

Talk to QFAS Conference April 07

The Phenomenon of “Channelling” by Angela Howard

This talk is an offering to you of information about “channelling”. We’re all at different levels of understanding and experience in spiritual/psychic matters. Some of you will already know a great deal about the subject and I ask for your patience. I hope that there will be new light for all of us to some extent. I think it’s good to share and confirm publicly what we know. I look forward as always to the discussion which will follow.

Contacts from the spiritual world come from two main sources. Those in the first category are from loved ones who have passed on, and who come back to grieving relatives through mediums or sensitives or maybe are able to manifest directly to the person concerned. There is a strong link of love and shared memory here and contacts are very personal and often highly emotional. It is these contacts with which Spiritualism is mainly concerned and they may not be particularly interesting to anyone who didn’t know the person communicating.

The second category is contact from guides and teachers who seem to have a mission to help humanity. They come usually to people who already recognise that they have psychic ability and have perhaps been preparing themselves by praying and meditating and asking for such a contact to be made – or they may begin spontaneously in early childhood as in the case of Ruth White and Gildas.

It’s a philosophical rather than an emotional contact and so the content is much more interesting to the world at large, and much of what comes through has been published and is widely available.

Both of these types of contact are as old as humanity itself, but according to the times, the culture and the religious climate and so on, they are given more or less credence and importance.

Today we’re concentrating on channelling which is part of the second, philosophical, category. This is teaching coming from a higher level of consciousness to help humanity; the medium or sensitive being known as the channel. And as we don’t have a lot of time I’m going to talk about the situations I know of in which the channelling (just within the U.K.) has taken on a formal teaching role, happening regularly within an established group of people who are almost like the students of the guide. Not followers, but students. I think there is an important distinction. And the group is always open to new comers. There’s nothing closed or exclusive about it as the aim seems to be to reach and awaken as many human beings as possible.

My first example is White Eagle whose words were channelled by Grace Cooke. The White Eagle Lodge was founded in 1936 “set up in order to bring to ordinary people the vision of the spiritual life in which we live, and which gives us life. Through becoming increasingly aware of this interpenetration of matter and spirit, we learn that death is not the end, but a return home to a greater reality; and that we can, each through our own spirit, be instruments of healing and peace for the world.” The Lodge is a worldwide organization with centres in Europe, America, Australia and elsewhere and a Mother centre in England. There is the Lodge in Liss in Hampshire and also a centre in London. The brochure says: “The work of the Lodge is varied and enables people to develop their awareness of the inner light, and to

use it, in a number of ways. You may be interested in healing, meditation, astrology, retreats and courses.”

There are at least fourteen small books of White Eagle’s teachings which are at the heart of the community. The teachings are strongly Christian in language and thought but with notable additions such as reference to a Father-Mother God and reincarnation – which are unusual in the Christian theology we are used to

“The purpose of incarnation is that the soul of man may be perfected. Man made perfect through physical experience. Do not think that reincarnation means regression. Reincarnation is progress, not the reverse: reincarnation means that failure and death are not the end of a man; that the soul, whatever its shortcoming, is given an opportunity of re-living its life in matter, not once or twice, but possibly many times; and that with each rebirth it is presented with fresh opportunities to develop within itself a divine and selfless love – which is but another term for the Christ within. Man is fundamentally the child, the son or daughter of our Father-Mother God. Being made in God’s image man has been endowed with Godlike potentialities. Only through the development of these gifts to the fullest extent is man able to enjoy the fruits of his spiritual heritage, and to know unalloyed happiness ‘such as this world can neither give nor take away’.

“When your inner vision is opened, and you see God, even if only the Godlike radiating through another personality, you at least are called upon to admire, to respect, to revere. But if your vision is still more opened, and you enter heaven and catch a picture of the perfect Son of God, he who is Lord of this earth, you want only one thing; to get nearer, to be able to talk to that radiant being, to seek his companionship. It is only natural. Then your guardian angel will say to you, ‘You admire, you revere that beautiful soul; you would like to draw near to this great brother, to become more like him?’ And you reply ‘Above all things!’ Then comes the answer: ‘Then you shall. But you must tread your ordained path; you must go back again to the earth, and work on the material of your own temple. You must live your life with his image always before you. When you become as he, you will have the power to serve your fellow men, as he served.’ Would a soul refuse if the truth were thus presented?”

White Eagle Lodge, New Lands, Liss, Hampshire, GU33 7HY. There are many books published by The White Eagle Publishing Trust, 15 booklets of White Eagle’s teachings. There is a website www.whiteagle.org and a journal Stella Polaris.

My next example is the Findhorn Foundation. This is how it was described in a brochure.

“The Findhorn Foundation is part of an international spiritual community living, studying and working together in the northeast of Scotland. It was founded in 1962 by Peter and Eileen Caddy and Dorothy Maclean on the principles that God, or the source of life, is accessible to each of us at all times, and that nature, including the planet, has intelligence and is part of a much greater plan. While we have not formal doctrine or creed, we believe that humanity is involved in an evolutionary expansion of consciousness which is creating new patterns of civilisation and a planetary culture infused with spiritual values.”

The comment of a visitor to the Foundation adds: “All this sounds very high-minded and esoteric. But when you experience Findhorn, that’s not the way it is. It’s about people and how they can make a better job of the way they live their lives.

Many of us will remember, or have heard, how Findhorn began. It was through the growing of amazing vegetables! The Findhorn Garden was the first element of what now exists to come into being.

At the heart of Findhorn are the channellings of Eileen Caddy. There are at least four booklets of prayers or meditations which Eileen says were given to her by the “‘still small voice’ within, the voice I have heard and lived by for many years. I call the voice God’s voice. You can call it what you will.”

“My love is everywhere present
There is nowhere My love is not.

My love is at the very centre of your being
And radiates out to all with whom you come in contact.

My love is the very essence of every person.

If you find yourself in an inharmonious situation
I am there
Harmonizing your thoughts and the thoughts of others.

When you are faced with indecision
I am with you
Guiding and directing you
I will make the way plain.

When thoughts of fear and depression sweep over you
Know that I am with you
Protecting and stilling you
All fear will disappear
And peace will infill you.

My love is with you always
Be secure in it
And go forward in calmness and confidence
Knowing that My love is continuously working
In and through you.

There are many books produced by Findhorn Publications, The Park, Forres, IV36 0TZ, Scotland. Among them are two booklets “The Living Word” and “Footprints on the Path” by Eileen Caddy. There is also a website – Findhorn Foundation

My third example of a spiritual centre based on channelling is Runnings Park.

The channelling came from a guide who calls himself Helio Arcanophus and he was channelled by Tony Neate beginning in 1959. Tony was a successful business man at the time but the teachings so impressed and inspired him and a circle of friends that eventually four families uprooted themselves from London and in 1981 bought the property Runnings Park in

the beautiful area of the Malvern Hills. They ran a spiritual centre there for about 20 years. Tony experienced H.A., as he became known, as

“.... A very tall presence with a tremendous sense of calm and justice all around him. Above all it was the aura and the light he emanated that I was aware of; a feeling of immense energy and power and light, yet a *complete* humility...”

Martin and I visited the centre several times and with large numbers of others benefited greatly from the courses held there. I discovered from a friend of mine that the buildings have now been sold and the group have gone their separate ways.

It is interesting that another member of the group, Diane Furlong, also began to channel H.A. in the 1980s. My friend said that the group eventually felt that there was no need to channel H.A. as they knew what he would have said. I think this is key to the whole plan – that the guides give us their wisdom for as long as we need it, rather like a parent guiding a child. Eventually we come of age.

From “The Guide Book”.

Question to H.A. You have often said that changes must be made if we are to survive. How can we set about making such enormous changes in so little time?

“You Want to Change the World? Start with Yourself!

Change can only spring from within yourself, from an adjustment in your thinking and a simplifying of your life. Life need not be complicated at all, and it is for this very reason that I speak on what might appear to be a rather elementary level, because it is at this level, surprisingly perhaps, that the foundation of wisdom is to be found.

True wisdom does not lie hidden in a maze of secrecy and mysticism or in clouds of high flown intellectual concepts, or in every-more-complex technology. It lies in simplicity and understanding – an understanding that can affect your every thought, word and action in everyday life.

It is all a question of balance or equilibrium. Have you found yours? How can you set about finding it? Do you accept yourself for what you are? Are you afraid of other people? Being unafraid does not mean being insulting and objectionable to others – those who go around in this manner are the very ones who are afraid, as they are not really sure of themselves. And this applies to nations, of course, as well as individuals. There is nothing wrong with being sure of yourself, provided that surety brings with it tolerance and understanding.

Let us pursue this even further. Are you honest with yourself, and with the people around you? If you do something wrong are you able to admit it and face up to it? If so, you will learn a valuable lesson from the experience.

I hope that you will forgive such a roundabout answer to your simple question – but it is often the simple question that leads into the widest territory!

When the human race as a whole emerges into the light of the coming age, reacquaints itself with such basic aspects of universal law as karma and reincarnation and begins to instil this wisdom into its children, such dangerous follies as ruthless competition, male chauvinism, hoarding of resources and money, intrigue, espionage and war will fade into oblivion, or linger as sobering reminders of a long and troubled and mercifully receding past.

And what will replace them? A far more rewarding set of principles and activities, such as:

- self acceptance, self respect, self-responsibility
- thinking for yourself
- respect for others, their opinions and beliefs regardless of race, colour, religion or occupation.
- respect for planet Earth and all its life forms
- education based on the development of the human character and the unfolding of the essential spirit within each child
- business based on mutual advantage
- sharing and cooperating
- growing awareness of both the material and subtle universes
- loving and forgiving

And not a century too soon!?"

"The Guide Book" channelled by Tony Neate. Gateway Books, 19 Circus Path, Bath, BA1 2PW, 1986. ISBN 0 946551 33 2

Also. "H.A. on Life and Living" channelled by Tony Neate and Diane Furlong. Pegasus Foundation. 1992. ISBN 0 9519827 1 0

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In May three years ago I was whisked away by the same friend to spend a weekend at Poulstone Court which is a large rambling house in the Wye Valley. It has a most beautiful garden where we did Tai Chi before breakfast. The whole experience was very healing for me because I was still in the early stages of recovering from Martin's death in the December before.

The weekend was a regular annual event and most of the people present had attended before. Some many times. There were about forty of us.

Pat Rodegast, who is now in her seventies, comes from America each year to visit Poulstone Court and a few other places in the U.K. in order to channel Emmanuel.

We spent most of the weekend sitting in a large room with wonderful views and the constant background sound of sheep and lambs in the fields around. Pat sat quietly on the floor and it was almost as if Emmanuel was standing behind her. Sometimes she would speak as herself and then there would be a small pause and she would begin to speak as Emmanuel. When Emmanuel was speaking the voice was more confident and some of his comments and answers to questions were quite lengthy and complex but with a kind of compelling

simplicity. They sounded like the truth, especially when you listened hour after hour. That's the only way I can really describe it. Here is what Emmanuel says about death:

“Don't speak ill of the dead.”

That's nonsense.

There is no such thing as “the dead” in the first place, and the belief that the dead must be protected goes against reality.

In their lifted state of consciousness they are better able to hear the truth.

Communication does not stop at the doorway of death. The wall between physical reality and the spirit world is very thin, as you can see by the fact that I am standing here talking to you.

You in your element, and the person who has died in his or her element, can work on the same issues and come to a deeper understanding even though the illusion says you are totally separated. Your truth can propel the lifted one into growth. Quite the opposite from what most people believe. Even though it is comforting to recall someone as you last knew them, it is guaranteed that there has been a change for the positive. There is something remarkably refreshing and educating about dying.”

Teachings of Emmanuel. Pat Rodegast.

I sat next to Pat at a mealtime and was interested to hear from her that people would often try to get a bit of private Emmanuel guidance from her by asking her to take a walk in the garden, or some such ploy. But Pat would only channel during the sessions and she is a completely different personality from Emmanuel so they would be disappointed. It's an easy mistake to make.

“Emmanuel's Book – a manual for living comfortably in the cosmos” compiled by Pat Rodegast and Judith Stanton. Published by Bantam Books, March 1978.

ISBN 0 553 34387 4

Poulstone Court, Kings Caple, Herefordshire, HR1 4UA. Phone 01432 840251.

Email Poulstone@btinternet.com. There is a small website and they are able to supply Emmanuel books and CDs. (Pat is not well at present and will not be visiting this year.)

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Ruth White has acted as a channel for Gildas for over 40 years. She is a transpersonal psychotherapist and has a qualification in Counselling and Guidance. She has written several books and I'm referring now to her book "A Question of Guidance" in which she describes her perception of Gildas:

" 'Gildas' is the name of the presence who is always near me, whom I identify as my discarnate guide. That is to say that I experience him as a separate personality, being, or entity, communicating from another plane of existence, and not from or part of a solely inner part of myself. I understand him (also by his own definition) to have been incarnate many times on the earth plane, but to be now in a discarnate state.

I am aware that his presence was with me from my earliest childhood. I did not know him then as 'Gildas' or as a 'guide'. Since he either appears wearing a white monkish robe, or in his glowing energy body, and since adults speak sometime to children of 'guardian angels', if I thought about him, or questioned his presence at all, it was to assume he was an angel.

As well as awareness of this companion I saw the fairies and elementals in the garden. I saw the house fairies, and the fairies which come when there is laughter, dancing or live music. I saw the changing colours, and energy fields or auras around people and material objects.

It only dawned on me very gradually that the expanded world of which I was conscious was not only in some way 'different' but that it was questionable and unacceptable. The older I grew the more adults frowned upon my 'strange' perceptions, and comments. I became bewildered and withdrawn, and was considered a 'difficult' child."

"... I now know him not as an angel, but as a discarnate guide and companion. I see him usually in his energy body full of pink, violet, white and gold colours of light, though in the early days of his reappearance I saw him more often as a monk in a white robe."

"...Almost all that he has said about himself is that during his final incarnation he was a Benedictine Monk in 14th century France, and that now he is part of a group from the 'other side', who are seeking to help individuals in incarnation on earth, and also the planet of earth itself. He, and presumably the group of which he speaks are concerned with teaching, guidance and healing, they bring an input from their perspective which carries a message of urgency but also of hope."

There are two groups which meet regularly to hear Gildas's teachings one is in Pinner and one is now in Eynsham near Oxford. It is also possible to have individual appointments for channelling with Ruth at her practice near Brighton.

Ruth makes an interesting comment in the book:

Discarnate guidance is becoming a 'fashion', and even a 'cult' in these times and the pitfalls are many and often deep. The 'New Age' movement is too often used as a means by which individuals so sensitize themselves that they can no longer live comfortably in the world as we know it. Their energies become completely focussed on making their own environment stress free with the result that they cannot be effective in outer living. I do not consider that this state should be the result of spiritual growth and training. Those who focus on their spiritual strengths can become more adequate in the outer world, and able to work there with

the view to expressing spiritual values such as love and integrity to combat disillusionment, corruption and cold self-interested competition.”

Books by Ruth White, published by C.W. Daniel, 1 Church Path, Saffron Walden, Essex, CB10 1JP.

“Gildas Communicates”; “Seven Inner Journeys”; “The Healing Spectrum”

“A Question of Guidance” 1988. ISBN 0 85207 193 0

Ruth also has a website “Ruth White and Gildas”, and it’s possible to have a one to one session with her at her practice near Brighton. She is a transpersonal psychotherapist.

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Paul Lambillion, a spiritual teacher and healer, who I have come to know well since Martin died, channels “Heartstar” in a converted barn near Bury St. Edmunds. Meetings take place once a month and the group is usually about 20 strong and mainly regulars. Interestingly “Heartstar” is a label of convenience really as it is a group of entities who link together to share their wisdom and experience with humanity. Like all guides they have had Earthly incarnations but they have now reached a level of evolution where the personality is less important and they are able to blend easily together.

After a few minutes conversation with the group Paul goes into deep trance in which he remains for about an hour while Heartstar speaks to us. He has no idea when he comes out of it what has been said and has to listen to the recording to find out. I think Paul, who is a very sociable and convivial person feels a little left out on these occasions! Watching him relax and hand over his body to someone else one can see the moment when the new entity arrives and begins to move and use Paul’s body differently and speak with a different accent. It feels a great privilege to be at an occasion such as this.

Here is part of an answer given by Heartstar to the question “Do you think life here has a pattern, do you believe certain events are bound to happen?”

“Life has a pattern for each upon the earth. No two incarnated souls upon the planet earth have been given the same objectives, and for each one of you the path you have to follow is different.

“This is why when you compare your own particular circumstances with those of another, the exercise will be fruitless. For your path is for you and upon incarnation you are fulfilling pre-natal commitments which you have made with guidance from others, that you might work best to achieve both the refinement of your own soul and also be a support for the endeavours of those with whom and around whom you have incarnated.

“And there is an optimum pattern for life with which you come to the earth and this pattern has quite specific objectives to its operation. There are certain parameters of expression in your life, and if you depart from them, then you will discover that your life can become more difficult and more painful. But if you work within the structure that you have been given, and if you seek always, as we have already said, to understand the highest principles of life, looking for the opportunities, seeking to be full of optimism in the way you approach your life, then those circumstances which are difficult will begin to dissolve as you progress, growing in strength and in wisdom.....”

Paul has a website and has written several books on healing and a book to help young people find their way in the world. Also “Communications from Heartstar.”

His address is 120 Appledown Drive, bury St Edmunds, Suffolk, IP32 7HQ.
www.paullambillion.co.uk

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To sum up. What are the similarities between various the teachings? I've listed some of them in no particular order and I'm sure you can add others.

The teachings should always be tested by the intelligence of the listener.

There is an emphasis on:

- individual spirituality rather than on religious organisations and dogma;
- empowerment of the individual. The world has to change and it begins with you and me. We are spiritual beings with enormous potential;
- teaching about the importance of love and about healing. Teaching that we are loved and that the universe is held securely within cosmic laws – such as karma and reincarnation;
- introducing concepts such as spiritual evolvement for all beings; spiritual hierarchies; the godhead;
- a predictive element. The Earth is entering challenging times, we must wake up. The teachings contain a sense of urgency but at the same time there is optimism that the change will happen. The teachings do not set out to make us fearful but to give us hope;
- teaching about the past. Setting the historical picture of the Earth and human evolution through various ages and civilisations;
- responding to events in the world as they happen and concern us and giving a spiritual perspective (such as the Tsunami and 9/11) and to individual problems in the form of question and answer.