

'Feeling easier'

Seminar

For 11 years old up to adults
and for 10 years and younger

This manual is a "booklet" that is used for the purpose of aiding and rehabilitating all who have or will either "offend" by disturbing the peace or, become potential suicides or, who are but the general public of all ages and both sexes who at times experience troubled thoughts and negative feelings.

This booklet is the 'program' of the "Feeling easier" Seminars, and is to aid the participants and others to have a guide so that they too can implement their own Seminars at a later date and use these contents for that purpose.

This booklet will aid all that read it to seed their consciousness with wisdom.

All or any information given in this document or the web site content or the CD soundtracks content may be freely copied and passed on to aid others who may wish to help themselves.

You may print copies of this booklet to use on your own seminars that you may wish to instigate.

As written by Terence

The

~ 'Feeling easier' Seminar ~

Adults Seminar incorporates all pages 1 - 13 of this section.
Other information to assist all from pages 14 - .

For all departments, be they Police, Prisons, Counselling or Welfare.
This document with the 'offender & victim' they now must share.

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Foreword

The Seminar may also be used for the general public, for it is they who suffer from thought intrusion that leads to suicide potential or to becoming offenders. All will benefit from attending Seminars run by village Carers.

An 'offender' is any person who defies God's "Only love" Command, and one who verbally or physically abuses another person or their property, or takes from another what is not theirs to take. (One that disturbs the peace).

People who break man's "enacted" regulatory laws, ie. traffic offences, tax evasion, running an 'unlicensed' business etc; are not here so classified. The ungodly "Take" off others in the seemingly virtuous form of fines shall cease as society collapses.

~ Additional Notes ~

1 - You were called here today for your own benefit.
2 - Try and understand that we all 'pay' for any folly of the day.
3 - Try and 'learn' how your mind is 'open prised' by devilish thoughts trying to use you to abuse others. For it is in this way that the Devil causes you pain and steals your soul.

4 - Learn how to protect your mind from this process.
5 - You are here to advise your conscious mind how to become wiser.
6 - You are personally responsible for your daily words and deeds, so try and control them, for if you lose control of your actions you can cause great pain and suffering that will come back to you. For as you 'sow' so do you reap.

7 - Your destiny is in your own hands, ultimately via your mind.
8 - You are here to learn of the invisible inner reality that exists. (Thoughts and feelings) that 'cause' our daily actions towards others and ourselves.
9 - This seminar is an education in 'inner listening,' it is also for the souls living in other realms of consciousness who present themselves to you as 'thoughts' in your mind. So when listening to the meditation or other instructional audio tapes you may avoid distraction by closing your eyes.

10 - You are on the road to learn how unprotected minds become controlled by spirit forces living at other levels.

11 - Remember, our thoughts are not always our own, some are 'telepathically' sown.

12 - You have now heard of the 'eye for an eye.' Be prepared to suffer and not fight back.

13 - truly it is the time to be forgiving and not retaliating. This way we become free from our past debts to God and humanity.

14 - Never give in and deny the call of the Light to:

'ONLY be loving, merciful and forgiving.'

web sites < www.the-testament-of-truth.com >
< www.the-testament-of-truth.co.uk >

And children please understand, there are others in another land. They are lonely too. Their thoughts reach up to you, so together, three times a day we with the thoughts will say the prayer of the Star above, the one filled with Mother's love and then we'll feel happier too as will the "thoughts" flowing to me and you. So that is what I say today to all "thoughts" that come my way.

I will let you listen now to a recording so as to help you in the future to make a better "life" choice. Your destiny lies within your own hands, your mind. Try and see this."

Play 'The Drummers of Africa' to any 7 years or older. For the under 7 years just speak on the relevant points given above and the ones that follow. Say: "Do any of you wish to ask any questions at this point"?

Once this is complete then say. "Please sit with your eyes closed as I play a meditation tape." Play the **Star** meditation approx. 7 minutes.)

Remember as you awaken each day that your future spiritual destiny lies within your own mind. For if you are peaceful then you will enter through the 'green door' and join in the party that leads to the 'yellow river,' being the sun of warmth and happiness. If you are aggressive then that road leads you to the black door of unhappiness, wherein is isolation, coldness, and suffering.

Our Creator says: "Please be kind to yourself and as you break-fast at your meals please remember to walk the day peacefully." You must daily forget yesterday if any other person made you unhappy. Forgive them.

As the Sun goes down the painful past must be 'laid down' and as the morning does arise look to the heaven and the starry skies. So we must all now teach that only LOVE can breach the minds of the bully boys who think the others are but play toys. Try and be kind and nice to all.

Try and LOVE all, even those of the aggressive ones who are not kind. Even though they make you cry sometimes you must still "reach out" with a daily smile and a friendly "shout" saying "Hello, with me you can play."

Seminar ends

All public prosecution shall cease, "Forgiveness" is the new way.

Humanity will now see an escalation of "offenders" who by day and night "offend" others who stand in their sight. The offender is being "used" by the darkness to infuse darkness, being the 'Reaping Force in action' against those whom in the past were "It" in action. (The Dark).

All must now understand that the only way to now "Halt" this all pervasive flow of darkness is to heed GOD and by deed now only sow truth and light as by Education we teach, and no longer Punish those whom societies way breach.

All whom this teaching deny will suffer endlessly and spiritually die. Offenders will be caught and counselled for three hours via the "Feeling easier" Seminar program and then daily set free. This is to be done planetarily.

Hard core offenders (killers), who remain incarcerated for a time will needs attend daily Seminars to strengthen their minds through constant exposure to the understanding given.

This document has been prepared to facilitate the rehabilitation of offenders whose minds are "Under Siege" from negative thoughts that have led them astray.

"Treat all offenders with respect" our God does say.

Thus this information is placed as "free food on your table" on the Internet as a guide to future Carers.

Accompanying material to be used:

CD/tape: 'Minds Under Siege,' 'Spirit Possession,'
'The Drummers of Africa narration.'
'Ark' (adults) & 'Star' (children) meditation.
This "Feeling easier booklet"

~ Intent ~

It is my intent to “show the way” to those who offend others today. The Way of the Light that says: “Uplift all into my sight.”

“So the past way of “Judge, condemn, fine and imprison” will now cease, with the exception of any whom others kill, "They will sit in prison for six months and be daily counselled and then again set free.” That is what God says to thee.

Let it be understood that all in the past were “offenders” in God’s eyes, the Judge, the Jury, and all involved in proving guilt and punishing, as well as the “sufferer” who was but Reaping what was in their past Sowed, as well as the offender now sowing darkness, as well as all the populace for freely supporting the punishing - punitive systems that they 'demand' must protect them, even if it means killing another to so do. Thus are the populace untrue to themselves.

Planet earth is as yet a lowly unforgiving “offensive” realm.
Now we will Educate.

~ Notes for counsellors ~

Read all the information seeded on the Internet or CD. This will reprogram your consciousness with fresh truth and a deeper understanding of what is occurring on this and other levels of consciousness.

Make sure you understand the nature of thought intrusion and the resultant "subjugation" of the mind of man by daily familiarising yourself with the “Brief Summary” of The Testament of Truth and “Suicide” document as well as pertinent information in "The Treatise of Truth." All on the home page.

Any person who is brought to you as an offender needs be assisted to “see” their default and understand its deeper Karmic implications for them. This is to assist them into a “change of direction.”

In the past, I or others may have been too lenient to you, and also I may have been untrue because I permitted you to do what you do as I did not have the time to entwine mentally with you as today I do as I sit quietly with you.

Please now sit quietly as I talk to your mind and counsel your "thoughts" that to you are unkind. You must now decide whether to stay quiet and calm and have "us" by your side, or whether we "cast you out" of our conversation until you learn what respect is all about.

So please now speak to me and tell me "what way" you would have it be. - - -
At this point have a discussion about their thoughts and feelings - - - Then say: "I wish to speak to your thoughts, so sit quietly and listen please and this to your thoughts I say:"

Are you aware there is a Star above, are you aware there is a Star of love, are you aware this Star is true, are you aware this Star can do much for you. Are you unhappy and do you feel far away. I just want to say I am your friend today, and my heart reaches out to you, yes to the thoughts now flowing through.

If you feel lonely, if you feel blue, listen to me, I'll tell you what to do. Say this little prayer with me today and your mind will feel happier in every way.

Let us together see the Star above, the Star of Bethlehem filled with Mother’s love. IT is shining for you and you and you, the thoughts flowing through. Let us together now say:

I see the Star of Bethlehem high up above,
brilliant and beautiful and filled with God’s love.
I see a white light shining down from this star
cleansing through my body with its power from afar.
Wonderful Mother please now be with me,
fill me with light and set my soul free.

You will also be taught how to protect your own minds from negative thoughts, for any continued negative expression is with great danger fraught, for the destiny of your soul is in the deeds you daily do as on earth you stroll, and I would like to make you aware as to how you 'earn' suffering. For you only do what your thoughts tell you to.

You need to know that if you lose control of your minds you can cause great pain to others, and that what you do to others, will by others be done to you at some other time. So we must try hard to not do what 'bad' thoughts tell us to. We must try to be only kind and helpful to all.

We know about the light and the cold, and about the good and the bad, and about "Thoughts" happy and sad, do you know why sometimes you are happy and sometimes fear or anger flows free?

Try and understand that these "feelings" you feel are from another land, they are "invisible," they are things that we cannot see, things we cannot touch, they are not like boats or toys or dolls as such.

I want you to "think" about "thought," is it some thing that can be "bought?" Is it something you can "hold" like toys of which we have been told? or, are thoughts "things" that come and go, things that seem to quickly flow?

From moment to moment they "appear" and as quickly "disappear."

The light says "Only Love," being the eternal call from heaven above, and, the darkness says "Hurt those who take your toy." So each need to understand the different "feelings," those of the lower land of fear and anger, and the ones of "Love," feelings from the land Heaven above.

I want to tell you that you must understand that what you do when you hurt others is untrue to you, for you are permitting darkness to flow through you when you are unkind to others, and if you do this then it will come back to you.

Your conduct is not nice and no one will want to have you "around" if you act in such a manner, for that is not the way that God planned.

Some may wish to change, others will be unable to. This is due to the invisible "forces" in spirit who mentally bind them and use them. These spirits are also being "subjected" to this counselling session.

When "they" see the truth and change their ways, the fleshly one may be able to also so do. Compassion and understanding are to be to the fore, you are not personally responsible for what others do, for sure.

Prior to commencing any Seminar it is recommended that the Counsellor sit quietly, and within your mind, you call out mentally to all the spirits who are telepathically linking-in to the offenders who are attending, and ask them to please try and control their thought input. (Ask them to listen).

This is done so that the 'listening' spirits have the opportunity to try and listen to what is said at the Seminar. For ultimately it is to also aid them to find inner peace, and to thus be able to move upwards to the Light.

A session may contain from one person upwards to a dozen or hundreds or more. The session will initially have a 20-minute CD recordings to listen to. The "Minds under siege" audio track. After this a discussion is held for as long as there are questions to answer.

Then a 15-minute break, followed by another 45 minute CD. "The Drummers of Africa narration." This is followed directly by either the "ARK" meditation 7 minutes for adults, or the "Star" meditation 9 minutes for under 16 year olds.

Then a reading of the "Daily Practice" on page 10 of this 'Feeling easier' booklet. Seminar then ends. The Seminar is interspersed with some music sound tracks.

All attendees receive a CD containing 13 soundtracks for listening to later, or cassettes, as well as a "Feeling easier" booklet written document for them to refer to, as it is a part of the Seminar continuity education process. They also need a cassette containing all the Seminar soundtracks to play later if they wish to.

~ The Seminar Lesson ~

As seminar attendees enter and begin to sit have the soundtracks:

"**The green door**" playing, followed by "**Yellow river**."

Once all are seated and the above tracks finish then commence the Seminar by playing the soundtrack: "**Morning has broken**" by Nana Mouskouri. Then when the track is finished, then say to those gathered:

"We are here today for you. You have been brought here today so that you will understand how for your folly you will pay. You will also be advised "how" your minds were/are "open prised" by dark thoughts that use you in order to abuse others.

You will also be taught how to protect your own minds against the intrusion of negative thoughts, for any continued negative expression is with great danger fraught, for the destiny of your soul is in the deeds you daily do as on earth you stroll, and I would like to make you aware as to how the Devil does your soul snare.

You will be later set free as I am not empowered to punish you, only to you advise, so your conscious mind can become more wise. You need to know that if you lose control of your minds you can great pain onto others Sow , and that what you do to others, will by others be done to you.

I will let you listen now to recordings so as to help you in the future to make a better "life" choice. Your destiny lies within your own hands, your mind. Try and see this."

This seminar is a "listening within" educationary program for the restitution of yourselves as well as for souls lost below who "present" themselves as your thoughts. As it is an inner mental process, you might find it easier if you close your eyes when listening to what is said on the soundtracks, and thus avoid some visual distraction.

(Play the "**Minds Under Siege**" - 19 mins)

~ The Children Seminar Lesson ~

For children 10 years and less

This 'Children' program is shorter and depending upon the age of the child or children will take between 30 minutes for 6 year old and under, and 7 - 10 year old about 90 mins.

But Carers need to have studied the adult program and familiarised themselves with the contents of the Suicide document on the Testament of Truth web site as well as the Mental Health Carer's Manual Item 6. Read the information prior to the child seminar so that you are conversant with it.

(Explanatory Treatise 6)

~ Parent/Child relationship ~

Emotions, thoughts, and the child

Note: For under 10 age there is no 'set' 'seminar' as such, simply speaking to the child, keeping in mind the information you have gleaned from these pages. You may also say the Star prayer with them when they become offensive.

That is, preferably this is done by a friend rather than the parent with whom the child is being difficult with. The under 6 age group are not expected to sit and listen to the following, but may be counselled and helped to either say the star prayer or listen to it being played.

It is preferable if there are at least two Carers at hand and also preferably not the parents. Any of these children may be counselled daily or weekly if needed by their parent or others.

Commence the Seminar by quietly playing the soundtrack "The green door" followed by some talking by you and then play "Yellow river."

We are here today for you. You will also be taught a little about "how" your minds are "used" by dark thoughts that make you want to abuse others or hurt yourself.

The deeper implications - The importance of moving "beyond" the person in the flesh and speaking directly to the invisible ones influencing them, letting them know they are "seen" and that we give them our wisdom with respect.

True spiritual counselling - The importance of being able to counsel the "dead," being the one who has "passed over" and is still "alive" and locked into a continuing traumatic state that may influence those relatives still in the flesh.

Reprogramming the "belief" - Understanding the difficulties around changing the "recorded" stored memories in the subconscious that permit "deception" to continue etc. The importance of daily assimilating the fresh wisdom and daily observe the content of the "Daily Practice" sheet given below.

All participants need to understand that none are immune from being mentally "accessed" through their negative emotions, and they as all will at some stage become a "sufferer" to varying degrees.

Remember the "Code of Conduct" for Spiritual Counselling is:

"Courtesy - Respect - Humility"
"non-confrontation - non-retaliation"

You needs remember these words as you meet and greet the many in coming times who will all have differing demands, needs and wants.

Then say:

"The recording of 'Minds Under Siege' you have just heard may contain difficult words but there are many unseen others "in spirit" here today who need to also hear them. Then say: "I will now play a song 'On the road to find out.'

Play the soundtrack: "**On the road to find out**" - by Cat Stevens.

Yes, we are on the road to find out 'how' our destiny is being shaped by others who are invisible and thus have control over our minds that they use to diffuse dark actions through us that ultimately causes us a painful and sad road.

We are on the road to find out how to regain control of our minds and thus can become personally responsible for our own destiny.

I shall now play another recording that is used to teach counsellors, so I hope you too will ahead be able to counsel your friends and help them to stay non-aggressive each day.

We will now learn about how the mind becomes controlled by spirit forces who have the capacity to override and control an unprotected mind and thus bind you in painful karmic servitude, and then I will answer any questions you care to ask me that refer to the matter at hand reference subjugation of the mind and spirit possession being the control over the mind of man."

(Play the "**Spirit possession**" CD/tape - 20 mins)

Then say:

"You have now heard a lot of new information as to the reality that our thoughts are not always our own, and if we have to suffer from the deeds we do, why let some other foolish thoughts flow through from others in spirit who are untrue and seek to use us to do their bidding?"

Now you begin to see how easily we become "used" by our thoughts that can mislead us, for any negative thoughts about others inevitably seek to cause us pain at a later date. This also applies to those in spirit who are being 'used' as are you from realms beyond their sight too. Then say: I am now going to play the track 'Bad moon rising'

Play the track "**Bad moon rising**" - by 'Creedence clearwater revival'

"Many people live in a selfish dream world and they see not what it is they are doing to others each day that ultimately comes back to them. You have just heard the words "an eye for an eye" as well as "Difficult times coming," and "Are you prepared to die without fighting back"?

It truly is the time to see the difference between the meaning of forgiveness v/s retribution. For what none see is that when we are less than forgiving and we take 'an eye for an eye,' that we permit our soul to "enter" the cyclone of dark spiritual energy, and, - - -

Just like a material 'weather' cyclone in which all the air is sucked into the vortex at the centre with ever increasing destructive power, we can be sucked-in spiritually by a powerful vortex of treacherous negative energy.

If you in any way "entertain" dark thoughts your emotions will drag you into retribution which ultimately leads you into the eternal dark vortex of overpowering negative emotions and thoughts from which there is no escape and the 'pain' you give out and receive back goes on endlessly.

Try and understand the consequences of permitting an invisible dangerous alien force to take control of your mind. For it will use your flesh to destroy others and this brings pain and destruction back to you.

You must be "prepared to die" in the face of adversity, but not die fighting to defend yourself or others, but to "go as a lamb to the slaughter" if needs be to become free.

Protection of the Mind from this attack - The Star Prayer Meditation to help cleanse and fortify the mind particularly when emotions are running. Identifying negative thoughts and halting them immediately.

The Significance of Non-retaliation - Forget the past with all its pain or hurts. Never try to "resolve" negative problems between yourself and others. Understand that you may be blaming others actions "with others" for what you are feeling, but remember, maybe "nobody actually did anything to you," and what others do to others is none of your business.

The Karmic Process - "Reaping what we sowed," Negative feelings experienced by us are simply a Reaping process. How the Dark Force will give you endless reasons to place the blame for our feelings anywhere but at the door of our own deed, thus trapping us into ever increasing karmic debts by our continuing negative expressed deeds.

The Issue of Control - How we unknowingly exert control over others, any attempt to control another, even when motivated by Love, is negative and means we are the Dark Reaper in action.

Absolute Freedom of Choice - Understanding the Power of Respect in its fullness. Respect of those "others" trapped by the darkness and thus in no way attempting to control or subdue them. Only being kind and helpful when possible.

Why suicide ? - Why destroy another or yourself. Do we really "die" when we suicide and leave the flesh, and thus escape our inner emotional and mental turmoil, or do we fall out of the fire into the frying pan?

Give out the reality to the sufferer, being that we neither die as the spirit lives on, nor can one "annul" inner turmoil by suiciding. Only with the now given truth can we find inner peace.

1The reality of speaking to spirit - Reflections on the implications of discourse versus giving them counselling directives only. The deceptive capacity of the "Force" when it is communicating through aroused negative emotions.

~ Open Forum ~

Some points to be established during any "Open Forum"

The Reality of Spirit - The eternal existence of our spirit and the invisible Source influencing our spirit in both its Positive Light and Negative Dark inspirations.

The meaningfulness of God's "grace," spiritual cleansing - Being the "Light's loving help" in drawing out our negative emotions during the escalation of inner mental/emotional turmoil through the rising intensity of our feelings and,

The "Dark's Just demand" that we pay for every negative deed previously performed (Sown), hence the "Reaping process." Self suffering, being 'self crucifixion' as one does not retaliate against any "oppressor."

Understanding the Dark - The Absolute justness of the Dark in that we pay fully only for that which we did negatively before to others. This is the cause of all suffering and enlarged negative emotions within us that grow larger through retaliating.

Seeing that any attempt to avoid our suffering is absolutely futile. Understanding what we must do to make sure we do not intensify or prolong this suffering through retaliation.

How Universal Spirits mesh with ours - Powerful emotions and the part they play as the doorway through which other spirits "walk" into our minds and control our actions.

That once "telepathically" in our minds, these spirits not only inspire our thoughts but join their own feelings to ours thereby magnifying and multiplying our feelings.

The Role of Thought - What it means to have a "Mind Under Siege" and how we help to maintain this "siege" by allowing our negative thoughts to become deeds.

If you are mentally strong then you may be 'brushed' by the dark cyclone as it passes by and 'bruises' you for your past deeds, but through your non-retaliation & forgiveness it will not take "hold" of you, and it will then pass you by and you will be free.

We'll have some discussion on thoughts and emotions and spirit influence. Then say: "Do any of you wish to ask any questions at this point"?

Answer any questions directly but do not 'permit' attendees to commence discussion between themselves. Some attendees will not "offer" any questions so each is chosen in turn and spoken to by the Carer/facilitator or aid.

The Carer will answer all questions. Please note that Carer/facilitator must be aware that many questions will be from invisible spirits who 'present' themselves through attendees as "thoughts," and it is imperative that they are given truthful answers.

For many of these spirits have been trapped in twilight or dark realms for ages of time and need to find their way out of their predicament.

If any Carer tries to "make-up" an uninformed response, their own mind will be "used" by the darkness to perpetuate falsity, and the facilitator will then ahead also suffer the consequence of misleading God's children.

If the facilitator is not 'sure' of the answer to the question they must say: "I do not know the answer to that and ask that you avail yourself of the information on the CD or web site that contains everything you need to know to free yourself from ignorance on spiritual matters and bondage to darkness."

This process continues and the participants will feel 'revived & unburdened' and happier as their understanding grows, and they will be in a better frame of mind that will aid them ahead.

When the questions and responses are completed then say:

"Planet earth will now learn the reality that many things are invisible, and we cannot see thoughts or feelings, but we know that they are real, being the causal factors that make us act or react to situations that come our way.

We will now have a 15 minute tea break, but as this Seminar is a 'listening' one, I ask that you do not speak to others during the interval, but continue to listen to the words in the music tracks. Once you have had a break then please be seated as you hear the Abba 'take a chance on me' track."

At this point play some quiet meaningful "Interval" music of which I have listed here:

Dots on the shells - Yothu Yindi
Tar & cement - Verdelle Smith
Sounds of silence - Simon & Garfunkel
Take a chance on me - Abba

After the break say:

"I shall play you a "lighter" story now, it is a real life story that has a message of spiritual significance for you in relation to the power of emotions and thoughts, it is called "The Drummers of Africa." (45) minutes."

Play the Track "**Drummers of Africa**"

Once this is complete then say. "Please sit with your eyes closed as I play a meditation tape." (Play the mediation tape either

'**Ark**' for adults, or '**Star**' for under 11 year old, approx 7 mins.)

After this, give each attendee a 'Feeling easier' booklet and ask them to read/follow the words as you read them out aloud, being the "Daily Practice" here; as well as the 'Additional notes' at the end page.

For when emotionally 'charged' they are being controlled mentally & emotionally from the avenging side of the Source and may be incited further during any confrontation to 'wound' any who has any spiritual debts outstanding.

Many offenders will be armed, dangerous, and non rational to the point that counselling would be fruitless. Leave these ones to God and go your way, they will continue to do to others what their thoughts tell them to, and will not be able to "hear" any good counsel until God has purged out their prominent negative emotion.

* Remember: If you confront an emotionally charged person then your dark emotions of fear or anger will also become negatively charged and you will become "as them" or worse, and due to any "mandate by man" you may have you will give-in to devious thoughts and you will become an offender in God's eyes and you will probably shoot to maim but will kill, and either way it you sending your own soul to Satan's hill.

Only "face" an irrational person with a 'smile' on your face as you calmly and unarmed reach out to them with words softly spoken. This way they see you not as a "threat" to them.

Blessed Light please set us all free, help us to maintain rational sanity.

Notes

There may be times ahead when in some areas there is no electric power to run "players" for the CD recordings. Dedicated Carers need to ensure that they have copies of the talks in their print format versions so that they can read the content aloud to the offenders.

There is presently a written version of the Drummers story available on page 22 of the: < [EAST AFRICA document](#) >

< <http://www.the-testament-of-truth.co.uk/web/eastaf03.htm> >

When the offender is again set free, they will by reading this document realise and thus know that even though enlightened "man" has set them free as asked by God, that they will not be spiritually free until they have "Reaped what they sowed."

Thus they will still meet their "demise" and for their folly pay on another day at the hands of another offender yet "ignorant" of the truth. For the "all knowing" Dark force that we call "untrue," is to the Light true(*), and It is infinitely Just and, - - -

It will use any it can mentally 'access' to mete out Its retribution through. It Upholds the Dark side of God's Law.* (*As you do is done unto you - good by others good, bad by others bad).

Yes, and many a "Just" man working for society is unknowingly being also used by the Dark reaping force, thus their own soul from the light they daily divorce as they enforce the "Mandated" man-made laws/rules by enforced penalty.

* Remember: Do not attempt to confront a negatively "emotionally charged" person, be they armed or otherwise, leave them for a time to calm down until they can be apprehended safely for counselling.

DAILY PRACTICE

BE aware of our own thoughts and feelings.
BE the Light in action at all times in all situations.
BE observant of unkind thoughts within self that would you snare.

BE respectful, kind & forgiving & understanding in every situation.
BE aware of the negativity that exists within, teach others of its reality.
BE vigilant, for your thoughts become your deeds which form your judgement by God.

KNOW that what we put out comes back to us, good or bad, and that only through the Star prayer can the spell of negative thought be broken.

KNOW that in doing the Star prayer you are trying to BE true to the source of Light, and you personally will halt the ingress of negativity and have a greater chance of not retaliating when adverse situations occur.

DO keep your mouth shut when your emotions are running high.
DO not let any day be coloured by the past or by concern for the future.
DO practice stopping negative thoughts as they enter your mind.

Say the Star Prayer three times a day.

The Reality Being: THE MORE WE DO THE STAR PRAYER

The MORE LOVE waters the rose within our souls and fortifies our minds and calms the emotions.

THE MORE LOVE exposed to our consciousness and those linked to us, the greater the clarity to see and understand the reality and nature of negativity, being the sin, darkness, and how through ITS deception and cunning IT keeps us ignorant of ITS existence, thus its control over us and our bondage to it.

THE MORE LOVE now through our choice assists us to make an effort to never allow negativity to be expressed through us whatever the circumstances, feelings or thoughts, thus our part is the doing, and GOD will do the rest.

THIS TASK - LOVES TASK for LOVES SAKE is the only most worthwhile task there is for me, you or anyone.

REMEMBER - The centre of your soul God's Kingdom be, the more you cloud this Light with negativity, the harder it gets to see reality.

LOVE WILL FULFIL ITS PROMISE, being that if we its "loving" call heed, it will free us of our darkness within.

No individual can do this for another, love is freedom of choice. Education is the only way today.

And then say to attendees; "You have been given a lot of fresh input. Use it in the best way you can, and plan to be only positive in your expression. Do the 'Star' prayer daily that you will find here. It will help you remain happier in your inner being and your outlook will be more positive.

Jesus - I see your shining Star - Jesus be with me
Jesus, please help me and save me - or

Creator of the heavens - mother of love
I see your star shining above
please cleanse my mind with all your love
so that I may heed your call of 'peace' from above

Remember, that even if enlightened "man" does not punish you for your past negative deeds, that there will be others ahead who will do it to you as their inner darkness inspires them to do it. Be it in this world or the next.

This is because whenever you use darkness it knows and metes-out "payback" through others ignorant of the truth as it incites their minds to do it.

There is but one thing that you must ensure you do. That is to become very mentally strong. Thus you never give-in to any negative thought flow from within your own mind.

Remember, the intent behind any negative thoughts coming into your mind is to destroy you. This they can only do if you heed them and do something bad or untrue to others.

Please try very hard to be respectful unto all, especially towards the women in the community, for they are God's daughters, and HE despises any whom show disrespect to them. If you abuse them in any way then it is you to lose sight of them for many a long day when He places you in the 'stir' cells below.

Please keep the copy of this talk and other information in the 'Feeling easier' booklet as well as the CD. There are also 13 sound tracks for you to listen to on the CD to aid you on your road. Or on the cassettes if you have no computer. Help yourselves by daily studying the material.

Please think deeply on what you have heard for many of you could yourselves ahead shed many a tear if you are unable to control your future actions. Contact us if ahead you are concerned for yourself or others. Remember as you awaken each day that your spiritual destiny lies within your own mind.

For if you are peaceful then you will enter through the 'green door' and join in the party that leads to the 'yellow river,' being the sun of warmth and happiness. If you are aggressive then that road leads you to the black door of the abyss, wherein is isolation, coldness, and eternal pain and suffering.

Remember as you walk your road that what you do is done unto you - You WILL 'Reap' what you did Sow. Cause pain to others, then others will do the same to you. Be kind and merciful and helpful to others, and the same will be done to you.

Our Creator says: "Please be kind to yourself and as you break-fast at your meals please remember to walk the day peacefully." If you have any other questions then see me afterwards. You are now free to go. All the best on your road.

At this moment of conclusion start replaying all the music tracks quietly, starting at 'The green door.' - The Seminar ENDS.