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~~JOHN REED~~  
~~45 TANNERS HILL~~  
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**MY LETTERS FROM HEAVEN**

# MY LETTERS FROM HEAVEN :: :: :: ::

*Being Messages from the unseen world  
given in automatic writing to Winifred  
Graham by her Father, Robert George  
Graham :: :: :: :: :: ::*

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4th Edition



HUTCHINSON & CO. (Publishers), LTD.  
PATERNOSTER ROW, LONDON, E.C.4

PNEL 37



1958.1700  
(L 1912)

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## FOREWORD

BY

WINIFRED GRAHAM

"THERE are mysteries that baffle the most scientific of men,—and truths hidden from the wise,—yet revealed to the simple of the earth, and none can judge or know why to some the light is given, while others sit in darkness."

These words were written automatically for the Preface of this little book.

It is with deep humility that I, as the human instrument of supernatural messages, allow them to be given to a cold and unbelieving world. The majority are strangely antagonistic to any idea of communication with those who have departed from the prison of the flesh.

Well-intentioned and even deeply religious people will pour biting vituperation on any effort to bridge the gulf between the mortal and immortal worlds.

To those who shudder at the mere word "Spiritualism," I should like to say I do not call myself a "Spiritualist,"—or medium,—in the accepted term of the word. I never attend séances, or seek profes-



sional aid in my desire to lift the veil, but it *has* been lifted—unsought, for me and mine as a direct gift from Heaven. The controlled writings which came in an hour of bitter bereavement afforded endless comfort and not a little revelation.

When I lost my beloved Father in the Spring of 1922, my Mother and I were conscious from the first of being upheld by some power outside ourselves.

It was then she asked me to see if any writing came, and from that hour I found by making my mind receptive and blank, and by holding the pen upright, I could get automatic messages, of extreme consolation.

Always my Father told us of his joy and renewed youth and the wonders of the Spirit World.

When I write for him I never let my wrist rest on the table, and the process at first was rather exhausting and a strain on the muscles, but this is the only way I can get the controlled movement. It is unfortunate I happen to be a writer of fiction, for I know well people who scorn the possibility of communication, will think I have invented the wording of this book.

I can only say,—on my honour,—as I loved and adored that best of earthly Fathers,—what is written here was never consciously mine.

It is a book which I, as a worldling, could not have conceived, and the reason it is published is to help all who have lost dear ones to realize their nearness.

It is the bond of love in our family life which has bridged the gulf, and I firmly believe all who are

bound by this unbreakable cord may communicate,—even if they cannot write,—by “mind-impressions,” and an inward knowledge that dear ones see and help them at every turn.

Unfortunately I am not able to get into touch with any but my own, much as I should like to assist others in this way. I have tried and failed, except in one notable case,—before I lost my Father, when I was permitted to bring comfort to the bereaved family of a fellow writer whom I knew in earth life.

I mention this, lest any who read these writings might be led to hope that I could bring them into communication with those who are unknown to me.

I thank God for the beautiful vision this gives of a future life, made more real and intimate to me now than ever in the past.

The unseen world dwells around us. That the spirits of those we love are permitted to guide our steps,—is a stimulating thought on which to pillow our heads at night and journey by day, while drawing momentarily nearer to the Great Discovery.

No fear of death can enter the heart of those who are in touch with their loved ones beyond the veil.

If it is given to some to pierce the barrier and receive direct details of the hidden life, surely the least they can do in gratitude is to hand on the knowledge as a torch to light the mourner's path.

WINIFRED GRAHAM.

*Any profit derived from the sale of this book will be given to charity. It is believed the little volume may be used by many as a daily guide, one message being read each morning or evening.*

## OPENING WORDS RECEIVED FROM R. G. GRAHAM

THESE thoughts, given daily from a world beyond your sight, are meant to help and uplift the earth-mind, and not to make any great revelation of God's secrets. You are intended to be on the other side of the veil, but we who have blissfully entered this wonderful world, are allowed to send messages of comfort and words of advice, using the machinery of a human hand. I am working your pen like an instrument with invisible force and power, and any word you think suitable to publish I shall not mind, as I only want to help others. Tell the strangers, if you like, that I am merely one of many who are trying to get through, to inform people in your sphere that we are all around you, and able to make ourselves felt, if you welcome us and do not disbelieve. God bless all who mourn, and who are looking forward to the great miracle of being transformed into wondrous spirit forms on that happy day of death. It is a word we abhor, and should be changed to *Life!*



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*Miss Harris  
308 Battle Rd  
St. Leonards-on-Sea*

## MY LETTERS FROM HEAVEN

### A REQUEST THROUGH THE WINDOW

TELL the children of earth to search after light, and know the Sun of Righteousness is shining upon them, even when they are surrounded with dark clouds of grief, which put those they have lost further away, making communication harder on both sides of the veil. I write this so easily, and with great pleasure, for the sake of those who are in any doubt as to Eternal life here, and the method of communication between the two worlds, finite and infinite. Now I am in touch it becomes easier every day. The spirit-world is not so far off as you think; it is all around you. Once free, you are so relieved to find yourself in the midst of joyful life. Those who have lived on earth and desire reunion, are at once in the same sphere, for ever together. What a beautiful thought for people on earth! If they could only believe and not doubt, half their sorrows would fade away.

. . . . .

## GEMS FROM BEYOND

THERE is so much more activity in Heaven than people imagine. Why should we need rest when we never know fatigue? It is an error to think the spirits in Heaven want repose. Only earth bodies need to recuperate when the flesh is weary and the mortal mind exhausted. Don't worry about people or things. Think only of Spirit and Love and all will be well. I do so appreciate the joy of being in touch with my beloved on earth, and having my eternal joy and endless life as well. The Father of love has given to me, His servant, this glorious double gift. So I am unusually blessed.

## COMMUNICATION

I SHOULD like to explain what mediums feel. They hear, in their mind, certain messages which they give to people who come to them. It is a soul-voice, and they also have soul-sight. That means the gift of seeing places or scenes. The inner voice is quite a different matter, and not so difficult. Writing and seeing are the hardest forms of mediumship. The inner hearing is much easier, so encourage your

thoughts to receive impressions more than you have done in the past. Do all the kindnesses you can to others. Be on the look out for your opportunities. They are the stars in your firmament. The spirit world is like one house with many windows and doors, that open to some, and are fast locked to others with the key of Heaven. The window is always open for those who believe and are psychic.

## SEEK NO SIGN

THOSE who mourn are always seeking a sign from Heaven that their dear ones live, and think of them, but it is God's great plan to test their faith, and make them trust Him alone, even though darkness hides Him from their sight. If they were told everything, faith which is the glory of the mortal, would be lost, and there would be no Calvary for them to share with our Lord. You who suffer on earth are partakers with Him, and bear the Cross on your shoulders. After the Cross, the glory, the light, and the opening wide of Heaven's gates for the triumphant day of knowledge. To know all here is to be an immortal spirit free from earth and its bitter woe. Remember, first the Cross and then the sharing of His glory in ever-



## 4 MY LETTERS FROM HEAVEN

lasting Life. Never bother about any worldly disturbances. They do not matter if your spirit is in our sphere, and in God's Keeping.

### IMPORTANCE OF THE SOUL

THESE are just a few gems of thought from our sphere to yours, for those thirsting after some grain of information. Tell them they can become in touch, merely by believing and hoping, even if they have no psychic powers to help their efforts. They will be made calmer by the thought that their self-possession in sorrow is of vast assistance to the released soul of one they love and mourn. Their minds can help. This is most important to remember when bereavements come to families who are very devoted to each other. When men disbelieve the manifestation of the Spirit, and say that there is no soul, let them look up into the Heaven above, and see in God's sunlight the reflection of His Face. He is so sorry for these wretched earth-bound bodies who know not what is in them, and who, calling themselves men, lower themselves to the level of dumb animals, birds, and fishes of the sea. Believe me the soul is all that matters, and survives what you call death. It floats away into

## MY LETTERS FROM HEAVEN 5

space, to be caught up into a world where it will awake in wonder and amazement at its past ignorance and darkness.

### IMPRESSIONS

SOME people are very near this plane without knowing it. They lose a great deal by ignoring the signs which are given them. They often think it is just imagination, when they feel strongly the presence of one who has passed on. They must wait for the feeling to come at moments when they are alone, and receptive, and at once speak inwardly a word of warm welcome, mentioning by name the person they wish to meet in the spirit. A great wave of reality, a warming of the heart, and a sense of instant comfort and relief will follow, and they will never feel alone again. After such experiences they go on their way rejoicing and repeat the happy communion whenever circumstances allow.

### FREE AND UNFETTERED

MORNING, night and noonday are really one here, no time, no seasons, no clock. You cannot imagine what

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a rest this is, and how free and unfettered we feel when we first realize there are no shackles, or rules, which make your world so like a prison. We are never tied by any cramping methods. It is all width, breadth, height and immensity. It is a home of marvels, a life of miracles—a wondrous opening out as a flower springing from the bud, or as a star seen suddenly at close range in blinding light and glory, instead of a little thing twinkling feebly in the distance. Try and imagine the limitless heights, the thrilling sounds, the holy music, and the uninterrupted praise. Then you may get some very slight distant idea of what Heaven means, your own future home, your blessed inheritance.

. . . . .

### THE JOY OF DEATH

MEN and women are often sensitive about talking of death from a sense of shrinking fear. If they only could be induced to look forward to it as a great pleasure and a coming joy, half the sorrow of life would vanish. I think my words may cheer them into a greater feeling of security about this often dreaded event. This "opening of the door" has nothing terrible about it, no dark gulf or angry stream, only a path of radiant light. A warm welcome is waiting from loved ones who have already learnt how fair and sweet the way is. Oh! do try and remember this,

## MY LETTERS FROM HEAVEN 7

when weak and ill, and do not insult your loving Father in Heaven by supposing He would treat a passing soul to anything but the best. It is human to fear, and divine to know.

. . . . .

### ON MUSIC

MUSIC has a very uplifting, wonderful influence on the human mind of those who love it, and have the ear to take in all it means. Music is most beneficial spiritually, like medicine to one who is not strong on earth. It whispers to the soul the mysteries of the spheres, and re-echoes at times the heavenly choirs when praising God below. There are many grades of sound, and numerous vibrations, and in great musical efforts there are always spirit forms waiting to hear if the material sound can in any way unite with the harmonies of this world of glorious music.

. . . . .

### THE WONDERS OF ETERNITY

WE are in far more limitless and great worlds than the human brain can fathom. We travel at lightning speed like shooting stars. You cannot picture or

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imagine in any way the marvel of the worlds of God's Heaven. I am near you, and yet I can see for millions of miles if I wish. Now, you cannot visualize that, can you? Yet people limit God's capacity every day in their lack of faith and unbelief in miracles. I wish you could impress on mankind how immense this place is, compared to material worlds, and how it governs all creation. It makes Death (so called) as nothing compared to the marvels of Eternity. Why not accept that they are true, even if you cannot understand or grasp the things I tell you? I try to enlighten those who sit in darkness, and I wish I could describe the wonders here with a pen of power. I am only saying in simple words what I know, see, and live, every moment. You will say when you come here:—"No wonder it was impossible to describe!" Oh! what a surprise awaits each mortal in the fogland of earth, when the full glories are revealed, and they wake from sleep to see and know God!

### LIGHT IN DARKNESS

LIGHT is what the world wants—a great white light of Faith to guide the weary pilgrims of the night. The Spirit of Everlasting Love is like a radiant lamp, shining in the desert, and it can draw all wanderers

## MY LETTERS FROM HEAVEN 9

home, if they would follow its pure rays. Look for it when you *think* the path is darkest, and perhaps, at first, you will only see a tiny glimmer on the long track, but follow, follow. It will grow, burn, and guide your faltering footsteps to the full glory of the great White Throne. This I think describes the poor struggling mortal, yearning for spiritual illumination. He can only get it through believing.

### MAKE LIFE MORE INTERESTING

WHAT is Life worth if it is only for your world? It is meaningless and incomprehensible. The key to the mystery of Life is the world Eternal, which makes all you do on earth worth while. You are creating your future every moment, building for the hereafter, raising great and splendid monuments, or only mud heaps, (a figure of speech to illustrate my meaning). Think of yourselves as making foundations, and a structure with every thought and action on earth. This will create in you great carefulness, making life so much more interesting and helpful. Then, when Heaven's gates open, you will see your work and rejoice over it, or, perhaps, weep bitter tears of remorse and shame.



## MIRACULOUS THOUGHT WAVES

THE miraculous part of spiritual intercourse between us and the dear ones on earth, is very simple if you look on it in this way. Try and picture my wife and myself in two different rooms, leaning out of a window in each apartment. We cannot touch each other, but we could communicate, even if there were a barrier concealing us from sight. She would ask me any question which my voice could answer, and, because a thin obstruction was raised, she would not be surprised at getting a reply. Thought waves we send to those on the earth sphere can be as clear as a voice. No one should disbelieve their senses, when they feel and know that one who is in another world speaks a message directly to the brain of a dweller on earth. Look for these messages and receive them as something quite natural, though they are called supernatural. They are very much more valuable than any human words could be.

## MAKE OTHERS HAPPY

THE way to be happy is to collect sunshine round you with cheery thoughts and smiles of loving welcome and goodwill. Even if your heart is sad, you can try and make others brighter with giving out inner

radiance from a secret store. The sunshine of God's love falls more warmly on those suffering from the chill of earth failures. He pities men and women who cannot rise on wings of imagination. All are His children and dear to Him, none should be despised. If God tolerates the foolish and the worldling you must not judge.

## THE GARDEN OF THE HEART

FLOWERS of earth are symbolical of beautiful souls who blossom for a time to bring joy to those around, and then fade and die. Good people are filled with the fragrance of pure thoughts. They give out a mysterious perfume of freshness and sweetness, never failing to bring healing balm to those who love them. Try to think of yourself as a beautiful flower created to make the world brighter, and delight those who might otherwise be friendless and sad. You take flowers often perhaps to sick people, or lay them upon lifeless clay that the spirit has left behind. But the flowers of true friendliness and sympathy bloom at all seasons and in all weathers. They must be nurtured and kept like a carefully tended garden in which God walks. Make your heart His garden, and prepare to blossom eternally in Heaven.

BREAK DOWN THE WALL OF  
MATERIALISM

WHITE Angels hover over the dark night of doubt and unbelief. Some day those who try to make the Christian faith appear a sham, will see the world of spirit, and be prostrated with grief and shame. Never be afraid that evil will always rule, it is only a passing victory before the great day of knowledge. Then God's truth shall be revealed to all who scoff and sneer. It does not hurt us here, but we feel intense pity for people who try to work harm, because their future is so very sad. Why cannot God's children make a deeper impression on the world, I wonder? It is because a great wall of materialism banks them in like a cruel fortress, and makes it difficult to shed the light of faith abroad. Oh! when you learn your mistake, it will be too late, the finality of these words are the tragedy of the world.

REALIZE YOUR GREAT INHERITANCE  
ABOVE

MORTALITY is a blessing, but immortality is a lasting glory that all achieve. You did not make yourselves mortal, God created you mysteriously, and His

greatest mystery is the endless life waiting for every human creature. If you were not intended to taste immortality you would never have been given such wonderful power, but you would have been left to live like animals in ignorance of Heavenly things. You need never repine over earthly losses or misfortunes, if you only realize what a vast inheritance awaits you at your journey's end, when you will be welcomed into that real Home, to the great delight and joy of your wondering soul.

## SPEAK TO YOUR SPIRIT GUIDES

WHAT miraculous help children of earth lose, by not asking oftener for guidance in moments of doubt. They are unaware of being attended by spiritual advisers, who are only too eager to tell them what they desire to know. A question will be answered invariably, if the one in need puts it strongly enough, and listens for the instantaneous reply. Of course you understand, don't you? that the answer is directed to the mind, and spoken to the soul, not to the earthly ear in actual speech. We are always ready to serve those who need us. No one is without a spirit guide, unless they are so evil, that they make an inseparable barrier. Please tell the dwellers on earth to make use of this great help, and never to feel alone. Of course



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God always hears them, but we, in this glorious sphere, are His servants, doing His will and serving Him.

. . . . .

### MONEY IS NOTHING HERE

MONEY is nothing when you have left the earth. It is such a relief and rest never to think of it again, to have done with it entirely for always. It is a thing to rejoice over, directly you realize that all God's gifts of life need no material assistance. The freedom is unbounded, the scope unlimited, the relief unspeakable. I feel so grieved for those in your world who have to give so much time and thought to this mere dross, when the riches of God are all that count,—with the holy quiet believing heart, the trustful spirit, and the discerning mind that never judges others. We are so wonderfully happy in our unbounded freedom, and we look forward to sharing it in time with all those we love, a most comforting thought.

. . . . .

### BELIEVE IN GOD'S PARDON

WHEN people are tormented by conscience over evil deeds and dark doings they often despair of forgiveness. Tell them never to doubt God's willingness to

## MY LETTERS FROM HEAVEN 15

pardon. He knows the human weakness of our hearts, and loves the penitent sinner. None are too low or too lost to look to Him for redemption, and be purified in fire like gold refined in the furnace. No sinner need fear that God will cast him out, if he is really able to say "Oh! God—I believe, help Thou mine unbelief and wash me from my sins." So let even the lowest look up, and not only hope, but be sure of God's mercy and pardon, when the day of judgment dawns. Great sins and little sins are all alike forgiven. Sometimes those the world counts great, are of less importance than mean small sins which are so detested here.

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### MORALITY AND LOVING CHARITY

MORALITY is a word that is often misused, or rather the word immorality. It is wrong to wake up from sleep without an instant thought and prayer to God for giving you back that active life you value so much. It is immoral to make mischief and run down your friends because you disapprove of their actions when you do not know the motives causing them to act in certain ways. To be truly moral you must bridle your tongue and learn to be charitable in speech as well as deed. Give forth love which costs you nothing. It is far better than gold.

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## PRAY TO GOD REVERENTLY

WHEN you are engaged in prayer always try to visualize the great company of Heaven receiving that prayer, and ask yourself if it is worthy of God's acceptance. This will increase reverence, and make hurried praying seem like an insult to the great Father, as if you offered Him an unworthy present, or made light of His Majesty. This thought will help you to detach yourself from earth, and come into the presence of God with wondering awe and gratitude, that He is so willing to hear your just conversation, and humble worship. Be sure it is wrong to pray to the highest King of all with a wandering mind, just because you cannot see Him, surrounded with His angels and in His vast Majesty and power.

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THE MYSTERY AND IMPORTANCE OF  
YOUR LIFE

I AM always watching people on earth with great interest, and noting how God works in mysterious ways, giving to each some special mission, often unknown to the one most concerned. Sometimes even bad tempered or trying people are fulfilling a work unconsciously for God, by making those in closest touch with them practice endurance. No one is in the world

for nothing, even those who give pain to others. All are part of a great and marvellous scheme for the future. It seems very mysterious to you when little children die. You wonder why they were born only to breathe perhaps for a few hours, and then pass on. They are as important as any who make or mar the lives of those they dwell with. Remember that every breath of life you draw is of vast importance, every word spoken, every action, and every tear or smile. God never wastes, He uses all to build up His Kingdom, and to sow the fields for His great harvest of souls. I understand it, as you will when the veil is lifted, but while you are in darkness, keep the lamp of faith burning brightly, and never doubt the wisdom of the whole enormous plan of creation. You only see part of it, a tiny part, an incomplete atom of the Father's mighty work. God is so complete in all His dealings, so unutterably great, so beyond criticism.

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LITTLE KINDNESSES AND TENDER  
WORDS

WHY not live every day as if it were the one of most importance in your life? Say to yourselves:—"I have these hours before me, and they are of great moment, because they may be the last God is giving me." Then think how to please Him, and what you can do to leave an impression and example. It may

not seem easy at first. I am not speaking of great grand deeds, but of kind loving ones, good thoughts and tender words that are caught up to Heaven and never lost or wasted. Many people do not sufficiently value time and opportunity. Only when you come here you realize how wonderful earth life is, as a preparation for Eternity with God.

### THE POWER OF THOUGHT

THE great thing in creation is the marvellous power of thought. No one has the faintest conception how much thought can do in this world and of its saving power. We are conscious of its great victory over the sins of the Universe. Men and women can be lifted out of all their temptations if they master their thoughts and make them servants to their will. You never sufficiently train the young to understand this, their thoughts are the last things you talk to them about. Their deeds are often discussed, and condemned, but no one questions them about the most important part of their lives, the marshalling of their inner thought down the right track. It has been said that thoughts are verily the things that count most in life, and I am sorry so many mortals are unable to realize this important living truth.

### ON GOD HIMSELF

THE general idea of God is so very vague and colourless that it may interest you, on earth, to hear a description of Him from one of His children in Heaven. He is, of course, unlike anything or anybody you could picture. But what I want to convey to your mind is His personality, which has shone over all ages since the creation of the world, like a sun that never sets. He is so full of love to all mankind. His beautiful Face is one of such grandeur that to look on it is rapture. He inspires in us here, a marvellous feeling of pride, and to worship Him is our most joyful task. To know Him is to adore Him and to feel perfectly happy about all the dear ones on earth, since they are in His care. He is so considerate, and with Him in the midst of Heaven we experience such blissful perfect trust, that the world in which we live is one of endless delight, because it is God. He is Heaven.

### SPIRIT GROWTH IN A WEAKENING BODY

You will be able to do so much more for others if you become in touch with our world. It is so beautiful to grow in strength of spirit even if the body weakens from years spent in its prison cell. Yes, that describes the body most accurately. It holds the spirit down,



which naturally longs to fly to its own home of peace in a congenial atmosphere. You say "if this is so, why do people cling to life and pray to be spared when they fear they are dying?" It is because the flesh is such a tyrant, and does not easily give up its dominion over the soul it has encased for perhaps a long life. God knows how to make the parting of soul and body an easy matter. When He says the word, then the soul flies out like a bird from its cage. The world needs one of its (so-called) dead to return and make it believe.

### A CHANCE FOR THE WORST OF MORTALS

Do not think because the world is full of evil, that God is not all powerful. His methods are often misjudged, but in reality they are the most perfect form of justice, which mortal eyes are unable to see. With our brighter vision we trace cause and effect through many occurrences apparently cruel, or without reason to those below. God is *more* than love,—He is without a thought of vengeance and wants all people to inherit bliss in Eternity. The worst are given a refuge here, and a chance to repent. He knows how to save those who seem to you past all redemption, so when you see some wretched creature in the depths of vice and degradation you can say to yourselves:—"Not too low for God." What a grand thought! Too vile

and depraved for you to touch, but worthy to be saved by the great Father of human, immortal and undying love.

### THOU ART MINE

THE wonders of the stars might fill a million books, and even then men and women of earth would still remain ignorant of the sky's untold marvels. When you look up to the blue of the Heavens at night, and see those little twinkling lamps, try and think that the God who created space, atmosphere and human souls is your own guardian guide and Father. Then all sense of fear will fall from you. Why, it is not thinkable that such a mighty Hand should make mistakes in carving out your destiny. You are so safe, because your soul is part of His limitless scheme to draw all He has created into the full realization of what Eternity means. Look up with hope, wonder and awe. Say to your Maker:—"The Heavens and the Earth are Thine, but Thou art Mine."

## A ROAD OF UNSEEN FLOWERS

WHEN the way is difficult and the path seems stony, you must make a road for yourself of unseen flowers, strew it with hope, and with many prayers. Water it with tears of repentance, and then go straight on, and God will shew you the right way.

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## GOD LONGS TO DRAW ALL MEN TO HIM

GOOD FRIDAY is a Day that brings to Heaven a sudden rush of thoughts centred on the Saviour's death agony. But every day men and women nail Him to the Cross afresh when they deny His Divinity and make light of the Christian faith. Many, who are really worshippers of the devil, pretend to be God's followers for the sake of appearances. These are the most loathsome of all sinners. The greatest crimes in His eyes are hypocrisy and cant. We are always marvelling at His patience with those who revile Him, and often wonder He does not revenge Himself, instead of forgiving them. His divine perfection is ever longing to draw all men to His loving Heart. We bow before Him in reverent adoration, basking in the light of His radiant forgiveness. You cannot think what He is like, so adorable, so loving and absolutely entrancing in His goodness.

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## MINGLING WITH THE UNSEEN

WHAT a wonderful thing it is to feel that people on earth are always mingling with this world of unseen beings. They gain inspiration from them without being aware of the fact. Free will is of course the gift of God. But, very often His children are entirely swayed and controlled by forces outside mortal brain or reason, and perform splendid actions by powerful promptings of the angels of light. So when you have a good generous impulse, or a desire to do something noble that startles yourself, never crush it or beat it down. In doing so, you may possibly be trampling a Divine messenger under your feet, and bringing disaster on your soul. The guides are from Heaven direct, but their orders are not always obeyed. It is for you to listen, and follow the promptings of that inner voice. If you have ears, listen, and you will hear God's Will spoken to you in the quiet day or the watchings of the night.

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## THINK OF OTHERS FIRST

WRONGDOERS are often punished by remorse suffered in their thoughts. That is why you should be so careful to make your lives pure, holy and free from guile. You cannot imagine how much the state of



## 24 MY LETTERS FROM HEAVEN

your mind on earth has to do with influencing your after life. If you are trustful and accept hardships cheerfully, you are doing God's will as much as those who perform heroic actions, that the world praises, and makes a great fuss about. God judges the little daily things. Small virtues are in the same scale with great mighty deeds, and are of equal importance. Oh I do believe this. Never neglect little courtesies and kindnesses of daily life or thought for others,—the bright smile that makes sunshine in the home, and a constant inward prayer is of greater moment than all the public worship in your Churches. I am giving you such very good advice that I hope you will take it to heart and believe that it comes from God through His servant.

### CHEER UP YOUR SAD FRIENDS

WRITE often to those friends you love. Try and cheer people who are sorrowful and crave for human sympathy. You will be very thankful when you come here to find how much your thoughts for others were appreciated, and made a special note of in Heaven. People with leisure are often too selfish to make the effort of writing to the lonely and neglected. They forget how flattered the desolate are at attentions from people they look up to, and possibly envy a little. The only things worth having are love and sympathy.

## MY LETTERS FROM HEAVEN 25

Riches cannot buy them, they are gifts from God. Remember to spread love abroad, as you sow seeds of beautiful flowers in gardens you care for. Then, when the summer is here, and you see the result of your sowing you will be the first to enjoy it. The garden of God is worth tending. Never neglect the beautiful chances He gives you.

### OPENING SOUL WINDOWS

It is a glorious thing to move without fatigue from sphere to sphere. Spirit is so wonderful, and cannot be measured by space, or confined within walls. The glorious truths of Eternity are not easy to explain, but they burst upon you in a flash when the veil is lifted, and you see it all in a moment, as clearly as if you had been a spirit here, ever since you were born. It is like a child opening its eyes after birth, only with the addition of intelligence, which earth life has moulded and increased. The windows of your souls are suddenly flung open, as if a shutter were raised on a sunny day, and a Heavenly landscape made clear to your vision. The light here is far more beautiful than any you have seen on earth, even when transported by the sight of a radiant sunset. Also the faces of angels are fairer than any on the material plane; you do not know what beauty of form or feature means

until you see it apart from the flesh. It seems too terrible that those on earth should mourn for the loved ones departed, yet really so near. Will the world ever be able to understand and accept so-called death more reasonably, and without grief?

### GOD'S MESSENGERS

THE beauties of Nature are a reflection of far more glorious scenes beyond. Your eyesight is made too short to glimpse the spirit world around you. To us you seem groping in the dark, and often very lonely and shut out. It is then that God's messengers make a determined attempt to pierce the fleshly shield, and bring some ray of comfort to those in ignorance of Eternal joys awaiting them. The true and the believing always feel our presence, but we are more concerned with wanderers in their sins, who have lost the road that leads to peace. You might often help these unfortunate ones if you would tell them of their unseen guides and give them some of your knowledge. They may scoff, but then they *may* believe. Never be too cowardly to try. A rebuff only brings you nearer to God who wants you to fight His battles. We are very sorry for those who are tied to earth. We see how difficult it is for them to be spiritual.

### ON BEREAVEMENT

I WANT all who are bereaved to try and remember that they are not alone in their sorrow, but that grief and tears are a distinct hindrance to the dear one they mourn. It is like a cord trying to pull them back, and hinder their progress, casting a shadow over the brilliant outlook of Eternity. If the ones who remain could be persuaded to accept this truth told to them from beyond the veil, they would curb their wailing and try to rejoice with the soul in Heaven. The moment the newcomer wakes to the glorious realization of endless life and bliss, he or she must necessarily think of the less fortunate ones left behind. To know they are in despair, and making a sorrow of this great benefit to the one called away, is of course a hindrance. But God has willed that men and women below, should be given this supreme test of faith, and, without it, they would not enjoy so fully the morning of Resurrection and final inheritance with the Saints.

### ON UNSELFISHNESS

YOUR world is a place of preparation for Heaven, and to make yourselves fit for the Kingdom of God, you must try and practise unselfishness. The way to do this, is always to put yourselves in the place of others.

Try and imagine their trials and sufferings. This will make you sympathetic to those you may personally even dislike. It is very hard to be born a disagreeable or unattractive person, so do feel sorry for any who irritate and annoy you. If you feel angry with those who are stupid, or mean, and underhand, instantly pray for them, and ask God to help them. You know it is natural to pray for those you love, but to make supplication for people you dislike, is an action well pleasing to God.

#### ON COMMUNICATION WITH DEAR ONES GONE BEFORE US

NORTH, South, East or West, the world is always under one mighty wonderful control. You are as near to those you love in spirit, even if a wide continent divides you. Many people on earth lose touch with friends who go to other lands, because they think, as time goes on, that the interest in each other's doings must wane. So can you be surprised that spirits here are often shut out from friends below, through the chain of memory growing weak, and the love less strong? If you would communicate with those who have left the material plane, you must keep up the intercourse by loving thoughts, prayers, and desires. Call to them by name, speak to them in your inmost soul, send mind-waves to the spheres. They will

reach, and bring you back answers. It is not as mysterious as many think. It is as natural, and easier than keeping in touch with those you love in other countries. I hope people who feel losing those who pass on, will remember what I say, believe, and be comforted.

#### USE EVERY EFFORT TO BRIGHTEN THE LIVES OF OTHERS

LITTLE things must never be neglected or despised. I mean small matters of kindness that make up the credit of a well-spent life. Try and make every one brighter and more cheerful—for even a few minutes spent in your society. God gave you the power of smiling, just as He makes the sunshine. He means you to brighten the lives of those who need your magnetism and healing. Sometimes a word of cheer will lighten a dark road, and send a wandering pilgrim on a fresh track of hope. We, in our radiant life of freedom and joy, could almost envy you the power of speaking to people in trouble. We are not permitted to appear to them, and must work our way directly to the soul, which is so often darkened by doubt and misgiving. Your way may be in some cases easier than ours, so remember this blessing, and use it while you are mortal, for the good of your fellow creatures.



ON CLEAR AND LIGHT MINDS, RECEPTIVE  
TO INFLUENCES

WORLDLY minds are always in a cloud, but spiritual ones are like mountain heights which rise above the mists. They are in a separate atmosphere and catch the sunlight from this side, while those below are in the shadows, and cannot attempt to scale the heights. I am sure if men and women knew what happiness they gain by cultivating thoughts of God and His purity, and how fresh and young they could keep their minds by steeping them in the dewy waters of childlike trust, they would never grovel in the mire of sin, and impure imaginations. To be really alive and receptive to influences from Heaven, the mind must be kept clean and ventilated, like a spotless room, worthy to be inhabited by angel visitors. Try and rise to this level. Your life will be one of joy and gladness, and your end one of triumph, when you shed the mortal, for the wonders of immortality.

## DON'T LOOK ON THE DARK SIDE

WORRY never helps matters. Always take your sorrows cheerfully, and they will be halved. The best way to meet them is to look beyond, and then up to God for guidance and strength. I am writing this

to all who are weighed down with a load that seems too heavy to bear. The weight is a great deal exaggerated by an earthly mind, which is inclined to look on the dark side of suffering. Heavenly watchers see God's purpose in all His actions, and know they are just, and for your good. Welcome every trial, tell yourself it is sent as a lesson, try to profit by it, and be brave. The coward is always a pitiable spectacle, while a courageous man or woman is beloved of God and His angels.

## THE INFLUENCE OF ANGEL GUIDES

THE windows of the soul should always be open for impressions from spheres of light, and then you will receive wonderful powers from unseen sources. There is never a moment but some bright influence from angel guides will make dreary paths of pain or sorrow brighter and more tolerable. We cannot remove physical pain or worldly loss, but we can compensate for it in many ways. Those who suffer are instinctively brought nearer to God and His angels. Rays of Heaven's light pour down on them and pierce the gloom. No darkness is too dense for their brilliant shafts, no night too long for the coming dawn to sweep away the shadows.

## WORK IN YOUR APPOINTED PLACE

THE work at hand is not always the pleasantest but it is the work sent, and, as such, welcome it as the gift God chooses to give you. He will reward you richly when the task is fulfilled. If you fret or grumble at your lot, that is like throwing back His gift in His Face, and making light of your Father's Will. You would never find any task too hard if you kept this thought uppermost in your mind. It may seem very unimportant, but the Angels think it worth while recording in Heaven. Does not this give your smallest act of charity or your meanest task a new dignity? Little things here are often counted as the greatest. You must remember your Lord's words:—"The first shall be last, and the last first." He said that, to make men and women humble like Himself. The greatest triumph in Heaven is to have lived a life of unostentatious service. The proud and worldly are of no account here, and, at the last day, they will be behind many they despised on earth.

## FORGET YOURSELF IN WORKING FOR OTHERS

THE strings of any instrument are useless without the touch of the player's hand, and God alone can bring music out of the soul which is hidden in every human

body. When the melody is played, those who meet the person are unconsciously attracted by a beautiful sense of security and calm. They catch in their inmost being the music of the spheres. The human voice may be the instrument, and every kind encouraging word spoken has a part in the great orchestra of Heaven. I am sure if people knew their power while on earth, they would use their time to greater advantage, and welcome the chance of doing God service. That idea some people have of hopeless failure, and fear of making themselves ridiculous if they attempt things beyond their powers have kept endless men and women chained down. I wish everybody understood how valuable human life is as a foundation for Eternity. Tell all those who are backward that nervousness can be overcome, and the best way to be of use, is to forget self, and live for others. This is true happiness, and real salvation.

## GOD'S CHOSEN INSTRUMENTS

THE great God of Heaven and earth is the supreme Judge of good and evil. No wonder He is often in despair over the wickedness of the world which is seething with vice and unbelief. He has chosen His own army to fight the evil hordes of spirits who make the devil their master. You would be surprised if



you knew the workers in this fighting force. Weak women, perhaps innocent children, and men who are pure in heart, can by godly living and the weapons of prayer and faith, achieve victories that are held in great reverence by the angels, and by the Father Himself. It is a battle of mind against mind, not of earthly powers, such as you use in warfare, and the battle is often to the weak, who defeat the apparently strong. The weakest mortal, who is God's ally, is a tower of might, stronger than the strong. So take heart of courage, and fight on undismayed till the endless Home of peace calls you to resign your efforts.

### DON'T NEGLECT KIND AND SYMPATHETIC LETTERS TO FRIENDS

WRITING is a wonderful way of making thoughts live. If you put them down on paper they may inspire people long after you have left your body and cannot speak to those you love on earth. Not all have the power of literary expression, but they can write kind words to friends in grief, and sympathize with those who mourn. If you were to write down one beautiful thought every day, whether from your own mind or from a book, you would be leaving something behind worth having. Never despise or neglect this power of

expression, the spoken word passes away but the written one lives. God is always willing to help those who feel lonely or deserted, but He is not sufficiently trusted. Humanity is very hard to convince. If you believe yourself, go and bring others into the fold. Your work will be one of great difficulty, but never despair. I am telling you this for your own good, and to make you realize your powers.

### ON THE BLISS OF FREEDOM FROM MONEY MAKING

MONEY is not everything as so many people think. It is a great power for good and an equal power for evil, if misspent and squandered on wickedness. It is a more living thing than you imagine. It is part of everybody's daily life, without it you could not exist. That is why it is a temptation, and a root of much evil. The bliss of Heaven is being free from it. Here, money seems one of earth's plagues, a handicap to spirituality, and a burden to all who are unable to make it, when they have none of their own. Imagine what the old and poor feel when they are beyond work, and how black the future appears. The only way to win through, is to trust in God to send help, and deliver the lonely and penniless from the ravages of want. I am so delighted that finance does not enter

KEEP IN TOUCH WITH HEAVENLY  
INFLUENCES

NOTHING on earth is more important than being in touch with Heavenly influences. If you can once make yourself in unison with the atmosphere of our Higher World, and draw inspiration from it, you are half-way to Heaven. A majority of mortals are bound body and soul to the material plane, and have no wish to rise, or know the thrilling joy of communion with the Saints of God. They look on the idea as fantastic, and beyond their power, and would be amazed if they knew how easily this great benefit can be achieved. The mind is the greatest part of the body, and connects the chain that brings the highest help. When in desperation you have only to throw out this life rope on the sea of tribulation, and at once be steered into still and peaceful waters. Fancy having so great a boon and not making use of it just through lack of faith or ignorance! No one need fear,—no one need suffer from loneliness, with hosts of angels waiting to minister to their needs. It is like shutting out God's sunlight, and preferring the darkness of a tomb to the full glory of a summer day.

USE YOUR TIME IN BEAUTIFUL  
THOUGHTS AND DEEDS

THE years passing for you on earth seem so short to us here, and we feel you should never waste a moment of the valuable time given you to fill. Of course you could not work for God or man without relaxation, but your mind can always be tuned to beautiful thoughts, and remember that thought is as important as action. You are therefore still using the time to full advantage if you just lie and think of God, and His goodness to you, asking for guidance and strength to fulfil your daily task. I think it is easier to work, if you do it for God, even though it is secular labour, which you might suppose He would despise. He knows all about the every day affairs of His children, their pleasures as well as their pains. He is the great Fountain of inspiration, welling up in the hearts of all who look to Him for help. His words to His children are found in the Bible, which many neglect because they are too lazy to look for these messages. Make an effort to hear Him speaking in your heart, and address Him frequently as—Father! Your Father.

## CULTIVATE SPIRITUAL INSIGHT

THE worst part of the unbelieving world is always displayed on the surface, but out of sight, there are thousands of believing, loving, humble hearts we know little of, except that they silently work for good. Do not always judge by what you see. Remember God knows the innermost soul of every living creature. You are blind compared to him. You must try and cultivate spiritual insight, which is a great gift, and can be taught. First, study the minds of those about you, without any prejudice formed by their appearance. You may dislike a person simply because they have an unpleasant voice or gauche manner. That is their infirmity, just as others suffer from some physical disadvantage. God would like all His Children to be perfect, but He does not make them into angels before their appointed time. I often see as I move about your world, the most pitiful cases of beautiful souls in cramped and disfigured bodies, and I long for them to be freed from the calamity of the flesh. Others, who are bright and amusing, may be far behind the silent sufferers you despise, because of many drawbacks that keep them from success. Does not this soften you towards those you may have criticized and misunderstood? God sees the best in every one, so try and imitate Him in spiritual insight, which I hope you may be able to grasp.

## DO NOT FEAR THE MOMENT OF DEATH

THERE is nothing to fear from the gates of death. You need not consider the physical side, which is much exaggerated. Those who come are frequently surprised to find themselves with us, because they have slipped away from life in blissful unconsciousness, and wake to find the dreaded river crossed. God is always with those who are at the brink of that so-called river (which is a figure of speech), but many think all through their lives that the parting of the body and soul must be a painful process. Instead, it is a natural function, and very easy when the time comes.

## THE WORST SINNERS HAVE A CHANCE TO REDEEM THEIR DEEDS

THE Father in Heaven is all love and mercy. No one need dread to stand before His Throne however weak, helpless, and weighed down with sin. He is aware of every temptation and pitfall, and makes allowances for upbringing, and hereditary taints. It is a blessed thing when a hardened sinner dies and is released from the evil passions that made him a curse to his fellow creatures. Once free from the flesh, which has ruled his body, he wants to make amends, but fears it



is too late. God is not cruel like that! He is not here to deal out torment, but to teach by love. We do our best for these unfortunate souls who would give anything to be mortal again, and redeem the hideous past. God alone can stem the tide of sin which overflows so much of His fair earth, like a stream of dirty water, when He wants it to be pure and sparkling. So if you hear of criminals meeting the death penalty, you will know it is the best thing that could happen to them, for they are released from their sins, and made whole again by divine forgiveness. I like people to know that my beloved Father is not a harsh Judge, and unforgiving even to the worst of human devils.

#### THE WEATHER IS ORDERED BY GOD. DO NOT CAVIL AT IT

THE weather is a great source of trouble to people on earth because they forget to receive it as a gift from God, who holds all the secrets of Nature. He cannot satisfy everybody, but He sends you glorious winds to bring to life His marvellous creation. Growing things are His care, and He gives them to you for enjoyment and food. Always accept what is proffered from what you call "the elements." They are the work of the Divine Will, so must not be grumbled at. You are often blind to the beauty of earth, when you

might see in much around you the wonders of His teaching. I think night is such a beautiful time, when all things sleep, and the earth is wrapped in a cloak of slumber. It is then that angelic hosts are trying to reach the sleepers, and put into their minds messages they cannot hear in the busy daytime. Night is dreaded by some who have uneasy minds, but, to those who love God, it should be a time of special communion. Never think because you cannot sleep that the Divine Love has deserted you. It is sometimes from illness, but more often your own fault. You cannot compose your restless soul in complete union with still and peaceful influences. All is tumult within. At such times pray, and make a habit of remembering every blessing bestowed on you from birth. Send up waves of thankfulness and joy;—after this, I think the nervous tension will subside and refreshing sleep descend upon the weary agitated frame.

#### DO NOT DESPISE THE SMALLEST SACRIFICE

NOTHING is too mean or small to do for God. He accepts little sacrifices, and counts them great, if done in the spirit of resignation and service. People are apt to picture Him as a far away Deity, instead of a near personal friend. They find it hard to realize that



such a Mighty King,—the King of all creation, should condescend to be the intimate Friend of mortals. He is great enough to be everywhere, and to know everything. This miracle seems quite understandable when we come here. I am impressing this on you because I know how hard it is to grasp such a staggering fact. Release from the flesh brings with it a rush of knowledge. Then you see clearly all the riddles of the universe, and you are amazed and unchanged. The windows of the soul are often so tightly closed, that no breath of Heaven creeps in to ventilate the mortal mind. Try and open these windows, to receive impressions, and glorious thoughts of Divine Love and Power. You can get help from Heaven if you seek it, and never become dismayed or downhearted. God is the Father of sinners too, all are His creation, but many disappoint Him, and fall into temptation. Only believe and be saved.

### THE IMMORTALITY OF HUMAN MINDS

THE mind of man never dies. You all have the seeds of Eternity within you, and you know that you are immortal. If you were not conscious of this, you would have no faith, and would soon despair. It is the inner knowledge of the deathless spirit that keeps you in health. You are like a wonderful machine,

and in time the works grow tired. At last the machinery wears out, and then you shed your shackles and break free. The parting of soul and body is a very easy matter for those worn-out wheels. But those who struggle for earthly existence are greatly to be pitied. Happy men and women take whatever comes as a distinct call from the Father in Heaven, and never resent the destiny allotted them. To rest in the Lord and love His Will is to be completely satisfied.

### DON'T FEAR THE FUTURE

My own feelings about mortal life, are of course different to yours, and the things you complain of are, to me, a right and just course. God has directed that every man and woman must know something of sorrow, before receiving the full benefits of everlasting joy. Life on your sphere is full of wonder and attraction, but the beauty is marred by suffering and loss. We here have attained to the blissful state of eternal peace and knowledge, while you are always fearful of the future, and what it holds. You can get rid of this terror, by making yourself entirely a unit in God's hands. He is a Father to trust, and they who lean on Him are never in the least disappointed. Live above your flesh, and if ill befalls it, say :—"I have my spirit to support me, and that is whole."

## MIRACLES HAPPEN DAILY ON EARTH

MIRACLES are happening every hour, without the knowledge of earth dwellers. God is working in various ways, and most of them are unseen and unknown. It is not unusual for men and women to be spiritually changed from mere workers of evil, to workers for God, by a single word or action. Somebody says a word, or does an action of kindness, which is a miracle, and never knows that deed or sentence may transform a life. It is a mighty responsibility being in your world among millions of souls influenced by what you say or do. The most ordinary people can be miracle-workers unconsciously. It may be that the Almighty Father has chosen them as humble instruments to carry out His great intention of good towards a sinner. We, here, watch with intense interest the work of our Saviour.

## ASK FOR GUIDANCE

IN Heaven, Sunday is noticed because its general worship brings mortals closer to the Divine World. We are always in touch with the material plane, and we grieve over the sins of those who despise our Father, and abuse His Name. On Sunday the prayers of many congregations rise like incense to

God's Throne. But, sometimes, the lips praise, and the heart does not respond as it might. Then we try to bring the power of our presence to bear on one who is earth bound, and, alas! we do not always succeed. When your thoughts wander in Church and you cannot concentrate, you should at once ask for a "guide" from Heaven, to be at your side, and ward off the devil's intruders. The windows of the soul are always trying to open, and the world shuts them. It is like battling against a wind, the cold draughts of earth blow in and shut out the sun of glory. God is very sorry for all His children who are torn from him by these strong gusts of evil, or sloth. He knows what their awakening will be.

## TRUST INSTEAD OF ALWAYS REASONING

MORTALS are always hampered by what they call reason. They want to discuss Eternity and bring it down to the level of their, so-called, common sense. That is a good word, for it is "common," but why not aspire to divine sense? Oh! try and make human beings trust and believe, and not argue over God's methods, which so far surpass the wildest dreams of limited humanity.

## BE THANKFUL

THE gifts of God are so numerous that I could write of them for ever. People are always ready to complain, but often forget to bless and thank God for benefits showered on them from above. How often do you thank Him for your daily food, which you take as a matter of course? Do you say a prayer of gratitude for the use of your limbs, for your sight and your health? Every moment of the day you might be ejaculating "Thank God" for this, or that, as the blessings come. It is to your benefit to thank Him. He requires no praise from His subjects on earth. But it is a privilege to be able to pour your unworthy worship into the Divine ear of an Almighty and benevolent Father. Worship is the world's purification. You help to link it to heavenly heights by your constant adoration. Be unfailing in your efforts to unite the mortal and immortal. Be a link between Earth and Heaven.

## GUARD YOUR SOUL

THE world is a very hard place to be white in, just as it is difficult to keep spotless garments unsoiled in a large smoky city. The wearer has always to be careful, or his white clothes get spotted and soiled. The

soul is given to you clear and beautiful, to keep in the wonderful condition in which it was first made an inhabitant of your mortal frame. You have to guard it all through life, and when it is stained with the world's grime, it is your business to cleanse it by prayer and repentance. Think then of your soul as a beautiful garment that must be preserved with infinite care, since it is your most precious possession. The outward part of you, seen by the eye, comes in for a lot of care and attention, but, that which is not seen by mortal gaze, is beheld by the Almighty Father. It is of Him you must think, when you neglect the care of the glorious soul, and let it get shabby and torn. The world is the least important place, the Heavenly Home is to be your endless habitation. The body dies and vanishes from sight, but the soul lives for ever.

## RELY ON SPIRITUAL HELPERS

WILL you who read *this* book, try and remember that these messages come, not only from me, but from Angel guides, who ask me to say, they are never weary of trying to protect men and women who still toil on earth, suffer, and strive towards the light. If the inhabitants of your world would be more ready to receive this help, and rely on it, they might achieve



marvellous and unexpected success. They lean too much on self, and too little on God and His Angel servers, who are sent to inspire and cheer weary mortals in the vale of woe. When you are in distress, when you watch loved ones passing into life eternal, you are not alone and unaided, you are surrounded by hosts of angelic beings, only too eager to shoulder your burdens, and bring you the light of faith, understanding, and the blessedness of self-control. How could the sorrows of earth be borne otherwise? You would be crushed by them, and utterly destroyed. It is not time that heals wounds, as people say, but the unceasing work of angel helpers, which must at last have a soothing and comforting power over the aching heart or rebellious spirit. Often the ones who come here, grow more in touch than ever before with those they have left, and join their efforts to the ministrations of Heavenly comforters. Do not give "Time" the credit,—but God.

### NEVER FEAR THE ELEMENTS

SUMMER is a time of God's harvesting on earth. He intends that its beauty and growth should bring a message to all hearts. There is something very inspiring about fine weather and sunlight. It seems to me like a reflection of Heaven, sent to warm and cheer

the earth, and gladden the heart of man. Those who have spiritual insight, can discern a thousand lessons from the spheres. Summer is a way of being nearer to God in the open air. Look for Him in all things pleasing and lovely, and see His Face reflected in the earth's beauty. When winter reigns, you shut yourselves in houses, and cry out for artificial warmth, but bright hot days are long, and worthy to be turned to good account. They bring health and pleasure. They profit your soul as well. I am sure if people knew what a God-sent gift the fresh air is, they would appreciate its healing powers, and more constantly give thanks to their Father for this boon. You may remember I spoke to you of the weather before. I do this, because it is a great topic of earth conversation, and affects your lives, while we, here, are apt to forget this, living always in the glorious light of endless splendour round God's Throne. One more word. Never fear the elements. Some people are afraid of thunderstorms, drought, floods, or fog. God is in the storm and tempest, as He is in the sunlight. He is in the darkness as well as the dawn and noonday. He never leaves His children unprotected. You have nothing to fear but sin or separation from Him. I charge you to hold on to your courage. Be stout hearted, and know that you are under the protection of divine Love.

## THE UNSEEN WITNESSES OF SORROW

THE message for to-day is of radiant hope to all God's people. The veil is very thin and the world of spirit is always trying to pierce its division, and reach all who need our counsel and help. I am with many who are strangers to you, at moments when my presence is a great work for God. He sends us to earth to do His Will. He can of course be with every sufferer, but He does us the honour of using us as His guides and messengers, where earth-souls are in need of unseen protectors. No one would ever despair if the world knew of these unseen witnesses, that fill the air like glorious clouds. Tell this to the bereaved and dying, if they do not believe you, then at least you have tried to draw them into the mystic circle. Holy Love is always round them, why not try and make them appreciate such boundless benefits from the Throne of Grace?

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## THE USE OF GOOD THOUGHTS

You are in a transition state when your earthly mind is in touch with spiritual beings here. Many are influenced unknowingly by their guides, and they are in sympathy with all who suffer, and need help. You cannot live for self, and for pleasure alone, if you

know you are being made a child of God by His Mighty power. You become at once enlisted in the great fighting force against the mass of sin and corruption on earth. You can never be idle again. Even if your body is made useless by pain or disease, you have the weapon of prayer, and can send out supplications of infinite value to mankind. You see, thoughts are of wonderful use in your world, and when full of love and trust, they come home to roost, and are never lost. Be thankful that your mind can do so much apart from the body, which is not always able to fulfil its desires, however holy and commendable. Therefore I pray you, watch,—continue in faith, and never lose heart. Your work is always with you, and acceptable to God, in weakness as in health.

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## HAVE CONFIDENCE IN THE CREATOR

THE world is far away from God, owing to sin, but those who love Him are always near, because He draws them into His mystic circle, and holds them from harm. The best method of prayer is to talk intimately to the Heavenly Father, instead of using set phrases, and sentences learnt from books. This kind of conversation would not be tolerated on earth by the highest Monarch, God wishes to hear His subjects speaking their own ideas, in a natural way, and not in studied formulas. Tell God your troubles as

you unburden your heart to a real friend. Tell Him also your joys, as you seek sympathy from an earthly parent who shares them with you. This is the kind of confidence the Creator deserves for all He does for His children. He should not be held at arm's length like a far-off Deity who only wants worshipping, as if He were some idol.

### DO RECOGNIZE SPIRITUAL GUIDANCE

THE mortal state is one of perpetual trouble from birth till you throw off the flesh, and see everything clearly. That is why the world of spirit feels such deep sympathy for those who struggle and strive to make the best of a dangerous journey. We see pitfalls often hidden from the eyes of those who trip and fall. We try to save them, but many are utterly unable to feel our presence, or hear a warning. It is of supreme importance that the soul's windows should be open to receive God's sunlight, and hear the sound of angels' wings. Below, you are often so dazed by work, or dazzled by temporary pleasures, that you forget you are only there for a little time, and the great awakening must come. Then you will know all, and be thankful if you have done God's Will and made Him your Friend on earth, when He was hidden from your sight.

### CONTRAST THE TWO WORLDS

My world is one you should prepare for, because it is endless, and can make you everlastingly happy. What is temporary pleasure compared to this? The earth mind cannot grasp what unending life means. But the spirit is at once aware of the intense comfort of immortality. Mortal existence is an unsettled state, and never really satisfies. People imagine they are happy, but know it cannot last. Youth must fade, then middle age brings increasing feebleness as years hurry on. Everybody who loves movement and action resents becoming decrepid. Then the nightmare begins,—loss of physical power, loss of friends who pass on into the unknown, and finally your own so-called death. But be cheerful, remember, you who feel this creeping upon you, that the world in which you live is most inferior to the marvellous place of departed souls, awaiting the traveller at his journey's end. There you will find a welcome from loved ones, a rest, a real home, and a lasting inheritance.

### SLEEP DRAWS YOU NEARER TO GOD

THE moment you sleep the influence of the spirit world has a far greater opportunity of controlling your sub-conscious mind. The way the soul is



reached is too mysterious to explain, but the sleeper brings back to your world many impressions and lasting messages. They may not be remembered, but they have an influence, bringing peace to bereaved minds, and comfort to those who need it most. Never neglect sleep, make it your object whenever possible. Do not try to break yourself of a God-sent habit. Many people are ashamed of sleeping when observed, forgetting it is natural, and nothing to be ashamed of. It gives increased vitality and mental power. It brings you frequently in touch with Heavenly beings, and their help is a marvellous aid to endeavour and spirituality.

#### A DIFFERENT ASPECT OF LOVE

THE love we feel for one another is intangible to those on earth. But, here, we see it in a different light. Love seems a part or whole of spirit life, its breath and being. Love lives, and is a tangible thing. It is like your heart's throbs, or your life's blood. A mortal body cannot exist without the organs that give it life, and a Heavenly frame has its glorious love to animate, and make it live. Without love you are spiritually dead. With love, you are a partner of the Divine Creator Himself. He meant people in your world to love each other with this Divine power. It is a grief to Him that so many of His children dislike each other. Here there are no enemies, hatred

does not exist, or vengeance, envy, jealousy, or lust. We live in such a pure atmosphere, that you seem in the darkness, and only when you join us, will you learn the glorious lesson of Universal Love.

#### OH! BE KIND

THE healing of a wound is the best sign of Christianity when there is enmity between people. The making up of a quarrel is a godly action. Never harbour an unkind thought, as that will do you far more harm than the person against whom it is directed. The anger you feel at a slight, hurts your soul far more than the insult that caused the anger. One is external, and the other internal. You see a surface wound is always less deadly than one deeply embedded, poisoning the vital organs. Little worries that are apt to affect your temper are often rather childish and absurd. But you cannot lay too much stress on your mind and its inner working. That is the part of you which goes with your spirit into Life Everlasting. You do not want to be burdened hereafter with the memory of spiteful deeds or unkind actions. It will hurt you to think of them when you mix with the glorious company here. Prepare to be with angels and saints. Remember it is easy to be a sinner and difficult to be a saint.

## THE WONDERS OF YOUR FUTURE HOME

THE beauty of summer is like Heaven making earth its reflection. As days of sunshine come, be very conscious that all this pleasure is God's gift to you, to remind you of Him, and manifest Himself on earth. The wonders of your future home can never be imagined until the waves of glory burst upon you like an incoming sea. But, though you are mortal, and treading earth, you can see His brightness in the sun, moon and stars. Night is a great peacemaker. It reconciles the tired brain that would break with the strain of living, if not given sleep. Never feel that any sorrows are unjust. The workings of the Almighty are always towards perfection and ultimate good.

## ON SPIRIT INFLUENCES

BODILY sufferings in illness are nothing compared to mind torment, when the soul is repentant and shamed by sin. People condemn sinners instead of pitying them with God-like compassion. The sinner is never really happy though he seems to succeed. Always his spirit is oppressed and heavy, God takes vengeance in that way. The would-be thief or murderer, whether he does the deed or fails, is always miserable.

He never knows the peace of the blessed who rejoice in holiness, and carry about a wonderful sense of calm. I am always marvelling at sins I witness, as I go about your world, doing God's Will. I have saved many from committing crimes. Spirit influence at a critical moment is a great help. We can frequently rouse the slumbering conscience or bring back some memory that deters the criminal. It is refreshing after this, to soar away to blissful realms, and meet only glad souls who rejoice in God's presence. Sinners are here too, on a lower level, trying to live down their evil natures and absorb the good. There is another chance for the most depraved women or men in this angelic home.

## TALK TO FRIENDS IN HEAVEN

HEAVEN is very near the earth, and not far removed as so many imagine. Try and think of us, and our beautiful home as quite close, and all round you, only your eyes are veiled and cannot see the hidden glory. But you who believe, and especially those who are psychic, can feel the nearness, and enjoy the contact of angel visitors to earth. They bring you soul-comfort, fortitude, and a world of wonderful inspiration. Talk to them sometimes, make them welcome

when you think you feel your spirit reaching out to them. They are never weary of doing you service, for God sends them to help the sad and despairing. I am always hoping that the day will come when Heaven will be more revealed to man through psychic processes, and that spiritualism will not be looked upon as anything unusual or out of the way.

### PRIZE BEAUTY OF THE SOUL MORE THAN OF THE BODY

BEAUTY of form and feature is much prized by those on earth, as a precious gift. But those who have beauty of soul in the plainest body are really far more blessed by God. They know this when they come here, and it makes up to them for many failures and apparent neglect while children of earth. Very lovely human beings have innumerable temptations which they often cannot withstand. It is a sore grief to them in after life here, and they wish they had not been given so much that was admired and coveted. You see how things are equalled and those you pity and think of as forgotten by the Almighty are perhaps the most watched over by our Father, and His most glorious Son. This message will comfort many who fret at being on the shelf, and are always longing for things out of their reach. I do not mean that age

is a sorrow, but many have never experienced the love of man in its fuller sense, and resent they could not attract passionate devotion, because of their very plain outward form.

### TRUST IN GOD'S CARE

THE worlds of spirit and matter are both mysteries. What you call natural is, if you think it out, very miraculous. You are always God's children under His care, from the moment you enter the great world of varying faiths, unbelief, sin and trouble. It is a chance how this environment affects you. Some can battle against hard times and drawbacks, and yet never lose sight of their Heavenly Father, while others have every worldly advantage and throw it away, losing their Trust in God. All who have belief, should thank Heaven for giving them sufficient insight to the mysterious beyond. They are fortunate inheritors of the Kingdom of God, and have nothing to fear when the great experience comes of a new life.

### BELIEF IN SPIRITUAL COMMUNICATION

I OFTEN ask myself how it could be made easier for the two worlds to communicate more frequently,



without effort, or the expense of paid mediums? I am sure if belief in our nearness, and the actual presence of spiritual and unseen beings on earth were fostered in the young and taught to children, they would grow up expecting to get messages and impressions, and not take it as anything out of the way or extraordinary. Children who lose parents, or loved ones, would understand so called spiritualism more easily than older folk, who perhaps fear it, or have been taught it is wrong. You see this is the time to develop talent. Many who might have been marvellous mediums in their early days become hard callous sceptics, because they were never trained, or instructed. I know it is severely criticized, but every new movement and step forward is fought by the devil, I mean by this, the evil that exists in the minds of the ungodly. No one thinks it wrong to stuff a child's brain with untrue fairy tales, but the beautiful fact of spirit-communication is condemned and abhorred.

### ON HEALTH AND PAIN

THE mystery of pain and ill health is often a stumbling block to faith. People are apt to regard illness as a punishment instead of a spiritual blessing. Some would be so unprepared for the purity of this

world, unless they were first laid aside from active life, that their souls would remain unfit to partake of heavenly joys. Through tasting the cup of pain, as our Saviour did, and being crucified with Him, they do instantly, on passing from earth, become the glad partakers of His glorious Resurrection. The body is not of much importance in comparison to the health of the immortal soul. We see things so differently here, and rejoice that our poor bodies are cast aside like worn out garments, marvelling that men love them so much, and do not rejoice when it is time to part from such a burden. It is ignorance of this happy state, that causes fearful apprehension. You, now, are enlightened by these words directly sent from a higher world. Try and look forward to what is lasting. Never worry over temporary ills in the vale of woe.

### LISTEN TO YOUR "GUIDES" AND TELL OTHERS

IF you want to convert a friend to belief in spirit communion, you must present it to him in a clear and matter of fact light. Speak rather as if you were trying to explain the telephone or wireless to a person ignorant of modern science. Say it is so simple when you know the way, because we, here, are always

listening for a call, and want to help the dwellers upon earth. Say it makes the parting from earth life so unimportant, that no one could regret leaving this mortal sphere for the immortal. By lack of faith in spirit communication unbelievers wilfully drive away powerful allies. It is like having a splendid guide for a mountainous or foreign land, and refusing to accept his wise counsels and plunging on alone into darkness and danger. Each person interested must find their own way of catching the waves of soul intercourse. The first step is to believe the fact that it is possible, to expect, and ask for revelation. Guard against thinking it is your own imagination. Tell people to look for a wonderful advance when alone at night in bed. That is such a mystic time, when the mystery of unconsciousness steals over the brain and gives the body beautiful refreshment. Remember the soul does not need sleep. It is awake and active while the body slumbers. The soul is the part you think little of, unless you make an effort to know it better and follow its flights of glorious elevation.

### LOOK FOR NATURE'S GIFTS AND COUNT YOUR BLESSINGS

THE most beautiful sights of earth are seen in God's wonderful garden of Nature. I wish so many people

did not shut their eyes to the beauties of growing things, and changing lights and shadows from the skies. We often think how much you mortals lose by keeping your eyes fixed on books and world-made objects. A glance through your window might stir your soul to sudden rapture, and lift it to Heavenly heights. The gifts of God are not only things you want and pray for, you have life given you unasked. Think what this means, sight, hearing, brain, mind, and physical powers with which to enjoy exercise and movement, with a thousand other things you can think of, if you try to count. Teach children you meet to appreciate being alive. Tell them they can never die. It is the greatest mistake to speak of preparing for death, always speak of being prepared for fuller and more active life. The shedding of the body is very trying to those who are left, but nothing to the one who passes on, and makes an entry into Eternal unending joy.

### A WAY TO GAIN INFINITE REFRESHMENT

WHEN your mind is tuned to hear Heavenly messages often imparted in quiet hours, do not try and get away from the "window of spiritual sight," and think you are day dreaming, or wasting time. It is good to be apart from earthly work and care, and let your mind lie fallow to receive what is given from

beyond. That endless activity and worrying over things of the moment, might well be dispensed with, at least once or twice during your working day. You would gain infinite refreshment from what the uninitiated call "slacking." They see only the outward form, still and composed. They do not know the inner self is gathering power, and reaching up to heights of glorious rapture. But those who afterwards see the one who has gained spiritual help and strength, will marvel at the facial expression, so changed by intercourse with God and His angels. Faces reflect souls, no one can be really plain if he or she has been in touch with higher worlds, and heard the Master's Voice speaking within.

### NEVER FEAR DEATH

THE world is always making people afraid of death, it never presents it to the public mind in the right light. We often wish here that we, who have tasted so-called death, could materialize, and go about the earth telling men and women not to fear, but rejoice because each night and day brings them nearer the great gift of Life Eternal. How pleased they would be to hear all we could say, and what an effect it would have! But God will not permit this, He prefers to keep it a surprise and let the impatient

ones wait, and also those fighting against the idea of coming to Him. Of course it is very beautiful when the truth is revealed, and well worth uncertainty and long weary years of suspense and dread. You will discover the limitless glory and marvellous truths for yourselves! But I thank God for this means of telling men and women of their coming bliss—if they will only believe me. Those who refuse to believe are the ones I pity. I do hope some day this book of messages will see the light of publicity. I feel my words may be used by the Almighty to reach many hearts.

### USE YOUR INTELLECT

THE more you pray for intellectual endowment the clearer will your mental vision become. In time you will get a distinct answer and find yourself able to grasp many facts that have seemed incomprehensible before. You will be able to picture the glorious life here (in a little way) and feel God is your Friend and true Father, instead of a vague distant Deity. You will be given the faculty of reading human character more accurately, and then you will not judge harshly or take offence easily. In fact, every day your mind will expand and grow, and your soul will make a great effort to work its way through the flesh and shine out of your eyes and control your



speech. You will attract more people than you can guess, in a mystic manner, and do them great good unconsciously.

### ON THE BURDEN OF LIFE

THE minutes that pass, and make the hours, are all precious gifts from God, ticking out the time in which He means you to develop your soul and prepare to meet Him. He wants everyone, however poor or feeble, to do their part, to know and feel they are of real importance in the scheme of creation. Never belittle your gift of life, it is a precious burden, however heavily it presses upon you. Treasure it, and support its weight, as you would carry something costly, a child you loved, or valuable present. God is hurt when you despise this most wonderful possession, and under-rate its worth. Life must be used, and not frittered away. It is full of countless opportunities and rich in advantages. Those who suffer are blessed more than those who never feel sorrow or pain,—this is a deep mystery, too unearthly for many to grasp or comprehend.

### ON EARTH SEPARATIONS

NEVER let separation prey upon your mind as if the limitations of sight were inscrutable. Persons you lose through absence, are still chained to you in thought and able to be near you, though you neither hear them speak, or see the loving faces and smiles. I am talking now of earthly absences, and the necessary partings of your daily lives. It is mistrusting God to fret over those who are not at your side, as if you were more powerful to keep them from harm than the Almighty Himself. Remember all the jars and trials of existence are so fleeting compared to the unending uninterrupted bliss of worlds beyond your imagination. Never let the temporary trials of life blot out these greater thoughts.

### UNCERTAINTY OF LIFE

ONE beautiful thing about Life is, its uncertainty. If you knew the date and hour of your passing, you could not live in the same happy way. There is only too frequently a sense of mortal fear, lurking in the earth mind of that glorious event called "Death." With many, the glad surprise comes suddenly without illness or pain. God means His

Children to be always prepared to come to Him, and this is one of His chief reasons for keeping them ignorant of the moment of release. Some know they have only a short time left, but even those who are conscious of this, know not the moment of the call. Oh! when it comes, how well worth all waiting and suspense! I pity those who are snatched back from the brink of the grave by science, for they are defrauded and denied the greatest of all benefits. But it will always be the same while your world lasts. Men and women fight the so-called enemy, without realizing it is nothing but Nature giving the tired body its new garment of life which lasts eternally.

### ON THOUGHTS

THE wings of thoughts fly up to Heaven unceasingly. They are like angels carrying messages or supplications to the High Court of the King of Kings. They are never lost by the way, and cannot miscarry. Just picture how harmful an evil thought can prove, winging its flight to the world of peace, justice and beauty, entering like an evil presence to meet with disapproval from God Himself. All mean desires, all unholy actions, all selfish motives are known here, and abhorred by those who live in the light of faith, love and purity. Dark wings of thought bring

shadows even in Heaven, while patient endurance, courage and true belief, rise, and make music here, sunshine and joy. Is it not a marvellous thought that you on earth can add to the bliss and beauty of Heaven in this way? Therefore be careful to guard your mind. Let it only hold what is acceptable to the Father who wishes you to join in this great rejoicing and taste the fullness of His grace and endless gifts to the children He loves.

### ETHEREAL HEALING OF LIGHT

THE worlds of ethereal wonder shed upon your mortal plane a great healing light of love, and those who look for it will find it in their hearts, warming and refreshing them with divine strength. It pours down rays of heavenly healing upon men who are weary, and women who faint by the way, also on little children who are more sensitive to its influence than older souls. It falls unseen upon mourners and upholds them in moments of despair. It comforts "the widows and fatherless in their affliction" and lights up dark places with Heavenly radiance. Think of this when you feel depressed and cast down. It may be the winter of your soul, but summer and morning come after the darkest night or coldest day. To be brave and hopeful is to win the battle against despair,

and draw this gift of life into your soul, keeping it there, like a lamp burning in the gloom of a sorrowful world. Daybreak and release are at hand for all. The waiting may seem long, but it will pass more quickly if you remember these words, and watch for brightness from worlds of eternal day.

### EARTHLY LOVE AND UNION

THE whole of Creation is united by a marvellous chain binding nation to nation, and realm to realm, nothing is entirely separated. God's people, alive and dead, are one family. He holds the keys of power to unlock every door. You little know how near your soul may be to someone at the other end of your world. There is a great human mystery called "affinity." People who fall in love seldom put this down to psychic laws, that is the last thing they think of. Happy marriages are generally the result of some previous spirit communication between the souls of people on earth before their bodies meet. This accounts for that strange feeling lovers have of knowing each other so well in a short time. Many disastrous unions are the result of mortals marrying without any spiritual tie between them. Of course this must end in trouble, for they probably meet, later in life, someone who holds their spirit in strong

bonds of sympathy, and not even the moral disaster that follows can hold them apart. We see many of these tragedies, as we watch over the world, and sorrow for those not strong enough to battle against temptations of this kind. We try to help them, and we succeed in more cases than not. But God has given you all, free will, and even spirit guides are not omnipotent. Do not judge sinners, you who have never been tempted. It is for God to judge the world, and not His subjects.

### IGNORE THE BODY

THE body is a constant trial and burden to its possessor and full of complaints at times. To live above it, is to be greatly blessed. Few have the power of putting aside its wants, and making it subservient to the spirit which dominates all flesh. It is well to practice this when in health, the habit will be of great assistance if sickness or pain come. For instance, try not to consider your personal comfort as all important. Extremes of heat or cold might be well ignored by many who grumble at the smallest inconvenience. This does not mean neglecting wise health precautions, such as avoiding a draught or over-heating your body unnecessarily. Too much thought is expended on food. People who give up their time to



consideration of daily meals are often earthly and gross and consume more than they need for their frames. Rise above this mortal state. Consider the food of the mind, and how you are supporting that more important part of your being.

### BE QUIET A LITTLE EVERY DAY

MESSAGES that flood the brain from Heavenly Spheres are like telephonic communications on a spiritual wire. Very often the line is clouded and blocked by sin or unbelief. Then these divine communications are lost to the great disadvantage of your souls. Try and be with your spirit in solemn solitude for a brief period daily, apart from your morning and evening prayers. I mean you should sit, lie down, or stand by your window, looking up at the sky. Then make a determined attempt to be in touch with and feel God and His angels' welcome. Say words like these: "Come to me from Heaven, hold my hand, control my being. Make me Thine."

Call aloud: "If you are able, dear Master, come, come, come."

He answers by filling your open soul with His Presence. He never declines an invitation, or turns His back on those who need Him.

### DON'T BE SAD! IT CLOSES THE DOOR

WHEN the mind is depressed the soul cannot radiate light through dark clouds of despair. The spirit messengers grieve at the closed door and stand outside waiting for it to open. Dispel gloom by saying to yourself: "Time here is too short for grief and misery. I am marching home, the way is not really long, though it seems so to me." Reproach your earthly side for blotting out the spiritual with sadness. Meditate on heavenly joys, and then see how uplifted you will feel. Suddenly the mourning heart will thrill with joy, hearing the angels' song of triumph piercing the hard clay that is unyielding to the Master's touch. I am sure people would not weep if they knew how tears and frettings war against spiritual influences. It is building a prison house to dwell in when you could spread your wings like a bird towards Heavenly heights. Which will you choose—the prison, or the freedom of the blessed?

### SEEK SPIRITUAL HELP

THE world is a place of winding paths, like a maze, and few find the best road. They rush in varying directions like sheep without a shepherd. It would be so helpful if mortals paused to ask the way, and

let higher guides shew the right direction. A mind disturbed by difficult problems is always worrying itself with "Shall I do this or that?" How much easier to ask God and His angels to lead you! Nothing is too small for Him to decide. A swift prayer is far more efficacious than planning and arguments with human advisers. Make use of your spiritual guides. The clear road will lead you away from tangled paths. To know a country, you must find out its pitfalls, as well as its pleasant pastures. You learn what to avoid, and how to escape when enemies pursue you. Naturally, in your world, you go to the Consul of the place, or to many who are acquainted with its geography. Take care not to lose yourself in what seems familiar ground. Pray always, and follow the answer given ungrudgingly from Heaven.

### COMFORT

THE purest light is the radiance of dawn. That is symbolical of the Resurrection. Some day you will see the real dawn of Eternal Day shining through gloom, and rise triumphantly upon the wings of the morning. Then the dark nights of mortal existence will be forgotten like a dream. What is unreal now to many will be Reality, and what is real, but a passing shadow.

### BE CHEERFUL

To shew the world you are at peace with God, and in touch with spiritual elements, move about with a radiant countenance, and keep happy even when worried by adversities. The difficulty of this, makes the triumph all the greater, and more noticeable among those who are believers. They must see there is something true and noble in a faith which upholds those who mourn, making them calm and full of light. The world never wants sad faces, or to mix with them, and one who comes as a ray of sunshine is always greeted like a messenger from the stars. Remember too, those who have passed on are delighted beyond measure to see you entering again into the old pastimes or pleasures they once shared with you. People who are accepted believers should set an example in bereavement. Tell your friends you have this supreme comfort, that the dividing gate is open for you—which makes all the difference.

### CURE FOR GLOOM

THE best and brightest natures have their days of gloom, and the only cure is to determine to meet them and conquer by sheer force of will. Try and picture yourself as a warrior, hemmed in by foes. When

the critical moment comes to meet the onslaught, strength will be given from unseen sources. Rely on this and never doubt that you will receive reinforcements in the hour of need. No one can be conquered who trusts in God. Faith is your armour and the shield of salvation is your belief in higher powers. The battle is to the spiritually strong, though the equipment is invisible to mortal eyes. The reward is life unending, and peace to fit you for your task on earth.

### MARCHING IN LINE

MOVE always as if you were in a Regiment of unseen beings,—angels to your left and right, guiding you ever forward into the battle. Then you cannot feel alone, you are accompanied every hour of your earthly career. It is wonderful to think you have this vast body of protectors. The miserable and lonely who are deserted by friends, ignored by the more fortunate, or desolate at the death of dear ones, are really upheld by invisible hosts of sympathizers. Few are sufficiently psychic to be aware of this, and so they stumble on, their eyes blinded by tears, marching side by side with the very one they think they have lost. I thought it impossible to meet those who had left your world, but now I know that communication

is only a matter of belief, practice, and, sometimes, patience. Too many give it up because the results are slow. Others fail through unbelief, or too much heart-searching and questioning as to how and why. But **all** could win through if they saw how simple it is for those who march in line with the angels of God.

### SPIRIT AND BODY

A MORTAL being is the most complex of all machines, —half flesh and half spirit, and the two war together when God intended them to be in complete harmony. To reconcile them, you must subdue the body to the soul and make them one harmonious whole. God never meant men and women to become so material when He created them. He planned to give the spirit an earthly tabernacle that it might serve Him and be ultimately rewarded by the vision of Heaven. Mortals are sometimes higher than the angels, at least, those blessed ones who win the Crown. They come through the fire into perfection, after living below with sinners. It is a great compliment to be mortal, you are given this wonderful chance to shew what you can do under difficulties and gain a reward of surpassing glory from the King of Kings Himself.



## THE ATTRACTION OF HOLINESS

THE beauty of holiness is not a mere spiritual attribute. It radiates through the physical body, makes the eyes different, and the expression most attractive. Those with evil thoughts and mean desires are often called good looking, yet fail to arouse admiration in many. They lack spiritual charm, making them hard, and almost ugly to the sensitive and far-seeing. Goodness does not mean setting yourself up to criticize others, or judge them harshly. God never cares for a sanctimonious hypocrite delighted with his own worthiness, God prefers a penitent humble spirit, conscious of failure, to the self-satisfied and proud. You may notice that women, especially, who seem very pleased with their appearance, often have little beauty of spirit. They are blinded by conceit of a peculiarly unpleasant kind. It makes them work evil by shedding waves of unholiness, and nothing convinces them of their own faults.

## ON AUTOMATIC WRITING

WRITING by automatic means is a very great mystery to many. It will be of interest if I explain how it is achieved from this side. The person who writes

must be highly developed spiritually, and not of a nervous disposition, or the messages would be disturbed by any mental excitement. For those who are beginning, or wish to try, I advise them first to get their minds like a clear pool, purified, and ready for impressions that will come from our thoughts. These will be expressed by words written in a limp and ready hand, moved by a mysterious agency. Any will-power that obtrudes itself, cuts the connection at once. The mortal writer becomes like a machine that will not answer to its power from a higher intelligence. The machine cannot work unless someone with intelligence gets it in motion. Spirit visitors love to take control of a hand that can write for them, and give direct messages to the children of your world. It is nothing new. This form of communication has been known ever since people first wrote at all, and has developed very slowly, because, with the increase of civilization, the soul is less pliable and the mortal mind more sceptical. Let everyone try, in case they are able to carry out this wonderful task for the angels of God.

## THE TREASURE OF DUTY

DUTY is a word with a harsh note in it, and many think it always spells bother and boredom. Now, here you make a great mistake. Work always brings

its reward, however much you dislike performing tiresome tasks. Think of yourself as a gold digger seeking Heavenly treasure in God's mine. You labour hard and then suddenly see the reason of it all. There is gold in the meanest task for Him. Those who persevere with worrying duties of daily life, reach in the end the shining shaft of gold. It may not be an earthly find, but stored up here to await the travellers' arrival and gladden tired eyes. Many say when they come: "How little I knew this or that would count in my favour here!" It is a glad and wonderful surprise.

### THE PAGEANT OF THE NIGHT

WORLDS of star-lit glory shining out in the night are inhabited by various forms of life, and are all worked by the Almighty Hand of the Father in Heaven. It is an inestimable privilege that your eyes can reach the firmament and see the moon, the Milky Way, and the planets in their loveliness. Think of it always as a pageant of worlds, making you realize the mighty creation, and greatness of the Creator. Surely He is worthy of your trust and should never be criticized by those He has placed on earth for some high purpose. Let the proud and arrogant humble themselves before the Designer of

earth and sky, following in perfect trust the road planned for them by the Great Architect of Heaven and earth.

### WORK FOR YOUR NEAR AND DEAR ONES

WORKING for others is very tiring at times, but there is always a wonderful afterglow of warm glad life to the worker. It never devitalizes or cramps the soul like a satiety of earthly pleasures, or excessive eating and drinking that social enjoyments frequently necessitate. Do all in your power for those near you, no reason to seek far off fields that take you from home and dear ones. God makes work for every one, though they grumble at their lot and think they have not sufficient scope for talent. Little deeds of kindness will often be remembered far longer than great ones, which make their mark on the world. The latter advertise those who proudly hear their work praised and talked of far and wide. It is better to stand high in God's favour, and be whispered of by angels, than for men to praise you. A hidden light may burn more brightly than some glowing torch of notoriety, which is rewarded on earth.

### AVOID SCANDAL

WHEN two friends talk together intimately and exchange ideas, each is quite unconscious of what power may be wielded by silent spiritual communication. It is not always the words that come from the mouth that influence, but a silent working within of one identity on another. So you see how careful you should be only to impress those around you with what is elevating and of good report. You may unconsciously commit a crime against God by turning an innocent mind into a muddy channel. Also, I warn you to steel yourself against people who amuse you with bad stories or unkind talk about their neighbours. It is very tempting to listen to scandal, but be strong and check it, even when disappointed at not hearing more. You will not be a loser in the end.

### LIFE'S RIVER

THE river of life is always running rapidly to the crystal sea of God's own country. Sometimes it is dark and winding, sometimes pure and sweet, sometimes foul and unworthy of its Creator's intention. But the end is the same. Each tributary runs into that mighty and magnificent ocean of peace and joy. There, all earth-work ends, and fresh tasks of a

delightful nature are given those who wish to work for their Father here. The troubled conscience of people maddened by remorse is a lake of fire and brimstone. We help them to retrieve the evil of ill-spent days and frittered time.

### A PRIVILEGE TO PRAY

PRAYER time is often difficult for those who cannot concentrate and are troubled over worldly matters. They wish to empty their minds of earthly doings and feel in touch with God, but material affairs will obtrude, spoiling the spiritual communion. Always before praying, ask first for the power of concentration to be granted, as a gift from God. Ask also that your prayers be made acceptable, and plead for the listening Ear of the Almighty. Do not take everything for granted, or be casual over your worship. Remember it is a great privilege to talk with God in prayer, He is not to be lightly approached. To pray well, work out some plan of attack, as it were. Give out all your powers to the Almighty, and say your petitions aloud in humility, faith, and love. Many do not really love Him as a Father; He is a stranger to them. Never despair, however dissatisfied you are with your prayers. Always realize there is room for improvement and what great benefits you receive.



## EXPERIENCES OF THE NEW ARRIVAL

WHEN Death comes, the awakening to a larger life is a most thrilling and memorable experience,—one we could never forget, or cease thanking God for. It is the moment for which we were born. It is like a butterfly bursting into sunlight for the first time, and spreading joyful wings. Oh! the vision that meets the wakening eyes, and the beauty of Eternal fields never growing dark, but leading the astonished soul into vast worlds of splendour, defying description. Not only do these beauteous scenes surprise and entrance the new arrival, but the sense of loving and being loved, in a world where hatred cannot exist. Then all desires of the heart are made known to God. He grants every wish if it is one of love. Those you lost in life are summoned by joyful angels, and the re-unions are wonderful to watch. Many hoped to see their dear ones, but doubted if it were possible. As the mists fade, and the truth dawns on them that this is everlasting reunion, they cannot sufficiently thank the Merciful Father of all good gifts. Think of this day with joyful anticipation, instead of that proverbial dread, which is a weakness of the flesh, and unworthy of the spirit.

## FIGHTING GLOOM

WHEN the mind is plunged in gloom, the spirit faints, and the heart is stricken, then the devil tries to fight against God's angels, and cloud that tortured soul. It is a hard struggle for unseen watchers, and if not always successful for God's Army, it is because the one in darkness has not prayed for light. However bitter the sorrow, ask and expect relief. I know many people on earth who are in this misery, and we cannot reach them, though we pray. We are often refused our request, because they are not trying to help themselves. God likes personal effort and he has given people on earth free will and judgment. You can all form your characters by standing up against the hard blows falling on those who often seem to least deserve them.

## GOD'S MOST PRECIOUS GIFT

THE beautiful spirit of Love in the heart of all who wish to make others happy and lead unselfish lives, comes direct from God. Never think you can love too much, or give too much time and energy for others. No effort is too small for God to notice and praise, if love is the ruling factor in the deed. The

Almighty is the Maker of love, it is His most precious gift to humanity. Without it everything on earth would be chaos and ruin. With it, the world gets brilliant reflections from our sphere where love is all in all.

### GOD IS NOT REVENGEFUL

THE Sun of righteousness is the Face of God, and is far brighter than the sun you see on earth. The rays reach every sphere, and every planet, it is unlimited. Never confuse the glory of God with old stories of His wrath, or picture Him as a God of Vengeance. He is all love, mercy and kindness. I cannot sufficiently emphasize this. I know how fearfully some people regard Him. He never meant the world to get that wrong impression. There have always been savage instincts on earth, and men formed most cruel opinions of this benign, merciful Parent of creation. The Bible writers were but men, and they ruled by fear. It was considered a better way of describing a higher power, than dwelling simply on the love God has given to mankind. The coming of His Son dispelled many of these illusions. He sent Christ into the world for this great purpose, to stand out through all ages as One perfect figure of divine unselfish Love.

### WAKING EXPERIENCES

THE music of the spheres is often heard by dreamers, and forgotten at the moment of waking. But the rhythm and melodies remain in the mind like a stimulating atmosphere, clearing it of fog and depression. When you wake feeling happy and rested, it is because an angel is at your side ushering you back to earth after a dream, bringing you nearer Heavenly realms. It is a great pity these night impressions and visions are so often lost, when the mind is plunged into the world of material affairs once more.

### VISION

THE materialization of immortal beings is very rare, but some are able to see those they love at unexpected moments, yet only when the mind is so in tune with Infinity that the body will not suffer shock from the waking vision. God only permits this under special circumstances. He knows how very unwise it would be for many who keenly desire and pray for some proof of continued existence. In the Bible, there are only rare instances, and generally with very holy people like Moses in the Old Testament, and of course our Lord in the New. He saw the Angels ministering to Him, and they were His comforters. Never

be disheartened because you have not sufficient psychic power to bring any actual form before your earthly sight. You will receive other practical assurances of those you want to see around you. The mind has an eye of its own, and the spirit is stronger than the flesh, which sometimes faints and fails, if allowed to be in material communication with Immortals.

### A HIGH TRUTH

I WANT all on earth to realize the nearness of the Spirit world. Know that it always keeps in touch with material affairs, and helps people over difficulties and troubles. Lonely ones are greatly to be pitied, so many make the worst of things, not looking for the best around them. That old saying of "a silver lining to every cloud" holds a high truth. Light is shining behind the apparent gloom of every home and heart. Men and women of discernment can find where God's light lies hidden, and remove the clouded veil, by letting in the glorious sunshine of Faith. Doubts, oppressing unbelievers, are always heavy to disperse,—but those who see beyond the present, have a shining goal before their eyes. Others can read it in their faces. They are the children God specially loves.

### CHANGED AND YET UNCHANGED

It is marvellous that Life with us here, continues in such a different form without losing the personality known to dear ones on earth. If that were lost, we could not joy so keenly in the act of reunion. We should be so changed, recognition would be difficult. Imagine every one you have known with all their faults eliminated and virtues accentuated—and you have Heaven. They are then beautified in appearance, and radiant with health,—an exciting change for invalids, and those who are old and weak from weight of years. It is such a relief to be rid of financial worries, business cares, and anxiety about people dependent on their energies. Suddenly release and freedom burst upon them! They are overcome with joy at knowing a new era has dawned, and the working world of care and trouble is left behind for ever.

### THE CHEER TO COME

THE beautiful songs of Paradise are quite different to earth music, and enchant the senses as the beauty of a golden landscape makes the heart rejoice. Music, here, appeals to the inward sense, and thrills the soul, because of its uplifting, extraordinary power. Earth music of the best is in comparison like the



twittering of a sparrow, or the chirp of an insect. It satisfies and delights mortal ears, because the marvellous melodies beyond have never crowded it out. But, Oh! I would love to be able to make you feel the difference of the two worlds. One is so cramped and full of unhappy divisions, the other, so wide, free, and full of adorable personalities. To meet those who flock here daily from every corner of God's earth, and make friends with His released happy saints, is indeed a revelation. I am never weary of trying to tell you what you have to look forward to, and beg you never to dread what is called Death.

### THORNS IN OUR SIDE

LASTING friendships of earth are those made for purely unselfish motives, and not with a mercenary, worldly reason behind them. The word friend is used lightly enough, and means a person you are well acquainted with. But, only too frequently, the true spirit of friendship is lacking. Do not criticise or judge those you profess to like, and whose acquaintance you cultivate. None are perfect, and different temperaments have various temptations. One is loving, thoughtful and cheerful at all times, while the mind of another is tuned for sorrow or dissatisfaction, and called disagreeable by those who always want amusement. But it is hard to realize

what the so-called disagreeable people are suffering inwardly. If you could change places with them, you would pity them with all your soul and be more lenient to their failings. You must remember we see into people's hearts with spiritual eyes, and that changes everything. We regret that when we were mortal, we had no one from this side to teach us to be gentle to all, and not impatient or angry with tiresome people on earth.

### THE WORK OF THE BLESSED

THE arrival of children in the world is a great event to the guides of spirits on earth, as it depends so much on the early formation of character how the soul develops. The spirit guardian given to each newcomer at birth, tries to get first hearing, and speak to the infant when young. But frequently the world is foremost and evil surroundings triumph. It is specially hard in slum life, where there is no purity, religion, or mother-love, only brawling, drunkenness and sin. Oh! how the angels grieve over that young spoiled life, and the Lord Himself is pained and wounded afresh. Do all in your power to elevate and train the growing plant, and help little children to know God when they are at an impressionable age. This is a work for the Lord's own people, and blessed indeed.

## THE IMPRISONED SOUL IN MAN

THE marvellous beauty of the Heavenly sphere can never be grasped or pictured by the human brain. So you on earth must wait content to receive the wondrous vision when your eyes are opened. The soul is in touch always with the spirit world, even when clouded and stained with sin, for that is the immortal part, and can never be quite severed from Life Everlasting. It often grieves to find itself imprisoned in so much darkness, and yearns to be at rest. The immortal in man has moments of greatness and uplifting power even in warped and unholy bodies. No one is utterly vile. You may have heard the expression, his "soft-side," or his "weakness" for children or animals, when in other ways the person is deceitful and full of guile. That strain of goodness, or love, is the soul fighting for supremacy. We often pity a poor imprisoned spirit, knowing all the time what it will have to suffer for deeds done on earth.

TABLE-TURNING SEANCES AND  
PLANCHETTE

A WORLDLY person is seldom psychic, the affairs of busy life on earth crowd out spiritual vision and prevent intercourse. The meeting between mortals,

and those they desire to be in touch with here, generally occurs after a bitter bereavement. The mind, when calmed from the first torrent of grief, can then receive impressions that those who are near, but unseen, strive to create. I am very much against people trying to communicate for reasons of curiosity or amusement. I allude to such practices as table-turning and séances amongst people who are not particularly religious and deeply thoughtful. They create in the dwelling a disturbance of the atmosphere which may be extremely harmful to those who are sensitive, and affected by such phenomena. Spirit writing will never be given to any but most spiritual mediums, but Planchette is different. That can be more easily controlled and will race over the paper for people who are mere dabblers in so-called spiritualism. It seldom elevates or attracts the higher guides, and Angels will not touch it. I wish to make this public as a warning to people who are interested.

## UNSEEN WOUNDS

WOUNDS that are inflicted by unkind words, or worse still, evil thoughts, cannot be gauged in your minds. They are so far reaching and terrible as to make even the angels of God weep. Yet every moment men are pouring out fury of vengeance and spite, while

women, in perhaps a smaller way, are slaying souls by daily venom. Kind words, sweet smiles, gentle manners and consideration are worthy of God's acceptance. Think what it means to gain the approval of Heaven itself, for what you should be able to do so easily. Never think it is not worth while making an effort, if you feel cross or tired from overstrain or illness. It is more than worth while—it is a soul-saving task,—it is Heaven's own work. Go about shedding the radiance of a quiet spirit on the noisy world, so full of cares and troubles. Be a ray of light instead of a cloud. It can be done by all if you pray for help from above.

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#### MENTAL ATTITUDE IN ILLNESS

THE brightness of the future is often clouded by lack of faith, when you cannot believe all will be well. Never be downcast, because you are feeling upset by some bodily ill. The soul is stronger than its fleshly domain, and the spirit cannot be diseased or sick. Cultivate this thought in illness, say always: "My soul is whole, strong and perfect, it is only the body that can keep me depressed. I must make an effort to reach up to the soul's height, instead of leaning down to the earth level." This is a most beneficial attitude to maintain when ill, always remember relief will come.

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#### LOOKING FORWARD

THE work we do in Heaven is never tiring or irksome like labour on earth, but so full of interest, that we would not be without it. We love all we do here. Is it not something to look forward to? The realization of such a perfect existence with those you love always near, always safe and well, never to part again. If everyone knew and believed this message I send to comfort humanity, the awful blank misery of bereavement would be lightened and soothed. How sad that so few really take this in, and grasp it as a living fact! Sceptics are always ready to try and throw cold water on psychic learning or advanced thought. It is because they only grasp what they understand, and cannot look into the mysteries which are of God.

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#### THE INFLUENCE OF ATMOSPHERE

THE sea is very soothing to psychic minds who love to be near open spaces and work more freely in bracing air than in hot towns. Let no one be disheartened if, in unsuitable places, they seem to lose their psychic power. Health, or unpleasant surroundings or atmosphere may keep them bound to earth for a time. Never force it when feeling unwell, or exhausted mentally. Wait in perfect confidence



that the gift will return, and communication continue when the barriers are removed. The most accomplished mediums are out of touch at times, and almost in despair, so this should cheer up beginners. The beautiful influence is always there, if withheld for a season, and more likely to return quickly if you do not fuss, or force it. Lie fallow, and say in perfect trust: "I am not forgotten."

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### VICTIMS OF UNKIND THOUGHTS

WORDS that prick and hurt are so often spoken carelessly, and far more harmful to the one who utters them, than the suffering victim. Never mind malice, hatred or ill-will for yourself, but deplore it in the person who uses this devil's tool. Any additional spite from retaliation only makes things worse. We, on this side, deplore the prevalence of much unchristianity in, so-called, religious people. We expect the tongue or the pen of unbelievers to work harm, but when God-fearing people indulge in this, it grieves the angels, making them unhappy for the children of earth.

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### THUNDERSTORMS

THE fury of a thunderstorm often fills people with fear, and proves most distressing to animals. Mortals are so unaccustomed to anything but the daily order of things, and the unusual turmoil perhaps makes them think more of God. You are all great creatures of habit, like your pets, and anything climatic of a wonderful nature affects the nerves, turning those, who have no stamina, into pitiable cowards. I am sure angels would help, if you tried to get in touch, but human discomfort keeps you down on your plane in spirit, as well as body. Lightning is like a wonderful flash of God's eyes. Think of this,—God's searchlight on the world!

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### PEOPLE IN THE OTHER SPHERE

THERE are many people in our sphere who deeply desire to send messages of comfort to loved ones on earth. They are trying to invent new roads and methods of communication to advance their desire. They do not like going to mediums whose spiritual atmosphere may not be as pure as that of friends and relations. They sometimes succeed in making their presence felt in dreams, or come just as the mind is

composed for sleep, and give a refreshing message of love and hope. A few appear in person only for a moment like a flash, and are gone again from sight. They always try to smile and shew the one who sees them they are happy and full of life and vigour. We shall in time increase this intercourse and make the breach narrower. It is very much easier since the mortal mind began to consider it possible, and accept it as fact, not fallacy.

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#### ON A VISIT TO THE COUNTRY

THE beautiful country is always good for town dwellers, but if you were never crowded among people you would not appreciate rest and quiet as you do when weary and exhausted. It is good to make the best of what is given you, however simple. Try to draw inspiration from commonplace daily scenes. You are travelling perpetually and discovering new country, for every day is different, even though it seems monotonous. You have so much to do, if only in what you say to passing friends who are cheered or discouraged by your words. To praise a little is always kind, and especially appreciated by those who wait on you. Never complain unless necessary, always praise when possible.

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#### ABOUT HEAVEN

WE often wonder why evil on earth has such a hold on men's hearts, and why it attracts them so forcibly, when God is all powerful here. It is part of His plan to place the earth in human hands, while Heaven is ruled and regulated entirely by Divine methods. Of course the contrast between the two worlds is immense, and specially noticeable to newcomers who are amazed at God's great omnipotence. Those who defile His name are shamed and humiliated when they realize their mistake. We long for the end of your world, when all suffering, misunderstanding, and ignorance will be replaced by beauty of thought, freedom of spirit and wonderful knowledge. We do not know when this will be, but we do know it will come, and then, everything will be righted and perfected. All will be love, joy and holy peace for ever. It is most cheering and beautiful to look forward to, and we await it with thrilling anticipation.

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#### ON COLOUR

THERE is a psychic power in colour that affects varying temperaments, and has an influence on the spirit. It is sometimes possible to be quite marvellously

controlled by colour around you. Often it is called "taste" or "fancy." "So and so" is very fond of green, yellow, or brown, but they do not know why. The best colours are blue and mauve. These are the most spiritual and soothing, but many prefer others. It is all to do with inner consciousness. If you dislike a colour, avoid it at all costs. It even has a beneficial or evil influence on health. People may call this nonsense, and say they are too practical to believe such things, but I assure you there is more in it than the world realizes. Black is very depressing, and heavy mourning should not be worn for those happy ones who have come here. White is for spirituality and especially good for children. I should like to see all children in white, only I know that is difficult for their elders who may wish to economize. It is a pity when older people take no interest in personal appearance. They should remember that it is far more necessary than when young. It is a kindness to every one to be a pleasing object to the eye, and not a worldly failing to consider personal appearance. God likes His children to take pride in what is His work, but I am sure many will think this a very unconventional message, coming from the other side.

### THE MOMENT

MORTALITY is a great puzzle, why so many are spared who seem useless, and others of great account in the world leave a terrible blank behind. Do not imagine these things happen by chance, or that God does anything at random. His deep purposes may not be known, but I pray you to believe in them, and accept all that happens, as the ruling of a wise Father who is far sighted and omnipotent, and does not work on human lines. The death of a good man, and the life of a bad one, left to harm all who come into contact with him, is the way in which God sometimes makes a great demand on faith. He likes to test His children, and to shew them how entirely His Will must prevail in this one great decision, viz., the moment of parting from the flesh, and taking on the spirit. The moment is not known to any save the Father, and you cannot hasten or retard it by vain sighing and desires. He knows the best for all, and all He does is absolutely right, perfect, just and mighty.

### GOD-SENT HELPERS

PATIENT people are the most appreciated by the saints and angels, because they are such examples to many who grumble and make troubles out of nothing.



Often the pampered and spoilt create a great deal of fuss over trifling ills, while the great heroes and heroines of this life are silent men and women who never advertise their sorrows. They are the really brave, and get their reward. When people are in difficulties they seldom realize what a great army of unseen helpers are all around them waiting to fight their battles. If they would call upon them,—muster them as a General does his troops, and ask their protection, how soon they would see clearly the way out of their difficulties! Do not imagine for one moment that I am putting this spiritual army before God. It is the Father who sends them to help the harrassed on earth, and to bring comfort, strength and sound judgment. So take courage, and never let despair possess you, with all these wonderful friends waiting to give you their aid.

### LOVING UNSELFISHNESS

THE way to win love is to give love in full unsparing measure, and without counting the cost. Some are afraid to shew their feelings and say a kind word for fear of being accused of flattery. Love need have no bonds or limit, as it is straight from the fountain of life, and is God's special gift to His children. Without love, life is worthless. It sheds a radiance over

everything that is commonplace or dull, it makes daily tasks light, and long and faithful service beautiful. Nothing you do for money is so valuable as actions which come from the heart, for the sake of another's good and not your own. Perfection in life is to learn the secret of loving unselfishly, and finding the good in those with whom you pass your time. All have a great deal that requires bringing out by loving sympathy and understanding. Age is often rendered more lovable than youth, because its sympathies are wider, and knowledge of human nature has increased with experience. The way to die well is to live well. Then love will follow you, and your reward will be sure.

### ON A WEDDING ANNIVERSARY

HAPPY marriages are those founded on a rock of family love, and children of happily married parents generally make the best husbands and wives. I often think how very foolish people are who allow friction to come as a matter of course and do not check it at the beginning. The knack of saying sharp unkind things is a habit that grows quickly like a weed in the garden of your lives. Then the flowers are crowded out, and the sunshine is dimmed. I would like all those who wrangle to know how hideous it

is, and how it affects their inner and outer lives. It makes the face unsightly before it should age from years, and blots out all that is beautiful within. Nothing is worth a quarrel. Better be quietly peaceful, even if you relinquish what you call "your rights." God knows and will compensate. Learn this lesson if you want to find happiness.

### MERCY AND TRUTH

MERCY and truth are the greatest virtues. Mercy on all those who need your assistance and your kindly tongue to defend them from the abuses of those who talk scandal and defile their neighbours' characters. Truth is the great rock of salvation. If you hold to it, you cannot go far wrong. People will rely on you and look up to you, if they know you never intend to lead them astray or prevaricate, even over trifles. There are so many liars walking the earth, laying traps for the innocent or simple. The unmerciful are in the majority, and always prefer to look on the bad side of everything and everybody. They sour their own lives as well as other people's and never know how much harm they spread by unkind talk and bitter criticism. I am sure if they did, they would be horrified. Half the time it is a habit that has grown upon them through thoughtless-

ness and love of amusing themselves at other people's expense. Avoid this special form of cruel unchristian entertainment.

### WILLING HELPERS

THE work at hand is often tedious and not very inspiring to those who have to toil for their livelihood. It would be a great help to these people if they could believe that spiritual guides will assist mortal men and women in even the most mundane tasks. A worker will suddenly feel inspired, for no particular reason, one moment, and utterly down and depressed at the next, then the human mind is puzzled at the change. It is often simply a matter of getting into touch with unseen forces, and perhaps drifting back suddenly to earth, and breaking the magnetic connection. Only your brain and will can make this Partnership. If the mind is worldly and unbelieving, the willing helpers stand by, unable to give their assistance. Then if the soul of the earth-bound person soars or expands, at once the task is lightened, the burden is taken off tired shoulders, and a rich harvest reaped by the glorious aid of the angels of God.

## ON UNBELIEF

DOUBTS that affect the human mind are like clouds over the sun; they blot out the immortal brightness which is always shining in the soul. It is like retiring into a prison house when you might be out in a beautiful garden. If all unbelief could be swept away, the world would at once become a different place, radiant with hope, the terrors of death finished, and the pain of parting relieved. But, because of all the ignorance and earthliness of mortals, the divine glory is hindered, the Face of God is veiled, and His purposes, so full of love and wisdom, frustrated. Some day unbelievers will bitterly regret having lived on earth in spiritual darkness. God will not judge them harshly, because the heart of man cannot always reach up to Heaven, when on the material plane. You, who are in touch, and who firmly trust God's promises, should be the most joyful people on earth, whatever your temporary pain or sorrow, because you know it is short lived, and the future is for Eternity. With so much to cheer and delight the mind, you can surely endure the temporary trials that are sent for your good, and to strengthen character. Let this cheer all who are in great tribulation, and who think God has forgotten them.

## YOUR INNER FORCE

THE way to make friends with strangers, is to go at once to the inmost thoughts of the mind by some remark that brings out character and breeds confidence. If you can say something that makes the person you have addressed feel drawn towards you suddenly, they will be grateful, and expand, but if you only pass some grudging remark, because you feel it is called for by circumstances, you leave the stranger unimpressed, and unmoved. Nobody should be despised who comes into your life; all may receive from you some helpful impression. Try to make your manner full of sweetness, so that those who serve you are glad to do it, because you shew appreciation. Life is full of little things that create an atmosphere of harmony or the reverse. It does not depend so much on surroundings, or weather, and certainly not on riches. It is the soul-force that makes the home happy, and all have the power of brightening or depressing those around them. Never let this slip your memory. Remember you are full of a power you cannot measure or understand.



## THE WAY THE WORLD WORKS

DAYLIGHT is most wonderful in its regularity. It never fails and is a signal that God orders your days by His own Hand, giving them to you unsparingly. Think how trying it would be for the world, if, on occasions, the night continued without the interruption of dawn. Nights and days are taken as a matter of course by human beings because they grow up to accept all these as regulation facts. The mind is never grateful for what it fully expects, and it is only when you weigh these matters, and think of them in this new light, that you will realize all your benefits. The continuation of Time alone is a marvellous thing, and the way the world works is a daily miracle, at which mortals have ceased to be surprised.

## SPIRITUAL ARMOUR

PEACE comes always through the channel of the mind, and need not rely on outward things. Many people are influenced by what they see and hear, while others, who are wiser, listen for the promptings of the heart, and get their impressions from our world. They triumph over physical discomfort, poverty, or unkind companions. They are able to build a defence round them of purity, faith, and love

which can turn the sharpest darts away, and leave *them* unharmed. There is great truth in the spiritual armour described in the Bible, and all who wish to stand apart from worldly strife and evil, must be sure of this equipment. The beauty of the mind never dies, the most lovely face or form is only temporary and must decay at death. But the wisdom of the inner man grows and develops with spiritual freedom, and always helps him, or her, to be at peace on earth, and to make a place in Heaven for future good.

## POSSIBILITIES OF SPIRITUALISM

SPIRITUAL communication is a great comfort to those who mourn, but it is never wise to force it for purposes of curiosity or notoriety. Many bring very unhelpful influences into their lives, by trying all sorts of clairvoyants and mediums, who are not truly religious. Better have no communication than the wrong sort. People who are eager to learn should find somebody whom they know to be above suspicion to put them on the right path. It is a great pity the Church does not see the hold that spiritualism is taking on the human mind. The leaders of religion might gain great power over souls, by calling the world of angelic hosts, and departed saints, to aid *them* in their work. A really earnest clergyman who would study this new science, and preach about it,

might fill his church to overflowing. But they are very much bound by convention, and fear lest they might displease the Bishop of their Diocese. If only the heads of the religious bodies in question would encourage this idea, and take it seriously, you would see a world-wide revival of Christianity. The earth needs this more than ever, and is starving for it now.

### THE JOY TO COME

My words to those on earth are always hampered by the limitations of the human mind. It is utterly impossible to describe Heaven to mortals. Otherwise the great and good Father would have told His children more in the Bible. But our Lord Himself would not put into words, what life is like in this endless world of love. He alluded to the different spheres when He spoke of His Father's House of many mansions, but He did not give any pictorial description, so how can I? I want you all to believe that it is far more beautiful and rapturous than anything you can imagine, even if you were granted the most wonderful vision, like that described in the Revelations. You must surely be contented to wait for the *certainly* to come, knowing you cannot be disappointed. The greatest comfort should be derived from this, since none escape death, none can

be denied this supreme joy. When you are nearing your end, rejoice greatly that you are about to begin a life of freedom and unlimited power, in this place of bliss.

### INWARD JOYS

THE work of life may be tedious and heavy, but its joys are all within, to be cultivated like a garden and made to bring forth fruit and flowers in abundance. You know happiness lies in your own hands, and is a gift from God, not depending on riches, health, or the vagaries of others. It is greatly a matter of temperament, and those blest with happy natures are the favourites of fortune. But, even if you have not this spring of cheerfulness bubbling up within you, and if you lack a sense of humour, you may still be a very happy, much loved person. Say to yourself, "All the troubles are passing, and of small account, all the inward joy, content and thankfulness will live on, to be part of me when I reach the world of spirit. I shall not carry away to Heaven any of my ill will, harsh judgment, conceit, or failure. I only take with me that which is worthy to inhabit the Kingdom of God. I leave all my bad debts behind, and take my beautiful soul possessions to my new home. Life is short, Eternity is long. God and His children are eternal."

## AFTER AN ILL-NATURED ATTACK

THE most precious jewel in the Heavenly Crown, is that of unselfish love to those who give nothing in return. God so loved the world that He gave His Son, and after such a sacrifice, nothing you can do should be too much for love of Him. When you work for those who give you back a full reward, it is a form of selfishness, in fact you are working for self and nothing else. But if you love your enemies, and are good to those who despise you, then your gift of selfless devotion is acclaimed by the angels of God, and never forgotten. If all on earth realized this, what a lot of ill feeling and strife would cease. It makes us here, so grieved for you, when we see the mistakes made by people who try to reach Heaven, and call themselves Christians. A real child of Christ must be like Him and copy His humility of spirit, not minding if ill-used by the ignorant or unkind. It is such a passing annoyance and of no account, compared to your peace of mind, and the calm content of your souls.

## ON SUNDAY MORNING

THE best way to spend Sunday is by first making your Communion, or attending Divine Service, and then giving up your mind to peaceful thoughts, and doing

kind actions to those around you. Many are against any entertaining on Sunday, but it is not an offence in the eyes of God. He is always wanting His children to be bright and happy. The old idea of gloom on Sunday was repellent to Him. He is a God of kindly wonderful wishes for all He has created. But it is a sad fact that men and women mar His work and make Him appear a fearsome ogre often enough. To us, this is a terrible thought, and one we long to dispel from all minds. If these writings can convince any who look on God in this light, that He is a gloriously beautiful, peaceful Spirit of might and power, we shall feel grateful on this side.

## ON ADVANCING YEARS

THE moving years are always making fresh impressions on minds imprisoned in human bodies. Do not imagine your mind remains stationary, for it either improves or deteriorates according to the view you take of advancing age. I would advise all who are growing old to look forward with rapturous joy to their journey's end, and never regret their vanished youth, health and energy. It is all in the day's march. We must weather Autumn after Spring, and meet Winter with a brave face. Old age would hold



no terrors if we knew the joy in store, but many only half believe in the full eternal life to come. They doubt constantly, without even acknowledging this to themselves, and God is wounded by that half-faith sometimes, more than by the scorn of absolute unbelievers. I believed in the future life, but I did not dream it would be like this, so full of wonder, interest, and charm.

### SEEKING AFTER A SIGN

THE test of faith is to ask for no proof, or outward sign, but to rest in contentment, believing that the promises of God will be fulfilled, and that He never fails those who trust Him absolutely. It is difficult to make up your mind to accept whatever comes as His Will, and believe it is entirely for your good. The eyes of earth are short sighted and veiled, but His eyes see on beyond the grave. He is always wanting to mould His children for the future life, and not for this mortal one, which is so short and unsatisfying. Never think His love is failing when days of pain or loss are at hand. He is nearer to those who mourn because they need him so desperately. In happier times they often forget His presence, and make a trouble even of saying one daily prayer of

thanks or praise. He needs no thanks, and asks for nothing at your hands, but to neglect His worship is a most foolhardy action, to be avoided by all who are trying to live upright lives. Say every night and morning "The Lord is good—The Lord be praised."

### NO LIMITATIONS

THE marvels of Heaven are far greater than the wildest glories of earth scenery, and world phenomena. Your eyes are purposely kept from sights not fit for the limited mind of man, lest it should become unhinged and unable to carry on the mundane tasks of daily existence. Those who pine to pierce the veil might be very much upset if their wishes were granted. They always wonder about the coming of Christ, and do not realize they have Him with them now. Every moment and every hour He is able to look into the hearts of all living creatures, and supply their needs. He is so very mighty and all powerful, that His limitations cannot be known, since they are non-existent. You on earth are hampered by countless barriers, and some are so bound down by conventionality and all in the same groove, that it is almost impossible to break free and be your real selves. To a few it is given to really find comfort and peace in believing, and to have spiritual sight. Remember

this, and do not judge or despise those weak ones, who are unable to rise, or appreciate your view of Eternity.

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### ON CARES AND QUARRELS

THE worries of life are endless it seems, and only death can remove them. But do try and think half of these cares and trials are brought about by yourselves and not by any evil influence from outside. Dwellers on earth are always ready to make troubles, if none are forthcoming, either by unnecessary words that hurt or offend, by suspecting evil, or seeing things in a wrong light. From our clear outlook we perceive how easily half the quarrels could be avoided, if the children of earth would only be more patient with each other's shortcomings, and less selfish and inquisitive. Very often curiosity in people makes trouble. They offer opinions which are unwelcome, they work themselves up into a frenzy of rage over trifles, and misrepresent matters in a way that breaks up friendship, and scatters families who find it impossible to live peaceably together. These troubles are always before our eyes, and we pity the blind mortals with all that is divine in us, and wish we could lead them to higher things. Try and be peacemakers, and forget unkind actions. Remember only the kind and good ones.

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### BEFORE A JOURNEY

THE journeys of Life are often very fatiguing, and so different to spirit travelling, which is untrammelled and free from care or anxiety. Let all who are making a long journey prepare their minds for it, as well as their bodies. They think out the luggage and the transport, but never consider how important it is to take a right mental attitude, and not get fussed. When things go wrong, try and believe it is only a trial of patience, to prove how easily such hindrances can be overcome. If you have a long wait, do not look on it as tiring and irksome, but as time for rest and reflection. There is always some source of interest in new surroundings, and that hurrying to arrive at your destination is a sign of mental weakness. The actual movement of a train, which is different to the daily stillness of your home should be looked on as a pleasant change, and a way of seeing the country, through which you are being wafted at such speed. The world is a wonderful picture which a train journey paints before your eyes, and a lesson can be learnt from all you see of God's great Creation.

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### INVISIBLE ENEMIES

THE world of spirit is full of mysterious power, and never fails those in need. It is like a watching guard

at your very door,—invisible but full of mighty strength to make your earthly dwelling secure. People are very anxious to protect their homes and property from intruders, yet seldom realize how important it is to protect the spirit from evil influences, and those who can make the soul less holy by mortal wounds and wicked suggestions. These are real enemies, and the only ones that matter. They break in to the Holy of holies, the sanctuary of the spirit, and they alone are to be feared. Be more in awe of a so-called friend who will do you inward harm, than a burglar, or even a murderer, who has mortal weapons, but no power over your soul. We see the importance of this, but, to you, it is a thing seldom considered and thought of seriously. Beware of all who are in search of soul-prey. Be wise and make your escape.

### THERE IS NO HELL

I AM anxious to tell you all, that the different spheres in this wonderful life are arranged according to grades of goodness and unselfish endeavour practised on earth. The more you try to fit yourselves for Heaven, the quicker you will be ready for this new existence, and find out its many wonders, beauties, and joys. It is not likely that the unworthy could share equally

with those who have struggled to perfect themselves—but, *there is NO HELL*. The old idea of torture was a way of trying to frighten people into being good. But it was a very poor way, and not a right method at all. The Judge of Earth and Heaven knows exactly how to deal with every case. The world may rely on Him, and feel perfectly sure that Mercy will predominate, and sinners be judged by one who knows all, and is a God of Love.

### HIS WAYS

THE morning of a night of doubt and sorrow comes when Eternal Day breaks, and the soul bursts through its mould of clay to make its first entrance into the Courts of God. Think of a dawn that never needs night to rest weary ones after a day of toil. Think of the joy of never requiring repose or feeling weak, tired or ill. The beauty of spirit life is its effervescing freedom, like a sparkling sunbeam making the world bright. The miserable existence led by many is a most wonderful thing in after life. It is a blessing in disguise, at which they can look back, discovering why it was permitted, and be glad that it was so. This must seem very strange to mortal minds, and incomprehensible. But some day you will understand, and in the meantime keep this fact before



you—that God works on different lines to those you would employ. His ways are very deep, very wise and great. You can leave all to Him, and accept all He sends, as coming for your good, be it ill fortune or joy.

### A LIFE OF SURPRISES

THE radiant life of Eternity is full of surprises. The most unexpected things happen, and I often think that the earthly idea of it is inclined to monotony. No description can paint it, no human brain picture it. The work here is a task of love and joy always. We have plenty to do, and are full of plans and ideas, which we are allowed to enlarge. Do not think you become a mechanical being, since your personality lives on, and all you have learnt on earth is a help, and counts here. Your mortal life would be futile if it were not so. The way we set about our tasks would fill you with amazement. We all act in perfect harmony. You see, in your world, the work at hand is so often interrupted, and made irksome by opposition. Here, we have every assistance required, rendered joyfully and gladly. The triumphs of success are our willing gifts to the Father, to whom we feel such deep and overwhelming gratitude. His word of approval is a high reward, and one we seek and desire more than anything in all this mighty Kingdom.

### ABOUT FRIVOLOUS WOMEN

WOMEN of the world who live for nothing but pleasure, apparently soulless, and entirely given up to frivolity, are most astonished when they come here. They find how far they are behind their humble godly sisters, who worked for others, and made life a silent sacrifice, never living for self, or wanting to harm anyone. The women I allude to as worldly, are often very cruel to those they think may rival them in beauty or love. Their jealous hard natures become a great burden in this wonderful world of harmony. By degrees they soften and make amends, trying to rise from the lower sphere in which they find themselves. But it is a great source of astonishment to them, and they are down in the depths of repentance for a time, full of regret. I am speaking specially of women, because they are more likely to believe in this book than men. I think spiritualism (so-called) is taking a greater hold on the hearts of women. There are men who believe in it firmly, but I remember how difficult I found it on earth, to be sure that the automatic messages really came from the other world. I wish all who are of the same mind would try and be more in touch with us here.

## ON FINISHING WORK

THE work of life is always irksome if the soul is not in the task. But directly the spirit works with the body, everything is made easy and smooth. The smallest action needs the soul's assistance, if it is to be done rightly, and not in a way that leaves much to be desired by the earth mind. You will notice the difference if you watch the worker. Those who are assisted by the spirit make light of their tasks and are happy in doing them. But the earth drudge is constantly making an excuse to put off what should be done immediately. God is always ready to send helpers, if the human frame is overstrained and cannot finish. God gave our Lord the strength to say :—" It is finished," on the Cross. To leave work half-done, just because the body is craving for rest is a most distressing thing. The novice often gives in despairingly, when the old practised hand goes on, until it is stilled by the cessation of earth life, and given a marvellous reward.

## PEACE BE STILL

THE waves of the sea are very much like waves of thought and emotion, that so often disturb a calm mind and fill it with restless longings, and desires for

gifts unpleasing to God. The tempest within, that rises when anything unpleasant upsets the daily calm, works havoc and destroys lives, just as a raging storm at sea will do. When you are suffering from a mind-storm, say the words of the Saviour very slowly and reverently again and again :—" Peace be still," and, at last, the waves will cease, and the spirit reassert its power over the agitated body. Christ within you will have brought you stillness and peace. No mortal can stand alone. Help must be sought from immortal spheres and guidance prayed for daily. Then nothing will seem too hard to face cheerfully, all fear and loneliness will be removed as if by magic. Yes, indeed, that is a good word to use. The magical beauty and power of God is enchantingly wonderful. The man or woman who cannot believe in Him, and His miraculous Kingdom, is to be pitied more than anybody on earth. I am only so sorry the secrets of Eternity may never be fully revealed to those who are not yet partakers of God's Kingdom called Heaven.

## GOD'S UNLIMITED POWER

IN times of worry and strain, rely on the most mighty help of the Highest King who reigns, the Lord of Heaven and earth. Is it not wonderful that such a glorious all powerful God should have time to hear

the weak prayers of even the smallest children? Does it not present to the mortal brain a staggering picture,—the prayers of millions and millions of people, all being poured out to one great Spirit, each supplicator expecting a direct answer to the prayer so important to him or her? The Omnipotence of God, and His wonderful strength is never realized by the human brain which finds *unlimited* power a very difficult word to grasp. You see the vastness of the sky, and that should give you some idea of God as a beautiful all loving benefactor, who spreads His personality over the world, as the Heavens above cover the earth. But no human illustration describes Him. You must wait until you see Him face to face. Then you will know the true meaning of Life's mysteries, sorrows, and perplexities. It will all be made clear, and you will grasp the marvellous wisdom of God's judgments.

### SPIRITUAL SLEEP

THE working of unseen influences is like the working of the mind, which is hidden from man, but the results are very different. Your brain conceives an idea and the outward members are the labourers answering the call of the soul that instructs and commands. People are very vague in their notions of the soul. Believe me, you are all soul and spirit, except for the armour

of flesh you call your body. That would be useless without the glorious ego which is "you" taking command and asserting its power. The majority are not conscious of the powers they possess, and many deeply regret, when they come here, that they knew so little of all God had given them on earth. Numbers are spiritually asleep during the whole of their earth career. They resemble sleep-walkers to us, as they grope their way in darkness and are all in a fog. If only they could see the eternal sun shining above the mists and the clouds, how much more they would use the precious time given to them in the world below! Open your eyes, dear struggling ones, try to pierce the veil that divides you from the beloved friends you think you have lost. Perhaps if you pray, God will grant you sight.

### MORTAL SLEEP

GET up in the morning with your soul refreshed as well as your body. If people ask whether you have had a good night they always mean the physical needs of the body. But even a wakeful night in pain or restlessness may be a good one for the soul. In the still dark hours, when all others are resting, you can let your mind travel to wonderful spheres in thought and prayer, and try to concentrate on God's promises and



the glories to come. Forget to make so much of the body's needs, often at the expense of a starving and neglected spirit. Say to yourself if lying awake:—"My soul shall rest in the Lord, and be still and untroubled. I have now a blessed opportunity of being alone with my God, and, if I listen, He may speak to my heart, and do me more good than the most refreshing mortal slumber." I frequently see sufferers on earth, who are nearing the end of the journey, despairing because they are unable to get the sleep they crave. I long to tell them how very unimportant it is, and that soon they will be above all that, and will smile to think it meant so much, when the flesh was their Master.

### THE END OF A WORLD

THE worlds of the Universe are all like silent attendants grouped round God's vast Kingdom of Spirit, waiting to be ordered by Him who created them, and wills that at His command, they shall cease to be part of Eternity. The end of a world is a wonderful sight. I have witnessed this event only once since I came here. It was the end of the race of a very distant star. In one moment it ceased to exist, and all its inhabitants found themselves dissolved into spirit. Those who were evil doers were filled with fear. We

tried to make them understand the mercy of God, and the King's gracious ways with sinners. Those who loved Him and left prepared to meet Him were full of joy, and at once taken to those dear ones they longed to rejoin. There are so many more worlds than yours. It makes one so utterly enchanted and yet awed at the meaning of that word "Creator." He is a God of millions of different races, and beings, yet a loving Father to all. It is so small minded of mortals to try and judge God. They often criticize Him, and say "Why does He do this? or allow that?" Oh! foolish questioner, leave all to Him, and fear nothing. His powerful guidance is never at fault.

### MAKE THE BEST OF THINGS

WORK that is done on earth is not for earth alone. You may see the result of your labours while in the flesh, but you do not see the good that follows until you are an inhabitant of Heaven. Then the amazing truth breaks upon the released mortal, and very little things that perhaps were hardly noticed on earth, are remembered here. All kindness and goodness is like grain sown, which ripens for harvest, bringing forth an abundant reward. Never do charitable actions for the sake of the Heavenly prize. But all for the love of

the Father, and in gratitude to Him, since He has planned your future here. If you are not happy on earth, you can be sure of rich compensation in the endless Kingdom of Love. That is if you suffer uncomplainingly, holding on to faith, and never judging God or regretting the day you were born. All are in the world for some great purpose, even the weakest and poorest of His subjects. All are coming to the same grand Home of marvellous delight and endless happy days. Despair is a sin. Making the best of things is a virtue beyond all price, and brings a blessed sense of peace to the soul. No one need think they are forgotten by God and His angels. God knows each of His children intimately, and cares for them with an individual love.

### COMFORT IN BEREAVEMENT

I AM very glad to be able to write to people who believe in spirit communication, because I think I can congratulate them on being specially favoured among mortals. They have what all religious people want, and so many fail to find,—a special form of help and comfort in bereavement, besides a wonderful consolation when they come to their own hour of passing.

What can be more inspiriting than to feel you are bound for a Home of bliss, where loved ones you have lost are waiting eagerly to welcome you and to shew you with pride and joy the treasures of their Heavenly domain? This knowledge is everything, with the certainty of survival when your earthly form is cast aside,—no longer needed by the radiant spirit in its new triumphant glory. If all could be sure of this reality, death, so called, would have no sting. If those left behind were unselfish, they could not grudge their dear ones this great advance in joy. Please note that word Life, and write it in big letters on your heart. Whenever you feel tempted to think of death as gloomy, sad, or lonely, change the word to Life. Life for ever, Life immortal, Life that is not able to be extinguished.

### THE PASSING OF AN UNBELIEVER

THE glorious life of eternal youth is waiting to refresh and rejuvenate all the time-worn tired souls who have laboured unceasingly in God's great field of worldly toil. Many cannot believe that youth will again be their's, but without its earthly worries, and feverish ambition. It seems to them a hard problem how the world to come can work such miracles, and provide new life on such totally different lines. This again is

limiting God to man's conception of creation. Men and women are always trying to bring future existence into the scope of their own narrow vision, instead of opening out the gates of their imagination, and letting their spiritual side see the true beauty and grandeur of His most glorious plan. I saw an unbeliever enter Heaven to-night. He was a man of high intelligence on earth, very learned, and absolutely convinced there was no hereafter, and that all the talk of it, and the Revelation in Scripture, were without a particle of truth. Oh! it was marvellous to watch the effect of his awakening. How amazed he was! and how stunned and awed! He would give anything now to return to earth to make amends for the unbelief he spread in the hearts of many influenced by his ideas. He says it is too wonderful to find that God is so forgiving, and will not judge him harshly. That strikes him more than anything, the great hearted love and magnanimity of the Creator.

### UNNEEDED REST

It is quite a sorrow to us when people on earth think the joys of Heaven are centred in that one word "rest." We cannot need rest with no body to tire us, no ailments, no clogging flesh to drag about, and activity is our great aim. We have countless missions

to perform, and we never remain content with doing a task in a miserly manner. We love to give of our best always, it is a thrilling joy. Imagine legions of angels with their marvellous strength and power, wanting to pass Eternity in merely dawdling away their endless lives, rich with opportunities you could never even conceive in your most wonderful flights of thought. No! my dear earth friends, that is not the way here. We are living in a most interesting world of increasing wonders. We never stand still. We in Heaven love progress. You on earth help us unconsciously with your thoughts, prayers, and loving remembrance. To some, it is given to actually join the Heavenly hosts when lying asleep. Earth spirits have pierced the veil and seen sights that are forgotten when waking to earth. But the beauty and refreshment lingers in the soul and makes them very beautiful characters, full of ethereal influence. I am not telling you anything fantastic, but just the truth as it is here.

### MANY OPENINGS

THE way we reach many people is by taking them unawares, and flooding their minds with our spiritual influence without letting them realize they are obeying their unseen guides. We like to direct those in per-



plexity and trouble. So often when a person says—"I have such a good idea!" it is not their's at all, but has been given them for a special purpose by loving ones on this plane. Don't let this make you fear we usurp the will-power of those we help, for when we suggest an action, the mind of the person can reject it if not pleasing to his or her soul. There is a chance in every life that may not come twice, of doing some really great deed for God. It may be a sacrifice, an act of real heroism, or some quick decision which makes everything better for those around you. Look out for the moment when God gives you this splendid chance, and never shirk it, or put it aside because it is difficult. Some people have many openings. You may be constantly serving God, or He might give you only a rare chance. Never be weary of doing His Will, but thank Him if He lets you serve Him, for you will be all the happier when you reach this world of rich reward for service well done.

### ABOUT ANIMALS

THE world of mystery is full of many beings besides the men, women and angels whom you know to be there. Heaven has its animals, only they never suffer like the dumb beasts on earth. Those who love them in your mortal sphere would not think Heaven com-

plete without some of the creatures that are so attractive to mortality. I have a dog here I loved on earth, and it is always with me if I require it. But I am so much occupied with earth missions, that I find I am very happy without the things I thought so indispensable below, in a narrower life. I only tell you this, as some people grieve so terribly at the loss of their special pets. I want you all to know that the future life has nothing about it that is unhomely, or frightening, as a number of people unfortunately think. It is home in the best sense of the word, a place of love, endless friendships, and unbroken ties, with the divine Father always considering His children's happiness.

### TEACH HAPPINESS

THE most helpful thing to do on earth is to cultivate a happy mind that can be in tune with any atmosphere or surroundings. This sounds difficult, and to some impossible, but it may be acquired like other talents. You do not expect to play a beautiful tune without first practising and learning the instrument. Well then, why be surprised that a much higher and more lasting and helpful accomplishment should need a little training and self-discipline. Oh! if there could be schools with teachers who instructed those who are young how to live, as we here long to see them living,

what a much happier world it would be! They should never be allowed to grumble, or say anything unkind about others. Their characters would be trained to avoid the ordinary jars that upset harmonious thoughts and inward tranquillity. But it is never too late to start trying, and older people are often easier to improve than those of more restless temperaments. There are many and real advantages in age, the greatest being the privilege of nearing the Father's happy home.

#### HIDING THEIR LIGHT

PEOPLE in our world are not much impressed with your world's view of spiritualism. They very frequently discuss the methods of certain people, who bring about phenomena by calling to earth souls, that are unworthy to represent the glorious company here. They talk in a way that makes many enemies for the cause, keeping the best men and women away from mediums and their séances. We deplore this deeply. It is as if a foreign country were judged by ambassadors drawn from the dregs of society. We are powerless to stop the lower spirits from returning to earth, if drawn there, by powerful mediumistic forces. We should like to establish communication through people who are above the average in holiness, and in touch

with angels and archangels. But often these people think it wrong, and waste their talents, remaining silent because they fear to be thought queer or unusual. So the world loses a wonderful channel of communion, and, only after the mortal plane is left, does the person realize his or her mistake. I am writing this in the hope of reaching some of those most sensitive and retiring mediums, who may come out of their shell, and be a light in the world.

#### NOT FAR AWAY

My most earnest desire is to make people on earth, work with us here,—to accept us as living facts, as alive, strong, and eager to do all in our power to better the condition of mortals. Do try and recognise that earth is thronged with millions of immortal beings, taking part in all you do, living among you of their own free will, and rendering assistance to, and making life better for those they love. Many husbands and wives, parents and children, never realize the tie is unbroken. They blunder on in darkness and despair. The one they mourn is at their elbow, unseen, endeavouring to make them believe in the living presence of the (so-called) "dead." We, who can write like this, wish to repeat the good tidings every moment. We await the time when men and women

will all be taught to believe this truth. They are taught, now, that God exists, and is a merciful Father, reigning with His Son in Heaven. These wonderful facts do not vastly surprise the world, because, for generations they have been accepted beliefs. People grow to think of their lost ones as spirited away to a distant world, and divided from earth by limitless space. It is difficult to credit their real nearness, and that the blessed change is not formidable at all.

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#### A DIFFERENT ASPECT

I SHOULD have felt, when on earth, so differently about Heaven, if I had been told, as you are now, of the certainty of renewed active pulsing life here. I never doubted God and His promises, but I could not imagine eternal life being so wonderful, interesting, and real, if you can grasp my meaning. Heaven was portrayed as a place of endless rest, not as a home, where the interests were vast, varied, and splendid. I wish there could be a modernized form of the Bible which all Christians could accept, giving Heaven its rightful description, and making people believe in it as a country and home that "live" men and women long to reach,—instead of depicting it as a mystical sort of dream place, unthinkable to human intelligence. You perhaps know, now, more about this land

of love and beauty than others who spend their time in prayer and contemplation. The life of nunneries and monasteries is absolutely opposed to God's idea. He is the Creator of activity, and endeavour. He likes progress and movement. Only look at His earth world! It seems stationary to you, but it is one perpetual scheme of rapid whirling through space, too marvellous for words to describe. Scientific study of these things takes years of learning. So picture yourself knowing everything without the help of books or any worldly aid. This is the joy that comes to the freed soul when it enters bliss Eternal.

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#### NOT PASSED AWAY

I DO not like it when people speak of us in the past tense. So often you say on earth "He or she *was* so good, or I *had* such a good Father or Mother or sister, or wife." That is really very hurtful to one who is still the same loving parent, husband, or child. Try and break people of this objectionable way of alluding to those who live in Heaven, as if their influence and presence were no more, just because the old earthly form is removed from sight by God's hand, to glorify and rejuvenate it. I fear I made this error, often, during my mortal life, and thought of those who were in the Spirit sphere, as very



far away, out of my reach altogether. I want to spread the good tidings far and wide. These words are for all, not for a favoured few or private circulation. If they should fall on profitable ground, then the Lord's will is done.

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