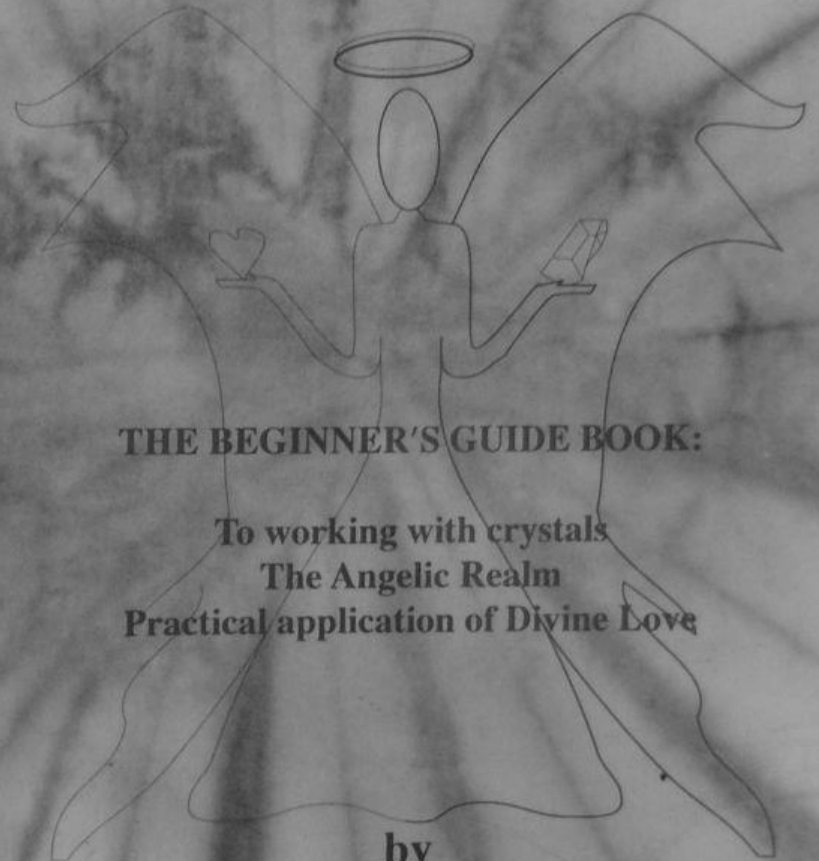


# THE BOOK OF BASICS



THE BEGINNER'S GUIDE BOOK:

To working with crystals  
The Angelic Realm  
Practical application of Divine Love

by  
**Catherine M. Bilsky**

Precipice Press

# **The Book of Basics**

by  
**Catherine M. Bilsky**

**...given to the world as a  
beginner's guide to working with  
crystals, the Angelic Realm, and  
practical application of Divine  
Love.**

edited by Roger Fisher

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## CONTENTS

- CHAPTER 1 Protection.
- CHAPTER 2 Basic communication with the Angels.
- CHAPTER 3 Practical application of Divine Love.
- CHAPTER 4 How to pray and send healing to others.
- CHAPTER 5 What to do with a crystal.
- CHAPTER 6 How to develop your sensitivity using crystals, rocks, and stones.
- CHAPTER 7 A simple way to balance your Chakras.
- CHAPTER 8 How to do a simple working meditation/healing circle.
- CHAPTER 9 How to work with the violet flame.
- CHAPTER 10 Simple way to develop concentration.
- CHAPTER 11 How to bring to you that which you need, (to manifest), or the ten most wanted list.
- CHAPTER 12 How to be happy.
- CHAPTER 13 Illumination.
- CHAPTER 14 Twin Flames.
- CHAPTER 15 Elemental Kingdom.
- AFTERWORD

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The Author is a 38 year old entrepreneur who travels all over the country with her Twin Flame and children selling rocks and crystals. Her traveling New Age Rock Shop has taken the family from the Southwest to the Pacific and Northwest.

The past eight years of Cathy's spiritual path has taken her to Egypt, Mexico, Guatemala, Belize, working with the homeless in Los Angeles, CA., and all across the United States. She spent time in Europe networking for World Illumination Day October 12, 1991.

As she travels she also teaches meditation/healing circles of Light. She has been a certified Neuro-Linguistic Programmer for seven years; a minister in the Church of Radiant Lights; and a Reiki Practitioner.

Her motto is **"Think Quantum Leap - World Illumination Now!"**.

Cathy is available for Metaphysical Rock & Gem exhibits/lectures where she explains the esoteric healing properties of rocks and crystals and people have a chance to purchase at wholesale prices. Please call (310) 455 -3708 or write Cathy Bilsky at 22010 Topanga School Road, Topanga, CA 90290.

## *Chapter 1* *Protection*



Before I share with you how to talk to the Angels and work with crystals, I will teach you a very simple method of protection. You simply visualize yourself in a Bubble of Radiant White Light. When you see yourself or call to your Higher Self to be surrounded in Light, you have protected yourself in the Divine Light of God.

I do this when I wake up in the morning, before I start to drive my car, before entering any public place, before meditating and before I go to sleep. It is something I always do.

By strengthening the Divine Light of God in and around you, negative energy (thoughts and feelings) cannot affect you for it is transmuted into Love as it enters your Aura of Divine Love.

Women must take special care to protect themselves. They are receivers and will absorb energy to a greater degree than a man. There are also many men who are sensitive and the negative energy will pull their usually positive selves into a negative state of mind. Have you ever been in a great mood, then went shopping and become irritable or even depressed? If this has happened, you are very open psychically and are "receiving" everyone's negative thoughts and energies, which brings you down to an unhappy state.

To stop this from happening, protect yourself in the Divine Light of God. See yourself in a Bubble of White Light and mentally call to your Higher Self for the Light to be intensified and expanded around you. There are many other methods to protect yourself. Your own inner guidance will guide you if there will be something else for you to do. Find a method & use it.

Next, we will discuss discernment between God's Angels of Light and Satan's Boys, as there is positive energy, there is also misused negative energy.

When I feel a presence of Spirit around me, I command it to stand in the energy of the Divine Light of God. If I still feel a presence and I want to be sure this is from God, I will call to Michael the Archangel, and ask that this presence around me be removed from my Aura if it is not from the Divine. I will ask this entity if they are from the Divine God and if I do not receive my "chills" as a Yes answer then I assume that this energy is of a Lower Vibration (which I would rather NOT have around me).

When an entity of a Lower nature is around you it can literally drag you down. You will feel irritable, angry, jealous, crabby, hateful - anything but happy and joyful. These Lower Energy forms feed off negative emotions. The more you react in a negative way the more the spiritual energy vampires will be able to feed from that energy you are sending out. By asking God to change this entity's energy to a higher good, you release this entity from its trapped state on a lower astral plane to one of a more divine nature. As this negative energy is released from the Earth to the light - more Divine Light is on the Earth raising the Earth's energy to a higher divine state.

You must realize that a lower vibration entity is one who may have experienced a sudden violent death or someone who had such a hateful life it does not recognize the Light, choosing to stay in its trapped state on the lower astral planes on Earth, at the time of death (transition). So they stay on the Earth plane, attaching themselves to people who do negative things - causing these people to be even more negative. Spiritual entities working in the Light of God would NEVER have this kind of affect on people. Angels and your spiritual teachers and guides want you to be happy and express love, joy, and kindness to others...

*NEGATIVE FEEDS NEGATIVE - POSITIVE FEEDS POSITIVE...* Stop and think - which side do you support and feed with your attitude? If you choose negative please catch yourself and do not let it go on. Start looking for the positive in the situations you are now in. It's there just look. Remember as you stay happy you are feeding the Light of God with joy, raising the Earth's consciousness to a higher vibration.

After I have taken all of my precautionary steps and I still feel this energy around me, I will feel comfortable enough to begin to acknowledge and communicate with the Angelic presence. I cannot express myself enough. You must protect yourself in the Light of the Divine at all times. I also extend this "Divine Light" to surround my family and friends every day.

REMEMBER: As you ask for others - it is also given unto you...

## *Chapter 2*

### *Basic*

### *Communication*

### *With the Angels*

I now will share the Basics of how to communicate with the Angels. They have been trying to communicate with you for a very long time - you might not have been recognizing the signals.

I will share with you some Basics so you may start to give attention to what is going on around you and to begin to discern your feelings from that of the Angels. REMEMBER: God wants you to know so you can

continue growing. The Angels are messengers of God the Divine has sent to help us get back to Him.

The Angels have many ways of communicating. Four basic avenues of communicating with the Angelic Realm are: 1. visual, 2. auditory (hearing), 3. super sensitive (feeling them physically) through energy and vibration, and 4. smell.

### Visual

When I say visual I mean your inner sight. For those of you who can "see" pictures and faces when your eyes are closed. The faces you see are your teachers, guides, and Angels on the Etheric plane. For those of you who want to open your "third eye", pray and ask God to open the door, also ask to be guided to whatever you need to do to open your third eye. You may find yourself placing rocks and crystals over your third eye or using crystal wands to stimulate that area.

A crystal wand could be a crystal quartz shaped like a wand. It may have one pointed end and the other end would be round. Many find this shape a great tool to use for massage work. Or you may have a double terminated wand. Where both ends will come to a point. The energy will flow through both ends simultaneously. The material that makes up the wand can come in many varieties of stone for you to choose from.

Then you have wands made out of metal and stones. The center will be metal with crystals and stones on one end - or both. The varieties are endless and the prices vary according to size, simplicity, and quality of the materials used.

To choose what kind is best for you is up to you. You may see a wand and find that you are drawn to it. You may pick up the wand and feel an intense energy flow through it.

Hold the crystal wand, pointed end on the middle of your forehead for a few minutes every day. When you start to see flashes of faces and scenery, ask to see one face only. When it appears, ask for a name - the first name "popping" into your mind will be that angelic teacher whose face you just saw.

### Auditory

Since everyone is not visual, Angels also communicate through the Auditory Senses. Did you ever hear a note or tune in your head or a ringing in the ear? Each Angel also has a note of its own. When this happens, ask the Angel to stand in the Light of the Divine. Then ask who it is. The first name that comes to mind is that particular Angel you heard. Whenever you hear that note you will know it is that Angel announcing that he/she is around. Your inner hearing may be developed to where you actually will hear voices inside your head.

If it is from the Divine God it will be clear and messages will be easily understood. If you find yourself becoming confused, it is not from the Light of the Divine but from darkness. Again, protection is very important. Command all voices to stand in the Light of the Divine. Ask God to intensify your own Divine light from within to without. Command these entities to go toward the Divine Light of God and to leave your Aura



NOW. The confusion will leave and you will hear clear guidance from the Angels. When you hear a voice ask for a name from which the Angel wants to be known.

### Super Sensitive

When you are super sensitive you will feel things. Have you ever gotten chills, goose bumps, hair standing on end, sinking feeling in the bottom of your stomach, a pressure on the back of the neck when nobody is around? If you have, this is another way the Angels communicate with us. Have you ever been talking with someone and when she said something gotten chills, goose bumps, or electric waves going through your body? What is happening is the Angels are confirming to you whatever that person was saying is true and they want you to pay special attention. Your joy-guide Angels may tickle the end of your nose with an invisible feather to get you to smile & be happier. When something is not going to go my way, I feel a pressure like someone is putting a firm hand on my shoulder as a warning signal. When this happens, I then ask questions to understand what my Angel is trying to tell me. I will ask for direction and then wait to feel chills, which is my yes answer. Okay - so you want to talk about this or this? Then I ask another question, "is it this or this?", until I feel my "yes" chills. I do this until I have asked enough yes and no questions to understand. My signal for the question "Am I going in the right direction or am I doing the right thing?" is a very warm tingling sensation on my back, as if a big gentle hand is pushing forward.

If I am driving in my car and feel very cold (so cold I need to put the heat on high) I know a very old, wise spiritual energy has come to "talk" to me. Another one of spiritual teachers will give a very gentle touch on my

face to where the energy feels very velvety, soft and warm.

### Sense of Smell

Sense of smell is something the majority of us have and don't use. Sometimes the Angelic Realm will use a fragrant scent to announce their presence. The next time you're in a room by yourself and you begin to whiff frankincense, myrrh, roses or something spicy, an Angelic teacher may be in your midst. Don't be so overwhelmed that you forget to ask for a name.

You have learned some basic communications with the Angelic Realm, so let's have some fun and begin to communicate with these Divine beings (although I am sure you already are).

Let's meet your Guardian Angel. I would like everyone to sit, your spine straight and your feet flat on the floor. Breathe deeply and relax. Close your eyes.

Picture yourself in a Bubble of Divine Light.

Invite your Guardian Angel to stand behind you and communicate. For those of you who are visual you may see a face. Those who are auditory will hear a note, a tune, or a voice.

Those who are super sensitive will feel goose bumps, or chills; while others may smell a fragrance.

After your Guardian Angel has established contact, ask for a name. The first name that comes to your mind is your Guardian Angel. Ask if she has a special way she wants to communicate with you. Then get very quiet and pay attention to your entire body. You may feel tingling sensations, like someone is lightly touching your face, or you may feel a pressure on your arm or shoulder. Again, be open minded, allow, and trust in your own senses.



Angels want to work closer with people on the Earth plane, but according to Universal Law, are limited to what they can do. Universal Law is truth and God's rules that apply to everyone on Earth and to other beings existing on other worlds, universes, and planes.

One of the better known Laws is the Law of Karma - what goes around comes around. You get back what you put out.

Another Law is the Law of Attraction. You draw to you that which you are. Are you happy with the people you surround yourself with? Happy draws happy - negative draws negative. If you want to change - change your attitude. The more positive you are the more positive people, and situations will come your way.

Another Universal Law that applies to the Angelic Kingdom is that Angels cannot interfere with mankind - unless mankind invites, asks for, prays for their assistance. The more we ask the Angels for help the more help they can give. Following are some suggestions to ask the Angels to help with:

- Hostage releases.
- Extra protection for children.
- Finding choice parking spots.
- Breaking up fights.
- Inspiration and guidance.
- Confirmation of choices.
- Healing.
- Anything.

When you do ask, put the request in a positive way. An example is: when you hear about a hostage crisis, silently (or out loud if you like) call to the Angels and ask them to do whatever it takes to end the hostage crisis in a positive way and the captives will be released NOW unharmed. If you happen to see a fist-fight,

instead of running over to try to break up the fight, call to Michael the Archangel and ask him to end this affair in a peaceful way, to send each fighter their own separate way. In minutes they are separated and going in opposite directions peacefully.

Don't be afraid to communicate with the Angelic Realm and ask them to help you. As you grow; they also will grow. As you earn your mastership; the Angels also earn theirs. You form a partnership. When you decide to be born again on the Earth, you are assigned Angels who are responsible for you until you make the transformation (physical death of the body) or illumination. It's team work and they want to direct their energy toward helping you help others and for your own personal growth.

If you like to sunbathe, ask the Angels to allow only the healing rays of the sun to reach you. It brings the Angelic Realm great joy to assist us in our tasks. If more people work with the Angels the more Angelic Energy is on the Earth. The more Angelic Energy on the Earth, the more the Earth radiates in the Light of the Divine. Which will result in a nicer world to live in.

*Chapter 3*  
*Practical*  
*Applications of*  
*Divine Love*

What goes around comes around. When people argue Jane will say something to Mary who replies back in the same manner feeding each others negative energy. Each time either one reacts in a negative way the negative energy builds. Now suppose Mary, instead of reacting to Jane's comments, did not reply but instead went inward and returned the energy of Love. Then one would not have anything to "feed" from and the negative energy would begin to dissipate.

This is what is called Transmuting Energy: taking negative energy, neutralizing it with Divine Love and returning Love. You can practically apply this to anyone or any situation. The first time I tried practicing Divine Love, I was in the car with my son who, at that time was 10 years old. He was very negative and nothing positive or nice was coming from his lips. Instead of reacting to all the negativity I saw him in a Bubble of Light, and sent Love from every cell of my body to him. In a matter of minutes, he was laughing and joking, making fun of himself, in a positive way, for saying negative things. What a remarkable change. It is truly amazing what the power of Love can do if people would only use it.

So many people complain how unhappy they are at the office because there is someone working there with whom they do not get along. When I find myself in the same situation, I meditate every night and see this person in a Bubble of Divine Light. I also call to his Higher Self from my Higher Self and I ask that they get together and communication be opened between us and whatever is blocking us from being friends, be brought out into the open so that we can discuss the problem in a friendly manner. I also say whoever sends me any energy of any kind is neutralized upon entering my Aura and I return Love. Keep sending Love, Love,

Love.

Two things will happen. You will either become friends with that person or they will leave. They will leave of their own choosing because the energy of Love will make them too uncomfortable to stay in that working environment.

Could your family use more Divine Light in the house? I know at times, my house will become very low energy and family fights will erupt. Negativity will fill the air overwhelming the house, and everyone inside. So what has happened is that infamous T-shirt "shit happens" has begun to manifest in the house.

When I finally wake up and realize what's going on I call to the Light of the Divine to descend around me (to strengthen my Aura) so that I will no longer feel the negative energy pull on my emotions. Then I ask that this Light radiate around everyone in the house. (I will also extend this energy around all the animals and cars outside). Call forth the violet flame to expand from within my heart center to fill every room of the house with the color violet, inwardly seeing everyone in violet flame, cleansing and purifying the energy of the house.

Then I will call to God, Michael the Archangel, Jesus, Buddha, etc. to remove any entity, that is not in the Light of God from any of my loved ones and release this entity to the Light of God to be transmuted by Light and Love into Light and Love. And as I believe and have faith that God has answered my call - it is done.

Then before I go to bed at night I will get more specific in what I pray for. If I am having trouble communicating with someone in the house, I will call to our higher selves and ask that they get together and open communications between me and my loved one in

a peaceful way.

I will also take any rocks, crystals and stones (that are present) and give them a good cleansing by putting them under running water. This will help change the energy in your environment to a more positive place.

Keep the doors of Love flowing into the house by asking God to Keep sending His Divine Energy into the house every day.

This can be done anywhere - the workplace, or at home for building better relationships with family and friends. Anywhere you feel the need for more light, joy and happiness.

## *Chapter 4*

# *How to Pray and Send Healing to Others*



People who "know" (who are aware) can unlock doors for those who are unaware. That is one reason the Master Jesus prayed so much for others. When it is brought to my attention someone needs healing, I call from my Higher Self to their Higher Self and ask permission (mentally) to send healing to them. I ask their Higher Self to send them whatever healing on whatever level is needed.

As long as you go to God and whoever you are praying for, their Higher Selves, you are placing the problem and solution into the hands of the Divine. Then there is no ego and you are not manipulating someone into a healing you think they need. God knows what is needed to do. **He needs you to open the doors for those who are not aware enough to ask for themselves.**

*And as I have faith and believe it is being done it is!*

## *Chapter 5*

# *What to do with a crystal, The Basics*

Why do people choose to work with crystals and other rocks? They look at these rocks as tools to help them grow spiritually and to cope with stress. Crystals are NOT to be worshipped or placed before God. They are tools God placed on Earth to help us grow closer to Him.

Some people choose not to work with them at all. That's okay! For nowhere is it written that you have to work with crystals to get closer to God. I use them because I have developed my awareness to the level that I can see and feel the changes within me when I use them.

I developed my sensitivity by using rocks and stones. When I held a crystal I learned to focus my concentration on what I could feel in my hands and anywhere else it affected my body.

This new skill developed into psychometry. Defined as holding an object of someone's in your hand and tuning into the energy of that person. Being able to give him a spiritual reading, and to be able to feel his blocks and give him the information to what is possibly causing these blocks so he can recognize them and help him release the blocks.

I use rocks and stones to help me purify and raise my energy level. To release any negativity in me so I may bring more Light and Divine Love into my body.

I will use hematite, for example, when I'm very stressed-out or going to a stressful public place.

As you study and learn what the energies of crystals and rocks can do, the more practical uses you will find for them. You can use crystals to energize your plants, putting crystals in your water to energize the water. I like to put crystals on the television and computer to cut down on the radiation exposure. I believe my van gets better gas mileage when I have a load of crystals inside.

Before you work with any crystal, do not forget to protect yourself in your Bubble Of White Light.

Many have asked me how to clear a crystal. By cleansing a crystal, I am not talking about scrubbing the surface with soap and a brush. I mean cleansing all the negative energies and vibrations from a crystal. There are so many ways to do this. I will give you a few simple ways.

Put your crystal under running water for a few minutes. The water temperature will depend on what your Higher Self tells you your rock needs. When I feel my rocks need an extra special cleansing I will add sea salt (or table salt if that is all I have around at the time) to water and let them soak for a few hours. Dry salt will work also. If there is no salt or water handy, hold the stones in your hands and clear your mind of all thoughts. Look into the crystal and gently blow on the rock. While doing this, see the crystal clearing and all unwanted energy transmuted into Love. You can burn incense, sage, or use smudge sticks around the crystals asking God to clear the energy with Love, again transmuting all the negative energy into Divine Love.

If you are a student of the stone and would like to learn more about rocks, do a specific meditation on the type of stone you want more knowledge on. While in meditation, call to the Gemstone Guardian of that particular rock to help you learn about that stone. This will bring you accelerated growth.

Next time you take a bath place a few crystals in the tub. The crystals will charge the water with energy, helping you to relax and recharge your own energy.

Place a bottle of clean water outside in the sun with a small piece of Amethyst, which will then radiate the Amethyst energy into the water. Let the bottle set outside in the sun for two or more hours. This is a great

cleanser for the body and will help the body reoxygenate itself.

When I give a rock or crystal away I program it with Love asking the crystal to give whatever the person I'm giving the crystal to needs.

If you are interested in bringing out your own inner child and would like to go treasure hunting for your own special crystal, find a map and look for Arkansas.

I could tell you exactly where to go and exactly where to dig, but what fun would that be? I will tell you, that Arkansas is the place to find clear crystal quartz! Meditate before you go to Arkansas and ask God to guide you to places where crystals are in abundance and waiting for you to find them.

There are many mines in Arkansas where you pay a minimal fee a day and everything you find is yours. There also are mines where you may dig and pay by the pound or you could meet people who live there that will take you to their "special spots" to dig.

The people are very friendly and helpful. When you do go to Arkansas, make sure you stop at one of the natural hot springs in the area. This is very healing because the natural minerals will cleanse your aura and body from any radiation and toxins, and it's very refreshing. It is the perfect way to end a day after digging for crystals.

Thank you God.

A few special treasures of Arkansas:

- Clear quartz crystal
- Smoky quartz
- Blue phantom quartz
- Green phantom quartz
- Green sand crystals
- Diamonds

Black phantoms  
Hot mineral springs

### *Practical Applications of Stones and Crystals*

- CLEAR QUARTZ:** Enhances left side of the brain, which is logic. If you are over-emotional it will help balance you. Enhances the positive keeping negativity away. Enhances your energy and balance.
- AMETHYST** Enhances right side of brain, which is creative. Enhances spiritual growth, cleansing and transmuting. Calming. I wear amethyst when I want to be creative and enhance my spiritual tributes.
- SMOKY QUARTZ** Very grounding and sedating. I wear smoky quartz when I want to be connected to the Earth and level headed.
- NATURAL  
BLACK QUARTZ  
GREEN  
PHANTOMS** Very powerful protection stone. Aids depression. Very hard to be unhappy when worn. Brings joy. Puts one in the frame of Knowledge where you know better to be unhappy and start choosing happy instead.
- ANGELITE** Great first aid stone! Enhances quicker healing for burns, blood clots, bruises. When worn in

	sphere form, will direct healing from inner to outer and help one obtain balance and harmony from within. Opens communication with the Angelic Kingdom.
HEMATITE	Great to hold during stressful situations. You will find yourself reacting less stressfully and will enhance your ability to make decisions without your emotions getting in the way.
RUTILATED QUARTZ	Great protection stone. Neutralizes any negativity sent your way and returns Love.
TIGER EYE	In sphere form very powerful for drawing abundance to you. Also strengthens will. Blue tiger eye's energy will be softer than the gold and red, reducing the aggressiveness to a much lesser degree. Red tiger eye will radiate in energy. This is the strongest tiger eye causing one to have vibrant energy. To create much cause and effect, to draw abundance to oneself.
MALACHITE	Great for enhancing ones own skills and abilities. Holds much information on the Earth.
RIVER ROCK	For amplifying energy. Be careful when worn that you direct the energy, i.e. directed toward healing of self or amplifying a stone or crystal.
ROSE QUARTZ	Healing of relationships. Con-

sidered the stone of Love. Helps enhance ones ability to lose weight. Draws positive relationships to oneself. Helps one develop Unconditional Love.



*Chapter 6*  
*How to Develop*  
*Your Sensitivity Us-*  
*ing Crystals, Rocks*  
*and Stones*

You need to find a small crystal that will fit comfortably in your hand. It should be pointed on one end and the base should be rough. Any un-polished point will do. Hold the quartz in your left hand with the point directed up your arm. We are using the left hand because usually it is the most sensitive. However, as you grow and develop you can use either hand. Energy will flow through the base of the crystal and out the faceted-pointed end.

Sit in a chair with your spine straight. Protect yourself with your Bubble of Divine Light. Hold your crystal in the left hand, point directed up the arm. Close your eyes and place all your attention on your hand holding the crystal. You may feel your hand tingling. The crystal may get hot enough to make your hand sweat with a strong pulsating beat. This is not your heartbeat, but the energy of the crystal. Male crystals will have stronger energy surges that feel like a strong pulse or heartbeat. Whereas, a female crystal will take a few minutes to warm up enough for you to feel her energy, her sensations are gentle, even, and constant. Now that you can "feel" energy in your hand, place your attention on your arm. You may feel the crystal directing energy up your arm and it may feel tingling. Do not be concerned if you do not feel energy in your arm for not all crystals will do this.

Other places on the body that you may feel energy directed to are the seven CHAKRA points.

- The Crown CHAKRA (top of the head)
- The Brow CHAKRA (middle of forehead)
- The Throat CHAKRA (throat area)
- The Heart CHAKRA (upper center chest)
- The Solar Plexus (solar plexus area)
- The Sacral (belly button area)

### The Root CHAKRA (sexual areas)

Chakras are energy areas in the body which as we grow spiritually into the Light they grow and when people stop growing spiritually the reverse occurs - they remain dormant. These seven centers are not to be found in the physical body, but they are close to the same region where the seven major glands are located in the Etheric Body (the spiritual body we don't see).

The basic functions are as follows:

The lowest Chakra (Root Chakra), at the base of the spine, is the focus of lust and passion in the spiritually un-awakened individual. This is a negative aspect. In the awakened it is the positive direction of purity.

The second Chakra is the Sacral, located at the spleen, is the focus of anger, jealousy, hatred, and even mild dislike in its negative aspect. Its positive activity is the power of Invocation and prayer for others.

The third Chakra at the Solar Plexus is the focus of greed, out of balance extremes and fears in its negative aspect. That is why you feel struck in the stomach when you are suddenly afraid. The positive qualities of this Chakra is peace. You are in the center of your emotions and have complete protection against both fear and the destructive desires of mankind.

The fourth Chakra is the heart. In its negative aspect it represents lethargy, laziness, or uncaring. Have you ever not been able to put your heart into a job? How much of your time and energy do you give that project when you don't care? The positive radiation of this center, is that of pure, selfless Divine Love. Unconditional Love.

The fifth Chakra is at the throat, where in its negative aspect rests envy and the desire for personal power. Its positive activity is the power to create perfection by the doing of God's will. By asking "Not my will Father

but thy will be done".

The sixth Chakra is in the forehead - the Brow Chakra. This Chakra is the focus of the power of reason and its negative aspect manifests as pride of intellectual arrogance. The positive aspect is your third eye is developed to where you see with your "inner sight" pictures, scenery, people, and past lives. You become the "all seeing-eye" of God and the power of concentration.

You will not see people committing to any project until both his mind and heart are convinced that the project is a worthy endeavor.

The seventh Chakra is the crown center at the very top of the head. There is no negative vibration in this center. As you grow spiritually you will find the top of your head throb, get very hot, or become itchy; even becoming a little light-headed. You are receiving information from your I AM PRESENCE - your GODSELF - your MASTER TEACHERS or ANGELS and GUIDES.

As you grow spiritually you also develop your Chakra centers so you become more aware of what's going on around you. You become more sensitive to the Elemental Life by working with gardens and the Angel Kingdom that helps you grow spiritually.

As your heart center develops you become more understanding and return Love.

As your mind center develops you see pictures and images that will explain why you do certain things. As your crown Chakra expands, you become Divinely Inspired. New ideas and thoughts fill your unlimited mind. Your life is full of more dreams and choices.

You may feel different sensations in these areas such as tingles, a light pressure, electric energy that feels "sparkly". You also may feel energy on the temples, on

your head, the neck and the spine.

Developing these chakra centers can be done by simply placing your attention on your body and trusting what you feel. Once you can feel the energy of a crystal then you can hold anything in your hand and feel that object's energy. Pick up a pine cone and feel its energy surges or go outside and hold a leaf or a flower and tune into their energy.

If you practice and try; you will develop your energy centers, your chakras. Which will result in the development of your spiritual growth.

*Chapter 7*  
*A Simple Way To*  
*Balance Your*  
*Chakra's*



Why is balancing your energy centers a good exercise to do? A person with balanced Chakras will be in control of themselves emotionally; will seem to be more energetic, and a clearer thinker. You become more in tune with your Higher Self and the Angelic energies allowing yourself to become a channel for God, with the Divine Energy of Love constantly flowing through you to other people. You become more centered thereby you react to people and situations in a more positive light.

As you give you also receive.

Find a friend who needs their energy balanced. Have them lie on their back with legs and arms un-crossed. Call forth your Bubble of Divine Light and expand it around both of you. Take a crystal pendulum, usually whatever crystal necklace I'm wearing at the time works great, and start at the crown Chakra. Hold the pendulum over the Chakra and ask God "to open and expand this Chakra". The pendulum will start to swing in a circle and will counter swing to clear the Chakra. Then I say "Father when the Chakra is open and in perfect balance and harmony, please stop the crystal from swinging." When the pendulum stops swinging go on to the next Chakra.

If you find very little movement from the pendulum when you put it on a Chakra center, the center is closed or almost closed. Ask your friend to bring in the Divine Light from the Crown Chakra and direct it through the closed center. When the pendulum starts to swing in a wide circle, ask them to allow the energy to naturally flow on its own. Then continue to hold the pendulum until it stops.

You will do all seven Chakras. Then also do the energy centers that are in the feet (middle of foot) and the Chakras in the palms of both hands. When you are

finished, let them lie relaxed on the floor for a few minutes, breathing deeply. Both of you drink plenty of water the next few days.

As you balance other people's energy centers, yours automatically will go into alignment.

**"As ye give you shall also receive".**

*Chapter 8*  
*How To Do A*  
*Simple*  
*Meditation /Healing*  
*Circle*

This is a working meditation/healing circle that everyone participates in. When you sit with a group the energies are magnified and everyone's growth is enhanced and quickened.

A working circle is a group that not only meditates, but also channels the Light of the Divine into healing whatever God directs them.

The basic outline of the working/meditation/healing circle is as follows:

1. Opening circle.
2. Silently meditate 15 to 30 minutes as a group.
3. Share experiences.
- BREAK -
4. Bringing in Divine Light for healing work.
5. Taking turns recharging in the center.
6. Closing the circle.

### Opening the Circle

To open a meditation circle stand holding hands in a circle, each with left hand palm up, right hand palm down. Surround everyone in the Light of the Divine and expand the Light to fill the room. Have everyone in the circle send Love and Light to the person the right. Now direct the energy to flow to the person on the left. As the energy flows, invite the Angels, Masters, and Guides to add their energy to the circle. As the energy flows from person to person around the circle, the circle becomes closed to anything but Divine Light and Love. Then you can say, "We call to the Divine Mother/Father God asking direction and guidance for the circle tonight. Thank you for bringing us together and giving us this opportunity to serve. Guide us into doing thy will and may each one here receive whatever healing he/she needs tonight. Amen." Sit down.

### Thirty Minute Meditation

If you are just learning meditation, you may want to

start with a guided meditation. By guided I mean taking everyone through step by step. Relax everyone by having them breathe deeply. Have everyone imagine a light coming down the top of their heads as a warmth flowing downward. As it flows down the body feel the body become relaxed and begin to feel lighter. Keep breathing deeply. As the light finally flows through the feet, see imaginary clouds begin to float by. Have a fluffy cloud stop by each person (in their mind's eye) imagine themselves on the cloud. Now see the cloud drift upward. Now imagine the cloud drifting over mountains, streams, and lakes. As the clouds are drifting, guide everyone to find their special place. When they see their special spot allow the cloud to gently drift to the ground. See yourself getting off the cloud and going toward your special place; now gently go in peace with God.

You now will be silent and allow everyone to meditate for 30 minutes. You have a choice whether to play music or not. This is a time when everyone will experience something different. This is a time for receiving and not to send healing out to people. This is a time of preparation. To allow for the Divine Energy to enter and help center oneself so the Light of the Divine may be channeled later. There is no talking going on while everyone is meditating. After 30 minutes, call everyone gently back to the circle.

### Sharing

After you have discerned that everyone is "back" (if you have any doubts ask: "John, are you back?" When everyone has answered "yes") take turns and briefly share what has happened to you. This will help everyone grow quicker. If you hear someone's experience, it will help you understand when it happens to you and the unknown will become more clear and less

confusing.

### Break for 10 minutes

### Channeling Light of Divine for Healing

Sit upright with feet flat on the floor, hands, palms up, directed toward the center of the room. Breathe deeply, from the top of your head, send upward a silver antenna. In your mind's eye see it go through the roof, past the clouds, up into the universe until it connects with the Light of the Divine. As your antenna connects with the Divine, feel the Divine Energy travel down the silver antenna through your crown Chakra and direct the Light out your brow, throat, heart Chakra, and hands into the center of the room forming a Bubble of White Light. Spirit will direct you as to what to place inside these Bubbles of Divine Light.

Here are a few suggestions:

- Form a bubble of pure energy to be released for the Angels to direct it where they need to.
- Place the Mother Earth in the center as it gently rotates, see the light begin to penetrate the Earth's surface and flow toward the center. As the energy flows toward the center, every atom and molecule of the Earth radiates in perfect balance and harmony. As the light reaches the center of the Earth, and begins to flow back outward the Light begins to radiate brighter. When the Divine Light comes back to the surface every man, woman, child, plant, and animal radiate with Light. Now we see the Light expand into the Universe.
- Take a deep breath and release the Bubble.
- Place family, friends, leaders of countries, decision makers, military and situations that need healing in the Light. Before you put anyone in the healing circle call to their Higher

Self and ask for permission to do this. By asking for permission you are not manipulating them by giving them something you feel they need. When you ask for permission to place them in the Light, their God Self will do the directing, as to where and what level the healing will be given.

- Place the children on the Earth in the Bubble.
- Expand the Circle to include the group and recharge in the Light.
- Again God will direct you, as to who or what you will place in the Bubbles. You may find yourself sending energy to the Light workers in China or South Africa. You must remain flexible and allow the Divine to always to guide you.

When you are done doing "service" work, place a chair in the middle of the room and take turns sitting in it. This is play time. This is a time of developing, sharing and accelerated spiritual growth. Whoever sits in the center stays calm, relaxed and open. The people in the outside bring in the Divine Light and instead of forming a Bubble of Light, you direct it to whomever is in the middle. This is a time to share messages. Pay attention to your thoughts and feelings. What thoughts come to your mind? It doesn't matter if they make sense or not. They aren't for you but for the person in the center! Share what you are thinking and it probably will make a lot of sense to the person in the middle.

What are you feeling? Are your hands hot? Can you feel the person drawing energy from you or are they sending it back? Does their energy feel smooth, rough, electric, cold? Can you feel in your body pressures or tingles? This is the person in the middle and you could feel their blocks or centers where they are open.



By sitting in a circle you are putting into practical application God's energy to work. The more you do it, the more you grow and develop.

**Closing the Circle**

To close the circle. Stand holding hands, thank God for the opportunity to share and serve. May everyone's lesson for the coming week be gentle and may joy fill our hearts. Amen.

HUG EVERYONE.

What I have given you, are guidelines on how to do a simple meditation circle. Allow your Higher Self to guide you and be flexible. You can make it interesting if you allow the Divine to flow through you by stepping aside and channeling His Divine thought.

After each meditation circle (or private meditation) you should be seeing people in a more loving and kind way.

## *Chapter 9*

# *How To Work With The Violet Flame*

The Violet Flame is one of the most powerful tools you can use for growth. The violet flame spectrum vibration is one that can help anyone who has a drug or alcohol addiction or just wanting spiritual growth.

The Violet Flame also is called the singing flame. As you picture yourself in violet flame, it is a cleansing energy. When in action it will erase cause, effect, record and memory of Karma enabling a person to prepare for illumination.

Also when we are in any negative state (jealous, anger, resentment) we tar our bodies' atoms and molecules with a dark goopy like substance. The more we express darkness the more we gunk up our bodies. When enough tar has accumulated, our bodies begin to break down and we manifest dis-ease.

When the flame is used it is like scrubbing bubbles that clean and release this negative energy so more Light may enter the body. The more Light that enters our bodies the closer we grow toward illumination. When the flame is called forth on a daily basis your body will feel "lighter" and more refined. If you listen with your inner ear you will hear your body's energy hum. Hence, the singing flame.

To use the flame, first protect yourself in the Light of the Divine. Visualize yourself in violet flame (purple) and speak in loud repetition, "I am a being of violet fire," "I am the purity God desires." If you can devote one-half hour a day (15 minutes in the morning and 15 minutes at night) for one week you will see fantastic results.

When I did my invocation to the violet flame I actually devoted one hour in the morning and one-half hour at night. That following weekend I found a quiet spot and did nothing but devote my energy to the flame.

My experience with it was very profound. I

received a mental clarity I never had before. I knew where I was going on my spiritual path and joyfully was able to pursue it. My vibration changed as I used the cleansing flame and I could feel myself becoming filled with Light.

The flame also is good for helping people release their addictions. Pot smokers that find their short-term memory going and they begin to stutter to the point where their sentences are intangible will find that the flame will re-stimulate the brain and help repair the damage due to over-smoking.

However, I must warn you that one of the side effects of working with this energy will be spiritual growth. Someone asked me once, "What kind of spiritual growth will you have once you start invoking the violet flame?" It really depends on the student. If you have a pure heart and your intentions are for your enlightenment and call forth the Flame daily, you will have more growth than the person who sets aside 1 hour a week. Yet the person who only evokes the flame once a week will have more growth than the person who never evokes the flame.

You will begin to cleanse yourself of negative energy that is trapped in your body. When the negative is transmuted - changed into Light, you are allowing more Light to come into your body. You will begin to radiate and glow. Some of this negative is a result of many past lives we have had. The flame will release this old energy and the cause-effect will also be transmuted into Light. This will create a change in your current thought patterns (whether on a subconscious or conscious level) you will be able to look at situations and people in a different more positive way.

If you devote time to the flame your spiritual path will open up to you. You will see changes for the better

in yourself; becoming healthier: Body, Mind, and Spirit. You will have a more open communication with the Angelic and Elemental Kingdom, for you will become more sensitive to this energy.

You also can use the violet flame to release souls who are trapped on the astral plane. Have you ever gone into a house and the energy just didn't feel right? Have you ever noticed personal items in your home mysteriously disappear then re-appear somewhere else with no logical explanation?

If you feel a trapped entity is responsible, call forth the violet flame and in your mind's eye "see" the flame flow through all the rooms. Tell the trapped spirit it now should go toward the Light and their friends are waiting to help guide them through at the other end of the tunnel. Then send this entity Love. You will notice a positive change in the house's energy.

And as you believe it is done it is so.

# *Chapter 10*

## *Simple Way*

### *To*

#### *Develop*

##### *Concentration*

Find yourself a ten minute timer and put it in a room where you can here the bell ring, but not the ticking. Sit quietly in front of a mirror. Put yourself in your Bubble of Light (begin with the timer set for five minutes). Sit comfortably and gaze into a mirror at the center of your forehead and think nothing but forehead. If your mind starts to wander, gently bring your attention back to the middle of your forehead. If your eyes start to wander gently bring them back to focusing on your forehead.

What you may see is the energy field around your head. It may appear white and as you gaze then turn into other colors. That energy you will see also is called your Aura.

You may also see faces appear over yours. These faces you are seeing are yours from past lives.

Whatever you experience keep your focus on your forehead.

Do this exercise for five minutes every day for one week, then increase it to ten minutes thereafter.

You will find yourself becoming much calmer. Your patience will increase. Your body will become calmer with controlled reactions. It will become easier to meditate for you now can sit still and clear your mind to received information from the Divine.

*Chapter 11*  
*How To Bring To*  
*You That Which*  
*You Need*  
*(To Manifest)*  
*or*  
*The Ten Most*  
*Wanted List*



This exercise is to show you how to manifest (create and bring things to you that you need).

On a piece of paper list down from one to ten items, wants, desires, goals you would like to see happen in your life. List with as much description as you can. Read the list three times a day and in your mind's eye see yourself having it.

Do not tell anyone what is on your list until after you have it. People can put negative energy on your wishes without meaning to, which could take it longer to appear in your life. Once you brought the wish into your life, you can share what happened with whomever you desire. Then revise your list.

An example list may be:

To become a happier person.

New pair of red shoes - track shoes.

Small portable radio (AM/FM cassette)

Greater communication with the Angels.

New engine (350 - V8).

Tickets to see play (Cats).

Greater harmony at work.

Raise (\$.50 or more).

New bathing suit.

New tires - 13' radial white walls.

Twin Flame in life.

The more descriptive you get, that is what you will draw to you. You also will eliminate any "spiritual loopholes." A "spiritual loophole" is when you do not get specific enough and spirit fills it in for you. If I just write down red shoes I could get a pair of red patent leather instead of track shoes, or if I just asked for tires I could get bike tires instead of car tires.

Pay attention when you go anywhere, because our wishes often appear where you least expect it. You may find yourself going a new way to work and see

what you wanted on sale. Possibly, and this does happen often, someone will have what you need and just gives it to you.

I know when God sends something my way because I will find it for free or at such a bargain I know it's mine.

The more you realize you are already a creator the more you will follow your spiritual path; doing God's will, the more pure of heart you can be ... the less you will need a ten most wanted list. You will magnetize what you need to you by simply expressing it in thought forms.

God does provide for those who sincerely follow and pursue their path back to Him.

REMEMBER: Nothing is a coincidence and everything does happen for a reason.

*Chapter 12*  
*How To Be Happy*

To be happy is a matter of choice. Remember wherever you are, happy or sad, you are adding energy to that emotion. You also are "joining" in energy with everyone else who also is feeling and experiencing that emotion on the planet earth. If you are happy, you are "unconsciously", connecting with everyone who is happy and you are raising the energy level on the Earth.

To be happy, really happy, all you have to do is choose to be in that state of mind. If you are positive, you will draw situations and people who are positive to you. If you are negative you will magnetize to you negative situations and people.

If you find you presently are in a negative frame of mind and want to change your attitude, simply choose to be positive. It's that simple! Start monitoring your thoughts on a conscious level and whenever a negative thought or feeling is placed before you, choose not to accept them and think good thoughts.

When I find myself "slipping" into a negative state I will say over and over again: "God loves me, God takes care of me and is giving me all good things. I think His thoughts and do what God wants me to do." I will consciously choose to be happy! By saying this verse you are not letting any negative emotions enter your mind, positive situations and people will begin to be drawn to you for that is the energy you are putting out! If you say this verse (or make up a positive, happy verse to say on your own) your life will change for the better. Your life will become easier.

Start asking yourself, what can I learn from this experience? What is my lesson? Instead of "Oh, no it's happening to me again."

Look for the gift from God in every lesson --- because there is one. Start looking and placing your attention on the positive in every situation. Again...

It's a matter of choice.

Personally I found it much easier to be positive. When I have found myself in a negative frame of mind, more negative situations will find their way to me and soon I feel "dumped on" with negativity.

This is not what I consider fun and good for my growth. So I start saying my verse and the negative energy dissipates and the positive returns. Now I feel better. I'm nice to be around and others benefit for happy can be "catchy".

Practice being happy...

Practice not allowing negativity into your life. Do this for one day in the beginning and see the change, not only in you but also others around you. If you are happy, loving, kind, joyous you are expressing God to His fullest.

*Chapter 13*  
*Illumination*



In this lifetime many people will have a chance to "illuminate". What is illumination? This is the initiation that Jesus and many other Masters (Buddha and Confucius) have experienced. A Master is a person who has lived a life (or many lives) on earth. Who has gone through life's initiations, tests over and over again until they "pass", learning what the Universal Laws are and practically applying them in their everyday lives. A master understands and applies the Law of Service and Unconditional Love. I look at Jesus, Buddha, Mohammed, Krishna, Confucius as "Masters". They are the spiritual college professors who have "earned" their doctorate on how to evolve into the Light. They are Master Scientists who are so evolved that they know how to work with the Elemental and Angelic Kingdoms; how to work with atoms, molecules, and Light to create whatever they wish. Like Jesus did when he kept manifesting loaves and fish for the multitude. That is what I call Far Advanced 101. I'm still at Basic 101. These "Highly Evolved" Beings had to go through life's lessons and temptations just like you and I. They had to learn to control their emotions, to work with the weather, to express Love for their fellow man. They went through all the tests and initiations everyone goes through. These beings mastered being pure of heart and remembered what God is really about - what Life should be. However, if we look at what these Masters have shown us (by different methods) we will once again learn how to become a being of Light Energy, that is God Energy.

Jesus showed us the way. He did not die on the cross. It's time to take Jesus down from the cross and go beyond. After Jesus was taken down from the cross, he was taken to the tomb. This is where Jesus did

his transformation from the level of Earth to one of self-mastery. While He was in the tomb His body began to change in atomic structure as his atoms and molecules where restructured in Light. Not until His body was restructured in Light did He apply His new level of mastery by appearing to the women, to the apostles and to various other people. To demonstrate visually what can be done through illumination and to prove that the soul self does not die but goes on.

When the woman on the road wanted to touch Him, He gently told her no for His "new body" was not quite complete and was still being restructured. Wow, what an initiation to pass! Not only did Jesus have to teach this new knowledge, but had to physically demonstrate to God, the final exam professor, that he had the skill, knowledge & ability to work with Divine Light to change His own body's atoms and molecules to one of radiant Light. Jesus radiated the energy of Love (which is the energy of God) to others. If you are sending the energy of Love to someone then you are working with Divine Energy, Divine light, God.

These Teachers are Masters in Enlightenment and Illumination. They changed their bodies thus elevating them to a higher energy level, a frequency of light, and a different dimension.

We can choose to allow our bodies to die in this lifetime or we can choose to apply our energy toward raising our awareness to the consciousness of God. Self-Mastery.

Why does the physical body die? Too much negativity in one's life and not remembering why we are on the physical Earth Plane, which is to pursue our path back to God and become the Beings of Light that we once were.

Many people call death making transition. To go

from one plane to another. In this instance it means to leave the physical plane to become part of a freer plane (the plane of spirit). To what level in the world of spirit you evolve to will depend on how you treated others here on the Earth Plane.

Self Mastery is Mastery of the Self. Some of the tests you will find yourself having to complete are related to:

1. To seek out the Universal Laws and apply them.
2. To practice Unconditional Love.
3. To heal our own bodies.
4. To work with nature and the Angels.
5. To apply the energy of Love on all levels.
6. To be joyful, kind, and loving.
7. To practice and apply faith.

It means nothing to have lots of knowledge and never take a step to apply any of it. You must practice, experiment, do try, go for it, jump into the void. Take action! Try! God is understanding and does see the effort we make as we grow spiritually. You are never alone in anything you do for your Guardian Angel is always with you, ready to give you a helping hand with whatever you do. If you are having any kind of trouble, ask God and your Angels for help, then pay attention to what comes your way.

REMEMBER: Ask and Ye shall receive

Seek and Ye shall find

Knock and the door will be open.

Jesus showed us what to do by doing the first recorded initiation of the illumination. We achieve illumination by practicing, applying Unconditional Love, doing good deeds, helping other people, being happy. This is God in full expression on the Earth.

## Chapter 14

# Twin Flames

When God created us eons ago. We were spiritual entities of light - male and female together. One beautiful ball of radiating Divine Light emanating a great energy of Divine Love. Then one day some of these spiritual beings decided that they would learn faster, and be able to get back to God's energy much quicker if they split into two spiritual beings. Some beings decided not to separate. Most spiritual beings took up the challenge and did. They found that it wasn't necessarily easier but harder! One twin flame seemed stronger than the other, and they needed to function as separate units - many going in different directions. When they were very lucky and earned the right to be together again - through focusing on doing God's work, they were allowed to come together.

It is a time for God to bring twin flames together again; to help the Earth grow into enlightenment. It took me eight years of learning and doing God's work for me to come together with my twin flame. It was worth every initiation and test I had to experience.

I asked God in my prayers, everyday for approximately 6 months, to bring my twin flame and I together so we may continue to do God's work (whatever that was to be) together. I also asked that when we were brought together that we would recognize each other as twin flames. I also prayed that my twin flames energy be recharged with Divine Light and that he awakens spiritually to his purpose. I also asked that he be brought to me at my sisters house where I was staying.

I found some twin crystals and programmed them to draw my twin flame and I together. That and my faith that he was out there somewhere and we would find each other allowed me to keep on keeping on.

When twin flames come together - there is a special magical energy they emit - that which is Divine Love.

They are in tune with each other. Telepathy between them is very common. They balance each other out. And when they choose to focus that Divine Energy toward service work doors will open. Miracles will happen.

Not all twin flames are meant to work together on the Earth plane at the same time. For whatever reason one twin flame may choose to stay on the spiritual plane while the other incarnates on Earth.

There are times when Twin Flames are both male or both females in the same lifetime. Perhaps the male soul needed to learn what it is like to be female. The soul having a hard time adjusting to the female passive energy, prefers other female companionship to males, taking on the role of the male in the relationship. Thus, the roles of gays & lesbians are born. We should never be judgemental about a persons relationships because we do not have the understanding of what that soul is here to learn, nor what their Karma is. Perhaps these twin souls chose to be born of the same gender to teach us a lesson on Love. For if two people are expressing Love on all levels: doing service work, and expressing God in everything they do, it is not up to ANY individual to judge them on their sexual preference. We simply do not know what their purposes are nor what their Karma are. God in Action is not us judging others by our value system. Start asking God to tell you where your twin flame is and what their gender is.

If you are married, and unhappy - it may be that you are meant to work out a Karmic situation with a soul-mate this lifetime around. Everyone is different with different lessons to learn with different life purposes. You must go within and ask your Higher Self for the answers. But for goodness sake, do not start breaking up a troubled marriage looking for your twin

flame. You may be together with old Karma to work out. You must learn to start asking God for answers by going within.

## *Chapter 15*

# *Elemental Kingdom*



When the Earth was ready for habitation, God allowed three evolutionary intelligences the chance to develop and mature there. They are the Angelic, the Elemental, and the Human. Each one very different from the other - yet through the mutual cooperation with one another work toward the same goals. Man, in this case is the most dependent, for it's from the Elemental kingdom he gets his mental equipment while from the Angelic kingdom that he gets his feelings.

I will focus on the Elemental kingdom. There are four groups of Elementals: 1. The Fire Elementals, sometimes called Salamanders; 2. The Water Elementals, called Undines; 3. The Air Elementals, called Sylphs; and 4. The Earth Elementals, also known as fairies, elves, or nature spirits. Each one very different yet very similar in their pattern of growth.

They start as very small microscopic intelligences. So small that millions of them could fit on a pin head. Starting out as small specks, as they grow, and this takes time, become Builders of Form, who help create bodies of man. Then they become Nature Divas who build rivers, mountains, forests, etc.; reaching eventually the status of Mighty Elohim (cosmic builders of form) and a silent Watcher of a Planet or a Galaxy.

### 1. Fire Elementals

You will work with a fire elemental when you cook, heat, use light, or evoke the Sacred Fire (violet flame). The fire elementals have also been misused causing the loss of lives, and property. Many people have a terrific fear of fire (often buried in the Etheric Aura). Many individuals (particularly those who have been burned at the stake, or otherwise tortured by fire) have been deeply scarred etherically. Working with the fire elementals using the violet flame will cleanse and release these thoughts from those who have these fears.

### 2. Water Elementals

The water elementals not only are responsible for the bodies of water on the Earth, but our physical and emotional bodies as well. They are responsible for the rise and fall of tides as well as your local rain fall. Are you having a drought in your area? Call to the water elementals to bring a gentle rain to your area. Please be very specific - ask for a gentle rain to happen over 4 to 5 hours. The excessive droughts, flash floods, and heavy rains in various places, are due to mankind's abuse of the water element in the past and present. Pray to God for the purification of the water element so greater balance may be achieved in the World.

### 3. Air Elementals

The air elementals are responsible for keeping the air purified so mankind can breathe. Boy, none of those elementals has an easy job - do they? They are responsible for moving great air masses where needed most. Sending clouds where rain is needed, to cooling you with a breeze on a hot day. Mankind needs to monitor their careless and thoughtless pollution of the air element through their power plants and manufacturing factories. When you hear or read about vortices of air currents of a destructive nature (hurricanes, tornadoes) call to God and ask that these storms dissipate in Light and Love. The results may surprise you. You will see the storm turn into a gentle rain.

### 4. Earth Elementals

The Earth elementals, also called fairies, gnomes, elves, etc. are responsible for the beings of nature. The rocks, stones, trees, and plants. Working with this special group helps everything growing on the planet. They can help your garden grow lusher, or your house plants bloom. They are responsible for the constant energy that emits from a rock, crystal, or stone. If you

have a garden, set aside a spot where you let your garden grow wild, for the Earth Elementals. Charge that area with Love - let the elementals know that this is for them to recharge in with Divine Light so they may continue their Divine jobs. They will feel this wonderful effort from mankind (which man has not done for eons of time - and for how many centuries has man even denied their existence - as they also have denied any Angelic presence). When the Elementals feel love from mankind - you often have "perfect weather" - the gentle rains, resulting in healthy plants and gardens, trees, etc..

As you begin to work with the Elementals, sending the Divine Love - you bring mankind, the Elemental Kingdom, and Angelic Kingdom closer together - achieving their purpose of World Enlightenment and Illumination; as all evolve upward into the Light.

Some evening when you sit very quietly by yourself you may see out of the corner of your eye a brief flash of light. This could be a visiting elemental trying to catch your attention when you send it the Divine Love from your heart.

With all three kingdoms working together Love will abound on the planet. Peace will manifest.. Illumination can happen - in our lifetime.

Again - I will state everything that is in this book is from my learned truth - - what I have found works for me. I applied spiritual knowledge I was given by my "Master Teachers" and received results that helped me grow spiritually.

Again I ask you to become an unlimited being by keeping an open mind and "going within" for your own guidance and answers. Be aware of anyone who wants you to follow them and tries to turn you away from going "within". Question everything! Keep yourself

and your family in the Light!

May you have many enlightened adventures!!

## AFTERWORD

What and where has over eight years of seeking God and my spiritual path have gotten me? I suppose it depends on what people see as a success.

My sister and I now own a metaphysical rock shop that allows me to travel anywhere I wish to be. And I have always been able to choose where I wanted to be - whether by the ocean on Malibu Beach or to the mountains of Colorado and Montana, I know I live a very blessed life.

My life is wonderful now. My twin flame is in my life and I am experiencing a whole new wonderful world.

But it took eight years of devoting myself to raising my energy, doing God's work, and learning to serve others. I decided a long time ago when I first awakened that I want to be like Jesus and become a Master. I wanted to know how He did the miracles He did. I did not want to come through the Wheel of Karma again.

I have learned to go within and get my direction from God not man. I try to stay positive and happy and work in the Light. Teaching others to bring in the Light - so the World will be a better place to be. I know the World is meant to have a Golden Age where we live in a World of brotherly love and kindness; where everyone is actively seeking god in whatever way they choose. And people will start cleaning up the earth - with energy efficient systems being used by all.

That is a real scenario on what could happen on Earth. People on this planet need to change their thinking and their lives. To start asking God everyday in their prayers to please bring the Earth and her people into Enlightenment - World Illumination Now!

Prayer is powerful and if people would set aside their spiritual differences and focus on getting back to God (the God they now prey to), back to being kind and

loving, helping others, praying for each other and the Earth - God will answer and it will happen.

I imagine a World of Enlightened Master Spiritual Beings living on the Earth. Communicating with the Angels and the Elemental Kingdoms. Like what was done when we first lived on the Earth and we were in harmony with everything.

My greatest reward from God came after I put all my time, money, and life working on World Illumination Day October 12th, 1991. I spent two months networking World Illumination Day in Europe. Asking groups to add their positive energy to this day to bring the World into a higher level of consciousness. It was a very stressful trip for me. I left my three year old daughter, who usually goes everywhere with me, with my loving sister Carol. My two months in Europe was a big challenge, it was very expensive, and I needed to watch my spending. Then there was the language differences. All in all I did the best I could do with the knowledge and guidance that I had. One week after October 12th, 1991 my twin flame came into my life. What a gift from God! One that we both recognize and give thanks for.

Heaven does exist on earth for those that have the eyes to see and the ears to hear. They are the ones that are again in conscious contact with our Angelic and Elemental friends.

This is very necessary for man to survive on this planet. This is necessary for the Golden Age that is destined for this planet to happen. The Angels are here to help man grow closer to God. The Elementals are here to help man live in a space where he can focus his attention on Godly things. Mankind in return must begin to clean up the Earth and take a greater responsibility for what is being done.



Everything that is in this book is from my learned truth - what I have found works for me. I applied the knowledge and received results that helped me grow spiritually.

Keep an open mind and "go within" for your own guidance and answers. Be aware of anyone who wants you to follow them and tries to turn you away from going within. Question everything. Keep yourself and your family in the Light!

You will now begin a wonderful adventure with the Angels, nature and God that will last a lifetime.

If you pursue your spiritual path, every day is exciting and magical. Your heart fills with a joy that expresses itself in everything you do.

You will find yourself pursuing your dreams and having fun with life. Every day becomes a grand adventure!!

**\*\*\*KEEP USING AND SENDING\*\*\***

**\*\*\*LOVE & LIGHT\*\*\***