me, but it's like trying to get blood out of a stone. I've either got the lid so jammed tight on it, not wanting to know about it, or it's so far down inside me I'll have to be reduced back to my conception or

something like that before I'll be able to connect with it. I was talking with Marion about it, I feel like I'm a monster version of one of those Russian dolls, the ones that start small and fit inside the next size and so on. And each size and age I've shut off as I've moved to the next, so through my healing I'm being worked back into them, slowly becoming more conscious and aware of how I was back then. Marion on the other hand, has always felt she's all her ages and times, they all being up in her now, she hasn't blocked them all out like I have. So I feel like I need a few earth changes to shake me up, a good 7 pointer on the Richter scale to scare the daylights out of me. I was reading an article about a woman who was on her bed having a rest during the time of the last big one in Christchurch, New Zealand; she said she was bouncing up and down on the bed. And large rocks were rolling down the hill crashing into the side of her house, which she expected to slide down the hill itself at any moment.

It's all very well speaking about all these Earth changes and all the other terrible things that are to come, but we're talking about people suffering and being scared to death. The ones who die quickly are alright, going into their spirit lives, but those left behind, shit, it's enough to make you climb the walls.

I know James, but it can't be helped. It's as it has to be, all involved needing exactly all that will happen to them. And I know I can afford to be detached about it, even cold-hearted, but that's the way of things; and as to why God, our all so loving Mother and Father of Heaven would bring about such suffering, as many people will cry out, indeed as you and Marion have cried out during your worst times; well, that's what you'll end up finding out as you work your way through your healing as you are both doing.

Okay, your mind is ready now - you're ready now?

Is that because I suddenly remembered what you told me yesterday?

Yes, you've connected with it, so we can commence. You must have had to express this other part first.

So you remember I was talking about the acceleration of the rotation of the core of the Earth, but on inner levels, and how that's what's causing all the shifting in the crustal plates. And so this is what will cause most of the earthquakes. Now from your geology days at university, you remember being told about 'hot spots' where the continental plates move over places where magma forces itself to the surface bringing about island chains and chains of continental volcanoes, well there's going to be a lot more of these erupting as well, old and even ancient ones coming to life again.

One website I visit posts up-to-date information on the status of many volcanoes, and

many of them are coming to life, and have been for a few years, even ones scientists didn't know existed.

Yes, and this is going to increase. There are going to be a few mega explosive events during the next fifty years, some that will cause the sun's rays to be blocked out for a number of days, but nothing too bad. However there will be continuous smaller eruptions and many of them, all disturbing the normal way of things, such as air flights, communications, and causing many people to be relocated. It's not so much the intensity of the volcanic eruptions that are to come, but how many of them and what combined effect they will have. A lot of new lava is going to come out onto the surface, this having a heating effect adding to the general present consensus of global warming.

So is global warming a reality, or is it our imagination; and is it something humanity is doing, or is it naturally happening?

It's naturally happening, however, overall the planet is moving toward another smaller iceage, but that's a long way off. In the short term it will warm significantly adding to humanities problems, once all the volcanic activity gets going.

Along with the increase in volcanic events it will be discovered that the ambient temperature of the upper crust is also warming, the ground will warm up a little. We're only talking about one degree, but it will add to the problems of increasing the ocean temperatures, rainfall distribution, melting the ice at the poles and how and where food will be grown.

I was reading whereby all of this is coming about because of the breaking down of Earth's magnetic field, all leading to a pole reversal, this all being caused by the sun moving towards a solar maximum in the next couple of years.

It's all part and parcel of it. Scientists will continue to understand all that's taking place on many physical levels as events unfold. But really it's all being caused by the increasing spiritual light that's driving the whole thing right through Neadon, it's not just Earth and your sun that's being affected. On all worlds, ages are changing and spirits are moving on, and things are happening. You're just one piece in the whole.

So because of these warming influences, the weather will become more wild, more subject to change, and more unpredictable. There will be more: drought and heat, rain and snow, even cold extremes in some parts of the world, and less in others. There will be more wild storms in some places, cyclones and such, and less wildness in other places. Things will pretty much change all over the place as to how they have been. And some

changes will become permanent, other's fluctuating.

And because of these weather disturbances, so the production of food will change; in some areas of the world severe famine and food shortages will occur, in other places pests and disease will predominate. You've seen all of these things already beginning to happen, and they are only going to happen more and become more intense.

And then come the physical earth changes, not only from volcanic eruptions, but from the influence of large earthquakes.

Are the megaquakes I think I read Nostrodamus as predicting, going to come about?

Yes they are. And I'll tell you what will happen later on. For now, I just want to summarise and introduce all the main ingredients.

Okay.

The biggest problem with all of this will be disease. Some will say that new microbes will in some way become unleashed on the world, as if they've been buried all these years, and all the disruptions have dislodged them or brought them to the surface, but they've been around all along, and many will be simply new variations on old strains.

New drug resistance bacteria and viruses.

Yes, like I told you, and you've been reading about some of them. And what the increase of light and so energy to the world is doing, is selecting for these more superior strains, this being something mankind is bringing upon itself. You see, disease has to keep pace with your self and feeling denial, so the more you deny your bad feelings, the more you need help to make you face the truth that you are denying them; and disease, and pain from illness on the physical, is one major way of doing it. This combined with emotional and spiritual pain, is what's going to change humanity the most. In time it will become very clear that such drug resistant microbes have all been caused because of humanity's over-dependence on drugs used to block out its bad feelings. By the time most of the worst is over, there will be a huge backlash to being more natural, organic farming, less use of drugs, getting back to nature and more natural remedies. And of course there will be more people willing to understand that they only get sick because of their feeling-denial and childhood repression.

I've decided not to include most of Verna's predictions concerning the Earth Changes, because, as of my re-reading this - July 2013, none of them have happened, so I suspect she gave them to me just for my own

personal healing experiences. So I apologise if the continuity of the book from here on seems a bit odd in places.

So that will happen one day, people will no longer live on Earth?

Oh yes, you're only visitors like all species. Once you've evolved spiritually as far as you can, perfected all mansion world levels of truth and then fulfilled certain Celestial requirements, then effectively souls will no longer need to incarnate as there wouldn't be anything for them to accomplish.

Couldn't they just come to experience natural love perfection?

They will have done that for a spiritual season, and then it will be over.

So what will happen, will people just stop having children for some reason?

Yes, that's what will happen, as they ascend in truth above having children, they won't feel the need to have them. Slowly the population will decline and cease to be.

So there will be the last people - the last person - on the Earth?

Yes, one day. But what will more than likely happen is they will know it's the end, and all translate off the world at a given time into the Celestial heavens.

Like one big farewell. So all that's to happen to the natural earth now is to bring the Earth into the necessary condition for us humans to end our Rebellion and Default, start the healing process, all to move ultimately to that final translation into the Celestial spheres.

Yes. That's what it's all for. And just as humanity can't go on as it is any longer, there is no value in it, no spiritual growth even in a negative sense, so the natural Earth can't go on as it is. Things have to change.

I was reading about new experiments that have led to breakthroughs in solar energy, in that potentially mankind could find a way to harness the sun's energy providing unlimited pollution free energy. And if that were to happen whilst we're of the negative state then that would mean we'd end up concreting the whole world in our unlimited material development against nature.

You would, and that's why it won't happen for a time and why it hasn't happened yet. The Earth, and indeed the path of humanity's progression, even in its self and feeling denying state is not to go that far. Such technology will come about but only once humanity has turned the corner and will be responsible with it, not just using it to empower a cabal of elite people who control all the rest. The mind set you live in now has to be broken, that's why it's to be so cataclysmic and so fearful for so many people, to break them out of their current mind set. And once that's all been achieved, with more people seeking an alternative way and being determined not to go back to how you currently are, then such new information will be released to you, then your scientists will have such breakthroughs to achieve a workable end.

So you have to see that using nuclear power in a world that's unstable geologically is mad, and only mad feeling-denying people would even consider it. And so with the wars and the damage done by man-to-man, it will be shown to you all, just how heartless you are, how unfeeling, and how you all exist in relative peace only because of the false fronts you put on each day. And once such false exteriors are removed when the pressure becomes too great, you really hate each other, and all you call love ceases to exist. During the hard times a more truer love will be felt and borne out of the necessity for compassion for each other, but that's only because things will be hard. And so things have to be hard enough and for long enough to help show people that such falseness will not get them anywhere, that it's wrong and it needs to be given up.

So we have to be ground through it?

Yes, and the grinding has begun. The increased weather severity across the globe is going to keep increasing, with many areas of land that are currently inhabited becoming uninhabitable, and they will be so for a long time.

Verna, I'm going to make lunch.

Speak to you afterwards.

Verna, is there really global warming, or is it something that seems to be happening but is being made up by certain people. I think I've asked you this question before -

That doesn't matter James, I'm happy to answer it again.

Yes, global warming is real, but it's not happening solely because of humanity's impact on the world. Humanity is only minimally affecting it, the world for the most part being able to absorb all you do that results in global warming, however it's the Earth itself that is heating up, internally and because of external influences. And these will continue as I've told you. But all humanity does in regards to global warming will be of no account because of the overall changes that are going to take place.

I was reading that the government isn't totally convinced about it, and according to those who believe it will be a real concern, are acting tardy in taking the necessary precautionary measures.

Wouldn't matter if they were on the case, everything is going to change, and global warming will become obvious to all.

Okay. Now what about Antarctica, such a large land mass, but it is just there doing what... What does it do in the great scheme of things? I mean, why has it not moved to be habitable leaving the equivalent of the Arctic to freeze over.

The continental mass of Antarctic acts as a stabilising counter-balance in a kind of way to all other habitable continents. Without it the world would certainly and obviously be very different and humanity would still be able to survive, but it wouldn't be the same world, nor the same humanity.

No, I know what you mean, and really it's futile trying to imagine things being different.

But it's not one day going to be habitable?

No, it will remain as it is, a very remote place. It will see it's fair share of changes, the water will warm up substantially causing a large loss of ice and lessening in some parts, deepening it in other parts, the ice on land, but no people will be able to live happily and easily on it. In the end the bases from the various countries that exist there will be abandoned, as there won't be any point in keeping them up.

A part of the change coming to humanity will be seen in it coming back to itself more, life won't be so much about conquering the unknown regions of the planet and outer space. It will be about relationships, feelings, more emotion based. The age of the mind only, as it has been, is coming to the end. There will still be people investigating things, but not to the extent that there is now. People will want to have a more personal life, not the impersonal ones you all mostly live now. The whole drive from within people will be

to attend to their feelings, not advance their mind. It is to be an entirely different age, leading into ages more feeling inspired and based, this next age being only the crossing over. So there will still be a lot of the old remaining but over the centuries it will decrease. Once children start growing up in the new age their effect as adults will show what I mean. And each generation will successively add to this new way of humanity. You are somewhat removed from how most people view life James, you and Marion are now living the new way and increasingly so every day. But many people are still very heavily mind orientated denying most of their true feelings, being very much disconnected from their true selves. Humanity is way out of touch with itself, and it has to be brought back to itself. So a brick in the face is what it's going to get, something to shock it, not so much to wake it up, as that will take a very long time, but to shock it into feeling that it's wrong to keep going in the direction it is, both personally and collectively.

Verna, today you seem stronger in your light, more like it's Mary speaking to me. Is that true or is it me?

No, you're correct. I've increased my light bringing myself more into harmony with Mary, but it's still me.

Why?

In response to what you said the other day, I want to make more of an impression on you. And I can't do it as I was, so I've changed myself to be more 'Mary-like'. And it's fun! I'm much more serious now, my light is much more intense. Do you object?

No, not at all. I don't mind what you do.

Good. I'm going to increase my light even more for you soon, to be more like yourself. It being part of how I can help you, however you'll feel more like it's you talking to yourself.

Oh great, just what I need. I'm already talking to myself as it is - I don't want to keep feeling like I'm all alone with only myself to keep me company.

Nothing to worry about old chap, it's all part of the plan. These feelings of you feeling so alone are to pass, and then that's where I come in to help you feel more your true self, which won't be feeling alone. When you're true to your feelings, you don't, as you can't, feel alone. And I have part of the honour of helping you feel better about yourself.

You went back to more how you've been just then, didn't you?

Yes, I eased off my light so you could feel the difference; now it's back on, can you feel it change?

Yes, subtly, an increase in pressure in me. I can feel myself tensing a little, in my legs and around my chest. Fear I guess.

Yes, I've turned up my vibration as far as it will go, and you can feel the light beginning to impose itself on you, so on your negative mind, it threatening you.

Yes I can sense that. How do you 'turn your light up'?

Using my mind. It's easy enough, I 'think' higher vibration and it happens. I increase the frequency of my being. But I can't do it too much because then I'd cease to be the creation I am. And I can't go very far anyway.

You can't magically turn yourself into another being.

I might if you kissed me.

I'd have to be able to see you to kiss you, or at least know where to kiss.

I'll come and stand right in front of you... now, can you sense me?

I can imagine you there, I don't know about sense. I doubt I would if you hadn't told me you are.

That's right, you're not sensitive enough for that, but in time you will be. You have to finish with all your negative self-focus. Then you can kiss me and I'll become an angel of light!!!!

You're more back to your old self I'd say.

Yes, I have to stop being Mary's intensity to you, it's exhausting. So until we need to get serious again, I'll have a rest being my old self. So, what else do you want me to tell you?

I'd be more amazed if you told me the exact day and time.

You're not ready for that yet. First things first.

God you sound like Gran.

Now that's an idea, if you want me to sound like her, I can mimic her for you.

NO THANK YOU.

Oh go on, that'll be fun. 'Now James, you just sit yourself down there and I'll get your favourite dish on the go. Now, tell me, what's the mother of yours been up to...'

ARGH!!!!

Okay, okay, I won't go on, but I'm not telling you exactly when the volcano is going to explode. But I might feel like it when it gets closer to the time.

I'm always having to wait and see.

Yes, part of your negative condition I'm afraid to say. But if you're going to live with prophecy, that's what it's all about, waiting to see if it happens.

I'm yet to uncover just why I am so interested in the future and why I want to be able to know and even predict it. Marion's not interested at all.

Different astrological chart I'd say.

Ah, you're no help.

There's more to that than what you think jimmy-my-lad. It's part of you, it's who and what you are. It's part of your 'make-up', part of your soul's creation. You'll see, you're just starting out exploring this aspect of yourself. It's all been mucked up and shut off within you, but now certain channels at least are beginning to clear. Outsiders, such as Mary and I can at least tell you things about the future.

Yeah well you can tell me, but it still waits to be seen if what you say is right. I'm going to have break.

Speak to you later.

I'm sure it does, and if you feel bad, you know what to do with those bad feelings.

I don't feel bad as such, I'm waiting to see. I have a few thoughts like I should warn them, but how and what would I say anyway.

It's not for you to do anything about James, other than watch and see what happens. And as for the flora and fauna that will die, that's part of the natural life experience. And as for the people that will die, that is part of their life experience. And as for the ongoing ramifications it will have on the global community, that too is all you will experience, you in your way, and everyone else in there's who hears about it and feels anything.

So you reckon it's going to blow the whole island up.

Basically, yes, that's what's going to happen, but in phases. The initial blast will do the most damage and blow most of the island apart, the other vents and new ones to be formed completing the process bringing into being what will amount to a new island. The island will end up being about ten times it's current size, but that's going to take some time. The other underwater volcano you spoke about will also in time reach the ocean's surface forming another island, and there will be a few more underwater volcanos of varying sizes also formed in due course. It will remain one of the hotter spots for some time to come.

So what's happening to the Earth where the magma is? I mean how does it build up in pressure to come out?

It's a combination of internal earth forces and external cosmic rays. They both interact to produce what might be likened to bringing a pot of water to the boil. The more internal pressure that builds the stronger and more vigorous it boils escaping on the surface. The Earth has been relatively cool of late, meaning there's only a very light boiling going on, with most of the pent up pressure and energy able to be released through what has been witnessed, some occasionally doing a lot of damage, other times, not so much, but the Earth has been going through a very quiet time of volcanology. However that's all soon to change as it warms up into one of it's more active times. But as I said, not so active as in times gone by, but certainly more active than what's happened during this past two thousand years.

So the letting off steam, the increased boiling will keep happening for... how long?

It will keep building up during the next ten years, then it will plateau for the next twenty, then start to settle down. But within these years there will be times of greater and less intensity. You must remember that things happen relatively slowly on a geological time period, so this time will be but a hiccup in the great scheme of things, but enough to give humanity the experiences it requires to keep the pressure on it to change. You don't have to worry about it starting with a rush then petering out. The inner forces that are going to bring about all the structural crustal change will last for as long as they need to.

I wrestle with my feelings between wanting something drastic and very severe like what you and Mary are saying to happen to humanity so as to stop it's headlong pursuit further into evil. I want people to stop suffering and to stop damaging and ruining nature. And as far as I'm convinced, the only way for us to change is for this sort of cataclysmic happening coupled with all the trouble we can cause ourselves, like the wars and financial problems. But I can't see us suddenly waking up to being evil and willingly calling a halt to it. We're all too fucked needing too much power to make up for the powerlessness we feel, feeling so unloved. But then I also wish there was another way so the many people and creatures won't have to suffer so much.

What would you like, for Jesus and Mary to return and go through it all again, all so humanity could take all they said and use it for their own greed and self-denial. Or an Avonal pair to come and wave their magic wands and tell everyone they are heading in the wrong direction and can stop being how they are if they would only start honouring all their bad feelings.

I don't know, but yes, why not, surely some people might listen to the Avonal pair and want to try and find the truth of themselves. And then they could slowly influence others, and their children wouldn't be born in the evil so much.

It is a nice idea James only it would take a very long time for enough of humanity to slowly want to start living true. And it would take many generations to uplift enough people so their children were born of a more true level so as to affect the rest of humanity who were very happy being evil wishing to become even more so. And you know yourself that this slow evolution of truth is not 'sustainable', using that catch word. Humanity would implode through its own evil doings long before those few people who wanted to work hard on bettering themselves, reached the level of numbers required to have any positive

effect.

Humanity has been allowed to go far in its evilness this age, thoroughly exploring their denial of Mary and Jesus - of themselves, of the 'living truth'. And were it to head along in its current direction full steam ahead, brushing aside a well meaning but meddling Avonal pair who claim to be a Son and Daughter of God; with the Church saying they are fakes and Satan's minions and don't be fooled by all their good-works and... and you can see how it would be, and very soon humanity would be at the end of all Earth has to offer it. And it's not part of humanity's destiny in any way to annihilate itself by destroying the Earth.

You were reading an article about a 'tipping point' in ecosystems, and this is true, and the Earth has its tipping point, and were it reached, it would signal the end, one quick downward spiral that humanity would not be able to halt. It would bring upon itself and all life on the Earth the end, and that's not a part of anyone's soul plan.

How you have all been raised involves a lot of harsh unlovingness. And that's how you grow up and what you live in. And so that's what's going to happen to you to make you take a good look at yourselves, and for you to face some of the hard truths that you don't feel loved. So you'll have unloving experiences feeling that no one is looking after you, that God doesn't love you, that no one cares about you, because that's all part of what's in you, so you expect, even demand it; so God is giving you what you unconsciously want, that which your parents gave you. And it's going to happen on a personal and collective level, all in keeping with the requirements, the terms and conditions, of the Rebellion and Default.

So all good - ha, ha - civilisations come to an end. All man makes is destroyed one way or another, and all because it's all wrong and not good - it's bad. And you can liken this to yourself. You are all seeking to destroy yourselves through your feeling-denial because that's how your parents treated you. They didn't love you making you feel completely loved and happy about yourself and life. Because had they, then you'd express such love and happiness in the world building civilisations that lasted, that didn't need to be broken down and destroyed. You wouldn't have any wars, you wouldn't do unloving things to each other and nature, you'd live completely the opposite to how you do. So on a deep subconscious level, the child that humanity still is, pretending to be a mature adult in control of its environment, is still expecting, for it's still experiencing, that its world comes crashing down. You know yourself how many times your personal world crashed as your parents were mean to you, hurting you to the very core of your being, rejecting you and making you feel totally unloved.

We braved going on a shopping trip to Chadstone in Melbourne today, Marion hoped to by some new shoes, tights and woollen jumpers, as there is a limit to what is available

down here. And in David Jones a mother went past us with her very young baby crying, writhing around in its pusher. It was so horrible to see it, all alone, crying, no one caring about it. And even if the mother was going somewhere where she could feed it or change it, still all the time it would take for her to get there, it being all by itself, it doesn't know its mother is there. And why isn't she holding it anyway, why isn't she holding it to begin with, being more in touch with its needs. Why is she even out shopping with such a little person who needs so much hands on love and attention. We are so cruel, so unfeeling and heartless, and we don't have any idea. No one cares about the mother, she's all alone, all by herself, struggling along with her crying baby not knowing what to do. She's just like her baby, doing to it what was done to her, that which she's still doing to herself.

Exactly James, but it's how you all are, it's the language you understand and persist in living. So these hard times to come will speak to you - humanity - and you will listen. Of course you won't want to listen, but you'll be forced to, just as you didn't want to listen to your unloving parents, but were forced to.

Verna, thank you. I'm going now to watch the clouds.

Verna, I don't feel the need to know anything further about it, it's more of a case now of wait and see. I'm not really interested in all the gory details as that's more how I see it now. And I know I don't have to be interested but it's such a strong thing in me to keep asking you questions as if this is my next project to attach my mind to. To keep asking you right down to the fine points of all that's going to happen and why. And things have been coming up in me as to why I want to know the future anyway, and as I see the truth of them, I feel my desire to know is diminishing, so unless you want to tell me more about all you've told me about the future stuff, I'd rather move on speaking more about you and your kind.

I have nothing further to say James. I don't mind what we speak about it. It's all the same to me, whether we focus more on the future stuff or on myself or my kind, whatever takes your fancy.

Okay, so what about the nature spirits role in this volcano we've been talking about, do they have one, or do you just want to enjoy the pleasure of it blowing up.

No, it's not all just fun and games. We are directly involved in all the things to do with the natural earth, from it's core to the highest atmosphere. We don't so much control such

things, but we see they proceed according to plan.

That being... the Life Carrier's Plan?

Yes. As I've told you, they develop the life plasm which holds, if you like, all the ingredients on all levels the potential for what life is to become. And so along with this plan is also the projected earth changes. So we match the two together, ensuring they keep aligned.

So you ensure what evolves does so in accordance with the relevant earth conditions?

Yes. We mostly work at by knowing what plan there is for life and knowing what earth changes are to occur, we can ensure that life is affected the way it needs to be by such changes. We can for example move a specific individual creature into a place that will ensure it's affected as so desired by the earth changes, we do that by impressing upon its mind where it is to go. And we can impress on every life form that sort of light stimulant. With sedentary creatures, and getting certain plants to grow in certain places takes somewhat more planning, but still there's nothing we can't do. If need be we can physically affect the physical plane, literally moving a creature from here to there, or making a seed move to a certain spot and causing it to grow. We can't uproot mature plants or seedlings as it were, and move them about the globe, but we can on the seed level. It's easy for us to say, make one or a certain number of seeds germinate and then flourish in a certain place, and others not germinate, or germinate but then die, or whatever is needed.

How much do you interfere, as compared to how much would just naturally evolve?

On a percentage basis, we work at about 60:40 in our favour, that being we make 60% of things happen. The 40% happens mostly naturally as a result of our meddling - indirectly, so you could say we have a say in everything.

So you must have a very good understanding of ecosystems and the interrelation of everything and all what it takes to keep everything going?

We do, it being built up over years of experience. And it's easy for us to pass our experience on to each other. We can sort of 'download' it, or share it, with each other. But there are certain 'conditions' that need to be met for this to happen. Such as, if I was to receive all about one ecosystem from another nature spirit who is an expert in that field,

then I would have to be moving into that field, I couldn't just receive that information because I like receiving information, or think it would be fun, it all has to be for very specific reasons. And then I receive it as light, not instant knowing about it all as if I'm an instant expert, but as I learn and develop my craft in that field, I can readily access all I've received from others to help me. So it increases our learning time, which becomes more of an assimilation of knowledge.

So if we could speak to you, you'd have a lot to say about ecosystems and the environment?

Yes. And in time we'll impart it all to humanity. You are to know all about your world.

But we're really to know about it with your kind, not just as we currently are, with scientists trying to work it out themselves?

Yes, that's right. You're not meant to go it all alone, as we're meant to help guide you along a certain natural path, that being which corresponds to the natural part of you, the part of mankind that has evolved on Earth.

I see, so we'd evolve the truth parts of ourselves through our feelings, but so far as finding out about things, and receiving guidance as to what would be a good direction to move in concerning the natural plane, you'd help us there?

Yes, we'd ensure you kept up to date relative to your level of truth. We'd effectively help you in your relationship with the natural world, all in keeping with your feelings and the truth you were living.

So we wouldn't be going off on a tangent as we are now?

No, you would have long since come to respect and understand your true role in the natural cycle of things. You wouldn't be abusing the planet as you are, using it all for own self-gain. Some of your native people and early man did listen a little to us, but mostly all of that was too heavily interfered with by superstition, relegating us to being some sort of imaginary little fairy person.

So really our natural evolution is completely linked to the nature spirits?

Without our help you wouldn't be able to evolve it. As you can see for yourselves now.

We are meant to play an interictal role with you.

And so that would be done - how? Through those people who can speak, see and listen to you?

Yes, however not just them. Even if someone is not directly wanting to or able to communicate with us, such as Marion for example, as it's not part of her soul's growth currently, but that doesn't mean that we can't still help her through her feelings, which we do. We are able to impress certain insights and understandings upon her, we do upon you both, all of which help you understand nature more; yours and the natural world, and your relationship with it. So everyone who grows in truth, as a part of that growth, comes to love nature more, relating to it very personally through their own nature, so we are able to move in and be with you.

So there's more to our relationship with you than just being able to receive your instructions as to where to plant and what to do to grow huge vegetables?

That's right, that's the least of it. It's far more important for you to gain a true understanding of your own personal role in nature, how you are to conduct yourself with nature, and also the same with the impersonal, the greater whole. And along the way your knowledge about how things are in nature will expand directly through your experiences and with our input. But (put this in capitals please James); BUT OUR INPUT WILL ONLY COME TO THOSE PEOPLE WHO ARE STRIVING TO LIVE TRUE TO THEMSELVES THROUGH THEIR FEELINGS, by doing all you have written James; essentially, all Mary has told you and all Marion has told and helped you with.

So really your kind is to have a very close and complete relationship with us?

Yes, it will grow and evolve as humanity does. We are just a part of the natural realm as are plants, animals and the air you breathe. We should not be kept alienated from you. And just because you might not be able to see us, doesn't mean we are less important or have less of an influence on you, in fact we have more of an influence than does direct experience with plants and animals. Your hands on physical experience with nature is very limited, there is only so much you can do with and in it. But your understanding of it and it's relationship to yourself and yourself to it, is all but unlimited, it growing - your awareness of it all growing, as you grow in truth. And humanity is meant to grow in complete harmony with the natural world whilst it's here with it, not separately from it as you currently are. You are going against nature, not going with it, so you are going against

your own natures, not with them, which of course is why you're going against nature. Your parents set you against yourself, your own nature, so you don't see that nature offers you anything other than what you can get from it. But that's all thankfully soon to change, and as there is already a slow awakening taking place in certain parts of humanity as to how special nature is, so this will continue to evolve.

But won't we want to try and understand what causes earthquakes and volcanos so as to stop them or modify them, to change all that is natural?

You will in your current state, but in time such minds will become the minority on the world. The majority will want to leave it be, not tamper with things, learning how to be part of the whole fitting in with and respecting all other life, not taking over making everything suit yourselves. Other creatures are entitled to a good life, even though they might be less than you on the evolutionary scale.

I know, and I wish everyone else saw it that way too. It certainly would be a better place to live in.

It will come, it will take a while, but the groundwork for change is currently being put into place. Daily more people are waking up to how nature abusive your way of life is, and the earth changes will wake up a lot more.

So what about the volcano, what are your people doing with it now?

We're helping to agitate the lava to ensure it does what it's meant to do and goes where it's meant to go, and when.

How do you do that?

We do all we do with light. We can manipulate light to a certain degree; we have such powers bestowed on us at our time of creation. We have a range, and it's only a very small one in the great scheme of things, but it entitles us to use certain frequencies of light to carry out our work. So we 'inject', if you like, certain light into the magma stream, just as you've felt some of your accompanying angels inject light into your subtle-body system.

We can inject a light, it all being on a spiritual level into the physical magma or surrounding rock, that then subtly affects things on a physical level. If you were to study such phenomena, you'd find there were certain laws, as everything works on the physical plane according to certain truths, but it's our involvement that allows, and indeed keeps, it

all working in accordance with the laws.

So you're saying the laws are natural laws governed by, or are expressions of, higher spiritual truths?

Yes.

So all the natural laws scientists work out through their experiments and observations are really governed by higher spiritual truths?

Yes, and were you working to evolve your soul in truth, then as you explored the physical laws, so too would you become aware of the spiritual ones through your feelings.

I have had a small sense of this in my simple observations.

You have, and we've helped you, and for you and Marion it's not so much that you understand certain physical laws, but to become aware of nature on a higher level, feeling your love of it and all that goes with that as you come to love and respect yourselves more. Other people will do what you're doing and at the same time be more focused on certain aspects of a law or laws and how they relate to their growing levels of truth. This being what you could say is the true way to be a scientist, to come to know nature through yourself, the nature of yourself. Not remain separate from it whilst you experiment on it subjecting it to all such feelingless cruel horror. If you were growing in truth you wouldn't be wanting to experiment on anything or anyone because you wouldn't be experimenting on yourself, which so many people are doing without realising as they live untrue to themselves. They are an experiment in being negative, evil and unloving, not even understanding they are hurting themselves terribly, let alone hurting nature.

So it's conceivable some people will have very personal relationships with the creatures, whilst they are growing in truth.

You did with your little cat, she helped you enormously. People always benefit from nature, from their pets for example, but currently it's all very limited and all still with the person being the important one, it all being for you. But when you are growing in truth, then everything changes, and all the time, as you know well.

Yes, but still we both feel very sorry for Pots, that we couldn't have given her a better life.

You did the best you could in your negative states, changing as you grew in truth. And so far as how she was, really there wasn't much else you could have done, she knew you both loved her just as she was, and that was the main part of it. But it was all to help you heal yourselves, to stir you both up and make you feel certain bad feelings.

She certainly did that, it was nine very intense years with her. We all went through a lot.

But getting back to your involvement in the volcano, I have to try and stick to finishing off one topic at a time, or I forget what we've talked about - are there other things you do?

Yes, but they are specific to each situation. For example, it might be that certain individual fish are to survive the explosion, so we move them out of the area; or others are to die, so we move them into it. It might be that certain crabs are to survive or be affected by the warming water in some way, so we get them into their right places by the time it's to happen. We do things like that with certain creatures, and for some of the very slow moving ones we work on them for years moving them to their rendezvous with their future.

What about say the terrestrial lizard that lives on the island.

The same thing. If in the greater scheme of things some or one is to survive, we ensure that happens. If not, it doesn't matter, we let 'nature take its course'. We can for example engineer it that a certain lizard is removed from the island by some means, even utilising people, or one might stow away one night, it seeming to get lost at night, when no one noticed it climbing onto the boat, that being how it will leave the island. It might go to sea while the worst happens, then come back onto land at a later time when it can survive again. These are only examples, but as to why certain creatures appear in odd places at odd times, often might have something to do with us. But also we are to make certain creatures and plants give you specific experiences. It was us who made that budgie fly onto the bonnet of your car so you could take it to the pet shop. It was important for you to have that experience of being able to catch it so easily as if it flew to you to take it to a new home. All the odd experiences you've had with nature James, we've been involved in. Even with that brown snake at the Fishing Park, we ensured it was there for you at that time, and that it didn't do anything aggressive toward you. And it has been one of your more memorable experiences in your life, has it not?

It certainly was, it changed the whole way I saw such creatures. It helped bring up more fears about snakes from my early childhood, it helped me grow a lot.

And we drew your attention to the frog, Amand picked up that day on the grass, piquing your curiosity, making you feel good for 'rescuing' it, again helping you to grow in truth with nature's help.

Did it need rescuing?

That doesn't matter, it wasn't about whether it did or not, it was about your feelings, and still is, how you felt about the whole experience. As for the frog itself, it suddenly found, after you moved it to a safer location, that it wasn't as exposed to the sun and predators as it would have been, having been caught on the open grass by daylight. We would have to ask it if it felt good about what happened to it, in its brief interaction with a tall dark-haired specimen of mankind. But it was us that kept the frog on the grass to be found by Amand and for you to see.

So unbeknown to us, we too can be used as agents in your plans.

Always.

Verna, I'm going to finish now.

Until tomorrow...

'Young man?' You sound just like Gran. Well you're putting yourself out there Verna, laying yourself on the line. If it doesn't happen I'll never speak to you again.

Promise? I might have to have a word to a few of my fellow beings.

It's not that bad is it Verna, your having to speak to me. I know their twisting your arm to do it... but we mustn't fool around, it's no laughing matter, all those people might perish, and -

And that's how it's meant to be. If they didn't perish then they'd be deprived of that valuable life experience. Just because they die is nothing, it's the whole experience, what they are experiencing now, have done their whole lives, long or short; what they'll experience by suddenly or not so suddenly dying; and what they'll experience suddenly waking up on the other side; and then what that will lead to, their new lives in spirit. Death is just another experience, and one day humanity will heal its fear of death. You

don't feel sorry for people who go and pat the dog, or run around the block or meet a friend, these too are just experiences, just is death. Life is only one long series of experiences to be lived, and of course to be fully expressed, to express all the feelings good and bad along the way. And so by rights such people should be expressing all their worries, fear, anxiety, and even good feelings if they happen to be feeling them. And express them when they arrive in spirit. But as they aren't, that's where if anything you should or can feel sorry for them, because they are not getting the most out of each experience, they are living depriving themselves of experiencing life by being their true self. That's where all the pain, horror and torture is felt, not just in death. Death is nothing, and often a blessed relief for many people stuck in their negative state. All those people might end up feeling it was the best thing that happened to them, so you can't know, so it doesn't matter. You can only attend to and express your own feelings, so if you feel like fooling around with me, do it; if you feel you want to weep for the loss of those people, do that, but ALL SO LONG AS YOU EXPRESS ALL YOU FEEL ALONG THE WAY.

If only I could express myself truly.

You're getting better at it. And for you it's not about what happens to other people in the world, not even to your neighbours, it's what happens between you and Marion, that is all that matters, you both effectively living a different life to everyone else, even living in a different plane - 'world'.

They said a lot of dead fish could be seen floating on the surface of the sea around where the current new undersea eruption is taking place. It's about a mile down, and they are wanting to see if they can film what's going on there to see if the rift extends back to the island.

They'll get a shock as to what they do find. Humanity prides itself on believing it knows many of the earth processes well, having studied the geological history and done all their computer modelling. But the reality is, it's hardly scratched the surface in understanding how the Earth works, and these next ten years are going to have quite a humbling affect on the learned ones.

What will they see?

I'm not going to tell you. But it will literally open their eyes and get them thinking about things, things they've never conceived of before, only you won't know what such things are because they won't be making them public. If they did they'd scare the wits out of

many people.

Like the whole world is about to crack in half?

Yes, something along those lines. They will be stunned into not being able to do anything, and by the time they come to their senses and 'analyse all their data' it will be too late, not that they'd be able to do much anyway. They could evacuate the people, but the people part of it is not what this is all about. It's the Earth changing, and I've only told you snippets of all that's going to happen.

Snippets eh?

Yes, a bit here and a bit there, mostly main bits, but not all. You won't even hear of all the changes that take place, there will be too many to report. Each country busy having to deal with its own problems. But that's still a bit further on, first things first. We have to get the ball rolling.

You sound excited but it all.

I am, we all are, absolutely thrilled. It doesn't happen all the time, and it's been a long time between drinks. We don't care about human life, god, humanity has been knocking itself off by the hundreds of thousands for years. And so now it's 'Mother Earth's' time to have a say. And the mansion worlds are ready to receive yet another huge influx of spirits, not that they are aware of it. But all these new arrivals will put a lot of pressure on the existing status quo, it in itself being a great upheaval and bringing about a lot of necessary changes. So there's more to it than just what's happening on Earth. And it's all for humanity's benefit, it wouldn't happen if it wasn't. So we know it's in the best interests of everyone, even though great sorrow and sadness will be experienced by many, but that's what needs to happen. It all needs to happen.

So what are they going to see, if they are not going to make it publicly known, and as no one is going to be reading this for years, if ever...

Alright, seeing as though you've asked me so nicely. What they are going to see is a huge rift, not just a little localised crack in the sea floor that they are expecting. It will be a very wide gaping hole about a mile long and out of it will be flooding volumes of hot water, gases and lava in some points. But it's mainly heated sea water at this point, water that moves into the gap only to be heated and then rise out. It's currently causing little

disturbance, as you read, on the surface, but that's going to change.

Then upon closer inspection of their findings, they will conclude mostly to ease their own fears that the gap has been there for a while, that it's not new, and will require more study to see if it is widening. But they will be perplexed as to how it's not shown up before, and if it is new, how can such a large hole in the sea floor happen so swiftly and with no real seismic activity. But as I said, they don't as yet understand all the forces that are at play within the Earth and all the things such forces can do.

So what you're saying is a big rift like that can happen without any decent earthquake activity.

Yes, but it does happen with lots of small activity until the time is right, and then the earth can move apart, as if a huge bubble escapes with the sea water acting as a nice lubricant. Anyway, the rift is all part of the changes going on in that area, and when the volcano erupts the rift will be greatly extended and widened, allowing a lot of magma to surface. The whole area will become a boiling point, much marine life will perish, but then other life will flourish with the input of nutrients and warmer water as the currents move it about.

So the Earth is cracking open in this area?

Yes, that about sums it up.

13 October 2011

Hi Verna. My head is throbbing, so I might not be able to talk too long. I wanted to see what you said about something I read on the Internet. Apparently scientists have just worked out using their computer models a better explanation as to how super volcano eruptions come about. About every 100,000 years or so, it seems that Earth has one of these super eruptions, which blasts a huge amount of stuff onto the surface of the planet and fills the atmosphere with a gas cloud that lasts for years. Such mega eruptions cause the most damage other than large meteors hitting us, triggering ice ages blocking out the sun's warmth. They reckon a large amount of magma forms with all the pressures associated with it causing the earth above it to rise which then brings about cracks in the upper layers that get larger and larger due to the increased seismic activity, eventually cracking down to the magma chamber liberating the whole lot in violent eruptions. So is

that the sort of thing that's going to happen in the next ten years or so?

No, nothing that dramatic. You'll have large eruptions but nothing that will trigger ice ages. These volcanic events you speak of are becoming less frequent and all that's going to happen now will ease a lot of that pent up pressure. This time around it's other internal and external forces coming together to produce the series of volcanic activity we've been talking about. The 'Week of Darkness' will be about as bad as it gets. The world as a whole is going to continue warming, even though some parts will experience more extreme cold fluctuations. So you don't have to worry about having to always be cold during the remaining years of your life on the world.

It's cold enough as it is. We spend at least six months of the year in our winter clothes and with the heater on for some part of the day. It doesn't thankfully get as cold as it was in Europe, but it's still miserable, day after day. Then you get a slight up-tick, a touch of warmth, something to get your hopes up, only to have them dashed again a few days later. We'd like to live where it never gets more than 30 Celsius, and never below 17 at night. Can you please organise that for us. A bit of localised temperature adjustment just for us - in our house!

Sure, I'll get my friends onto it immediately. And I don't know what's got into me, not having organised it sooner for you. All that bad feeling expressing you've done about feeling cold over these years, oh I should have adjusted your climate so you didn't have to feel bad. We don't want you feeling bad so you can express those bad feelings to help you heal your childhood repression, now, do we.

No we don't! There are lots of other ways we can feel bad, so you can take the weather out of it.

But the weather was a big part of it for you when you were young, so it stays as it is. We know what's right for you James, you leave it to us.

All right, there's no use arguing, I give in. You may as well get on with it and make it snow, so we'll have more bad feelings to bring up. I've got to stop now Verna. If I don't feel too bad, I'll speak to you later.

15 October 2011

Hi Verna, I feel like a chat.

Me too. So, what will we chat about - volcanos?

Why not. More eruptions are occurring in the ocean near El Hierro, there's discoloured murky water bubbling up and spreading out over the surface being taken by the currents.

Yes, lots of goodness welling up into the ocean, it's all good fertiliser particularly in the tropics.

And a couple of 6 earthquakes happened yesterday.

Yes, all the scientists theories about why and when earthquakes happen will be put to the test and found wanting by the time all this is done. It's an unusual time, and a unique one for current humanity. It happened around the time of Atlantis leading to its destruction, but that was some time back and there were more and larger earth movements as in parts submerging and other parts emerging than there will be this time around. But still it will be the stuff for legends and myths.

Is there anymore you want to tell me about the future Verna?

No, now it's as we go. When things start to happen I'll be able to tell you more, but you've got a rough outline of what's to happen. And once things get going you won't need me anyway.

Okay, so we may as well talk more about nature spirits in general.

Okay, so what else would you like to know about us?

Is there anything you'd like to tell me?

Well now that you ask, yes there is. I would like to say to the people of future who will read this, that we are more than willing to make contact with you humans, however, **WE WILL ONLY DO SO WITH THOSE PEOPLE WHO ARE STRIVING TO LIVE TRUE TO THEMSELVES BY HEALING THEIR NEGATIVE STATES.** We can't otherwise, if people are choosing to remain as they are, all bound up in their evilness, untrue and bad feeling denial, as the new age will forbid it. Once the new Spirits of Truth

have been liberated we will have to adhere to them, not that we'd want to do anything else anyway. And we can't wait to have new Spirits of Truth to guide us as they help and guide you.

Now, why I'm telling you this is because there's going to be an upsurge of people saying they are speaking to nature spirits, people who are not doing their healing nor seeking the truth of themselves. They will say they are, and their nature spirit communication will be part of them doing so, but it won't be true. So beware, many people will say they are speaking to our kind when they aren't, speaking only to mind spirits in the lower mansion worlds and Earth planes.

And because of these people, you've already got it going on now, and it's always been going on in one form or another since the Default, there will be a lot attributed to us that will be nonsense. It will even become quite trendy to have your 'nature guide', particularly if you have anything to do with or a feel for nature in what will be considered an alternative way.

So you people who are striving to live true, you can know that we will ONLY come to those of you who are seriously intent on living true, and we'll have a truer relationship than all that other rubbish.

There are going to be two schools of thought about spiritual matters in the end: one that seeks to maintain the old ways in how they are now and a million mixed up and entwined 'new' ways, but all based around the same old tired themes. We are constantly astounded at how easily humanity can rehash something that's been around forever believing it's new and you are hearing it for the first time. But such is life in feeling-denial. And then there will be those people intent on healing themselves. All that exists in the mansion worlds will be able to start manifesting on Earth. You and Marion are helping to bridge that gap James.

So Mary tells me.

Well it's true and it doesn't matter anyway because you can't feel it for yourself until you've finished your healing.

What sort of incorrect things will people be saying?

Oh you know, that we're little angels and if you want one of us as an angel guide you'll only have to ask us. There will be the 'Mother' of all nature spirits, 'revealed', and if you ask her in your meditations, she'll grant you a nature guide. You know, that sort of thing. It's all corny really because there is no Mother or Father of us, we don't have any of that, but it will all sound very appealing and many people will think they are doing the right

thing by the earth, the plants and animals, by doing what their nature guide advises them. And not all will be bad. In fact a lot of it will be good, only as usual, being done without any awareness of the truth behind it.

So you mean it will be like those women who say they know all about the angels like that book we started to work on, when in fact they don't have a clue.

Yes, that sort of thing. But it will all make things even worse, which by the way, is what's going to happen so far as what will be called 'New Spiritual', or the 'New Spiritual Way'. Once the Christian stuff all falls in a heap there's going to be a lot of desperate people looking for something else to grab onto. And so there will flourish a plethora of these new so-called spiritualities, all which will do no more than all the others have done for humanity these past two thousand years. But in another way it will be good to have such nonsensical things because for those people who are intent on seeking and indeed uncovering the whole truth of themselves by healing their childhood repression, such idiocy and lunacy will stand out making their path all the more real and helping them stay committed to it.

For those people who will communicate directly with us, we'll be able to help you on all walks of life, not just things to do with nature. Our bearing and your intention will come through your love of nature and wanting to do the right thing by it and yourself and wanting to understand how to have a better, truer and more loving relationship with it, but don't think you need limit yourself to discussing and asking us for help on just nature topics. We'll be more than happy to speak with you about any aspect of your life, and many of us are well versed in the complexities of your negative mind, and all that it involves trying to get yourselves out of it, as many of our kind have been looking in on James and Marion as well as getting reports passed down to us from the Divine Love mansion worlds. And of course we have a lot of healed Celestial spirits visiting us, all who are more than willing to share their healing experiences with us. We are far more than just cute little nature fairies running about having little parties or casting some kind of spell on you. Forget about all of that and remain serious about the truth. But of course still express such feelings if you have them about us.

We are in fact your first contact with the spirit world. We should by rights be an open part of your lives wholly integrated by now. But instead you hardly know of our existence and we've had very little, personally, to do with you through these rebellion years.

So primitive man would have first had and maintained contact with you.

Yes, and it's really a part of our job to help primitive man understand that there are other

realities to life, and that spirit life is very diverse, and that we can introduce you to higher spirits, even to where you will be going after death. And we would help you understand the environment and how to be a proper caring participant in it. We'd help you understand how to relate truly to all creatures. We'd show you the whole web of life in the natural plane, all so you could master living in the physical. And we'd have assisted you in each upstepping, each new spiritual phase, all so that by the time humanity would be ready to partake of the Divine Love, it would have a full and thorough understanding of all the physical realm. You can't work it all out by yourselves, even though your scientists believe you can. You are only limiting yourselves to a very small part, and one that is a dead-end. But with our help and our being a natural part of your every day lives, we'll help you grow and expand into all areas of the physical, all to make your lives the most enjoyable they can be in flesh. We'll show you how to completely work with nature, not against it. We are to help bring you to the outer threshold of the physical so you are fully ready to move on into the spiritual.

That helps me understand where you fit in. I've overlooked your kind, wanting to talk and communicate directly with spirits.

Yes, we know, but now at least you're making amends for your snubbing us.

I didn't even know you were there, other than being cute little fairy people who do something with nature.

Yes, well now you know otherwise. And I hope I am showing you that my kind are more than a cute little Tinkerbell. We know about all sorts of things, and you only have to ask. We can advise those of the highest scientific minds on their subjects. And if only a lot of your scientists would listen to us, we'd soon have things making an about face. Which is of course why they don't listen to us. But you people who want to go in the opposite direction to the negative would be wise not to overlook us. In fact you can't overlook us, certain people are going to play key roles in bringing us forward, in making true connections and having real relationships with us, because humanity still has to include us as being part of its life experience on the physical plane, as part of its overall spiritual evolution and growth of truth. So we're not going to be dismissed and ignored for much longer, which we're very happy about. As I said, we've got a lot to tell you about, so we want willing-to-listen ears, and people who want to know, so ask enquiring questions. And all we're doing with you, will be in keeping with your healing, it will be part of it, just as it's a part of yours James.

So really we're to look to your kind to help us understand all about the physical realm.

Yes, we're your first spiritual port of call so to speak.

16 October 2011

Verna can you please tell me more about what we finished talking about yesterday.

Certainly James. As I was saying, humanity is meant to have an ongoing, ever broadening and deepening and satisfying relationship with us nature spirits. And really it's part of our growth as well, although many of us are having to forego this as they are to move on and have moved on without any personal interaction with humanity.

We are both meant to evolve together, you using your feelings, and we using our minds. It's the initial relationship as seen in the relationship between the Eternal Son and the Infinite Daughter, this being what you then maintain as you ascend through the mansion worlds and into the Celestial spheres all the way to Paradise. In the mansion worlds you move to relating more directly with angels, which you are then able to completely fraternise with in the Celestial spheres. And of course you can do all of this whilst of flesh, although until the morontial temple arrives, you can't actually see us. Those people with inner sight will be able to see us as we present ourselves to them, but they still won't be able to see us in our true form, you'll have to wait until you're Celestial to do that. But you will be able to soul-perceive our true state. And of course in flesh you can also start and evolve relationships with angels, you don't have to confine yourselves to us, but we'll help you fill in the gaps between yourselves and angels.

And I want to say here that we are not to be confused with midwayer creatures as referred to in the Urantia Book. They are separate to us. We can work together, but mostly we don't have much to do with each other.

What about, say you with the Australian Aborigines, how did they relate to you?

Not that well. All primitive people have had a little to do with us over time, but mostly it's severely limited by their superstitions. The Aborigines developed what they call their Dreaming, but that's all based on communication with their relatives in the lower mansion worlds and Earth planes, so it's all based on fear and is very limiting, keeping them in their primitive state and not allowing them to evolve in truth. All the primitive people, having been greatly affected by the Rebellion and Default, remained in their primitive states

because of their fears. Fear means you're living without truth, then it becomes a way of life, as you all live. So called modern man is only more able to use his mind to control his fears yet adding more fear all the time the further he moves away from the truth and his true self - the truth of his true self. So in your modern white world you are repressing more fear daily, making your lives increasingly stressful as you deny more of your true feelings.

Occasionally, even with more modern people, we are able to make contact and impart a little understanding about whatever they are interested in, but it's very slow, and only very occasionally now. Early on in Rebellion, and of course before it, we had more of a relationship with primitive man helping him to survive in his world, but that's faded over time until now where we have about zero input with you.

How did you help primitive man survive?

We told him of what things he could eat and how to prepare them as he moved over the Earth. We taught him about fire, about how to build weapons, about the land and environment and creatures about him. We advised him a little on relationships with us, nature and himself, but very rudimentary things, helping to slowly expand his mind and awareness. As you've been told James, humanity is meant to live with a continual input from spirit, and we're one of those inputs. You're not meant to live as you do now, all alone, with the only 'help' - as it's more a hindrance than a help, coming from the mansion world mind spirits. You are truly living in detention, alone, and without help from true spirit.

Other things we've helped man with is his breeding program, this being all in compliance with the Life Carriers scheme and plans. We might for example know that two individuals are to come together, it being very important for their children to come into being. So we're called on to help their survival, mostly unbeknown to them. So we might be called upon to warn of impending danger, we can impart a feeling of great fear to you so you back away or don't go that way. That sort of thing. All practical hands on survival things.

What about the 'powers' the aborigines have, such as they say being able to make it rain, or kill a person by pointing the bone, and their healing methods.

Yes, all that sort of thing we can help you with. We have the power to make it rain, and it might be that a certain individual has a leaning toward being able to perform such things, often associated with learning certain rites and obeying certain rituals, all of which are only mental beliefs required by the individual to make such things happen. They believe they

need to get into a certain mental state to make such things happen, and for them they do, it's all part of their belief system, but one doesn't have to do that, one only would have to honour one's feelings and such things would come about if it was for one to do them. There's really no hidden secret to it, no mystery, as all would happen naturally to those who were meant to do it, and they'd understand why and what it was all about if they lived true to themselves. Humanity has the 'power' to do all sorts of what you'd call amazing things, amazing feats, but they are all natural expressions of your personality. Some people might say you, James, have such power being able to so easy talk with us, but it's no power as you know, it's only that you want to do it, can do it, and enjoy doing it, it all a natural part of your personality's expression through your feelings. Marion on the other hand has no interest and doesn't want to do it, even though she's shown you she can do so if she puts her mind to it. But Marion is highly intuitive through her feelings, so she expresses this. Humanity has only made such unknown things into things they believe give them power, simply because one person can do it and other's can't. And as you are all so deprived of true self-power and so need everything you can to give yourselves false power, so you use such things to your advantage if you've got the feeling for them. But mostly such people under utilise their attributes making it become tied down and restricted to expressing itself through such rites and rituals. You remember when you went to the Spiritualists Union meeting and those women went through such an elaborate visualisation having to open up each chakra by saying a mantra, and then another one for 'protection' and at the end of the meditation, the same process to close them down. All of which you could sense as meaningless as you never did such things and nothing bad ever happened to you in your meditations and communications with spirits. But if they don't do it, then they believe something - a bad spirit - will try to take them over or corrupt their chakra system, so inevitably they draw to themselves the very spirits they don't want to be involved with. Had they been like you and just sought the truth, everything would have been fine with no need to waste countless hours through such fear based meaningless self-fulfilling ritual.

It was a good experience to go through.

It was a very important one for you, so you could understand what I'm talking about through your own experiences. So it's the same with the primitive tribes. But the time they've gone through all the rigmarole of their rituals, there's not much of a connection we can make, so mostly we don't bother; what's the point, nothing will come of it anyway as they are not wanting to divest themselves of such limiting and truth destroying and preventing beliefs. And the first thing we'd try to help them see is that such beliefs are working against them and not for them, they are only serving to keep them bound up in their fears, so they are hardly going to welcome what we have to say. So we get rejected by

you. We might get through to a young child that is yet to be subjected to such indoctrination, and what the child says or does might be picked up by an adult and integrated into the tribes society, but it's rare.

Mostly all the 'power' such people have, comes from the minds of the mind spirits. Some of the mind spirits, when banded together, can exert a certain amount of influence on an open mind, that is one with the right beliefs, to receive such influence, so they can make mysterious things happen, like things move and disappear, and certain hands on or spiritual or faith healings. And then there are other things some people might be able to do themselves, such as move into their astral bodies and fly around the world, even to a degree being able to materialise their spirit form for others to see.

And even to pretend they are in certain animals.

Yes, you can imagine if you are able to project yourself to a group of your tribe or another tribe presenting yourself as a talking kangaroo what effect it might have on those people, and sometimes the mind spirits can manage such things as well.

Most of how the mind spirits work is by maintaining a certain amount of power over their mortal receivers through fear. As you were increasingly able to discern as you became more familiar with people speaking with spirits, so much fear was used and mostly to the detriment of the mortal, who in the end would have to give up such communication. And even if all that's told to the mortal is couched in what seems to be loving new age feel-good terms, still if you look more closely and allow yourself to feel, you'll feel fear, that it's all designed to keep you doing what the spirit says through fear. We don't work with you by instilling or using the fear you have. We would never do or say anything that would cause fear in you. Those of our kind who would have used fear back when the Rebellion was in full swing have all been dealt with, so there are no longer any of them.

And I suppose those of your kind that that did fall, did help to negatively affect mortals.

Yes, just like the mind spirits continue to do. It's very easy to make a strong impression in the one you're trying to control on Earth if you are a knowledgeable spirit. The mind spirit or rebellious nature spirit could easily bring about stomach cramps for example as a punishment for not doing as you're told. Any number of things to keep the receiving mortal in line. And of course if he or she does as told, then great rewards. And such mind spirits can do such things with you, because of your early childhood belief patterns, that being how your parents treated you. So you expect it, need it, even demand it, to be punished or rewarded, so the spirits in that way are not transgressing any laws, they are

free to do it if that's what you want.

Verna, I have to leave it there.

Right you are James, speak to you tomorrow.

17 October 2011

Hi Verna, Mary reckons the end of the world as we know it, starts on Tuesday. Here in Australia we'll have to wait until Wednesday as it all seems to happen on the other side of the world. And huge bubbles are erupting on the surface of the ocean near El Heirro.

Yes James, and you don't believe her?

No. I can't see anything good happening, even if it means lots of world wide suffering. But I do like the suspense, the drama, the... but nothing will happen, just more of the same.

I was reading how this week also the world's population apparently is meant to hit the 7 billion mark, with 10 billion predicted at the going rate by 2050. India is to overtake China, China managing to keep its population relatively stable. So something needs to happen, particularly as most of the next three billion they reckon will be born in the poorest parts of the world, like parts of South East Asia and Africa. Frankly I can't see the purpose of so many souls incarnating to have such shit lives, many of them only lasting for a few short years. Does our Mother and Father want a good amount of people starting off in evil from Earth for some reason? That's not a question for you to answer, by the way Verna.

No, I won't even try, and as you can sense, I don't know what the Mother and Father want so far as that goes, we've not been told anything along those lines. But we do know that the world can't sustain all of you, so something has to change.

So everyone keeps saying. But if nothing happens during these next years, then really it's all a bit beyond me. I don't think I'll be around much longer after that. And at this rate, I don't want to be.

You're not enjoying your negative experience James?

What do you reckon - would you?

One of the large volcanos on the far eastern Russian peninsular erupted again, a lot of volcanic ash going high in the sky.

Yes, things will keep moving along now. I can't tell you more, you'll just have to be patient.

It's the only excitement in my nothing life.

Well the excitement is coming, you don't have to worry about that. All those things about the Earth needing to take things into its own hands are true, and it is. You've pushed the system too far as it is. And once the wars start in earnest, then you'll be doing far more damage to the planet in a short time than you've done this whole century.

That bad eh?

Yes. It's the nuclear element that's going to be used. It's inevitable, it has to happen so humanity can see it for itself the damage of such things. And not just to the earth and nature, but to mankind. Many people will greatly suffer and for a long time to come as a result of such weapons being used. Once the need to gear up for war becomes apparent, then all sorts of horrible unorthodox weapons will be used, many having far reaching consequences, which is all part of what needs to happen.

I was reading where a lot of young people in American don't know who Adolf Hitler is and what he did.

That's right, it's easily forgotten, particularly if it's very bad. So what needs to happen now is for the bad to be so bad that it's never forgotten, so that's what's going to happen. It's going to sear into humanity's consciousness, there to remain, helping to drive people toward themselves and their feelings instead of living going away from them as you have been doing all these years.

But surely all of this will have to be told to everyone.

That's right, it will be, it will be pointed out very clearly what went wrong. Not all will listen, but many will, and what will be said will make perfect sense.

Yeah, but who's going to tell them.

Who do you reckon?

I can't even change the batteries in Marion's little book light without screwing it up. So she'll have to do it, she's better than me at expressing herself anyway. People will just have to make do with all my poor English expression in my writings.

You'll manage James. And besides, once you're healed, you'll be good as new.

Once I'm healed, that'll be when I'm in spirit, so I won't be any good to anyone here on Earth.

You just never know.

I wish I did know Verna. All I've got now is a bunch of predictions to live for, given to me by two beings I can't even see.

Well you do need something to keep you amused. What would you do otherwise, you have so little to do as it is, so little other than speak about all your bad feelings.

Yeah, yeah, all right, so we'd better get on with it. What more can you tell me about yourself that I should know.

Oh, you tell them the little old nature spirit Verna is the most supreme leader of all nature spirits, and if you don't step into line I'll put the fear of something into you.

It's a bit unfair, to torment primitive man with all that hoodoo stuff from your side, when they didn't know who you were, whether you were good or bad.

I agree, it was very rough on them. And they were very confused, those who could communicate readily with my kind. What between having those rebellious nature spirits trying to control them through fear, and then those on the other side trying to help them stay true to themselves, they were the proverbial meat in the sandwich.

And unfairly it was through humanity that the battles for and against the Rebellion were fought. And they still were being fought right up until Mary and Jesus came. So it's no wonder you're all a little mixed up about such things.

From your great collection of experience, can you give me an example of the sort of thing that might have happened?

I certainly can.

Back in the dim dark ages, you will imagine a tribal chief has to deal with an internal dispute, one man taking another man's wife. So, should he allow it to happen, is it right or wrong; and what about the woman, what does she want, and should she have any rights anyway. You know the usual delimar, and one can always fall back on tribal law and simply carry out the required punishment, or one might want to hear the pleas of all involved.

But this chief is also open to being helped to understand things through his intuition, that being partly his communication with my kind. He doesn't understand exactly who we are and what our role with him and his tribe is, but he's aware that he can get some guidance from us. But then he gets conflicting advice. On the one hand he should leave it be, let the strongest man win - the woman is irrelevant. Then on the other hand he should see what each person feels about it all, they all having equal rights within the tribe, and he should work out with them what there is to do about it. But he's torn, and as the old way is simply to punish, as that's a lot easier and requires but one command from him being the chief and everyone knows the law - is he to follow his mind, or is he to listen to this other part within himself coming to him through his feelings, and a part that's far more complicated and involving a lot more work from all concerned, especially the chief. So how is one meant to be the chief when one has such conflicting and opposing forces within him. What is right, what's the right way to live life, and is there a right way, and does it matter anyway.

I see.

Yes, it can get very involved and complex, and so is the chief to settle every dispute this way, or simply come up with a bunch of unfeeling automatic rules to apply in each situation even if all the situations don't exactly fit what the rules were made for. Is the chief to become bogged down in all the personal internal tribal disputes; and then what about the ones involving other tribes. What is the chief meant to do, and what is being a chief anyway, when it was simply passed down to him in the bloodline. What if he doesn't actually want to be chief. And what are these voices in his head. Is he going mad, is he already mad, are they really a help or only a hindrance. So you can see it's not easy when the conflict is all about you, in the seen and unseen, as well as within you.

And he doesn't know that a Rebellion in spirit has occurred and it's affecting him and all people on Earth. He doesn't know that he's been conceived into being evil and no matter

what he does as chief is wrong anyway, and his only hope is to become less wrong by listening to the more feeling and caring side of himself.

24 October 2011

Verna, can you please tell me about what it was like at the beginning of the Rebellion?

Yes James. Before it, humanity was doing nicely, everything was moving along in accordance with the prevailing spiritual age. Humanity was very primitive, however receptive to our input. Certain people have always had the ability to see and hear us and so we were able to relate to these people truly, which means they weren't afraid of us; they didn't understand who or what or where we were, but they didn't have to, they just accepted us as part of their lives, just as they accepted everything that was in their world. People back then had more of a feeling for the other side, meaning they weren't so closed off to the deeper areas of their senses like you are now. For example, they were able to hear and perceive things more as an animal does, far deeper and beyond the ranges you do now. So they were aware of us, of unseen goings on, sensing our presence and being able to relate more freely to us with their minds. We were able to communicate more freely to them like we can with animals using pictures, ideas and simple concepts. It was easy, for example, when the time was right, to give someone the idea of rubbing two flint stones together to create sparks, to create a sharper edge on the stone, and then to convey the idea of using it to cut and scrape. Things like that. All the basic human survival things have come through to humanity from us. When the Urantia Book says that suddenly mankind developed fire, it was because of our input. As I said, you are meant to always have input from our realm and indeed from the whole other side being all in spirit who are to help you. Certain things do naturally occur to you as well, but it's meant to be a working relationship, we do a bit, you do a bit, all to help you move along in a certain direction. And if you don't accept our input then you're more prone to go off on your own, as many people have done and now do a lot, leading to dead ends and to things that make your life not as supportive as it could be.

You see, we know the way or path natural evolution is to take place, adhering to the Life Carrier's plans. And we know the way of your natural evolution and would help you adhere to the path if you accepted our help. And your natural evolution is designed to keep in step with nature, not to go against it as you are now doing. So when the negative influences of the Rebellion started to assert their influence on humanity, then this became increasingly complicated and difficult for you to keep on the right path.

The first we knew of the Rebellion was the arrival of certain angels that told us about such happenings. We had good and bad angels come and speak with us. We had the 'good' angels saying that a certain part of our localised area of Creation had Rebelled and it's negative influences were coming to Urantia (Earth), first of all as in the 'bad' angels, and then in the 'bad' Sons and Daughters; and then we had the bad angels saying they were living a new way, a way developed by higher spirits which would make things even better than they were. So it was all very confusing. And so, did we listen to them believing things could be better than they were, or where we to reject them wanting things to be as they already were.

How would it be better?

We were to apparently have had more control and say in our own lives. We were to be able to advance more quickly, we'd not need to take so many years slowly evolving to the next stage. However, we didn't know if what they were saying was right. It was too early on in our existence to know if there was any truth to it, we were all very simple ourselves in many ways, and none of my kind had moved onto becoming angels, it was something we were told awaited us.

So we were taken advantage of in a lot of ways, and many nature spirits followed these fallen angles - we didn't even know what a fallen angel was. We'd heard rumours about such things and that there was some amount of unrest going on elsewhere in the local universe, but so much was still so new to us. We'd mostly been concerned with our lives on Earth looking after the planet and now humanity. We didn't understand what all the fuss was about.

But you'd have been in existence for billions of years if you came before all life.

We had, but we'd lived very isolated lives. Like it is for humanity, so it is for us, it took us a long time to start evolving to any level and at a reasonable pace. We evolved at the pace Earth evolved, very slowly, but to us it wasn't about time. It's not about time to the creatures, to the plants, to the rocks, it's about being in the moment of one's existence, that's all. It wasn't until humanity came along that things started to get faster, all we'd done previously was in preparation for that.

You see James, the spiritual age before life existed on this world was for us what could be likened to your being in the womb. It's something of sensations, and looking back we weren't what you might call as conscious as we are now. I'd not have been able to talk to you back then as I do now, I'd be more like a single celled organism just doing its thing.

Then when life started it was a huge leap forward for us. Life! There were other things to do. There were suddenly more of us being brought into being. And then we were having visits from other higher spirits and angels. Up until then we'd not known of such things. We were like the primitive people plodding along doing their own thing when suddenly twenty-first century men and women arrive. You read yesterday on the Internet of the last remaining primitive people in the Amazon in Peru being sighted by a small group of people and filmed on video. How do you think such people would feel seeing suddenly other people of a different skin colour and with their modern ways suddenly appearing in their lives.

It wasn't however a shock or invasion for us, it was all part of our natural progression, but it was the start of our coming out into the wider universe to start to understand all that it was, and our role in it.

And so it was a slow build up as life took hold on the planet and we nurtured it and moved with it, having our say in how things were to go. And as we became more understanding of the reason for life, all to evolve toward helping these things called mankind to come into being, and then it was all about our existence also to provide a training environment for people, to help men and women prepare for their ascent to Paradise. And then suddenly the first truly human twins were born and humanity had arrived - evolved - and they had souls, they were different from all other creatures and we were fascinated. We all wanted to follow them around and see what they did and how they did it. And then we were told of our role in their lives and so it went. So really, although I've been around for a very long time, most of all I can speak to you about is recent, it's all that's happened to humanity that's brought me to where I am now, but that's still been a long time, a million years.

And then no sooner had we started to get the idea of how we were to guide humanity being able to see our subtle influence and understand all the different people, the personalities, the races and so on; and then to understand how their local cultures and society formed in the different climatic regions of Earth, we are told we can be something different to what we were, something supposedly better.

So it was news to us, we were taken by surprise. And of course in the great scheme of things we're not always told everything up front, just like as it's with you. We were left to find out a lot of things for ourselves, as we'd want to anyway; and then when we wanted to ask a question we went to the appropriate source to get it answered.

So it gradually became known to us that a Rebellion had occurred in our neck of the woods, and what a Rebellion was, and how it was to affect us. And we could already see all the signs around us with these angels that were not normally with us suddenly with us wanting us to do as they said in regards to our work with humanity. And many of my kind liked their suggestions, but others didn't. I found it to be an affront and it didn't seem

right. It seemed to me that things were going along all right as they were. From all Austin and I had seen, things were going along perfectly as usual, so we couldn't see the benefit of changing how things were. But others said they did and changed things and then everything started to go haywire. It was awful, and then by the time the Calistagia's rebelled we didn't know what was happening. We thought it was the end, that things would never be the same again, we thought that it was not right and found we had to side with others of like mind to us. We'd never been a divided society, we all loved each other, but that all ended and we were divided into three camps: those who wanted it as it was, so didn't want to interfere; those who wanted to change it for their own good; and those unsure of what to do, spending time in both camps.

And then when the Daligastia's followed the Caligastia's and things fell apart in their camp, and then with Van refusing to follow them, we all rallied around him and his soul-mate Ven, vowing to help keep things as they were.

It didn't take too long before what the Rebellion was all really about was made known to us. That it was saying, those who followed it, that they knew better than God. We couldn't believe the conceit, but there was nothing we could do about it, so we had to accept it and try to work with it, but that too was difficult because we didn't want to have anything to do with it. We tried our best to do what we could, but gradually everything became infected with the 'virus', except those of us who didn't join the rebellious ways.

And then with the Default of Eve and Adam, oh that was another huge blow because we thought and hoped that with their coming things would be put right. But that only added another dimension to the horror. It was relatively straight forward with just the Rebellion to contend with, you were either for yourself and against God, or for yourself and for God. But now to have to embrace the understanding that humanity, and so indirectly ourselves, were going to be affected by things without people seeming to know what they were getting themselves into, the Rebellion being passed onto them by default, oh, it was very trying.

But we came to terms with it, we understood slowly that there must be a reason and purpose behind it all happening, and even though we didn't know it, still it's happening for a purpose. We came to the same conclusions you and Marion are, that you feel very bad about it all, you don't understand why God would want to create beings and creatures to suffer, and yet it's happening and so there must be some purpose to it, only currently it's beyond your ken.

And it was well beyond ours too, but as we're naturally all-accepting being true, so we did just that, we couldn't do otherwise and found we could work within it, which we've been doing.

And then incredibly, to our little world came Mary and Jesus, and I mean to say, when we were told the Creator Pair of Nebadon were going to have their final bestowal life of

flesh on Urantia, well we were all nearly beside ourselves. As if enough hadn't happened already!

So there they were, two tiny little babies, and we loved them so much, and they grew up and did what they came to do, which to understand, that owing to their not infringing upon the Rebellion or Default on the flesh level because they were not of it, they would not affect any great positive change in humanity on Earth, and that their coming was mostly to stop the Rebellion on the spiritual level.

And then we had to understand that Mary and Jesus were not going to end it all as we'd hoped they would. That there was more to come, yet more horror we'd be subjected to, another two thousand years of it.

So we accepted this watching humanity plunge further into darkness, denying their true selves, and we understood what it was all about and why, and what would happen and where it was going and what would have to happen to finally end it in flesh.

And so we were told to expect yet another high spiritual pair, and then Austin and I were asked if we'd like to have things directly to do with you. And that blew our minds even more, and so here we are, doing just that.

We've come a long way James in our understanding of life, that I can assure you. And it's not going to stop. We're now embarking on a most unusual age, 1,000 years with the ongoing influences of the Trinity Teacher pairs, and you and Marion, and even Jesus and Mary in their way.

And humanity has to during this next spiritual age decide if it wants to keep going denying itself or stop all of that, and start to heal itself. And if it chooses to heal itself, then it will set out to fix all that's wrong eventually arriving back at its natural love perfection state and then carrying on by embracing the Divine Love. So the whole Rebellion has taken us all off down a very different track, and now we've all got to come back to the right and original path, and in a way, picking up from where we all left off. Humanity has to grow through all the stages it lost and denied itself. It's grown off on a perverted tangent, and it has to come back. So there's a lot for you to do, a lot for you to see, and we'll be right there with you.

So you can see, way back in the beginning we had no idea that our world would be subject to such transgression. It was to be a very lovely world, with a very dynamic and wonderful humanity. But that all got turned on it's head. Humanity became corrupted and all that was lovely, beautiful and true started to be ruined. But we can make it as it was meant to be, and you can make yourselves as you are meant to be.

So can you sense as I'm telling you all of this how it's affected me, how I've grown with it.

Yes I do, I understand. And it's helping me. You've been involved in it all, coming to

terms with it as it's all happened, seeing it all from the inside out, whereas for Marion and I, we're having to wake up out of our delusion and untruth, forcibly having to come to terms with it quickly, struggling to understand what it's all about.

That's right. We've had lots of time to evolve with it. But you're not separate to it in being part of the organic process. So as you say, you're having to wake up very fast, you've hardly had time to scratch yourselves before you're moving onto the next level.

I wish I didn't scratch myself, I'm so sick of having my rashes.

I know James, but it's helping you come to terms with all your discontent by making you feel as you feel - discontented. It's all part of what you need to help you become aware of how you are, of how it was for you through your early childhood. It's all part of waking you up.

So when Adam and Eve defaulted, that didn't directly affect you as neither did you have to join the Rebellion.

No, thank goodness. No, we're not humanity, the default of the Material pair only affected you directly, or should I say by default. And as for the Rebellion, although that started in higher parts of the universe, still, no one has the right, or the ability - the power, to make anyone else go against themselves. It's a law of Creation. So those who rebel must make it sound appealing for others to follow them and join their rebellion willingly. Only you on Earth can force others to do your will, your children and other adults and some of the creatures. And you can only do it because of the technical breakdown in your spiritual evolution. A humanity that is 'parented' by loving and positive minded and willed higher Daughters and Sons, can't of itself rebel or default. Certain individuals might choose to go against all that is good, but they would not be able to force another to do their will.

So the only reason you can enslave others and treat your children as if they were slaves, yours to do as you please with, is because of the higher spirits going against all that is good and true. They set the example so to speak, for which you had to follow.

So everything we do in our lives to make us feel good, we're doing to keep us from feeling really how bad we feel.

Yes, right down to the smallest things. And you can feel this. You and Marion are now aware of all you do to give yourselves something to feel good about, all whilst you accept

just how bad you really do feel.

Yes, even my doing this writing is doing something to make myself feel a bit better. It's too hard just feeling bad all the time, even though as you say, that's how I do feel. I am slowly coming to terms with just how bad I do feel. It's easy to say that I feel bad all the time and everything I do is wrong, but to actually and really FEEL it, it's so hard to do.

And all you do is allow yourself to grow or evolve into feeling it. It's one long waking up process to the truth of yourselves. And it takes time, although really for you both it is happening very quickly.

Yes, well I'm glad it's not taking millions of years, although probably in a million years times I'll be saying something else.

Oh no, you won't have to wait that long. You've got things to do when you're healed, and humanity needs to be made aware of the bad state they are in. They are not going to wake up to it themselves, they can't, and were they able to they'd have done so by now. Even with the Urantia Book telling you all about what's happened, people still can't apply the truth to themselves and realise that all that they are is wrong, false and untrue, as you've been able to do. They refuse to get it, they don't want to get it, because unlike how it is for you and Marion, they don't see and so have an alternative. At least you both have been able to feel that there is a way out and have been applying yourselves to achieve it.

Verna, I'm going to have rest now. I may come back later.

I'll be here.

8 November 2011

The days of November are ticking by...

Oh ye of little faith.

Faith, smraith. If I were a betting man, I'd wager that nothing will happen. Your predictions will be as bad as Mary's.

How much do you want to bet?

Hmm, I've got nothing to bet with, what would you like anyway.

For you to BELIEVE!

God Verna, now you sound like one of those God-fearing preachers.

Not I jimmy my lad, you'll never catch me mimicking one of them.

Okay, so back to being serious. There's still apparently a lot of underwater erupting going on, lots of bubbling in the ocean.

And there's going to be a lot more, wait and see.

I am enjoying all of this. I don't care one way or the other as to whether or not anything of what you and Mary says comes true. It's all helping me let go all that stuff, my need to know what's coming ahead of time. I do feel something is 'rattling down the pipe, to quote Harvey Organ, who's God blog I read each day, but as to how it manifests, well I don't really care anymore. I can see that it's going to be hard for a lot of people, possibly even for Marion and I, but somehow I don't even care so much about that anymore either.

Good, that's the effect we wanted it to have on you. And as you say James, it doesn't matter, the future will take care of itself. And as you're beginning to enjoy expressing all your feelings, that's all life is about, expressing your current feelings, and not worrying about what the future might or might not bring. However if your current feelings are fears about the future, then as they are current, so you express them, but that's all you need to do, all the rest as you're beginning to see and understand, takes care of itself. And there is never any hurry, no need to be in a rush, dashing here there and everywhere, like some people we know do.

That too is settling down in me. And god what a relief it is. The more I feel I'm letting go of being like mum, the better I feel, just plodding along myself.

Good, because that's the key to true happiness, just being yourself. It's trying to be everyone else they made you believe you should be that's screwed you up. And as you're clearing all that yuk out of you, so what's left is only you - just you. And just you is good enough. It's perfect.

Thank you Verna. I'm going to leave you now.

Oh, what so soon, I was just getting started.

I'm sorry, but my eyes are hurting. I'm finally giving in, I'm going to have them checked and get reading glasses. They've been getting more blurry in my short-sightedness over these past years, but suddenly even this 14 size font is also blurry. So as I was watching the market a bit today, so they are hurting with the strain.

So, until we meet again my dear fellow.

Bye Verna. And thank you for talking for me any time I feel I want to.

19 November 2011

Hi Verna, still no change. Still lots of stuff bubbling up in the ocean from the undersea vent, still lots of deep little earthquakes, but nothing other than what's being going on for some time.

It's not the end of November yet.

24 November 2011

It's the 24th. The count down has begun again. It's not going to happen.

It's about time I went on my vacation.

Yes, I would imagine so, I'll see you in December!

27 November 2011

Three days left...

I know, I know. Let's wait until then before I fill you in.

Alright, but I'm beginning to get some idea of what this is all about.

Yes, well don't ruin my fun in telling you. So let it run its course and you might get more of an idea.

Alright, I'll come back after the main event.

Yes, you do that. I'll speak to you then.

1 December 2011

Nothing happened!

No.

It was all a set up.

Yes.

Okay, why?

Why do you think?

To help me let go of needing to know, or believing I need to know, the future.

Yes. And so have you?

I don't know. What you and Mary said helped that's for sure, by fulfilling my fantasy needs, and then by them not coming true, helping me to see it was all a fantasy. I don't feel like I need to know about it anymore. My well-being doesn't depend on it. I'll just see what happens. I wouldn't be surprised if some of what you say does come true some day, and perhaps not in the sequence that you said, but that doesn't matter either. All you both

said, along with all I've since been through, has moved me on, more into just wanting to and enjoying being focused on what's happening now, in the present, in each feeling-moment. I feel like I'm slowly coming out of my fantasy world and life, I'm seeing more about it all each day, how it all is which I am writing about with Mary, and I want to give it all up. My whole life is one big fantasy, everything I do and how I see things, and I want it all to go. I want to live in reality, unafraid of it, of the truth, and able to and accepting of all it makes me feel. I want to feel all my feelings and not hide or run away from them. I want to come out. Out into the world being my true self.

And it's happening James, you're getting there.

I do hope so Verna. Sometimes I think I can feel it but then at other times, I'm a million miles away. But all so long as I keep seeing more truth about myself, and being able to express all I feel about all my problems and bad feelings, something must surely be happening, and if not anything else, at least my feeling those feelings is happening, and that's a great improvement on how I used to be.

So is anything you told me true, or is it all make-believe.

You'll have to wait and see.

Okay. I've decided to leave it all in my writing as is for the time being. If I'm still alive at the end of the next ten years and none of it came true, then I might see what I think about keeping it in there.

You'll be a very different person from how you are now by then, you'll be seeing everything in a different light.

I hope so, like I'll act on my feelings about everything; so as I said, for the time being I'll leave it be and see what happens. And as for speaking to you about the future, also for the time being I'm not going to anymore. And of course my feelings might change about that, but that's as it is with everything.

Yes.

Verna I do want to keep speaking to you about other aspects of yourself - of nature spirits, however with so much time being taken up now with my latest go at trading, would you mind if we ticked it along whenever I feel like writing with you.

Not at all James. I am available to you right through your life. You only have to think of me, want to write with me, and I'll be with you and more than willing. So you do whatever you feel to do and I'll fit in with you.

Thank you. So for now I'll say goodbye.

Righty ho, and I'll look forward to next time.

Thank you Verna; and did you enjoy making all that future stuff up?

Yes I did as a matter of fact, working it around your hopes and fears and using what was already in your mind. And anytime should you want more, you only have to ask.

I'll bear that in mind. See you Verna.

Goodbye James.

25 February 2012

Hi Verna-

James, good to hear from you! You've got a few things you'd like to talk with me about, well my dear boy, go right ahead.

Marion and I are reading accounts of spirits in the lower mind mansion worlds who spoke through various trance mediums. And what I wanted to talk with you about was in regards to animals as a few things have popped into my mind concerning them. All of the spirits say there are all sorts of animals, and in particular people's beloved pets, in these lower worlds and their planes.

Yes, that's right, as long as the spirits want them, so they will remain in spirit form. But as you rightly suspected, it's not the actual animal that is now a spirit these people had or knew of on Earth, but a mind created 'version' or replica of them. They are to all intents and purposes the same animal, but without the fear of mankind, with you understand, a few simple modifications, all to suit living in those spirit worlds. And being in spirit the spirit and animal can communicate more so than you were able to on Earth, all being done

through the minds of each concerned

Yes, the sixty year old cat welcomed the man who just died to his new life.

Yes, that sort of thing.

But what I felt last night was is it right for humanity to keep such creatures from whatever happens to them after their death, using them for our own sakes, for our own love deficit, not considering what might actually be right for the creature itself. But now as you've said that it's not the real creature, but one I guess created and sustained by angels - or is it by you, the nature spirits - I guess there's nothing to worry about.

No, not in that sense. And you're right in that it's one's angelic guardians that sustain such creatures in the mind mansion worlds, the angels sustaining all other life in the mind mansion worlds.

So like the flowers and trees and grass the spirits talk about.

Yes, it's part of the lower angels job to look after all of that in accordance with the needs of humanity. It's actually part of our role as angels when we've moved up from being nature spirits to Earth.

And I take it as I can hear you telling me before I write it, that you nature spirits don't have anything to do with the mansion or higher spirit worlds, only being concerned with and so focused on Earth.

Yes, that's right. We are only concerned with the natural realm on Earth.

Okay, so in one of the stories the woman spirit said that as she embraced her dearly beloved, a man she loved but couldn't be with on Earth, but now found he'd been waiting for her to come to spirit with their lovely house and all the pretty flowers in the garden waiting for her, just as she'd have wanted it all to be, the flowers suddenly grew huge and tall turning into what looked like umbrellas hanging down over them. So that sort of thing is all controlled by the unseen angels.

Yes, all in compliance with the intentions and so will and needs of the individuals concerned, just as the pet black cat was suddenly inspired to 'talk' to the recently arrived man from Earth. That inspiration was not actually the cat itself wanting to talk to the man,

but the cat being inspired to speak by the angels, in league with the man's indwelling spirit, which, is of course, is in direct communication with his soul. So you could even say it was the angels talking to the man through the cat, or even his Indwelling spirit via the angels and angelic created cat, but that doesn't matter as it's what the man needed to hear - the cat speaking to him, and the feelings it brought up in him.

Yes, I see. So if when I die and I want Potsy to come and be with me, I'd only have to want her to be with me and an angel would 'create' her, 'bring her back to life', for me. But it still wouldn't actually be her, even though it would seem like it was her in all other ways.

That's right, however as you no longer need such a pet, she'd not be 'manifested' for you. You can manifest her for yourself in something of a similar way in your memories of her.

So what's happened to her, to her spirit. And these spirits in the book keep saying that once in spirit they realise that animals do have a soul after all, and are much higher in being than they previously thought.

They don't, as you can perceive James, have a soul, these mind spirits only believing they do, however they do have a spirit, as everything that is alive on Earth does; but when they die they don't go on living as for example being a spirit cat in animal heaven. There is no separate world, or one shared with spirit humanity, for creatures after they cease to be on Earth. What happens to them is their spirit becomes part of the collective spirit from Earth, it's there to be used when deemed necessary by higher angels in bringing about my kind.

Yes, that's what popped into my mind the other day. So you are in a way a 'product' of Earth creatures?

Well I'm not personally, but a lot of my kind are, yes.

You're not?

I'm not the general, what you might say, run-of-the-mill nature spirit.

Oh?

No, I am one of the few remaining originals, as I've told you before. You see James, what

happens on a newly formed world when there is no creature life established and it's time for nature spirits to begin preparations for the Life Plasm from the Life Carriers, a certain amount of 'original' nature spirits, as so required to meet the needs of the world and the work at hand, are brought into being by 'creator' angels. And from then on, once life has begun, all subsequent nature spirits are materialised by such angels using the direct 'spirit' that's accumulated from life on Earth - not including the spirit of man of course as you are always separate having souls.

So in a way, the animals for example do live on, but in a different form.

Yes, you could say that... in a way. However the nature spirits in question are not aware of what creatures have specifically contributed to their being, it's not like that, it's just the spirit, or in a more simplistic sense, 'life force' of those creatures used by the Divine Minister through Her mind circuits and brought into being by the relevant angels as the desired nature spirits. So it's the 'spirit' of life that is constantly evolving you might say, because as you know, when our times comes, we nature spirits are re-materialised as the lesser or lowest angels, then to work our way, or evolve our minds up through the ranks. Not all the way mind you, we can't evolve to become some of the highest angels, they have been and need to be created separately and for specific function, but to the level of general Seraphim, which suits us just fine. As Seraphim there is more than enough for us to amuse ourselves being for the rest of eternity - so I am told. We might also get chosen at some time to become Seraphim who are guardians to mortals or those in the mansion worlds, even possibly to ascend to Paradise, but that's a very long way in my future, and it's too much to think about for the likes of little old me.

I don't buy into any of that little of you stuff Verna. I know you're more than capable of entertaining such vision.

Oh dear boy, you're not beginning to see through my veil of disguise are you?

Oh god no, I wouldn't dream of that Verna. A Lady has to always have some secrets - so I am told.

TOO BLOODY RIGHT MATE!

Verna, you are a constant surprise. And some LADY!

Fun, I hope, you're life is so miserable and dreary, you need to brighten up laddy.

You're now beginning to sound like all those controlling women I hate.

TOO RIGHT I DO, I'm glad it's you and not me.

So what else did you want me to tell you about?

That's it really, but as I still feel like writing with you, I'll state some of the things you've already said, as I know you'll say more.

TOO BLOODY RIGHT I WILL MATE!

Have you been hanging around some real authentic Aussie males lately or something.

Wish I had been mate. No, I just wanted to bring a smile to your face.

Alright then mate, so animals don't have souls...

Nope, only a spirit. All creatures of Earth are created for the service of mankind. They are only there for you, not for any other reason. However that means you can use and abuse them as you do. It means you can revel in their gloriousness, loving and appreciating them. Creatures of nature don't exist on worlds just for themselves, there is only life on the material planets for the mankind that lives on them. There may be life in existence for a long time before mankind evolves but still it's all part of the preparation for when mankind does come. There needs to be an evolution of the Life Plasm, as you've seen in the fossil record. There can't suddenly be animals and plants of the higher orders where before there was only bear rock. Well in fact I'd better qualify that last statement, there can be suddenly animals and plants, any life of any order at any time if it's so deemed by those who control such things, but ordinarily, and always as in an evolving world as Earth, is there a natural evolution of the spirit of the Life Plasm.

The original Life Plasm from which all original life comes, is more of a spirit essence than some primordial goo. It's within its spirit that lie all the potentialities of life as seen on your world for example, not in the biological goo that is put into the shallow warm seas of long ago.

The goo is materialised by the Life Carriers, but the inherent life spirit of the goo is given to us for our safe keeping, and it's our actions upon it that cause the necessary natural mutations to occur to evolve natural life.

We are the custodians of the life spirit of natural Earth, it is our 'Life Spark' that acts upon it and causes it to maintain it's physical compliment as being alive. And when the

creature or life dies, it's life spirit remains, but instead of going back to being part of the original Life Plasm spirit, it goes to await being called upon for the creation of nature spirits.

As the Life Plasm is used by us to generate and sustain life, it changes in its form, so it too in a sense evolves. Nothing is stagnant, everything is ever-changing.

So say in regard to Pots, all the experiences she had goes into this collective spirit essence to be used to one day bring more nature spirits into being.

Yes, and different creatures and levels of natural life go into different 'collections' of spirit. So for example you might have a collection of animal spirit comprised of all the pets people have had during certain ages of humanity's existence, or one comprised of all the wild animals, or plants during a certain spiritual age, and these collections are then drawn upon in the creation of the required nature spirits. It generally works in that, lets say for this current age which is now ending, Mary and Jesus' spiritual age (all ages being spiritual even if they don't involve mankind), all the life spirit that is accumulated will be used to bring into being all the newly required nature spirits that are needed for the next age. So the nature spirits being formed now, out of the life spirit of this age will be 'of the spirit' of all ages past, and so more than ready to deal with the roles that await them, that they will be called upon to live. So these new nature spirits will in a way be familiar with all that is humanity, all the negative effects it's having on nature, all in a sort of unconscious way. So they will be ready to move ahead with humanity through this next age, being formed out of the past age so you might say. And as nature spirits are constantly being 'upgraded' - to use one of your computer terms, to angelic status, so there is always the need for replacements.

So you see James, no life experience is ever wasted.

So Verna, all the horror that we inflict on nature, all its suffering is really for a good cause in the end.

Yes, I'm afraid it has to be that way, as humanity needs to be able to use it in its evilness, but it also then affords such experiences to the spirit of such creatures which become the foundation upon which nature spirits can come into being, and thereby help nature.

Help more of it suffer at our hands.

If that is what's to happen, yes.

So a nature spirit that say was created in the early days would not be able to function now with humanity.

No, not unless like myself it's evolved its spirit to keep pace with humanity. But if you were to take us nature spirits as we were when the dinosaurs ruled the Earth, and suddenly transported us to the present day, we'd not be able to relate to such life on Earth, we'd lack the inner knowing or foundation of spirit, which really is mind, upon which to base our existence. Simply, we'd feel so out of place that we'd be rendered useless and unable to do anything for anyone. We'd not know, or feel, what to do. Whereas for us now we just do know what to do, we don't have to think about it.

But the consciousness of Pots for example, has what... died, or ceased to be.

Yes, she as herself is no more, but she as her spirit still 'lives' in the collective awaiting manifestation into nature spirits. And the spirit of her is far more real and valuable than her physical consciousness was, just as the true spirit and soul of you is far more real, vital and valuable than your present consciousness. Your consciousness is only a product of your relative state now, it's always changing, so it is always dying and being re-born, but your spirit, as in being the outward representation or expression of your soul as a personality in Creation, is always present, but constantly evolving. And in humanity's case, that evolution being shown as and expressed by - how you live it, your truth. And for us and other angels, it's our mind, our light of mind.

Are you sure you're just a nature spirit and not some highly evolved spirit being knowing all of this about us and everything else. I still find I'm stuck with the impression that nature spirits are only little people of light that live under toadstools and mushrooms.

I know James, which is a pity, but as my communication with you is hopefully showing you and will indeed show other people, we are not just little happy-go-lucky fairies. We are only these things if people want us to be, and for the most part that's about how it is in the minds of humanity. But as you can see, we are far more also. We are great mimics being able to be anything you want us to be, which you might bear in mind. If you want us to be cute little gum-nut babies, so we will, if you want us to be highly knowledgeable beings of the realm, we can be that too.

And as for myself as I've told you, I'm somewhat in an order of nature spirit that's quite unusual. First of all I've not moved on to becoming an angel. I and others like me have been asked to stay behind to be of service to humanity in ways other than just our usual tending to nature. We have been educated on the likes of what you might need from us,

so I am knowledgeable about such things that you are interested in.

So what you're saying is not every nature spirit is like you.

No. I am in a special order that's resulting from the necessities placed upon our orders by the Rebellion and Default. You see humanity is going to need a lot of help from us in all areas of life as it starts to heal its evil ways. So I am something, and I hope a good one, example of what people might expect from interacting with such nature spirits of my level. And when people are to communicate with us, we'll be ready for them.

And I suppose it will just happen to the person like it happened to me.

Yes.

So you've what... had to go to school or something to learn it all?

In a sense, but nothing like your sort of useless schooling. No, it's just that the angels have what you might say tinkered with us, enabling us to be interested in all such things as will interest humanity. Most of my kind aren't too interested in what you do, the inns and outs of truth and the sorts of things we've been talking about, but I underwent something of what might be called a transformation to enable my mind to be extended into all sorts of areas as we've talked about. I've been prepared, you might say, to specifically deal with you James, and so here I am!

Well Verna thank you, I feel greatly honoured. I feel like crying that you've done so much for me.

That someone actually cares about you, not like your parents?

Yes.

Well James it's you who are doing so much for me. It's because of you that I'm living this extraordinary experience.

Will we be able to meet in spirit Verna. You won't be popping off to become a little angel - or big one, will you?

Oh no James, I'll be around for a little while longer. And when you come to spirit, then

our relationship will begin in earnest. We've got a lot of work to do together James after you croak it.

I feel like crying even more. I also feel like I should make more of an effort to speak with you.

Only as you feel too James, that is all that is required. You've got too much other work to do, with Mary and on yourself.

Work, ha, it's funny, I don't feel it as work. I'm meant to work for my living-

Yes, meaningless work that will do nothing for no one, that won't help you grow in the truth of your soul. THIS IS REAL WORK MY DEAR BOY!

It's certainly the work I enjoy. Verna, great to talk with you again, I'm going to have rest now.

Speak to you later James.

Verna, I've been feeling to ask you more about how your kind will be with future humanity.

It will be largely with our help that humanity will solve it's problems on Earth, that being how to fix all the damage you've done to nature. The Celestial spirits will mainly help people with their personal problems of self-expression and their feeling- and soul-healing, and so the hands on physical stuff will be done with us. There will be still for a long time those people still wanting to push on in their evilness as will there continue to be such evil influences from spirits of the mind mansion worlds helping to inspire them, but increasingly as people long to live true to themselves there will be those people wanting the truth coming together in small groups around the world where we can be of some assistance to you.

And there will be specific people who will easily be able to communicate with us, through whom we'll work, such as I am with you. With some people it will be more intellectual things like with you, understanding more about us and all the problems; then other people more practical hands on things to help change the conditions of the Earth, such as how to rid a local area of the varying types of pollution that exist, how to live closer to Earth and oneself, what foods are best to eat and how to grow them, all that sort

of thing.

There will be enclaves of people coming together seeking to live true to themselves and do their healing, and with these people we'll work. We won't be working with people who persist in living in evil, we have done that to a certain extent up until now, mostly helping them further their evilness, but during the ages to come we won't do that. We don't want to do it anyway, but have had to help humanity progress in their evilness; but from the next age, we'll not be allowed to anyway. It will be a real sign that things have changed. Many aspects of humanity's life that's involved the ongoing abuse of nature will not be so easy to do without our direct help, which in turn will cause many other problems, all of which will become too overwhelming in the end for those people still wanting to live true to their soul by denying and controlling many of their feelings.

So you've, for example, helped people say develop the medicines needed to combat the diseases we've made for ourselves.

Yes, but our collaboration is soon to stop there, so humanity that persists in being evil will be entirely on its own, and that will cause many problems as I said. It's been only with our input that you've been able to keep abreast of such disease as you have, but when we stop helping you, you'll be swamped with resistant bacteria and no way of stopping them. The only way to heal and protect yourself from them will be to live true to yourselves. You see James, we will then be able to go full steam ahead the other way, we'll be able to help protect those enclaves and individuals that do want to live true to themselves. And as they struggle to do their healing we'll look after them from our side. And oh what a relief it will be to help humanity come back to its true self rather than help it further its self-denial.

With all that's destined to happen over the coming years, humanity is going to make a right hack job of nature, far worse than what's already happened, so without our help all those people who want to keep abusing it will be entirely on their own and suffer the consequences. We won't be able to go against the prevailing Spirits of Truth, and so we'll be only able to support those people who strive to live true to their own spirit of truth.

There are going to be two distinct humanity's by the end of the next age James, those people persisting in evil and those who are trying to get themselves out of it and are out of it. Then the Divine Love as you know will be withdrawn from being attained at the end of the next age of 1,000 years, and it will be up to humanity, with our help, to keep healing itself, doing it's feeling-healing as you call it.

Those people who do ask for help, as they will through their striving to be true, will enjoy their relationship with us. We'll cease to be just funny little people at the bottom of the garden, ridiculed and made fun of, feared and not thought we do anything else other than have garden tea-parties; we'll come into our own right with you as being the nature

spirits of Earth and so to whom you should look if you want to understand how you are to live truly with nature. You'll, of course, be led through your feelings, but we'll fill in all the missing parts, and we are all looking forward to working with humanity this way. It's been a long time in coming. It started out that way until the Rebellion ruined it all; and we should be working alongside you in all you do, that is our rightful place, not consigned to a few children's books and not really taken seriously at all.

We are NATURE SPIRITS, the very spirit of nature, we know all that nature is, we know all there is to know and we're more than ready to impart such understanding to humanity.

Verna, thank you again, but I have to stop, it's hot today and the computer is getting too hot on my lap.

Speak to you soon James. Over and out!

26 February 2012

Verna I was having a quick Google: nature spirits, and really we have no idea what you are.

That's right James, because you're not allowed to. You see, once the Rebellion began, and then after the Default, we weren't allowed to share and so educate you about ourselves. We were able to help some of the primitive people expand their understanding of nature helping them with their survival, but it was all on a very limited level.

All of those things the Australian Aborigines were able to do so far as effect the weather and call animals and other magical things were done with your help, weren't they?

Yes. Mankind can't do it by himself. Such people were to a limited extent using their own inherent psychic powers, and were helped by their people from the spirit worlds - Dreamtime, as they called it, but as for influencing nature and animals in any way, that was all our doing. And still we do when necessary. But as I said, compared to what we can do, it's nothing, only a drop in the ocean. Humanity is to live in full harmony with nature, and also in full harmony with us and certain angels, and of course the rest of the universe up to the level of truth it is at. But for humanity to be with us on this level, it has to heal its evilness. When it's living true to itself, meaning, it fully expressing all it feels whilst seeking the truth of such feelings, then of course all systems will be perfect, functioning together.

Future humanity, those people who do strive to do their healing will enjoy our involvement in their lives, and we will be in them, that such people can count on, whether they know it or not. We are, and MUST help, do our bit, with all people who strive to live true to themselves by honouring and expressing ALL their feelings, as you and Marion are doing. And because you are doing so, so we're involved with you. We help Marion with the birds and we helped you both with Potsy and other creatures.

How did you help us with Pots?

We ensured she did certain things. Those things she did that you attributed to being influenced by angels, was in fact our influence.

So when she did things that definitely were to help Marion and I to feel bad, that was your influence upon her.

Yes. Not all the time, as often she did things of her own accord, but we were always with her. You had a whole band that were with you when you had your pets.

Even my fish.

Yes, but to a lesser extent.

Did you help me by making them die as they did in the end, seemingly for no reason.

Yes. It was time that you gave them up and faced more of the truth as to why you needed them, so we made the conditions unsuitable for them. They didn't die of anything more than being of loving service to you.

It still makes me feel bad. And all the bad things that happened to Pots and our having to put her down, it was all so sad.

Yes James, however it's good that you can accept that we killed the fish for you, for as much as we don't want to end life, sometimes it's necessary. And as we and nature are here for you, really we exist for the betterment, for the truth advancement of humanity, we exist to serve you, so if that means the destruction of life, so that's what we'll do.

So my feelings were right with the fish, it was a waste of time medicating them.

It was, as there was nothing wrong with them in a physical way.

I thought perhaps some of the rocks which I'd not used before might have poisoned them or something, something being on them and leaching into the water.

No James, nothing like that, the rocks were clean. They died because it was required by your soul. It takes nothing from our side to kill physical life. We are always in constant contact with the spirit of all life, and so to alter that spirit, to change it so it's time for it to move onto the collective spirit we were talking about yesterday, is easy to do.

How do you do it?

We simply adjust the light of that spirit essence. It's too hard to explain the technicalities to you, and Zelmar would be better to ask if you wanted to know.

No, I don't want to know, all you've said is good enough for me. So you adjusted their spirit to make it seem like they were dying of some physical ailment.

Yes, it needed to take time rather than an instant death, because you had to go through all that you did at the time. It had to bring lots of repressed bad feelings to the surface. And you needed those experiences to decide and feel that that was the end to your fish keeping, which was the forerunner to the end of your having any pets including Pots, which in turn led you and Marion to your understanding and relationship with nature you now have.

And were we right in feeling that there was no hope for Pots' jaw problem to fix itself.

Yes. At great expense a vet might have been able to do something, although the problem resulted from her bad breeding and poor upbringing.

Her poor diet when she was a kitten?

Yes, her and her mother's neglect by the breeders. So her life was always going to end before her time so to speak. It was right what you did. She was beginning to feel distressed about it herself. And even if a vet had played around with it, he would only have postponed the inevitable and make her suffering greater. She never wanted to eat much, she only held onto life by a thread, she felt off key most of her life as you could see by the cycles she went through. The best you could have done for her you did by being at home all the time with her. Had you had to go to work it wouldn't have been the same for

her. It would have been as it is for so many neglected pets whose owners go to work all day leaving them alone with no one to interact with. Your dogs and cats need you, some more than others, so any time they can't be with you when they want to, they are being mistreated. Your going out and leaving Pots alone for no more than half a day during her life was as she wanted it. Occasionally she did feel alone, but that was rare and you both more than made up for those times when you returned home. It was how much you both put into making her the centre of attention all the time, it couldn't have been better for her.

Even though we were so fucked, and sometimes I was angry with her for constantly demanding my attention.

But she enjoyed your pathetic shows of anger especially as you always stopped what you were doing giving into her demands. She was never prevented from doing what she wanted to do by you both, and you couldn't do more than that. As she wasn't able to fend for herself, she needed your protection which you willingly gave, and she very much enjoyed you working as a team scaring off the invading cats, even the times she was attacked brought you all closer together. And Marion's decision to not take her to the vet unless absolutely necessary prevented her from feeling a lot of unnecessary fear.

I felt the drive to Phillip Island with her in her box and taking her away from Harry Street, took too much of a toll on her.

It did, but there was nothing you could do about that. And it helped her stay close to you on the Island. She was coming to the end of her life anyway, you could see how much she'd withdrawn at Harry street, no longer wanting to roam with your help and protection.

Yes, she hardly was going out the front gate anymore by the time we left it.

That's right. It was all perfect as it was. It was for all of you, and for all of us looking on, something of a very unusual relationship to witness. There aren't too many people who get up as many times as you did during the night, to stand freezing cold watching over their cat as she sits looking at the door for as long as she likes.

The neighbourhood cats would have come right in the house trying to get her if I didn't stay on guard. And she'd meow on an on until I got up anyway.

Only because you always allowed her to.

And were we right in thinking that the other cats wanted to kill her because of their natural instinct to get rid of that which is not functioning perfectly.

In a way yes. It was just that because of her deformities she didn't give the other normal cats the right signals. They could sense she was weaker and the aggressive ones found it irresistible to attack her. It was in a way that she was like a big mouse.

She did look like a slightly bigger very long-legged skinny rat.

And so as Marion and I are not doing anything with nature now other than a bit of watering and mowing the grass, there's not much for you nature spirits to do with us.

That's right, they are not always with you now, however they are always on call. And occasionally you interact with nature, such as through the birds with Marion and so they come to play their roles.

What do your 'people' do with the birds and Marion?

Sometimes we bring specific birds to her, to you both really, as you both experience them. Sometimes we keep specific ones away.

What about with Baby Pod, how he suddenly arrived on our front nature strip in Amand and Perpitas territory. Where did he come from? And why being so young was he alone?

He was abandoned because he wasn't right. His parents didn't prevent him from coming into your magpies territory, and he toddled his way to your house. Again with our held in the direction he took. He was to help you go through all you did. And then when you no longer needed him on your front lawn, we took him down the back of the Tent house to where he would die.

Yes, he just toddled down there. It was so sad, seeing him being neglected by our magpies and left to die. It was a lot for Marion and I not to interfere.

Yes, but it was right that you didn't. And it helped you both advance in your understanding of nature and yourselves, all through your feelings, to a much higher degree.

And I will tell you James, he didn't suffer as you might think he would. The creatures don't feel to the same extent that you do, and within himself his spirit was always in tact, he didn't suffer as you've all suffered on the will and so spirit and soul levels. And neither

did your fish suffer, that being they didn't feel the pain of feeling unloved as you do. It's not like that for the creatures. They just accept the condition they are in, be it alive or dying. They do show natural signs of distress and pain, but not to the same degree as you do, and not with it all triggering off the deeper pain and distress that you all feel being parented without true love.

And the spirit of such dying creatures, plants too, all that is alive, are never alone because we're always with them. The spirit part of them is more alive, more real than the physical part. The physical part, like your own bodies, is only a vehicle to be used to experience life through, it's important in its own right, but it's not the most important part of you.

Verna, thank you again. I'm going to make dinner now.

Right you are James. Speak to you soon.

1 March 2012

I'm bored Verna, and as usual, pissed off with everything. And Marion and I only feel happy, when we do, for a moment, no good feelings last longer than that. Bob, our tail-less baby blackbird, who's tail is now growing makes Marion happy when he suddenly comes looking for her on the front decking and rails, and I felt a little happy today, her Earl Grey tea being on a \$4 special, more than it's ever been, so we stocked up. But that's currently about as much of a thrill we get from life, it's all pretty sad.

Can't be any other way James, when you're all evil and living surrounded by it. But as you're healing is soon to end, then you'll feel differently within yourselves, and so differently about the world.

I do hope so Verna. I'm so fed up with feeling so down, negative, miserable, scared and unhappy about everything.

Do you want to talk more about your bad feelings?

No, I'll do that with Marion. I'd like to speak with you about... I don't know - anything. Have you got any ideas?

You're the leader in this, I only respond to you.

Okay then, I'll think about it... how about... I read the other day about a new disease that's in Europe and has just spread to the UK. It affects lambs and calves in the womb of their mothers causing them to be born with their limbs fused together or their necks being so badly twisted they have to be put down. And the authorities don't know anything about this new disease. Is there anything you can say about it?

Like what?

Why is it happening? And do you - your 'people' - have anything to do with it?

It's happening because humanity is refusing to see that how they treat their food animals - all animals, is wrong. Things like this from time to time have and will continue to come up, and intensive farming using unnatural products, foods and fertilisers, hormones, medicine and so on, together with bad unloving conditions for the creatures; the more impersonally humanity relates to the animals; the more they are used only as a commodity to make money out of, the more such problems like this will occur. And as humanity evolves its negative state as seen by its increasing ability to hurt such creatures, and I'm mean more psychologically, emotionally and mentally together with physically, the more sophisticated such diseases will become. And of course all because we're always tinkering with them, we have to so as to keep helping you to see the wrongness of your ways.

But most people don't see they are wrong. The farmers just see it as bad luck and the scientists have to get cracking to solve yet another mystery, no one ever seems to learn or think along the lines that how they are treating the animals is what's causing the problem. Most of the farmers around here don't provide any trees for shelter, the sheep and cattle in a bare grass paddock for their whole life exposed to all weathers.

And it doesn't take much to think of the suffering inflicted on the creatures. They are not allowed to perform their natural function, to live life as they've been created to.

No, they are not free, they might have something of a better life it could be argued being 'free' to roam at leisure around their paddock, than stuck up in some intensive farming situation like those milk cows I saw in other countries that are confined all the time. But still it's so cruel.

Yes, which you and Marion can now see, so impersonal, each actual animal meaning very

little to the farmer, which is as wrong as it can be. Animals if they are to be with humans need to be treated as personally as the human can, to feel good, to feel the best they can. So on certain levels within such animals the animal feels bad, they are suffering, and such people will one day as they wake up to that suffering they have caused, suffer the full pain themselves - suffering from the terrible guilt of their unloving actions.

I understand that Verna, so what you're saying is that when a creature is not allowed to be its free natural self because of us, then it is suffering on some level, and the one making it suffer will pay the pain in feeling all that pain themselves when they wake up to the truth of it through their healing.

Yes. The suffering felt by the creature is to its spirit. It might not actually be unhappy or miserable in itself, and that's partly the reason why many farmers fail to see the cruelty they are inflicting on their livestock, because their animals seem happy, they are not sick, they are not outwardly distressed. But the spirit of the creature is being compromised in not being allowed to fully and freely express itself, and this is what is cruel. Mostly the animals and pets you have don't actually feel such pain if their basic conditions are met, they just do what they do; but as I say, it's on other deeper levels they are suffering and this will be reflected in their contribution to the accumulating spirit we spoke of the other day upon their deaths.

So the fish I kept in their little tanks that seemed happy enough, bred very well and lived a longish life, did not feel bad in themselves, they weren't aware they weren't in their natural habitat having been all breed in other tanks, yet still on a deeper or higher level, their spirit was unhappy and they were suffering.

Yes, anything that's out of its natural environment is.

And what about those pets and animals, even the exotic lines of fish we've breed, that are no longer the wild creature.

The same thing applies. Within them on the spirit level, they are 'aware' if I can put it like that, that they are not true, they are a fabrication brought into being by humanity.

So really we shouldn't interfere at all? What about domesticating plants for food?

You can interfere, however it's the intent of your interference that's important. If it was done with love and for the betterment of all concerned, it's all right, as the spirit of that

plant or creature would reflect; however as all your meddling in nature is not done with true love, all being done for some evil reason and intention, so that is what affects the spirit of such creatures.

So we won't be able to rectify the spirit damage we've done to nature until we're healed.

That's right, and it can begin as soon as one begins to do their healing - live true. And if you add up all the suffering inflicted on nature since humanity has been in its rebellious state, as you can imagine it would come to a huge amount. And all of this has to be accounted for over the ages to come, so in the end, the books will be balanced. There will come a point when humanity will have healed all the suffering of nature's spirit, and then it will relate to nature all with love.

So we've got a hell of a lot of making up to do.

Yes, and everyone who does their healing will contribute to this, as you and Marion are doing, and will continue to do so through the remainder of your lives.

And how do we do that exactly?

By being on the side of nature. By no longer wanting to keep pets. By loving all living things; by living true to your feelings. By living true to yourself you'll do it naturally. None of this, the actual 'healing' of the spirit of nature will you be aware of, but it's happening. Just wanting to love nature with the truth that's evolving in your soul, as that's what naturally happens, shed's a new light on the spirit of nature affecting it in your way. And as more people choose to live true, so more such light will be shed on the darkened spirit of nature, and one day it will become light and bright as it should be, and humanity's relationship with it, with all living things, will have markedly changed from how it is now.

I like the sound of that Verna. And so although that is the theory of it, it is a real thing this light and the spirit of nature?

Yes, very real, it can be broken down into all its elemental parts, right down to the ledger of each person. From when you are of full mind, when your Indwelling Spirit comes to you, then your relationship begins in earnest with nature's spirit. And being in your negative states, with each day that passes, you're adding to the darkness or deficit. And this you have to make amends for. And if you are directly involved in anyway (and even more so if you're not) with nature; and even if you are on nature's side and you're doing

things to help it, still it's all being done by you in your negative and so evil state of mind and will, and so you'll still be making things worse for it and so of course for yourself. And through your healing you'll fix all of this. And as you and Marion have experienced, you fix it by bringing out your true bad feelings about it all, about your unloving relationship with nature, generally and specifically as in with the pets you had. And you feel very bad for your ignorance, your unconscious cruelty, your lack of awareness, love and appreciation of all living things. And as you own up to and admit and express all this evilness, you are releasing it, and so ending your personal negative affect on nature's spirit. And by the time you fully heal yourself, you will have balanced the books. And in the meantime, the more good and loving thoughts that you have for nature (which come naturally as you heal yourself and are not contrived by your mind); and the more you can see how you didn't have them before, so the closer you'll be getting to ending your natural self-denial, the denial of the natural spirit part of you, and so the end of your denial of nature's spirit. And so in this way you and nature are one, you are linked, it's not a separate thing with which you can do anything bad to that takes your fancy. And the trouble is, as you know, most people believe they are having a good relationship with nature, with their pet, having no idea what they are causing is much suffering on the spirit level and so greatly adding to their own suffering.

And you can relate to this suffering yourself James, as you have as such things have come up within you. One example is the suffering to the spirit of the pet dogs nature when its left alone all day with no company, so many hours of being bored and feeling alone.

I know, the husky type dog across the road from us in Harry Street would cry most of the day, it was awful. And it's owners would have had no idea about this as they both went off to work all day and often late into the evening, where it not for the neighbours complaining about it.

Verna, I'm going to have a break.

Okay James. I'll be here if you want to continue. But before you go, I want to add, that although I say that it's wrong to have pets, as it is, that doesn't mean that a person should not have them believing it's wrong to do so. You must always do what you feel. And like what happened to you James, it was essential that you had your dear little cat and for her to help you with your healing. And although you felt bad about a lot of how it was for her, her having to be subjected to your wrongness, still there was much more good that came of it all for all concerned. So the theory or truth is it's wrong to have animals as pets, and it is very wrong when you are living untrue to yourself and so progressing in your evilness,

because then you are only using them for your own ends; however as I said, for those people who do want to live true and are striving to do their healing, and feel they want to have a pet, then they should act on such feelings, and not simply keep trying to control themselves with their mind by denying themselves the experience of a pet all because they believe it is wrong to have pets. And then having said that, if you do however feel it is wrong - feel very deeply about it, then of course you will honour these feelings, all of which you can express the feelings of to uncover the truth of why you feel so deeply about it. I am not telling you these things for you to add more rules and beliefs to your life, you are to find out for yourself about such things through your own feelings as you grow in truth. You are to divest yourself of rules as determined by your beliefs, and instead look to your feelings to guide you.

I understand Verna. And as I've found through my healing, I have had millions of beliefs I wasn't even aware of that were controlling me, that I was trying to live true to, all of which have come up, had the light of wrongness shone on them, and have been broken down. And I reckon I've still got about a zillion more of them to work through.

All good fun James, speak to you soon.

4 March 2012

Verna I was reading about where humanity is up to in regards to friggin around with our DNA. It's pretty scary, real science fiction stuff. Taking human DNA and putting into animals and plants, taking their DNA and putting it with ours. Making part animal, part human creatures, changing our DNA so as to weed out all the bad stuff and put in all the good stuff; trying to make us never have any physical problems and ultimately to live forever on Earth, or at least for a lot longer than we do. It seems to me that it's a whole new area of fun, fun things to do in the laboratory: now let's see what we can come up with this time. So, I was wondering what you'd say about it. Are the Mother and Father going to keep allowing us to go on this way, effectively as one author said, changing the very image of God in which we've been created.

That very image I may remind you James is not a physical one, but of the soul. So really it doesn't matter what happens to your physical body, because you'll still have one, and by still having one in flesh it means your soul has something to express it's feelings through. So no matter what your scientists do in regards to 'improving' your DNA, you'll still feel,

you'll still express your spirit through your body. And even if they were to engineer the perfect body, as you have in the spirit worlds, still you have feelings, emotions and thoughts, and like over there, still you can feel bad. They won't be able to remove your bad feelings, although in theory they might be able to play around with your brain centres enough to cause you to deny such feelings. But you'll still be feeling them, they all remaining buried within you until you arrive in spirit.

And as to how far the Mother and Father have it in mind to allow you to manipulate such levels of life, I can't say, it's not up to me to know. However I do know, because of what's to take place, but I can't tell you! Not yet anyway. But I can say that what's going to happen will seriously delay many such scientific advances, which will give humanity time to change and catch up with itself in such things.

You mean as in how it feels about them.

Yes, because it will be feeling very differently about a lot of things by the time all the coming changes have taken place.

Okay, and no doubt your kind are involved with all these DNA fiddlings.

Of course James, none of them would take place without our involvement, as we're involved in all life.

Verna, I have another question for you, many places around the world are experiencing strange sounds, I've not heard them, but they are described as high pitched or low monotonous ones, and they don't seem to come from any source. And some come and go, other's have been going on for years greatly disturbing the people who live in the area. And the size of the areas affected by the noises vary, not that big but localised to towns, suburbs and so on. What is making these sounds?

It's the mind spirits up to their old tricks James. A lot of them as you've been told have it in for humanity, in that they want to cause some people grief and disrupt various things. These are low levels spirits mostly trapped on the lower planes, individually or grouping together to create such interfering noises using their psychic power.

Sort of like what Marion I recently read concerning poltergeist spirits, spirits of the Earth planes who seem to possess very high levels of psychic power.

Yes, it's just another way they can express themselves. Their ways changing as an age

progresses.

So spiritualists would have to want to communicate with such spirits if they wanted to stop the noises.

Yes, that might help, however you don't know the motivation behind such spirits. But of course you'd have to try, that is if you were able to reach such spirits and if they wanted to be open to such mortal communication. Many of them aren't. Many of them just want to be left to it, left alone by mortals and other higher spirits. And we certainly don't have anything to do with them. And you might like to know, more such strange things like this will start happening and appearing all over the world as we approach the end of Mary and Jesus' age and the beginning of the new one. There's going to be a lot of weird things coming your way from those weird mind spirits. But you won't have to worry James, nor will anyone who's intent on living true, with or without the inclusion of the Divine Love; because the Celestial spirits will overshadow you preventing such nuisance mind spirits from interfering with you. However having said that, there might be a certain amount of interference's allowed to happen to people who are striving to heal themselves, but only to help promote more bad feelings; and once those feelings have been worked through - the truth seen, the interference will be stopped.

Thank you Verna. I'm going to stop now and make lunch.

All right James, speak to you soon.

You feel like speaking with me again James?

I do. But I've not got anything pressing I want to speak about. Is there anything you'd like to say?

I can always come up with a few words. War my friend is on the horizon as you've been following the events on the Internet. It's the forerunner to the End Times.

Will it be to set Iran back in their nuclear advancement?

Yes, among other things. It's more for the control of the oil in that part of the world and to keep Russia and China at bay. It will be a relatively short war but a lot of damage will be done. It will take a few years to rebuild all that's bombed. But it won't achieve anything.

It will only serve to illustrate that more determined action will need to take place in future. However it will show up many strengths and weaknesses on both sides. And it will make a lot of other people in the world very uncomfortable, for they don't really believe it will happen. They don't want to face the truth that anything can happen, that there is no ruling government who can stop it, who wants to stop it. It's coming to winner-take-all time, it's been in the pipeline a long time. Things are now moving along under their own momentum, those who believe they are in control might like to think again, not that they will.

What about your volcanic predictions at El Heiro?

Oh they are still simmering away. That was a set up for you in regards to the time of such events, it was for you to move deeper into yourself to let go of such reliance on ourselves to tell you what to do, what to believe, and when such things might happen.

So why are you telling me this now about the war, I don't have much faith in what you're saying. I don't believe it will happen, at least not soon anyway.

It doesn't matter now James, you're in the right state within yourself to accept such information with your mind and not attach it to or create a fantasy about it. All of that has ended for you, so it's good for you now to be told another such prophecy and see how you feel about it this time. So both Mary and I are doing so. So it won't matter whether it happens or not, if it does, so we were right, if it doesn't, so we were wrong, but it's not going to change how you now are, your state. And that's what's important.

So you're keeping the pressure on me so to speak.

Something like that.

Well everything I read seems to point to toward Israel, America and Britain bombing Iran, but as you said, no one seems to think it will do any good. Iran will still be able to get their nuclear weapon if that's what they really want. I don't understand however, how no one I've read has considered that Israel might drop nuclear bombs on the Iranian bomb building sites, that surely would set them back a long way if such areas all became radioactive and off limits. And even though the whole world would jump up and down about it and many more people would hate the Zionists, what would anyone be able to do about it once it was done. They wouldn't have to drop big bombs, just ones that would make the local area radioactive, and I'm sure they've got such weapons, and really I

wouldn't put it past them. I can't see the point of it being a 'friendly war' unless America hopes to change the whole regime in Iran, which most people seem to say would be improbable to do. And it seems to me that everything is going more mad, become so much more extreme. And would the Iranians seriously make the first move and start bombing Israel if they did have nuclear bombs. I can't see that happening either, they talk a lot about wiping the Jews off the map, but they're a lot of hot air and everyone in the world would condemn them and they'd be inviting the hatred of everyone down upon them, and then no one would then blame America for wiping them off the map even though half the world would be thankful to get rid of the Zionists once and for all.

And you're right Verna, I no longer care. My only concern at the moment is whether or not I can make a go of the trading. This week I feel ready to give it a serious go with all I've been able to work out so far about it.

And back to the madness, Russia says it's going to ramp up and keep modernising it's nuclear arsenal, and China is building up it's military as fast as it can, so it all points to having it out once and for all, for otherwise I can't see the point of it all.

It is madness James. If you were to be a fly on the wall, or invisible as we can be sitting in on the meetings that each of these countries has regarding it's enemies and what it wants to do to them or what it fears might be done to it, you'd seriously wonder what planet you were on. And these men and women are the leaders of your world!

Yes I imagine there must be standing room only in the spirit planes associated with such people, with untold numbers of spirits all listening in and some even possibly trying to assert their way.

Oh it's all highly controlled, just as it is on Earth in such places of power. There are governing mind spirits who take it upon themselves to ensure the masses don't look in as you say, it's all highly confidential for fear that such secrets will be told to the enemy.

So some of the sorts of things I wrote in my Brian A novels do exist?

Oh yes, much more so than what you touched on in your novels. The President, for example, is very highly guarded by his unseen spirit minders, all those self-appointed mind spirits that believe they are qualified because of their lives on Earth to be in on the ground floor. And as you imagine, some such spirit groups do try to impress their ideas on those in power. Some leaders and their co-workers being more open to it, others not so.

And so there are then just as many spirits as there are people who spend their lives trying

to guess what goes on in the inner sanctums.

Yes, that's right, having nothing better to do with their time.

I do hope all the End Times do happen, solely because it's the only way I can see a possible end to the Rebellion occurring. Something needs to happen to help wake humanity up out of it's progress in evil, however whenever I think along these lines, I come back to wondering what the Mother and Father want, and then thinking that there might be a very long way to go before They want our evilness to end. So I also expect none of what you and Mary have told me to come true, no End Times, just another upheaval if we manage to wreck the economic system or if there are some intense wars, but basically, just more of the same. And as I'll only be around for another twenty years or so at best, so by then we will have wrecked so much of planet, I'll be more than ready to leave. It already seems humanity is beyond help, that we've gone too far, everything is too ingrained in us, that no one is interested in seeking the truth. I only have to see how few people come and read Padgett Messages by the lack of interest on the current Divine Love forum, to see how few people are seriously looking for the truth. We're a lost cause. God knows how it will all end if indeed it is to.

And if all the so-called End Times do happen, the suffering will be so great, and I don't know whether to cry about it or be happy that it's all coming down.

And everything just plods along. The world has now been due to collapse because of the manipulation of the world's economies for three years now, but it's still rolling along. They keep filling up the cracks, and so what's to say they won't keep doing so for ever. Or just one day draw a line saying that's it for now, we'll all take a loss, step back, draw up a new game with new rules, and then off we go again. Hearing the gold bulls keep saying now it's going to happen, how gold is going sky high any moment now, and then it comes down the next day and the next and then it is smashed down even further. It's all becoming rather boring.

So you're right Verna, I don't care so much about all the future stuff. It's so easy to say such things, but nothing seems to happen.

Oh it's going to happen alright James, but in time. It's all moving along as need be. There is coming a substantial change to the world, a man-made one and a nature-made one. But it's all still only in the lead up to it. You're just ahead of it all, that's all, because of, as you say, all the talk, but that's only talk and few people actually know what they're really talking about.

Yeah well I don't care. As you know Verna, I'm only still intent, more intent that I've ever

been, in healing myself. I feel I'm changing more every day now, and I'm wanting to see what happens, where it all leads to, how Marion and I will become, and what we'll be doing. Not that I expect we'll be doing much at all. But of late I feel I'm coming to grips with the picture of myself, of what happened to me, of how it was for me when I was young, and that's making me feel good.

Yes, as you say, it's all coming together now. It's all very interesting seeing how it's all unfolding within you both. We of course have seen nothing like it before, so you are of great interest to a lot of spirits.

Well I hope they are enjoying themselves. I can't say that I am yet, but I am feeling better and better about myself. Still not over the fifty percent line yet, and probably still quite a way from it, but creeping toward it. When I look back at how I used to be, I have certainly changed a lot. But as I was so fucked back then, I've got a hell of a lot to change. And like now when I'm not feeling as bad, I enjoy our little house even though the weather is so unstable all the time, we're constantly having to change our clothes, and I'm enjoying nothing more than all I am doing. There is nothing else I want to do. And as fucked as my relationship with Marion is, I do feel something is changing in regards to my bad self-expression. Each time we're plunged down deeper into ourselves and have a really bad time together, yelling at each other or separately suffering in our misery, when we resurface, we do feel a lot better for it and get on so much better together.

And I'm sorry Verna as I've done all the talking, when I asked you if you wanted to say anything.

I said it James. It's for you, all for you to express yourself. It's good that you want to write such things as far as I'm concerned. I have nothing further to say to you at this time. I only wanted to stimulate you to think about all the future stuff again.

Well thank you. I know you and Mary and everyone over there knows me better than I do, and knows what I need at any given time, but as I can't do anything about that, as I can't do anything about anything, so thank you for your help. It does always have an affect on me. So I will give it some more consideration - what I now think about all the future stuff.

I'm going now Verna, thank you again for giving me your ear.

My pleasure James, speak to you soon.

Bye Verna.

14 April 2012

Hi Verna, I hope you didn't mind my enlisting you in speaking on the SpiritualismLink forum.

Not at all James, as I've told you, I'm more than happy to do what you want. It will be fun to see what reaction we get.

Okay then. I won't talk more with you now, we'll wait until we post on the forum.

Very well, speak to you soon.

Verna on SpiritualismLink forum

13 April 2012

Now what this is all about is via my 'friend' (he does all the hard typing work), I want to have a little say in this forum, way down here at the bottom of it.

You see I am a nature spirit, and as most of you mortals don't really have much of an idea about what my kind are all about, so I would like to say a few things on the subject of myself. And of course, should you want to ask me any questions - from what my latest Parisian fashion creation looks like, to what God is up to with you all - I'd be more than happy to answer them. However you must bear in mind that I am a little limited in what I can say to you and how I'd truly like to say it having to pass my thoughts through the mind of my 'friend' so he can set them down like this for you - so please remember, **ALL ERRORS ARE HIS - NOT MINE!** But we'll do the best we can... and hopefully have a little fun as well.

So I hope the moderators don't mind my coming to you like this, but that's the way of it, and if I'm rejected, well, so be it, it's what my kind have grown to expect from you mortals as you've moved to live out of touch with your true feelings and so the truth of my kind.

And we being the 'Little People of Light' do want to reconnect with you, and very personally too. We have from time to time, as noted in the post above, been able to enjoy

your company and we've seen that you seem to like ours too, and we do look forward to the day when we'll be better acquainted.

So for now, to do as I said I had come to do, let me begin by telling you that we nature spirits, and all the other names you know us by, are really 'Little Angels', meaning we are angels in the making, in that when we've served our time associated with - 'on' - your world (we being the indigenous spirits of Earth), we can then progress to becoming true angels, you know the type: the ones you have standing watch over you, your two guardian seraphim; the ones you all secretly hope are there - and WHICH ARE THERE!, only mostly you're not so aware of them. Angels, like us nature spirits, are real, very real indeed, and just as real as you are, as the trees and creatures are, only we exist in certain spirit worlds, something we can talk more about later if you're interested.

Anyway, that's a beginning. So bye now, and I'll go now back to my home on The Lake. Toodleloo - Verna.

14 April 2012

These questions are from the forum.

Dear Verna, I do have a question for you.

Are you self-aware? I do not mean in the way any living creature is self-aware.

Can you transcend your nature?

Verna

Dear S...,

thank you for your question, and no I can't transcend my nature, nor do I think I'd want to. How I exist is as angels do, in that we're always growing in mental understanding through our experiences, which is different to how you grow, that being in truth through feelings resulting from your experiences. However, as you live untrue to yourselves, so many people strive to transcend themselves using their minds, however this is fraught with problems only adding to their untrue state of being.

I'm not sure what you actually mean by your question, but if it's in reference to my becoming an angel when I've fulfilled my life experience being a nature spirit, then when that is to happen, I will 'die', that being cease to exist as I am in my present state, becoming 'alive' again, as a newly created angel, and I will retain all knowledge of my nature spirit existence. And this will happen, as does all such things to do with those of

the angelic orders, involving a large group of us all at once, we aren't like you in that we cease to be in this life individually when our time is up. I will cease to be a nature spirit along with large numbers of my kind at a designated time, and oh I can tell you there is much fanfare and large celebration when such events occur. Other than at our creation, also done by certain angels and in large groups at a time, there is cause for much merriment, knowing we are now to become of another angelic line of creation.

And as for yourselves, being of ascending mortal soul origin, a type of creation vastly different from ourselves, your lives are one of ascending in truth, meaning that with every experience, were you living true to your feelings, you'll continue to 'grow' or 'evolve' in truth up through the many, many levels of reality, some of which are attainable whilst you're of flesh. You have an innate inner restlessness, which when acknowledged and focused on, true spiritual progression will give rise to feelings that you are progressing, moving perhaps 'upwards' or deeper 'into' yourself, moving closer to God and the Source Of All Things, always with an expanding feeling of conscious awareness. We get an expanding feeling of mental understanding and insight, something although with much greater depth, akin to when you learn something with your mind when growing in greater mental understanding.

The word 'transcend' is often used by your kind to show or make you think you feel you are growing spiritually, but in this you are wrong. Mentally you can add or subtract beliefs, you can for instance as many people do, come across the notion of reincarnation for example, and in finding it appealing, add it as a belief, then believing in reincarnation. And you might even take it further by saying you know reincarnation exists because you've had certain past or future life experiences, which will all be mind generated, to make you feel it's a true thing. And as you adopt such a belief you might feel, which is really a feeling based on yet another belief, that you've transcended, you've advanced spiritually in some way, that you're no longer as you were, which is true in the mental sense, but it's all false on a soul level, it's not real. It's all only beliefs being added to existing ones, it having nothing to do with advancing your soul truly spiritually with truth, that truth coming from your feelings and having nothing to do with your mind. As hard and as shocking as it might be for some people to accept - no one will want to be speaking with me anymore, reincarnation is only a belief, nothing more, and it's only and can and will only ever be a belief, simply because it's not true, no matter what so called past life experiences one might have in their mind.

I know I'm going on a bit, but please bear with me as it's rather an important point. You see, many people fall into the trap of believing what they believe to be true is truth. Truth

is Truth, and is very separate to belief. Belief is of the mental order of things, being done in and with your minds; truth results from the feeling side of things and is all to do with your soul - hence your soul growth. So one can transcend, move up in one's beliefs, if I can put it like that, but still go nowhere or even backwards, moving further away from truth and one's soul, and so deeper into living untrue. So unfortunately a lot of people are sadly deluding themselves believing they are transcending and so growing spiritually, when certainly they are progressing up through the mental planes, and this could be said to be of a mental spirituality, but are not ascending their soul with truth, and so growing truly spiritually.

So S..., I've hope I've answered your question and please forgive me for taking the liberty of speaking about other such things from your question, which you might not be interested in, however as I said in my introduction post, this is as much for 'him' as it is for you.

Anyway, I'll be away now,
love Verna.

15 April 2012

My main purpose in coming here is to comment on the first post of this thread because a lot of what it said in regards to the various aspects of nature spirits is mostly incorrect being a mixture of folklore, fiction, myth and fantasy. It has bothered 'him' every time he reads such things, so 'he' asked me if I would come and explain what nature spirits really are and how we work in service to mankind and the Earth. So I would like to try and give you something of a different picture of us.

We are beings or entities of light. Where you to see us in our true form you'd probably see us as a shimmering light varying in size but mostly about the size of a young child. However, as you mostly can't relate to us in our true form, so we come to you in various guises, all of which are based on your mind. So unbeknown to you, to what you've got going on in the deeper parts of your mind and what is required by your soul to provide you with the necessary experiences you require, you might if you can 'see' us, see us as any of these things said in the initial post of this thread. If we are to appear to you as a gumnut baby, we will. If you are to see, or rather, relate to us as Brownies, Dryads, Durdalis, Earth Spirits, Elves, Hamadryads, Pans, Pygmies, Sylvestres, Satyrs, Salamanders, Sylphs, Undines, we will appear as them. If you expect and require us to be little fairies having tea

parties in forest glades we will be as you desire. If you expect us to be a funny little gnome hopping down out of a tree cheekily coming up to you and telling you all sorts of funny things, we will. We will be whatever you want us to be, and we love being able to mimic you, we love pretending we're humans and human spirits. And we can also be a talking tree, a feeling sea, a laughing mountain. We can be whatever you imagine us to be. But mostly we come to you as little people who live somewhere beyond your realm, which is actually in the third Earth plane.

Earth has seven major planes associated with it, these being 'world's' that exist based on Earth. So in these planes, each one being of higher frequency, one is effectively 'on' the Earth, only as your physical senses are attuned to the physical realm you mostly don't see or sense us or other spirits in these earth planes. Most of you from what I understand being spiritualists are no doubt very familiar with life existing beyond your realm and those accounts and experiences you've had with mortal spirits who've become 'earth bound' or 'lost', often called 'dark' souls, are from mortal spirits confined to one of the two lower earth planes, these planes being reserved for such people when they die who need to spend time still directly associated with Earth.

Now these seven Earth planes are not to be confused with the seven mansion worlds into which you go to continue your spiritual progression when you die, provided you don't need to spend time confined to one of the two Earth planes. And each of the mansion worlds (and higher still the Celestial Spheres) are a very separate world to Earth, existing wholly in its own right and not 'of' or 'to do with' the Earth like the Earth planes are. So on each mansion world as those people who've communicated with spirits living in these worlds will know, there are hills and lakes and seas, great cities and towns, often similar to Earth but not as Earth is.

On our plane, we do however call it 'our world', we are all to do with Earth. So we can come into your house and garden, as that is all we see, although we also have other structures necessary for our needs made for us by higher angels, but these are mostly in places of remaining nature, peace and quiet. For example, where I come from, my 'Lake' is a real volcanic lake in New Zealand, a place for me of tranquillity, yet one visited from time to time by mountain climbing humans. And when they come, I can see them, but they can't see me, unless they have second sight and I wish to be seen. We can hide from those with second sight.

Mortals can't come into our world, being as mortal spirits or if you were astral travelling, out of your physical body and in your spirit one, but we can invite you to 'be with us' as we

do when those of you communicate with us in some way. And yes, we are very open to communication with you. And for those people who feel inspired to do so using any of the psychic ways open to you, we'll be more than willing to develop a relationship with you. However as to the purpose of such relationships... well, that's another topic.

So to finish this post and come back to what I wanted to convey, we can become what you desire us to be. So bearing this in mind, were you to communicate with us, you might think about in which guise you'd like us to come, or simply leave it to us, but knowing we're not a gnome or a fairy or a fire salamander, we're a 'little angel' posing as such. And to end, the last thing I want to say is we have no leader such as Pan, we have higher and lesser mentally advanced nature spirits. So not all of us are lovely little cute fairies living in the bottom of your garden. And we could come to you simply as another person, although, mostly we do like to have a little fun with you.

I want to write one more post about what we do with Earth, but I'll go now, as 'he' wants to have breakfast, and return later.

Verna.

As I said in my last post, we nature spirits play two main roles, one directly as custodians of the 'spirit' of Earth, and the other helping mortals and mortal spirits to understand Earth and how to live in peace and harmony with your natural realm.

What I mean as being custodians of the spirit of Earth is that a very long time ago when the planet was ready for life, so we nature spirits were prepared to receive the 'spirit' of that life, which we did from higher spirit beings. So on the spirit side of things, the spirit that is to make all natural life on Earth was given to us, literally, put into our care, and at the same time, the Spark of Life was initiated by these higher spirits on the physical earth, thus starting life in the primordial seas as you understand it to have occurred from the fossil records.

Then as your scientists have observed, evolution takes place on the physical level, survival of the fittest and all that, but what you still don't understand is that for a new species to begin, we are needed to initiate that change in the overall 'spirit' of Earth. So part of our work is to help evolution proceed along its desired course, that course outlined by God. So we see to the spirit side of physical natural life, making sure it's all as it should be for you. When you as mortals come to this physical world it's all laid on for you, however as

many of you know, that doesn't mean you should just take what you want destroying nature and the environment in the process. There are ways to live in perfect harmony with nature, with all creatures, however as humanity is currently living untrue to, or, against itself, such ways will not be revealed to you for a long time to come. But one day humanity will stop wanting to live out of touch with its true feelings and so come to love itself and so love all of nature as well. You'll stop wanting to rip up the natural vegetation replacing it with concrete, but as I said, that's still a long way off. However as many of you are becoming increasingly aware, change is in the air.

What we do then as part of our service to natural life on 'our' world, that which we consider Earth to be, is add what could be called the Spark of Life in an ongoing way to all living things. Simply put, without our constant involvement and loving relationship with all natural living things on your world, all such things, from the tiniest microbe to the mightiest beast would cease to be. We keep the whole lot going. But as for yourselves, as you have your own soul that does that for you, so we don't do such things as keep your spirit alive. So you can see, there is always a very deep spiritual connection with the physical, and as I'm sure a lot of you know, without it, the physical world wouldn't have life on it, Earth being just another lump of rock in space.

Now you might wonder what is our part in all the genetic experiments carried out by humanity of late, all the manipulation of trying to meld one species with another, and we are always very involved in such things, in all that you do that concerns the natural world. And then you might wonder, well if that's so, why don't you stop such things as they are obviously against nature and the natural way of things. And sometimes we are called upon, or if we can't do it, we ask other angels who can, to interfere with your meddling. However we also have to honour the Laws of Soul, and as this world only exists for you, for mortal inhabitation, so if you choose to go down the path of wrongness and do such terrible things to nature, then within the parameters of what you're allowed to do, those given to us by God, we can do things to prevent you from completely destroying yourselves. But also, as difficult as it might be to accept, and as much as it pains us to do, we will actually help you destroy all that's good, true and beautiful, but doing so within the parameters given to us. So many of the 'breakthroughs' your scientists have, actually come from us, it being very easy for us, for all of us from angelic lines, to implant thoughts and ideas in your minds, if it be the will of God. And so then you might wonder, well why would God want us to do such 'bad' things, and the answer to that is something I am not as yet allowed to tell you about, however you can through your own spiritual endeavours discover for yourself.

So with that, I'll say goodbye. As I feel you'd rather me not participate on the forum, I've said all I wanted to say, so will leave you in peace.

Verna.

Having felt unwanted and ridiculed by their replies, I decided to end it having posted the two posts above. However, then other people came forward saying they liked what Verna wrote and asked another question:

Dear Verna,

I would like to contact a Nature Spirit in my part of the world.

I do live in the country and I am surrounded by mountains and streams.

What sort of practice would allow contact?

Thank you.

So I'll write Verna's reply.

S..., there is no practice I can tell you of that would allow communication with my kind. And there is no way you or even Zn (that's me doing the posting) can verify that indeed I am a nature spirit. 'He' still wonders if indeed I am (as I don't fit the accepted picture of a cute little fairy) along with the other spirits he talks with, only a part of his fertile imagination, however we keep telling him things he has no idea about, so he keeps going with it.

What I can do however is suggest some things you might like to try. Firstly one needs in all spirit/mortal communication a desire to do so, even if the mortal is unconscious of such a desire. And as you have expressed your desire, then all you can do is try. And so far as some people being able to readily communicate with us and others not, that's all a part of one's soul needs, so if it's to be, so be it, and if not, then I'm afraid there's nothing that can be done.

The whole idea about communicating with spirits or angels, including our wee selves, is to help you with your self-expression. A lot of people seek such inner communication for reasons of personal power and so abuse and draw to themselves the wrong spirit, but then there are other genuine truth orientated people who want the enjoyment of the experience and something beneficial added to their life.

So to help you express yourself, this is what I might suggest you do. And this can be applied to communicating with any spirits or angels. It involves what's commonly referred to by some people, which no doubt you've heard of, as inspirational communication, which is really just telepathy.

First ask yourself why do you want to make such communication. And instead of just thinking about the answer within your own mind, discuss it, tell someone else if you can, why you do. The important part is in expressing your thoughts and feelings. And if you have any fears about it, or worries about your not being able to do it, MOST IMPORTANTLY, speak about these as much as you can to someone. And if you don't have a partner or friend in your life, then image you do and speak out loud your thoughts and feelings. Or write them, and as you're doing so, speak each word out loud. So can you see, I want you to understand that what's important in it all, which really applies to all you do in life, is to make sure words - the energy they contain, the energy of your thoughts and most importantly, your feelings - come out of your mouth. If you try to do it all just mentally, then you're not actually actively engaging in expressing yourself. Later on if it works you can do it mentally if that's for you, but in the mean time, try to speak out loud. So having prepared yourself thus, then it's only a matter of being where you'd like to be to make such communication. You can for example, sit in your favourite chair, be out in the garden, under the water, high in the sky, we can easily come and be with you wherever you are. And you don't have to be in the country although that is where most nature spirits are, we will come into cities. So I stress again, when you sit with the intention of making contact, if possible, have someone you can speak the words, or 'messages' that come to you to. And if you are alone, write them (or speak them) saying each word out loud, the whole idea being, don't just try to do it all silently in your mind. You might feel a little foolish, but once you get the hang of it, if it's for you, then you can do it all in your mind.

Zn finds it easier to write all I say to him. For him to receive my words in his mind, which he can do, if he doesn't directly speak them out loud to someone or even to the air, the words and energy all bank up in his head obscuring and restricting the flow. Some people can of course easily communicate with spirits telepathically, mind to mind without needing to speak anything out loud, but if this doesn't come easily, then speaking out loud might help you.

So when you are ready I would then suggest you prepare beforehand a list of questions you'd like to ask your nature spirit friend. For example: Do you have hair? What colour is it? Are you wearing clothes? Are you a boy or girl nature spirit? Do you have a name? And if the name is tricky, then ask he or she to spell it one word at a time. If you can ask

questions that require a yes or no answer to begin with that can help ease you into accepting that you are actually speaking with an unseen personality. You can ask the questions mentally (or also out loud), but the important part is to speak out loud the replies, even if you mumble them to yourself.

So you can for example, sit down at a table desiring to write with a nature spirit. And if it's to be, the nature spirit will be there with you, you don't have to worry about that. It doesn't matter if you can't see or sense it, they will be with you. So then you speak to them simply accepting they will be there or imagining they are.

When you ask a question, go with the first word that comes into your mind as the reply, even if at first it seems ridiculous, just say it, speak it to your friend or out loud to yourself. Say it as you write it. Then say the next word and so on, and soon the flow will start happening, and if you're any good at it, you'll have to practice slowing it down, which can easily be done.

This mental communication has its limitations whilst you're in flesh, and is nothing like what can be experienced with a good medium, however it also has much to offer and the limitations can be understood and worked with.

Many people in starting out with spirit communication have some apprehensions if not deep fears about dark spirits negatively influencing them, even taking them over. And if one does have such worries then these are the sorts of things that **MUST** be brought out in the open and **SPOKEN** about. What are you scared of; what do you think might happen to you; what is the worst thing you can imagine they might do to you, and so on. And even if you find yourself saying some very extreme things, that's all right, just go with it allowing yourself if you can to feel your fear and all the associated bad feelings. You can also long out loud for the reasons - the truth - of why you have such fears. It's by bringing such fears out that you are looking after yourself, by keeping them in and pretending they are not there, trying to keep them hidden, will if anything, only bring what you fear to you. There are no longer any dark or evil nature spirits, however inadvertently if you connect with mortal spirits of a dark nature from the lower Earth planes you might find them pretending to be nature spirits so they can gain your attention. However mostly if your intention is true and your desire is strong to speak with nature spirits, then that's what you'll get coming to you.

Zn wishes he had half an acre (he's got the shovel) so he could resume growing his own veggies, being able to talk with his nature spirit and spirit friends whilst turning the clods!

Verna.

20 April 2012

Well that was all rather short lived.

Yes James, as to be expected. It was all to help you feel what you felt whilst we were participating on the forum. And when that was done, so it ended. They didn't want you intruding on their patch, you threatened their power. And as you know, they're not interested in the truth, only in gaining power for themselves. If you want the truth, as you well know, you have to give up all such false power and the ways you're trying to attain it.

Yeah I know, I'm trying. And giving up trying to get anywhere on the Internet is one of those ways, as I've recorded in my diary.

Yes, however I did enjoy it, it was good to see their reactions and as some of what they've said inspired you to ask me more questions about myself and my kind, there was something that came of it.

A lot came of it. And my biggest question was - is - are you really a nature spirit, for as one of the forum members implied, our general understanding of nature spirits is that mostly you wouldn't expect them to be so intelligent as you are.

Which is a pity as it means you miss out of a lot of what we could do for you. And yes, I am as you can clearly feel, true in all that I say I am.

Yes, when we're communicating as such, I don't feel anything other than believing every word you say. That's possibly a problem of mine, that I want to believe all you say, that I'm too gullible, wanting to lead myself away from what really is true because of my lack of feeling important, so you have to be a very important nature spirit as I will only talk with one so important, all us important ones having to stick together, as you know.

As your mother and grandmother believed they knew, you mean. Yet it was all confined to their tiny world.

Yeah I know, and I'm from that world, sad isn't it.

Very. You're a poor thing, in a very bad way, a very sad case, even though you still don't fully know and accept it yet, but you're getting there.

Possibly. Verna, having said hello again, I'm going to stop now, but I'm intending to come back and speak more with you over the weekend.

As you like James, I'll be here.

21 April 2012

Hi Verna.

Good-morning James. And how are you feeling this morning?

My usual angry, yuk feelings. I'm sick of it all, sick of myself, of all my bad feelings, and sick of all the bad things we people are always doing.

So tell me what you felt after we'd finished with the Spiritualists forum.

I felt that there was no point my trying to put any of my stuff out there as no one will listen to me, no one ever did, and I'll only get rejected and told that I'm full of shit. I do feel I've come to the end of trying to feel important in the world by doing such things, trying to show what I know, and wanting people to be impressed and say, wow, you're speaking with a nature spirit and look at all she's told you, gee you must be someone important, can we come and be with you. No, I'm sick of looking to the world as I looked to mum and dad to try and make me feel good by making me feel wanted and important. It's not going to happen because it didn't happen with mum and dad. So I'm now able to write with you just for myself, and to put it out there one day only if I feel so inclined, but only because I want to and not because I hope something will come of it. And I feel much better coming back more to myself, I don't want to be out there, it's too difficult, it's even too hard as it takes too long to write the posts, then re-read them a couple of times. And for no one to be interested in the truth as I see it, it's a pointless exercise. It was a good one for me to go through it all again and express more of my need to feel wanted and superior in the world - that being in my own family, for everything to think that I'm special, I have some

special gift, I can speak with nature spirits and so listen to all I or they have to say. My opening my mouth even if it was through you isn't going to do me or anyone any good. And by pulling back in I feel better because the truth is really I don't want to share and give myself to them, as that's what I'm trying to do. I'm wanting them to come and take me and say that's good how about doing this, you can write here, you can post there, but truthfully at the moment, I don't want to have anything to do with anyone other than Marion. So I'm doing something out there, trying to make friends when I don't even want any. Which is all how I am, one big confused mess with so many parts of me at cross purposes. So I'm actually happy it didn't work and no one wanted us on their forum.

What I did enjoy was all the things you told me when I was thinking of other posts and how you'd answer questions they might ask. I do enjoy being told such things by you and the other spirits, I find it all so interesting.

Such as?

Well about how you're the indigenous spirits of Earth, and that really we should look to your kind to help us understand about the Earth and our relationship with it. That you've got not only a lot to offer us, but your kind is the beginning step for humanity in its ascension of truth. We really need to look to you before we go further afield such as considering higher spirits and angels and looking for their guidance. We should start with nature spirits and then maintain an ever expanding relationship with you right the way through humanity's evolution on Earth. And you shouldn't be relegated to these funny little fairy people that might or might not even exist, that no one is really sure about. We should be very sure about it, and there should always be information coming from your side to us via people who can readily communicate with you. We need to work literally from the ground up in our spiritual endeavours, so that means starting with the closest spirits to us - the nature spirits. And of course this should have happened right from the beginning with the first man and woman, but of course it's all been fucked up by the Rebellion. So I feel personally I like including you in my life and I'm very grateful for all you've done for me, and I love my relationship with you. I love you Verna, you are very dear to me.

That's nice to know James, and you are dear to me. And all you say is correct but only the very tip of the iceberg, for really was humanity able to stay true to itself, then we'd be a huge part of your lives, the unseen little people of the world. And like you said, we'd have helped you establish the right foundations upon which humanity would have grown, and we'd still be adding to such beginnings.

As we're speaking about it I'm feeling it even more strongly in me. Now my whole relationship with all that's spiritual is being reoriented from you, literally the ground up, within myself and really for all of us.

Yes, that's right, that's how it should be.

To think that I wanted the highest spiritual beings I could speak with, Jesus or very high angels because I wanted the highest truth, and I didn't think anyone lesser would be able to tell me anything other than just confuse everything more, such as the mind spirits do. But now having met Jesus and Mary, I'm coming back to wanting to be with you, sort of as if I'm starting out anew in a way. I want to establish my spirituality with you, and I can feel by our being rejected by the forum it's helped push me back more onto being with you. And even though I've still got the pictures of your kind being nothing more than funny cute little invisible people at the end of the garden, I've also got you, someone who is very intelligent, articulate and miles ahead of me in understanding even myself, let alone everything else. So I feel like I want you as my friend, and not other people, not people like those on the forum.

Yes, well that's fine with me.

And it pains me to think that when I was a child, had I been treated differently I might have had a really good relationship with nature spirits, something that would have grown and developed right through my life, and something what would have set me up to move onto having relationships with other higher spirits. Everything is so upside down and around the wrong way, all starting from the top and having to work backwards to the real starting point.

And all because you were off with the pixies in the mind, and not down to earth with your feelings and being able to relate to us real goblins and the like.

I suppose it's part of our ego, out putting ourselves higher than you as we do the animals, treating them like shit - they are only animals, they don't have feelings, so we can do what we like with them - that's made us relegate your kind to imaginary beings of folklore and mythology.

Yes, that's right. It's your way of having power over us. You block us out, refuse to acknowledge the truth of us, all so you can maintain your beliefs of being able to do it all yourselves, knowing everything, how its all meant to be. You know better than everyone

else, that being the way of the Rebellion. We and other spirits, even God, is a dodo, you're the great ones and you know better than everyone else, just as your parents treated you, just as they made you feel and believe they knew better about you than you did.

Yeah I know, we're so revolting.

So Verna, let's say that I'm just starting out in my spiritual endeavours and I'm looking to you for help and guidance, what would you say to me?

Forget it James, you're not good, you're never going to make it, so don't even bother. Go busy yourself with your trading, you might do better at that than this.

Okay, so then I'd feel bad and not know what to do, that not being the sort of guidance I'd have been expecting. I don't know what I would have been expecting, but not to be told to fuck off, just like the forum, just like mum, dad and Gran effectively said.

Exactly, and so what would you do, go away or keep persisting that I tell you what you wanted to know?

As I am, I'd go, I'm not good at persisting, they told me to go away, and if I tried to stay, it never got me anywhere, only treated worse and so more bad feelings. So it would probably be a very short lived experience with you. Why wouldn't you welcome me with open loving arms showering me with the great truths?

Is that what you'd want me to do?

Yes, hopefully, something to make me feel better.

It would all depend of course in which state of being you were in, evil or true. If you want the truth of evil, the truth of your evilness, why you are all wrong, then this is the reception I'd give you so you'd be pushed back onto yourself, rebuffed and having to hopefully go with your bad feelings to uncover the truth of them.

Yes, well being so fucked I'd not want to have anything to do with you if that's the welcome I got. I'd not be able to deal with the rejection like I can now by speaking about my bad feelings, I'd run away, blocking you and them out.

Which is what you all do.

Yeah I know.

So let's say that I'm not evil, what would you begin to tell me about.

I'd begin by informing you about ourselves and how we are the custodians of the world, its natural spirit carers, and that as you want to live true, so you'll want to learn how to love and live in perfect harmony with all creatures, and that's where we'd begin. I'd slowly reveal the spiritual side of our relationship with you, which we'd expand out into all areas of life, slowly moving higher as your understanding and awareness of God increased.

Is this how it was for Andon and Fonta (I think that was their names), the first humans according to the Urantia Book?

Yes, but on a far more primitive level. They were perfect not having been subjected to the Rebellion as you are, it having not come to Earth yet, and they could sense our presence. They relied on us more for their physical survival as they understood and felt that we were on their side, that we'd help them, which those of my kind did. As they moved out into lands they did not know, we told them through their feelings what foods they could eat, what was good for them and what would make them sick. We helped guide them to suitable shelter and warned them of impending danger. There were many animals that could have harmed them, but we played a large role in protecting them from such creatures. We can easily influence the minds of all animals so could keep them away from early man. Our main role was to help see that fledgling humanity found its feet, and from then on when you (humanity) were firmly established we eased back allowing you to come to us when in need. But we maintained a close and strong relationship with mankind right from the beginning, and even far earlier than that with your earlier ancestors, helping their evolution proceed in the chosen direction to bring mankind into existence.

And it was our influence that helped you expand your early culture, helped you start to speak with words rather than grunts, helped you to look at life in other ways other than that of an animal, helped you to start honouring and expressing your early spiritual feelings. And all we did was always in keeping with nature. Although being still very primitive, mankind needed to hunt and eat the animals, and we helped them to understand increasingly about the sacredness of life, all of which you've all but forgotten. And this continued until humanity had evolved to such a degree that brought about the more direct participation of higher spirits.

You mean with the arrival of the Daligastia's (re: the Urantia Book) and all those in spirit who helped them?

Yes. From then on humanity had more of a direct input from such spirits and angelic being, helping it grow emotionally, mentally and to spiritually advance. But still, up until the Rebellion, we maintained a very close and personal relationship with humanity. It wasn't with every individual, but with those people who could naturally see and speak with us, of which there was always a good number. We were accepted as part of your life, there were creatures - animals - with you on Earth, and then there were also creatures, other beings - spirits, with you but not of the Earth. And so when the Daligastia's arrived, those humans involved in their coming were easily able to accept such higher beings coming from the unseen worlds to further help them. From the beginning humanity has always had such unseen help, so it was part of those people's everyday life, life was about growing and learning about life, about oneself, other people and life, about the greater universe. It wasn't about sitting in front of the video screen watching movies about fictitious planets and all the life and goings on, on them. There wasn't anything to take you away from yourselves, and there was no reason to, humanity wasn't in rebellion against the truth back then.

And then those higher spirit leaders joined the Rebellion and it all started to fall apart.

Yes, gradually, and humanity had no idea about it. The shift was a gradual one passed on through generations of moving away from the true person whilst cultivating a false one. Slowly mankind was taken away from itself and made to focus on all those aspects of themselves that led them into being as evil as you are today, all those aspects of self denial that kept you away from what you really felt. And once the Rebellion started we had to pull away and leave you alone, and in many ways, even help you deeper into it.

25 April 2012

Verna, I'm trying to work out if the 'experiment' failed. On the surface of it, it did, we were rejected by the Spiritualists forum, however it gave me a lot, helping me work through yet more stuff and come to fully feel and realise that I don't want to go out into the world anyway, and all my reasons to were only for power and resulting from my falseness and being untrue, so from that point of view, it was a success. I was surprised that we got as far as we did. I would so much like it if people were to understand your kind, and to know all that you've told me. It might help people gain a better appreciation of nature, of how we are, and how we can go about helping ourselves.

Yes James, but as you know, it's not time yet. Of course that would be nice, we've longed for it for aeons, but we also know that God has Their plans and they are very far reaching. So it's been a vital part of humanity's experience to live these long years of darkness. And who are we to interfere with that plan. We have done all we can to further your negative state, even though we'd rather not have had to help mankind evolve its evilness. But as we've told you, things are now coming to an end, the tide is turning, and in time you'll see clearly for yourself that things will be going in the opposite direction to how they have these past millennia.

Every day I look for the signs, for a sign, but I've not seen one yet, other than an increase in the number and size of earthquakes and seemingly every volcano on the planet coming to life. But that could only be a phase we're moving through with things settling down again. There have been many such times in the past.

But you personally James are changing, and that is all the sign you need. You don't understand or appreciate the significance of that, there is no better sign. All that happens on the outside, all that's to come concerning the earth changes and all people go through, is nothing in comparison to what you and Marion are going through. It's the inner where it all matters, not so much the outer, the outer only expresses the inner.

Less and less do I feel I want to have anything to do with humanity. We're both giving it up, feeling like we have nothing in common with it any more other than just our physical bodies, and really it doesn't matter to us what happens to it. For all we care, as we're currently feeling, it can go on being evil forever. We feel sorry and sad about all the suffering, particularly the innocent creatures, but that's been going on for ages anyway, and there's nothing we can do about it. We can't even go out there any more and tell the woman to put her dog on the lead, it being the law, and all so her dog doesn't scare off all the rabbits and chase the birds away. There's no point, she's fucked, we're all fucked, we shouldn't have dogs, but who's to say she can't have one and have it how she pleases. We don't want to have such confrontations anymore, we just want to disappear and leave them all to it. The dog lovers who feel it's their right to let their dogs loose all over the place, all the beaches where the endangered hooded plover tries to nest each summer, and the dog haters who don't want any dogs on the island will never see eye to eye, and it's not about all of that anyway. It's about us all working on ourselves to heal those causes that make us be one way or the other, despite whether it's right or wrong. It's about our all having to want to see the truth of ourselves and then changing as we do. And that seems such a far off thing, something I can't see humanity will ever want, possibly a few people here and there over time, but not the greater whole. So it's all so disheartening, and yet it's all

obviously as the Mother and Father want it, so as you said, it's not for us to try and change things.

You can only do as your feelings guide you James, this you're coming to understand and live. And other than that, there is nothing else you can do. And nothing else needs to be done by you, or anyone else for that matter.

How did you learn about all the feeling stuff Verna?

I have been tutored by many angelic advisers, having to observe the evil workings of humanity and made to understand how it all revolves around your feelings and their denial. And I must say, it's not the usual thing we nature spirits are involved in, however it's certainly been interesting. And I'm not alone in this with you James, I have a constant group of angelic advisors with me, all who school me on any points should they arise.

And do they?

Oh yes, all the time with you, because most of what interests you is not what interests me, we are not alike, and the further you progress the more testing it is for me.

You always seem to me, and very much so, not only up with it, but way ahead of me.

All thanks to those helping me. There are many 'experts' who are all very aware of all that evil is and how to go about healing oneself of it. There have been now many spirits who've done their healing and become Celestials as you know, and they have all been thoroughly observed. And it hasn't taken much imagination to apply all that these spirits have been through to all that you will go through in the physical. And you understand James, or reading your mind, you haven't as yet been fully informed of it, but all on all levels, those who are having anything directly to do with you and Marion, even though Marion remains mostly unconscious of those working with her, come together under a special dispensation, something that's completely orchestrated by Mary and Jesus, with no interference from anyone else. All that is transpiring with you and associated with you as you work your way through your healing and beyond, is under their control, they've set it all up, and all that happens is all up to them. And all that is transpiring is totally not the norm so far as what's been revealed to you in the Urantia Book. It's all highly irregular, but far more interesting because of that, which is all in keeping with all that's transpired on Earth, such as the Rebellion and Default themselves and the coming of Machiventa, Mary and Jesus.

Will I be able to see you and your kind whilst I'm of flesh?

I can't answer that James, as you know.

Yeah, I still wanted to ask it though.

And why not, you can ask me anything! You're feeling a bit despondent today?

Yes, it's cold, and I'm feeling, yet again, fed up with all my problems. I wish we could move up north, or somewhere away from the cold. We hardly had any summer this year, and now all too soon we have to put the heater on and more clothes, it's all such a trial, that along with always feeling so bad, that being the biggest trial.

You need to be where you are for reasons unbeknown to you, and which I'm afraid I can't as yet enlighten you to. But in time it will all become apparent. And you're feeling cold all serves to help you feel bad so you can express more of your bad feelings.

Yeah, I know, but you know how it is, or maybe you don't, you get sick of it, sick of having to say the same old things, complaining about the same things, expressing the same bad feelings, it never bloody ends. Anyway Verna, thank you for speaking with me, but as I feel too bad, I'll sign off. I'll go and try and talk about my bad feelings with Marion. Great relationship we have Marion and I have, it just about consists of us only talking about how bad we feel. I'll come back soon.

I'll be here. Bye James.

26 April 2012

So Verna, nothing of spirit can cease to be.

That's right James.

So all life from a bacteria upwards, once it dies, it's spirit or the spirit that sustained it, continues?

Yes, it's never lost, once 'in' Creation it can't 'leave'.

How does it come into Creation in the first place?

From the Paradise Trinity. In their different ways such spirit becomes manifest. Your souls manifest themselves in Creation by drawing upon the spirit of the Infinite (Daughter) Spirit and the Eternal Son. And once you've begun your incarnation there's no going back. Your actual incarnation can be stalled if you cease to be before your first physical and so also spiritual heartbeat, but it's only stalled.

Is that really so, or is that just you complying with my mind's understanding of it, what I want to believe for myself?

No it's true. Apparently some souls require a 'false start' experience all to comply with the natural laws, the laws of nature, that being what happens sometimes in the natural world. Not all life, as you know, goes along smoothly, it starts and then can stop at any time, there being laws that govern it all.

So as to whether say a bird never lives, it being a unfertilised egg; a fertilised one for a moment but then dying before hatching; hatching and living a moment, a day, a week, a year, ten years, is all governed by laws, is that what you're saying?

Yes. Everything is. You can call them laws or just circuits, what you call the mind circuits, which are really laws, or you could say the circuits adhere to laws, they work in very specific ways, it's nothing of a random affair. You can see it in all life, the plants cells grow along very defined lines, as do all your cells, your whole body, the whole tree, even if the exterior form is distorted and not the perfect outer shape. All that makes it be as it, still grows along very distinct, well ordered and fully structured lines. It has to be that way. Creation is one huge orderly matrix of mind circuits in which you have your being, in which your soul draws from the spirit of it all, manifesting you - your personality - within and so a part of the matrix, all being done along very specific lines. And so the way life is, as you were saying, what determines a life, is also all ordered and structured, only as you're not so aware of it, so you see it as what appears to be a very random hit or miss affair: you're either lucky to get a good go at it relatively unharmed or you hardly get to take a breath. But it's all as it's meant to be.

So all how we are destroying everything, even our destruction is all how it's meant to be, all going according to plan and in strict accordance with the laws as you call them.

Yes. Nothing in Creation, of love and truth or of no love and untruth - evil, can exist without adherence to such laws. The natural laws of Creation govern everything, that which you're coming to understand. And then separate to these natural laws but also completely recognising and honouring them, or you could say, working within them and yet in a way outside of them, are those laws pertaining to the Divine Love, they representing a whole other universe one might say. And I say such things as 'one might say' because I don't really know how to say such things-

I understand what you mean.

Good, anyway, the Divine Love laws all relate to the condition of soul, nothing else, and so are separate to and yet a part of, the whole.

From what I understand Verna, humanity has only been told about the Divine Love laws in regards to our longing for the Divine Love and it transforming our souls into the essence of God out of the image, making us become divine, as Jesus told us in the Padgett Messages. But really little other than that.

Yes, the main law if you like, but as I am told, there are many such laws all of which relate to how the Divine Love comes into your soul, when it does, why it does, and then all the effects it has on you: how, why, when and so on. And then it also comes down to your relationship with the Father and Mother, and the Eternal Son and Infinite Daughter; and then it governs your relationship too with the evolving Deities, such as Supreme Being. There is a lot I don't understand about it, and you'd have to ask others higher and more advanced than me if you want to know more, as that's about it as far as I go, that being enough to make you think a little more deeply about such things.

Yes it does, as my first thought is that it's one thing relating to ourselves, life, Creation and God from and with natural love, but obviously and entirely different thing and a whole other thing relating to it all through and with the Divine Love.

Yes, once you've attained the Celestial level of perfection, of divinity, or Divine Love within your soul, then essentially it all changes for you, you no longer being simply a natural love creature, or creation of Creation. It then takes you into another whole level of being and relating, so nothing is as it was for you, and from that point you then go on becoming ever increasingly divine, so what that's like for you, I have no idea.

How is it for you Verna, and for the angels, do you have a soul that can partake of the Divine Love?

No, not like you do, we're not created for that life. We have an ascension of pure natural love - spirit light, light of the Mind, all the way to Paradise, and we're the compliment to you Divine Love souls. You know as you are, you can't ascend in your natural love alone, higher than the mansion worlds, but for us that's not so, we're not restricted, being able to ascend all the way to Paradise in ever increasing mind circuits of natural love. So for us it's just as exciting, just as wonderful as it is for you, only we're coming at it from different directions. We too are evolving in our natural love, through our natural mind, to the level of Deity, such as you attain Deity consciousness when you arrive on Paradise. We don't all necessarily go with you on your ascension, but still for many of us, the level of Paradise Mind is our goal and destiny.

I see, so really the realm of natural love concerning your kind and angels, is the realm of the Mind.

Yes, and the realm of Truth is the way for your souls of Divine Love. You become of Divine Love, which means your self-expression becomes one of mind and feelings expressing your personality through your divinity, with the light of the Divine Love contained within your soul, or, with your divine soul. We become of pure Mind and also with some feelings, though not to the depth and in the same way as you have and feel them, we having the absolute control over all Creation with our minds. You being of divine soul are in Creation, but not the controllers of it, you need our natural love expressed in the various aspects of Mind, to have your being, to have your personality expression. And in many ways, you're not of Creation, your of Soul, that being existential, whereas we're pure and total experiential, as expressed by the Mind of Creation - the Infinite Daughter Spirit.

So all that you seem to be, your physical and spirit bodies, your subtle bodies that connect them, your thoughts and feelings, all that allows you to express the personalities of your soul, is all of the Mind. Without the Mind you'd not be able to have such things, the Mind being controlled by or expressed by mostly the Infinite Daughter and Eternal Son, it being expressed in their relationship. But also a part of the Mother and Father, Their mind if you like, that which brought into being the ES and ID and all of Creation. ????

Okay, so what you're saying is the Mind of God creates the natural love side of things, and the soul or heart of God, the truth, and so divine love side of things.

Yes, that's it.

Okay, so those people who say it's all about trying to connect with and relate to the Mind of God whilst they are of only their natural love, are correct in that is what they trying to do, only that's not what our souls are about.

Yes, that's the rebellious side, you are in effect setting out to be something you can't be, you're trying to be like us, and the angels, not true souls that you are. And so to try and help you achieve this, you block out most of your feelings, and particularly your true feelings, ones that come directly from your soul, learning to live with feelings generated by your mind so your mind remains in control. So you end up believing you're in control and on your way to God, when in fact your barking up the wrong tree. You are trying to believe you *are* God with your mind, when of course you can't be God. You're not meant to be like us, as you can't be anyway, you're a completely different creation, designed to partake directly of the Divine Love so as to transform your soul into your true state. Only the difficulty you have is that you start off only being of natural love, you're not as so many people want to believe, already of Divine Love. So in a way you start off close to us, being in many aspects similar to us, and that's why you can relate to and identify to some extent with nature and all the creatures, but it's also why you feel you're different from them, because you have a soul and are not just mind.

So the creatures are really the first step of natural love ascension: the creatures, nature spirits, lower angels, higher angels and so on - do you call it an ascension?

Yes, but one of Light, not one of Truth as it is for you. One of Light, or Mind, the two often being used to denote the same thing. We are all concerned about the working of things, and that they work perfectly, whereas you're all concerned with the truth of things, what it all means to you, how you feel about it, and then through and with your truth, you just live. Humanity's preoccupation about trying to work out how it all works so it can control it, is all because of your being stuck too heavily in the mind side of things. If you were more true to your feelings, you'd not need to work out everything with your mind, happy to grow in truth and then allow whatever comes to you through your mind to come in accordance and directly relation to your feelings. Your mind grows as you advance and grow in truth, but that doesn't mean you'll necessarily want to remain focused on trying to understand how everything works in minute detail. Take yourself James for example, your parents told you understanding certain things was important, and your schooling took over from them, but most of that you've put in the bin it not being of any interest to you. And it's not for you, you weren't meant to learn or even be exposed to all that stuff so far as

what your soul really needed. What it needed to help you grow in truth was denied you, with all the other rubbish stuffed into your mind as if it were the important thing in life. Look at your trading, the woman you just saw said you must have to work out a lot of maths to do it, when the beauty of it for you is, that you don't have to do any maths, it all being done for you by the system you use to trade. So it's very easy for you, and were it requiring more mathematical understanding, then you'd not be able to do it as that doesn't appeal to you, it would be too difficult and you certainly don't want to try and apply your mind to such meaningless tasks at this point in your growth. And yet you are quite happy to learn what I tell you about, as this does interest you, it being the sort of things you should have been exposed to and using your mind with, right from the beginning of your life.

If only. But hey, maybe if I were more mathematical - I can't even spell it, I would be better at the trading!

Somehow James I don't think so, it's not about that for you. As you said the other day, for you the trading is something to help you express more of your repressed feelings, it's not about making money.

Yeah, more the pity, is that the saying? I'll have to ask Marion. And she's coming to the car, I'll speak to you later Verna, thank you for telling me all of that.

You're welcome, speak to you soon. Bye.

28 April 2012

Hi Verna, I feel very bad, very upset and miserable about the council chopping down yet more lovely trees in Cowes.

I know James, I'm tuned in. But there's nothing you can do about it other than keep expressing how bad you feel, as you know.

Yeah I know, but I want to do that with Marion, I'm sick of writing about it. So as I'm so good at denying my bad feelings, I'll put them all aside for the time being, as I wanted to speak to you about something to do with the soul, but I've forgotten it, and as I actually can't put my bad feelings aside as I thought I'd be able to, so I'll speak to you about them.

How's that Verna - confusing?

Verna, how do you feel when we humans do such bad things, do you feel devastated?

No, we don't have such feelings, and we certainly don't have them all connected with the appalling treatment we got when we were children. We weren't ever children, but you know what I mean.

I do.

We understand that whilst humanity is untrue, it can only destroy all that is good and true, it can only make everything be as it is, hence the reduction of nature. But we also know it's for a good purpose, it's to help you become what you will be in future, and everyone will feel the pain of their destruction of nature as they feel the pain of their own destruction at the hands of their parents. And as you know, things are soon to start changing and moving in a new spiritual direction, humanity will begin its healing.

I so hope so, but what mass destruction will we do before we turn the corner. Surely we have to end up wrecking the world within an inch of its and our own existence.

Yes, an awful lot of damage will be done, even by nature itself, but that's all part of it, part of what will help bring about such change, and a willingness to change, people have to want to change, want to give up how they are, and they have to be shown that they can't keep doing detrimental things to themselves and nature all in the name of progress.

I don't mind it if nature does it to itself, that all seems natural. I mean, I still do feel bad seeing any creature suffering, but still it's not as bad as our feeling-less destruction. God I feel so angry, I want to rage and rage and yet I also feel incompetent at even voicing my anger, it never getting me anywhere, only more pain. I feel so powerless, so useless, and it's all too late, not that I would have done anything anyway, but the trees are gone, the whole area is ruined, and it was a little haven for the birds and other creatures that lived in that area. We don't even understand that we're ruining another creature's house, where it lives, we'd hate someone to come onto our land and into our house and start pulling it down and taking it over, and yet we think nothing of doing it to nature. We're so fucked in our heads, all maniacs running around with so much money to do as we please, at least some people have, able to wipe this off the planet just because some moron gets some idea about putting five bells people can ring in a public place as a tourist attraction. One ugly yellow fire-bell replacing one huge beautiful gum tree, really it is a madness, we're all so sick, we all need to be put down, put out of our misery, the misery we don't even know

we're in.

No easy way like that James.

I know. And Marion and I have been reading another book about people speaking with mind spirits through a medium, and I'd have to say the mind spirits are still as bad as they were as people, they don't have a clue about anything to do with truth, anything of any use to one's soul progression. Talk about fantasy land and all their rubbish about reincarnation, and because it's all so wonderful over there, and the light is so loving, and they don't have to earn a living, they don't have to eat animals to survive, they don't have to feel bad, they don't have disease, so they just wipe all of the horror they lived on Earth and all the bad things they did aside, some feeling a little bit bad for a while, or living in their hell for a time, but then once that's over, bingo, up into their new spirit life; and it's all so great their being able to be the great ones doing all they've ever wanted, all deluding themselves about how they really are and what they really feel and what lives they did live on Earth. It all makes me want to puke, I hate it all, no way am I going anywhere near those worlds, maybe to see the sights, but not to be with those spirits.

You might end up spending a lot of time there, helping them to wake up to the moronic lives they are living, helping to come out of their mental fantasies.

Yeah well if that's so, I'll have to be healed of all my anger and seeing in a very different light than I do now.

You will be James, and it won't be long now before such major inner changes start taking place within you. Things are getting on, you're getting older, and as you've moved deeper into your fear, so more truth can come to light.

So you say, but you've been saying those things for years now and nothing has happened, Marion and I just have to keep slogging on. She's just returned, so I'll go now. Bye Verna.

Bye James.

Sorry for having to cut you off like that.

Not a problem James, I can sense through you what you're doing, we always can, so you don't need to tell us, we know, you just stop when you have to in situations like that. And

we don't take offence, none of that sort of thing bothers us, not like how it bothered your Gran 'not all being done properly'. We are aware of all that's going on around you when you're communicating with us, I'm not with you, as in being in the room with you whilst you're typing, I'm at my home at the Lake, but I know you're sitting on the couch and Marion's having her afternoon sandwich treat reading her book, and you're copying all your data onto a disc as you're going tomorrow to buy a new second hand computer.

Yes, it will be a long drive to the other side of the city, but I need something more capable than what I've got now, and as it's reasonably cheap compared with a new iMac, and the Macbooks are too expensive even the second hand ones - and I want more money to trade with when I have a go at the once a day trading in a month or so's time. It's different in many ways to the intraday trading I was doing, more things to look at and understand, so I won't be ready for it for a while.

I don't feel so bad now about the trees being chopped, I hate that it happens without any care, but I don't feel bad anymore, I've been talking about it and other things that have come up, other fears and problems I've got with Marion. It never ends Verna, I did think before my healing that I had some problems, I was scared of things and unhappy, but I had no idea I am so fucked. New things come to light just about every time I open my mouth, which is where it's all centred, in how I speak, how I communicate, really I'm a very sad case.

You're doing fine James, rolling merrily along I'd say.

Ha, ha, it's all right for you, you get to live on a beautiful lake high in the mountains in New Zealand; I get to live in the yuk of it all. But I suppose your area is getting encroached upon more all the time.

It is, even in ways humanity is unaware of. Pollution from your doings is having an effect in every part of the planet, there is no escape on the physical, everything is suffering and undergoing some change, really you have no idea as to the total impact you're having on nature. And more people want to hike up to the lake where I live, so there is more human activity, more sightseeing, it's becoming rather too popular a site, it might even be time to consider moving. Maybe to something like the bottom of one of the oceans, in the darkness for some peace and quiet.

I guess it's not dark for you.

No, we can see into all the dark physical places of Earth, even into the Earth itself. We

can go into it it all through our spirit plane, and we can even wall humanity's bad effects off to some extent, however we're still aware of all that you do.

Verna, Marion's finished as no doubt you know-

And I know that you're going to put me on hold or stop for the day, so I'll just hang around with nothing better to do than wait for you to resume.

3 May 2012

Verna, some time ago Marion was reading about George Washington Carver the famous black American scientist, and the other day I thought that I wanted to ask you about him in regards to your wee selves, the nature spirits, as I feel you obviously had a hand in all that he uncovered about the natural world.

We did James, and other angels. He was one of those individuals that was used, it being part of his soul need, to considerably advance the self-denial of humanity. He seemed to give so much to humanity all in the name of progress, yet as you now understand, all such progress is only furthering humanity's evilness.

So you've strategically helped humanity along in our negative states through the likes of such individuals.

Yes, we seeded his mind with such insights, and it all comes to be expressed as he moves through his life's experiences.

Was he, and indeed are such people, aware of your unseen presence?

Yes and no, you know how it is, some are more aware than others. Mostly they all attribute such 'extra' sense and perception and insight to God, which of course is where it all does ultimately come from. And as you understand, we're not allowed to have true relationships with people as we simply can't whilst they are evil - an exception being made in your case. So we do it all mostly unseen and unheard. And in more recent times, anyone saying they speak with the nature spirits and then have anything important to offer are scorned and ridiculed, such as you experienced on the SpiritualistsLink forum. And of course many of the 'fey' women were burnt at the stake during other times, and yet there

have been times and societies that have revered such people with such 'gifts' of insight and knowing. But none of that matters anymore. It will all be the same until this age ends, then things will begin to be different. For those people who want to sincerely communicate with us, asking us to help them uncover the truth of their feeling-denial in all that we do together, we'll be able to start to relate with truly, showing people more of our true nature.

I have the feeling that potentially that help could be a lot.

Oh yes, a vast amount if people are open and willing to be involved directly with us. However I must stress, it will ONLY happen with and for those people who are striving to do their healing, feeling- or soul-healing. As for those who aren't, it will remain as it is, we'll only be able to help them, if at all, to further progress in their evilness.

And as you've suspected, it won't just be us nature spirits, there will also be a lot of hands on angelic help, which has been denied humanity since the Rebellion began. Very occasionally an angelic pair has been given the task of enlightening certain humans, much of which those humans have then confused and muddled in their minds, but such 'visitations' have been few and far between.

The humanity that decides it wants to heal and so remove itself from the control of evil, will come to discover that humanity is always meant to have angelic help, it being part of what is needed to advance in truth in a true state. And it's because of this angelic denial that mostly you've languished in the morass of your own doing.

In our dross you mean.

There will be a great amount of help given to those truth seeking people in the years to come, much of which will astonish those involved. It certainly will open up another dimension of life for many people. Not all people of course will have direct and open communication with my kind or higher angels, but that won't matter as such people will not require it, but they will understand it and benefit from it.

And as we've suggested to you, humanity is going to need a lot of outside help to rectify all the mess you've created throughout this age. And with what's to come before the age ends, the mess as it currently stands in is small.

So we're really going to fuck the planet up with all our wars and continued development.

Yes, all sorts of evilness is going to unleashed, more than already exists. However I won't go into it, as it's no longer on the agenda of what I can talk to you about.

I don't mind Verna, I'm not so interested in all the future stuff anymore. As far as I can see, we've already fucked the planet to the point of never being able to fix all the damage ourselves, so we'd need some outside help. And with all the rumours of war increasing currently, and the continuing weakening of the European State, it looks like it's all going to get much worse. I'm more content to keep working on myself now. I'm feeling more that I don't want anything to do with humanity, other than possibly being able to help people who are sincerely wanting to uncover the truth of themselves, but only when Marion and I are fully healed. And as to how I will be then and what I might feel... I might have changed my mind about that too by then. For now I just want to get myself and my new computer sorted out - you don't know anything about Java do you?

No, that is out of my area of expertise. I know nothing more than observing you and feeling what you feel about your computers, and I don't want to know anything more. There are those nature spirits that are well versed in such workings, but as they are to be of no assistance to you, there's nothing we can do for you.

It's helping me work though more of my stuff, and I don't mind, even if it means I can't do the trading, or have to wait and save up and buy another one. It's making me stand up for myself having to deal with people about trying to fix it, asserting myself and pushing ahead to get what I want when I feel it's a lost cause, being something I couldn't do with mum.

I would love to be around and see the angels working with people... I'd like to see other people striving to do their healing, to know that something is changing for the better on the world. But then again, as soon as I say such things now, I let them go, feeling, na, I don't care, it's not up to me, I'm just happy to keep going with my own healing.

The angels are with you and Marion and helping you all the time. All those inner adjustments you feel are brought about by them, and many too on the physical level. They play quite an active role with you, far more than I or other nature spirits do. And in time you'll understand more about their unseen involvement with you, but for now none of that matters, for as you've said, it's only about you staying focused on your feelings and expressing them to Marion. In time as Mary was saying to you, soul awareness will come to you about such things, far greater awareness, perception and insight than that which you can gain from your mind. Things will open up for you along those lines as you move toward completing your healing. And the changes that will bring about are now happening deep within with you both.

I can feel myself changing more now. I'm still doing all my same old compulsions, but my relationship with my mind is changing. It's too hard to try and describe how, but that it all makes me feel good. The Holy Spirit has also been coming to me more lately and it's nice to feel the Divine Love moving into my soul. That didn't happen for quite a number of years.

Yes, you're both now moving out of a more physically orientated perspective into a more spiritual one. Your feelings are catching up with and overtaking your mind, it's a huge change for you. You're beginning to live a more feeling-led life, but true feelings, ones directly resulting from your true interaction with life, not all the falseness you've been used to.

Verna, I'm going now.

Speak to you whenever James - tootle-loo!

7 May 2012

Branding cattle. It's all too easy. To have all the power. The innocent creature doesn't fight back. You can treat them with the minimum of care, all so you don't lose money. You can cut them, poke them, prod them, keep them in paddocks without any shelter. They can't and don't complain. They don't show how bad you're making them feel. And you don't care that you're making them feel scared, inflicting so much pain on them. It was all done to you when you were small by your parents, so now it's your turn to be the all-powerful one and inflict pain in the powerless one. And no one says you can't, just as no one said to your parents that they couldn't treat you so unlovingly.

Hi Verna, I have a couple of questions for you.

Oh goody, I do love questions.

Can animals see you?

Some can. All can sense us, and can sense when we want them to do something for us. We can influence them all, they being of a mind creation as we are, it's a matter of mind to mind you see. And they love doing what we ask. It makes them feel good. And we often

ask them to do things for us when they have something to do with you. You need the creatures to provide you with certain experiences, and so to get the creatures to do what is needed, sometimes we need to give them a helping hand. They don't know of course what they are doing for you, but we do, as do your guardian angels, who also play a hand in it.

Some of your pets, your cats and some dogs can see us, but they simply consider us a part of their world, and one in which they can't interact with much, so they simply accept us as part of the scenery so to speak. Sometimes the little kitten will try to catch and play with us, just as the young pup or cat might try to rub up against a spirit it can see or sense, but they soon learn that such things don't give them anything in return. An animal can't feel you patting it, if you are a spirit. It might be able to sense and even feel your energy, a light, even love, but that's about it. And those people who claim to be able to speak with the animals are not really speaking directly to the animal in question, it is the persons indwelling spirit acting as go-between, or on behalf of the animal. And that's when it's a true communication, as also often it's just the mind spirits using the animal to gain a connection with a person.

When unusual things happen between man and beast, then more than likely we're having a hand in it.

Such as for example the woman we read in Christian the Lion, who wanted a lion as a pet and acquired a young lioness from the Rome zoo and lived with it in her apartment for a year and a half without any trouble.

Yes, such people that have a strong loving affinity with pets and wild animals have a large band of nature spirits with them, helping the relationship be what it is. It's the same as you read concerning the English vet who felt he had some inner guidance from spirit helping him know what natural remedies he should give to his animal patients, and how to handle a lot of the animals he tended to. He had help from us, angels and spirits of the mind worlds. A lot of the mind spirits help you with animals, many of them as you know being devoted to the animal kingdom from spirit, but such more genuinely caring mind spirits you are mostly unaware of as they want no personal glory in their unseen work with you.

So the mind spirits can't see you either?

No, nor can they see the angels. Such sight, only comes with soul perceptions as you attain a Celestial level of truth.

And I will add, that many of the mind spirits spend a lot of time devoted to the creatures of Earth as they wake up to how badly they treated them when on Earth. Other spirits of course just love them, and have always done so.

How do the mind spirits help them, what influence can they have on animals, and also presumably plants and the microscopic forms of life, from spirit?

The can love them, that's about all. So many that are suffering, being tortured by you on Earth, are also being loved strongly from spirit, all which does affect the spirit of the animal. It's really how such creatures can endure the bad things you do to them. There are teams of mind spirits that take up the cause, helping to make those creatures suffering at the hands of humanity, feel good within themselves whilst being subjected to such horror. We also are involved. No creature suffers in any way without our being involved to ensure the spirit integrity of the creature is maintained. Which means, to ensure that your evilness doesn't get to it, that it doesn't feel completely overpowered and so lost, alone, unloved and rejected by life. We shield its spirit from you, from your darkness.

What about when animals are being horrible to each other - eating each other.

That's a different sort of relationship, all-loving. That is love - prey and love - victim, even though it might not seem like that on the surface to you, so the spirit integrity always remains intact. When it's with you, it's love - the creatures, and unlove - you, and that's when they need our help so their spirit integrity - their spirit, is not compromised.

So in their spirit they don't ever suffer?

That's right.

So baby Pod, wasn't all alone?

No, our kind were with him. He didn't feel bad, he didn't feel alone and abandoned in his spirit, that which you feel and suffer because of being treated unlovingly. He wasn't dying longing for his magpie parents, he was all-accepting of his life, he didn't know anything different, or think it should be another way. He didn't know or feel he was suffering, so didn't suffer. You, because of your soul, know and feel you are suffering, and so you do, that being what you have to come to terms with. And it's the same that applies to all the creatures, they don't have the same relationship with life that you do. It's a far more spiritual life for them, even though they seem far more earthed and of the Earth than you. It's very wrong of mankind to consider them lower beings and so ones that don't suffer, being able to have done to them anything mankind does. For although they don't suffer as such in their spirit, still it's not right, it's not a true life for them, and so in some ways there

is suffering involved, especially physical suffering and physical pain and fear. However I can assure you, it's nothing in comparison to what you are suffering by causing a creature to live a life that is not as it desires to live. To make it live an unnatural existence, to make it suffer in that, will cause you untold pain, all of which if you don't come to feel during your earth life as you start to become true, will await you in your spirit life. Many of the mind spirits wake up mentally to how badly they treated the creatures under their care, and suffer accordingly, however that pain, even though very intense for some, will still pale in comparison to the pain they will feel once they start to become true.

What compensation do the creatures get? They are the good ones suffering at our hands, so what happens to them? We can be the bad ones torturing and abusing them, then become all good even getting the Divine Love and becoming Celestial, but what do they get? We suffer and get rewarded for shitting all over them, so what about them, do they get anything?

They get to move onto becoming nature spirits and then in time proper angels. Their spirit lives on. It's nothing of a reward as such, the Mother and Father don't issue rewards, it's just how it is. They live what life is given to them, as we all do, and we all experience what we're to, and we all move on when it's time, we're all always moving on. So there is no compensation for them, as really nothing bad has happened to them, has happened to their spirit. And once any suffering of the physical is over, then as a spirit they go on, on into the vast spirit collective and then to at some time become part of the spirit that constitutes one of my kind.

And as you said, or did you say, actually I can't remember now, are you aware of the creature spirits that constitute your spirit?

No I'm not personally aware as in being able to 'remember' or sense that part of me, that part of my spirit was once, say for example, a bee... or a buffalo. However I can, should I desire, access from higher angels just what my spirit composition is.

And have you done so?

Yes, we all do at some point. We all want to understand our heritage.

And would you mind sharing it with me?

I wouldn't mind, but it's difficult. It's not so much saying I was, or rather my spirit was,

once this or that creature, as so many of you mortals and mind spirits say your past lives were, for it comes to us as light, and in that light as a knowing, an awareness, just as part of us. And to further complicate things in regards to myself, I was drawn from the creature spirit from other universal worlds, not of Earth, for as I told you, I was created on Earth before life began. And so there are as you now surmise, those of us who were the original nature spirits, but were not 'of' this world so to speak, that being in a spirit sense. And then since life has been on Earth, there are those nature spirits 'drawn up out of' the indigenous creature spirit. We refer to them as the 'locals'. And as there is now so few of us original 'out of towners', the locals predominate.

So as you'd not be able to relate to the creatures my spirit comes from, all I can tell you is there's a good mix of aquatic and terrestrial in me. I'm a good balance.

And yes to read your mind, there are nature spirits with varying mixes of creature spirit. Some feeling more of an affinity for the plant kingdom, others for the oceans or rivers, and others for land, and of course, mixtures of all. And so yes, to read your thoughts again, as you would expect, those of more plant spirit feel drawn more to the plant side of things, and so that's how it is, those nature spirits tending to the plant kingdom.

So your spirit is very complex?

Yes, it's not as straightforward as is yours, yours coming solely from your soul. Your spirit is your own unique spirit expressing the light of your soul; our spirits, also uniquely our own, however come from a composite of many other spirits. And in my case for example, and I'm about average, or 'usual' - as much as I hate to admit it, I'm composed, for want of a better word, of about five hundred billion creature spirits, so yes, you could say we're complex on that level. And yet on other levels, we're considered rather basic, we are after all *only* nature spirits, not great angels.

I suppose the spirit of a bacteria is not that big.

It's not a matter of big or small in the sense that you know it. It's all a matter of life experience, of light. All creature spirits are composed of light, this light being seen, related to, understood, even broken down into its component parts by higher angels. As you've been told, as it's the same for you, each experience you live is composed of many 'lights', that being that much light in the spirit of that experience. So our spirit existence is literally a sum of all the light experiences of light those creatures lived. Your light experience, or the light from your experience, goes into your soul, and then re-emerges being expressed as your spirit, as all that you are, all that sustains you in Creation; your truth being one part of that spirit that becomes manifest, that you live. The light from all our experiences goes

into our mind, that being, into expanding and evolving our mental awareness and capabilities, the higher angels having a greater mind than we do. And that angelic mind is not to be confused with your mortal or spirit minds because the two are vastly different. The angelic mind you can't grasp with your limited mind, you can through your soul perceptions when you're healed and of Celestial truth, but until then, you'll have no idea about it. And it's not just a thinking mind as yours currently mostly is, it's a mind of action, or mind of pure and true thought, of insight, a mind of discovery and collection, the collection of all that it is - a mind of light. When an angel moves, it does so not because of it's feelings like you do, but because of it's mind, the spirit that its mind is, or, the mind of its spirit. Are you confused yet James?

No, I'm getting what you're telling me more on a feeling level. I doubt I'll remember any of it with my mind, but I understand what you're saying.

Good, as it's hard to try and put such concepts into English, into any words for that matter. It's more that you'll understand such things through your soul perceptions as they unfold and develop.

So when the angels spoke through me at the Divine Love meditations all those years ago... what happened then?

They simply did as I do, yet with greater volume and intensity, infusing your mind with light from their mind, and you then spoke the words they wanted you to say. And they gave you a good blast of their mind to impress upon you that they were a very different beings to the spirits you were familiar speaking with.

Yes, that certainly impressed me. The words sure did blast out of me.

Yes, a little bit of excitement and amusement for us all.

Were you at those meditations?

Some of them, ones that involved the angels I was. You had lots of unseen visitors on all levels with you. There was a lot of fun and games. You had a lot to do then, a lot to experience, all as preparation for what you're going through now.

My healing?

Yes. You needed to have experiences that completely removed you from the normal order of things, to install in you the feeling that something was indeed happening of which you were a part. That feeling you still have, even though you've tried to quell it within you, so as for it not to keep you away from feeling bad.

They were great experiences, I loved them all. And they sure affected me.

That's right, all to inspire you to keep longing for the Divine Love and the Truth, which you did, and all so you'd be ready for in your evilness to meet Marion, all so you could then set to work with her help on healing yourself of it.

Yes, I can see all of that now. Will I have other experiences with angels?

Oh yes, but I can't tell you the where and when, and what it will be about, of it all. There is to be a lot of direct angelic help for the people living through the next age. A lot in all sorts of ways, along with a lot of our help as well.

So you've said.

Repeating myself am I, I must be getting old, getting like you James.

Na, mine all comes from Gran, I don't think getting old has anything to do with it. Realising my brain isn't what it was during the signing into the course today, not even being able to write my name fully, that is showing something is seriously wrong upstairs.

Nothing your soul won't fix. You just need to be stripped bear, shown how difficult you do find life because that's how your parents made it for you. But once that's all out in your awareness, then you'll be put back together again.

So I'm in the process of falling off the wall?

Yes, but it's your soul orchestrating it all, you won't have to worry about any King's horses and any King's men.

Verna, it's time to go. Thank you again for all your help.

It's my pleasure James. I'll await more questions. Speak to you soon.

Bye Verna.

12 May 2012

Now my dear lady, as you know my thoughts, I've know that you've not levelled with me about all the future earth changes that are to come - have you? You've been holding out, keeping me in the dark, and that's not good enough, do you HEAR ME! I WILL NOT TOLERATE THIS, YOU MUST TELL ME ALL YOU KNOW - NOW!

Or else?

Or else... hey yeah, I don't have an or else, I just thought it would be fun to be as you know who. It was always one way with mum, she demanded to know all I had been doing, but increasingly I'm realising that she hardly told me about anything that was to do with me, let alone share any of her feelings and true self with me.

Anyway Verna, as you know, I found a website that explained for me the difference between a magnetic pole change and a geographical one, and the effects both might have on the Earth, which to say the least, would be mega devastating, cataclysmic an understatement, it certainly being the end of the world as I know it. That's of course if what I read was right. There might also be a pole shift that doesn't affect anything.

However, my question to you this morning, is, are there going to be such changes, and if so, how severe will they be? And I know what you'll say, but I'll be very nice and let you say it.

Oh you are so kind James. Thank you very much. And you are right, you do know what I will say, and that is, I'M NOT GOING TO TELL YOU! And you know why not, because it's not time yet for you to know such things. However, I will be able to discuss such events with you if you like.

Righty-O, Lady of the Lake, let's get serious and discuss them.

Okay, now for starters, such things have happened on Earth before, right?

Oh yes indeed, massive upheavals and subsidence, whole oceans coming and going, sea floors being raised into becoming mountain peaks.

Yes, I was thinking the other day, I can't see normal continental drift as I learnt about it at

University accounting for such massive mountains, and then as the website reminded me, there are fossil sea shells found high up in some mountains, so how did they get up there, unless I guess the intrusions from continental subsidence slowly forced up such sediments. But then what about all these sediment layers not being able to be explained by regular geology and so on. I find it all fascinating, that really all these extreme things have happened to the Earth and yet mostly so it seems the authorities don't want to acknowledge it. Things like the mammoths that are being unearthed in Russia that died snap frozen with the plants they were still eating in their stomachs and being recognisable. And all those sites of mass animal bones, as if something, some massive wave has washed them all into one mass grave, and yet they are so far inland and so on. And then what happened to Atlantis, and there apparently being under all the oceans evidence of past civilisations. And I was reading how there is evidence now of a massive cataclysmic event happening about every 12,000 years or so ago, so it's on the cards to happen again soon. All the prophecy's sure point that way. But to what extent, just how severe will it be, that is the question now. Not will it happen, but how severe.

So Verna, you can tell me all about it now?

All in good time James. But what you say is correct. There was such an event, it's cyclical, it's happened periodically throughout Earth's history, only mostly it's so severe it wipes out evidence of the past events.

So the surface of the Earth has changed vastly over time.

Oh yes, it's constantly in motion. All that you've learnt about continental drift is true too, it only happening during the quite times, but as the article you were reading said, it's not the maker and breaker, that is a result of such cataclysmic events, some being stronger than others.

It said that there is evidence that mountain ranges can move up or down to the amount of 3,000 to 9,000 metres in a relatively short time, such as days, perhaps.

Oh yes, some quicker, some slower, but far more than what your scientists wish to believe.

So it's all part of the natural evolutionary cycle.

Yes, we work in around it, the extinction and creation of species. It doesn't take long, a few hundred years before things settle again from such events, and plant life grows quickly and the animals come back, not all is destroyed.

But how do people survive such events.

Oh they are helped as you've surmised. A little bit of angelic interference here and there, we play our roles in such events, and those people who are to survive, do.

What do you and the angels do?

We can shield people from catastrophe and destruction. We can guide them to where food and water can be found after such events, things like that.

What like, you can stop a boulder crushing them, or water sweeping them away, or their lungs being destroyed by all the poisonous volcanic gases, that sort of thing.

Yes. However I can't be more specific as I can't give the game away. However I can say, life has gone on, and it will, if that's as it's meant to be. However in time you'll come to understand such things more for yourself.

Okay, and you won't tell me if it's a magnetic pole shift, which is already happening so it seems, the poles are moving more each year, or a geographic one which would result from another tilting of the Earth on its axis, or both.

No. However it doesn't take much to see that the magnetic part seems to be occurring.

Yes, however is it the forerunner to a complete flip, or is this wandering just a natural occurrence and it rights itself or slows down in new positions.

Time will show. And I can't be more forthcoming, I'm sorry about that.

No, I understand. It's only thrown all my geographic understanding on its head. I have read of such anomalies and wondered about them, but this website has brought it all together for me to understand. Only now I've read further that it's creator is heavily steeped in all the New Age sort of spiritual stuff. And it also seems according to this website, that along with all these major events is coming a shift in human consciousness, an uplifting of it, so the people that survive will be of a new order, one that's more harmonious, peaceful, and wanting to live sustainably on Earth and for the good of mankind, not with all the greed and so on that we're currently mired in.

Oh yes, the usual thing, it's all been said before, even in ages past, but as you understand, a cataclysmic end to this current spiritual age might occur, but that won't mean people, those who survive, will be instantly healed of their childhood repression. Certainly as we've told you, there will be a new spiritual energy available for humanity governing the next spiritual age, but that will only be picked up on and lived by those people seeking to heal themselves of their evilness by expressing all their repressed childhood feelings, not by denying them even more, as many will do, all trying to live their new 'spiritual' lives. And of course many more will try to rebuild things wanting them as they were, all so they can keep their ways of having power over themselves and others.

The changes, both natural and man-made will serve as cleansing the planet to a certain degree, however it will then still be up to humanity, individually to take the initiative. A new start will be provided for mankind, but as to what they do with it, waits to be seen.

You mean, we could just go down the same evil path building up yet another civilisation that will be destroyed in the next major event, all going around in yet another big circle.

Yes, that is what I mean. However as we've talked about, that is what could possibly happen and mankind will need to understand it, but of course it won't happen owing to the presence of the new Spirits of Truth that will be available and so underpinning mankind.

Do such big events always happen at the changing of an age?

No, they don't have to, if that's what you mean, only a lot has coincided with such changes in the past as it is now. There weren't so many earth changes with the passing of Mary and Jesus, but there was a big change for those authorities who were in control.

So why have we been told about it through all these prophecies?

So you can think about it, feel about it; so you can see there is more than just your material lives. It's affecting a lot of people very deeply, a lot of fear, a lot of change, a lot of people starting to wake up and question themselves and their lives. And when things start to heat up, such pressure will become intense for a lot of people, all what is necessary to prepare them for what is to come.

But a lot of people will die.

Yes, so what is to come for them in spirit? Many people will, as you understand, move

into the mind mansion worlds, but things will be all stirred up within them as well. The mind spirits have enjoyed relative peace in such worlds over the past two thousand years, they've got it all nicely worked out for themselves, those who still chose to deny the Divine Love and the truth about their evilness and mind delusion. But with all that's to transpire - and mostly unbeknown to them - on Earth, will greatly impact on their mind control. And so many of the newly arriving spirits won't find it so well organised as it has been, all of which will help a lot of spirits stop and face the fact that there is more to life than they believe; many will be forced to question themselves, they won't be able to shrug it all off as they have been able to do saying, that's only applicable to the physical world and so doesn't concern us. They will be concerned, from the highest to the lowest because they will be forced to confront their self-delusion. However as you can guess, a lot of them will still resist using more of their mind control, but many others will come to see that life in the spirit worlds isn't all they believed it to be. The sheer volume of people arriving in these mind worlds will stir up things more than most of the mind spirits would want to have stirred, a little stirring occasionally being alright, but not so much.

Haven't they seen what's going to happen, they always seem so ready with and full of future predictions about everything, and surely they can work out how much it will impact on them?

They think they can, but it's the same old story James, it's one thing to think you've got it all under control using your mind, but entirely another when it happens and suddenly you have masses of unexpected feelings you have to deal with. You see the mind spirits, what mind control is, is all about having your bad feelings under control. So when forces overtake you making you feel feelings you can't dismiss, then things other than what you thought would happen start to occur, and you have to act differently, you can't keep it all under control, and things can get away from you.

Yeah, I know what you mean. I can see how that would take a lot of them, and no doubt people as well, by surprise.

Yes it will, many people will not want to feel all the bad feelings the changes will - and indeed are, already bringing about. You read today of the increase in suicides in Italy and Greece because of all the financial problems, these being examples of people who can't deal with all their bad feelings, having to kill themselves in an attempt to run away from such feelings. These are people who've heavily deluded themselves that they are all right, being able to keep it all under control. But suddenly circumstances have moved them beyond being able to change and keep such control, so they are failing in their self-

delusion and not wanting to face the truth of what they are seeing and feeling. And that sort of pressure is the whole point to all of this, all so people and mind spirits will have to face bad feelings they can't control. And once people understand that the right way to deal with such bad feelings is to allow them to be and express them to uncover the truth of why they are feeling them, then they will be able to ride along with all that comes up in them. They won't feel anymore overwhelmed than you and Marion have at times, but those times do pass as horrible and as intense as they are, all provided one keeps speaking about all one feels.

Yeah, that's all right if you've got a personal feeling-expression coach like Marion to help you. What about all those people who aren't so fortunate?

They will be looked after. If they are sincere in wanting to live true, then all the help, be it in the form of a personal feeling-coach as you say, will be provided. The truth has priority, yet only provided you make it a priority in your life. If not, then you're on your own to do the best you can using your mind and the control over your feelings you're used to.

So you won't be saying anymore about the earth changes?

No, not at this time. And besides, you've got enough to go on with.

Nothing of what you or Mary said has happened so far.

Give it time my dear boy.

But you're the ones who gave it specific times.

Oh well, that was all part of the fun, what you needed at the time. And now that you've moved on from that, you understand that such things are unimportant. And now you have the picture as to what has happened in the past and what might happen in the future, you can move onto other things.

Yes, I feel I don't need to go into it anymore, as you said, that picture I've got from this website seems to have satisfied what I was looking for.

Verna, I have to go now.

Yes, so until next time...

26 May 2012

Hi Verna, I feel like a chat - okay with you?

Always my dear boy. And what would you like to chat about?

Nothing in particular.

We observe you're getting closer to being your true self.

I hope so. For these last five days I've felt a lot stronger in myself, all new feelings, and much closer to the Mother and Father, however you know how it is, I'll probably be plunged back down into feeling yuk any day now. *(And that's what happened; and now a year on, that's what's still happening.)*

And if so, just more bad feelings to express, all of which is leading you closer to yourself. You did well expressing all that fear during your course, and now you're feeling the benefits of it. It's all good James, you're making good progress.

What have you been doing?

Busy as usual, always busy, I'm a busy little bee. There's a lot going on over here to do with what humanity is doing. You always keep us on our toes. Things are building up to breaking point. Many people are beginning to feel they are losing control, the systems are showing signs of breaking and that's scaring many people. And as they are breaking, we're making preparations of the times ahead. We have to shore up certain places, cordon them off in a way, in our way, with light, so humanities actions don't have to great an impact on them. Some of the natural environment has to remain, you can't destroy it all. And so we're being advised by our angel helpers as to what we need to do, and as we're all having to do it, so we're being kept busy. It's not a time to relax and enjoy a fulfilling relationship with mankind, it's a great time of preparation for what's to come, not seen for many a year and never seen on the scale that is occurring now because of the global-ness and sheer numbers of you all.

I was reading an article that was speculating on the existence of massive hidden cities in some counties such as America, all being build underground and presumably in

preparation for what's to come.

Yes, that's right, they have burrowed quite extensively into the earth in the mistaken belief that they will be protected from many of the more severe earth changes. Already they've had a few mishaps that weren't expected, such as unexpected cave-ins.

I was reading how large surface earthquakes are occurring increasingly in areas that don't have known faults, in areas where there are not the usual disruption from the movement of the plates.

Yes, that's right, a lot of new stresses and strains as the magnetic field deteriorates and the poles wander. There will be a lot more of it too, that being what's causing the problems for these people who want to live underground.

And who are such people, it was said in the article it was elite building places to hide in?

Yes, those people who have the power and resources to do so. It's the governments of such countries, the Russian's and Chinese are at it too. The English and power Europeans are siding with the American's hoping to use their facilities when things are required.

So what do they foresee?

The Third World War involving nuclear weapons together with the earth changes all disrupting life as it currently is. And as huge amounts of the world they expect will be suffering from radiation poisoning, so they believe there will be no alternative but shutting themselves away deep underground, being self-sufficient in their artificial worlds. And there to live until the surface recovers, and when that's happened, they'll emerge and repopulate the world making it how they want it to be.

And where do they get all these ideas from?

From undisclosed sources of prophecy, ones they've kept hidden and unknown from the public, which are overwhelming in their revelation that something cataclysmic is on the horizon. They've been preparing for years, and it's got to the stage now as you can see by the state of the financial crisis that they want it to happen. They have no intention of paying off their debts, that's why America has no qualms about printing more money. And they need all the money and the wars and all the civil unrest to disguise what they're really doing, the American government is the greatest 'Preper' of them all. It plans to take

as much as it can into its safe holes and caches, leaving the rest of the people to face the surface consequences of many of its actions. As you know, the powers that be don't care about their citizenry, just themselves. And doesn't that sound familiar?

Yeah, all that makes me angry about the world and what the governments do I can relate to mum and dad and how they treated me.

So I guess they believe there is another Atlantean-type event going to happen.

Oh yes and more, involving more land masses than it did back then. You'd be astounded as to how much information is actually available about such historical things, and how progressed science is, that being the science that has not been made public. There are two distinct levels of life being lived on your world. Those in the know and those not, which of course is the majority.

So many of these articles I read are only scratching around the edges of what really is known?

Oh yes, most people would be in uprage if only they knew all their governments knew. And about all things on all levels. And it's been like that for generations now, so it's all second nature as to how to keep it all in place and going along on these two levels.

So all the markets I'm trading are all that way because they are to be that way, nothing to do with normal or natural market forces.

Such normal and natural forces have never existed. It's all fantasy concocted by those wanted to keep secrets. It all sounds nice and fair with everyone being equal, but I assure you, no one is equal and nor does anyone other than the odd person really care. You can't truly care about yourselves, you're all evil, unloving and rejecting one another all the time. You only pretend you care. And the only reason why people get angry with those in power is because they feel they're missing out, they're not able to have such power. But were they to have their go, they'd be doing the same things as they accuse those in power of doing.

Yeah, I understand that. And what about the speculation that they've done all sorts of weird genetic experiments in these secret underground places, even creating some sort of creature that does all the hard work for them.

No, they haven't gone that far yet, so far as having the perfect 'slave' to do all the menial

jobs. They have created all sorts of weird animal anomalies, some that show some intelligence, but mostly it's still early days as to what they dream and fantasise about. We keep a close eye on all that activity, and as we've told you, we make sure their experiments fail when required. The future earth is not for these people, as they will all one day find out, it is still, believe it or not, for all of humanity, and for a humanity they want to end its evilness. And so what these people fail to understand is there is another level they are not aware of and never will be that actually governs and controls everything. And that all they are doing is only allowed by that governing power, we being a part of that power.

And I imagine some of the mind spirits are helping these governments and power people?

Oh yes, always, but they too are unaware of our presence and that of really who is in control.

And so I imagine all the true prophecy that such people are using to do what they're doing, has been given to humanity for the very reason to help them believe they have such insider knowledge, all to help mankind further its self-denial?

Of course.

Verna, it just occurred to me that it's right that there is these other secretive levels within our society, as we all have such secret fantasies we live in our minds, even hiding many of them so well from ourselves. So I've found for myself anyway.

That's right, no one is any different, you're all out of the same evil mould so to speak, it's only that some people have more power and greater resources to bring their fantasy world into something of a reality. And that means a great part of that is to keep it hidden.

So the psyche of humanity is to have such hidden 'worlds' within our world.

Yes, all because you're not truly expressing yourselves. You all seek to create your own private and hidden world, in your mind, and then in your lives all hidden from your parents, because you can't fully be open and expressing with them as they are not open and truly expressing themselves with you. The Lucifer's came out into the System with the intention of making their Rebellion be an open thing, with all good intentions, but soon found that if they wanted to be the gods they desired, they had to start keeping secrets, even from each other. And so that's how you are in your relationships, no one is truly open with their partner because you can't be, it's impossible until you've completed your

healing. And as you're finding with yourself and Marion, between you, slowly things are coming to light as to how you're not fully open with each other, all because you're not fully open with yourselves. And so your pledge and determination to express all you think and feel is what will eventually bring out and expose - bring to light, all that is hidden. And as you now understand, you have no idea you're even doing such things, keeping so much hidden from yourself. But as soon as you deny one feeling or thought, then you're keeping it hidden because you've still had it, it still exists, it's still a real thing.

Yes I understand that. And you're right in that I have no idea what I am hiding from myself, let alone from Marion.

And you can't because you've been doing it for so long, it's part of your programming. You've been trained, you were forced, to suppress and then keep repressed so much of yourself, and so you can't just stop doing that, you have to change your whole being, which is why it's so agonising and time consuming the process of becoming true, that which you call your healing.

Yeah.

It all has to come to light in stages, bit by bit, all so you can get used to it, see it, see that you are it, you are doing it, and uncover the truth of why you are. It's a whole self-revelationary process, and a marvellous one at that, as it can all be done. And in the end, one day, all that humanity has been keeping from itself will also come to light. There are to be no secrets and everyone will live equally without the need for such false power - one day.

28 June 2012

Hi Verna.

Good morning James. You want to ask me about the dream you had?

Yes. After it had finished and my mind took over as it often does, part of what came up was in regards to Avonals.

You said to me that the Avonals have command over the angels that accompany them on their bestowal lives as well as the nature spirits. And so in the case of Earth, potentially

such an Avonal Pair would be able to ask you nature spirits and the angels to do things for them, and so to help stop humanity's abuse of nature. In the what I call 'mock', the imagining that just seems to run through my mind without my having to do anything, like watching a movie, but it's not a dream as I'm awake as they happen, you gave me the example of the Avonal asking the nature spirits, having told humanity things were going to change, a taste of what people might expect if they don't stop using nature for their evil ends. You suggested that fish will stop allowing themselves to be caught for a month by the first world countries. Then you suggested as a follow up that you'd see to it that all the GMO crops would wither away and never grow ever again. Then if humanity still didn't take it all seriously, you'd stop all the nuclear reactors, and on it would go until the powers that be finally got the message. This all being in this mock dream fantasy conversation I was having with you after my dream.

And the interesting part for me was when you said the fish would stop allowing themselves to be caught, so does that mean they are allowing themselves to be caught, does it work like that, are the fish actually aware of that?

No, not consciously, however we nature spirits can determine what they do. We can influence them. They are a very lesser extension, that being all nature on Earth, of ourselves. They are not 'little angels' as such as we are, meaning we have a progressive consciousness, we are evolving our minds as I've told you, but they being a creation of Mind can so be influenced by higher angelic minds. So really in the mock you had, what I meant was we nature spirits can prevent fish from being caught if that's what we're asked to do by either higher angels on behalf of the Mother and Father, the Divine Minister in Nebadon, or by Sons and Daughters of Truth, that being Mary and Jesus, the Creator Pair, or Avonal Pairs. So if you were such an Avonal pair - you and Marion, and asked us to do such a thing, we'd do it, we'd love to do it, it would be a joy for us to do anything for you, as it is for me to have this time with you when we write together.

And we'd know the Avonal pair would ask us knowing from their feelings and the truth they were living that it would be what the Eternal Son and Infinite Daughter desired. But of course such an Avonal pair would first have to be true, as they'd not ask us to do such things in their evilness knowing that such an asking would be wrong, in that they'd be asking us to do it for the wrong reasons. And even if they did ask us in their negative state, still we'd not act on such desire of theirs, as we know they'd not be true and wouldn't really ask us to do such things were they true.

Yes, I understand that. God, even if somehow I were given such power, there's no way I'd use it now. I used to fantasise about such things back in the beginning of my spiritual investigation, but no way. Jesus didn't even use it and he was perfect. I can't even say no

to Marion, let alone assert myself in a true way, let alone be able to communicate properly, let alone be able to ask you to do anything knowing it was right and what God wanted.

However, it's still within the realms of possibility James, that being for you to consider such things, all so it will help you come more to terms with your power needs and fantasies about such false power, which is why I came to you the other night in such a way.

I wish you'd come so I could see you, and not just as it is now with you - a voice in my mind.

I can't do that for now, but in time I'll be able to.

When I'm healed?

Yes. You have to do it all in the dark, so to speak, for the time being, so my beautiful voice is all you get.

Unfortunately all I hear is a version of my own voice in my head, it just says things I don't think. I wish I could hear your beautiful nature spirit tones.

Oh well, such a pity, look at how much you're missing out on. But in all seriousness, there is a lot we are going to be doing with the Avonal pair when the time comes for such things to happen. It's all part of it James, the Avonals are not meant to come and have no influence over the affairs of things. If things were running smoothly, then they'd be no need for them, however things are not well, as you understand, and so it's quite possible the Avonals will be called upon to act on their feelings in certain ways. Of course I can't say which ways, and I'm not even to give you some examples because I don't want to influence you, that's not my place, I just wanted to make you understand that we nature spirits can control EVERY aspect of the natural world if need be. We can make anything happen, from causing earthquakes and volcanic eruptions, down to move the smallest bacteria this way and that. We can bring about any mutations that are desirable, and we can work in the moment or over long periods of time. Nothing is too much for us when it comes to influencing the material plane, that's what we're all about us nature spirits, we do always and continually influence it. By our very nature, our very existence we're influencing it. Nature on the physical level doesn't and can't exist without our ongoing influence. And as to that influence, what it entails, that all awaits humanity, and one day we'll be able to tell various people everything we do. There will be those people destined to have very close and open relationships with our kind, and they will learn and see what

we do. And then humanity will be able to move toward living more truly with us and our natural influence, all of which will make people feel so much happier about how they live and treat their natural environment. Currently you are so far away from the truth, heading fast in the opposite direction, so you are the furthest you've ever been from our kind. But once the age changes, then we'll be able to come to you as you'll be able to come to us and things will start to change for the better, that's what we're all looking forward to.

Can you move physical things around?

No, we can't say pick you up and put you over there in the sun. But certain angels and the midwayers can. And as we work hand in hand with all sorts of angels, so that sort of thing should we desire it or should it be desired by those higher up, can easily happen. It was how those huge blocks of rock were moved about during the Atlantean times and other times throughout humanity's past. But such things can't happen now, you're further from the truth of your souls, from the truth of us, too far away in your mind, so even the mind spirits can't do such things now that they used to be able to in a small way in times gone by.

Such as apportioning small objects during medium sittings?

Yes, that sort of thing. It's very difficult now for those mind spirits to manifest themselves to you on the physical, it takes ever increasing spiritual power, which few of them have, whereas in times gone by it was easier. It's all because you're turning further and further away from your true heritage, that being your natural spirituality. But as I said, once the new age, the age of the Avonal Pair, begins, then humanity will have started to turn back towards its true self.

So you could in theory stop every fish in the seas being caught if it was right for you to do such a thing?

Yes. As amazing as it seems, we could.

So is that why I was never any good at fishing, because you were always interfering?

No, you never caught much because deep within you, which you weren't aware of at the time, you didn't really want to catch and so kill such beautiful creatures. You were more than happy to just fantasise that you were a great fisherman, never putting it into reality.

Verna I have to go now.

Whenever you want to continue, I'll be here.

12 July 2012

Hi Verna.

James! Long time no talk.

Yeah, you know how it is, too many bad feelings.

I understand completely dear boy, so what can I do for you today?

I was thinking about the stories of some of the mind spirits we've been reading, how they had their favourite pets with them in spirit; the man who loved his horse found when he arrived in spirit that it was there in the paddock waiting for him. And the cat that was able to speak to the spirits and they to it. What are these pets and animals that materialise in the mind worlds for us if we so desire them to, are they really our beloved pet. Will Potsy be there when we come over?

No, she won't be there for you as you don't personally need her anymore. The animals are materialised in spirit form if they are still needed by the spirits in some way.

But is it their actual pet, itself someone coming back into being in spirit.

No, it's not their actual pet, it's not the spirit of their pet they had in flesh, that's what you mean isn't it? No it's a mind creation taken up, or brought into being, by the equivalent 'little angels' as we are, in the mansion worlds. These little angel beings of the mansion worlds pretend to be the beloved animal or creature for the mortal spirit.

So the mansion worlds have nature spirits?

Yes, only they are not referred to as nature spirits, as they don't do the 'spiritualising' job on the physical world that we do, they are only concerned with their personal mansion world.

Are they the Sporangia? I think the Urantia Book calls them.

Yes, that's right. They are indigenous little-angel-like creatures found on the mansion worlds. And one of the roles they can play if required, is to pretend for you spirits that they are your beloved pets from Earth, or indeed any other physical creature or plant from Earth.

So they are all the lovely plants that the mind spirits talked about.

Yes, hence the plant as one spirit described, seemed to suddenly grow and flower all in a matter of moments.

Yes it grew taller and taller, well above the spirits and opening out into a lovely flower, or something like that, as the spirits embraced - I can't remember properly. The spirits said it was because of their love for each other that the flowers all bloomed so well.

They'd like to think that it was, and for all intents and purposes, it was; and why not, if that's what is required to make them feel good. That is what they both needed at that point in their soul growth, so that's what happened.

So for example, if I wanted Pots to 'come alive again' in spirit, how does that happen?

Bob, your indwelling spirit as you call it, provides the necessary details of what you require of her, and this is then put together with the stored angelic records of your life with her, and a sporangia will 'become' her, basing itself on your memories basically, but adding its spirit, its life to bringing her back to life. And so she will be as you remember, and even more so, as the sporangia will be at liberty within certain parameters to augment her personality, so she will even be 'more Patsy' than she was, which is what you'd expect of her being a spirit cat and not bound by physical limitations.

However you understand, it would not actually be her, her spirit have gone to join with the combined spirit from all Earth's creatures, to be drawn upon to create us nature spirits, and in fact the sporangia as well.

And so all the dinosaurs and horses that I was told about that exist in spirit are the same, these sporangia beings manifesting themselves as such animals?

Yes. So through them you have all the creatures that have ever been and will ever be on

Earth, still 'alive' in the mansion worlds, should you desire them.

I see, and that's quite thrilling. So in a way, in that way at least, nothing is lost.

That's right, but it's all a manifestation of you, it's all for you, we nature spirits and sporangia only complying with your needs.

Okay, I understand.

Now, in the Urantia Book it talks about these little creatures as being readily seen by all who live in such worlds, that being seeing them in their own unique distinct forms, and not just understanding they are pretending to be creatures from Earth, and yet I've not as yet read anything from the mind spirits or the Divine Love mansion worlds about such beings.

No, and you won't because they are not as yet allowed to manifest in Earth's mansion worlds as themselves yet, owing to the influences of Rebellion. So the creatures are mostly the same as on Earth, however there is also a natural variation, as if a natural evolution has taken place, but that's all the sporangia can apply to the forms they can take.

And is that because were they their true selves we'd interfere too much with them?

Yes and no, but mostly it's because you need them to be as you know life to be, nothing different. You see, those in the mansion worlds of Earth, and particularly in the mind worlds, can't enjoy the company of other universal beings, they have to remain walled off so to speak, isolated from the rest of the universe, those worlds really being detention worlds for humanity to remain in until it chooses to heal itself of its evilness. And that's also why these spirits can't see and have nothing to do with all the many angels, and even ourselves, we're all off limits to you. You are there alone, really only with yourselves and the sporangia in disguise as creatures and plants you're familiar with. And as I said, nothing will change until humanity has fully healed itself of its negative state.

19 September 2012

Hello Verna...?

Yes James, hello, I'm right with you. You've got more things to talk with me about - oh goodie, I can't wait.

You know we're reading another book about communicating with spirits, with its focus on proving that animals survive death as we do.

Indeed I do, so what do you have for me, what do you want to ask me about?

Okay, but first I'll put the reader in the picture. The book by Sylvia Barbanell *When Your Animal Dies* is her drawing upon many experiences of people sitting with mediums back early last century with the focus on pets and wild animals coming to the sitters to prove that they survive death as we humans do. And a lot of the sittings involve actual manifestations of animals and spirits. It also includes many other amazing psychic facets of animals as observed by people with their pets.

Verna, I had no idea that manifestation of such spirits and animals using the ectoplasm of the medium was so common back then.

Yes James, on and off over the ages it has been. It's lessened right off again as you're aware now, since early last century, because humanity has moved further away from the inner nature of such things and itself, into wanting to be amused by all the gadgets you've invented. There aren't the serious spiritualism investigators today that there were back then.

All right, so how does it happen? I mean, when someone's pet dog manifests in the darkened room and runs happily around the sitters putting its paw on its long lost owner, and they can all pat it and it's solid and real just as if it were the dog when it was alive.

Well it's the manifestation of various spiritual forces that bring it about, into being so to speak. The dog is living in the mind mansion worlds (albeit not the true dog but a spangia pretending to be it) as the same dog as it was on Earth. So the dog as that spirit dog is present in the room in which the sitting with the trance medium is taking place, the dog and the spirits being present in the first Earth plane, that being the closest to the physical Earth. Then with the help of unseen angels, which the spirits and dog are unaware of as well, as are the physical people also unaware of them, what is called the ectoplasm is produced seeming from the medium. It actually technically doesn't come from the medium her or himself, however for the sake of argument, we say it does. And it does depend on the psychic abilities of the medium as to what level of manifestation can occur, that being to what degree the angels can manifest whoever or whatever is desired by all those involved, spirit and mortal. So you have certain mediums that are good at manifesting such spirit beings, some specialising more in this or that, some being good at

bringing animals through.

Okay, so what about the animal itself. How does the dog cope with it, and does it know what's happening, does it decide that it wants to manifest, or does it happen because the spirits involved want it to?

It's not actually up to the dog at all, for the dog or creature as far as its true spirit essence is no longer present at all, it having moved into to its next stage of evolution as we've talked about, that being to becoming part of the spirit collective energy from which my kind among others are drawn.

As I told you some time ago, it's actually the native sporangia, or the equivalent of my kind in the mansion worlds, that 'inhabit' the creature, for example taking on all the attributes of that animal and for all intents and purposes, being it. So, as it is correctly stated by the spirits, as long as there is love for the animal, say for your beloved pet that has passed over, then the sporangia will keep its form and whole personality and character - all its ways, 'alive' in a spirit form. So when the spirits desire, often on behalf of the attending mortals at the sitting for a person's pet to come and be manifested, it's the sporangia as that pet that obliges. And so because of this, it demonstrates perhaps what might be perceived as something of a greater awareness, understanding and even intelligence of that pet. So in that light, the 'pet dog', does understand what its being called on to do, and willingly obliges, for the sporangia, as indeed as are all creatures, of willing service to you.

And so when the spirit or mortal no longer requires the presence of that creature, so it dematerialises its spirit form, with the sporangia moving back into the associated plane of the first mansion world or from which ever plane it comes from, the pet or creatures no longer being in existence in it's old form in the mansion world or Earth plane. And of course, just as it is with us, neither can mansion world spirits or you on Earth, unless you have certain psychic abilities, see and directly communicate with the sporangia in their unseen planes.

So the sporangia remain in their unseen spirit planes associated with the mansion worlds until such time as called upon to play some role by us?

Yes.

Can spirits with psychic abilities readily see you and communicate with you nature spirits?

Yes, but mostly no more than the extent of what happens with people on Earth who have

such abilities. Mostly they see us 'little people' in the same light as you do on Earth, just little fairies and not much else.

Which reminds me Verna, something we read made me think that am I right in assuming that your kind can actually be very well read, learned, and very well versed in any of our subjects, just as you are with all the spiritual stuff I am interest in? So more than just being interested in and associated with nature. Say for instance, that you might understand all the laws of physics more so then our greatest scientists, or all about law, or medicine natural and unnatural, or whatever subject we people might be interested in.

Yes James, you're right, we can learn such things. If we're to have some involvement with you, we are schooled by higher angels as to what we might need to know to help you with; as I've said, I have been educated so as to enable me to relate to you about all we've talked about. So I am more, which you're still coming to terms with, than a little simple fairy who only knows about what fairies know about.

So fairies can know about everything and more than we humans know about?

Yes, and in time many people from all walks of life with all levels of knowledge about all sort of things will want to relate directly with us, even preferring us at times to other spirits who might also be knowledgeable about such things.

Because you're so cute and adorable?

Exactly James, now you're getting the picture my dear boy.

I love talking with you, your whole energy is lovely, and it does remind me about how I feel about nature, there's a direct connection there that's for sure; and I too would rather in many ways speak directly with you than with other spirits, so I know what you mean.

Yes, it's our light as you perceive it, and others like you will feel an affinity with it, and so we'll be their major link with the other side, rather than directly with other spirits, even including Celestial spirits.

And it's also meant to be, as I've mentioned before, humanity and us nature spirits, as indeed it would be the same with the mansion world spirits and the sporangia were they to understand more about them, are to have a lot more to do with each other; and as you're feeling, in all walks of life and covering all subjects, not just to do with nature. However because of our common bond in all that is natural, so all our communication will revolve

around nature even though we might go into other subjects that might on the surface seem to have nothing to do with nature. But as you understand, all life has something to do with nature, or at least it should, and that's what humanity will rediscover, as you are of nature yourselves. You James, come and speak to me about such things to do with nature, such as these animals manifesting in spiritual séances, which then leads us out into other areas. So it will in time be the same for others. All of which will help dispel the little fairy image you have us, however that's not to say that we aren't little fairies too, and if one were to want to relate to us that way, we'd be more than willing to comply. There is nothing wrong with a little fairy coming into one's life.

God Verna, I wish my life were full of them.

They are James, you only have to open your eyes and SEEEEEEEEEEEEEEEEEEE! They are all about you, we're all about you all the time, laddie!

Well can you tell that to God please? I'd love to have my eyes opened so I can see you.

All in good time, you need to remain blind to such inner goings on for the time being so as to keep you focused on yourself and your feelings.

Verna, this book we're reading also gives some wonderful accounts of people who've taught their pets how to talk, with one man in America teaching his little pony how to talk directly to him and other people. By teaching the animal the alphabet and how to use numbers, it uses its paws (other people having taught their dogs to talk to them) or hoofs to signal what it wants to say. And then people have the most incredible conversations with their pets, and their pets demonstrating at times a vastly superior knowledge about things, and a very fast ability to do complicated maths. And as Sylvia says in her book, it's obvious that the animal is almost certainly being used in a lot of cases as a medium by the spirits, so how does that work?

The animal first has to have an open mind and a lot of psychic potential, just as it is with humans, and some animals have more than others, some individuals within the same specie, and some species having more or less. And so if the animal is inclined or willing to be used in this way, will readily allow itself to have its mind impressed upon it by the attending spirits. So it can seem to know things that have happened that it couldn't possibly have seen or heard or understood itself about, such things coming directly from the spirits through it. So the animal is just another type of medium for spirit mortal communication, and it's not the actual animal one is talking with. Sometimes there is no

mortal spirit involvement, with one's Indwelling Spirit in league with one's angelic guardians and us nature spirits talking through the pet or animal.

The woman who talked to her dachshund that seemed to be very able to speak for itself demonstrating it had a very independent mind capable of reason and articulating its feelings and thoughts, was being used by the sporangia, they would have been speaking through it so to speak, yet with the dog's best interests at heart.

So like Charlie Sparks, who Nicholas and I met in America, who said he could talk with animals, telling us for example the pet dog would tell him that he didn't like the new pet food he was being fed, and how he preferred the old brand, would not actually be the dog itself talking to him, but the sporangia on behalf of the dog.

Yes. But still by all accounts, it's the dog saying what it thinks and feels.

Yes, I understand.

And the dog's mind is used as I use your mind when speaking to you, so there is some of the dog's own natural personality always present in what is conveyed. So it *is* the dog talking with its owner.

The dog I'm referring to always sounded so wise, with a much higher understanding of life and the way of things - of the truth, than the humans it was speaking to. And yet we continue to say we're so much more superior than the creatures. It reminded me a lot of those times such nature spirits have communicated with people, it reminded me of you.

Yes because the sporangia are like that, or we're like them. And then we can work in league with them, they might organise it such that it is a nature spirit who can work with the dog speaking with the people in these ways. We ourselves wouldn't organise such a thing, however we'd be only too pleased to be invited by the sporangia to engage in such experiences. And it's the same as with you now James, there are a number of angels that help facilitate all such psychic phenomena with people, and so with you now as we're communicating together. I wouldn't by myself, nor would any of my kind, be able to do what they can do so as to keep the lines of communication open between us, and it's all then coordinated by Bob, which you understand. And it's the same when you speak with Mary or Jesus or any of the spirits, there are unseen angelic helpers at hand, just as the unseen sporangia will be involved with anything psychic that involves creatures.

I've told you we can direct creatures using our minds, they will readily respond to us, we can get them to go anywhere and do anything, and sometimes that is in conjunction with

humans, however on the psychic levels, such as having direct communication with you, that's where other angelic agencies come into play.

Verna, thank you again for all you've said. I'm going to have a break, I'll possibly be back later.

I'll be here.

20 September 2012

Verna, one of the 'talking dogs' said that dogs chose long ago to be of service to mankind as they can see the sorrow in our eyes.

Yes James, it could be put like that. What it really means is that when dogs became domesticated, then their personal service to man began, and up until such time, as with all other wild animals, it's more of an impersonal service, yet still a service nonetheless.

So have all the domesticated creatures actually chosen to be with us, that being to allow themselves to be tamed as such.

Not on an individual basis, but collectively one could say that's so. Everything is free to choose, however you know what that freedom entails, you were free to take on all the evil that you did, however how much real choice do you feel you have in it. But such things happen on a deeper level, the soul level, and so it was for the collective soul of dogs, if I can put it like that.

So do dogs and all creatures have a soul?

Not as you have one, but they have what can be termed an: angelic soul.

Like yours?

Similar, in that it's more based on the collective whole of Urantia's creatures but with areas of specialisation giving rise to all the different living forms. So within the oversoul of animals if I can put it that way, there is what you could possibly call a dog-soul of which all dogs 'draw' their being, and then right down to each individual dog which manifests its

personality to the degree as deemed by its soul. Each person is part of a soul-pair that is separate to all other pairs and all other beings of truth who have souls. We of the angelic orders have collective souls which progressively become more specialised as we progress. I am part of my collective nature spirits soul, which is different to all other nature spirits souls on other material planets. And I can sense my part in my whole if I can put it like that, and how all of my brethren interrelate with each other in our collective. And yet I can also sense that part of me which is individualising further with all my experiences of light, and so giving rise to my more personal angelic soul.

So could you say the soul of angels is experiential, in that it's evolves through their experience, whereas that of the sons and daughters of truth is existential.

Yes, that would describe the difference well to a certain degree, however from what I understand, and I'm not well informed about such things, there is still and always has to be an existential part to the experiential or evolving soul, but that could be from the Infinite Daughter Spirit, the Third Person of Deity.

So the dog would reply to its owner that yes it has a soul, for the sake of argument, and for us to feel empathy with it, with all creatures.

Yes, it would have said that to help you feel more personal about it, that it's more than just a soul-less creature that has no feelings, and that it is only there for your pleasure and amusement being such a lowly creature. By stating it has a soul elevates it more in your eyes so you might look at it in a different light, it's more than just a pet - which it is. And so you should treat it with far more respect, it being far more sensitive to you than you realise. It being far more there for you, far more of unconditional service to you, far more naturally accepting, loving, caring and giving, far more as the angels are, and so should be loved and appreciated for that, being treated with such love and respect.

It does make you readjust your view of animals if you think they too have a soul and go on after death.

It does, which is the whole point, because your view and subsequent treatment of all creatures, and even of your beloved pets, is woeful, it's cruel and unloving.

Well if everyone could talk to their pet, it would certainly change things... however thinking about it, and how we are, that might not be for the better.

No, it would just move your unloving relationship with nature to another level of unlovingness. You only have to look at how you treat your children to know the creatures are better off not being able to talk to you.

So it was at the time of domestication that the dogs 'soul' chose to come closer to man?

Yes, that's when it crossed the line, that's when as with everything that's been domesticated, it moves to being able to express its innate personality to another level, which is what's in it for the creature, what it gets out of its service to you. And this helps it evolve its personal and collective soul. The interaction with a greater personality, as in mankind's personalities, helps to 'draw out' the innate attributes and characteristics within it. Everything in Creation, as you understand, is about personality interaction and personality expansion through experience. So the higher personality helps inspire the lower.

Just as with Mary and Jesus coming to help humanity.

Yes, and as it will be with the Celestial spirits helping people do their healing, as you were talking with Jesus about the other day. The higher you are in truth, the greater the personality you have, which means the more you are expressing it, as there is more of you in Creation expressing your soul.

Not that we become a 'great personality' as in someone who's the life of the party or very outgoing or whatever we define a good personality by.

No, it's all to do with truth. So the higher you are in truth, the closer to God you are who are the Ultimate Personalities. So when you say you want to be at-one with God, what you're really saying is you want to be able to express your personality as God does, to have your personality so expressive of your soul that your whole soul is being expressed by its two personalities in Creation, as each of your souls has two personalities to express - soulmates. So you want to grow in truth so you evolve in your personality expression, getting higher or closer to God's Truth, God's Love, God's Personalities. Or rather, the Personalities who are God, that's a better way of putting it. I don't want to add more confusion than there already is about God. And Jesus and Mary are the highest in truth and so of the most personality out of the permanent residents in Nebadon. You can only express your personality in accordance with the truth you are living, so in your cases being of very little truth, you are all messed up in yourselves, and in your personality expression. You're not fully or truly expressing your personalities, as you can't, because evil is the

corruption and then destruction of personality. And so you are evil, simply because you are not fully expressing your personality, as seen by your denial of many of your feelings, those feelings being part of your personality expression.

Thank you Verna, I'd not understood that about truth and personality as obvious as it is. And thank you for all you've told me - all your help.

You're most welcome James, nothing to it I assure you. It delights me being able to give such little offerings, to help you in your understanding of yourself and all you're interested in.

Verna I'd also like to hear what you say about such things as... there were accounts in the book of ship-cats, cats that lived permanently on ships, being the first off the ship when it docked and coming back onboard just as the last people are boarding no matter whether the ship pulls into dock for half an hour or a week, with the cat not seen during its time on land. How does it know when it's time to go and get back on board?

It is attuned to whomever looks after it on the ship and knows through experience how long the stay is likely to be. In the event of it changing, say the ship was to be in dock for the week but suddenly it has to leave sooner, such feelings and thoughts would be had by it's 'owner' alerting it telepathically to the change in circumstances. And were its main owner to leave the ship which would cause it problems, it would adopt another owner, and probably has many such owners anyway. Also, if it's to be that the people involved with the animal are to still have their desired (by their soul) experiences with that cat, then the cat will be guided back to the ship should something unforeseen happen. There are always angels, as in your guides, and possibly also nature spirits in attendance with you, and in a way involved in the relationships you have, even though mostly you're unaware of them. So it's an easy matter for such things to be organised around your needed experiences. And as we've previously talked about, it's all for you, that's what is important, so if you are to still have such experiences with the creature involved, you will, nothing will prohibit that.

So our personal interaction with any creature, and even a plant?, helps it develop it's personality expression as it helps us with ours.

Yes. And even a plant. Even with the lowest forms of life, even with the microbes that live in your gut, or on your shin, you're providing them with an environment in which you

have a relationship, albeit mostly you're unaware of it. So if you eat the wrong foods causing problems for your intestinal microbes then it's not a loving relationship, but if you're true to yourself and so eat the right foods as you would by your feelings guiding you and NOT your mind, so it will be a loving relationship you have with these forms of life. They serve you as you do them all in your advancement of personality.

That certainly shines a new light on such things. So with all the drugs and artificial food we eat, we're giving those organisms within us a hard time.

They're sharing evil with you James, and on a very personal level. And so many of the microbes are forced to mutate and express other parts of themselves they might not ordinarily have expressed, which can be both positive and negative, but it's certainly all life experience.

So the superbugs wouldn't exist if we are living true to ourselves...

No. It all comes about from your interference, however who's to say if it's good or bad, it's all just experience, and so good or bad experience for all those involved. And look how much experience a superbug can create, and not only for itself. It affects its immediate host, all those people caring for the patient who's contracted it, then if it makes the news, all the fear other people might have upon hearing what's happening to the hospitals that they thought were safe places to be. And then all those other people who feel happy hearing the news because they see it all leading to an end of the way things are which they don't like and know are wrong. And everyone in between. So a few little bugs can go a long way when it comes to giving you experience, which means, when it comes to making you feel and think things; all of which were you to express and uncover the truth of, would lead you to growing in truth and evolving your soul. Which is after all, the whole point of it all.

Every feeling is an experience, that being, every feeling is derived from experience, and so will lead you to truth if that is your desire. But of course as you live too many experiences resulting in masses of feelings all day long, so you leave it to your soul to cultivate your inner environment as to which feelings and thoughts you feel to act on, as in express, those ones leading you to the desired truth as so determined by your soul.

Marion and I was just talking about the soul, she was asking what is it and how can we ever know. She was saying that she's never heard anyone talk about it like I do, in that it is existential driving our personality expression in the experiential, and that what she believes, it being what most people say, the soul is inside us going with us when we die. And if

that's so, as she was saying, where is it inside us, and how does it go with us when we die, and really what's it there for anyway.

I'll allow you to answer that one James. I concur with your understanding about it, as do all the spirits you speak with, and there's no point my going over what that is as I'd not be able to tell you anything more than you already know. I'd rather stick to the more simpler topics.

I don't believe you Verna...

Oh well I'm tired and have to retire to my Lake.

You're shirking, do your kind actually get tired. Do angels tire?

No, not like you do. You only get tired because your physical body needs time to repair the daily wear and tear. As spirits, and it's the same for us, we are able to live a certain amount of light, which means, have a certain amount of experience which generates that light, before we feel full and we have to sort of rest, giving our soul and system the time it needs to integrate that light. Time to digest all you've been through even if you're not aware of all that's going on. We both live life for experience so as to advance and evolve our personality expression, that's what it's all for; and in your cases added to that, and represented by, your growth in truth. So if you like, each day you are to live a desired amount of experience that will give rise to a desired amount of truth, as determined your soul. So when you've reached that amount you rest. We nature spirits as with all the angels have what you might call a 'down time' during which the light from our experiences is 'processed', sort of like what your dreams do for you. And once it has been processed, like you, we feel rejuvenated and ready go on some more.

How long is your down time?

It depends on how intense our life has been. If we've had anything personally to do with you truth-spirits, that increases the intensity greatly so we need time to integrate all we've been through, it's a very different way of expressing ourselves than what we're used to. It's all very exciting for us, and it's not that I'm exhausted in having spoken with you James, nothing like that, nothing negative, in fact if anything, I'd say I was on a high having had contact with you, but not a bad high either from which I have to come down off and wish I could stay on, we don't have all those problems you have. So after we've finished I will retire to my retreat and just take it easy, we don't lie down and rest like that, but I will go

into a sort of 'switched off mental state' and won't communicate with anyone else. And the period of time I spend like that can vary, it's as long as it takes, so I can't say it will be about an hour or so, it could be a moment or many moments. But whilst I'm in that state no one will interfere with me. I can come out of it if need be, I'm semiconscious in it, but mostly as there is no reason to be disturbed, so I'm left to it. And I will go into that state when I feel to, there is no night time as far as we're concerned, we 'rest' when we feel to, otherwise we're 24-hour a day beings.

So what would happen if you have just gone into your resting state and I call you?

I would come if I were able to, and if not, then I wouldn't. But as I know what you're doing all the time, I can easily organise myself around you. I have quite a bit of leeway as to when I 'tune out', I don't have to do it immediately I feel like it, just as you can feel tired but don't have to immediately go to sleep.

24 September 2012

Verna we read in the book about an animal plane in which spirits receive the animals we torture comforting and loving them as they're in such a traumatised state, just as there are spirits to receive those of us that come to spirit traumatised.

Yes, that's right, it's called Animal World, that being where a lot of that goes on. Many spirits love all the creatures feeling a lot of compassion and sympathy for them. Many people of course love them when on Earth, but a lot who never thought much about them during their lives, and some who treated them very badly, feeling more deeply affected by the spirit light, the love in the mansion worlds, do all they can to ease the suffering of such animals.

And what then happens to all those animals? We kill so many of them inhumanely even though we say it is humane to feed us, let alone of those used and tortured by us in experiments, then even loved pets that suddenly get run over, where do they all live, they'd be zillions of them?

They live in various sectors put aside for them in Animal World, which is itself one large sector of the first mansion world. And some are cared for, those that have more personal interactions and experiences with mankind, with spirits from all the mansion worlds; and

the other ones who don't, once they are happy and back feeling better within themselves 'die', that is disappear, their spirits moving on into the collective. And it's the same with the wild animals which go to yet another sub-sector of the same animal plane. Some need time to come to terms with their deaths, but once that's happened they move on. So there is always plenty of room for the new arrivals.

What about all the fish we kill and traumatise. Are there lakes and rivers and seas in Animal World that accommodates such creatures?

They are looked after but not so much in a personal way, that being not every fish is personally attended to, this being the same with other animals as there are simply too many of them, but the right loving environment is prepared and maintained for them to 'wake up' in after their deaths allowing them their recovery time. Everything that moves on in spirit coming from the natural realms on Earth that's treated badly, does so feeling good about itself, none of the animal spirits move into the animal collective spirit feeling unloved.

Do people who treat animals badly have to pay off what might be called an animal karma?

Yes, but there are various ways to pay if off depending on your level of truth and soul growth - or also your level of truth denial. And in the end, everyone is to make up to animals for treating them badly when they wake up to how unloving they were. Some spirits do and feel very drawn to 'pay the debt', and then going a lot further still loving the creatures as they feel more love for themselves; but other spirits only need to wake up to their unloving actions feeling bad about their cruel treatment of animals to satisfy the Law of Compensation without actually spending too much time with actual creatures. As I said, it depends on where you are in your truth growth or truth denial, it being different for mind spirits and spirits of the Divine Love mansion worlds.

This morning having spent more time as we're reading this book thinking about Tosca the dog we had as children, I felt more and more like he was in the room and jumping up on my lap and that I wanted to say how sorry I was to him for not fully appreciating and loving him, all of which I've been able to see over my healing years. Was that my imagination that he was here?

Yes and no. It wasn't him as such, for he's moved on now, but it was one of the sporangia being him so as to help you bring up those feelings. It's all for you James, rather than for him. He in his way understood you loved him, have no doubt that you made him feel that

many times when you were both together, so he needed nothing further from you. He understood your limitations, all the creatures that have anything personally to do with mankind, do, but not so much intellectually as you can understand, but in their own way. So this morning was for you to feel and express such feelings as you're now in a better state of mind to do so knowing all you now know about yourself.

Verna, reading this book it's astounding to know how many pets came back to their owners, jumping on their beds, barking or purring, and so often so much so the people could see or touch their spirit bodies and even take photographs of them. Does any of that still occur?

No, not how it used to back earlier last century and before that. That level of spirit manifestation has passed, the ease at which it could happen, and there are no longer the mediums able to be such vehicles for such manifestation. Of course certain other spirit phenomena happen and there are still as many people with clairvoyant and psychic powers able to see into and discern spirits and spirit animals, but humanity has moved on into other levels of its mind being expressed.

Verna, why didn't you tell me about Animal World and those spirits who look after all the distraught animals that come to spirit?

I can't tell you everything James up front. A lot of what I can tell you about I have to wait until you lead in it, so as not to interfere with your experiences. It's far better that you find out for yourself through the likes of this book for example, so you can feel what you feel about it in the moment, rather than my telling you about such things ahead of time. And as to why so many of the animals return to their loved ones on Earth wanting to show them they are alright and still there to receive them when they come over into spirit, it's all for the person, the creatures as I told you being completely of service to you. The animals themselves when they feel good, happy and loved within themselves don't require their owners to keep loving them, so the sporangia take their places being able to be the same dear beloved pet the people require.

Do some spirits acquire new pets in spirit?

Yes, however it's not so prevalent as on Earth because there is more natural love for you over there, so you don't need the creatures to love you giving you what you're so devoid of. But still many people, as spirits, still want to be intimately involved with animals, and in particular their pets they had on Earth; and of course being able to do so in spirit

without both having to deal with an animals' innate fear of man makes for far more intimate and rewarding relationships. Usually however once a spirit starts to move up the mansion worlds they don't require the help of animals any longer to make them feel good; and yet still there are many higher spirits very involved with all levels of natural life.

A lot of spirits spend a lot of time easing the animal's pain at its point of death or even at times during its Earth life, just as some spirits do with people on Earth. Mostly it's far easier being able to lessen or even completely remove a creatures pain than it is a persons, and often it's in the best interests of a person not to have their pain removed as a lot of the spirits understand once having finished their physical life.

So potentially the spirits could remove all our pain if they wanted to, but don't so as not to interfere with our life experiences.

Yes, there is the power in spirit, were it made readily available to the mansion world spirits, to nullify all people's pain, but that's not the point, the pain being there for very specific reasons. Of course under certain circumstances the spirits can utilise certain spirit power and affect healings, but still it's not as easy as it sounds to do.

I do understand what you're saying, for as much as I'd dearly love to have all my pain taken away, still it's there to help me feel bad so I can uncover the truth of those feelings. I am in pain because I was not loved, my parents made me feel bad and so such pain, so it's right that I'm still feeling it. During my better days I don't want anyone to interfere with it, I want to deal with it myself through my feeling expression.

That's right, which is how it should be, however there are certain times when pain intervention is required, it being just as valuable an experience as having the pain.

Yes, I can understand that too.

Verna, as that's all I wanted to speak with you about for now, I'm going to end this book here. So I'll finish it off and start a new one should more come up about the animals and our relationship with them.

Right you are James. I'll see you in the next volume.

Thank you again Verna for all your help, I do love speaking with you.

And I you James, toodle-pip, I'll be off now, speak to you soon. Verna - Lady of the Lake.

25 September 2012

Hello Verna, one last thing.

I know James, I'll answer your question for the record even though you already know the answer. No, there is no animal reincarnation as there is no reincarnation full stop! Once a person or spirit or angel or nature spirit or other creature has its personality endowment, that's it, that is the personality it has for eternity. However, should as in the case of animals they die being 'resurrected' as nature spirits or sporangia or the like, then they will assume a 'new' personality commensurate with that level of existence.

And I will add here, even though Jesus said he will come again to your world, this does NOT mean he will reincarnate - he can't, for if he were to he would forfeit his current personality requiring the Father and Mother to bestow another personality upon him, so all that he was as the first personality would cease to be. And this is not going to happen. So he will come again in other ways.

The bestowal and materialisations into flesh of the higher sons and daughters, such as what Jesus and Mary did, did not interfere in anyway with their personalities, their incarnation in fact further personalising their existing personality, which is part of the whole point of their bestowals into the likeness of the various levels within their universe. Once an ascending mortal soul incarnates it receives its personality from the Mother and Father, Their unique gift to it, and a gift which that person retains forevermore.

All those people and spirits that talk about reincarnation, simply, don't know what they're talking about. So how's that? A little bit of a summary for you.

Very impressive Verna, thank you.

I thought you might like it, tootle-pip - again!

Bye Verna.

6 November 2012

Hello Verna, I've had a few more things I've wanted to talk to you about concerning our

relationship with animals.

By all means James, go ahead, as usual I'm all ears. I've been patiently waiting for your return, knowing you've had these things you'd like to talk with me about. So my dear boy, what is it you'd like to know?

As you no doubt know, most of what I want to ask you about comes from our reading the book on what the mind spirits have to say about animals and our relationship with them.

The first notion they went on about, and I can't remember if we've already discussed this in our previous book together, is whether dogs are higher evolved animals because of their relationship with us. That because they've been involved closely with us for so long, they have evolved more, taking on many of our ways and so having feelings we have. Is there any truth to this?

No. Next question.

Oh go on Verna, surely you're not going to pass up the opportunity to have your say.

That's right James, I'm not, only teasing you! I'd never pass up an opportunity to have *my* say.

It's just that certain animals, dogs included, have the ability, it's already within them, to associate closely with mankind in his evilness. They'd also be able to relate closely were you not evil, it's just inherent in them. And from what you've read, many creatures have lived quite happily with people under all sorts of different circumstances often enchanting the people with how loving the creatures are and how close to them the people can get. It's just that dogs are perhaps easier to be with as they can fit into your lives easier, taking your neglect and harsh treatment of them, more in their stride. Dogs, by their nature, enjoy your control of them, they've evolved to feel at ease in a pack looking up to the boss dogs, which you can easily take the place of. And where so many people's relationships with dogs fail is that they try to be one of the pack instead of the boss and leaders of the pack. And if you do that, then the dog feels a great instinctive pressure to assume control and lead the pack - you, but you then don't behave acknowledging they are the leader causing it lots of distress, it then not really knowing if it is meant to lead. And once you assert your authority as leader, often dogs will willingly give up being the leader with a huge sigh of relief, the burden of being responsible finally lifted from them, with them being free to play as just one of the lower members of the pack. And because you have removed dogs from the wild, so you must lead them. So all behavioural problems with dogs only result from their confusion and distress of having to lead you if you make them feel that's

what they are to do, but it's then going against their evolution. And you must lead them not with a heavy hand, but as the top dog and bitch would lead them in their pack, so by adopting dog behaviour and learning the signals your dog needs to help it understand where it stands in the order of things. And cats also enjoy being closely associated with you but more so on their terms, having control over you. And many creatures, when deprived of their natural self-expression are still capable of having some reasonable quality of life with you, if you treat them well, which is all relative as you can't truly love yourself, and don't treat yourselves very well, being in your anti love and anti truth condition. However the animals you confine to your lives don't understand that they are missing out on a better freer life, they only know and so deal with what's at hand. And as I said, if their basic needs are met, then they basically feel happy, and even in some circumstances, quite content. However that still doesn't justify removing from the wild or depriving them from a wild life, enslaving them to yourselves so you can have all power and control over them. It's just that within the normal range of their personality expression they can adapt to live with you to varying degrees. And as I've said before, that is allowed by the creators of such animals all to help you, because mostly it's the only way you can get close to feeling pure natural love, that from your pet who unconditionally loves you. And were you to have such full natural love yourselves, then you'd no longer need to keep such loving and all-accepting creatures captive, and so it would be up to the creature of its own will to come and closely associate with you. And this you would find would naturally happen were you living perfectly true and so not using the animals in any way for your own ends, and so not making them scared of you. It's their fear of you that keeps you apart, and this fear will always remain whilst you fear yourselves, which is what you're doing living untrue and against yourselves.

So as you wake up to the way you treat yourselves, just how unloving you are to yourself and each other, and so to all of nature, so your relationships will of course change, and all for the better.

So potentially in future when humanity does fully love itself, when we've healed all our evilness, then animals will naturally be drawn to people as people are drawn to them.

Yes, and all on even terms and in complete respect of each other. Animals already completely respect you of course, they not being evil, so really they are waiting for you to come to respect them. And then nature will enjoy, as will you, having true relationships together.

Okay, and this brings me to another question. The spirits were suggesting that in future, presumably when humanity is true, although the spirits don't understand we're currently

inherently evil, that there will either be no carnivores or those that will be on the planet will lose all interest in eating people or other creatures. I guess they see it that in time, how animals are in the mind mansion worlds, will be how they are too on Earth. And as over there, no one needs to physically eat or drink or have sex to procreate, so the lions for example, and I imagine the sharks in the spirit oceans, don't eat other creatures or the spirits.

Yes, it's a nice idea, however as you rightly thought James, impractical, as there'd quickly be an over population of the prey animals. And so that means that all the creatures would have to die, giving rise to ones that can control their population through other means than being preyed upon; and the predators would cease to be at all, or if present, have in some great way changed into being not flesh eating - non predacious, existing on the ether or eating plants themselves.

I know, so it doesn't make any sense, it doesn't add up. However I don't know, anything might be possible, so what do you say about it Verna?

I say, nothing of that fanciful sort of thing will happen. Species will come and go with time, modifications will take place, but still the fundamental need for prey and predator will remain. However it will be humanity's relationship with all creatures that will profoundly change. And I will add, that being eaten alive is not an unloving expression so far as the animals are concerned. The lion doesn't hate the impala, it loves it; and the impala, although giving up its life for the lion feels loved by the lion, it is only an expression of natural love in nature, as hard as this might be for you to grasp. It's built into the predator/prey relationship, it's love all around, it's what they feel, even though at the time of the contact when one is taking the other's life, the prey struggles as best it can to stay alive, that too being part of the loving union, or embrace. It needs to struggle to keep the predator fit and healthy. Nature is well and truly evolved in its perfection, so you can believe that all such interactions, even if you can't relate to them as being loving, are loving. So the killer whales cruising up onto the sand to take the baby seals is loving, even the whale throwing the not yet dead baby seal around delighting in its catching of its next meal is loving. And as strange as it might seem to you, there is no suffering in it for the baby seal.

What about the animals we treat badly, such as the factory farmed animals, like those poor mother pigs kept on concrete floors all their lives and with hardly enough room to stand being unable to turn around and in such filth. Are they suffering?

Yes. That is not natural, and they are with mankind, they are suffering accordingly, however nowhere near as much as you might yourself were you kept in similar conditions. And yet once again, that doesn't justify such actions by any means. And those people who treat such animals so poorly will suffer all the suffering and more of those animals when they come to do their healing.

The suffering of the mother pig is not as you would suffer. You rightly apply your emotions and feelings to her, that being to help you understand the truth of your actions, however she doesn't feel it on the same levels you feel it. She feels a reduction of her spirit, she doesn't understand it, and really it's not even suffering on the emotional or spiritual or mental level as it is or would be for you, but it's still not right and in some part of her she knows that, and knows she can't do anything about it. But she's not aware that she's missing out on life, a good life, a free life, it's just as it is for her, animals being far closer to the existential levels of life - Life just is what it is, with nothing about wishing it were not and yearning for another better way. And because of that, they don't die living on in their torment, unlike how many people would were they subjected to the same levels of will deprivation.

So even though you just answered this, I still want to ask it: so does that pig spirit stay forevermore feeling bad, whereas the beloved pet dog feels happy loved by its people forevermore, gleefully awaiting them in spirit so it can be reunited with them.

No, it's not like they said in the book. The loved pet dog doesn't wish and wait forevermore to be reunited with its owners. It seems to, but that's only because that's all its known, and its more than happy to carry on life as it was, but now in spirit. That being if its owners still want it. But if they don't, then its also more than happy getting on with its own life, which it does anyway, because as I told you, the actual dog or animal is not actually there in such a capacity as it was on Earth, the sporangia taking over the ongoing expression of its personality for the now spirit humans to relate to. But for all intents and purposes, the animals that are present in the mansion worlds are their real selves even though it's the sporangia being them.

So if I were to see a wild lion in spirit for example, it would still be a sporangia posing to be a lion from Earth.

Yes. The animals themselves don't need to go on in the spirit world, as I told you, their spirit moves onto the collective from which the likes of us and the sporangia are drawn from, but animals can still remain in the mansion worlds for you for certain periods of time, as you still need their services. But mostly these will be animals that only need to

heal their trauma at the hands of humanity. All the other animals are sporangia in disguise. People still need to relate with animals in their spirit lives and they very much help spirits in the Divine Love mansion worlds do their healing, just as they help you on Earth.

On Earth when people begin their healing they will see their relationship with their pets change, this all being beneficial for their pets. As you and Marion saw for yourselves, you couldn't keep your cockatiel having to give it to a man with a larger aviary and lots of other cockatiels, which was much better for you and it. Still not perfect, but a step in the right direction. And then you found you couldn't keep your fish anymore. Then you wished you didn't get Potsy even though you loved her deeply. And each step of the way, it was better for the animals involved. And it will be same for the children with people who do their healing.

So over the years it was better for Pots as we grew in truth?

Yes, because you became more true to yourselves, and so more loving, closer to her state of natural love perfection. And even though you moved to Phillip Island and it wasn't as conducive for her as it was at Harry Street, she not feeling as safe and free to go outside there as she did at Harry Street, still, that was compensated for by your loving her more truly. And you weren't aware of this, but on some levels she was. So when it was time for you to put her to sleep, she knew the end had come, that look she gave you of feeling hopeless and forlorn concerning her jaw no longer working properly and giving her a lot of trouble. Your putting her to death was what she wanted. Not consciously mind you, she being an animal as I said wasn't fully mentally or emotionally aware of such things, but on other levels and those particularly in relationship with you, she was aware, as were you in your feelings knowing it was the best thing to do, instead of subjecting her to endless misery having a vet try to work out what was wrong with her jaw and then possibly setting about fixing it, which had he been able to see the problem would have required extensive surgery, none of which either Marion, you or Pots would have wanted to endure.

What was wrong with her jaw?

It was a result of her rickets, a natural out working of her lack of nutrition when she was a kitten, there was nothing you could do about it. You had seen the signs as it slowly broke down to the point where you saw she was going to be unable to feed herself. And as you both said, had she somehow suffered the problem where she a wild animal she'd not have survived any longer than she did with you. She wouldn't have survived at all.

So what about her, will she be there in spirit waiting for us?

Only if you want her to be, the sporangia will see to that. They will be instructed by your guardian angels, and so one will 'become' her for you. But as you know, you won't want her, as good as it would be to see her again, there will be no need for that to happen, as you've moved on in truth. But at any time should you want to see her again, that can be arranged. And it will all come from the memories of her, your experiences with her contained within your angels' angelic memory records. They will make her 'come to life' if that's your desire; which really is, if that's what you feel you want - if that's what your soul requires, all so you can have more experiences with 'her'.

So why was Tosca (our family dog) with Collis (my paternal grandfather who died of cancer when I was in my early teens) at the clairvoyant reading? (A reading I had in London when I was in my mind twenties.)

That was because your grandfather fancied himself with him, he was fond of him in fact when he came with you and stayed at Somers. And Collis wanted still to be part of the family; but not so much his wife. So Collis often 'looked' in on you all from spirit, and thought it a good idea having Tosca with him to strengthen the contact he wanted to have with you, for you to know that he was still around, when you went and saw the clairvoyant, that one in particular being open to and responsive to Tosca, to seeing a dog. Many clairvoyants and such spirit sensitive people often neglect the pets and animals side of things, not thinking they are so important. However as that spirit communication book showed you James, many people were greatly impressed and received a lot of comfort, and even more so, when the medium focused exclusively on their beloved pet or pets that had passed over.

Does Collis still have Tosca?

No, he's moved on from needing him, as you've moved away from him - Collis; and your mother and grandmother weren't interested in him - Collis I mean, not the dogs.

But the sporangia will manifest him for me should I wish?

Yes, they can manifest any former creature or plant, any part of nature should you wish it. Many people have loved a certain area on Earth, the whole natural setting and all within it, and such conditions can be replicated if one desires. So all your fish, the plants in your fish tank, whatever you like, even your fish tanks themselves.

I've not thought of it before, so do many people, now spirits, recreate all they had on Earth?

Yes, if that's what they want. However most people are usually happy to start with new things, perhaps only wanting to manifest their special things. And when you no longer feel the need to keep fish in tanks, being in spirit, because you can just as easily go and see them in their wild earth state, so you can 'let them go'. But of course other people now as spirits might want to keep them closer to themselves, in a tank, and so such things can be arranged. But as I said, none of these things deprive that creatures spirit from moving on, as it already has, your needs can't interfere with it anymore than you might already have done. Once it leaves physical life it's truly free.

I will add James, those books you've read from the spirits earlier last century, and in fact the messages you've read from any of such books, have given people, are very narrow view of what spirit life can be. Mostly such spirits don't want people to think it's like life on Earth at all, as they view their new lives in spirit as being superior to their one on Earth, so they don't want to encourage people to believe they can just continue on in spirit if that's what they want to do, as they were on Earth. But you can largely - and this is a big statement to make, mind you: do whatever you want in the lower mansion worlds, that's what they are provided to you for. But as the mind spirits have it already set up to suit themselves, mostly the newly arriving spirits are more than happy, and usually extremely happy, to fit in being simply amazed that they have a whole new life to begin living and haven't just ceased to be. And those people who come over to spirit with something of an understanding that there is life after death, usually don't want to keep living their earth lives anyway, also being happy to go along with how spirit life is over there.

Is there any penalty for Marion and I to pay for having put Pots asleep?

Yes, as in there is a penalty for keeping her in the first place, for wanting to submit another to your will, all of which you've worked your way through. All the bad feelings you had to do with her when she was alive and after she'd gone, were all to do with this, all to help you progress as you've worked your way through your healing. When you felt all your bad feelings about putting her to sleep, and as you expressed them to Marion and as she expressed all her bad ones to you, and as you both were longing for and uncovered the truth of them, all of the pain involved in that healing process was your penalty. And it's the same for your whole life in evil, all your bad feelings are coming up to make you feel bad about yourself and your life, all because you're being evil - being in your evilness. Your healing is all part of healing your evilness, all the bad you have done by being evil all on a feeling level. And were you not to do your healing, then you'd go into the mind

mansion worlds upon death, and had you badly transgressed the laws regarding the respect of another's will, be it a person or creature, then you'd have to suffer accordingly, settling the Law of Compensation. But all of this is taken into consideration as a part of your healing.

So really there's not an animal spirit world as such in spirit where all the animals from Earth go to when they die?

No, there's no need and it would need to be too big anyway. The mansion worlds are only for you mortal spirits, the animals fit in where needed as represented by the sporangia.

You read how there are areas where animal loving people can go and love the animals that get killed by people and were made to suffer at the hands of humanity, and these places are real, only they are not the actual creatures themselves, but the sporangia once again 'being' those animals. And it's all done not for the animals themselves as such spirits believe, but for the spirits themselves. They need to love such creatures themselves as part of their growth and self-expression. And when they've done that enough, then they move on.

So in the abattoir at the moment of death and leading up to it, there are spirits attending those animals to lessen their fear and suffering.

Yes, there are spirits actively attending all suffering creatures on Earth all the time. And their influence does help those creatures as the animals can sense such help and so love, and the spirits can visually see their loving influences on the creature. But once death actually occurs and the animal recovers from its trauma, then the sporangia in a twinkling of an eye take over. And it is they that then receive such love and show it by giving it back to the spirit who is loving them. And really this love is what the spirit needs, it's loving the creature not actually for the creature itself, but for its own self, as it feels its love for the animal. Then the sporangia reciprocate, loving it, the spirit, showing it and responding to the spirits love. So the spirit feels very loved by the animal, which is what the spirit needs, it being so bereft of love itself. And really it's the same reason why you have your pets, so you receive their love, that which often comes to you the more you love them.

It was also suggested along the lines of what we've already discussed that ultimately all the carnivores will die off, because they are unloving, being unloving presumably because these spirits are judging the act of being a carnivore and killing your prey is an unloving behaviour.

But they are not unloving James, which is what I want you to understand. It's only the spirits projection onto the predator, the spirits believing any act of killing being an unloving act. Just because they eat another creature it doesn't mean they are unloving, and all those that only eat plants are loving. And if you think in those terms, the plant might not think it's loving being eaten by another and so deprived of life. But as I said, it's not like that, it's all loving, all nature does is loving, because nature is an expression of perfect natural love. So if you don't think nature is loving, then that's really something of yourself you're seeing in it, you're projecting yourself, your values, beliefs and ideas onto it.

Yeah I know, it sounds a bit basic. I think it also inferred that the lion being as we say the king of beasts, is in fact because he's a top predator, actually a very lowly evolved creature. And the higher evolved creatures are the prey because they don't kill.

No James, evolution is what you see it as. The lion is a highly evolved predator, the Impala a highly evolved prey, the two have a very highly evolved special relationship together, both need each other in a fully loving, albeit, natural-to-planet-Earth, way. Nature is ONLY loving, it can't be anything else. And just because you fail to see that, doesn't mean it's not.

So it's us who are yet to evolve further into not eating meat, not the animals.

Yes. You'd be well on your way by now were you not evil. And so part of your evilness, that which also then serves to keep you evil, is your belief that you need meat, that you need to kill animals and other creatures to survive.

So we can live happily without killing anything. But what about killing plants?

There's no need to even kill them either if you don't want to, but still their death is not the same as killing and consuming the meat of another. The plant kingdom is to serve all, and in all the different ways. And for the time being, giving up eating meat is one step, then you might find you evolve to being able to not kill plants. It's all how your soul growth will lead you, not your mind. Many people become vegans or vegetarians because of their beliefs and not truly because of their feelings. And doing so does nothing toward keeping you more healthy, just because you don't eat meat. It's your repressed bad feelings that kill you and make you sick, not what you eat. Of course it might seem like it's your diet, but that only serves to give you an escape, which is what you want. So your doctors tell you not to eat so much meat because from their limited experiences people on only meat and fatty diets seem to die more of a certain problem than other people, but it's all subjective

and really just what's prevailing in the science or pharmaceutical companies at the time. Your diet has very little affect on you directly, whereas your denial of your bad feelings has a huge unseen and as yet unknown impact on you.

So I could eat all the meat I wanted, were I true, and it wouldn't make me sick.

That's right, but were you true, you'd not feel like eating meat, it goes hand in hand with the truth. So being untrue, living by denying your feelings, so your diet reflects this, or is an expression of it. So of course what you do will make you sick, your illness being one way your body is trying to alert you to the fact that something is not right within you. But it's not a matter of adjusting your diet to make you better, even though some people can and do achieve this, but really it should be for you to start expressing all those bad feelings, and as you grow in truth you'll naturally adjust your diet accordingly. And you may find that does include eating meat or it doesn't. You might feel you want to eat it, then not want to, then want to again and then give up again. And so on you go based on your feelings as you work your way through your levels of truth, as you keep bringing to light all your repressed feelings from your early childhood. Your diet really being irrelevant, you only eating what you feel to eat. And overall you'll begin to notice an evolution as you change, that which reflects your soul's growth in truth.

Yes, I'm feeling less and less inclined toward eating meat. I still like the taste of some of it, but I detest the smell now of the mince meat Marion feeds the birds, whereas I used to not dislike it. And the further I go the more I'm loving vegetables in particular, things like lentils and chick peas, other types of beans, I love them now whereas I didn't think much of them before.

Your soul knows what you need to keep you going, if indeed you are to be kept going. So you don't have to worry about it, you just have to keep going with your feelings and expressing all you feel. And as you've experienced for yourselves, you go this way and that, something such as eating meat becomes your focus and many bad feelings about it surface, you express them declaring you're not going to eat meat anymore. But then once that's all passed you feel okay about it again and keep going eating meat until the next time it comes into focus through your feelings. And you go around and around but over time you are growing and changing and so your attitudes to yourself, others, nature, evolves, and now you're at the point of no longer needing meat as you once did.

I was reading in the Urantia Book how a humanity goes through a period of great technological advancement, but once that's over, then it tends to move back to a more

simpler yet more enlightened way of living. I'd like to think our so called great technological advancement will come to pass and we'll be more inclined to appreciate the beauty of nature rather than our rampant destruction of it.

In time James, it will come to pass. But for now, it's full steam ahead, it's humanity's time to have its love affair with gadgets in the mistaken belief they are making your lives easier for you. And all the while you are moving further away from yourselves. Children are becoming increasingly dependent on such toys, and less on intimate and personal relationships. Technology as you're living with it, is the cancer that's eating away at the fabric of your society and basic family connections. And it won't be long now before the whole structure starts to crumble.

So Mary was saying earlier.

Yes, it has to happen because you have to realise, wake up to the truth, that you can't get love from things, that those things are only love substitutes, and that you need them because you are in a very bad way, feeling very love deprived. There is nothing wrong with technology itself, however how and why it's used, were you in a truly loving state, would be vastly different to how you use it and why you need it now.

Verna some people believe that animals somehow are the first stage of our evolution, and that once they have lived their lives, they then somehow incarnate as human souls, and 'young' souls, then reincarnating many times to become 'advanced' souls.

Yes, I know, and it's completely wrong on all accounts. The human soul is totally as it is, created by God, and not coming from anything in Creation or having anything to do with Creation before its incarnation. And then it incarnates only once, only once so as to individualise - gain personality from the Mother and Father. And once up and running as a personality being expressed in Creation, it can't then cease to be that personality, incarnating again, starting over by receiving another unique personality only to have that until it reincarnates again. Personality is too valuable James, it's what Creation is all about, and the Mother and Father only bestow it once on each half of a soul; and once bestowed that's your personality forevermore. And you develop or evolve it by expressing yourself. To suddenly terminate your current personality surrendering all that you are to date, is the same as terminating a soul, the gap of those two personalities in Creation having to be compensated for by others in their acquirement of experience as you've been reading in the Urantia Book. There is simply nothing of any value to be gained from multiple reincarnations and personality bestowal. It goes against what true evolution is: the growth

of truth of your soul and your on going personality expansion and expression of that truth. Evolving your soul through multiple flesh lives is not what true evolution is all about.

And as far as what is an 'advanced soul', that relates to the 'order' or structure of your soul as represented by your Indwelling Spirit. If your soul is of the order to receive a very advanced and so highly skilled indwelling spirit, then that's what you'll get and live according to its inner leading, those being expressions of your souls requirements. But if you are of the soul order, and I hate using that word but find no other I can use as really there are no such orders of souls; but if your soul has been created to receive a virgin indwelling spirit for example, then that's your life. But this DOES NOT MEAN THOSE PEOPLE WITH A MORE HIGHLY EVOLVED INDWELLING SPIRIT ARE ANY MORE SPECIAL THAN THOSE WITHOUT ONE. DO I MAKE MYSELF CLEAR ON THAT POINT!

Loud and clear Verna.

Good. Because you know how you lot are, always wanting to feel your better than someone else, but it's not true, it just means you start off your life in Creation differently to another, which you all do anyway, and you all can live true if you so desire, and you can all do your healing if you want to be true, and you can start any time. I can assure you, there will probably be many more virgin indwelling spirit people and spirits wanting to do their healing when the truth of it becomes known, than people with more advanced indwelling spirits. Just because you've got a lesser or more advanced adjuster doesn't mean you're better off or not in terms of your being able to progress faster in your truth growth, nor does it mean you'll necessarily progress faster in your healing. It just means you'll live and perceive life differently, which is how you already are, so really it's nothing more than you are, so nothing to get all worked up about.

And in the end, that being by the time you all arrive on Paradise, as you can't get there any faster than your appointed time; and whether that happens to be sooner or later than your peers, is irrelevant. And by the time you arrive on Paradise you are all equal so far as your level of truth, just all different as being different and unique personalities.

Verna you are a wonder, such a rich source of insight and understanding.

I'm glad you appreciate my talents James, nice of you to say so, thank you. And it's all for you. My whole existence has been in preparation for our time together, and of course for my role in helping humanity, as hopefully one day other people might come to the same understanding about it all through our work together.

You are definitely undervalued.

What, like how gold is at the moment?

More than gold Verna.

My whole order is highly underrated James on your world, consigned to being cute little fairy people. So I hope our work will go some way to correcting that view of us.

Verna, I was talking earlier with Mary about UFO's and the possibility of there being aliens on Earth and visiting it, is there anything else you'd like to add to what she said?

Well not so far as the truth goes, but of course I'd be as I always am, delighted to have my say. So if your fingers are not too tired from your days writing James, I will - you know...

Please do Verna, I've got about another half hour to write in and my fingers should hold up.

Very well then. As Mary said, there are no such beings on Earth itself, and we nature spirits don't have anything to do with those visiting you in whatever capacity they come. Mostly they are not interested in the likes of us being familiar with those of my order relevant to their world. Occasionally some of my kind are called upon to perhaps give an address to such other world visitors, and I've attended a few of them, but other than that we don't have anything to do with them.

Verna what about something like the picture of the cylinder shaped UFO flying into the erupting volcano in Mexico that had its picture taken by the cam recorder permanently set up taking photos of the volcano.

It was a fake James. There aren't UFO's, nor are there beings that fly them living in secret bases inside the Earth anywhere or under the oceans. It's all fantasy created by people and mind spirits for various reasons. Some of the space UFO photo's you've seen recently are real space craft, but mostly they observe you from far away, such as the moon, not needing to get very close to you.

And what about those people who claim to be telepathically communicating with beings from other worlds in space, not just the mind spirits.

They are all mind spirits James, you are forbidden to communicate with other worlds, as are other worlds forbidden to communicate with you because of your universal and planetary isolation.

I've not considered that we're forbidden to communicate with other worlds.

Yes.

So there's no point our sending our junk into space or our radio waves or whatever we do, hoping someone will respond to them.

No, it's a rather pointless exercise. But it gives some people something to do, and you all need to feel you're doing something important and worthwhile in your lives.

So it would seem we are all alone and yet possibly there are many beings on other worlds all around us.

Yes, your space neighbours are not far away, much closer than you think in fact. But really James, why waste your time concerned about them or trying to communicate with them, when you should get on with your own healing. Being in an evil state of mind and will is not a loving way to be, so no one is going to want to have anything to do with you anyway, such other worlds not being subjected to evil as you have been.

Verna, I'm going to finish now.

All right James, nice to speak with you again. And remember, I'm here, any time you know. Speak to soon, James.

Bye Verna, and thank you again.

7 November 2012

Half the tree along your back fence has just fallen down James.

Yes I know Verna and it's such a bum, we want the trees to keep living and growing not all falling over and dying like so many of them are. And this one has exposed us more to

John's house, we can now see into his bedrooms as they can see into our living room. All we want is to find a nice little out of the way and surrounded by bush house, but it's an impossible dream. All the houses we can afford to rent and even most of those we can't, don't have trees on their properties, or one poor lonely looking thing. Really I think we Australians have no idea, no feeling for our lovely country other than some fantasy we've created mostly in the cities. Most people can't even identify the local birds. It's all so depressing, as I've always felt, and only more so now that I'm becoming more aware of it. Everything could be so lovely, so beautiful, and yet it's all so bare with only a few remnant older trees and thin strip plantings of newer ones. I don't think we have any idea, certainly no appreciation about what nature really is; a few people do, but they are such a minority, it makes us both feel so miserable.

More bad feelings to express James.

Yes, I know Verna, always more. The tree was such a nice one, and it did such a good job of blocking out John's place, but it's not the sort of tree that should be planted to stand alone, they occur in thick masses all supporting each other, so it was only a matter of time which is how it is for the rest of the trees surrounding us. They are all getting large and too heavy for their trunks to cope, and then with the increased rain after so many years of drought. So all we've got to look forward to is more of them falling over and dying. The first gum tree died in the front garden a year after we came to live here, and it was such a pretty tree, but thankfully John was happy for it to remain, as he didn't want to spend time chopping it up and carting it away if he didn't have to. And having a dead tree slowly dropping its smaller branches has helped us appreciate just how much the birds love having it. They all come to perch in it, giving us perfect views of them. They have their baths then fly up into it to carry out their after-bath preening. And they love the openness of it, that's easy to see, so it's helped us appreciate how valuable, and even how attractive something that's dead can be, as mostly in Marion's and my life if something was dead it had to be instantly removed and something new planted. But thankfully people who do love the Australian bush have raised the awareness that dead trees are vital as providing places for the birds and smaller animals to breed in. So it's nice that in some of the more bushy parts the dead trees are left and not chopped up for firewood. And to love a dead tree, to see its beauty and how it slowly breaks down and weathers, everything is so gorgeous in nature, and it's all so perfect as it is. It's just such a pity that we can't be our natural gorgeous selves and be a loving part of it all, instead of being the distorted monster evil people we are, so removed from it, and so removed from our own natural inner beauty.

15 November 2012

Hi Verna,

Yes James it is me you're intending to speak with, and you've got the right document.

I know that I'm wanting to speak with you, god I'm not that bad yet, and yes I've looked to see I'm in the right book - thank you very much!

Just being my usual helpful self. And you know how troubled you are in your mind.

Don't remind me.

So, what is it you wish of me today. I am at your service.

Well, as I've been feeling again very bad about the treatment of the factory farmed animals, I want to go over it again with you. I don't understand why they are allowed by God to suffer so much. Surely there must be something good in it for them?

Yes James, there is - life experience, even though it is bad. All experience, good or bad is ultimately good. I know it's hard for you to understand this currently, however in time you will. The suffering is all short term, although it might be for the whole duration of a creatures or persons life, but in the long term such suffering only helps that individual to express its personality more in Creation. And even though animals don't have the same extensive personality you do, still in their own way the same holds true, even though they lose the little of the personal identity they have when they die moving into a different level of being and expressing themselves when their spirit unites with other spirits of their kind giving rise to the likes of me.

And for the creature that is closely associated with mankind, even if it's in a bad way, their being of loving service to you, is all that is asked of them, it's the most noblest life they can live. The humble laboratory rat, moves to other levels within itself when it's with your scientists even if it's subjected to heinous experiments. It's nothing I can readily define for you, it happens on more refined spiritual levels, but all animal and plant life goes into the experience of the lower adjutant mind spirits, which then goes into the Divine Minister and then the Supreme Being. The structure of animals is such that they are part of a whole, not individualised as you are, so they don't experience their confinement and

suffering as personally as you do. It's just their life, to you it would be the worst life imaginable, but for them, they know nothing else, even if they were free and are suddenly confined. They don't sit in their cage pining for their old life of freedom, it's just one experience after the other, they are completely in the moment with very little memory of the past. They have sense to know where they are in their world, they develop behaviour to allow them to get around and have the experiences so desired by their inner spirit, but they don't have the same conscious awareness you do, so don't relate to life through all the feelings you do.

And as we've talked about before, because they are of help to you, they are fulfilling their 'mission', those ones close to you, even when so badly mistreated by you, for still on inner levels they feel good that they are helping you further your evilness as you so desire. They are submitting to your cruelty so you can progress in your negative state and feeling-denial lives. So they feel good fulfilling their purpose as does any creature. And as will you when you are healed and back on track, so to speak. You currently don't feel good because you innately know being evil is going against the grain, you are not right, so are not feeling good about fulfilling your purpose, and yet still on deeper or inner levels you are doing exactly as your soul desires in your unlovingness, it's just fulfilment by default.

Even with all you say, I find it so hard to reconcile that so many animals are suffering right now, millions of them in Australia alone. Millions and millions all the time, every day, and it just goes on and on, all so a few people can make money from them. And the frustrating part, Marion and I feel, is we're incapable of doing anything to stop it. We think, right, we'll give out these Animal Australia leaflets, we'll write an article complaining about it for the local newspaper, but that's all when we're feel bad about it, and as soon as those feelings ease off, we don't want to do anything.

You're not meant to do anything, were you to, you would. You're only meant to do what you do - express all your bad feelings to do with it. And as you uncover the truth of yourself, then you move onto other places within you that get brought to light because of more bad feelings arising from your concern and love of the animals, all so you can express them and uncover yet more truth. And as you and Marion were discussing in the car, slowly you're both feeling like it's not really any of your business anyway, that you're feeling more like you are just visitors and all the bad things aren't affecting you as much.

Yes Marion was saying she feels good about that, as she doesn't want every dead baby magpie - and there are so many of them this year along the side of the roads of the Island as we drive to Wonthaggi - to make her feel bad; or rather, as they don't make her feel bad themselves, but to feel bad every time she sees another dead one. So she feels when she's

in this growing feeling and new awareness not so badly affected, not crushed to the core of her soul as if she's the little bird that's been run over, it - she - feeling so unloved and uncared about.

You're both slowly ascending out of such feelings, in that they are not affecting you so deeply, meaning they are not connecting to repressed feelings, you are no longer being the little birds getting killed as you felt you were when your parents were killing your feeling expression. You're moving out of the evil personally, you're still living with it all about you, but as you no longer are of it as much, so it no longer affects you as it has done. In the end it will not make you feel bad. You still won't like all that it is, but you won't feel bad about it. You'll feel separated from it, objective about it, and that will help you relate to how God feels about it, how Jesus and Mary felt when they were on Earth.

I supposed Verna, I want you to assure me the animals are not suffering, at least not as badly as I imagine they are.

I can't assure you of that James, that's something - truth - you'll have to come to yourself. And when you know for yourself, then you will assure yourself, that's how it's meant to be. You will never find such assurance from the mind, that being your own or another's mind, such as mine. Your mind can't make you feel secure, that's not its job, it's your feelings that are to do that. But if you continue denying feelings, so you continue denying yourself feeling such security - the comfort and security of truth, truth resulting from your feelings. And such assurance can only come from your own feelings, from within yourself, from the truth you live that generates those feelings. So we can go on talking about it, but it won't let you off the hook until you've brought out all your bad feelings that it makes you feel. Then once they are all out, there will be nothing for you to feel bad about, to connect with, as it will no longer be you who is suffering as you see that animals suffering, as you'll no longer be projecting onto them - they will no longer be you.

Gee Verna, now when you're writing this, or impressing me to write it, often I wonder if you are not really Mary, she posing as you. Yet having written that, suddenly I can feel the difference very strongly, I feel Mary with me and you.

Yes, she's impressing her presence on you too. But it's all me now inspiring you to write, that I can assure you. It's only as you are now more open to it all, so we can use the same mental circuits within you, so when you're deeply concentrating on writing what we're saying to you, there seems like there's no difference between us both.

So as you say, every one of those creatures is myself. Marion says she feels like she's every suffering creature, she's all those poor chooks that can't even hold themselves up because they've grown too big for their legs and too fast, all living in their own shit, all their short lives. And that's why we feel so distressed about it. We feel so powerless, we're trapped in our own shit unable to get out of it.

Yes, just as you were when you were a baby. You couldn't get away from your own shit, having to literally lie in it until they changed you. And all those things matter greatly. The longer you remain in your unchanged nappy the more you feel unloved and uncared about, even if on the surface, to your parents and those people about you, you don't seem phased by it at all, even totally unaware of it. But I assure you, on deeper inner levels you are very aware of it, your soul is aware, and it all adds up to you feeling unloved. So you can relate to it in how these factory farmed animals are, never being able to clean themselves and be free of their own faeces.

And so it's all for you James. You and Marion are drawn to see the condition of and the suffering of these animals all to help you get more in touch on a feeling level with your own suffering and the conditions you were kept in and how they made you feel. And the people who are able to use such animals and subject them without any feelings, without any conscience, are showing how out of touch with their childhood feelings they are. They were teated like that on a feeling level, yet made to take it all, and they in some way were able to have power in their plight, so they are able to have power over such creatures without feeling it's bad or wrong. They feel its right, as they were forced to believe it was right how they were treated when growing up.

But Verna, it's all going to take such a long time for humanity to change. It will go on and on.

I know James. It has done and will continue, however once the next age starts, things will change, and for the better.

Verna, as no doubt you are aware, there are so many things that are supposedly going to happen all to do with the End Times. Every day something new is on the Internet, some psychic or other person saying this or that will happen. The latest was a psychic who is reputed, probably by himself, to be 95% accurate, saying that in August next year the reptilian alien race who are our hidden masters will reveal themselves and all hell will break lose.

All to get attention James. All to try and gain some power to cover up one's feelings of

powerlessness. As you said to Marion the other day, it's rising up to fever pitch, and it will, even more so as it gets closer to the end of the year, and carrying right through the next few years.

I'm beginning to think nothing will happen, all to keep proving everyone wrong, all to help us all finally give up and admit that we're all a bunch of loonies and we're the ones that are mad.

Yet secretly you hope something out of the ordinary happens.

I do, it is all quite thrilling, getting carried along on everyone's fantasies, my own included. I can't help it, I so desperately want something to happen, I want things to change, I hate how so caught up we all are in all the wrongness. We are so moronic, the fuss that Vic Roads and all the locals have gone through by wanting them to change the speed limit from 80 to 60 on the Phillip Island main road, really you'd think we'd all have something better to do. And finally they go to great expense to put a few signs up and a few white posts in an area where it's not needed, yet they don't care about all the creatures that get killed in all the areas where the speed limits should be lowered. And they don't put the money into fixing the road up as it's always falling apart and with so many potholes. We worry about lowering the speed limit, the debate has been going on for years, and it's only finally come to a head because someone got killed in an accident the year before last, yet we don't care about all the poor creatures we're torturing all day long, let alone our own children. And they go on about how the new white posts on the side of the road where the new 60 signs are a world first, and totally new innovation. And they were such a help making everyone feel intimidated by them, as you had to all but squeeze your car through them, nearly making you crash into the oncoming cars as they were doing the same on their side to avoid these new imposing white posts, that they had to move the posts putting them back closer to the outer edge - more expense. More money wasted, more inconvenience to everyone, when all they had to do was put up two new 60 signs at the beginning of each end of the section, not 60 signs every fifty metres or so like they have done.

And as I was expressing my hatred and anger at such things, of course worked myself back to see that once again I was really angry with mum for fucking things up, for making such a mess and causing such a fuss and constantly changing everything, for being so dumb and not caring about the right things, always caring about herself and no one else.

Yes James, at least you won't suffer from a lack of things that make you mad stirring up your repressed childhood feelings.

Five minutes on the road and I am seething. Five minutes doing nothing at home and I'm feeling bad. I was even thinking about that today, it's a wonder I don't just blow up with all the bad things that keep happening making me feel so bad all the time.

No chance of that my dear boy, it's all perfectly helping you move through your self-denial as you come to terms with it. It couldn't be more perfect, but of course it couldn't be any other way.

Well thank you once again Oh Wise One, Great Sage that you are.

I'll get a big head.

I'd like to see that.

Yes, it is a pity you can't see me, I'd have fun with you then. You can't see how I've blown my head up to the size of your house... the size of... pity. Speak you whenever James...

Bye Verna.

10 January 2013

Hi Verna, hey the world didn't end.

Obviously.

So much for your predictions.

Wait and see laddie. Just don't worry about the times I told you.

I'm waiting.

Good, and so, what is it you are asking of me today?

Well Verna, it's about a book Marion read that was about a library cat called Dewy. He was put into the library return box as an unwanted kitten, in a library in Spencer, Ohio, in

America, and Vicki Myron the head of the library looked after him having a rather special connection with him. And it was how unusual he was, how he was with all the people, with the staff, living most of his life seemingly happy in the library, that I wanted to ask you about. When people have this connection with animals, when they feel like they know each other, and sort of communicate with each other in some mysterious way, and when the animals seems to be there for everyone, doing always exactly the best and right thing that's asked of it, and just by itself, does that involve your kind?

Yes James, it does. In any and every interaction animals have with people on an obviously more personal level, such as what you're describing, we are very closely involved. We take instruction, as we don't just do it ourselves to suit ourselves or what we think would be best, from angels associated with all concerned, as well as people's indwelling spirits via these angels. We're the last in the line of unseen organisation, but as we can 'control' the thoughts and desires of the creature, we can make it behave in the ways needed by everyone. And mostly it's done to show you there is more to life than what you think and believe it to be. And it's all designed to stir up your deeper longings to be with nature on that level all the time, something that humanity should always be doing, something you've long ago lost.

So we should always be having such personal and natural interactions with the creatures.

Yes, but NOT in any controlling way whatsoever. It should always be the creatures choice, and you responding to that as you feel. Everyone should be open and free to fully express themselves, and were you to approach life like that, then we'd be able to be much more involved in your lives through the creatures and the whole of nature. Humanity is not created to live disconnected from nature, it's to live completely at-one with nature, so you can see how far away from yourselves you are, by not giving nature the priority in your lives and basing your whole way of life around loving it.

You take a sample of it, calling it a pet, confining it to your way of life, planting trees and shrubs how you want, confining them to your way of life, making them your pets, and you create artificial living conditions and arrangements of nature, disconnecting yourself from your heritage and roots on Earth. You are meant to get closer to Earth, closer to nature, not further away from it. Human civilisation is not to be marked by how much you can control nature, how much you can use it for your own ends. It should be marked by how at-one you are with it, how much you and nature love one another, totally respecting and accepting each other.

I agree completely with you Verna.

And so you should James, so everyone should!

And so when the creature and person can sort of read each other's thoughts, that's where you come in, and presumably it also depends on the psychic level of the person.

Yes, that does help. However intuitively everyone can relate as such, because everyone can receive their indwelling spirits impressions, which one would then interpret as the animal or tree.

We can speak to trees?

You can feel how they are feeling in that your indwelling spirit can help you feel such feelings that you can then believe are what the tree is saying. Of course you can't really know, as you can't know what each other are actually thinking or feelings, but as the lower creatures can't express themselves as you can with each other, so you can use other inner agencies, such as ourselves, your angel guardians, and your indwelling spirit or any other spirits and universal personalities. Anyway, you are not meant to function as the only species on the planet that is worthwhile and of any account. Nor should you function believing nature is just there for you. It is there for you, but for you to love and respect, not use and abuse.

Yeah, I know what you mean. And I so wish we lived that way. I so much want to die and come into spirit and live where all the spirits are living that truth.

In time James, but you've got your work to do first.

I know, so that's what I'm trying to stay with, those feelings knowing that it is as I felt back then.

And when you've seen and re-felt it all, then you'll get the feelings of what it's all about and what you want to do.

I hope so Verna.

And by the way, I'm thinking about giving you your own blog or forum attached to DLS if I start it up again. I've got too many ideas at the moment, they all involving more writing, and I don't know if I want to keep writing so much.

Whatever you like James, I'm more than happy to go along with it all.

Thank you Verna. I'll go now.

And until next time... speak to you then.

8 June 2013

Verna, I'd like to ask you more about the effects of radiation on us and the environment and your involvement with it. There is growing concern that the fall out of nuclear radiation from Japan and the use of nuclear weapons in war is going to have a great and very grave affects upon humanity, is that true?

Yes James, as we've discussed before, unfortunately it is, and it is something most people will have to live with, all the horrors that result from such pollution.

Okay, so what I was thinking about was what about if people do want to do their Feeling-or Soul-Healing wanting to uncover the truth of themselves through their feelings, all so they can live true, surely such people wouldn't be jeopardised by such unloving effects as nuclear radiation.

No, they won't, not if it's part of their soul plan not to. For as you understand, we nature spirits together with your accompanying guardian angels can protect you from such harmful things, if it be the will of God, and so if part of your healing is to be protected, so you will be. And if part of it not to be protected, so you won't be.

And how would you do that?

It's quite simple from our side, we can 'cloak' you in a spiritual light that would prevent such harmful rays and substances from penetrating the physical, sort of shield you in the worst case example if required. And we can very easy alter the functioning and constitution of your physical body should the need arise, so we can flush from your system using other spirit light and by manipulation within your etheric system all the nasties, so your physical body would naturally eliminate all the unwanted chemicals, toxins and poisons. And that already happens as a lot of food you eat and water and air carries, as you know, such toxins, so if you're meant to keep living being affected or unaffected by

them, so such flushing and protection will be given to you as required.

Okay, so if we happened to get a good dose of some harmful substance you could help the physical body get rid of it?

Yes, and very easily. It might not be very pleasant for you doing it if severe action is required, but it can all be naturally done, and without the need of medical intervention. And with the beginning of the next spiritual age, that's all soon to commence. We'll be able to do such things much more, helping those people who want to help themselves by living true to their feelings instead of denying them, whereas up until now we've been severely limited in what we've been able to do with and for you. And as I said, it will all be because of your intention to live true to your feelings and true to yourself and so your willingness to do your healing - to actually be doing it. We will still only be able to help such people in these ways, all other people who are wanting to remain only in their negative states will have to deal with the negative influences themselves or possibly with the interfering actions of the mind spirits, but nothing from the angelic levels. If one wants to remain evil, then we can't interfere with that, but if one wants to do all one can to heal oneself of one's evilness then, we can, it being given top priority.

I was reading about doing something to detoxify your pineal gland, all supposedly to help you become more spiritually enlightened.

Which is nonsense and just more mind control.

Yes, I understand that, but what you are saying is that if for example my soul needed my pineal gland to be detoxified so I could have more psychic or whatever experiences, then because I am doing my healing, you or my angels could be called upon to do it for me on unseen levels.

Yes, we could very easily manipulate the light of your whole being, on all levels, and so that light should it be required would cleanse your pineal gland, would indeed cleanse and detoxify your whole body should it be needed. We can even heal and repair - 're-grow' - bones if required, there's not one part of the physical we can't manipulate; and both ways, either positively or negatively. However what happens is that it all goes hand in hand with your growth of truth and personality evolution, so as you move along, so your spirit light is constantly being manipulated by your soul and by your angelic guardians and Indwelling Spirit. And as you've experienced yourself periodically, you'll eliminate what amounts to unwanted heavy metals you've accumulated through the bad foods you eat, your stools

being very heavy sinking like rocks rather than floating. And it's nothing you have to worry about. You can't eat properly because of how your society is structured, but as your system requires you be healthy in keeping with your truth progression, so the physical is maintained all in keeping with that, so you don't actually have to worry about your diet, you just keep eating what you feel you want to eat and keep expressing and speaking about all the feelings you feel along the way. You don't have to control any aspect of yourself, it all being done for you in accordance with your souls needs on unseen and inner levels. So really you don't have to worry about anything. But of course if you do feel you worry, then you are to keep expressing those bad feelings whilst you long for the truth of them; that is, all provided you want to do your healing and live true to yourself - true to your feelings.

So do we need to sit in meditation or prayer for it to make it easier for you, or anything like that?

No, you only do what you want to do, what makes you feel good, and always as I said, speaking about all your feelings with the intention of uncovering the truth of those feelings - why you're feeling them. And whether you sit in meditation or not, your angels will do what's required, and sometimes you might be aware of their 'tinkering' within your auric system, but mostly you won't be. And a lot of it always goes on during the night when you are sleeping, that being why so often you'll wake up with lots of new feelings and inspirations about things to talk about.

Yes, that happens all the time, every day it's as if Marion and I are to be focused on this part of ourselves, or this part of what people do and how the world is, resulting sometimes from dreams and the feelings they give us, or just from feelings as we start the day together. I feel all the time like I am on a very specific and well-defined path, being led along with this to be today, then that tomorrow and so on. Marion's not so much interested in or aware of that side of things, preferring to just keep talking about herself and her feelings as they come up, it just being - life.

Which it is James. But as to how much does go on in your everyday life on the unseen and mostly unfelt levels, you have no idea, and you're never just left alone even in your negative states. And the more aware you become of your truth, of yourself and how you are to truly live by honouring all your feelings and allowing them to be, the more you'll see just how much you are being taken care of.

So really we don't have to do anything at all to help ourselves, to look after our bodies,

minds and feelings.

No, you only need to keep staying true to what you feel, to keep seeking the truth of your feelings and you'll naturally feel what you need to do. And if for example you feel you want to go for walks, it will be because of the nice feelings you gain from walking, not just because you need to do it because the doctor says you need to keep fit. All of that is mind control stuff, throw it all out, and do what you feel. And if you feel to sit like a slob on the couch stuffing your face with chocolate watching the fat build up on you, do so, YET ALL THE TIME speaking about all you feel, all the good and bad feelings, and longing to always uncover the truth of why you feel as you do. If you don't do this, if you don't want to live true, then you can still live by honouring your feelings and you might feel you want to be a slob stuffing your face all day long, and so why not, but you will suffer the negative consequences of your actions, it all taking you deeper into your evilness and negative condition, it all being to help you further alienate you from the truth of yourself and your true feelings, such feelings to do such a thing all resulting from and being under the control of your wayward mind.

Your healing is a process of progressively living true, so although many of your feelings to do things will still be coming from your controlling mind, still as you start to fully honour them and so start to sit like a blob on the couch and eat and eat, as you want to know the truth of why you feel like being this way; so as you speak about all you feel all the time whilst longing to know the truth of such feelings, you will find you'll be led this way and that by your feelings; and as you grow in truth, if it's not right for you to continue sitting on the couch like that, then you'll feel you no longer want to do it, so stop doing it, and moving to behaving differently, which will be more true to yourself and your soul, and so better for you. So as you evolve your way out of your negative state, so how you live will be increasingly in harmony with your soul, and so what is right and best for you, and that will include every thing you do. Where you live, what you eat, what you do, the whole lot, it all being taken care of for you through your feelings, all so gradually as you heal all your childhood repressed pain out of you, you start to feel better about yourself and your life no matter where you are and what's going on around you. And your life will be right for you. It might not be right for another person, but as you're not to concern yourself with what's right for them, as that's what they are to do, so you can get on feeling all the good feelings as you heal yourself. But as you've experienced James, these good feelings might be some time in coming, years even, but still, with every bad feeling you express out of yourself, the more you are moving to live true and so the more your whole system will reflect that, so being more healthy if that's what you need.

So we could move to become more unhealthy too?

You could, but that really will only be to help you feel more bad feelings you are refusing to acknowledge. You and Marion early on in your relationship and doing your healing together, started to feel like you wanted to drink wine, and so every evening you had a bottle or two, and that made you feel good, and all of those feelings you expressed, as well as the bad ones you had that made you want to have the wine so you could block them out. And at the same time you kept expressing and talking about and uncovering the truth of all the other bad feelings you felt throughout the day. And then after about six months you started to feel bad instead of good when you had the wine, you didn't like the effects it had on you, and you expressed these feelings and found out more about yourself, more about why you felt bad. And then you moved within yourself because of your evolving truth to feel that you no longer needed or wanted to drink it and so stopped and haven't felt you've wanted any since. But as you've both also come to understand about the healing process and growing in truth, that doesn't necessarily mean that for all time you will never want to drink wine again, it only means that currently you feel you don't. And that *currently* has now gone on for many years. But if you did start to feel you wanted to drink it again, as you'd express and talk about those feelings seeking the truth of why now you feel like drinking it again, you might find you do start to drink it again, or just one glass, or that once having spoken about the feeling of feeling like having it, your desire to have it goes away.

Yes, that's happened to us a lot, so often we have a strong desire but it vanishes once we've spoken about it and uncovered the truth. Many things we've felt we wanted to do or should be doing, as we've spoken about them they've faded away, and then leading us into doing other things.

Which is all natural life, or should be James, and would be were you living with a true and positive state of mind. And in fact as you are finding out, you don't have to do as many things as you think you have to do, and that just speaking about them is all you have to do, all so you can uncover more truth about yourselves, humanity, nature and God. And so the feeling-desire or inspiration to do the things, only comes from your soul's actions upon you, all to stimulate you to being focused in that way for that time whilst you feel you want to do whatever it is, all so the feelings you need surface, all so you can use them to uncover more truth your soul wants you to see. Then once the truth comes your desire fades away, as in truth, you were never meant to or were never going to do what you desired to do.

I see what you mean Verna and I feel like that a lot. I get all fired up about doing something, but then as Marion and I talk about it and we see why I really do want to do it,

the underlying truth that's motivating me, then I don't want to do it after all. So often we'll be deeply affected by something the Humane Society International sends us, for example some horror that's happening to bears somewhere in the world, like using them to suck the bile out of them, and we want to instantly give them money to help them stop the atrocity. But then after we've talked about and expressed all our bad feelings, and seen what we're meant to see, then the desire to give the money has left us, because we feel that really we all should be left to do what we want to do, without everyone telling everyone what to do. And so we didn't send any money; but then something else happened a few weeks later concerning Animals Australia and their struggle to stop factory farming, and the next thing we felt having spoken about it all is we're not only sending money to Animals Australia but also HSI to help them help the bears. So we change all the time with our feelings, but as you said, all so we grow in truth. And so saying, no, we're not going to keep supporting these organisations, we can't do anything for the creatures anyway, and we feel so bad about it all, but then suddenly changing and feeling yes, we do want to help.

Yes James, which is all your growing in truth and understanding about yourselves and what is the right and best and true way for you to conduct yourselves based on that level of truth you're currently at. And your life progresses, it being an ongoing expression of the evolving truth that you are. And so one day you feel to send money, the next you don't, then you do again, then you don't, but all the way along and in each experience you are looking to your feelings to help you see the truth of why you do or don't, and all that comes from that. And so you're learning not to fix yourselves down, to remain fluid and open to anything because your feelings can change all the time. And so all you can say at any one time is: I feel this... and that's how you are to truly live, because that is the truth, it is how you are - how you feel... And the trying to lock it all down, saying things like: right, we are never going to send any more money to them because..., doesn't work when you're trying to live true to your feelings, because in the next moment you might have contradictory feelings. And so most people having made their decision by using their mind, then feel they have to stay true to it, so they can't change, that being even seen as a sign of weakness. You have decided not to do that, so forevermore you will not do it! And you have to then deny yourself all the feelings that might make you feel you do want to do it, causing yourself a huge amount of grief, all of which you also block out, screwing around your inner system and making things so much harder for yourself in the long run. That sort of mind control, trying to control your life by using your mind is wrong, and will only end up making you feel very bad, be it on Earth or when you are in spirit.

So Verna, when two people have heavily smoked for years and one gets lung cancer but

the other one doesn't, that's because of the experiences required by each person's soul.

Yes, and the truth they will one day gain from such experiences when they come to do their healing.

So whilst people are not wanting to live true and so not wanting to do their healing to become true and perfect, they are just accumulating experiences that will be used to one day, as you said, help them see the truth of themselves when they do their healing.

Yes James, that's how it works. You are sort of 'on hold' in many ways whilst you persist in your negative anti truth states. You are not actively growing in truth as in you are not taking full responsibility for your truth growth because you are denying so many feelings. So your soul has no choice - even though it is how it is to be whilst you are to experience living evilly and to see what it's like to be evil - other than to put all your truth growth on hold, because you can't grow in truth with and from your mind only, you can only do it with and through your feelings. So whilst you're in a mind controlled state of existence, you are not fully maximising your experiences, so in effect you could say, you're only 'part' alive, not fully evolving your personality to its full potential.

So if I was forced to eat something that was detrimental to me, to my system, but I was forced to eat it, and I was still striving to live true to myself by expressing all my bad feelings, I might not suffer the effects of such a bad thing for me.

That's right, all so long as you could keep expressing your feelings and uncovering the truth of them. But the worse part would be if you weren't allowed to keep expressing your feelings so as to grow in truth.

Yeah, so what would happen then?

If your desire was still strong and all you longed for was to be true, something would happen to you to liberate you from your prison, from that which was preventing you from expressing yourself freely and with all the help you might need to keep bringing up your feelings. As I've said before, your desire and truth growth will take priority in your life, if it's your desire, so then everything in your life will conspire to help you move along that way. And some of the things that happen to you and what you are forced to do you might not like, they making you feel bad, but that is why you will have them, all so you can use those bad feelings to get you more in touch with all the bad feelings you denied during your early forming years. But once all your childhood repression has been healed, then

you'll no longer need such bad things to happen to you to make you feel bad, because you'll not need to use those bad feelings to re-connect with your hidden and suppressed ones.

We were reading about a man's experiences as a POW - prisoner of war, and how men under seemingly identical conditions of suffering all reacted to it differently. Some very badly, others not so bad.

All because of how they were treated during their forming years. All of your differences, even like what you saying about the two people who'd smoked all their lives and one getting sick and other not, is all because of how their early life was, all the influences, good and bad, during their forming years. It all stems from there, that time and so that level within you, all of which is the main focus as you do your healing.

15 June 2013

Hello dear Verna, are you there?

I'm here!

Verna, I was reading about doing things, natural things, although I can't remember what it was now, that supposedly cleansed your thyroid gland, it being supposedly instrumental in one's spiritual development. And that if you went to a chemist and got a pH kit and tested the pH of your saliva; and if you were acidic to then buy a certain salt, which I've also forgotten what it was, which would make your system very alkaline; and by doing so would kill any cancerous cells because they only come and can only exist in an acidic environment, and that our bodies should always be alkaline to protect us from such things. And then how we can and even should also do things to raise our kundalini all so we will increase our vibration, our light, and so raise up above all the lower things that are trying to harm us. And I was wondering what your comments would be about such things.

My comments James, are why not, if you want to live without using your feelings to uncover the truth of yourself as we've been talking about; if you want to live continuing on in your negative state, then sure, you can do such things, all being in keeping with you trying to control yourself, your life, the environment you live in, all by using your mind. If you want to further progress in your evilness and you believe it would be good for you,

why not, go ahead and see what happens as you're free to do all you please.

However, if you want to do your feeling-healing as you and Marion are doing, wanting to live true to your feelings and stop denying yourselves, then you don't need to do anything other than keep trying to accept and express and long for the truth of your feelings, and as you progress in your healing, so all such things will be naturally taken care of for you.

You see, it's all about whether you want to live using your mind to try and organise and control everything, or your feelings over which you have no control. And currently everyone uses their mind. So you are all trying to work out how you should live, what is the best way by using your mind, such as are all your religious and spiritual systems, all based on your minds. They have all been created by minds to be lived by minds. But what I am suggesting to you, is if you can give up that way of life, as it's the wrong way to live and is detrimental to your spiritual wellbeing, and instead live true to your feelings, meaning you look to your feelings to guide you, you will heal yourself of all that's wrong within you on all levels - all your personality denial as shown by your feeling denial, so all your evilness. But that doesn't mean to say, I have this feeling to do... and so you act on that feeling doing it, it means you use your feelings to help you understand the truth of why you are having the feeling, why you are feeling as you are, and in doing so you will grow in truth, and then you will change and adjust to living true to your feelings instead of being under the controlling influences of your mind. But to give up that which you are wrongly doing is very hard and complex, and I would refer readers if they interested in doing such things to visit your other websites.

Yes, okay, so let's get back to you nature spirits. So if we want to continue living using our minds to control everything, then you leave us to it, largely not interfering with us.

That's right, we can't, it's not our place to. And so you go on dreaming up your little fantasies about our kind, saying such things - all made by your minds - like we are little fairy people, elfin folk, sprites and elves and hobbits and the like, when we're not at all, we're little angels of light. And you carry on in your delusion that you know all about us, but you know nothing, you don't have any real understanding only that vaguely you understand that we exist. But you have no idea as to how we might be involved with you, such as I am now with you James, and only when you want to know the truth, and live a feeling-led life, and so, do your healing, will we be able to come to you and help you understand about who we are and what we can do with you. And as I said, in future, for those people seeking to live true to their feelings, some such people will have a very strong and personal and illuminating relationship with nature spirits, because you are going to need our help to help rectify the damage that your untrue, and mind-controlling way of life

is inflicting on nature.

But seriously Verna, will that ever happen. How we currently are is hell-bent on controlling every aspect of nature, there will be lucky if anything wild remains in a couple of centuries.

It will happen James, but I can't tell you more about it, it's not for me to do so. But changes are coming to humanity and you're currently on the threshold of them starting in earnest, and this will lead to people wanting to stop living untrue and evilly, stop living denying their bad feelings and so any part of themselves. And it will be these people to whom we will come when the time is right, making ourselves known to them, should it be part of their life experience. But as I said, and I want to make it quite clear, for those people who choose to stay as they are, caught up in their mind control, then we will keep our distance, and so they will remain ignorant of what we truly are.

So future humanity, as in those people looking to heal their negative states through their feelings, will work closely with you in fixing the planet, bringing it back into its perfect condition.

Yes. As they fix themselves up by bringing themselves into their perfect state by healing all of their negative condition, all their mind state that is heavily feeling denying - all the bad feelings you refuse to allow yourself to feel, so too will there be a desire - which we can then come to you and act upon - to also fix the natural world. So such people seeking to fix their inner world - themselves by growing in truth, so too will they seek to fix the outer world, and for some people that will be with our help. For a lot of people they might be unconsciously aware of our help and all we do together, yet we will be inspiring thoughts and feelings; but for others who can speak to us in their minds and see us with their spirit eyes, it will be a far more personal relationship. And we have teams of nature spirits that are preparing for such close and personal work with those humans. And we're greatly looking forward for it, because since the Rebellion all those tens of thousands of years ago, we've been forbidden to work so closely with humanity as these people will enjoy.

We have been able to come to people a little in the past and currently, but really only enough for you to keep the mythology and fantasy of our existence going. You know there is something about the Little People of Light, but you can't quite pin us down. But in future, as I say, those people doing their healing who are to consciously work closely with us, will enjoy a very rewarding relationship with us.

I certainly have with you Verna. You've not helped me to help fix nature in a hands on way, but you've sure helped me to understand a little more about nature and your kind. And you've helped me to fix myself.

And it's got to start somewhere James. So you are in your way helping nature by being more nature-aware and loving, and understanding more about where you are going wrong. And it all helps. And potentially people might read what we write together and accept that there is more to us nature spirits than what they first thought, and even consider doing their healing; and some people will be given very practical helping advice as to how you can make things better. But unfortunately, things overall are going to get a lot worse for nature before they can start to get better. But the seeds can now be sown by us with those people who are intent on healing themselves, of seeking the whole truth of themselves and living true to their soul.

Verna, can you go over again please our true relationship with disease - how it comes about within us?

Certainly. It's all very simple. You are first and foremost a soul. And your soul is expressing you, its personality in Creation, as your physical and spiritual self. And your soul has been created by God as being perfect. However God, for reasons God will one day inform you of, has made it so that your soul incarnates into evil, into a negative state, into a mind controlling state, mind controlling feelings. And that's imperfect, it's not as it's meant to be, it's meant to be mind supporting but never interfering with feelings. And so, right from the first moment of conception you are being brought into wrongness, into imperfection, into a life in which you are taught, it's forced upon you whether you like it or not, to be untrue to yourself, this being shown by how many bad feelings you stop yourself from feeling, doing all you do to try and keep the bad ones away. And you were made to do this right through your forming years, so it's what you keep doing as an adult. And in doing so you are then not functioning perfectly, or positively, so you are negative and anti truth, love and all that's right and good, and so anti yourself as in all your feelings. And this way of living in feeling denial with your minds in control of everything is evil, because it's really saying that you know what is best for you, you know everything, you know how it's all meant to be, and so you know better than God does. But you don't. So you are trying to be gods, but will fail at it, as it's not the right way for you to live. And so you need things to happen to you, inside your system and personality structure and outside it, all which will make you feel bad. Because if you accept those bad feelings instead of denying them and pushing them away, then they will lead you and show you why you feel bad, so, what you're doing wrong to yourself. So how badly you are treating yourself, how

you are not as self-loving as you might believe you are, and so how you treat others and nature and even God as you are treating yourself - evilly.

So when you get sick, your soul is doing all that for you, all so as to help you feel bad, all so in theory you will see through your bad feelings that you are not right and so are going the wrong way. But what do you do, as soon as you see a sign of a disease, and even to prevent you ever seeing a sign, and all because you don't want to feel the bad feelings it will make you feel, you go off to the doctor or do whatever you can, change the pH of your system, eat the 'right' foods, take your pills and potions, all to stop yourself being sick and having the disease in you, all so you can stop feeling bad. Your soul can't hold up a sign in writing in front of your face saying Wrong Way Go Back, so instead it does by making you sick. So when it's time for you to be sick, time for you to feel bad, so you draw to yourself, all being done by the light of your soul to bring about the illness or whatever it is you need. Whether it's stubbing your toe, catching a cold, suddenly developing cancer, having a mental breakdown, feeling stressed, whatever, including all the things that might happen to you to feel bad, all so you do FEEL BAD. And your soul is only doing that for you, all because the truth is: YOU ALREADY ARE FEELING BAD. So your soul is making you feel bad in your life through disease of bad things happening to you, so you can use those feelings now in your adult life, to help you go back into yourself to connect with those same feelings that you've chosen to deny yourself, all the ones from your early life you've suppressed, failed to express, and kept repressed. So the idea is, as you are packed full of unexpressed bad feelings all because your parents didn't allow you to express them, so they all have to one day come out of, but if not now during your physical life, then when you are in spirit.

Like attracts like, which means your soul will draw to you and so create experiences for you, that will, if you choose to live a feeling-led life, lead you to uncover the whole truth of yourself, nature and God. But whilst you continue to not use your feelings to lead you to the truth, so you'll keep using your mind to deny many of your feelings, and so keep making your soul have to make bad things happen and make you sick in the hope that one day you say, oh, enough is enough, how I am living is obviously not working because I keep feeling bad all the time, so what is going wrong. And if you then choose to do your feeling-healing, so your soul will no longer need to make things happen inside and outside of you to make you feel bad, because you'll be fully honouring and accepting and expressing and longing for the truth of all your feelings, you'll no longer be denying any of them.

So the way to truly rise above disease, is to stop denying yourself all your feelings, stop living with your mind in control of everything, and instead look to live true to your feelings. Didn't I say it was simple to understand!

Yeah right. So as long we use medicine to try and fix our problems thereby stopping what's making us feel bad, we're still denying bad feelings, and so will only continue to get sicker.

Yes. And even though you might have reprieves and seem healthy and even happy at times; and even when you go into spirit and all your physical disease and pain is no longer with you, still the inner you is sick, and will always be sick so long as you deny one feeling, and one feeling now in the present and one feeling from back in your past. And because as I said, during your early life you were forced to deny masses of bad feelings, so they are all still within your soul, and still waiting to come out. They all have to come out so you can see the truth, or the reasons why you are feeling them - why you feel bad. And as you do, then you'll understand your negative state of mind and will.

Okay, and so as fast as humanity believes it has eradicated disease, or some of them anyway, others will come up, because our soul demands that we have them, because we need them to make us feel bad, and all that you said.

Yes. And as I explained to you, it's no trouble for us to whip up a few more resistant bacteria or viruses. There are unlimited combinations and strengths, and humanity prides itself on its achievements medically even believing that it will one day totally eradicate disease, but I will tell you, that will only happen when everyone is living true, when no one is living denying any feelings. And so until that day comes, there will always be more disease, and all because you are part of nature. And so whilst you're of imperfect nature, so all the elements that conspire to try and make you perfect by destroying the imperfection will keep working to make you feel bad. You might believe you are to, or even can, rise above disease by controlling every aspect of it and yourselves by using your minds and things you develop with your minds, but you can't, it won't and can't happen. So play around with the genetic structures as much as you like, as much as God will allow you to, but still within whatever you create we can bring into being if need be, new disease to affect those new genetic states, just as for example, you are seeing by the insects and bacterial and fungus strains becoming resistant to your genetically manipulated insecticides. You'll never outsmart nature, because we're smarter than you. And you are competing against us, which you fail to understand. We are your unseen adversary because we are the ones in control of nature, not you, and we will always act in harmony with your soul. And so we are allowing and even helping you move further away from your soul and true selves as you experiment with your mind controlling and nature controlling ways of life; but as you are beginning to see, science will not be able to outsmart or even keep pace with natural evolution because you fail to see that all your actions are met with reactions from

nature, and even though it might look like you are getting the upper hand, you are not, you are fooling yourselves. And in fact it might in short term look like you are making good progress and your standard of living and overall health of humanity has markedly increased, you live longer, but look at what you are doing, decreasing your quality of life. The Australian Aborigines were very happy and content with their lives - are you?

You are a part of natural evolution on Earth, you will never be able to separate or remove yourself from it or the influences of it. So all you can do is look to live in harmony with it, but that can only be achieved if you do your healing, learning to fully honour and respect your feelings, living in harmony with yourself, and not mistreating yourself by pushing them aside and controlling them with your minds.

In spirit in the mind mansion worlds it is much easier to divorce yourself from nature, from your feelings, but even still that too will catch up with you, and one day using your mind to make yourself happy will fail, and then you'll be forced to have to accept that you feel bad.

And so whilst you're of flesh, it's easier to feel bad, the soul has more to work with through the physical body, so you can look to your bad feelings more easily to heal yourself of living under such mind control.

You should welcome your disease and pain and all the bad feelings it creates in you, all so you can express such feelings and really feel and connect with the emotions, and as you do, long for the truth of them, that part being very important so you do see why you are feeling bad; and in seeing why, so the bad feelings will go and you will heal yourself a little bit progressing in your healing. And you can feel bad and express your bad feelings all day long, but without actively longing for and sincerely desiring to know the truth of why you feel bad, and so never getting anywhere, never actually healing yourself.

So how does our soul attract to us, as you say, the microbes we need to make us sick?

The soul emits what you can call - Soul-Light. It's like a bright star shining into Creation from where it exists. And as it shines its light into Creation it creates, it brings into being that which is part of its pattern. So currently your soul James is bringing you and your soul-mate forth, you being sustained in Creation by the light of your soul. And every atom of Creation reacts to soul-light, so if your soul says for example it's time for you get a cold, it sends forth a light or sequence or frequency of light into you, so you as your souls personality can express such a light, and that soul-light will draw to it the light or corresponding frequency that that bacteria is. And so the next thing you know your throat is starting to feel sore, and the signs of a cold coming on get stronger, all being controlled by your soul, as your soul controls all that you are.

And so if your soul says it's time you experience... and that experience is to make you

happy or feel bad, so the same things happens, the desired soul-light comes forth into Creation, it creates an attraction or vibrational vacuum into which comes about the needed experience, it interacting with you, that is the personality expression of your soul. So all the time you are composed of masses of soul-light sustaining you and making your life be what it is. And then you understand you are only half of your soul, for your soul has two personalities to express, and so it's doing the same for your soul-mate, and will keep doing it when it brings you both together. And you soul does all it does because it's the plan or pattern contained within it, that which God brought into being. So your life is exactly how God has planned it. And if you don't like it, so you should seek to understand why God has made it this way, and so to find out, it's back to your feelings and looking to them to help you uncover the truth of yourself.

Gee Verna, it's all a little more than I thought I'd be speaking with you about, perhaps a little too heavy for someone wanting to just find out more about you nature spirits.

And I am going into it a bit so as to show your readers we nature spirits are not what you think us to be. We know what's going on and what's it all really about, we're more than you think, much more.

Verna, that's all I wanted to ask you about for the time being.

That's fine with me James. You know where I am, and as I'm always willing to speak with you, you only need to ask dear boy.

Thank you, and thank you for all you've said.

It's a pleasure, and should you want to go deeper into it, I'm more than happy.

Well maybe in future, but as you no doubt know, I'm easing back on my writing now, even stopping it, so I'll be leaving it here for the time being, and I might not write anymore.

It doesn't matter to me James, and as I said, you can always have a little chat with me anytime. It's all so laborious that writing you do anyway.

Yes well I'll see how I feel about it all, so in the meantime, I will talk to you soon, with my mind, but from my feelings.

That's the right way - Feelings First, then the mind can do what it's meant to do. You'll

feel more better for it James.

Bye Verna.

Oh all right, good night then! But I'm not going to leave you alone you know.

I hope not.

Good, just so long as we know where we stand. Right, I'll speak to you in bed.

Okay, speak to you then.

22 June 2013

Verna?

Changed you mind have you, can't stay away, addicted to my lovely voice.

You're right, there's just too much wisdom to be had.

Now you're talking. So, what can I do for you?

How are we meant to live, as in keeping ourselves warm if we didn't use all the harmful technology and didn't want to kill any animals?

I can't tell you James, that's all to be revealed to humanity as it evolves itself out of its evilness. When the time is right, when humanity is wanting to live responsibly, then such information will naturally come to light.

I can imagine something like using technology in an environmentally way and by incorporating Orgone energy, the natural light available to us, and say making a super fine thread that can be heated by using the orgone, so woven into natural fibre cloth, or something along those lines. Or even using animals still but only using dead ones, but then we'd still have to farm them, unless there were very few people on the world, so... so then I can't be bothered trying to think about those things, it's all too difficult and too far in the future anyway as humanity is going to take a long time to get to the point of being

fully responsible for its actions, which means acting in a loving way, which can only come about when we're healed.

But in the mean time, one of Marion's and my great dilemmas and sorrows is that we have to keep living interfering with nature, as we can't just kill ourselves, so we have to keep eating and wearing clothes and living in a house and we need a car and so petrol and we need to keep warm and on and on it goes with our abusing and using animals, when we wish we didn't do anything to add to polluting the planet and harming creatures.

I know James, but that's how it is, and all you can do is keep expressing all the bad feelings it makes you feel, and keep longing for the truth of them. And as you can't fix anything or make it be how you want it to be, you can keep evolving your soul in truth, that being the only part you can keep wanting to do and have some say in. And so you keep evolving it within the evil, all of which helps to shed more light on the evilness of humanity and your negative state, all of which helps you to understand your evilness better, and that's what it's all about. As you become perfect, so you will keep needing the imperfect around you to help you understand, appreciate and become even more aware of your perfection and its imperfection.

Verna, to change the subject as I understand all you're saying, this morning for the first time I feel like I can and I am relating to you without my need to see you being a nature spirit as something cute and someone I can joke around with. I see you now as a very serious being, just like I see all the angels and other higher spirits, and so no longer want to have my childlike silly part in relating to you.

Whatever you want James, you know how we work. And so the more you feel about me that way and so treat me accordingly, so the more I will reflect back to you the same. If you want to be silly, so will I be silly; if you want to be serious, then that's how I will be too, we are great mimics and love following you.

But what about yourself Verna, don't you want to be just be your true and natural self instead of mimicking me?

No, because as I am, which includes our ability to mimic you, is my true and natural self. I assure you, I am not doing anything false or contriving anything for your benefit, I am being as I am, which is for you to come to understand and appreciate more.

Yes, as that's what I feel is happening, and indeed has been happening right the way through our friendship. I no longer want to be silly and have the light-hearted side to me

which was an affectation brought about my being with dad, as I've worked on it a lot over the course of my healing years; and so as I'm giving that up, no longer needing the light relief that he provided, all the carry-on when we were alone with him having got away from the heaviness of mum, so I don't need to look to you to keep providing part of that silliness and your filling in the gap from him.

That's right James, you're maturing in yourself, and in your truth, and so that's what you're feeling - maturing in your relationships, and so feeling this way in our relationship. And you are beginning to see there is far more to me than meets the eye, as we nature spirits are not just the simple fun-loving cute little fairy people that you believe we are.

And for you to be so up with and miles ahead of all we're doing on a personal level so far as understanding all about our self-denial and evilness, and then to know all about our scientific experiments and which ones to allow and which to interfere with and stop, we greatly underestimate you.

That's right, you sure do. And you don't understand that we're not just here for the natural side of the Earth, we're to bridge the gap between you and nature, we're to help you understand about nature and your own natures through your relationship with nature, because in every experience you have, really you are interacting with nature on some level and in some way even if it's by completely denying it and having no feeling for it. And it's not that everyone is meant to be out in the bush looking after all the plants and animals, but everyone is meant to be evolving their soul in truth through the full ongoing acceptance and expressing of their feelings, and by doing so would also evolve their love and appreciation and understanding of nature, even if they don't have much of a hands on relationship with the natural world.

Yes I feel like I'm slowly waking up to your role in it and how mighty it is, and how deprived of it we are, and how much potential there is for you to offer to us, to help us grow in love and with respect for all things and ourselves. And that really we should be looking to your kind first for help with just the practical side of life, of living on a material world; then looking to help from spirits for higher things, such as how to live true and evolve our soul, which we can so you are showing me, also look to you for help with as well.

Yes James, you have a veritable army of help at your disposal most of which you treat with contempt, ignore, or are fearful of.

I can feel it more and more, because nature spirits are relegated to fairy-type creatures and so things only little children can be amused by, so that's where I am coming from in my relationship with you. I loved all those books on fairies as do so many children, but you should not just be for children, you should be for all of us. And so if we were free to develop our relationships with you and with everyone and everything and not controlled in them as we've been so heavily, I for example, would have grown up and matured and evolved my relationship with you, so as an adult being able to relate to you as an adult.

Yes that's right, an adult fairy. I am still a fairy James.

I do understand Verna and would never dream of trying to take that away from you, but you are also more than what I grew up with as to what a fairy was.

Exactly, and we are pleased you are seeing us in this new light. Because as you say, humanity's relationship with us is very basic, sick in fact, not even true child-like, it's perverted as is its relationship with everything because it can't be any other way with you all being so heavily entrenched in your rebellion against the truth.

However, if people read these words and understand what you're saying, they must still honour how they relate to us little people of light even if it, too, is silly or cute or whatever. And they must want to express all their feelings about it all, expressing them and all their bad feelings, all whilst longing to uncover the truth of themselves. And as the truth comes, so will they evolve their relationship with us as they evolve their relationship with themselves, just as you are doing. So the focus remains on your own growth of truth, and if we are to play any part in your lives, so our relationship will evolve as it has done with you James.

And my one final word of great wisdom to you James, is that you are forevermore and for always, a child - a child of God. And so that too must be honoured and relished.

I understand what you're saying Verna. I feel more accepting of my maturing in truth. I think a part of me was holding out, not wanting to relinquish that silly fun part that I had with dad, which I projected onto you, because nature spirits were fun and silly - sometimes.

That's right, we're only silly if you want us or expect or demand that we are. Otherwise there's no silliness about us.

I'm sure other people don't see you as silly, but I do because silliness was the only way I had any fun and light relief from mum and Gran, and their making me always having to

behave myself. I didn't have just true, good and natural fun, I don't even know what that is or feels like.

And you will James as you free yourself from your negative childhood patterns, it's all coming as you're progressing in your healing.

Thank you Verna. I'm going to stop now.

Very well James, and it's a pleasure to speak with you as usual. And until next time we do speak... trarala!

11 July 2013

Verna, of course it had to happen sooner or later. As we were driving through Wonthaggi today, not going very fast, Marion made her usual panic noise, her warning that something, bird or animal wise, was happening which could potentially be bad, such as bird or wallaby on the side of the road that might suddenly start to cross it; and I looked to see it was raven flying parallel to us up the footpath in the same direction we were going and at about waist height. My first thought was, oh, that's okay, it's a raven and they don't usually turn into the traffic to cross the road, but then I saw what was really happening, that being it was chasing a female magpie who was flying fast about a metre above the ground trying to get away from the raven. And then there was another bird too; a mudlark was dive-bombing the magpie on the way through, just adding to the magpies panic. Then before I'd even properly registered what was going on, the magpie turned toward us flying in front of a car on her side, and I eased off the accelerator, seeing her then flash in front of us, with my first thought being it will be close but she'll make it. With hindsight I should have perhaps slammed on the break, but with cars behind me and also I'm not that quick or intense with such reactions, as I've got to always be calm and never rush into anything - thank you Gran. Then it seemed, and I might be wrong, as it all happened too fast, that she veered slightly toward us, and I felt the slight bump, and in the rear-vision mirror saw her upside down on her back in the gutter with her legs twitching. I thought she would soon be dead. We didn't stop nor go back, being too much in shock and not doing anything but keeping on going to make sure we did the things that needed doing before my early morning appointment with Stephen. However I didn't do those things, sitting

instead in the car allowing all my bad feelings to surface, and there were lots of them. Marion had expressed a lot hers and had gone into the glasses shop. And Dennis there said that he hit a magpie once going home, and when he got home, he lives out in the country, he saw it was stuck behind his bumper bar. He said he put it in a box in his garage thinking that it was probably dead and he'd deal with it in the morning, but just in case... And in the morning and to his astonishment, it was up and walking around and when he opened the door it flew off. So he said they are tough birds and told Marion, the one we hit might have only been stunned. And then when we drove back leaving Wonther's about two hours later, there was no sign of it. So possibly it had miraculously recovered, or someone might have done something with it. Anyway, I felt terrible. Marion surprisingly felt okay about it all, even good with what came to light for her as she worked through all her bad feelings and uncovered the truth of them; but for me it's plunged me back down into my dark hole, although not as bad as I have been feeling these past two weeks, those weeks being some of the worst, if not the worst, of my healing to date.

And of course I'd love to ask you Verna if it did live, coming out of it's stunned state as we've watched many of the blackbirds recovering that have crashed into our windows at home, or was it killed and something else happened to it; or was it injured and someone took it to a vet or nature rescue place. But I'm not going to ask you.

And you're right James in not asking me because I'm not going to tell you what happened. However it was with our help, that is, those of my kind that are with you that helped it to happen, all in keeping with your soul needs.

I thought your kind probably would be involved, it was too perfect a set up how it all transpired, and how it came in low from that side and my sight was blocked by the side mirror and bar of the door, and even how it just ended up on its back with no feathers flying around like when a bird gets bold over. And even though what I think is a pretty good idea of why you'll not tell me what happened to it, I still want to ask you and hear what you'd have to say.

It's what you think, I don't want to interfere with the experience. It's still going to have more of an impact on you, and I don't want to get in the way of all of that. Which I am sure now you understand why I don't want to tell you.

Yes. And as I used to want to know those sorts of thing, now I'm beginning to feel that it's best left unknown, and being unknown allows more of my feelings to be free to come up. And I'm sure if part of what Marion and I needed was to see it recover or what

happened to it, we would have stopped or gone back earlier, feeling to do so. But the fact that we both didn't feel it, it didn't even occur to us, which led to us both working through lots of stuff to do with not stopping and not wanting to go back, so to leave it as it was is best. To want you to tell me or God or Bob, or any other spirit would be just more of my mind wanting to remain in control. And now as I live more from my feelings, even if you said it was fine or someone else took it, or a dog found it, I'd still not believe you completely anyway. So I'll wait until I'm in spirit to find out.

But the part I do so feel I hate is how nature has to suffer because of me, and because of all of us, as we're all so wrong. Even having cars, but Marion and I can't exist down here without one, we'd have to move back to Melbourne, and even then it would be so difficult as we'd not be able to afford to live in Melbourne.

So are we meant to live with nature; I mean, I'm trying to heal myself, and okay I have to accept nature is helping me, which means it will have to suffer to help me feel bad so I can use those bad feelings to uncover why I am evil and fucked and wrong. But still, even if I was healed, I'm going to still be living in an evil world, still driving and polluting the place, and still with the potential to if not kill something myself, then be instrumental in it. Unless if I were true and perfect and such a bad things never happened. But then I'd still be using electricity and petrol and living in a shit anti nature house. So I don't know, it's too hard to work out. So how are those people who do heal themselves, if anyone does; and how am I, should I ever heal myself, meant to live with nature?

And I know it's a huge issue James, and one everyone is going to ask, but I'm afraid I have to give you same answer - no answer. Because it's for yourself and those people to find out. And if you do heal yourself and yet you still need a car and so on, then that's how it will be, it being how God wants it to be for you. The only difference being you will be of a positive mind and will and so be having experiences expressing that truth, compared to your current state of being of a negative mind and will, and so having experiences expressing that state.

Yeah, well I thought you'd say that.

I can't say anything else James. Were I to, and outline how you are to live, then that's all too mental, that's all something that your negative mind could then use to deny yet more bad feelings. And as you don't want that, so you're just going to have to see how your feelings lead you. You've moved beyond my telling you about such things just on an intellectual basis, you're now going to have to live them and find out for yourself, which is what you want to do anyway.

Yes, I do, and you're right Verna, I don't want to just know intellectually, even though Marion and I often talk about it wondering how it would be.

And the talking about it between yourselves is of course perfectly fine, it's what you are meant to do as you feel to do it, it all being part of your feeling expression; but as you know, you still come to the same conclusion, that you can't know, so you have to just wait and see, and so that's what has to happen. Only I can tell you, that yourself and other people, should you and they finish your healing whilst on Earth with humanity still bound up in its evilness, there are ways for you to live that will have the minimal impact on nature. And you've lessened your impact quite considerably during your healing years.

We have, but we can still kill a magpie so easily.

And yet you still don't know if you did actually kill her. You might have had the experience with no actual harm being done to her.

Yes, well Verna, I'd like to think so, but as I said, I'm not going to use my mind to say that's what must have happened because we saw no body, and then breathe a sigh of relief and put it all behind me. I want to feel as bad as I can, I don't want to do anything anymore with my mind to stop myself feeling bad, I want to be in my hole, more and more these days even though I feel so terrible. I used to not want to be, of course, who would, but now I feel that I'm getting to a point of no return, meaning that I don't want to go on not facing the whole terrible truth about myself. So I want to be pushed deeper into myself, the deepest I can go so I can feel as bad as I need to so as to heal all my compulsions once and for all. I want to break the back of them, as that's how my back feels anyway, and heal myself of them once and for all.

And you're getting there James. As you can feel for yourself, you've made great progress these past couple of weeks, and there is no reason why that shouldn't continue.

Verna, do you know how my healing will go?

Yes, to a certain extent. We've been told what to expect, given certain guidelines and a time line for you to achieve certain milestones, if I can call them that. We aren't privy to all the daily ins and outs, those we observe as we 'look in' at you, and we don't understand or relate to all the fears and problems you have, we're just as amazed by them, James, as you are yourself as they come to light. We're sure getting a first hand look into the complexities of the human mind, all thanks to you and Marion. And we're glad it's you

and not us.

Really, is that what you feel?

Yes, we wouldn't want to trade places at all. We're glad being of a mind creation that we are, and not all feelings and truth-based as you are. Our lives are so much more straightforward, and as we're not designed to cope with such feelings and living so much on faith in them and so blind to what it all means, so we don't understand, nor really want to very much, how you are, how you feel about it all. But that's only because we don't relate to you on a feelings level.

So you don't feel bad about the magpie?

No, because we understand what it was all about, why it had to happen to you. We don't, as I said, understand all the personal ins and outs that are for you in the experience of it, but we do understand more of the bigger picture and how that bird was there to help you with your growth in truth, and how that will help you appreciate nature even more.

It does, and I was thinking this afternoon, just how much the birds are helping Marion and I every day. She with her feeding of them problem, and then having them so close to us and always around on the railing and decking, in the trees and at their bathing bowls, there is something every day they do that helps us express more of our bad feelings and see more truth about ourselves.

And as I said, you can't grow in truth on Earth without the involvement of nature in it. You are nature, of nature, part of nature, not just a separate creature that has or can survive having nothing to do with it. Your survival in the flesh is inextricably linked to nature, so you need to have it with you and helping you, you can't evolve your personality expression fully without it. And people certainly won't be able to do all their healing without nature, because so much of it will involve their healing of their unloving relationship with nature. And you know how much a tiny little spider suddenly appearing in the house can help you work through more bad feelings and give rise to more truth about your negative state, you can't get away from it. And those people that live all but cut off from any direct involvement with it, living in a completely impersonal relationship with nature, all but disconnected from it, are in a very bad way, and in time will have to come to terms with that, and there will be a lot of bad feelings for them to accept, express and uncover the truth of. And as you understand, it was all part of why you had to move away from Melbourne and more into the country, because you needed more contact with nature

in lots of different ways, the city having exhausted your involvement with it. You needed to be in more wild areas and see how nature affected you and how you - humanity, is affecting it.

Not as wild as I'd like.

No, but enough. You couldn't completely go wild, because you've also needed to keep in touch with modern civilisation so you can keep feeling how you feel about it as you grow in truth.

I wish I could kill it instead of an innocent beautiful bird. The only good thing I feel about our hitting her, if I can feel good at all, is that it's only now just coming up to their breeding season, so I doubt she'd have laid any eggs yet or had any babies on the way. Our magpies are still going through their mating rituals madly chasing each other all over the place, whilst Perpita is building a new nest, now that her feathers have managed to grow back enough for her fly relatively easily.

Well thank you once again Verna. As you know, I'm not intending to write much currently, feeling like I've had enough of it all. So I don't intend to write more with you. I'm reading through our latest book, but only briefly, with the intention of putting it on the Internet should anyone be interested in reading it, but that's about it.

Which as you know James is fine by me. Whatever you feel like doing is what I am the most happy about. I understand you want to work more on yourself instead of busying yourself writing about it all mentally. And it's much more important for you to heal yourself, that's all that matters. But as I've said, I'll be with you, right the way through your life, so any time you want to talk with me, ask me anything you like, write as we do, whatever, it's all fine with me. And even if you want to ignore me and not speak to me again until you come to spirit, even though I will feel so utterly devastated and so deeply hurt by your rejection of me, I won't hold it against you.

Yeah right. You suddenly have all these feelings like we do, do you.

Yes, well it did sound quite theatrical - dramatic - don't you think?

Yes Verna, I reckon you'd pass for a good human, I'd not be able to tell the difference. But as to why you'd want to be human, and especially one like me that's fucked and evil...

And you are right my dear boy; no, I am content with my lot, and content to sit on the

sidelines observing you run over all the creatures and all that makes you feel.

Well I hope now I've had that experience, I don't have like it again.

Ah! But as you know, it doesn't quite work like that.

No, more the pity.

I do wish I could see you Verna, meet you face to face. I'd love to meet you in a dream if I can't see you physically.

I know you would James, but alas, it's not meant to be, and even if it were, it's not as if I'd tell you it were to happen. My days of filling you in on the future are over-

Because nothing of what you told came true.

Oh dear boy, as I have told, have faith in the old duck, and you might end up being surprised.

You are a joy Verna, you do make me laugh.

Ah yes well that just goes with the territory, it's how we are, us nature spirits, but don't let that make you feel good James - YOU ARE NOT ALLOWED TO FEEL GOOD, DO YOU REMEMBER, DON'T GET TOO EXCITED OR YOU MIGHT DO SOMETHING YOU REGRET!

Yes Gran, I'll bear that in mind, thanks for reminding, god I'd hate to have a good feel every now and again.

Good, that's right, now you just keep on feeling bad and everything will be all right. You'll be able to stay in your box, stay down there in your hole and you won't disturb anyone, like you know who.

Yeah, well fuck them, I want to disturb, and if I have to kill such a lovely creature as our Australian magpie, then so be it. I hate it, but if that's how I can get myself out of my shit, then I guess that's what's got to happen.

Yes James, unfortunately for you it does, it's unavoidable, all because they killed you on many inner levels as you were growing up. And so having been 'killed' so you need to kill,

as you unconsciously believe that's how you are meant to be as that's how it was for you.

Yeah I know, and I hate it. All part of my false power, which I can't do anything about, can't stop until such bad things happen to show me that's how I really am. I am a killer as I was killed by killers, that being what my great family relationships have turned out to be, and to think that I believed I was loved and loved my parents and grandparents, it's been one big fuck up Verna, one huge big let down and lie.

I know James, but it couldn't have been any other way for you so as to help you go through all you have and then heal yourself of it. And that's how God wants it, and there's not much we can do about that.

No.

But as I said James, and I mean this seriously, please don't hesitate to call upon me even if you just want to chat mentally and not write.

Alright Verna, thank you. And you saying that... I feel there's something more in that for me, which I will think about.

Yes there is, you are right in your suspicions, and it's all in keeping with what I have been telling you these past years, all concerning our nature spirit relationship with you, how it should be the first one mankind seeks when it looks to unite with spirits, starting with us and then progressing higher, but always staying with us and not leaving us behind or out of it. And all because we are nature spirits of Earth's nature, and as you can't separate yourselves from nature whilst you're of it on Earth, so too you can't separate yourselves from us. Get what I'm saying, laddie?

Yes Verna, I get it. So I will always keep you in mind, and up in my mind, as part of my speaking with God and Mary and Jesus and Bob (my indwelling spirit).

Good, now you're talking. And that's how it's to be. I am not meant to be the 'forgotten one' just because I'm *only* a nature spirit - DO YOU UNDERSTAND!

I sure do.

Good. Oh very good, and I do so much enjoy being so authoritative, and in particular speaking to a mortal like that. Gee what a rush of power...

Now don't get too carried away there Verna, you know what it might lead to... you might start to get big grandiose ideas, and you've resisted them all these millennia, not buying into the Rebellion.

Nothing to worry about there James, nothing I can't handle; ha, you just send those two, the Lucifer's, to me anytime, and I'll give them a piece of my mind.

God, you're sounding more like Gran every day.

Yes, I'm rather good at mimicking how she was, aren't I. It's good fun, you should try and mimic us once in a while.

Yeah right, I can't even see you.

Ah yes, a slight limitation. Oh well, never mind, I'll have all the fun.

And even though you say it's fun Verna, I do appreciate and understand why you do it, why you do mimic Gran, as it all helps me so much to shed yet more light on my relationship with her, it all helping with my healing. And so once again, thank you Verna. And I marvel at your talents.

And so you should, I'm not just a pretty face you know. And this is what I want your readers to understand, so reader, hear this: THERE IS MORE TO US NATURE SPIRITS THAN YOU THINK - GOT IT!!!!!!! That is why I'm having to spend so much (laborious - as he's a bit thick in the head you know, the poor chap, it being what they who said loved him did to him -) time with James telling him all this stuff and carrying on like I'm his Gran. And it's such a bleeding trial. I have got many other better things I'd rather be doing with my time.

Switched to now mimicking mum have you?

Yes, I get bored if I stay being one person for too long. And besides, and as you well know, they were something of a team in your early life, both contributing to fucking you up, as you would say, as much as they did. So I've got to give them a both a fair share.

Hmm. So Verna, where are you now, speaking to me like this?

I'm sitting on the couch next to you, now that you've finally asked.

So you sit there carrying on the way you do looking at me looking at the words coming up on the screen, the words you're saying to me.

Yep, that's about it... only I don't 'carry on'. And I make sure you go back and write it as I want it. It's hard work having to get you to keep your English reasonable as you're typing, that being another thing I've had to learn, how to deal with your language and your minds way of distorting it and getting so many things wrong.

Hey, perhaps you can give me English lessons, then I'd won't need to look for a teacher to help me write better.

Marion's all you need in that department, and you're doing okay, good enough. And no bloody way would I want to get into that caper, trying to teach you anything.

Are you jumping up and down on the couch at the moment?

Yep, yippee, it's fun being like a little kid, your children are so much fun. You were fun James when you were young, I know you don't remember, but you were, that is until they crunched you within an inch of your life. Then you were as you are now - fucked. But in your dreams and fantasies back then we could still play around a little with you.

Could I see and did I speak to you when I was young?

Not to me specifically, but to others of my kind you did, yes. You had quite and active psychic life, only by about three it had all been beaten emotionally and spiritually out of you. It's only now making a slow come back, like us now, both of us sitting together on the couch, you at least being able to sense me, and can you feel that or sense it...

I can, your hand is on my hand as I'm typing. And you're looking into my face, oh god Verna, I'm trying to give up pretending things with my mind.

You might not be pretending, it might be as it is!

Okay, if you are here and doing these things, do you mind not hitting me on my head please.

Why not, you can't feel it, at least not enough to give you any pain, and it's fun, I like doing it.

I hope no other spirits are watching.

Why not, they are all watching, they always are, and they are laughing, they can see me kicking you now and you just sitting there oblivious.

I can sort of see or sense your foot kicking me on my leg. I know what you're up to.

No you don't. You don't know a thing, and I'm not going to tell you anymore.

Why not?

Because I'll let the ruddy cat out of the bag if I do. You nearly caught me out, you with those soul perceptions that are growing... and you just never know what that Bob of yours will flash into you mind.

I was just on the edge of thinking that you're possibly going to be instrumental in my being able to see spirit, when the time comes.

Oh see, there you go, having guessed that which I'm not meant to tell you. And how do you know the time hasn't already come?

Gee, that would be good, I'd like that. But I'm not going to buy into that, yet more mind distraction from my feelings stuff. If it happens, great; if not, well I'll keep plodding on with my healing.

Healing, smearing, god isn't it over yet! Haven't you finished with all of that yet, why do you want to keep going on with it, it's not doing anything for you, it's not getting you anywhere, and all it does is make you feel depressed.

Verna, you are very good at being mum, you have got her down pat.

Thank you, I do like it when you appreciate my talent. I am quite talented you know.

I'm sure you are, I wouldn't doubt that for a minute.

Good, and so you shouldn't.

Now I feel like we're in a car driving along and you're chatting away in the passenger's seat.

Well if that's how you feel, how about pulling over and letting me drive.

So long as you do a better a job than I do and don't hit any birds or anything else.

Not in your life mate. Indy world champion driver I am mate. You can put your life in my hands mate, and no worries mate...

Now who are you mimicking?

Oh I don't know, some bloke I once saw on the television that you were watching in the dim dark past.

You are a hoot Verna-

HOOOOOOOOO'TTTTTTTTTTTTT!!!! Did you like that hoot?

Yep.

Good. But oh dear me, I'm exhausted by all of this, I think I've have to go and have a lie-down regaining my normal composure, I've got a bit carried away.

Well I've enjoyed it very much Verna. Thank you again, I'm getting a bit of an idea as to why you've been doing it. And I like those feelings.

Good for you jimmy. More of when you're ready - JUST ASK VERNA. Okay? So you got it? You'll not just put me on the shelf whilst you get on with your very important life - ha, ha.

No, I won't, I promise. In fact as I'll be going to bed when we finish, I'll stay tuned in with you.

Good, we can snuggle under the bedclothes, it's going to be a cold one tonight for you.

Well alright, all so long as my feet don't get cold like the other night, that was agony. Are

you a good foot-warmer, Verna?

Nope, me don't interfere with physical, me never do such things.

Now who are you, I can't keep up.

No, me neither really, just thought I carry on a bit more stuffing up your English expression. Anyway James, serious now. I can see that you're tiring, your not the typist of old. So I'll quieten down for a while, just until you get into bed. And then just as you're about to drift off into na-na land: SURPRISE, IT'S ME, VERNA, WAKE UP!!!!

Oh god, here we go.

Too right here we go James, you'll never get rid of me now. You'll have this mad nature spirit woman yelling at you in your mind, never able to get her out of your head, that's what will happen you know, you mark my words.

I've still got the mad woman - my mother, yelling in my mind, but at least your far more entertaining. And you're right, I've had enough now. So I will stop Verna. And so again, thank you, you've helped me a lot tonight. I'll speak to you in a moment when I'm in bed.

Speak to you then, then.

20 July 2013

Hello Verna!

James, dear boy you've returned. And how may I help you? You want to tap into my vast wisdom of superior knowledge yet again.

I do, and when I do, it's always to you that I turn.

Is that why you've been busy of late writing with Jesus and Mary?

Well it's your turn now.

Oh very well then, and I know what's in your mind, so you don't have to ask me the question. But what you are asking is very difficult to answer, even for someone with such an advanced mind as myself, however, I will try.

It sort of goes like this. Your soul has a vast gene pool to draw from, it has to comply with a lot of laws, but essentially it draws substantially from your parents, who are the product of their parents, and so back into the past. And you understand these genes are not just physical, but on all levels. So far the soul and what it can draw from goes, it has physical genes, and then their equivalent on the emotional, mental, spiritual and psychic levels as well, all being how your parents and relatives were.

Then it also has within it its soul-plan, that being the pattern it was created with, that being what determines the manifestation or expression of its two personalities - you and your soul-mate. And so in accordance with that pattern it then draws from all the potential available to it, and you come into being living the life that has been created for you to live by your Heavenly or Soul Parents.

And so that's it my boy, all very simple and straight forward if I say so myself. So, next question please.

You're not getting out of it that easy Verna.

Oh alright then, what else do you want to know about how you come into being?

How much of a role does the environment play?

Well it all goes hand in hand. Your soul manifests you, one of its personalities (as I'm only talking about you now James) into the environment that is perfect for it help shape that manifestation, everything always being perfect as you understand. And so as part of your pattern requirements you get the parents you got, and you drew from them and your ancestors all that you needed to so as to make you be as you are; and you - and you can put this in capital letters - DIDN'T CHOOSE YOUR OWN PARENTS as so many people want to believe these days, it being one of the legacies of the erroneous belief of there being reincarnation.

You don't choose a damn thing, it's all done for you, God does all of that, you are simply the product of God's choices; and as you're feeling more these days as you move on through your healing, you have actually very little choice in any of it.

I am feeling that about the only choice I've had, and it's even debatable as to whether I had any real choice in that as well, was that I chose to be as mum, dad and Gran wanted me to be.

That's right, you only agreeing to be how they wanted you to be in the vain hope that they'd love you more and treat you better. And being a child, what else can or could you have done - nothing, and so here you are now, an unhappy product of them, which is really just as your soul and its pattern, and so how the Mother and Father have wanted and are wanting you to be. They are the First Great Cause, you are only the result, you are the child, not the Parent. And if you accept that, which you are being forced to do through your healing, then you'll find you'll feel a hell of lot better about yourself, your life and everything else. If you were allowed to be true and free to fully express all you felt, then you'd have no trouble embracing and accepting that you are a child of God, and never wanting to do anything to change that; and certainly not wanting to ditch God in the mistaken belief you can take matters into your own hand, and, **CREATE YOUR OWN REALITY**, another of those erroneous beliefs and concepts. These sorts of things all resulting from those people and spirits who are denying living the truth of God and the truth of themselves, deluding themselves that they are in control of everything, when they are not.

So we don't create our own reality?

No. You believe you do your little bit, but really when you get closer to the truth of yourself, and look deeper you'll see that there is some other force at work within you, making you be as you are, wanting you to be as you are, even wanting you to be evil as you are; and all because it's vital that you have all the experiences you have so you can grow in truth. And when it's time for you to stop being evil and start doing your soul- or feeling-healing, then you'll feel other feelings that will lead you, and often very subtly (and often not subtly at all) to changing things about how you see yourself and life, all giving you the feeling that you're in control and it's all what you want, but it's not. You are the created, not the creator.

And so you believe you create your children, but do you? And of course you don't, you just do sex things and before you know it, out pops a new person, but how much work have you really done to create such a marvel.

Verna, how does someone become homosexual for example? How does anything happen to anyone for that matter, how do we become all that we are, once the marvel has occurred.

It's all as I said, planned, and it all does literally and metaphorically come from your forming years, it all being contained in your first moment at conception, and being also in

each and every moment through your early forming years, and still continuing on in each and every moment of your whole childhood. Your coming into being is merely the outworking or manifesting of what you already are, that being, what you are already in or as your soul, if I can put it that way. If you are to be gay, then that's how it always was going to be for you, so it's nothing that you might or might not have done that has made you that way. But what you can see and find out is discover the truth, all the factors and reasons why you are gay when other people are not. You can move back into yourself, ever going deeper in uncovering the truth through your feelings, which you'll do to a certain degree as you heal your negative state, seeing why you are the way you are in the context that you can relate to. So you'll see into the truth with your parents and grandparents, the truth of all the influential relationships that provided you with the environment to become as you are. And some of those relationships also include other outside and inside forces, such as on the outside, your relationship with society, the culture, religion you lived in at the time, and the culture and society your parents and grandparents lived in, all they stood for and believed in, all their resulting behaviour. And on the inside your fantasy world, it's influence on you, your dreams, your mental escapes, your unreality's, they all contributing to influence you, they all being relationships you had that went into forming you. So you draw from all that you can to start with, all as determined by your soul, and all that you become as you form through your early life.

And so you can't generalise, you can't say everyone who is gay is so because... because of these being the same factors that went into making them be gay. There are certain levels of generalisation, but really it all comes down to the very intimate and personal levels of things within you and with your early relationships.

And then through your healing you are to discover which aspects of yourself are untrue, so is it right and normal and true that you are gay, or is it wrong and only a product of your living untrue to yourself, of your having been forced to live untrue. And you will uncover the truth. And you can say, well everyone knows it's not true or right to be gay; or the Bible says it's not right; or you might feel it's not right, but still you can't know for sure and won't know until you've uncovered the truth FOR YOURSELF.

And this is what people must do if they want to live true to themselves and understand all about themselves, and why they feel the feelings they do.

So it makes sense why some gays say they have always felt as they do, and couldn't ever imagine being straight.

Yes, because it's coming from their conception, it's all how they are meant to be for this time, for this moment of their eternal experience. And so as with all such things, with all how you are, if you feel happy with yourself, then you're not going to want to change

anything are you, but if you don't, and things don't seem quite right, then that's when there is something else going on inside you, something saying look into those bad feelings and see what truth they are trying to show you. Which of course is far easier said than done, because most people don't want to accept and go into their bad feelings. So they end up feeling not happy with themselves then using their mind to do all they can to keep trying to assert good feelings over the bad, to do things to make them feel good to override the bad, all of which only adds to your feeling worse. It might in the short term make you believe you have succeeded in making yourself feel better, giving you the illusion of being able to create your own reality, but that's only because your soul has been subtly guiding you that way, allowing and wanting you to move deeper into your self-deception. But as you know James, when your soul says enough is enough, it's now time to move into becoming true and ending your evilness, all those mental ways, beliefs and behaviour you did that made you feel better, will no longer work, and nothing will make you feel better until you finally start to give into and accept your bad feelings, looking to the truth of them.

So people being gay is a result of their heritage, all the contributing factors coming together for them to be as they are, just as is it the same for you all in all how you are. And as you are all conceived into a negative and so evil state of being, so all that you are is mostly wrong and untrue, so through you're healing you'll come to see why and let go those attributes of yourself that are not loving. And as to why one child might be gay whereas the next one isn't, coming from the same parents and seemingly the same environment, it's still just the same, because although certain things might seem the same or similar on the outside, you are all vastly different in how you are and so how you are treated by your parents, and how you feel about that treatment by your parents.

Well thank you again Verna, showing once again that in no way would I ever want to underestimate a nature spirit.

And so you shouldn't James. Have no fear, I'll keep pace with and always a few steps ahead of you, I've got a lot of angels on my side helping me out. I have, UNLIMITED resources, isn't that what you people like to say!

Some of them I think, usually meaning nature is going to suffer more. Marion and I are letting nature go even more, it's too disheartening all that's happening to it. We read this morning how the Queensland government has just gone back on the policies that have slowed land clearing for a few decades, amending the law to allowing vast tracts to now be cleared, devastating so much and overturning all the good work that had been done. So it's always going to be the same, so we're having to let it go, humanity how it is, is only

capable of wrecking everything; and as we're destroying ourselves by living untrue, so we can't allow anything that's true and perfect as nature is to be free to live undisturbed.

True, and very sad, but all what you have to experience James, and nature is helping you.

I know Verna, but the sooner I die the better so I don't have to see all the destruction and be amongst people who don't care. I don't want to keep living in a world that puts itself first and not nature.

Not much you can do about I'm afraid, you've got to keep seeing how bad it all is so it will keep making you feel bad, all to keep the pressure on you to keep your repressed bad feelings surfacing, all so you can heal yourself by uncovering the truth of why you feel so bad.

Yeah I know. Anyway I'm going now, Marion's about to come back to the car.

Speak to you whenever James. Verna, a little and very humble nature spirit of light.

Verna, it's now evening, and I've got something else I'd like to speak with you about.

Go for it James.

I've been reading more about the supposed pole shift, and a geographical one and not a magnetic one, and one in which the world will tilt 90 degrees with Sydney and Melbourne becoming more tropical so it would seem. This information all coming from ZetaTalk, which I've read from time to time, but only now as more people are looking into it and studying its implications, seems more plausible.

And you understand that these Zetans are not aliens, as in beings from other worlds in space, but the work of the mind spirits.

I do. Once I start reading about their spiritual philosophy that much is clear. Anyway, a lot of what you and Mary said to me concerning such earth changes seems to be in some ways a lesser version of what the Zetans are predicting, and like you both, they seem to have got their original dates for it all to happen wrong. So now it seems like they are more just up in the air about it, as in, who knows, no one can tell when Nibiru will come through bringing about the pole shift. But it's any day soon.

So what do you reckon about it all - about all they say?

What I reckon is you make of it what you want. I'm no longer in the future-predicting business. I've had my go at that, and I've resigned, I've put my crystal ball in cold-storage.

Why in cold storage?

Because those words appeal to me, I wanted to say them.

I wish you could materialise a crystal ball for me as a memento of our relationship, an emerald one would be perfect, as emerald green is my favourite colour.

Oh no problems James, I'll just have to take it up with my superiors you understand, so I'll get back to you.

Yeah right. Nothing spectacular and amazing is going to happen to Marion and I like that, we've only got more bad feelings to look forward to express and uncover the truth of. Anyway, so there's nothing you're going to tell me about Planet X.

Nope.

Oh you're no good, and just when I was thinking how you know everything.

I do know everything my dear lad, I'm just not going to open my mouth and part with it. You've moved on past all of that stuff James, that's no longer for you, not to say that it's not going to happen mind you, but for you, it's no longer about trying to guess the future, you're too seriously involved and too far into your healing for all of that. You see, what I'm trying to say is it's all too close to the bone now - you'll have to think about that one. It's all too much about you and Marion completing your healing and then seeing what is to happen to and for you next. But first things first, and as you're getting into the deepest stuff within yourself at present, so that's all you need to focus on. And should a little upheaval come along in the form of a geographical pole shift, you'll be ready spiritually for it.

Some good that will do as we're being swept away by a massive wave as the oceans are sloshing around all over the place. Or, perhaps that's what you mean, we'll be ready to die having healed ourselves of our evilness, and I wouldn't mind being swept away, caught up in the 'Great Flood'.

You could start building an ark!

Are you serious, you've left that a bit late to tell me. I can hardly move let alone be able to pick up a hammer. Na, I'd rather be swept out to sea and get it over and done with, because then I can come and visit you, and I'm looking forward to that.

Yes, we are too, me and Austin, (oh all right, Austin and I) we'll show you around, there's lots for us to show you, we've got it all organised, we're very thorough in our planning you know, we've very well organised. But seriously James, even though I love to banter with you, I can't tell you about such future things because they are for you to experience, and as I've said before, it would only interfere with that experience. So all I would suggest, not that you want or need my advice, is keep reading that which takes your fancy and see what feelings it brings up in you and keep speaking to Marion about them and seeking their truth. That's all you need to do, it's all anyone needs to do, pole shift or otherwise. Even if the pole shift does come, everyone is still going to be in their evil and negative states, they are not going to suddenly find, those who survive, that they have been somehow magically healed of it - they don't even know they are in a negative state to be healed of. So for your readers who might take all of this about having to do ones healing to heart, they will be able to strive to live true to their feelings, and do their healing and enjoy our help, seen or unseen, whether there is a new beginning for the world or just more of the same. But you, humanity, are going to move into a new spiritual age, and so this truth that I and Mary and Jesus and the other Celestial spirits are imparting to you James, is for that age; so as I said, if the earth changes happen to coincide with the Spiritual age changing as well, then the scene will be set for those people wanting to live true, all to make it easier for them.

Yes, well it all sort of comes together nicely, except getting the word out so far as how to heal oneself of one's negative state goes. But as I no longer care about that either, it no longer being my responsibility, it being all in God's hands, so I will do as you say and just get on with my healing. I am going to make this book available on the Internet, but I'm only re-reading it once, so it will be a bit rough and ready, but I'm sick of re-reading my work, and I'm enjoying not having the blogs to keep thinking about, not worrying about trying to get people to visit my sites. I'm happy for them to be there and if anyone should come along and find anything I've written of interest, then good. And currently I don't even want any feedback like I used to. It's none of my business if people want to do their healing or not, it's only my business to do my own, which is hard enough.

That's right, you've got too much of your own bad feelings to work with and they take a lot of time - all of your time, it's harrowing stuff what you're going through James, as it will be for anyone who seriously decides to end their negative state. And besides, there will be time enough should the Mother and Father want you to make your work more public; but nothing like that's going to happen anyway before you're fully healed, so you know what you'll be talking about. No point going off half-cocked old son.

No, I certainly wouldn't want to lead anyone astray. Anyway Verna, I'm trying to make the effort to finish re-reading this book, and so I must stop adding to it, or else I'll never get there. So I will end it now, and say goodbye to you, and I don't know when I'll write again. And I know I've said it before, so here we go again.

I'm getting all teary eyed, is it really the end...

You've been watching too many movies.

Hey we could help people make a great movie about nature spirits, it would be fun. Like two little children, a boy and girl get lost in a forest and fall asleep only to wake up in fairy land. And we take them all over our world showing them all sorts of things to see, and helping them understand we're more than just little elves and gum nut babies or scary dragons and monsters; and then when it's all over they wake up in their own beds all nice and warm and secure, somehow having been mysteriously taken from the forest back home. How's that for a good plot?

Yes, I'd love to see it. I'd like to be the little boy and Marion can be the little girl, and you can take us back in our dreams tonight to our early childhood and make it good and happy and loving, so we can wake up in a nice mummy and daddy house feeling all warm and safe and... Bye Verna, I'll speak to you in my mind soon.

I'll be there James. Sweet Dreams.

Having read though these conversations with Verna, and as it's currently part of what I'm working on in my healing, I want to say that so far as any future stuff goes, really I don't have a clue about it. The spirits including Verna have told me things from time to time but all to help me feel bad and bring up more bad feelings so I can express them and then uncover more truth about myself. And none of the future things have come to pass. So how I feel about it all at the moment, all the Earth Changes, a possibly pole

shift, I just don't know. Spiritually I think we, humanity, need to do our healing, that is, healing ourselves of our negative or evil state of mind and will as Verna has talked about, and as to our possibly moving into a new spiritual age with the focus on this for those people who choose to do it, I hope it does happen. But again, as to when it might happen - God only knows. And for I know, God might have it in mind that we go on for hundreds of more years abusing nature and progressing in our anti truth states before such a spiritual age change might occur. Or, it could happen tomorrow. And as I said, I have no idea.

Personally I am incapable of making any preparations such as moving to high safer ground as the ZetaTalk stuff suggests, and Marion and I live on a small Island that would no doubt be swept away during the pole change if there is to a geographical one as predicted by many. And quite frankly, as I feel of late having now been working on my healing for sixteen years trying to express and get in touch with my repressed childhood feelings as they surface so I can uncover the truth of my fuckeness, really, to be swept away into the oblivion of starting a new life in spirit, is actually rather appealing, because at least my physical pain would all go, and I could carry on doing my healing in spirit.

And as it's all helping me understand anyway, it's not about what happens on the outside as we can't control that, so if we want to live true to ourselves, true to soul, then it's all about what's happening on the inside, that being, what we are feeling. And to stop denying bad feelings, allowing yourself to feel them all, is our way out of our wrongness, all so long as we ensure we keep speaking about how bad we feel to someone who cares about us, and all whilst we keep longing for the truth of them. Because without wanting to live true to oneself, without wanting to uncover the truth through all your feelings, then there is no way out of your minds control over you.

James. July 2013.