

# TWO WORLDS

FEBRUARY 1978

91st Year No. 4009

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A MONTHLY MAGAZINE FEATURING SPIRITUALISM AND THE SUPERNORMAL

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# TWO WORLDS

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FEBRUARY 1978

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## Love finds the way to prove Survival

EDITORIAL

CRITICS who are hostile to Spiritualism are obviously ignorant about the reason for spirit return. There is one vital reason why the "dead" come back. They do so because they are motivated by the most powerful force in the world. It is love.

Average people, subject inevitably to all the stresses and strains of modern existence, and who may be ignorant about the reality of an after-life, will have an immediate reaction on finding that survival after death is a fact.

This will be to regard the new life confronting them as an opportunity for rest after what was probably a long and difficult struggle to cope with the necessities of earthly existence.

In many cases they will think what a relief it is to live in a world where nobody has to earn a living because economic problems no longer exist. The thought of trying to establish communication with those they have left behind will not at first attract them. But soon they will feel the compelling attraction of love.

They will find, as millions have done before them, that those on whom their affections are centred are mourning their departure. They are grief-stricken in their bereavement because they are unaware that as part of a natural law everybody survives death.

And so those newly arrived in the spirit world will try to make their presence known, only to discover in the majority of cases that they cannot do so. Their plight is epitomised in some poignant words in the Bible that he came unto his own but they did not receive him.

Thus for a time there is a similar expression of grief among those who fail at first to suc-

ceed in proving that love, like life, triumphs over death.

It is then that many survivors will be attracted to mediums and home circles in the hope that somehow they can communicate the good news to those who continue to mourn.

As every medium will confirm, at all demonstrations of clairvoyance there are always far more seeking to communicate than can achieve this objective.

It does not take very long for those who pass on to realise there is a very close relationship between life here and in the Beyond. Their spiritual status after passing is precisely the one they have attained by the way they have conducted themselves on earth.

This is the automatic and immutable law of sowing and reaping at work. No priest, of high or low office, has the power to change the operation of this law by performing a ceremony or conducting a ritual which will transform a sinner into a saint.

The religious label which people bear will not make them spiritually better than they are merely because they subscribe to certain theological doctrines. The label has a value only if it inspires them to live a more unselfish life than otherwise they would have done.

Because of these facts, when spirit communication can be established, attempts will be made by those on the Other Side to guide the ones they love. They will want them not to repeat their mistakes.

They will also urge them to get their priorities right so that they derive from earthly existence all that is essential to achieve the

*(Continued overleaf)*

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Editor, Maurice Barbanell, who does not necessarily

agree with views expressed by contributors. They are given liberty to express ideas, however controversial, on subjects which are the province of this magazine. Truth, in our view, will be advanced and never hindered by the honest expression of different viewpoints.

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**O**UR allegiance is not to a Creed, not to a Book, not to a Church, but to the Great Spirit of life and His eternal, natural laws."

Wisdom from the  
world beyond

## Spirit power is here to stay

"I AM very happy to come amongst you and to bring my love and greetings from the world of spirit." These were as usual the first words spoken by Silver Birch, guide of Hannen Swaffer's home circle, after giving his invocation. Then came:

"I hope that you will feel by the time we are ready to part physically, not spiritually, that it has been worth while to have met and that we have learned something from one another.

"It is always a great joy for me to come and communicate with you according to the manner of your world and to offer you whatever knowledge I have gained in the hope that it will help you to fulfil yourselves as I always try to fulfil myself. And if there is anything you want to ask me before I go do not hesitate and I will do my best for you."

The guide greeted Ted Hughes, president of the Spiritualist Association of Great Britain, who was paying his first visit to the circle.

"It is a great privilege to be here," said Hughes.

"No, the privilege of service is ours. I hope that all of you here will be able to accept it in that spirit. I have had the pleasure of talking with you in your own building and hope it proved of some benefit to those who met there."

"It was very much appreciated. We look forward to meeting you again."

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*(Continued from previous page)*

spiritual growth that will fit them for the inevitable life that starts beyond death.

Rightly it has been said that love is the fulfilling of the law. When properly expressed, it manifests part of that divine love which emanates from the source of all being.

It was Hannen Swaffer who wisely said that Spiritualism must triumph because "death is our greatest propagandist." People will always die, because earthly immortality is no part of the Creator's plan.

Thus mediumship serves a unique purpose. It is to prove Survival and abolish the bereavement which in reality is based on ignorance, and unfortunately often on selfishness. It is our loss we bemoan. For those who "die" it is the beginning of a wondrous spiritual adventure.

"You will have to square your shoulders because the burden you are carrying is not a light one. But those who are called to be generals must not expect to fight the easy battles. They are reserved for the privates and non-commissioned officers. Those who are commissioned have a duty to perform."

Here the guide explained that before the sitting "I was listening to what you were saying. You said you were 'shoved' into your present office. Do you know who shoved you?"

"I fancy that a little scheming team on your side got together."

"Do you know why they did so?"—"I suppose I am a suitable instrument for the time being anyway."

"It is much more simple than that. You asked to be 'shoved' in the first place." "When was this, please?"

"Not in this incarnation. You volunteered to serve. Now you are doing what it is you said you would do. You knew that it was not going to be an easy task, but you welcomed the challenge and here you are. So remember that the motivation began with yourself.

"You cannot measure the work that you and others do in what is euphemistically called the Movement but too often is stagnant. I do not mean to say that in any unkindly strain. Working so close to your world I am aware of human frailties and weaknesses and how often people fall by the wayside. We are aware that we work with human beings in your world and not with archangels. We make allowances. We rejoice when we see progress achieved and we shed tears at missed opportunities.

"All of us are engaged in a divinely-planned war. The object is to eradicate, as far as possible, the evil effects of the selfishness that has reached too great a position in your world with the sad, bitter results of violence in all its horrible forms, in strife, physical and mental, in aggression, lack of co-operation, disharmony. All these things are the foul blots and excrescences of your world.

"This is a mighty task that is being performed and we are all engaged in it. Whenever you help one soul to find itself, to become aware of spiritual realities, the plan has moved a little more forward than it was before.

"That is why I began by saying you cannot



measure what is being done. This is not a question of counting heads or seeing how much money there is in the bank, although we are aware of the problems that are integral parts of life in a material world. We are not blind to your material necessity.

"What we urge is that the right balance should be struck; the perspective must be accurate; the focus must be true. Trust must not be placed on the material but on the spiritual. If the spirit is right the rest will follow automatically. It is the priorities that matter.

"Many people come into your building. They leave and you have no way of assessing the effect on their spirits which is the important thing that matters. We have healers here tonight and I have told them that it is wonderful to restore health where sickness ruled, but if only a physical result is achieved the healing is a failure because its purpose is to touch souls and to bring awareness to them.

"Awareness is the key, to get all those who have the opportunity to put themselves right with the Great Spirit and with their own true selves, so that they begin to live in harmony with the natural laws and automatically derive the wonder and radiance that must follow. Does all this make sense?"

"Yes, very much," said the visitor.

"So do not complain if the path does not bring you a bed of roses. It is a difficult and lonely path. But pioneers must get used to hardships. As they master the difficulties, overcome the obstacles and break down the barriers, they are moving more and more into the light of spiritual illumination. We remind you only of the eternal principles on which all life is founded. This is the unshakeable basis of life whatever form it takes."

"I appreciate all that very much," said Hughes.

"So what do you want to ask me?"

"I am becoming more aware as time goes on of the closeness of a spirit team. I ask if you might elaborate on this. It would appear that this teamwork is in the evolutionary process. Our work in Spiritualism and elsewhere emanates from the higher spheres. Then it comes down through those who are comparatively close to us in your world.

"I wonder whether we could have an easier method of communication, bearing in mind that we have to make up our own minds and not rely entirely on the spirit side. Having said that I do not know whether this is from my own mind.

"I feel conscious of repeating the point that

*THE woman who paid her first visit to the circle wrote to say: "I left with a wonderful sense of upliftment. The rush and tear of the outside world struck me forcibly. I thought how wonderful it would be if all of us could understand the simplicity of life, and greed and selfishness were replaced by service to our fellows."*

Spiritualism needs to be better defined. We should see clearly the different aspects of our work, the psychic, the philosophic teaching and the interpretation of that philosophy.

"I ask if I have got this right; whether this in fact is being given to me to put over; whether we should make a better differentiation between these three."

Silver Birch told him: "The proof of the pudding is in the eating. I am an old soul as time is counted in your world. I have seen more than any of you have seen in my world and in yours. I have been privileged to be present in many counsels in our world where the directions have been given. It has been made clear what it is that must be achieved.

"The power of the spirit has never been absent from your world. It has always manifested in varied forms, limited by prevailing conditions, adapting itself to the needs of the time, to the understanding of those living there.

"These spiritual incursions have been sporadic. While they occurred many wonders were seen to be performed as the mighty power of the spirit made its impact on inert matter, vivified it and inspired those capable of acting as its instruments. This is a continuous story in the history of your world, the inspiration flowing, comparatively, its departure, its recall.

"But now the scene is changed. It was decided by those who make such decisions that this time the power of the spirit was not only to descend but to stay. Provision was made first to establish bridgeheads in various forms in your world and to consolidate them and then to establish more bridgeheads. And it was essential to ensure that those who agreed to serve would have such conviction when the time was right that they would fulfil the promises they made.

"This is a divine fiat. None can countermand it. There is no power on earth that can resist it. It will and must succeed because the alternative would be the destruction of the world in which you live.

"The power of the spirit is infinite. Its limi-



tation is the channels through which it can manifest, their stage of evolution, their ability to be receptive, their attunement, their attainment. But the power will stay in your world; no one can order it to retreat.

"It is obeying a natural law that is equal to the ordinances that control the rotation of the earth on its axis, the ebb and flow of tides, the precision of the movements of planets, the growth of flowers, fruit, plants, vegetables and trees, the evolution of animals and humans. These are all part of the immutable natural law. And this power of the spirit will flow wherever it can. You cannot limit it to Spiritualists because we are not concerned with labels. We are concerned with demonstrating that this power has a divine origin.

"Its sublime purpose is to transform your world by getting the people who live in it to undergo a process of self-regeneration. None other can do it for them. It is an individual thing that each must do for himself or herself.

"We have a bridgehead where you are. It is consolidated; it will function. Because of humans there will be disagreements. No two humans are at the precise level of spiritual development.

"Those who believe they have reached a higher stage must have tolerance for the ones they consider have not attained their altitude. Tolerance, compassion and love are the hallmarks of spiritual development. There is a long passage in Corinthians about love and charity which I commend to you.

"We have a great task to perform. We will advance slowly. Occasionally we may have to withdraw a little. But if we do this, the next advance will be greater than the previous one. The power of the spirit is here to stay in your world.

"I care not what people of the cloth, the so-called men of God, may say. I care not what the scientists may say. They are only human. We have access to the divine power of the spirit without which there could be no life in your world at all. Life is spirit and spirit is life.

"Just go forward, do the best you can. Whether you reach people on the psychic, astral or etheric level is not so important. If you can reach them on any level higher than the material one it is a start. Children have to learn to walk before they run. I was referring to Paul just now. He has some very illuminating comments to make about toys and children and adults. I am sure you are familiar with them.

"I know that Rome was not built in a day.

We are concerned with eternal realities. When it is necessary we can move matter in your world. It requires conditions. It can be done only in our way and in our time, not in your way and in your time. We are working to a plan and you are part of it. I have tried to answer your question in my own way."

"You have answered it as I was thinking it," said Hughes.

"It is not easy to serve in your world," added the guide. "I know, but serve we must, for service is what religion really means. Mouthing words to the Great Spirit, reciting dogmatic creeds, performing rituals—toys, toys, toys! Service is what counts.

"I repeat that you cannot measure what you are doing. You are helping the fallen. You are giving strength to the weak, spiritual food and drink to the hungry and thirsty. You are allowing all of them to have the opportunity to make magnetic links with our world which will help them. Go forward, and do the best you can."

Said the visitor: "It is the practical things. One is told, 'Leave it to the spirit.' My reply is, 'I have been given a mind and a brain to use.' I feel the Spiritualist services have to change. Could you elaborate?"

"If you feel the need for change make the change. We are concerned with touching souls."

"You made the point that you have a plan and we have to go ahead."

"If you kick over the traces you hurt yourselves," said Silver Birch. "And if you fall down you can always pick yourself up. No, do not worry. You have a conscience, the divine monitor to guide you. Allow it to fulfil its function. You are surrounded, all of you, by a great love. I only wish you were aware of it."

Here the guide welcomed Eileen Hambling and her daughter Lilanthea and told them their healing work was very important. "This is because in many cases you are touching souls and for the first time bringing them awareness, so that they begin to realise that life is more than its surface and has far more to offer them than the five senses can be satisfied in obtaining.

"Sickness is the result of disharmony. A law has been broken. The mind, spirit and physical body have for a time abdicated from their real triune relationship. Because of that, the body shows the reaction in malfunctioning and with aches, the sickness, the disease, whatever it may be.

"If you get the spirit and the mind right, the body will become right and harmony will be restored. Health is wholeness, harmony, con-



cord, the right relationship which brings inner peace, serenity, tranquillity and a complete feeling of oneness with the overruling power. And this is very important.

"I know that you get tired in your world because conditions can be irksome and difficult, and people can be obstinate. Difficulties are there to be overcome. We can never promise you that it will be easy, because if it were easy it would not be worth having. But there are always the compensations of fulfilment.

"The spirit is more important than the body. The body has its place because you are living in a physical world. You have to pay rent, wear clothes, eat food. We are aware of these problems. But no true worthwhile cause will suffer for lack of money. Nor will those who serve ever be left in a position where they are unable to obtain the necessities for physical living.

"This I can say with complete confidence. The wherewithal, the essentials, will always be provided. You may have to wait. It may seem that it goes almost to the limit before provision is made.

"All is known here. There are no secrets as far as you are concerned. We are aware not only of what you say, do and think, but also of the innermost recesses of your being, the unexpressed hopes and desires that are there. Should I have said all that?"

"Yes, it is wonderful and quite right," he was told.

"I too am human like yourselves and can be carried away sometimes. Then I begin to preach sermons, but they have a point. I am here to remind you of the things that matter. It is not easy in your world with its present conditions, the stresses and strains and tensions. It is hard to remember that primarily you are spiritual beings and that what matters is the spirit."

The guide told Eileen Hambling that her husband was delighted by "the fact that you are keeping the promise you made to him. He now has added power to bring to bear."

"We just want to carry on as best we can," she said.

"That is our resolution too, to carry on as best we can on behalf of the Great Spirit."

"It is a very difficult world," said the visitor.

"It is. It is most unattractive when we come to your world. Compared with the spheres which are part of our natural habitat your world is most cheerless and dreary."

"It must be very difficult. We wonder why you come."

"We come because like you we promised to do this work. We regard ourselves as very fortunate that in the midst of this darkness we find little lighthouses of the spirit that you provide. Also you give us a hearth where we can for a time have the radiance of your love to help us. Alas the hearths are few, but they are most welcome to us."

Lilantha asked: "How do you feel that man's responsibility towards the animals is progressing? I find the stress condition in them is very great. Do you think they are taking on the stress of their owners?"

"There is an unbreakable link between all aspects of creation. Man does not live in watertight compartments from the animals who are part of the planet on which he dwells. There is action and reaction all the time. When you give love to animals they respond. When you wreak cruelty on them you are not only hurting them. You are poisoning yourself.

"I used the word 'immutable' to refer to natural laws. It is the precise word. They are immutable. You cannot change them. One of them is cause and effect. Love works always its divine will. I said it before that love, compassion, charity, tolerance, these are all the hall-marks of evolved souls. So if you have these, then the animals who come within your orbit will share peace which you possess."

"We have the peace. It is the other people I am worried about."

"You cannot take over their responsibility."—"We find we have to treat the owners in order to treat the animals. Then the animals respond."

"This is a very important work. You have a responsibility to animals if you think your evolution is higher than theirs. You believe that man has reached the apex in your world and all other manifestations of being are essentially inferior. I do not think this can be proved from the spiritual point of view. It may be true from a physical point of view. The spiritual perspectives are not the same as the material ones."

Silver Birch, welcoming a woman paying her first visit, said: "I am sorry if you feel you have been left to the last, but this is not any discourtesy on my part. I thought it would be better if you became accustomed to the way we work here. I am sure you have found, as is always the case, that what I have said to my other friends in many cases has some application for you."

"It has answered a lot of questions," she told him.

"I know that you too have not had an easy



path to follow. Very few in your world have beds of roses, but many roses have thorns. You have been richly blessed. You found that the darkest hour did precede the dawn.

"You were helped at a time when you thought no help was forthcoming for you. There were many tears of anguish that had to be shed before that happened. But the way was shown, the finger of the spirit pointed it for you. You are now in a part of your earthly life where you are fulfilling yourself far more than you have ever done before. I think I have wrapped that up very well."

"I think you have. I know exactly what you mean."

"And between ourselves I know exactly what I mean. You have much love from our world to guide you. Now is there anything you want to ask me?"

"What is the attitude of the spirit world to people who take their own lives? Are they looked upon as we do here, that it was not the right thing to do? And do they have the same chances of advancement?"

"Motive is the paramount consideration and that must be not an excuse but a conscious belief. Suicide is not something that should be attempted because life is precious. Life belongs to the Great Spirit. You cannot create life; you should not terminate it.

"Then comes the qualification of motive. If the motive was sincere, however muddled the thinking may be, then the soul will not have to pay the penalty of one whose act of suicide was wholly selfish. But there will be a form of repentance, because having robbed themselves of what should be the duration of earthly existence, this must be expiated before progress can be made."

Silver Birch closed with this benediction: "I am very glad to have had the opportunity of talking with you. I hope that we have managed to learn some few things from one another. And now we must have our temporary parting. So let us end where we began, with the Great Spirit, the power that is infinite and thus has neither beginning nor end. Let us show our appreciation for all we have received in the efforts we make to serve others.

"Let us try to achieve our highest ideals. Let us always try to practise what we preach. Let us resolve to become the greatest possible channels for the supreme power. Let us strive to draw closer and closer to that power. In so doing we become aware of the great love that enfolds us. And may the Great Spirit bless you all.

Here are the guide's opening words and invocation:

LET us as usual put on one side any thought of anxiety, trouble, worry or fear. Let us try to achieve the closest possible harmony with one another so that we become united in our desire to reach out to the highest that is possible and seek a blessing on all that we try to do.

The highest, the epitome, is the Great White Spirit, the perfection of love, wisdom and power, the creator of all life no matter what form it takes, whose spirit broods over and through all and everything.

We are richly blessed because of the knowledge that has illumined our minds and made us aware that we have the likeness of the Great Spirit within us because we owe our existence to that supreme power. It breathed life into us and thus established a relationship, forging a link which none on earth or in the worlds beyond can ever destroy.

We are aware too that we have access to the fountain of all inspiration which contains infinite truth, some of which we have received and has extended the frontiers of our minds, so we know there is far more awaiting us when we are ready to assimilate it.

We are also aware that we are surrounded by a hierarchy of advanced beings who are a part of the divine plan to ensure that at all times the natural laws that control everybody and everything shall continue to obey their ordered sequence. Nobody and nothing can be neglected, overlooked, forgotten and be beyond the divine caring.

We welcome into our midst all those from the larger life who bring their power to help so that we may serve others as we have been served, dispelling their darkness and bringing them into the light; making their ignorance replaced by knowledge; healing those who are sick and have been told that their cases are hopeless, comforting heartbroken mourners with the evidence that life is continuous; and providing guidance for those who have lost their way and do not know where to turn.

This is the divine mission on which we are engaged, doing our best to combat the materialism that grows like a festering cancer in your world. We aim to drive it away and replace it with that knowledge of spiritual realities which can transform the earth and allow those who dwell in it to enjoy the richness and beauty and grandeur that are theirs when they are ready to receive them.

This is the prayer of Thy Indian servant who seeks always to serve.



*The following appeared in "Psychic News" on December 10.*

IN ordering 50 copies of the paperback, "Teachings of Silver Birch,"\* a reader writing from Hawley, Pennsylvania, explains the reason.

She tells how much this book has helped her, her husband just a few months before his passing, and also hundreds of friends who received copies.

The husband, Jerry Porter, came across the book in Florida in 1972. After he read it, she saw an immediate change in him. He suggested she should read it, and having done so she could see why.

"This book is what he had been looking for. It told so simply about life. It gave the answers to questions we had asked, but never found until the guide supplied them. The pieces of life's puzzle were so simply arranged and put together."

Her husband read it each day, and even took a copy with him wherever he went. "It made him so happy that he ordered 100 copies to share with friends."

His wife described him as a very active man who was never afraid of life. Yet somehow he knew his earthly existence was coming to a close even though he was only 42.

In December 1972 he had a copy of the book with him on a cold snowy morning when the plane in which he was a passenger crashed.

A fortnight later the 100 books he had ordered arrived. "I knew within my heart how much he wanted to share 'Teachings of Silver Birch' with others. I gave them to friends and held classes studying the teachings."

She adds that several organisations, including the Jerry Porter Universal Healing Arts and Research Foundation, formed in memory of her husband, have used this book for their followers.

"Words cannot express how much this book has helped me to accept his passing. It has also helped to make my life and future brighter.

"Whenever I might feel a little depressed, all I have to do is to open this book anywhere and I receive the inspiration I need."

She ends by expressing gratitude for the book's publication. "So many lives have been helped and will continue to be helped by it. If everyone read it and lived by its teachings, this world would find complete peace."

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*A selfish woman tells why she is earthbound*

# It is the world's most potent force

by PEGGY MASON

IN writing this article I am carrying out the urgent request of Vanessa Morton, a woman in the spirit world. I promised I would do so. On both occasions when she talked to the Norman Hunt circle, through a woman medium who was a member of it, she reiterated how important it was to warn as many people as possible about the results of selfishness and self-love. This poor woman, speaking in a beautifully cultured voice, nevertheless spoke the terrible words, "*I never loved anyone but myself.*"

I am not suggesting that this confession applies to anyone reading this journal. Indeed, I hope not! But I have transcribed her words from the tape, as she wished, as a salutary warning of conditions which we could store up for ourselves. I have omitted most of the sitters' encouraging remarks and conversation for the sake of brevity and continuity. Let Vanessa speak for herself:

"I do not know you. Are you a group or a circle? Is that what you called yourselves? I have been told that I should come and speak to such a group, because not only would it be good for me, but I could also send a message which is important. I have to speak to several like this. But your light was the strongest and the nearest and so I have started here."

A loving welcome was given by Norman Hunt and the circle members.

"Am I shouting? Because I cannot tell how it sounds."

*No, you are speaking beautifully.*

"I do not know who you are. I do not know where I am. But since I have been here [in the spirit world] I have had a very difficult time. It is most important that other people do not have the same difficulties. It is not only that I can send a message that can help other people, but I have to do this for myself, because I have been an extremely selfish and self-centred woman."

*Norman Hunt:* "*You're doing the one thing now that really helps to put things right as far as you can, and we extend our love to you.*"

"Thank you. It seems an extraordinary thing for me that I should now be thinking of others! But I believe it is part of my progress that I should do this. I have been in what you

call hell. I know now the meaning of it. And I'm just struggling out. When I came here [to the spirit world] it seemed so dark and strange that I could not just clap my hands and get all the things I wanted when I wanted them."

*NH:* *Had it been a little like that when you were on earth perhaps?*

"I was an extremely fortunate woman. All the things I wanted came to my hand—or I saw they came to my hand. But now I know the pursuit of happiness is a myth. The more you run after it the more it eludes you. The more you grasp the more these things run through your fingers. Oh yes, I know that now. But it was a long time before I could come through to knowing those things.

"And what I want you to do is to tell other people about the experience that we have to go through here, because it was a *great shock* to me. I did not know where I was or what had happened. I was resentful, and angry."

*NH:* *What helped you to change your thoughts?*

"At first I discovered that none of the things I demanded and insisted upon came my way, and the lesson was borne in upon me."

*NH:* *May I ask if your life on earth was a long one?*

"Oh yes. All the things I wanted I got, regardless of everybody. I thought only of myself."

*NH:* *Perhaps that was partly due to your upbringing? Or would you rather blame yourself for it?*

"No, I do not think it was my upbringing. I have not learnt all my lessons yet. Even now I feel I am doing this only because it may help me. Then, again, I have a flash of inspiration in me, and I know that thought is wrong."

*NH:* *You must help yourself in order to be able to help others. The more you can help yourself the more you could help others. That may be rather a specious argument, but it means something, too.*

"Yes. I've learnt quite a lot. I've suffered a lot. It seems to me that suffering has to come before you learn."

*NH:* *It does seem like it so often.*

"I've been told I must do this. You see, it is very important that everybody should know



there is *no punishment*. There are only things that one must do that are unpleasant but are for one's own good. Now I am being made to think of others, because it will do *me* good. When I did come here [to spirit life] it was too dreadful to describe. I do not want other people to have to go through *that*."

NH: *That's definitely an unselfish thought.*

"It was dark. I did not get any of the things I wanted. I was *infuriated* and resentful. The more infuriated and resentful I was the darker it got. But as soon as I began to realise this attitude did not produce the results I wished, I began to think there must be something wrong with the attitude."

NH: *That was a reasonable and good thought.*

"It was the only thought left! I was thrown back on it. As soon as I realised that, it began to get a little easier. I had lapses and I went back again several times. But each time I got out a little more easily. At last I became aware of others around me. Naturally I did ask questions. It's a long story, but here I am.

"It is no good just thinking I am going to be unselfish, I am going to do this, and being conscious of your deeds all the time. You are *still* then wrapped up in yourself! You are wrapped up in the preoccupation of your goodness and your unselfishness.

"The state of mind it has been borne in upon me as most desirable and benefen you are *unaware of what you are doing for others*; that it is natural for you to do that; the thought of other people comes to you naturally; and you *forget yourself*."

NH: *That's a step towards perfection!*

"But oh, how *hard*! Once you come over here you set your foot on the first rung of the ladder to perfection. The bottom part of the ladder is right down in the shadows. But each step up brings you a little nearer. It is a strange thought that the bottom of the ladder is invisible, in shadow and darkness, and the top is invisible, in light!

"I did not mean to speak so long. And it is not easy because I do not know to whom I speak."

NH: *Names won't mean anything to you. Let us just say it is to people who welcome and love you, are most happy to talk to you, and perhaps help a little.*

"There was much more I wanted to say, but for this first time it is not easy to marshal my thoughts. I have been told that your light was strong, and it was the best one to come to for a beginning. It is important that you tell others,

because I knew nothing of this. I had the conventional idea of religion. Even that I did not make use of. I just pursued my own wishes and desires and their gratification. I did not mind what happened to people as long as I had what I wanted. I was ruthless, and selfish to a degree."

NH: *Your attitude is very different now, and we commend you for it.*

"There is nothing to commend me for. It has been hammered home to me. I cannot do anything else but accept it. I haven't yet got to that stage when I can feel peaceful and happy about it, because I am still only half-way. All this is part of my progress, and for my good."

NH: *We have many friends on your side. I'm sure you will meet some of them one day.*

"I should like that, because I am very tired of myself.

*Sitter: Yes there are many friends who are waiting only to help someone. You are sur-*



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*rounded by kindly, understanding people. You will begin to see them when your thoughts turn away from yourself a little bit. Then they begin to be visible.*

*"It's a remarkable organisation here, if one can so put it. You have it all in your hands, what happens to you, what you do. No one can really blame anyone for anything; it is all in your own hands. I must go. Goodbye."*

*Sitter: We don't know your name, so we will call you the Beautiful Lady. You were beautiful, weren't you?*

*"Oh no! I have even a new conception of that now!"*

*Sitter: We find you a noble soul, my dear. We admire you for the way you are progressing. Please come and speak to us again.*

*"Thank you. And do not forget. It is important to tell people not to store up trouble for themselves. Tell them not only that, but of the possibilities, good and bad, that lie ahead of them. If they are bad that is their fault. If it is good that is natural. Goodbye."*

*At a later period, after some time had elapsed, the same beautiful voice came through one evening:*

*"I presume I am speaking to the same people I spoke to before. You know that it is me."*

*NH: Yes, we recognise your manner and*

*voice, though we do not know your name.*

*"I do not think my name matters. But if you wish me to give it, I will. It is Vanessa Morton."*

*Asked how long she had been on the Other Side, she said she did not know. It seemed a long time. But she agreed she was of the same generation as the sitters.*

*"I have learnt quite a lot since I spoke to you before. I think I may say I have made considerable strides and progress. I have been shown great possibilities. I have been taken to various places (if you can call them places, which is rather difficult. I should probably express it differently, and say I have been shown conditions, not places, but when I come here I find that I am influenced by your earth conditions and the words and phrases that you use.)"*

*"I say that I am making progress, but I know I have a long way to go yet. It is still very difficult. But the glimpses that I did have of the possibilities are extremely beautiful. They act very encouragingly upon my spirit."*

*NH: The fact that you have been shown these conditions is a measure of the progress you have made.*

*"Yes, that is so."*

*NH: Do you now find yourself in contact with more spirit beings?*

*"Yes, but they are still very shadowy. Each time I slip back I do not go so far. This will be my last visit because I have other people to talk to."*

*NH: We would very much like to follow your progress.*

*"You need have no worry about my progress"*

*Sitter: You will soon find other people who need loving. And that will help you.*

*"That will be a strange experience. I never loved anyone but myself."*

*Sitter: But you will. At present that is not an experience, only something you can be aware of, and willing to go through when the moment comes. But you do know you have met some sincere, friendly people who wish most lovingly for your progress.*

*"Thank you for that. I am conscious of a warmth, which I feel must come from your thoughts towards me. It is pleasant here. I find that I do not wish to go back!"*

*Sitter: There's more warmth and more love over there than we can show.*

*"It is a sad thought that one is so blind. I had much love showered upon me. I just took it for granted, and did not realise what a potent force it is."*

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*Sitter: Finally, the only force, Vanessa.*

"Yes, indeed. I will try eventually to come and speak to you again. I have been to other people, but their light is not so strong as yours. My reception has been different in each case. Sometimes it is quite unsatisfactory. I feel they are not interested. Here I feel warmth, sincerity and kindness."

*NH: Now it is the awakening of the possible heart relationships that's in front of you, I think.*

"You see clearly!"

*NH: That's a whole side of life which you say has been closed, but which has got sooner or later to be opened. And a very wonderful*

*experience it will be!*

Perhaps Vanessa was afraid to dwell on this great experience which will eventually come to her and flood her being with light. She merely thanked the medium through whom she spoke for giving her the opportunity. She thanked the group for their listening to her, and for their understanding, and withdrew.

Some years have passed since these two visits. I feel sure Vanessa Morton has by now opened her heart, to give and receive love—the most potent force in the world (all worlds). But I promised to carry out her wishes, to pass on her important message which we can all profit by, and remember.

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*'Where there is a will'—7*

# When help comes from the unseen

by MAURICE BARBANELL

MAN is not alone in the universe. There is an invisible thread that binds him to every living creature. We are all members of one another. Our actions affect other members of the human family, just as their deeds, to a large or small extent, influence our lives. We cannot isolate ourselves from the rest of humanity. Our interdependence is a fact in nature from which, for good or ill, we cannot escape. In that sense, perhaps, we are our brothers' keepers.

How far do we affect one another in the mental and spiritual aspects of our being? Though the tie between us is invisible, it is none the less potent. We are all familiar with the experience of meeting people for the first time and, though they may not speak to us, we take an instant liking or dislike to them. Experience usually confirms the accuracy of our first impressions.

Many individuals radiate a warmth and magnetism that cannot be assessed in physical terms, yet these attributes are so real that we are immediately drawn to them. Then there are those who possess some natural healing faculty that sick people have only to be in their presence to feel beneficial results.

Every moment of the day, and often at night, we are receiving and transmitting invisible and inaudible vibrations, so far as our material senses are concerned. Telepathy reveals that distance is no barrier to mental communications. When it is operating successfully, it is just as easy to receive "messages" from another continent as from another room.

There would seem to be some analogy with radio reception. It takes no longer to receive a radio message sent 6,000 miles than it does at a distance of six feet. The fact that telepathy does occur is evidence of a tremendous reservoir of power that is tapped only on special occasions. Life would be transformed if it were regularly pressed into service.

It would put an end to deception, for *all* our thoughts would be known. The language barrier would be broken down and every member of the human family could communicate with everybody else. There would be no misunderstandings, deliberate or unintentional.

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*The words you read here are taken from "Where There is a Will," a book I wrote many years ago. Ever since I have been asked many times to reprint it, but declined. Instead it is being serialised in Two Worlds because, reading it again, it struck me that the contents can still help many people who yearn for fuller living.*

---

You must also recognise that mental and spiritual aid can reach you from minds beyond this world. Jacob's ladder, which depicted ascending and descending "angels," was more than a dream. On its infinite rungs, stretching from heaven to earth, there is a range of evolved beings, each greater than the one below.

Because they are linked with one another, they provide access to the highest that you can reach. As you unfold, you make yourself receptive to higher influences. Your growth determines the peak of your attainment.

The fact of inspiration is evidence that man is helped from higher sources. Both here and hereafter, it is character which determines spiritual growth. The many reformers and pioneers, whose names are recorded with lustre in the pages of history because of their labours which improved the lot of humanity, do not lose the desire to serve because death has intervened.

Life is a continuous and expanding process. Whatever qualities made people great here are continued elsewhere, and these qualities develop and become greater.

Those individuals, who have increased their lustre, are searching for receptive instruments to whom they can communicate their extended knowledge and power. Hence the many accounts in the Bible, and other sacred books, of prophets, seers and visionaries being guided from on high. Their contemporaries misunderstood the source of their inspiration and regarded with awe the results that seemed miracles to them. All that happened, however, was in accordance with natural law.

Evidence of inspiration and tapping the higher powers are not confined to ancient



times; there are many striking examples in our own time. Take my friend, Harry Edwards, the famous spiritual healer, who gave public demonstrations in the largest halls of this land. His postbag averaged 9,000 letters a week. Through his agency, thousands have been cured of "incurable" diseases. There are 500 cures of cancer in his filing cabinets.

Many of these successes were obtained by absent healing, that is, intercession made for patients living at a distance, many of them overseas. Patient and healer never met. Yet this higher power, with healing in its wings, spanned oceans and continents and brought new life to despairing thousands.

Edwards was the first to admit that he did not heal. He was the instrument through whom the healing was performed. When he made his intercession, he tuned in to the higher forces and made himself at one with the unseen beings who used him as the instrument of their service.

When it comes to giving cases of inspiration from the unseen, the testimony, both ancient and modern, is overwhelming. In his "Apology" Plato quotes Socrates as saying, "Not by wisdom do poets write but by a sort of genius and inspiration."

Enid Blyton was the most prolific writer of children's stories in the world. She had 24 publishers, often wrote 10,000 words a day, which earned for her around £50,000 a year, probably the highest income of any woman in Britain.

She would open her portable typewriter at any time of the day and produce, without any hesitation, a new tale. She said that her mind was like a cinema screen on which the whole story was ready to be unfolded and all the characters, complete with their names, waiting to depict the stirring adventures which delight thousands of children.

George Eliot volunteered that when she was writing certain dramatic scenes in "Middlemarch" she was "seized by a not-self."

When he read the proofs of one of his novels, Hugh Walpole declared, "I seemed to have had nothing to do with it."

Inspiration has a wide range. Edgar Wallace, famed for his thrillers, said that he never thought of plots; they came into his mind ready-made. "I start dictating my novels right away," he said, "and never think of the end. When I have been stuck for an idea and I have suddenly started again, my wife has asked, 'Why did you say, 'Thank you'?' I have replied that I supposed I was thanking something and that I did not understand it."

Henry Arthur Jones confessed, "God seems to give me plots ready-made."

Sir Hall Caine dreamed the plot of "The Woman of Knockaloe" three times in one night and knew that he had to write it. The plot of "Dr Jekyll and Mr Hyde" came to Robert Louis Stevenson in a dream. Parts of "Kubla Khan" were dreamed by Coleridge.

The famous hymn, "O love that wilt not let me go," was the result of a burst of inspiration. Its author, Dr George Matheson, said: "It was composed with extreme rapidity. It seemed to me that its construction occupied only a few minutes, and I felt myself rather in the position of one who was being dictated to than of an original artist."

A modern poet, Frederic Irving Taylor, described the process of inspiration in these words: "Judging by my own experiences, some of one's finest lines seem to lilt themselves while the poet is in a sort of rapture or reverie, as if such lines, at any rate, were projected into consciousness by some unseen personality comparable with the Muse of the Ancients."

He added: "Upon surveying the vista of inspiration thus mysteriously poured into the brain like a sun-burst, and thereupon deciding to carry out the work in a certain manner, the theme stubbornly insists upon developing itself in its own way. Any attempt by the poet to wrest it from the peculiar or even erratic course proves either abortive or disastrous to the poem as an inspired work of art."

Then came these revealing sentences: "One has often had the experience, while revising a word or phrase, that the right word or phrase is throbbing upon the borderland of consciousness. You know and feel that such a word or phrase is about to be presented to you by the Unseen Hand, and at last is magically flicked into your brain, as the inevitable, yet all-needful, trifle that makes Perfection."

George Bernard Shaw asserted that "St Joan" was written by Joan herself. Here are his own words: "As I wrote, Joan of Arc guided my hand. The words came tumbling out at such a speed that my pen rushed across the paper. I could barely write fast enough to put them down."

Though he stated that he was a hardened old professional who was inspired all the time during his working hours, Shaw added: "My subjects come to me anyhow. When I have chosen my subject, the play writes itself. I can even begin without a subject with the same result. The characters come and talk and define themselves and explain their business,



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and there is your play for you. Thus my plays must be classed as inspirations, not as constructions."

In his preface to "Buoyant Billions," written when he was 92, he says: "When I take my pen or sit down to my typewriter, I am as much a medium as Browning's Mr Sludge or Douglas Home, or as Job, or John of Patmos. When I write a play I do not foresee nor intend a page of it from one end to the other; the play writes itself."

Cosmo Hamilton tells a remarkable story concerning the last scene of his play "Scandal." He spent hours "niggling with words," but all of them were wrong. The scene was proving too big for him. Finally, he admitted defeat and prayed for inspiration. This was the sequel:

"Very soon I found myself cooler and probably saner than I had been and perfectly happy, writing easily and without any correction, until, after ten pages or so had been covered with dialogue, the word 'Curtain' wound them up.

"Then I went to bed. When, with the most intense eagerness I read, early the following morning, what I had written, I knew that there was not a single word that came out of my brain. My pen had been used. I had been heard and helped. What had been written for me during that hour was so far above anything I had ever written as to be unrecognisable to me."

Dr Alexis Carrell sums up inspiration thus: "Great discoveries are not the product of intelligence alone. Men of genius, in addition to their powers of observation and comprehension, possess other qualities, such as intuition and creative imagination. Through intuition they learn things ignored by other men, they perceive relations between seemingly isolated phenomena, they unconsciously feel the presence of the unknown treasure.

"All great men are endowed with intuition. They know, without analysis, without reasoning, what is important for them to know. A true leader of men does not need psychological tests, or reference cards, when choosing his subordinates. A good judge, without going into the details of legal arguments, is capable of rendering a just sentence. A great scientist instinctively takes the path leading to a discovery. This phenomenon, in former times, was called inspiration."

The fact that many distinguished authors received their plots in dreams demonstrates that the mind, even if it be only its subconscious part, continues to function despite the

body being asleep. J. W. Dunne earned fame for his book, "An Experiment With Time," in which he proves that the mind acquires knowledge during our sleep state that is not available when we are awake. His attention was first aroused by a series of vivid dreams in which he foresaw the future.

Dunne began to experiment, keeping a note-pad by the side of his bed, recording, as soon as he woke, the events he had dreamed. He found that unless he made his record immediately on waking, while the events were still in his memory, the dream recollections speedily vanished.

Soon he was able to record a number of prophetic dreams which were fulfilled. This was conclusive evidence that during sleep the mind lived in another dimension of time, because it was able to experience the future. His book demonstrates this other time-dimension by a series of remarkable mathematical diagrams.

Dunne evolved, as a result, what he called his theory of Serialism, which stressed that man was more than a body. His mind was more powerful than his physical senses, obviously superior because it was not subject to the restrictions imposed on the normal sense perceptions. From that he concluded logically there was no reason to assume that the superior mind should perish with the death of the inferior body.

Dunne's book provides an explanation of the means by which inspiration is sometimes accomplished. In sleep, when the senses are stilled and the noise of the busy world is hushed, the mind is able to attune itself to the more delicate and subtle vibrations which permeate the universe.

Responsive minds can be impinged by higher beings who seek this opportunity of enriching our world with their added knowledge and wisdom. And it may well be that the mind is receptive, during bodily sleep, to other incarnate minds operating on a similar wavelength.

Sleep, of course, is an essential part in the divine plan, providing the body with needed rest and the opportunity of recuperation. While the physical world is stilled, the mental and spiritual worlds are active. Indeed, they can only become active when conditions are appropriate for their functioning. When the physical world is noisy with its many clashes, discords and clangours, it is virtually impossible for our mental and spiritual natures to find expression.

I know, as you must do, people who have



been perplexed by difficulties to which they could not find the solution. They have thought about them all day, and then in the morning the perfect answer has been awaiting them when they awoke. The inner and outer forces have been at work and provided the answer. Confronted with alternate choices of action, the solution can often be found in "sleeping on the problem."

It must be appreciated that inspiration and guidance from higher sources come through the subconscious and not the conscious minds. We have not yet discovered all the remendous potentialities of our subconscious natures.

Just as the subconscious mind will perpetuate bad habits, so, given the necessary

stimulus, it will equally acquire good habits. Mental discipline is necessary to encourage the latent creative faculties to get to work. The mental training adds exhilaration to life and supplies the preparation needed to obtain help from the unseen.

The fact that one person receives inspiration means there is a law which makes it possible to happen. Laws do not operate for one person alone. They will operate for all who provide the necessary conditions. You, too, can be inspired when you are receptive, when your mind is attuned to the higher forces.

*(To be continued)*

## It is 'faith that moves mountains'

by RON MASON

I MUST congratulate you on the serialisation of your book, "Where There is a Will," and particularly on the November contribution.

It is really the "faith that moves mountains," isn't it? Only instead of explaining it in biblical language, which is incomprehensible to most ordinary people, you have done it so lucidly as natural law.

I know that during the ten years of Samaritan work I did, and particularly the last four or five when I formed my own group, The Befrienders, and gave over a farm cottage to accommodate clients, I found this law worked again and again.

We used to take in the most seemingly hopeless cases. Our worldly friends invariably said, "You must be mad, you'll never get rid of them; you'll be lumbered with them for life."

No such thought ever entered my head. I simply worked away with dogged perseverance, regarding hurt and disappointment as occupational hazards, to be cast aside immediately.

I never seriously thought of failure. Invariably the seemingly miraculous occurred. A job and accommodation were found, a marital problem was resolved. Even a heroin addict, who had had 14 years continuously under psychiatrists, was healed in three months.

It was not cleverness. It was natural law. Of course we were conscious of spirit help. But then spirit help is natural law, if one tries hard enough.

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*Space exploration is an exciting prospect but—*

# Survival research offers greatest rewards

by M. H. TESTER

EVER since religions were invented priests have claimed a monopoly in spiritual matters. This monopoly is as well established in the tight control the witchdoctor has over his primitive tribe as in the complete authority the Church has exercised in the mastery of man's conscience.

God is said to have created the world and made man in His image. Then this world represents a divine concept in the centre of all creation.

There have, of course, been rebels. Perhaps one of the pointers of man's intellectual development and his rejection of the Church's iron hand was the publication, nearly 500 years ago, of a book titled, "Concerning the Revolutions of the Heavenly Bodies," by Nicolaus Copernicus.

With remarkably simple equipment Copernicus proved mathematically that the sun and the planets did not revolve around the earth. He set out in extraordinary detail the movements of the planets, and showed that ours was only a small unit in a much more complex system than had ever been contemplated.

Naturally the Church could not accept a book that went counter to theological teaching. The Lutherans and the Roman Catholic Church condemned him. If infinity was an indefinite distance away, where was heaven? If life existed on other planets, how could their people be sons of Adam? And did Jesus die to redeem the sins of some extra-terrestrial life form, too?

The threat to theological dogma was too great to be ignored. The book was banned. It remained on Rome's Index of banned books until as late as 1822. Eventually, as every schoolboy now knows, the scientists found Copernicus was right, and his theories were expanded by Galileo, Kepler and Newton.

His research laid the foundation of technology that led eventually to the moon landings, and to the beginnings of the exploration of space.

It took nearly 500 years from the time the theory was published to the moment when a practical demonstration of its viability could be a fact. How much longer will it be before another major breakthrough takes place?

Space exploration is a great adventure, and man is only just embarking on it. Who knows what he will find, what other life forms or civilisations he will meet, what wonders he will discover, as science fiction quickly becomes science fact?

It is patent that if the priests could control man's intellect in the sphere of science, they could exercise even greater control in an area where they claim a monopoly. I refer to the spiritual one.

There is an area of exploration that offers even more exciting results than space travel and which remains behind the firmly-closed door of orthodox thought. I refer to the full investigation of our survival of death.

Millions of pounds have been spent on the research, technology, methodology and the equipment for space exploration. Comparable

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amounts are being spent in perfecting and stockpiling weapons using rockets and nuclear fission.

We are told there are now enough atomic weapons stored by the world's nations to kill every man, woman and child at least ten times.

Millions are being spent on medical research into the causes and cures of diseases like cancer, but without much success. Yet as far as I know there is no official research into the details of survival of death.

I know we survive death. So do a lot of other people. I have spoken to those who have experienced the great change we call death. There is enough evidence to convince me. My awareness of Survival goes deeper than belief. It is now in the realm of positive knowledge.

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It is, surely, the most important piece of knowledge we can have. It makes all other discoveries seem trivial. Let me get it into simple statements. You are immortal. You will live for ever. Death is not the end. It is merely a change from one form of life to another. This life bears little relationship to the next. It can be likened to the chrysalis turning into a butterfly, so great is the change that we will all experience.

When you make this change you, like all of us, will enter into a different and greater form of existence. It makes no difference that you have gone through some religious rite, had water splashed on you, been accepted into any particular sect, or performed some esoteric ritual. You will survive death. You will live after you die. Not only is there no way to ensure it, there is no way to avoid it!

Space exploration may seem the great adventure of the 21st century, the way to the stars, opening up new frontiers, colonisation of the planets and meeting with other life forms. It will be exciting.

Yet there is an even greater exploration waiting. It is one that will make every other that has taken place, and those existing only in imaginations, seem trivial and banal by comparison.

The research and exploration of the next world await the people, the money and the resources of the great nations. Copernicus had to wait a long time before the truth of his research was acknowledged. Perhaps Spiritualists have to wait even longer.

But if only the money now being spent on armaments, intercontinental ballistic missiles, rockets, satellites and space vehicles could be partially diverted to research into the next world the rewards would prove staggering.

The return of the astronauts from the moon was heralded as the greatest news story of the times. Imagine the news coverage of the return of the first explorers from the next world!

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*'Man's nature and relationship to the healing arts'—2*

# All that happens comes through from above

by DR IAN PEARCE

THE common factor in all these cases I have quoted is stress. We hear a lot about stress these days. Many people equate it with the rush of life. I want to submit a different view, that stress is something which we produce within ourselves.

We all have these stressful areas of life to pass through. They are part and parcel of the challenge of living, or lessons in the textbook of life we came here to learn. What matters is how we react to them.

I can tell you that stress is the product of our reaction to our environment. By that I mean not just this immediate ambience around us here. I mean our total life situation, all that has happened in the past, the successes, sorrows, traumas, disappointments, all that we hoped, or feared, or anticipated may happen in the future.

These constitute the life situation of any one particular soul. The way in which it reacts determines whether it creates stress within itself. When we seek to heal these people we must do something about the cause. We must seek to modify their stress.

This may be done either by the modification of the environment, and most times that is out of reach. We have to try instead to help them to modify their reaction to their environment. And this means that to the act of healing so often must be added the act of counselling, which is a form of healing in itself.

A medical man, who along with Gilbert Anderson [the spiritual healer who took the chair for Dr Pearce] has pioneered a treatment for cancer which many of us are using with marked success, laid great stress on the change of attitude of the individual patient, both to the disease and to the circumstances of their lives. Without this change of attitude whatever was done tended to be meaningless.

Now let us consider the reaction of stress. First it acts upon the immune response of the body. It does this amongst other things by stimulating an increased flow of cortisone into the bloodstream.

Part of the fight, flight, fright reaction, the primitive reaction, in a primitive state, is to tune up the primitive body for action. But in civilised man that violent action is so seldom

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*This two-part article consists of extracts from the address given by a medical man to delegates attending the first conference of the World Federation of Healing held in London in September.*

*Last year Dr Pearce proposed the toast to the National Federation of Spiritual Healers at their annual dinner. He praised their work as a vital contribution in a materialistic world.*

*His interest in Spiritualism was aroused by his daughter's passing with leukemia (blood cancer). Reading Sylvia Barbanell's book, "When A Child Dies"\* started him and his wife on their psychic quest. The result was evidence of their daughter's survival through several mediums. Then he became friendly with Gilbert Anderson, who had a healing sanctuary not many miles away.*

---

gratified. But it is an argument for all of us going out to take more exercise.

One result of an increased amount of cortisone in the bloodstream is to depress the body's immune response to attacks from without. If you have someone with an organ transplant, he has to be given large quantities of cortisone in order to suppress the body's rejection, the mechanism by which it would isolate and then destroy the graft.

Because of that he has to be given equally large quantities of antibiotics because the cortisone has robbed him of his protection to intercurrent infection around him. Indeed, such patients are nursed in specially clean isolated wards.

I believe too that excessive cortisone has an effect on the abnormal cancer cell arising within the body. The cancer cell is normally destroyed by the body's immune process. But if that process is partly inhibited through stress, then such cells have a chance to put down roots and to spread.

You may ask why do not most doctors recognise the importance of these factors? I think such a question is justified. You have to remember that doctors are conditioned by their training to accept as evidence only that

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which they can see, touch and measure, only that which is quantifiable. Indeed this is part of the whole scientific discipline.

Esoteric teaching of course has always maintained man has a physical, an etheric, an astral and an ego body. But this has been a belief rather than actual knowledge, and one must differentiate between the two.

But now, as you are probably aware, some solid evidence is beginning to come to light. I refer to the work done by Maxwell Cade and others on the body's energy fields.

It would appear that the body is surrounded by an electrical field which is quantifiable, a static field which can be measured with the right sort of instruments. Outside this field there is another corresponding to the emotions, and still another corresponding to the degree of mental activity.

All this can be measured and shown to vary with states of health, mental activity and excitement, physiological activity, even to anticipate the onset of actual physical disease. It is likely that this field is the link between the mind outside it and the physical body, and that the concept of disease which I have put before you, that 75 per cent of it relates to stress, and is in fact what we have inflicted upon ourselves, operates through the agency of this static field surrounding the body.

It is an interesting thing that it can be shown very plainly to be diminished in times of trance and meditation. Meditation involves a number of physiological variations in the body. Perhaps the most interesting of all is the change in the brain waves.

When you meditate, the alpha rhythm becomes stronger and better substantiated than when you just close your eyes and relax in your chair.

Moreover the two halves of the brain work independently. One half deals with action and the other with ideas, and the nature of the rhythms recorded are not synchronised. But when you meditate the electrical rhythms, the alpha rhythms, become synchronised.

I want to say a little about co-operation between the various disciplines of healing. First of all, as far as my own profession is concerned, I think it is essential that we carry the act of diagnosis a little further than purely recognising what is the matter with the patient.

We have to ask ourselves, making a full diagnosis in depth, not only what is the matter with the patient, but why has it happened to

him now? Only then can we begin to be capable of giving aid to the whole man.

You will appreciate from what I have said about the nature of disease and structure of man that he exists simultaneously on a variety of levels, physical, emotional, mental and spiritual. His disease may indeed originate in any of these levels, and therapy must not be confined solely to one level.

There are many who are capable of practising at more than one level. I practise mainly at a material level. Latterly I have started to use my hands and, I like to think, with some success, to treat my patients at an energy level. For some time I have tried to help them at an emotional level through counselling and thus dealing with their various stresses and worries.

In medicine there are many different branches, but all are parts of a team. And any one of them may assume the responsibility for the treatment of a particular disease. But none is greater than another.

And so it should be for all who are involved in healing. There must be integration so that whether you be acupuncturist, charismatic healer, radionics practitioner, osteopath or chiropractor, all are willing to work together in harmony. There must be recognition that none is greater than another, and that none is wholly self-sufficient. There is no room for the cult of the ego in healing.

There are spiritual healers I know who have paid lip service to the belief that they are no more than channels, which is true. But, if you hear them sometimes together, comparing their notes about their successes, it's always, "I managed to do that."

Stuff and nonsense! Nobody manages to do anything. All that happens comes through from above. Those people who allow an inflated ego to produce and feed personal rivalries are building up for themselves a most awful karmic debt which will undoubtedly have to be repaid in lives to come. I would tremble to think of it if I were in their shoes.

I have attended healing conferences where the trouble has been that each particular little discipline wants to go its own way. There is no one way. There is room for all.

Those who want to do it only their way have an imperfect view of the nature of disease and of the nature of man, the way in which he is put together.

Let there be true and full co-operation. My profession is coming round to it now.

*(Concluded)*



*Practise astral travel for a nocturnal trip*

# To have a foretaste of heaven

by REV TOMMY MADDOCK

IF you want really to embarrass the minister or priest at a funeral, you have only to ask him a simple question. It should come after all the biblical passages have been read, and the mourners, as a result, have become even more mournful and depressed. Everyone has breathed a sigh of relief that the senseless agony is over.

At that point you might inquire of the priest: "Yes, but where *is* George right now? Does he exist any more? If so, where *is* he?"

This will put his reverence on the spot. It will probably be the first sensible question asked all day. But the chances are that, even with everyone's expectant eye on him, the minister will not be able to answer it.

There could be some exceptions. If the deceased has been a faithful member of the local mission hall, and it was generally known that he had been "saved from his sins," then the pastor has an easy job.

Brother Smith has gone to his heavenly reward. He is safe in the arms of Jesus. It behoves us all, brethren, to get right with God, so that when our turn comes, He will say, "My good and faithful servant, enter ye in . . ."

But there are occasions when the deceased has not been a member of any church. It is also well known to all those present that he has committed each of the seven deadly sins, not once but frequently, and that the only times he has mentioned the names of Jesus or God were in moments of anger, when he took them in vain and committed the sin of blasphemy.

Even by stretching charity and imagination to the limits, it is just not possible for those present to imagine that the recent dearly departed could possibly be in the arms of Jesus. They have a suspicion that he might just be roasting in the fires of hell. What, then, is the minister to say?

He would not dare to use these words: "I'm sorry to have to tell you this, madam, but your late husband has assuredly gone to hell. Furthermore, unless you, too, mend your ways, that fiery furnace will most certainly also be your destination!"

In many cases, he will *think* this (because it

would give expression exactly to his legalistic theology). But he might instead voice the pious hope that there could exist somewhere in the cosmic contract a legal loophole which will enable the dearly departed to squeeze through into paradise.

Any hopeful bereaved person who has the temerity to ask the question, "Where is he now?" will have this chapter and that verse read out to him or her, and maybe a few other pious platitudes thrown in for good measure. The one thing he or she will not receive is a plain, straight answer.

There is a reason for this. The minister, in most cases, does not know. And, it must unfortunately be added, he does not want to know.

We have entered an area where platitudes and pious hopes are the only "sustenance" available to the inquiring mind. The bereaved have asked for bread and are given a stone.

We have a situation where it is more important to believe than to know. The dear departed traveller is being shipped off to his destination. Ask the ecclesiastical travel agent to name that destination and he must confess his ignorance. Ask him to find out, and there will shine a look of horror in his eyes. To try to find out, he will assure you, is a mortal sin.

By contrast, the Spiritualist Church says categorically it is possible to find out, and it is right and proper for you to do so.

I suggest that, if the church you attend is neither willing nor able to prove Survival, then you should join one where it is not only considered right and proper, but where facilities are provided for you to do so. That is the Spiritualist Church.

Many have done just this, of course. People have been leaving the halls of ignorance and conjecture and coming to where they can find the answers.

The Spiritualist Church says, in effect: "Don't take our word for it regarding Survival. Come and find out for yourself. Talk to people who have had proof, read about it in our literature and, above all, build your own edifice of proof."

When reflecting on the transition to the other world, it is good to remember that the



vehicle in which we are to be transported to those heavenly realms is with us already.

I refer to the astral body. Every night when we go to sleep we take a "practice flight" in our astral bodies, so that when the real thing, the angel of death, comes along, it won't be all that frightening.

The astral body is a replica of our ordinary one, only very much lighter. Every night during sleep, or under anesthesia, it rises above our physical body.

During earth life it stays attached to a kind of electro-magnetic umbilical cord which anchors it to the physical body. This cord stretches freely to allow the astral body to wander at liberty in the astral world.

Other astral bodies will be encountered. Some of them belong to people, like yourself, in the sleep state, doing a little astral nocturnal wandering. You talk with them before returning to the physical body. Next day you may or may not remember the conversation.

Other astral bodies you will encounter, and with whom you pass the time of day (or night!) will have taken a one-way ticket into the spirit world. They have left their physical bodies behind for ever. Next day you may say you "dreamt" about them.

The possibilities of the astral body have not escaped the Russians. The Soviet scientists do not, of course, call it the "astral body." They refer to it as "an organised body of biological plasma with its own specific electro-biological field."

Using a high-frequency electric current and colour film, Semyon Davidovitch Kirlian, a Soviet electrician from Krasnodar, has been turning out photographs of the astral body.

One can imagine the interesting possibilities of espionage if a clever, invisible "organised body of biological plasma" could go snooping around the enemy's military installations and then report back to Soviet Intelligence!

You can read more about Russia's psychic researchers in a book, "Psychic Discoveries behind the Iron Curtain," by Sheila Ostrander and Lynn Schroeder.

You might wonder what all this has to do with proving Survival. Surely the astral body might be considered as a lifeboat. Sometimes the lifeboat leaves the mother ship on exercises, just as the astral body takes off into the etheric world when we are asleep. If the mother ship should sink, we can bundle into the lifeboat and survive the event.

Maybe a butterfly and chrysalis would be a better analogy. The leaf-bound caterpillar crawls into the chrysalis and "dies." Then it

emerges as a beautiful butterfly and flies around in another dimension.

I wonder if it ever remembers being an earthbound caterpillar? I wonder if it ever manages to communicate with its lowly brethren and tell them of glories to come? And I wonder if that hairy, green blob on the cabbage-leaf would believe the butterfly if it did?

The caterpillar can't practise being a butterfly before the time comes. But you can practise being a spirit entity every time you take off in the astral body for a nocturnal trip, so that when the silver cord finally breaks and the golden bowl is shattered, you will be an old hand at the game and the transition will be easy. Migration to a new land is easier if you've been there previously on a holiday.

And it's easier still if you've been in contact earlier with some of the residents there. That's what the Spiritualist Church does. It puts you in touch with some of the inhabitants of the Spirit World. On the other hand, the clergy of some Churches will tell you that heaven exists, for sure. But it's only for some special people (by implication, 'me and my friends') and it's wrong to make any enquiries about it or about its inhabitants.

So when you ask for facts you are given fables. When you say you desperately want to know, you will get a verse or two from some chapter or other. When you implore that suave young man in the clerical collar for just one item of proof, he will look at you reproachfully and murmur, "Have faith!"

Is it any wonder that the shops are full of books on psychic research, and that radio and television are probing deeply into this important question? People have stopped asking the clergy these vital questions for one very good reason. In most cases, the clergy don't know. Maybe a text from that Book under the young priest's arm would illustrate the point: (John 6, Verse 39):

"Can one blind man be guide to another? Will they not both fall into the ditch?"

So my advice would be—keep asking your questions, but ask them of the right people, in the right places, and then you can repeat those revealing words to be found in the third chapter of St John, verse eleven:

"In very truth I tell you, we speak of what we know, and testify to what we have seen!"

### ANOTHER READER

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*A Spiritualist explained the significance of this extraordinary vision which changed two lives*

# When I saw the Golden Fleece

by W. WALFORD DAVIES

WHAT does it mean to live in the country? More particularly, to live in a Tudor house, 500 years old, right in the heart of a small picturesque hamlet, six miles away from the nearest town?

The house stood in 1¼ acres of mature grounds with various outbuildings. There was a pond encircled by large willow trees, lawns, flower beds, and an orchard with a summer house, stable and a large timber garage. The property was of historical and architectural interest and approached by a long gravel driveway.

To add to its natural surroundings, the cottage had many fine exposed oak beams and studwork together with some very quaint windows and an ornamental thatched roof. An enormous Suffolk brick fireplace with massive oak bressemer beams stood in the middle of the cottage and provided inglenook fireplaces for the dining room and lounge.

The whole of this property was surrounded by empty drainage ditches, in some places eight feet deep and six feet wide.

Was this a dream cottage, something one reads about in glossy magazines, or an expensive calendar picture produced by a multi-million pound combine? Was it a vision by thousands of town folk as their heavenly abode on earth, on retirement?

It was not a figment of the imagination, but a place I had actually acquired for my wife and me on my retirement, an escape from the rigours of business life and enclosed atmosphere of our large modern town house.

The very thought produced gasps of delight. Paradise! Far from it, as you will see as I proceed with my somewhat unique experience.

This abode was bought at a time when prices had risen to the highest peak. In common with valuations of "desirable properties," it appeared to be a sensible purchase, a futuristic appreciating asset, a potential gold mine, according to the "experts."

We were assured that we, as ordinary citizens, would never suffer the common anxieties about the safety aspect of this secure investment. I inquired from neighbours if

there were any hidden pitfalls about this property, but I came against a wall of silence.

Months later we obtained from a reliable source that they wanted professional-type neighbours, and not wealthy scrap iron merchants who would deface the landscape.

Members of the building fraternity were soon employed to repair and to restore the residence to its original structural state. Building costs, however, had escalated. The "experts" were, to say the least, wildly adrift in their estimates.

Because of illness, I could not supervise the work done from day to day (or indeed from night to night) which gradually had a crippling effect on our finances. We were then acutely aware that powers of resistance in the most resilient of humans can be gradually worn away.

We lost control of the delivery and use of materials. Most of the work was abortive. In this agonising situation building progress was hampered by torrential rains which continued day after day, week after week, and month after month.

The house and premises became saturated. The ditches surrounding the premises overflowed. Rain found its way through the thatched roof, down the chimney stack, into the rooms below. Water suddenly and mysteriously erupted through the floors. Torrents, like rivers, came rushing towards the front porch.

"Experts" were quickly consulted, but with a fatalistic shrug of the shoulders left us in a state of bewilderment, anxiety, frustration and fear. We had experienced the worst rain storms in living memory. Crops failed; many East Anglian farmers faced ruin.

Human aid was non-existent. One became helpless, laden with grief and despair which

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inevitably are unbalancing forces that incline one to do dangerous and fatalistic acts. Our reasoning became impaired to a significant degree.

After these expensive repairs and renovations had been completed, I was plunged into a state of financial chaos and embarrassment. I was compelled to put the house on the market and move, preferably to West Wales.

The property was advertised in various newspapers for eight months. There were no genuine inquiries, merely sightseers and "sharks" who wanted it for a give-away figure, and inquisitive locals who had no intention of buying.

Time and again our hopes of disposing of our property were dashed. We were forced to make a drastic reduction in the asking price. These incidents, however terrifying, were not the end of the story. There was worse to come.

I was losing weight rapidly. Due to constant pressure from my wife to consult a doctor, I finally agreed. Having explained my symptoms in a somewhat quaking and shivering voice, and after answering a number of questions, he diagnosed cancer. Immediately he arranged on the telephone for a specialist at the local hospital to make the necessary X-rays.

This "bombshell" news brought on trembling of the limbs, as in paralytic afflictions. I arrived home in a state of mental instability and anguish, particularly when I had to convey to my wife the sudden and somewhat dramatic arrangements which had been made between the doctor and the hospital.

My wife had been in bed for about six weeks and could be described only as a Belsen victim, having lost three stone in weight since our arrival at the "dream" home.

After about seven days of acute anxiety I was summoned to hospital for the necessary X-rays which took about 4½ hours. But I was told the result would not be known for at least another ten days. This waiting period was like a thousand years.

At last a letter arrived at 7.15 on a Monday morning. The specialist would like to see me at the hospital to discuss the result of his examination of the X-ray plates on Wednesday of that week. I took the letter upstairs to read to my wife who was still very ill suffering from rheumatoid arthritis.

At six o'clock on that morning (five hours before the hospital appointment) I was lying in

bed, wide awake, when suddenly I saw suspended in mid-air an outstretched yellow-white skin, the smooth side facing me. It remained in that position for several seconds, then disappeared as suddenly as it came.

I was quite calm and cool despite the fact that this "visionary" object was my first experience of a somewhat mysterious, spiritual and apparently supernormal form.

I am a believer that behind the events of a human life there is a pattern, a purpose and a design, and whatever agonies it inflicts on us in a life of intolerable chaos there is a divine order.

This experience will never be lost on the canvas of my memory, but at this stage the vision was still a mystery. The next episode was of paramount importance to two very sick people.

My car was being serviced. As I had to get to the hospital we resorted to the "thumb-a-lift" method of transportation in the road directly opposite our front driveway. There was no bus service from or to the village, neither was a taxi available.

You will observe that I wrote "we." My wife was determined to accompany me on that mission, despite her physically deteriorated condition. A number of cars had passed us, ignoring my upraised thumb! At last one did stop.

I explained to the driver the purpose of my visit to the hospital. He was pleasant, attentive, sympathetic. I sensed he was a religious man. My belief was confirmed when he suddenly exclaimed, "I am a Spiritualist." This, surely was my opportunity to relate my experience of seeing the "skin-like object" at six o'clock that morning.

What a channel of communication! Without the slightest hesitation, he said in an entrancing, rapturous voice, bordering on a state of extreme delight:

"You have seen the Golden Fleece. You are the most fortunate man alive. In all probability you are the only man on earth who has seen this visible spirit in the shape of a lamb's skin." Then he added: "You need not worry about your suspected cancer. You'll get a clean bill of health."

These words made a deep impression on my mind. His forecast subsequently proved to be accurate. The specialist finally announced in a most reassuring manner that I did not have cancer or any other serious disease.

I rushed out to the reception room and broke the good news to my wife who, by then,



was in a state of feverish anxiety. The therapeutic result on her nervous and physical state was unbelievable; she became transformed.

At this juncture, the aim of my account is to establish and prove the significance of but one single aspect of communication from the Beyond, as symbolised by that vision. This is the only way I can account for the strange phenomenon.

Let me hasten to add that the stranger's predictions have proved beyond a shadow of doubt to be uncannily accurate. A further example of this good fortune was the disposal of my premises within a matter of weeks of this remarkable sighting and, immediately afterwards, to acquire a delightful bungalow in a superb setting, a few hundred yards from my birthplace.

My wife and I are now completely restored to our former state of health, happiness and, indeed, prosperity.

We have also recouped the financial losses sustained in the purchase and renovations of that Tudor residence. In addition to this narration of past incidents I have been asked, as an artist specialising in portraits, to portray the Golden Fleece on canvas.

Most people are of course aware that the Golden Fleece was first mentioned in Greek mythology. This painting of my vision in art form has given me pleasure and satisfaction in abundant measure. I sincerely hope and pray that it will have a beneficial and lasting affect on all those who see it.

## Dear Sir . . .

### Joan of Arc was psychic

RELATIVE to R. R. Stanley's comments (December issue) on the first instalment of my article, "What happens after you die," I thought the story of Joan of Arc was too well known to need any reference. However, if it may help historian Maurice David-Damac, here is what those in the unseen world tell me.

Firstly, she was burned at the stake.

Secondly, she was psychic and had visions.

Thirdly, she was the daughter of a farmer whose name was Armoises and lived in a village called Fellers near Rouen in France.

Obviously, the genealogists are confusing her with another girl with the same name who may well be related to royalty.—Gordon Charley.

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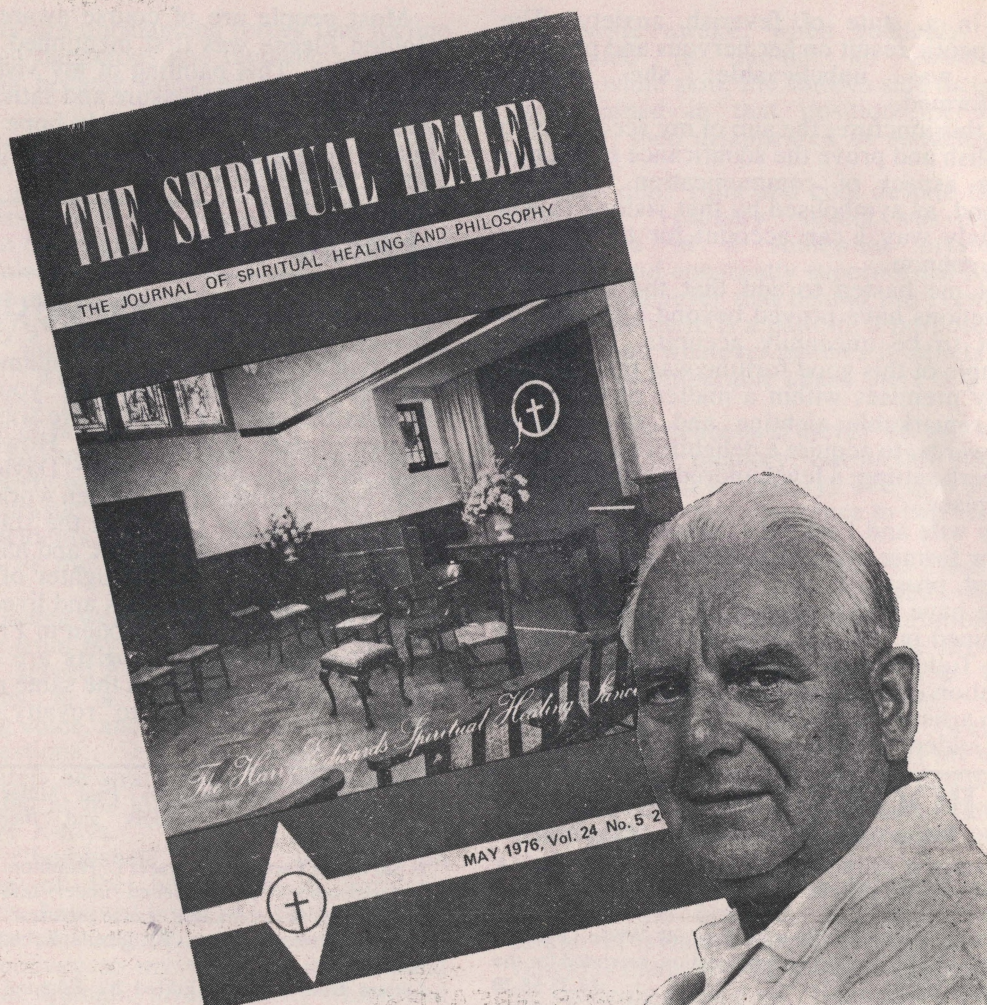
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