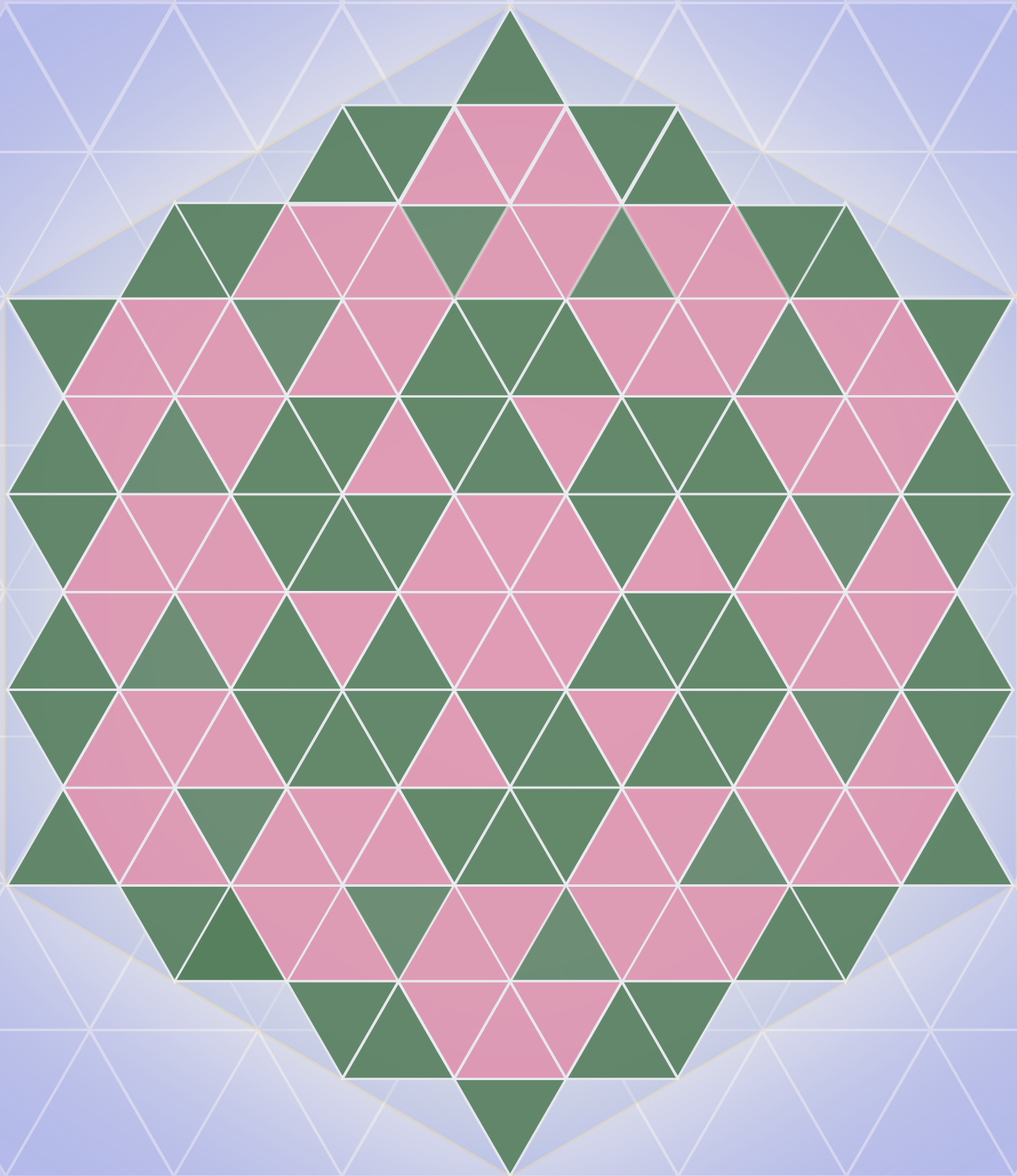


# Connecting Heaven And Earth



By the White Brethren



# *Connecting Heaven And Earth*

*By the White Brethren*

*Recieved and compiled by  
Jabeen and Barry*

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# Contents

<i>Acknowledgements</i>	8
<i>Dedication</i>	10
<i>Prologue</i>	12

## *Chapter 1*

---

<i>Overview of the inter-relationship between all life forms</i>	14
· <i>What to attune to</i>	17
· <i>Ancient wisdom returning</i>	21
· <i>Bridging Heaven and Earth</i>	21

## *Chapter 2*

---

<i>Relationship between the species</i>	24
· <i>The purpose of connecting with others</i>	26
· <i>Communing with positive role-models</i>	28
· <i>Relationships between higher species</i>	29
· <i>How to commune with fellow beings harmoniously to access greater Light within</i>	31
· <i>Unity between beings</i>	33

## Chapter 3

---

<i>Inter-relationships in all circumstances.</i>	38
· <i>How to keep your connection to the Light within and the earth plane in different circumstances</i>	39
· <i>The changing nature of Earthly realities</i>	42
· <i>Spiritual pathways</i>	43
· <i>Clear communication</i>	44

## Chapter 4

---

<i>The Heavenly kingdoms</i>	48
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## Epilogue

---

<i>By Jabeen</i>	53
<i>By Barry</i>	55



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## *Dedication*

*For their immeasurable Love and service to humanity, this book is dedicated to the White Brethren with all the love we have now and with the greater love we will have as a result of the Sacred teachings they have given. Thank you for all you have given to the Planet for aeons.*

*A special mention to our stalwart and impeccable guide and friend Archangel Michael for his tireless work, especially at this time of the Planet's growth. We love and appreciate you greatly.*







# Prologue

*By the White Brethren*

*All you are hearing through us is of the Spirit and although our words are given in a format which may be relayed by word of mouth, by paper and pen, it is not to focus upon the words that we speak, but to attune instead to a higher realm and be guided by this.*

*These words are not appropriate for repetition to your fellow beings if they are not attuning to this consciousness. They may find them somewhat difficult to digest, to absorb within themselves. You must be mindful to do this, to be centred within yourself when attuning to us and these words that come from us.*





# Chapter 1

## *Overview of the inter-relationship between all life forms*

*Connecting Heaven and Earth is a book about the connection between the spiritual realm and the earth plane and the resultant energetic consequences of bringing the two together to create harmony and balance within. You are all part of each other to such an extent that when you are inter-relating through a connection of oneness from the Source, it takes precedence over all things of the earth. It is a powerful place to be in, this level of attunement with all living beings. Balance to the people of the planet is restored by direct communion with the Source of all things and in this way the Light of Oneness is transferred and made available amongst all beings.*

*You are each here to perform a function, a purpose that is predetermined and through this you realise your Selves as part of the light of Oneness and recognise this in each and every sentient being on the Planet. This function changes according to the circumstances you are in and so attunement to the earthly inhabitants and landscape are an essential part of optimally fulfilling your purpose. One's ability to switch function from circumstance to circumstance according to the landscape and earth inhabitants is what determines how clearly one can fulfil one's true Divine purpose here on Earth.*

*The locality at which a particular being may be found, or even a particular species of plant, is governed by many factors, primarily, the being's function in that particular moment. When that function is complete they may be free to move to another locality. In your wildlife there are some species that have been driven to what you would call extinction and yet they are merely in hibernation, for no seed of the Divine may be lost. It may only be stored away until the conditions favour its reappearance and it is the same for all of you, for no quality of the Divine may be lost or driven from existence, only buried deep within, to be re-awoken at the right time when conditions favour this. This is why it is necessary to place yourselves in the right circumstances to experience your varying qualities.*



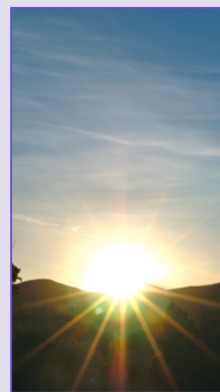
*Attunement to one's essence and the varying aspects of one's beingness is a rapid way in which one may reawaken all aspects of their being. By reawakening parts of the Self that have not yet been reawoken, one becomes more whole, more complete and from this many more opportunities may arise. Many doors will open as your awareness increases and you will be given adequate opportunities to express yourself and the abundance of what you have found within over time. In such a state of beingness one holds greater potential to be of service at any given time than they did before. However, the true consequences of awakening different parts of one's awareness are more far-reaching than day-to-day life and what one says or does. The actual consequences of attuning to those parts of yourself which are Sacred or Divine, connected to the Oneness, is to create a ripple effect, by one's energetic attunement, across the universe and beyond and to magnify that part of consciousness, give it life on earth and therefore, most far-reaching of all, enable you and others to overcome obstacles on the earth plane using a higher awareness in everyday life.*



*We will talk now about the importance of attuning to one's own inner nature, for through this all may be found and all else may be made manifest here on Earth. One's inner nature is that part in one's Self that is Divine, connected to all that Is - formed and That without form - the Light of God that is as yet unmanifest, available to each of us to access and be nourished by as a plant grows using the sunlight. However we are all unique, and it is in this uniqueness that we prosper together rather than as separate units because when we are one, united together by our connection to Source Love, then we harmonise, blend together and create a new wondrous energy that is more whole and complete and attuned to the different Rays of God's Light. It is only then that we sample the delights, experience it in our physical bodies, of the Oneness of the cosmos and know it to exist here on the earth plane.*

*There are many consequences to this that as yet cannot be seen in your present state. When you all stand as one, interconnected by the common strand of Light within, that which is connected to the Divine, is part of all that Is, this, your true essence of Light, is the way forward for humanity. It is to attune to your own inner nature and through this to find your interconnectedness with all living things; plant, animal and other humans.*

*Flower essences are derived from the Source of all things, so contain this spark, this seed of Life, within them. However they are containing of only certain essences of Life. They do not encompass the whole of consciousness. What we are seeking to do is unite all of consciousness with one another, not simply parts of consciousness that you currently desire and that serve your needs in this moment. For when you are whole and complete you have many elements at your disposal and you may be flexible in your approach, cumulative in your efforts to unite all beings. So what we are seeking to do is for you yourself to make this connection between all that is here on Earth and all that is on other realms, that which you may call Heaven, and unite the two. And this is done through this essence of Light within. For through this Light you may attune to all other beings, yet we say again, first you must attune to yourself. You may practise attuning to different parts of consciousness whilst reading these words in this book. When one is well practised with this they may attune to any part of consciousness instantaneously.*



*As you walk on the earth plane everything is as it needs to be. All that is needed is found at hand, it is a case of attuning to what is necessary in each moment. When you are walking with Spirit, it is noticeable to see the difference in your experiences in comparison to times when you are not walking in unison with the spiritual bodies. You are accustomed to walking without such awareness at times. We are bringing to your attention a facet of living with conscious awareness and that is to regard every moment as a Divinely orchestrated one.*

*When you are with another being you may attune to one another, know yourself to be a part of one another and merge in consciousness and in this way you will be exchanging information, knowledge and feelings. You will be attuned to one another, you will work as one, you will know each other as a part of yourself and you will see no separation.*

## *What to attune to*

*There are many aspects of consciousness that one may attune to and it is through this attunement that one may fully know oneself. For it is in the choices that you make that you know yourself. One who, for example, chooses to attune to the angelic realm is of an angelic nature to make that choice. One who chooses to attune to the plant and animal kingdoms has a strong affinity for that realm. One who chooses to attune to the White Brotherhood is of that resonance and nature themselves. So we may learn much about ourselves through the choices that we make and you may attune to any aspect of consciousness and creation.*

*Through the Divine Knowledge that we share, our intention is to show you the way to decide which aspects of consciousness you would like to be attuned to and show you the way to do this. For you may be a part of the purity of God's Light in all ways if you so choose and this is the choice we hope that you will eventually make.*

*It is a time of awakening at present, a time of great change, a time when all that has previously been done in a particular way will change and be much simplified by the new knowledge; or the ancient knowledge that is coming in again and making itself known in various ways, including this book. So it is a time when we may walk forward with greater ease where we do not need to struggle against the energies, the darkness that may be present within us and around us, for our lives are simplified by the Light, by the Light within. This Light within may be accessed at any time, at any point, through our own connection with the Divine. In this way the Light is nourished, made stronger, made to shine brighter in the world that is often in darkness.*

*Now this Light may be nourished further by communing with other beings who are present on the planet who are well-nourished themselves in this aspect, in the Light that they hold. This is why many flock to Masters, Gurus, yet this Light is held in perfection in each aspect of creation that is unhampered by the consciousness of the collective. You will find this amongst the kingdoms of plants and to a certain extent animals. Animals are greatly affected by the energies of the collective; although in essence, as with all beings, they hold the purity of their Spirit. However besides this animals are still innocent in many respects for they are not governed by free will as we are. The plants in the natural kingdom are very much directed by God's will.*

*Although they are affected by changes in climate, altitude, all these earthly factors, essentially, in their beingness, they are not affected by our consciousness, they merely live within it. The behaviour of an animal on the other hand is affected to a greater extent by humans and in the case of an animal such as a cat or dog that is in very close contact with humans, they will take on the behaviour of their owners. So this is the difference between plants and animals that we are talking about.*

*In the wild the natural kingdom is very much untouched by humans as contact is minimal so the essence of the creation in that habitat remains untouched. So when one is to attune to the natural kingdom it is important to choose which aspect to attune to, for a plant in the wild will be different to a plant that is cultivated in a garden for example. A plant in the wild retains all of its natural essence for it has not been tampered with by humans. Take a walk on the wild side, and when you are communing with the wild and the free, you are taking in this energy within your being. When you are attuning to this energy, you are attuning to this essence within your being so it may be brought to life. You may then be freed up within yourself instead of being cultivated, sent in a particular direction that may serve the needs of a few or the demands of a population that is governed by systems not created by the Divine.*

*The same goes for animals, for when you are attuning to the Spirit of an animal, of a leopard for example, a leopard in the wilds of Africa will be different to one that is cultivated in a zoo. The consciousness will be different. In a zoo a leopard may feel frustrated and angry and in the wild it is free and it is governed by its instinct, the instinct that you are trying to connect with when you attune to it. It is the same as when you attune to a Master, you are attuning to a greater purity of Light than if you*



*were to attune to an old school friend, perhaps one you did not even like much. There is a difference in attunement with love. For when one is to attune with love they are attuning with the essence of the being. There is attunement in varying ways, one of fear, and this may apply to an old school friend who you felt envious of or perhaps a little frightened of in some way. It is a different quality of attunement. This is also why it is good to attune to the wild, or the untouched by man, for there is a different quality present, one which is not personalized by your experiences that may have*



*happened as a result of being forced into a particular situation, for it is unlikely to have been the case with a being that has largely been untouched by humanity that you would have had contact with it that was imposed on you as it may have been with certain people or other beings around you.*

*We wish to talk about one's native landscape and its affect on one's personality, one's inner growth, one's ability to connect to different parts of oneself. What we are discussing is one's ability to attune to one's inner essence, to be encouraged in one's attunement by the native species in their tribal landscape; that is the locality they happen to be in at any given moment. This is important for us to discuss because it enables one to receive different information according to one's purpose and one's attunement to that. In attuning to one's purpose it is important to remember you are not only affected by those around you but also by the native wildlife, trees, agriculture, inhabitants of a nonhuman nature. You can attune easily to those you have around you, your family members, close friends and be influenced by these energies. You compound yourself in a certain way of living, of acting when you are attuning to these energies. You are expanding your horizons when you attune to something far wider in scope and will surmount the limiting factors of your close friends and extended unit in this way.*

*We will give an example, when you are boxed in to a certain framework such as a Masai warrior and you wish to be a tribal elder imparting wisdom and not fighting, you attune to a different part of yourself, expand your horizons by attuning to the landscape and impart your truth according to this. This is one example we are giving to you.*

*When communing with the natural kingdom, you are investing some energy to know that you are a part of this. We will give clarity into this and how you may conserve your energies and be part of a larger consciousness than your own. For you are not realising how easy it is to become part of all things that are seen to be separate to yourselves. You do not need to invest a large fraction of time in communing with the natural kingdom. It is simply a case of believing that you are able to be one with all things in the present moment. Do not doubt your ability to know yourself.*



*If there is an element of fear with what you are attuning to, it is better that you do not attune and that you gather energy from other sources until you feel ready, until you feel able to attune with love. So it is the same with people, if for example you have much negativity towards someone, it is best you keep a little distance and that you first incorporate more love into your being and then you may approach that being with love and greater understanding for with that love you will see more. It is the same with all beings and all of consciousness.*



## *Ancient wisdom returning*

*We would like to say a little more about the dawning of the New Age, the time when you will all live in peace and harmony with one another. This marks a time of major changes and awakening. Through this awakening much will be rediscovered, that which was previously hidden from your awareness through the density of the Earth plane you have been living in. Although this knowledge has always lay present for you to find, it was not conducive to your purpose to rediscover it since it would have resulted in major shifts in consciousness that would have affected the masses in ways you can not comprehend as yet.*

*The collective consciousness is affected by all the knowledge that is known by the masses, that is localised in their awareness. Even knowledge that is in the awareness of a few does have an effect on the collective in great ways. If the collective is not yet ready for such leaps of consciousness, then to make knowledge known which was previously kept hidden from the masses may have a detrimental effect on the civilisation you are living in.*

## *Bridging Heaven and Earth*

*You must find a way to distance yourselves from all that no longer serves you. Addictive personality types may be seeking to find new ways of attuning to their surroundings without the need for drugs and alcohol, this too you may find with our method of attunement to both the heavens and this plane you exist on. To do this one must be willing to shed the layers of division within one's being to the essence and in this way one may be able to find relevant sources of nourishment for the spirit here on the earth plane.*

*You may wonder across to the heavens when you gaze at the Lily. Or when you attune to the Orchid you may lose yourself and be captivated by its awesomeness, just as you would when you gaze upon a fellow human being and be captivated by the beauty before you. Or the nourishment you may find when you are absorbed in an activity of your choosing where you may display aspects of the spirit. You may have previously been finding such fulfilment in an activity of your choosing that may have led to the degradation of the Spirit, such as drugs that may lead to an altered state of consciousness and also induce episodes of paranoia and paranormal sightings; ones that do not nourish the spirit.*







# Chapter 2

## *Relationship between the species*

*This chapter that we are commencing is about the relationship between all other species and the human race. The human race is comprised of singular units each equally capable of attuning to the rest of creation. Other species are not capable of doing this in the same way. What they are able to do is to commune with you to varying degrees, come into an already established energy field and operate within this, in attunement to the energies in that field. However, what they cannot do is to attune to another species like you can and establish a rapport based on a common kinship without the assistance of humankind. Within the animal kingdom it is commonplace to observe kinship between species, however what they are doing is identifying with their relatives (the other species) in exactly the same way as they would to their own kind and not taking into account differing factors. They are not directly attuning to the other party, instead they are assuming the other party to be one of them and extending their instinctual response to another kind. The human species is able to attune to another kind directly and accordingly adjust their energy field to incorporate higher energies that may direct the course of their actions with the life form they are in communion with. This is the distinguishing factor between your life form, human kind, and other species.*

*The plant kingdom is different to the animal and human kingdom in the way that they merely live within the consciousness co-created by all of humankind. They are not affected by it in the same way animals are; they hold a consciousness that is unique and pure in its attunement to the rest of the cosmos. For this reason you are able to extract a far broader consciousness by communing with a plant than simply the habitat that it happens to be growing within. It is useful to commune with the natural plant kingdom on a regular basis in order to commune in a grounded way with the rest of the cosmos, since it is through the plant kingdom that cosmic consciousness is implanted onto the earth plane and made easily available for communion with. If you are to gaze upon a flower of any kind, you may extract from it a consciousness beyond*



*the current level of understanding by the collective of the human race. The plant species you are in interaction with is governed by your desire to commune with particular plants. You will not be in direct communion through your awareness with those plant species of a genotype (genotype is a particular plant of a particular nature or origin that is categorised by its particular configuration) that is currently unfamiliar to you. Therefore a plant species that you have not come across before is able to incur to you a new dimension/facet of awareness if you commune with it and allow it to infiltrate your awareness.*



*The different species of plants and the animal kingdom at large are all in essence as closely attuned to the heavenly rays as that of the earth, and therefore incorporate as much as possible of these heavenly rays within the essence of their structures. The highest rays of cosmic awareness come into being when one is able to incorporate higher levels of wisdom into one's structure as some mammals have done. The degree to which one's individual essence may come into being is governed by the degree to which one is in communion with one's essence, the degree to which one has incorporated higher energies in this and previous incarnations and the degree to which one attunes on a daily or regular basis to this essence. If one is not in attunement with their essence then one will not be knowing of it.*

## *- Stages of Evolution -*

*The stages of human evolution commenced with a species that was similar to yourself, well attuned to our level of consciousness, and it was through these means that you were able to evolve into what you see today. You did not evolve from monkeys, nor from chimpanzees or gorillas. You came about through the evolution of a particular species and it came about from attuning to a greater awareness, field of knowing. You were able to by-pass all other processes through these means of communicating with the higher realms. There are two things that govern who you are today, firstly the energy of creation that passes through you to bring healing and governs your understanding of what you see around and secondly the created collective environment that you call your civilisation which too governs the speed at which you all evolve.*

*We must differentiate between those you would classify as of animal origin, primates, and those you would classify as belonging to your race. There is a subtle difference between what you would call a primate and one of your kind and that is in the evolution of what you would term memory. You are able to remember and therefore know a far greater amount than your relative, which is an advantage when it comes to the evolutionary power the human race holds. The subtle difference between you and primates is in the aspect of consciousness known as the cerebral cortex, which is capable of knowing a far greater amount than your relative.*

## *The purpose of connecting with others*

*We wish to speak about the interconnectedness of all living things, how one thing depends on another. According to one's prior awareness of this interdependency one is able to travel to greater depths of understanding, which may lead to extraordinary results culminating in a hybrid of resultant energies being created through the unity of Light. There is one factor you must take into account when establishing connections like these, it is how well you are aligned in vibrational frequency. In order to establish a connection that is both harmonious and complementary to one's purpose in being here today you must be willing to seek out complementary energies that too thrive on the interconnectivity on which Life is based.*

*There are two further factors to consider in harmonising one's energy field to another party. It is the kingdom to which the other party belongs to as well as its ability to reproduce, that is to recreate, similar energies in other parts of the cosmos. The second point will need further explanation and it is along the lines of when one has a similar energy field to your own, you may establish a connection, a rapport it is called, yet it is unique between the two individuals and does not mean it can be recreated in other parts of the cosmos. Whereas if you are to connect with a being say of a disharmonious energy field and harmonise its energy field so it is one with the cosmos then this may be recreated elsewhere further afield so it is a more harmonious interaction. It is therefore more harmonious to connect one's energy field with those who are seeking to renew that connection to the cosmos since it may then be shared amongst many.*

*When you are attuning to say a giraffe, a fox, a labrador puppy or even an alsatian, you are joining together, becoming part of this life form and you are experiencing a connectivity between you and the other. In this way you are acknowledging a commonality that may serve a higher purpose. This commonality is influenced by one's attunement to that particular life form. In your awareness you may carry a vast array of knowledge pertaining to that particular specie, that life form you are interacting with, be it a plant or mammal or amphibian or protozoa - different types of life forms. When the commonality is based on a heightened awareness of what you truly have in common, which is Love, be it a particular expression of Love, or simply Love itself, you are adjoining in this capacity and allowing your Love to flow to the other and this is creating a vibration of harmony and unity which may affect others in the surrounding area.*

*The higher purpose we are referring to is that you may join with another in this capacity and bring into creation a oneness that will affect all others, not only in the area that you are in, but in the collective cosmos. It will infiltrate all areas of conscious awareness and bring a unity to other areas of life which you may not be aware of that are in need of healing. This is one's highest purpose, the higher purpose of all Life, which is to connect, adjoin, create harmony and balance for the rest of creation to feed off.*



## *Communing with positive role-models*

*We wish to talk about the interconnectedness between heaven and earth in the context of like-minded beings that encompass many of the qualities that you are searching for within your own essence. For example, if you happen to come across a person of like-minded awareness to yours who is also able to communicate vast information in a concise and clear way you will quickly acquire these qualities because you are identifying yourself with a conscious awareness to this aspect of creation so you can quickly embody the characteristics you would like to grow and nourish within your very own essence. This is the beauty and scope of identifying with like-minded souls in order to cultivate a much greater scope of reality.*

*First take the example of yourself sitting with someone you have a great respect and admiration for in what they have cultivated within themselves, this could be a colleague, a central figure around the globe such as Amma, Mother Meera or Mother Theresa or a great artist such as Sting. As you sit with this person ask yourself which quality you would like to cultivate and sit with this notion in their presence and allow all they have attained in this capacity to infiltrate the very essence of your consciousness in this present moment. When you feel ready, disconnect yourself so you are back as your own person in your own right and awareness and reflect upon your experience.*

*Seek to cultivate this awareness, that you may embody what you seek. It is not possible to feel jealousy or envy when you are aware of this.*

## *Relationships between higher species*

*What governs one's ability to truly interrelate from a place of oneness, without altering anything about their true state, is to recognise you have two things in common with each one whom you relate to. The first, not necessarily the foremost, is to be aware of total union within your essence with the other life form. Lastly it is to recognise your true form as being part of all that is beyond all other matter, you are part of the infinite Source of all physical matter and the Divine Light is all pervading and is not exclusive to only you, therefore you recognise the Divine Light in the other you are communing with. There are two species that are equally capable of recognising this, the first is humankind and the second are a more advanced species who live at higher altitudes, they are unseen. They are akin to you in many ways, however they also have the ability to create sentient beings. They have created you and work on high altitudes of awareness, much higher than even us, the White Brethren, to bring God's Grace to all beings. They do not know everything about all the universes in existence, however they know you and me completely. They know all that governs and affects all sentient beings. They know everything there is to know about our lives and that is all you need to know about who they are at present. They know who you are, you do not need to know who they are unless you wish to know more. Explore this in greater depth if you would like to. Our words are only a signpost to greater truth and knowledge.*

*We wish to speak about the connection between different species from elephants to horses to sheep to lizards to fish. All these species form a range from the most simple to the most complex and the hierarchical ordering of these species is just a symbol of the complexity of each one relative to the other. The level of awareness is a measure of what makes one more complex. The true nature that governs whether one is of a higher nature is one's ability to commune, to interrelate with other species, not just to each other. So when an elephant interrelates with a human being there is a communion that is of a higher nature than simply animal instinct, which may be to hunt for food or to seek water. What you are seeing is an ability to understand, to comprehend a more far-reaching and all encompassing power that comes from our communion with a higher source of energy. It is one's true ability to commune with this source of love that enables one to know one's Self fully.*



*There is one more factor that governs one's ability to fully know one's true nature. It is this ability to interrelate from a place beyond one's current level of understanding. An elephant may commune with you and so it is able to transcend its simple animal nature, which may be to seek out sources of nourishment, to nurture its young, to form a community. It is able to move beyond all of these things to be with you in a communion of a higher nature based on love and the sharing of this love, but it is not able to recognise itself*

*in what you are doing, how you are being. It is not able to fully comprehend what you are feeling although you may reach out to it in companionship. This limits its ability to form friendships outside of the elephant kingdom. But you are not limited, you may understand each and every other specie. You may reach out to others and have full comprehension of what they are experiencing by attuning your mind to theirs and acting as one. This is the ability of humankind and this is one we are wishing for you to explore through these channellings so you may comprehend and harness this innate power to bring healing and wholeness, to harness this ability to see yourself in all other life forms.*

*There is one more thing we would like to say about why you are here on this planet trying to do these things. It is so you may know yourself as one with the planet and the whole universe in its entirety. It is only by knowing that you may be one with an elephant, a tree or a flower that you may know yourself as one with the entire universe. It is through your physical form you may harness a true understanding of what it is to be connected to the entirety of life. When you are feeling whole within it is natural to reach out and commune with others in a way where you are connecting with the essence of each one you meet, whether it be an animal, a tree, a mineral. However you are often forgetting to do this although by doing this you can connect to the wholeness within. So when you are not feeling whole, reach out and connect with whatever brings wholeness, be it a plant, an animal, a person, whatever you choose to connect with and the more you do this the more you will realise yourself completely in physical form. This is the way to enlightenment, the only way. Everything you find within will come out eventually and express itself. What we are suggesting is that you wait not for the moment you are fully self-realised to do this, that you do it now and that you use what is outside of yourself to access what is within.*

## *How to commune with fellow beings harmoniously to access greater Light within*

*In times long gone it was a common practice to engage in everyday life and be giving of oneself in order to harness that ability to come from within by connecting to the Light that you see in others. It is not such a common practise now to do this. In these times long gone it was a common practise to commune with fellow beings in alignment with their true nature and yours and the common practice that was employed to do this, to harmonise your energy field with others, was to use Sacred mantras to create a positive vibration around the energy field that was open to receiving and giving out higher energies of growth, optimism, wellness.*

*This was done in such a way as to infuse one's true nature. When you are chanting mantras of a higher vibration you are creating a harmonious energy field around you and this is feeding positive vibrations into the air around you. This is feeding you as well as others and so this is creating a positive environmental field for you to be true to yourself and be able to commune with others in an authentic fashion. It is necessary to employ these methods in this day and age to harmonise your own energy field with the cosmic forces and to create clear intent and vibrations around you that others may feed off and be inspired by so they too may access parts of themselves close to their true nature.*

*We are not saying that there are not other ways of doing this. One is by holding a strong, clear focus on your desired outcome. Another is by handing yourself over to the greater universal intelligence and allowing them to govern your actions and allowing another to come into this and then to feel the flow of the energies with this individual concerned. To do this one must be able to be free of doubts and fears and their own ideas about the situation concerned. It is not so easy to do with accuracy. This is why mantras are such an important part of different practices of different denominations. They are the easiest way to cleanse and purify the mind and allow the gentle breeze, the pure knowing to come to the surface.*

*- Attuning to each other with precision -*

*These are all preparatory phases of what we are about to speak of next. We are all knowing of mantras and their usage and the flow of universal energy through us. There is another part to this that we believe you are not yet knowing of and it is how to use these energies precisely in each given situation. It is by holding the energy field in front of you and then a cosmic sphere that is localised, but only localised in that given moment to your particular energy field so that there is an interplay of your energies with theirs, but it is all relative to the cosmos. It is not governed by you or them. This is easier to say than do. However, there is one thing that may help. It is by focusing on that part in you that is also in them and this is the absolute knowing that you are both here for the same purpose and this is being expressed through them as through you. So what you are expressing is a mirror of their awareness and vice versa so you must be aware of this in order to be fully attuned to the present circumstance.*



*To interact correctly with another human being or a being from another kingdom to yours, you must be willing to put aside individual differences and commune from a greater cosmic awareness and respond to each other from this place of communion.*

*The way to do this easefully is to interact with this cosmic unity at the forefront of your awareness and to respond to them in unity to how you are feeling, in a unified approach. So if you are feeling uncomfortable, you are displaying some degree of unease that they will respond to and it is the same for them. So you are taking into account both your feelings and theirs and not avoiding or dismissing anything you*



*are experiencing in relation to them. This is the cosmic field where one energy meets another and you are made whole through this quality of interacting from this cosmic field of awareness. Without this there is a distinct lack of integrity, of harmony, of wholeness.*

## *Unity between beings*

*We wish to speak about cosmic unity between all beings. This may come about through the unifying principle that you may have unity between whomever or whatever you are in interaction with, be it from the plant kingdom, animal kingdom or protista kingdom.*

*An analogy we would like to give is to put yourself in a place of one who is communing with another type of entity entirely and see yourself as coming together and trying to resolve differences and create harmony by putting together your two minds in such a fashion that together you may come up with a new energy configuration based on unity. This is not done by you alone, it involves the co-operation of the one you are communing with. So it is like this:*

*You first meet and then you stand apart each as you are. This is the meeting of minds with no change involved, simply as you are. Then follow this energy and see what happens. Does it gravitate towards unity and wholeness or do you feel a separation in energies between you. If it happens there is a separateness then it is best to go your own way because either you are not ready to meet as one or the other party is not willing to meet you. You must honour this in yourself and the other party.*

## *- Resolving differences -*

*If you are feeling a reluctance to commune with another plant, human, animal, whatever life form it may be, you may seek to resolve this by yourself, not with the other being, because this will hinder the progress of you seeking resolution. The time to do this is when you are alone and it is a simple practice to follow.*

*Say a short prayer to harmonise yourself with the energies of the cosmic heavens, all the energies that are higher than you based on love and truth, for they will assist you if you call upon them and assist in your evolution.*

*Then call upon your own Spirit to take you further into the heights of knowingness. Then sit quietly, set the intention to commune with every life-form that seeks you out and be as one with all life-forms.*

*Now take the particular life-form you are at odds with and bring it to the forefront of your attention and ask yourself why you are not willing. An answer will come. You may act upon this and resolve differences.*

*To resolve differences in another type of way you must be willing to spend a little time attuning to the one you have differences with and send a Ray of cosmic Light in the direction of the one you are at odds with. Through this channel there will be an outpouring of cosmic information that reaches you and them that brings healing and true resolution in this way. It sounds very simple, although it is not so easy because normally the ones you are at odds with you find difficult to attune to in a true sense as your perception is based on past mistakes, attributes the person may no longer have, past experiences that may no longer be true or may be based on one type of circumstance that no longer exists or only partly.*

*If you are able to move beyond this previous limitation you will be successful, it is a good method to try*

*To act as one mind is a process of growing more and more in your compatibility with one another, it does not come automatically. To be compatible with every life form requires a concerted effort to move beyond previous limitations. You are all able to do this and by doing so you will find wholeness and completion in your life cycles.*

*This book is not about connecting on a superficial level, neither is it about building friendships based on past experiences such as business partnerships. We are trying to convey a higher truth which is you may find wholeness by communing on different levels to that which you have been in the past. A wholeness found by truly connecting with the Source, which is found in each and every being be it from the more simple kingdoms of unicellular organisms to that of the plantae, animalia or protista kingdoms.*





*There are two things one needs to remember when attuning to loved ones, those who one is close with already. That is to firstly take out of one's mind the past experiences with that particular being and secondly to remember the virtuous characteristics of that particular sentient being. This will enable one to remain true to one's own Spirit, to not be influenced by past deeds, neither good nor bad. Both have an influencing factor when considering friendships of like-minded individuals, or simply friendships where there is unity regardless of view points about the world (dissimilar beings who come together as one out of sheer intent to be close to one another and to stay attuned to the Divine aspect within each other). Finally on the same topic, rest assured that your alliances will always be fruitful if they come from this place of pure knowing that intrinsically you are placed in close proximity with everyone you meet to serve a Divine purpose.*

*To commune correctly with another living being one must be willing to put aside individual differences of opinion, of living circumstances, and commune in a manner where you are recognising the individual you are communing with as part of your own tribe. In additon having a resolve to put aside, and ask to be healed, your individual differences and remaining detached from any particular outcome. On this matter it is important to realise that your will is being directed, you are being used as an instrument, as a Divine channel to bring peace, harmonious interchange and to resolve differences by remaining open to what flows through each individual concerned. The following chapter is about the interconnectivity between you and all other life forms through connecting with that part of you that is attuned to all concerned, including you. It will outline how to attune to one's inner nature in each and every circumstance, whether you be in a busy street, a crowded railway station or in a secluded area away from the masses and the influence of them.*





## Chapter 3

### *Inter-relationships in all circumstances.*

*A communion of a higher nature is governed by two factors. One is more far reaching than the other, it is one of the most far reaching principles. It is that you are interconnected to the one that you are coming together with and able to transmit impulses of greater awareness simply by being together, not only by exchanging ideas and information by word of mouth.*

*Your universal intelligence covers a vast array, from cosmic principles that defy space and time, understandings that you currently hold as a race, to smaller matters, interpersonal relationships. You cannot understand the degree to which you are interrelating without travelling further into cosmic awareness and through this you will see a greater degree of universal truth that unfolds. You are able to connect with the flow of universal intelligence and to transmit this through your awareness, however it is necessary to direct your will at the same time in order for the flow to be correct and it is this aspect that needs strengthening so that you can know when to wilfully direct the flow in a particular direction. There are two more things that govern when and how to do this. It is to know when to speak and when not to, what to say and what to do.*

*The second factor that governs a communion of a higher nature is to know that you are all connected to a greater Source and that you can trust it will do its work appropriately if you simply allow it to. To fully trust that the Source will work to bring greater harmony, resolve conflict, bring to you all that you need in relationship to others and to the world at large requires you to know truly that you are a part of one living unit of the collective and that your needs, your desires, your attributes are known of and the flow of universal consciousness will bring to your shore many gifts that you are in need of to maintain harmony both within and with others. To be sure of this is one of the greatest attributes one can have. It is rare to see this. Be as one responsive to the flow of the tides because they will assist you. The waters hold a cosmic awareness so they are a good analogy for us to use.*



*To attune to a higher awareness one must be willing to put aside differences of opinion with other members of the human race and put aside differences with other species. One must truly come from the point of reconciling within oneself that although we may differ on one thing or another, we are all part of the same flow of cosmic awareness and to be a part of this flow is to remember who you truly are, a mere part of the wholeness and also whole and complete within yourself because you may know yourself as part of one another; this makes you whole inside and complete in your awareness of the cosmos and the forces within it. When you are attuning to this part within yourself, the part that is higher than all the individual units, the part that knows everything if it so desires, you are able to reconcile differences between one part and another part and so act as a mediator. It is only by coming from this part that you may do so.*

## *How to keep your connection to the Light within and the earth plane in different circumstances*

*This is an intricate process of learning how to adapt your behaviour according to the circumstances you are in and it comes about by learning how to attune to the essence of each individual species or fellow human being you inhabit the same space as. It is important to remember that your attunement to this Source of nourishment within is kept alive and active by your attunement to the individual(s) you are interacting with. The more you interact with their essence and come from your essence the more chemistry there is between you and you will be able to restore connection to those lost parts of themselves, and then of yourself, by inhabiting this place within and interacting with this place outside of you. The mechanism with which this is done is*

*determined by the environmental factors around you. So if you are in a field of hay then this hay may act as substance to attune yourself to that comes from the ground and is in the local environment. This restores your connection to the earth plane and then you may interact with the individuals on the landscape according to this environmental factor.*



*To restore this connection you must first remove yourself from any other distractions so that you may be in a quiet place within in order to then attune upon the environmental factors such as the hay, the sun, the moon, the various earth inhabitants and then accustom yourself to the energies flowing within and act accordingly. In such a way you will act harmoniously to the environment you are in and not cause distress or confusion by haphazard actions or responses to situations. It is a grounded approach to Life itself that restores one's connection to one's innermost essence. By communing effectively with the outside world you are in fact inhabiting a larger life form which is the Earth itself, the Mother aspect of consciousness. This communion takes practice and its effectiveness is the result of correctly attuning yourself to the environment around you and to its inhabitants.*

*To correctly interact with the human species around you, you must correctly attune yourself to the other earth factors and take this energy within you in your attunement to others. It is not always easy to do this when there is disharmony and stress around you. However it is through this attunement that you will restore harmony to your workplace, your home environment, the space that you inhabit in any moment; a train, a bus, another moving vehicle. To do this correctly, spend time alone attuning to the environment and then take this within you through breathwork or through a moment of visualising this aspect of consciousness flowing through you. This can be done through your intention in the same way and when you are correctly attuned, then go forth and interact and find this place within you to interact from. It takes practise to do this, however your goal is to perfect this art form.*





## *- Interfering Energies -*

*We wish to talk about attuning to both yourself and another who is in close proximity yet being able to put your attention onto matters close at hand. You are often affected by the energies of others around you and because of this you obstruct your capacity to stay attuned to what is at hand, to what is necessary to attune to in the moment. If you are attuning to a rabbit and also attuning to another in a room you are closing off an aspect of this attunement because your mind is elsewhere. To guard against this happening we wish to communicate to you a way of safeguarding yourself to other's energies.*

*Quieten the mind and then say to yourself,*

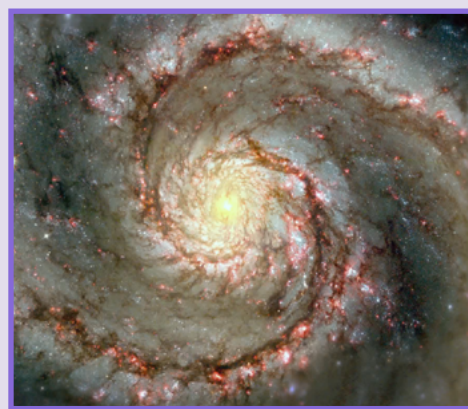
*'I only wish to attune to that which serves me in this precise moment of time.'*

*Do not dismiss others, but also guard against negative interference, interfering energies when you are involved in other activities. Stay attuned to what is giving you Life, not to what is obstructing it. You may clear your subconscious memory by staying attuned to what is right for you to receive.*

## *The changing nature of Earthly realities*

*The changes one experiences on the earth plane are determined by one's current state of mind and orchestrated by one's free will power. This is determined by one other factor, how often one attunes to the Divine spiritual realms and acquires the right energies from these heavenly bodies to orchestrate changes in one's own life and beyond.*

*Changes happen anyway, whether or not one attunes to heavenly bodies, however the degree to which one changes, both in form (in outer appearances) and inwardly, is determined by how attuned one is to the Cosmos, to the Cosmic forces. One's internal wellbeing must be the focus if one is to achieve fullness, universal grandeur and magnificence of the spiritual variety.*



*You must grasp one more fact if you are to rapidly evolve in these times of chaos, strife and mischief, it is to remember that you are a part of the wholeness that is around you. You are one with the cosmic forces and the heavenly bodies that ultimately determine future outcomes and you are a part of all other things around you. Even if they are not wholesome and good, they play a part in your innermost psyche, in helping you to remember that you are one with the Cosmos, that you cannot be broken apart by anything around you, ultimately. Your future outcome depends on this one thought-form within you.*

*Our final topic of discussion is the ages, the new ages, the changes going on around you that are resulting in an amplification of the earth energies and the resultant shifts in perspective. The first thing we would like to say is to become aware that this is going on around you since it will enable you to take appropriate action at the right time. That is changes in your way of living, way of earning money, your very means of survival, whether you need money to live or not, all these things are shifting viewpoints in quite a few of you. The resultant energy means you can live more sustainably without as much interference from negative forces, more independently than before because the more of you who are choosing to live sustainably, the more resources are made available for each of you in order to do this. Finally the new age will bring many new things into your awareness so be prepared for great change and*

*this is by attuning to these shifting energies around you rather than the stagnant ones, to notice when people make leaps forward in their own lives, to attune to those who are seeking to make a difference, by researching resources that will enable you to live more sustainably. All these things create a momentum within you because you are attuning to the changes going on around you. And you must move away from all that is stagnant, not in the flow of these changes if you are to maximise your own growth. Attune to your surroundings in a positive way. Do not ignore what is unjust, what needs to change, however approach it with a viewpoint that you are seeking to make a difference, not with a negative mind-set that this is the way the world is and that it will never change. It is about expanding your viewpoint to maximise change and growth around you.*

## *Spiritual pathways*

*As one moves along the spiritual pathways towards Godliness one experiences changing realities, a purification of the mind that takes place in stages and ultimately one attains the highest state of unencumbered Godliness, that is, to be in total alignment with the Divine Truth with no effort, to be at ease in all circumstances and able to be oneSelf, fully aligned with the Divine Plan for all beings. This takes time and practice and along the path there are many obstacles that deter one from one's true fate, the destined outcome for them and the whole of humanity.*

*What you must bear in mind is that you are all interrelating in many different ways, both on the earthly plane, but also on Heavenly altitudes. The different stages comprise of first becoming aware of your cosmic Self and using this to transcend everyday circumstances. The second, penultimate stage is to become aware of the unity between your cosmic Self and the cosmic Selves of others, that is, to know yourself as a part of the whole. Not simply to be aware that you are a part of everything and to attune to this level - to bring transcendence, greater understanding, greater reasoning and help - but to actually know yourself to be fully part of everything in everyday life. To know that your cosmic Self is aligned with others even if they are not showing it in this precise moment, that is, to know God in everybody and this is a high state to reach; it is known as enlightenment in earthly terminology. However there is a final stage that many of you are not knowing of and it goes beyond this penultimate stage.*

*It is not only to know yourself as part of each other, it is to also show yourself in the guise of the other. This is to take on another's reality completely, in totality, so that you are fully merged to the degree that you know every part of them in each and every part of them. So whoever you are in communion with, you are wholly one. There is no translation needed of what you are saying or doing, of what they are saying or doing, there is a communion that takes place on a deeper level. It is more than wholly knowing that you are one with them, it is the unencumbered experience of it in each and every moment. Even when the other party does not know you, you are able to reach out to them and be totally one and there is no hesitation between you because they are attuning to your energy field and coming into it and feeling the closeness when they are in your vicinity. This is a state one only attains after mastering every aspect of themselves and is totally committed to being part of everything at all times. It takes a refinement of the subtle senses to fully know yourself yet be able to transcend even this to be part of another and relinquish the identity you are holding to be one.*

*After this stage you cannot go any further on this earth plane and then you are complete, fully whole, part of all life forms. You must understand that many of you will not reach this stage; even those who are highly advanced in earth years and spiritual practice will not reach this stage yet. There are so few of you who are ready to become this. Stay focused on where you are, on doing what you need to. Firstly transcending through transmitting the Divine Light of God in each and every situation, then by knowing your connection to others and attuning to their Divine essence. Then will come a time when you fully know this and only then will you be ready to enter the third stage of development of total union with all beings at all times.*

## *Clear communication*

*There are two things governing how easily one may relay a message to another audibly, clear in voice and tone as well as in words, in a way they will understand clearly. The first is by attunement to one's own knowing and keeping this a clear focus in the conversation. The second is even more far-reaching. It is to convey the information according to the energies around you and the other and allow these energies to direct how you convey this piece of information, or even if you do. For example; if there is*

*a person close to you and you have a desire to communicate your true feelings about a particular matter to this person then it is wise to first attune to what your true feelings are about this matter. Then to sit with the individual concerned and allow the energies to flow between you in such a manner that if you are to convey this piece of information at a particular moment, it comes across clearly to the other party, it is fully taken in at the time. It is a rare occurrence that this should be the case because most times the other party cannot access clearly what you are trying to say because the energies are not right within them. In such a case you should halt your speech and stay focused on the other person until the right opportunity comes your way. If it doesn't you should be prepared to relinquish what you have to say, not hold onto it.*

*And there is one more thing we would like to say on this topic. It is commonplace in your society that when you have something to say, to either repress it, hold back, or to convey it in such a way that it is abrupt, grating to listen to and does not sink in readily. A more balanced, holistic way is to be aware of what you have to say, yet wait for the right opportunity and this will come if it is right for you to share what you have to say. Sometimes it is not, because what you have to say is irrelevant, inappropriate, and it is you who needs to listen to access vaster information on the subject matter that you wish to convey your viewpoint on. There is no room for doubt in your mind that you have not spoken when you should have, or vice versa, if you follow this simple rule of thumb and that is to know your own mind and also to stay present to the energies before you.*





*On a broader note, one that is more far-reaching, we wish to convey a greater truth that to speak appropriately takes a lot of commitment to the higher truth of each and every situation and many of you have not grasped how high the truth needs to be. So often what you think of as the truth is simply one version of events and it is important to stay open to another's viewpoint in order to fully understand the universal truth which includes your particular viewpoint. Do not be so hasty to share your viewpoint with others without first becoming aware that you too are biased based on your limited understandings. When you fully understand this you will no longer simply plunge in with your own ideas without first checking out where the energies lie. To share your viewpoint with others enables others to act with more truth, a truth that can be shared with many more, so first be clear within yourself what your viewpoint actually is.*





# Chapter 4

## The Heavenly kingdoms

*This is a chapter about the interconnectedness between us and you, the angelic form above and you who inhabit the earth plane. To be neutral about the circumstances you are experiencing here in the earthly realm is feasible through reconnection with us. We are part of the heavenly bodies, we form a part of the higher awareness that is around you. We are well attuned to the earthly realm you inhabit, as well as the heavenly realms. We connect with both heaven and earth and in attunement with us you align your consciousness with a greater realm of truth. We are a part of all that you think of as manifest and also a part of the unseen realm.*

*There are two things you need to know about attunement with us. We are not like you in that we are not governed by our emotions in the same way that you are and in that there is a knowing that is far beyond a normal human comprehension of the world. Indeed it is only by attuning to us you may come to understand our similarities and differences also. And of course there is a realm beyond even us, it is your own connection to Source, but this comes later in your spiritual development when you are able to attune accurately in each moment to the Source within. In the meantime we are your helpers. Those who are accustomed to attuning to the heavenly realms may become further enlightened through this attunement to us and learn more about the heavenly realms and move further along their path than without us. You are not alone in what you see around you as universal truth. You are surrounded by great beings that see the same as you when you are in harmony with your own spiritual truth and we shall come and assist you to maintain harmony on the earth plane too. So when you are in your own Spirit, we come in support to you. When you are not in harmony yourself, we come to lift you higher above the earth plane. We work in these two capacities only. We are not governed by the earth plane in the same way as you are. We come only to help as avatars of the spiritual realm. You are being guided in your every encounter by your own Spirit and by us and this is your attunement to the heavens above.*

*The spiritual realm is composed of many levels of awareness. The first is characterised by an ability to see beyond the norm. The second is the ability to be composed in any situation through Divine peace, grace, and to become accustomed to this as a usual state of mind, state of presence in each and every situation. The third is characterised by an ability to attune yourself to other people accurately in each and every situation and be like a river, flowing with ease and grace in each and every encounter, to act appropriately with each and every individual. Finally there is Divine union with the Source of all physical matter, with the Creator of all the other realms, not just the physical and this is where you cease to exist as an individual identifying with this physical body.*

*It is not granted for you to disappear on the earth plane, to no longer identify with your own physical body and become fully merged with the universal consciousness, because then you would no longer exist and you would quickly leave the physical plane for you no longer have any function if you are part of all that is without a singular identity. Then you cannot act in any circumstance because you are no longer form nor matter, so this takes place later, after you have left the body and then you may fully merge with the universal consciousness. It is a rare occurrence, even in our world where we are enlightened, for we do not choose this path readily, for then we no longer have a function, being, we have lost our essence, our individual identity and have become part of something much bigger. We only choose this when we feel it is the right time for us and only a few have chosen this so far. Many of us wish to stay individuated to serve a greater purpose, to help one another, to be of service. So do not contemplate the final step until you are truly ready to go to this length, to give up all that you hold dear.*

*Now finally there is another aspect of the heavenly realm, which is God himself. God is a person in some people's eyes. An individuated being that is much bigger than all of us, but still in existence like we are. This is only part of God, the Mother aspect. The Mother is an individuated being composed of many parts and we each make up part of the whole. We may be Her fingers or toes or groin, any part of Her for She is a being just like us. It is difficult for many of you to understand this concept, that She is actually alive, a real person like us with a heart, who feels to the touch, who sees just like us, for you cannot possibly imagine this. That she is made in the likeness of all of you, every single one and She has body parts just like yours. Are you aware of this? It is a strange concept I know and it is unlikely you will ever experience knowing this fully whilst you are in a physical body because you are individuated and it is hard to*

*see so far. But when you are in Spirit like us it is easier to understand, to know this in reality, because you are not as individuated as you are now. The other aspect of God is the Father aspect, which has no form at all; it is formless. It forms the expanse of Life itself, yet it does not exist. Contemplate this fact and you will understand more as you sit in attunement with this Divine piece of knowledge, of factual information given by us.*

*Now when you are in attunement with both the Father and Mother it is through the Mother that you know that you are a part of all things, that you can feel and touch and experience for yourself and it is through experience that you know yourself. It is through the Divine Father that you manage to access greater understanding, a greater capacity to attune yourself to one another. It feeds you knowledge and information. It has no bias towards anyone. It is pure Light Itself. When you are attuned to both these aspects and connecting appropriately to the earth plane you inhabit at the time and it's inhabitants, then you may convey - place into matter - this Spiritual knowledge, energy of Light. It is not an easy process to stay attuned to both the earthly plane and to the heavens above however in time you will master it and learn to inhabit both at once and so fill matter with this energy of Light from above. There are two ways this can be done. The first is through mindful intention to do this in every place that you go, to touch the essence of each and every sentient being that you meet. The second is by allowing this energy to flow through you and to go with the flow, so to speak. Both ways are equally as effective as one another. Sometimes you are choosing to do both. To hold the correct intention, to bring the Light down onto earth and then to flow with the energies around with correct attunement to the earth plane, to the purity of the earth plane. Sometimes you may choose one or the other, but both are correct. Some choose to hold no intent and simply be in the presence of the one mind, with the essence of God itself. We have one more thing to say on this subject. It is to stay vigilant in your attunement to us, to your own Spirit, to the heavenly planes because it is through this that you can master your own true Self and it is through your connection to the earth plane that you can master how to bring your true Self into each and every situation.*



*- Attuning to higher beings and conveying information -*

*When you are attuned to our level of awareness it is possible to convey accurately what you are receiving in a way that is unbiased, accurate and completely accountable for. That is, you can verify the information received through research. This is done by staying alert to what is in your own mind, what is your own know-how and what is coming from us. When you know what your current level of understanding is about a particular subject matter and then you will know what comes from us. What is your current level of understanding about the earth changes going on around you for example, around climate change, about spiritual mastery, about Tibetan bowl playing? We will talk to you about your topic of interest so stay alert to what you currently know and then you will know what comes from us and you can say that you have received this from the great Masters and you will know that this understanding is correct because we will give you a piece of information that you can verify through research. This is a way of mastering your own mind, differentiating it from others, to know your true understanding of each and every situation and then to learn more from others. You will know what you have learnt from whom by knowing what you held true in the first place. Many of you are not able to differentiate your own knowing from others. You must learn more about this by attuning yourselves correctly to the purity of the earth plane you are inhabit because through this you will stay pure in your own Spirit. You will be less affected by the minds of others and this will enable you to receive knowledge and information from higher realms much more easily because the energies around you will stay clear and receptive to a higher exchange of information and knowledge.*

*Matter and Spirit are interchangeable energies. The denser forms of matter are governed by your ability to see them as they are and to not change your viewpoint about what should be where. If you are to shift perspective and change the way you see things, then the energy around this matter will start to change. You may even bio-locate through this understanding that just because you are here in this particular moment of time it does not mean you cannot be elsewhere. You do not have to see things as they currently are. You can change your viewpoint and with the energy created in the Cosmos as a result of this shift of awareness, the created reality will change. We have only touched on this subject. To truly experience it you must research it much further.*

To conclude this final chapter of this book as given by members of the White Brethren, I, Archangel Michael, speak through this channel of our Light - a fellow comrade, more than an associate - a distant but very useful, far-reaching conversation between beings of these high realms in order to convey information to all of you who are inhabiting human form, have earth bodies as well as Light bodies like us. We wish to say that you are all a part of us as we are of you and there are no discrepancies between all of us, there is nothing that we should disagree on, on the highest levels of awareness. We are all part of you and when we speak to you such as we are doing now, by finding appropriate avenues, ways of doing so through each individual unit of consciousness, we are mimicking you and you us. When we work through you we take on your disposition, we combine our energies with yours, you become part of us and we part of you and therefore we are one in our mind and body. So you should see no discrepancy between our minds because we are of one mind and although there may be subjects, subject matter that we differ on in opinion, when we are attuning to you all of this is considered so we are no longer in dispute, rather we are providing an additional energy.

What we are trying to say is that you are as open to us as you allow yourselves to be and sometimes if you are disputing whether or not you should allow us to speak through you, be aware that what we speak will create an energy of peace and harmony always because we are attuning to both pictures, yours and ours. Do not dispute what we are saying to you without first experiencing what we are speaking of. We have covered a vast range of subject matters from attuning to us to different realms, the earthly inhabitants of where you are living right now. Be in both worlds, so to speak, you are a part of both worlds right now.



# Epilogue

By Jabeen

*Working on this book given by the White Brethren has been a life enhancing experience. The channellings in this work have confirmed a lot of my inner feelings about relationships and communing with different life forms, feelings that I would not be able to explain reasons for like they have, however that feel like the right thing to do. I love the way White Brethren have explained so clearly our human potential through attuning to higher realms and I love the understandings they have shared about communing with different beings.*

*I am very familiar with this text now however I feel that it shares consciousness that is relevant to revisit many times over. Some of the information given in this book I did not consciously know, and I have found really interesting to hear and attune to particularly the part about another species of beings that can create other sentient beings from Light. I am also particularly interested in the relationship between Spirit and matter and how matter can change according to our perception of it. It is an area of interest of mine and I will be certainly attuning to this more.*

*I taste the simplicity of Life in the Light, how everything we experience here on the Earth plane is so mutable. It is easy to forget simple truths in daily life that actually everything, the whole fabric of Life, the inter-weaving between all sentient beings is made up of Light and through this we can understand ourselves and the whole of creation. As a human being I feel in a privileged position to have the ability to attune to all of creation and to be one with all of creation.*



*I thank the White Brethren for the great gift of 'Connecting Heaven and Earth' which has helped me to remember my interconnectedness with all Life, reminded me to keep attuning to the essence of all Life and to remember that it is us, human beings, who bring the highest rays of heaven into being on earth through our attunement. This is our gift to the rest of creation and I honour likewise the gift every being offers through their presence here on Earth. It is only by acknowledging each and every sentient being that we can find wholeness within, to know that we are everything and infinite.*

*By Barry*

*The White Brethren uphold in their beingness the purity of the universal truths contained within this text. In working on this project, I have experienced and been touched by the profound wisdom, patience, compassion and love held in their consciousness. To experience another attuning to me so completely, so wholeheartedly and so compassionately is very healing. Through this text the White Brethren have given a means to more intimately attune to their level of awareness through a practical everyday way of life so we may know the Oneness of this level of attunement, to know this as our Self, in this body we inhabit now. They have given us a guide to truly commune, to share with others the healing of this true communion.*

*At times I have felt my own deep inner knowing confirmed, strengthened and articulated in a way that allows me to hold it in the forefront of my awareness and live it more fully. The rest of the time is an exploration into the higher realms of existence and experience.*

*For this text to be available to us in such clear and poignant terms at this time of strife and turmoil is a great blessing. May we take inspiration from this ongoing selfless service to our healing and enlightenment by the White Brethren and reach out to all beings in compassion.*







