



~ Part 1 ~

I would like to dedicate this book to, and thank "Sue" (*An Angel in more ways than one*) for allowing me to share this incredible [Regression Healing](#)™ adventure through dimensions, time and space with the whole world to bring you more knowledge on how to release earthly baggage, become Enlightened, Ascend and Fly!

I have witnessed spontaneous remission of many ailments and this session confirmed to me that there is indeed a supremely profound architect within all of us that is willing to show us incredible things, things that were previously unavailable to the human race en mass and it turns out it was all planned Aeons ago that we should Ascend into the higher dimensions. Now that this concept has spread far and wide on a global scale the energy is high enough for either personal or collective Ascension and it is by Virtue we lift up and shine. The only time is "now".

Now as many of you know, I am a Certified professional QHHT facilitator that evolved beyond QHHT. I still use QHHT but the method I developed over decades is faster, smoother and as such easier to implement. The only difference between RH™ and QHHT is that in Regression Healing™ we focus on information from past Lives as we can get and the Healing Lights, in QHHT we focus on a little from past lives and mostly on the Subconscious

As a result of my knowledge and understanding of hypnosis itself, I managed to figure out how to make Regression Healing “Online Skype” sessions perfectly safe and RH is becoming very popular because of that fact alone. I personally fully understood the implications of online QHHT sessions because of my own experiences of deep trance during my own 6 sessions and I perfectly understand why Dolores Cannon expressly forbid such a practice. For me, forbidding anything is creating a limitation when we are taught in trance that there are in fact “NO” limitations. It needs to be made safe because of the implications of attaining the deeper levels of trance.. This particular session was done via Skype and turned out to be the perfect session.

As I understand it, this session actually started before we even connected and to cut a long story short, according to one of my own past life regressions (Transcribed here in the book [Convoluting Regression](#)) I am connected to the ED/ET Praying Mantis (type) people – Prior to the session there was a planned power outage where Sue (my Client) lived but the fact that it was “planned” had completely slipped Sue's mind (coincidence, or was it blocked?), Sue was out checking some Tomatoes and was wondering if the power would be restored in time for our session when her friend said “Look!”, when Sue turned around she was amazed to see a Green Praying Mantis on her tomatoes, for Sue this was a very very rare sight to behold. Another strange coincidence occurred when her friend, who has exactly the same name as Sue also saw tiny white ones a few days prior, which was also extremely rare. Regardless of not remembering the planned power outage, Sue saw these little critters as my ancestors and took it as a sign that everything will be fine. Lo and behold, everything was indeed perfect.

It seems to me that not only do I get signs and confirmations post-session, we also get them pre-session.

The interesting thing about all Regression Healing sessions is the profound way the clients most important questions and the whole adventure are intricately, supremely and I must say “Divinely” interwoven. Sue wished to know more about a childhood experience at age 3 when she recalls getting into big trouble by interrupting her mother who was having words with her, saying, “Wait!” 3 year old Sue pointed up and told her “It was them”. Sue only said wait because she didn't wish to miss any of the transmission. Sue always had to echo the sound back in her head. Of course there was little known knowledge of the infinite diversity of all creation in those days and her mother thought she was making it all up and got very angry.

If we look at that experience as a whole we can see that everything that happened there, even her mothers anger, served to further embed that memory for a future moment in time when all would be revealed, when the right questions were asked. For me, all sessions seem to turn out to be a matter of preordained destiny that can sometimes stretch back to the Aeon-Self before any concept of time. For all clients, Regression Healing is their own personal fail-safe plan for Enlightenment, Ascension and reconnecting to our true Home. Enabling the Heaven and Earth bond via consciousness.

It is an honor and a blessing always for me to converse with higher dimensional beings through all of my clients and I give thanks that just knowing these things will bring great healing into anyone's life who is ready to drop the baggage and fly!

In addition to the above information, my client was a little concerned that maybe she was collecting and becoming emotionally attached to a few too many worldly possessions and wished for a little assistance in understanding what it was all about and how to heal more than one troubled aspect of mind simultaneously because Sue was also not happy with her weight... What came out was so truly mind blowing!

Chris: What is the first thing you see there ?

Sue: First thing I see... It's a Bird-man.(chuckles)

Chris: Excellent. So... Can you describe what this Bird-man looks like to me, please ?

Sue: He's like... He's like an angry-shaped bird. But it's a male's body, but the head... it's like an angry bird. But I don't think it's a mask.

Chris: (chuckles) Ok. So... the expression on his face... It's a male, did you say ?

Sue: Yeah, yeah...

Chris: The expression on his face... is that because that's the shape of his face? Is he angry really ?

Sue: I think it is just the shape, I think it's just the way it looks.

Chris: Yeah, it's just the way it looks.

Sue: Like all emotional now.

Chris: So... um... does... he have wings at all ?

Client: Um... Kinda... Maybe.

Chris: Okay. So, what kind of bird would you say he resembles ?

Client: Oh, kinda like the way the... between an eagle and a hawk, but he's got real... it's thicker, it's like fur, instead of feathers.

Chris: Wow ! Excellent. So... can you describe his shoulders and what they appear like ?

Client: Kinda manly. Yes. It's almost like maybe the wings, or maybe like a cape.

Chris: Oh, okay, excellent.

Client: He's got a body, like a human body.

Chris: A humanoid body.

Client: Yeah.

Chris: Oh, excellent. And... so what is he wearing on his top, then ? Can you describe his outfits ?

Client: He doesn't... it appears like it's a cape, the wings and the shoulders, but... he's bare-chested otherwise and I guess he just has some kind of like a little... Tarzan thing on the bottom.

Chris: (chuckles) Excellent ! So, ... You know this person, then ?

Client: I'm not sure, I just know that that's the first person I saw.

Chris: Oh, okay. So... what are you doing with this person ?

Client: I don't know, I think I'm just like... just checking him out, like... It's odd.(chuckles)

Chris: Where are you both standing ?

Client: It seems like a desert-type area with rocks. Just...

Chris: Lovely !

Client: It's like a toaster. (chuckles)

Chris: Excellent. So it's nice and warm, is it ?

Client: Yes, it's really dry. I don't see any trees.

Chris: You don't see any trees.

Client: No.

Chris: Oh ! Is it like a desert or just barren land ?

Client: Barren, very barren.

Chris: Very barren... Do you have anything covering your feet ?

Client: No.

Chris: Do you feel male or female ?

Client: Um... Seem male.

Chris: So you have nothing on your feet and you have five toes ?

Client: Yeah.

Chris: What age do you feel?

Client: Um... I don't know, I'd say mid... Midlife.

Chris: Excellent. So what are you wearing on the rest of your body, as you look up ? What are you wearing on your legs ?

Client: Um... The same type of thing he is... Like a skirt type of thing over the... middle.

Chris: Oh, excellent ! So...

Client: Like that. (chuckles)

Chris: Is your body healthy ?

Client: Yeah.

Chris: Are you wearing anything around your wrists ?

Client: Um... Yeah, kind of like a bracelet made out of feathers. (Chuckles)

Chris: Oh, wow, sounds good to me. Um... and what about around your neck ?

Client: Just feathers. Maybe I am part of this guy, maybe I am like him.

Chris: Yeah, exactly, so that's a lovely origin. So you're there in the desert... what are you doing there?

Client: I don't know, it seems like I just have a meeting for something, I'm not sure.

Chris: That's fine, you'll understand more as you go along, but... are you carrying anything ?

Client: Yeah, like a staff or a stick, a cane, something like a stick.

Chris: Brilliant. So you can describe where you're standing. Can you describe to me what the floor is made of ?

Client: It's just like dirt, like desert dirt.

Chris: It's just... it's literally like desert dirt. So... you can only see... barren landscape. Does that go on as far as the eye can see ?

Client: Pretty much. Way, way farther it looks like there's hills, maybe.

Chris: Wow ! But... So the only life there is you two, is that correct ?

Client: It seems as though... (Chuckles)

Chris: Wow ! That's good. So... And you said you can see hills in the far distance.

Client: Mmm. (yes.)

Chris: Excellent. So where are you going now ?

Client: Um... I don't know.

Chris: Go with this person. Because you're doing something, is it really important?...

Client: Maybe I'm reporting to him or something. It seems like I'm... Like I don't live there, but I'm just seeing him. I'm there to see him.

Chris: And give him some...

Client: Give information or something, or reporting to him about something.

Chris: Yeah. Excellent. So you're reporting to this other person. Do they have a name ?

Client: I don't know, I'm not coming up with one yet.

Chris: That's fine. That's completely fine. We won't worry about that too much. But you're there for a reason... So what are you doing there exactly ?

Client: I think we're discussing something, like... I've come to him for help, I think. And he's teaching, maybe, I think that's what we do.

Chris: Beautiful ! And you can take that knowledge and you can learn and understand what he's saying.

Client: He's giving me information about how to deal with people. I think I'm like head of a little town or a little village or something or a little clan of people, maybe.

Chris: Yeah. Oh, lovely ! So he's giving you guidance, then.

Client: Yeah, yeah.

Chris: Is he like a wise (man)... well, I guess he is, isn't he ?

Client: Yes.

Chris: And do you communicate by language or by telepathy ?

Client: I think it's telepathic, yeah.

Chris: Excellent ! So that means... that if I speak to you, then you can transmit what I'm saying to him, can't you ?

Client: Yes.

Chris: Yeah. And he can hear that. He can hear what I'm saying.

Client: Mmm. (yes)

Chris: So, if I may ask a couple of questions, as he's the wise man, and then... he'll give you the answer and you'll be able to easily, effortlessly be able to tell me the answer. Um... So... Sue had an experience, when she was very young, about three, and she calls it her first memory. And she told her mom that there was a ringing in her ears and when her mother asked Sue where it was from, Sue said it was from them and looked up. Are you connected to those beings that come to visit Susan at that time period ?

Client (pause) I think so.

Chris: Excellent. And do you have... technology which can... look into other dimensions and gather information ?

Client: Um... (pause) They... he just uses thought. Communicates through thought. (to me consciousness is technology ~ Chris)

Chris: Excellent ! So... um... Does Sue... um... and I don't mean to speak behind your back, Sue, but I'm gonna ask him directly. Does Susan have a mission on this planet now ?

Client: I think yes.

Chris: Yeah. So just let them... he will be able to transmit easily... So, if you can enlighten Sue as to what that mission entails, and give her concise instructions on what that mission entails, why she is here, and if you could let me know, that would be great, just so as we could have it for the recording and Sue can listen back to it at a later date.

Client: Teaching. They want me to teach.

Chris: Excellent ! So they want you to teach, and... are the teachings... are they wisdom teachings ?

Client: Yeah, they are about trusting yourself and... (sigh) It seems...

Chris: ... about?...

Client: ... to do what's right, to do what you're supposed to do. They... Everybody has within themselves... to... know what you have to do. And... Some people just don't know that... that you're... you're the driver of the car, so to speak.

Chris: Aha.

Client: So you don't have to just... You can make your own decisions. People have to make their own decisions.

Chris: And... is it... and that's what she's here to teach people ? Cause we do, we are looking forward to a message.

Client: Having to do with healing oneself, or... someone else, yeah, but it has to be... Like we all have it within us to do it.

Chris: Yeah. Oh, yeah. So... the regression healing is gonna fit in perfectly with that practice, is that correct ?

Client: I think so. (I think it, therefore it is so = Yes)

Chris: Yeah, because like we're doing now, we're accessing deeper (**yeah**) states of consciousness and we can go to many different lifetimes and contact many different races and beings very easily and get information. So is that's how Sue is going to assist people in the future ?

Client: Maybe... Probably. I think your doing this has activated whatever she was supposed to do. Um... By meeting you and going through you, and what you've taught... and just doing this also is helping activate everything she is supposed to do.

Chris: Excellent ! So... I have asked before and you can answer this one directly: Is this... cause I'm questioning... I have a question: Is this a preordained moment ?

Client: I think so.

Chris: Yeah. And... cause normally I'm... in the understanding that... normally things are worked out at deep, much deeper level. So Sue does have a mission, and she's also to activate, is that correct, to activate the higher self in people, is that what you're saying ?

Client: Yeah, that's the way to say it, yes.

Chris: Excellent ! Wow ! Amazing ! So we're both on the same mission, ... And I have every confidence that Sue is going to understand fully this method and how it works, after we finished... Could you tell me what you are doing now, because you're going to the wise elder to gain guidance on how to run or assist your people. Do you live in a tribe of sorts ? Is is a tribe ?

Client: Yeah, that's kind of like what I was trying to say, yeah.

Chris: Yeah.

Client: Yeah, but it's not here, where he is. I don't know how I got there. I think... it's almost like I was... through thought I just willed myself there. And maybe it's through vision or... I don't know, but it's like a different dimension from where they are.

Chris: Excellent ! So... now you mentioned the word "dimension". Now am I correct in understanding that two dimensions can occupy the same space at the same time ?

Client: Yeah.

Chris: Yes. And am I correct in assuming that if we focus our thought into a particular state of consciousness, like a higher state of consciousness, will we individually raise into higher dimensions ?

Client: That is supposed to be the end result, yeah. We move towards that, yes.

Chris: We move towards that. Lovely ! So... Was it so that you could take that back to your people.

Client: Mmm. (yes)

Chris: And what sort of guidance did he give you then ? (pause) So did you stay with the man for a long time, for a while, and then go back to your own tribe ?

Client: Yes.

Chris: Excellent. So have you got all of the information that you need from him now ?

Client: I think I went all the way down but I think I'm... I'm like in one stage with him, but...

Chris: Excellent. So there's possibly more information that he could give to you. Because I was going to ask you to go to your house, is... if you could get the final piece of information before we move away from that place, for a little while, what does he say to you ? Can we have a final message ?

Client: Um... He just appears very stern and very strict, very serious. Very serious. Um... he's not really mean, he just has a mean face, but he's... (yeah), I don't know, he wants me to be serious, too. He wants... (yeah?) He doesn't want me to play, like he just wants me to be serious, work hard.

Chris: Work hard and be serious?.

Client: Yeah, with the people. Yeah. Be focused, you, a lot of it has to do with focus.

Chris: Yeah, I completely love that word, that's a beautiful word, "focus". It has become (incredible in my Life), it was a bit of a burden before, (**chuckles**) a little bit of a chore, but now it's become a beautiful... there's nothing better than to remain focused. And that focus will enable you to raise up into the higher dimension, won't it ?

Client: Yes. Hence the word "Birdman", maybe, raise?...

Chris: Wow ! Raise you up. Wow ! (*WOW = I was realizing that this session had become incredible very fast. The speed of how the Source gets to work always blows me away*)

Client: To soar, right ? (laughs)

Chris: So you can do that ? Do you have the ability of flight ?, because surely that must be one of the most amazing things that you can do. Can you do that ?

Client: Yes.

Chris: Do... do you want to... do that ? And just take off and then you can tell me what the rest of the place looks like as you look down beyond the...

Client: No, it's almost like... like it's above the Earth, this place. It's above...

Chris: Oh, wow !

Client: So then it's like... then there's space, then there's the Earth. It's... Almost sounds like how you think of Mount Olympus or something, you know, like up above in the clouds,(yeah) but it doesn't... it doesn't really connect to the Earth, but it's there. It's like a show for something coming out of nowhere, that's how it kinda is up there.

Chris: Wow !

Client: Then down here it's just like... um... kind of reminds me of Egypt a little bit, Just like dry and sandy and rocky.

Chris: And are there any buildings about at all ?

Client: Yeah, there's just like cages, there's like... it's not very much, it's not modern at all, nothing is...

Chris: Wow, lovely ! But it's still a higher dimension, isn't it ?

Client: I think... I think so...

Chris: Yeah.

Client: Yeah. (Chuckles)

Chris: Yeah, that is amazing. So as you... cause you took off, didn't you ?

Client: Yeah.

Chris: And you can fly and that must feel just so free and so amazing. **(yeah)** That you can go anywhere that you want to, that you wish.

Client: That's how I get to my elders. That's how I can get there.

Chris: Ah... From this side. So... just ask another question from that aspect. Can we liken our own lives, this third dimensional life, just to educational experience ? Is that for our education, life itself ?

Client: Yeah. It's about going into our stuff, too, I guess, going... I don't know what I mean by that, but...

Chris: Yeah, that's fine, carry on.

Client: Ok.

Chris: I do.

Client: Good. (chuckles) In terms of... And then... Yeah, to be able to fly. Freedom is like the reward, if that makes sense to you.

Chris: Completely. Is that through self-liberation ?

Client: Um... Kind of soaring, yeah, I think.

Chris: Yeah, because we can liberate ourselves by liberating others, can't we ?

Client: Yes, exactly. And it does have to do with others, yes.

Chris: Yeah. So if you... Cause I'm on the understanding and now you're connected to the higher wisdom, the higher wisdom beings, um... cause, you know, would it not be more conducive to think positive, uplifting thoughts, and healing thoughts, for the whole universe, every dimension possible. If we have that wish, will the whole universe wish that back to us ?

Client: Yes. That's a good reason for seeing it and thinking it, yes. That's everybody's mission, basically. Not everybody knows, but that is it, that should be everybody's. (yeah) And then we have to learn to somehow bring it about to where... maybe not so much that they know that we're trying to get them to do that, because then that's where the defense comes up or the resistance... (mmm=yes) Shouldn't even be there, but it does. I don't know, but I guess people don't like to... There's a lot of resistance because of conformity or whatever... Conformity, is that the right word ? (yeah) People just don't... they just wanna resist just because. It's... I don't know, we've come to that point, I think.

Chris: Yeah.

Client: We're too spoiled and so we have nothing better to do than just to argue and fight or something. It's really dumb, it's really stupid.

Chris: Yes. I totally agree. It's a waste of actual life, really.

Client: We could get so much further if we just... Do what we're supposed to do. But... everything gets in the way.

Chris: That is so true. Life or the ego, this personal identity...

Client: Yeah. The jones's, everybody wants to be better than the jones's... Keep up with the jones's...

Chris: Yeah, exactly. Well, we don't play that game. Not anymore, because it can be too challenging. We just... we need to accept who we are, don't we ?

Client: Yeah. And then there's so much more, it's so much more rewarding, to get to that spot, just to get there. But the intentions have to be good and pure and they just... People don't understand, cause they don't do that, so they don't realize. You know what I mean, they don't. (Yeah).I used to think that it was 80% good people, 20% bad, but I think it's the other way, and that's disheartening, but there is hope, you know ?

Chris: Lots. Yeah, we are very hopeful. Wow, it's... I feel it's better to be a bit more affirmative and say that yeah, paradise is happening now.

Client: Yes. It's attainable, it is attainable.

Chris: Yeah. Beautiful. Absolutely amazing. So ok, now that you've enjoyed a nice lift-off and gone to the higher realms, the higher dimensions, and had a look up there, is there any more information that you feel that you have from that place, from being there, that you would like to share, that will be useful ?

Client: Just that you yourself have been really instrumental in waking me up. (ah) Very, very instrumental. Very.

Chris: Yeah. Excellent. Wow ! Give thanks for that, because not many people are listening, like you've just said.

Client: (chuckles) No.

Chris: So... Excellent. We can give thanks for that, and that is a blessing and I am honored, truly honored. And even more now, in knowing one of the higher spheres that you exist in now. But from there you can fly maybe to your own home, if you live on that place. What does your house looks like?

Client: Kinda like a hut. Kinda like... almost like a nest upside down. (Chuckles)

Chris: Oh, beautiful ! Wow ! And is it waterproof, I suppose it is, but it sounds like you're in a desert, so there's not much... maybe not much rain?. **(chuckle)** Yes, so, you live in a... Is it quite large, this house ?

Client: No.

Chris: Oh, excellent. So...

Client: It's just necessity, that's it. (necessity in this case meant "all you need")

Chris: And do you use that to protect yourself from any elements at all ?

Client: There are seasons and stuff, it's just a... It just it appears really dry. It just... and it's kinda high up it seems... no. I was trying to see if there's water out (there), to see if I could water, really.

Chris: You don't see any water?

Client: Not really, no. I mean, there must be some, but not right there.

Chris: No. What about vegetation ? As you were up flying, did you see any green at all ?

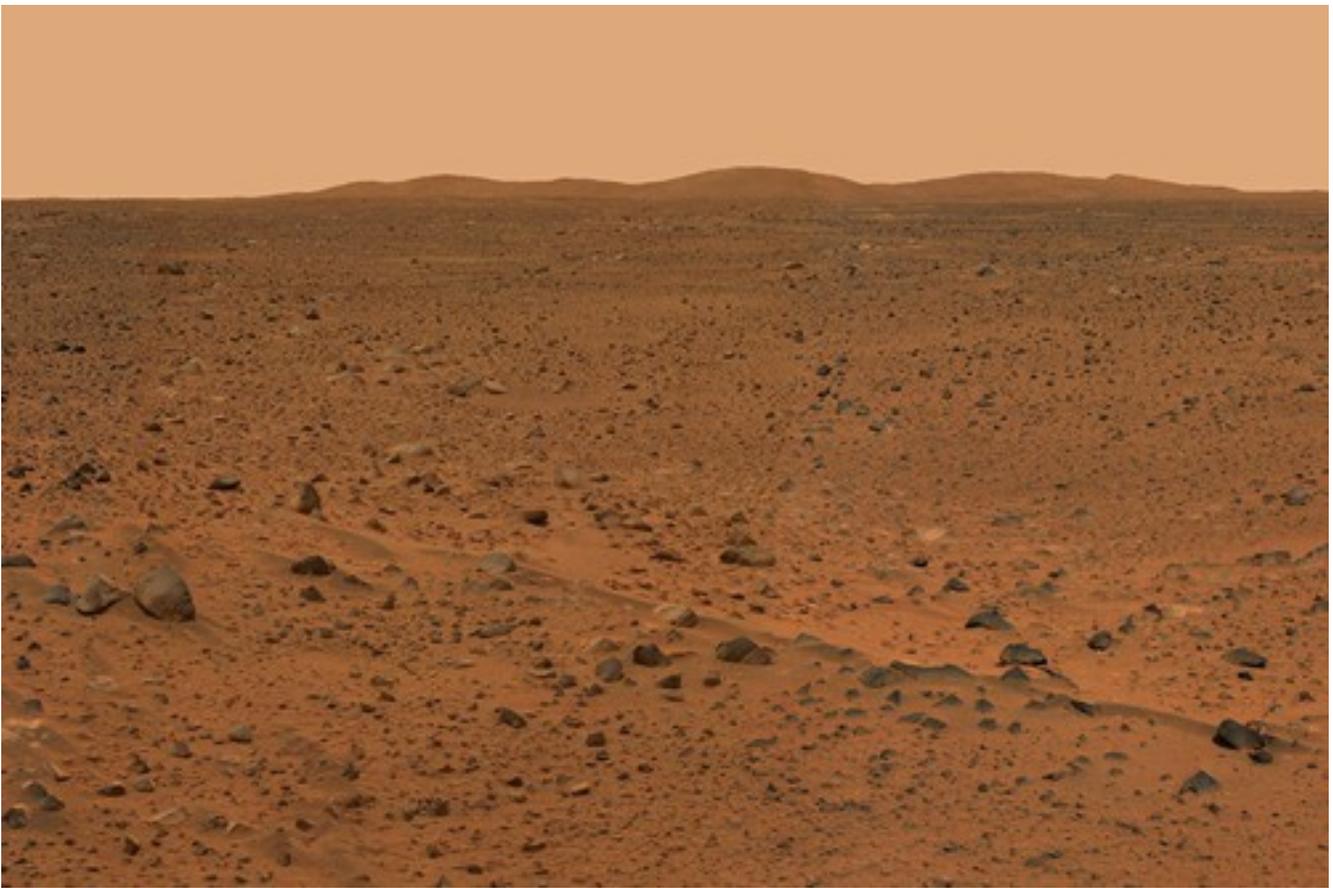
Client: Um...

Chris: Cause that would be a big clue. Cause in some places you don't actually need water.

Client: I know. I don't really see green at all. Even the huts are just yellow and brown, it's... It seems like... I don't know, like... Maybe something... Maybe we're in a really bad drought, maybe and that's why everything is so parched and dry.

Chris: Ah.

Client: I just don't see any water whatsoever, I don't see any green.



Chris: Wow ! It's fully possible, but... yeah. That is fine, I think we can ascertain that, the actual environment that you live in is vastly, possibly vastly different from where, from our...

Client: It's Earth.

Chris: It's another dimension of Earth.

Client: Maybe that it's warm, that it seems.??

Chris: Yeah. That is possible. I mean, you can know whether you actually need water, but we'll find out in a second. So you'd live in a house that looks more like an upside down nest... The building... you mentioned there's no greenery. What is your building actually made of, then ?

Client: I don't know, that's what I was trying to think about. I don't know, it's like... almost like a dried seaweed, like a bunch of it. I don't know, it's weird.

Chris: Ah. Excellent. So... um... if you would like, we could go to the place where you'd actually got that dried seaweed-looking stuff.

Client: It grows... This stuff is growing, it's like... it's plant life that appears dead. (chuckles) But it serves its purpose for coverage, I guess.

Chris: Wow ! (yeah) Excellent. So it's quite camouflaged.

Client: Kind of sort of, yeah.

Chris: It just looks as dead as the rest of the landscape.

Client: Yeah.

Chris: Or arid. Yeah. Ok. Lovely !

Client: But it serves as shade, and should it ever rain, it would serve that way, and there's shelter, I guess.

Chris: Yeah. Probably from winds as well.

Client: Yes.

Chris: Possibly. But yeah, shelter is shelter. Um... So... how do you go inside your house ?

Client: It's covered like a big... almost like a big brush or a bush-type thing to where you can just kinda duck under. Just duck under, and it's just... in a sense it's kinda like a little cave, really, just nothing's in there, just... It's a little spot to rest, I think.

Chris: Yeah, so literally it's just basically a shelter, then. (mmm=yes) Maybe...

Client: (mumbles)

Chris: Pardon ?

Client: I don't see food. (no?) Didn't seem like I even eat.

Chris: No, some beings don't need to. They don't need to eat and they don't need to drink. (yeah) But you can have some of those qualities because you know, that's what you experienced, so as you can have that written into your DNA, that you just don't need to do that as much, cause we are light beings, aren't we ?

Client: Yes.

Chris: Yeah, we're just DNA, we're just light emitting beings, really. So... as you go inside your house for me, and describe what else you see in your house, what do you see, as you look around ?

Client: There's nothing, it's just like a little cave, I think, just a place to lay and that's it. Just... You can barely... yeah, I don't think you can really stand up in it.

Chris: Wow, sounds beautifully simple, though.

Client: So simple and so bare.

Chris: Wow ! But do you feel contented there ?

Client: Yeah. It seems like... it's only for rest, and it doesn't seem like I use it that much, actually. So it's like just somewhere to go when you have to.

Chris: Yeah. Excellent. So there's no other rooms. (no) Just one room, and you just go in there for shelter and rest, then. Ok, now. (we moved to a time when they were going to be eating a meal, or not)

Client: I do have a beak. (chuckles)

Chris: Excellent !

Client: Oh, God!

Chris: That's brilliant ! Lovely ! I had funny shoes I'd complain about, but I got used to it. Some beautiful thing, so...

Client: Oh, me, that's funny !

Chris: So you'll take a little while to get used to eating that way again.

Client: I still don't see me eating, but I do see the face. I kind of look just like the... Do you... Are you familiar with... on computer they have the angry birds ?

Chris: Yeah. I can see it.

Client: I look like one of those.

(Both chuckle.)

Client: And it's just made that way, it's not that I eat or... it just looks like that. Oh !

Chris: Excellent ! Yeah, we need to have respect for all beings, even an angry bird existing in another dimension somewhere else.

Client: Yeah. (laughs)

Chris: So amazing ! So you don't really need to consume energy, then.

Client: No, it just seemed... No, it doesn't seem like that at all... is even a...

Chris: Concept.

Client: Yeah, it's not even... yeah...

Chris: An idea.

Client: Yeah.

Chris: That's a beautiful thing. That is amazing.

Client: I think knowledge and information is the only thing I see here. Yeah.

Chris: Yeah?.

Client: To learn, learn, to learn.

Chris: And it's better to learn knowledge than to... because we can absorb information in many different ways, can't we ?

Client: Yeah.

Chris: We can absorb information through our eyes, we can absorb... so... yeah. I can see how that affects consciousness. So you don't need to eat, you just... it's just information. Is there any particular type of information that's...

Client: It's what people need and how to get them to do something about it. Without them really realizing that that's what I'm doing, because then they resist.

Chris: Yeah.

Client: So the very idea has to be theirs, somehow. I don't know.

Chris: Yeah. I do completely understand. Excellent. So... you don't actually live there with others, then ?

Client: No, I think I just have these little spots. I think I travel a lot, and I think these are just little spots to stop off, after, you know, I get tired and stuff.

Chris: Yeah.

Client: Yeah, "regenerate" or whatever, regenerate or something (yeah) and then I'm off (wow) And then just go and go and go and learn and see the people, make reports and figure out what it is they need.

Chris; Excellent ! So, if they don't need food and don't need water, in that way, then there's no... we don't need to ask for rain, do we ?

Client: No.

Chris: No, everything's fine on that planet and there's...

Client: This has to do with just being... being...

Chris: Yes.

Client: Yeah, just... the mind or something that's inside. I don't think the mind is the right word. Um... Just being, like...

Chris: Pure consciousness.

Client: Yeah.

Chris: Just be **(yeah)**, just in the moment, here and now.

Client: Yourself, just trying to tame your own self.

Chris: Yes.

Client: If they just learn that, then they can raise up, too.

Chris: But they need that idea first, don't they ?

Client: Yes. And that's what I'm trying to figure out, how to teach them without them thinking I'm trying to make them do something they don't wanna do.

Chris: Oh, that is beautiful, because regression healing can do that, can't it ?

Client: Yeah.

Chris: That is so... I can see it now, but... Yeah, we can easily just say we do past life regression and inadvertently heal a person at the same time. We can do that, can't we ?

Client: Yeah.

Chris: And that is so beautiful, from what I've seen, the healing of cataracts, you know, normally people need an operation, but all of a sudden... one session they have with me and then it's gone, they can see clearly, and that is so beautiful to see.

Client: What's grief ? That has to do with belief and that's part of all of it. (yeah) You have to believe in yourself, everybody.

Chris: Yeah. Because our vision becomes clouded if we don't. **(yeah)** It makes perfect metaphorical sense.

Client: Yeah.

Chris: Yeah. Excellent !

Client: We have to get back to it now, people have to learn about belief. You know, belief. It's really open... I mean, it's... it has to be more focused, the belief thing. I don't know how I'm trying to say it, but...

Chris: Yeah, I do understand. But because... I often listen to Buddhist mantras over and over again. And they're all prayers, wishing peace for the whole world, and healing for the whole world, and I want to hear that constantly. I don't wanna hear the news, I don't wanna hear the gossip, don't wanna hear the... I love the birds and the wind and natural things, but obviously that's about it, you know. I might have problems, but I'd rather have the focus of the mantra keeping my thoughts positive constantly.

Client: Keeping you on track.

Chris: Yeah. And that does that inadvertently as well, because all I have to do is focus on that and all aspects of my life, you know, are happy or improving. **(yeah)** So, focus, yeah, I do completely understand the power of focus. But people don't understand the power within them. Is there anything that you can... any information, or... advice that you could give people so as they would know that there is a power within them that is willing to work with them, to heal them and to give them a supreme understanding of reality and why the things are the way they are.

Client: Um... I need to think on that... It's like... I know what I wanna say, but that's in a cloud, it's...

Chris: I'm sure It will come out perfect...

Client: It has to do with freedom and belief and then the end result is the soaring feeling, the flying, the freedom of flight. Freedom of thought... I don't know what I'm saying, I don't know how to say it.

Chris: Freedom of thought, did you say ?

Client: Maybe. Just the end result being such a free and... like you're flying, like you're just... That's the ultimate high, just the ultimate high is knowing that you've taught the people and that they can... they can do it themselves and you can feel their... their heart expanding, their aura, their being, their everything.

Chris: And it is raising.

Client: Yes, yes. And it raises you even higher, too.

Chris: Yes, I do love that. I love helping people. There's no better feeling for me, there's no better feeling, you know. I completely agree.

Client: I don't know... how to put anything. Like I'm not sure what...

Chris: That was perfect.

Client: It was ? Ok.

Chris: That was completely perfect, yeah. I couldn't've said it better myself. **(chuckles)** You know, I just sort of like confirmed what you were saying with my own understanding of what you were saying. Because we do need an understanding, normally, but we can't have that without experience. So, I mean... there's... people don't realize the power of meditation, either, just going within to access those higher aspects of ourselves. Um... So what... and that would be focus as well, focus within, on the higher...

Client: See, that's the message, that's part of the message that I'm trying to tell you, you got it.

Chris: Focus within.

Client: Yes.

Chris: Exactly. And... Yeah, that's just... that's the only way to go. People don't realize the power is within them.

Client: Yeah, they don't. And they don't trust. And have to try to find out.

Chris: Yeah. It did seem that ethics has been taken out of education. Things have gone a bit martian. For want of a better word)

Client: Cause they want everyone to be... there's so much. Oh, man! They condition you from very small to believe you're a certain way, so you don't realize that you have the freedom to do all that other stuff. They don't want you to know.

Chris: Yeah. Completely. There are those out there that really don't want anyone to know. **(no)** How amazing they really are.

Client: Exactly.

Chris: It is quite sad, but we're gonna tell them, aren't we ? (laughs)

Client: Yes, we are. (laughs)

Chris: There is time. Yeah, because, you know, it's wrong, you know. **(yeah)** It's not about any other thing, apart from right and wrong. And that's what we will sort of... I was told in another sessions that everybody, we can fight and bicker, but most people, 99.99% of people would prefer to get along.

Client: Yes, yes.

Chris: So, you know, to have the ways of freedom... Why don't they ? Can you see why ?

Client: I think order, I think... oh, just everything. Just... I don't know. I think also, just... (sports) Yeah, the sports, that's exactly right, the sports.

Chris: It's competition.

Client: Yeah. And it's... Because we have too much, I think. If we were to have a simple life, like what I was talking about with that nesting, (yeah) boy, it would be so much different, because you don't have all that other stuff cluttering up your mind and your... getting involved with all that. No. See, being simple, that's the conscious. See, somehow we got away from consciousness.

Chris: Yeah, but that's perfect, because simplicity is the key to life, really, isn't it ?

Client: Yes, it is.

Chris: And the more we try to become something, the less we can be us. **(yeah)** Just be... um... and losing that ability to just be is almost a crime, really. **(yeah)** It's quite sad. But...

Client: The thoughts.

Chris: Yeah, but we won't go there. Because they can have a session if they get sad **(chuckles)** and that would be perfect. We can help them. So, yeah...so you don't eat meat. What else do you do with your time ?

Client: I think that's all I do, that's all I do... is just gather information, and then try to work with it. And report it, I guess.

Chris: Excellent. And understanding, come to some sort of understanding... of the information. Is that your information ? Did you say you report the information ?

Client: Yes, I think that's what I was doing, was reporting at the meeting to the Birdman.??

Chris: Wow ! Lovely. Excellent.

Client: But I kind of give him a poll of what's going on in each place.

Chris: So you do go round and do a bit of surveillance (reconnaissance) and...

Client: Yes, exactly.

Chris: Make sure everything's all right.

Client: Yeah, and let him know the level to what everybody is, how conscious maybe they are, yeah, and he's telling me how to try to get them to be more conscious. (Ah) And I wonder why is he up there right now. (chuckles)

Chris: So you can... you do have that ability, then ? Otherwise you wouldn't actually... cause this is a very, supremely wise person we're talking to. So if he's saying you should do that, that means you can do it, is that correct ?

Client: I think so.

Chris: Yeah, you actually have that ability. So, yeah, that is pretty amazing. **(mmm)** So it's there in you, waiting. And we can ask that they give you some assistance with that. Can we find out, will you be there to help Susan and assist her with confidence, so that she can get on and do her mission ?

Client: Yes.

Chris: Thank you. That would be lovely, because everyone needs that confidence and that's what can hold a lot of people back. Um... And also discipline, and... well, the intention will see it through, won't it ? The intention's gonna bring healing anyway, isn't it ?

Client: Yes.

Chris: But you can give her confidence, you can give her the energy and the strength to move forward in that direction.

Client: Yes.

Chris: Beautiful ! Um... so what you do for a living there is you just go around, you gather information, see how people's doing, people are doing, and then you get back. And that is what you do with the majority of your time.

Client: Yes.

Chris: And it's obviously a beautiful, warm, sunny day, is that correct ?

Client: Yeah, it's always dry.

Chris: Excellent ! And... um... how do you feel in that place ? You know, the feeling of just being there ?

Client: Yes. Um... I don't know, just... everyday just regular, just... I don't see very much... Mmm... It doesn't deal **with the same things that we do, so it's not... It seems like it's all just mental. Everything's mental.**

Chris: Yeah.

Client: And he's just trying to raise the people's awareness, and trying to bring them up, but they don't want to. (chuckle)

Chris: Yes, because they need to go within, they're not going within enough, are they ?

Client: No, they're starting to learn to want too much other stuff that's not important, the material stuff.

Chris: Exactly, and that will cause us to go without, won't it ? Go outside and become attached... Does that cause us to practice craving ?

Client: Yes, I believe so. I do believe so.

Chris: Yeah. So, in a way, um...

Client: I think that's kind of like the bad reward you get for going without, not within, but away from within.

Chris: Yeah. go within, or go without, you know...and that is spiritual enlightenment.

Client: Yeah, you're leaving the spiritual for the material, and that is where the emptiness and the vastness comes from.

Chris: Yeah, you can experience that soon enough, if you need to and if you wish, cause it's a beautiful emptiness and beautiful vastness and anything can manifest in that space. Pretty much like our dimension. But am I correct in saying that we kind of manifested here in a game (called life) and that we are getting a bit too serious with the game ?

Client: Yes. And we need to go the other way. We need to go the other way.

Chris: Because I know this negative stuff makes the game look very real, but life is over in the blink of an eye and some things aren't worth it. Some people are here to learn what not to do **(yeah)** and we can accept that, but it's the time now, so I've been told, that we should be becoming more mental than physical. **(yes)** And reestablishing the connection, especially to (our true) home and our original mission that we seem to lose through (Life) education, TV and all those myriad other distractions out there that are spoiling us for choice.

Client: Yeah, cause it's supposed to be unity in all, and all for one, the oneness thing.

Chris: I agree.

Client: Unity, and we just keep going away from it. Have to figure out a way to make more people aware without preaching it to them, so they don't resist, kinda... I don't know how else to say that. (chuckles)

Chris: Yeah, I do understand, because my books do contain a lot of information and what I would call a lot of knowledge that would be helpful to people just by reading it.

Client: Yeah.

Chris: And... that is what I see here: the information that we get through the sessions is not just valid for one person, it is valid for almost the entire world. Um... but it seems like the simpler ways of life, even through most of the sessions that I've had, the people are so content. **(yes)** So... carry on. Sorry.

Client: It's easier to attain happiness, when life is simple like that. So much easier.

Chris: Sorry ? So much more...

Client: So much easier, yes.

Chris: Wow ! So you'd think it was the other way around, though, wouldn't you ?

Client: Yeah, but no. It's so easy to... I don't know. All the materials drag you down and hold you down. You can't fly like that, you can't soar, you know, you gotta...

Chris: Let it go.

Client: Yeah.

Chris: To a degree, you know, and... attachments, worldly attachments, are not the best and most healthy attachments, are they ?

Client: No.

Chris: Do you have any more information ?

Client: (pause) I have nothing now.

Chris: - (We move to another time) What is the first thing that you see there ?

MANNA

I had no idea that Sue had just jumped into a completely new dimension in another lifetime that spoke of Manna

Client: (pause) (mumbles)

Chris: Pardon ?

Client : A field.

Chris : A field. And is the field... What colour is the field ?

Client: Gold. (laughs)

Chris: Oh, beautiful !

Client: Yeah.

Chris: So is the field sort of enclosed with fences or hedges ?

Client: I think it's like... hedges.

Chris: It's like... Oh, hedges.

Client: Yeah.

Chris: Oh, lovely ! So, there are golden fields, what else do you see there around you ?

Client: I see people... Um... It's almost like there's a big, giant picnic or something. But there seem to be... Oh, God ! They're picking stuff, or... whether it's... I don't know what they're picking, I don't know what's in the field, I just know they're gathering. Everybody's gathering something.

Chris: Oh, harvesting.

Client: Maybe, yeah. I don't know what kind of field it is, but that's it, yeah.

Chris: So they're all busy. What kind of day is it ?

Client: It is... regular day. It is a dry, hot day, but it's almost like it's like... manna... manna ? (yeah) I think that's what they're gathering, something like that, something to eat, but it's... everybody's... men and women, children... Everybody's just busy gathering.

Chris: Survival. It's very important, really.

Client: It's different, a totally different time.

Chris: A different time. (mmm=yes) Yeah. So they're gathering manna. Where are they gathering that from ?

Client: From the tops of whatever is growing in that field, it seems like... It's almost like it's a... in a sense it's snowed or something, and everything's like on top, and they're just gathering it. And there are little baskets or big baskets, and they're just easily busily gathering, everybody.

- I feel I could have noticed when Sues said "in a sense it's snowed or something, and everything's like on top" - Sue also mentions about white clouds passing over shortly and I didn't do much to question the relationship between the two but according to the Bible, Manna did indeed fall from the sky and although Sue didn't seem to have her/his own home in that lifetime but the abodes that others lived in were "tents" - Right now I am getting chills after reading these quotes from the bible because these few details given by Sue point towards Moses in the bible. However, Sue also mentions that there are no animals and almost suggested that they do not keep animals, she goes on to say that "They haven't discovered that yet" - Sues description of the land was the opposite to the bible, Sue describes fields whereas the bible describes a Desert, she also mentions about big white clouds coming which I also did not pursue. If everything is perfect then I believe everything was instigated, even the questions I didn't ask.. In addition the the above information it has been said that Kefir is descended from the original Manna culture before it was transformed by higher dimensional beings into something that not only multiplied but would live forever with human intervention. Is it healthy? If you checkout <https://en.wikipedia.org/wiki/Kefir> you will soon see how packed with nutrients it is and why it is possible to live off of [Kefir](#) alone.

Relevant Bible Quotes:

4 Then the LORD said to Moses, "I will rain down **bread** from heaven for you."

"10 While Aaron was speaking to the whole Israelite community, they looked toward the desert, and there was the glory of the LORD appearing in the **cloud**. " -

15 When the Israelite's saw it, they said to each other, "What is it?" For they did not know what it was. Moses said to them, "It is the **bread** the LORD has given you to eat.

16 This is what the LORD has commanded: 'Everyone is to gather as much as they need. Take an Omer for each person you have in your **tent**.'" -

33 So Moses said to Aaron, "Take a jar and put an omer of manna in it. Then place it before the LORD to **be kept for the generations to come**."

34 As the LORD commanded Moses, Aaron put the manna with the tablets of the covenant law, **so that it might be preserved**.

(side note: If you visit Wiki for information regarding Mana/Manna you may become very confused as it makes less sense even than the bible. ~ Chris)

CONTINUED...

Chris: Wow ! So...

Client: (mumbles)

Chris: Sorry ?

Client: They're not fighting, at least. (laughs) (I found this a strange thing to say since nothing negative had been spoken so far ~ Chris)

Chris: Yeah, beautiful ! So they're all busy. Can you...the manna you mentioned... Can you go to the plant, did you say ? Does it come off the top of a plant ?

Client: Yes. Whatever it is, yeah.

Chris: Ok, then. You can see the plants there, can you describe what it looks like ?

Client: Yes. It just seems like it's... Kinda like a dough, but it's not wet and it's not dry, but it's... kinda like dough. Maybe like how you get biscuits out of a can ? Something like that. It's weird, it's just weird stuff.



Modern day Kefir

(laughs)

Chris: So what do they do with the manna, then ?

Client: I'm not sure, I'm not sure, they're just gathering it and I don't know what they do with it after that. Maybe they... probably... I think they bake it.

Chris: Oh, lovely ! Wow, I'm sure it's amazing.

Client: Yeah.

Chris: It sounds ideal, doesn't it,

Client: Yeah. Then there's... I don't see animals, there's no animals, it seems.

Chris: Wow ! So that's pretty amazing. Are you wearing anything on your feet ?

Client: Something, yes. I don't... I don't know if it's a... (pause) Kinda like some type of pull-on shoe, just a pull-on shoe.

Chris: Ok, so...

Client: Slippers or something.

Chris: Oh, slippers. what's covering your legs ?

Client: I think it's like pants.

Chris: And on the top... what colour are they ?

Client: Dusty black.(chuckles)

Chris: (chuckles) what are you wearing on the top part of your body ?

Client: Um... Kind of like some kind of a shirt that's just a slip-over shirt. Made out of something really thin, I don't know.

Chris: All right. So... excellent. So are you a male or female ?

Client: Male.

Chris: What is the floor that you are standing on made of ?

Client: I'm just in the field.

Chris: Oh, you're in the field, that's right, cause you went in to look at a plant. So what else can you see ? Are the people still busy ?

Client: Yeah, that seems to be all that they're doing. It isn't... like I said, it's like a picnic, but there's no food, it's just what they're doing, so... You said it's like a harvest.

Chris: Yeah.

Client: It didn't seem to go beyond that, it's just...

Chris: Ok, then, so let us...

Client: (mumbles) (laughs)

Chris: Sorry ? I missed that.

Client: I see clouds now.

Chris: Oh, clouds ?

Client: Yeah, big white clouds coming.

Chris: Oh, lovely.(pause) So... Ok, then, what do they do with... with the doughy stuff ? What do you see them doing with it ?

Client: Just trying... oh, they dry it out, on rocks, I guess. Looks like they're primitive people.

Chris: They're what people, sorry ?

Client: Primitive, you know. They're... Even though...

Chris: Simple.

Client: Yeah. Very simple, very.

Chris: Beautiful ! Wow !

Client: They dry it out and it becomes kinda like bread, I think.

Chris: Wow ! I want some of that plant, I need one of those. (laughs) I want one. And then I know from seeds, as long as it has seeds... Does it have seeds ?

Client: I don't know, I don't think, it doesn't seem... (Sue was probably trying not to embarrass me and I seem to have not worked out that the pants and the Manna were not related)

Chris: Oh, wow ! Ok, that's fine, I hope I end up with that plant in my collection one day. (No Comment! Ha ha)

Client (laughs)

Chris: I don't care what dimension is in. Ok, then, so... um... Let's... um... where do you live ?

Client: I really can't see the house, I don't know why.

Chris: That's fine, maybe you don't have one. But you will know soon enough even if you need one. But maybe there's still more there that you actually need to know. So let's stay where you are, let's be in the field again. Oh, no, we went to the baking on the rocks. So there's more information there. So is it like a community of people that are making the food and putting the food together ?

Client: Yeah, it's kinda like a tribe again.

Chris: Oh, beautiful ! And it sounds like they live so simply. **(yes)** And if you can't see a house, maybe... or somewhere where they live, maybe they don't?

Client: It's like they have tents, kinda.

Chris: Oh, lovely ! So it's warm and nice in that country. **(mmm=yes)** Wow !

Client: Yeah They seem to be more... they're more within themselves, they're more... they get along, there's just no violence or anything there. They've learned how to... how to be, how to live together.

Chris: Wow ! And is that the kind of optimal experience, being here and now ?

Client: Um... I don't know.

Chris: Because it does... being in the moment, being here and now, you don't have to worry about the future, you don't have to worry about the past, you can just be alive now, and be thankful for that, can't you ?

Client: Exactly, yes.

Chris: Yeah, excellent.

Client : I think... (mumbles)

Chris : Pardon ?

Client :You need to be accountable with yourself.

Chris: Yeah.

Client : In everything.

Chris : No matter what.

Client : Yeah.

Chris :Yeah, cause that is so... Accepting, self-acceptance.

Client : Yes, and that's where the happiness comes in.

Chris : Yeah. That will be kind of liberating as well, won't it ?

Client: Yeah.

Chris: Because you get rid of all the worries about yourself, how other people think, they see you, cause nobody can know anything about you, really, apart from you, is that correct ?

Client: Yes.

Chris: Yeah, and then... Oh, amazing !

Client: It seems like... all you see is intention and you feel intention. Everybody is just intention. It's really strong.

Chris: That's the nature of creation, really. It was intended, like this learning, this lesson of life. But we are creators, and we can use consciousness to create, can't we ?

Client: Yes.

Chris: And we can create better lives for ourselves just by thinking about our thoughts, is that correct ?

Client: Yes.

Chris: Yeah. Excellent ! So you are with the simple people, you eat a type of bread... Is that all you eat ?

Client: We eat like fruits and nuts, and that's about it, at least what I understood. I guess they're the same kinda fruits.

Chris: Lovely ! And are they big and juicy fruits ?

Client: Yeah, yeah.

Chris: Excellent. So... And you mentioned that you don't have animals there.

Client: No animals, no.

Chris: Is that within the whole dimension ?

Client: Yeah, there I can see, yeah.

Chris: There are animals there, but you don't keep them and you don't eat them.

Client: No.

Chris: Sorry, I shouldn't have suggested that, but you do know.

Client: See them, you don't see them... I guess we don't go there. So we don't need them yet, I think. (laughs)

Chris: Oh, excellent. Wow ! So you just eat fruit and nuts then, really. **(yes)** Yeah, and wherever comes, lovely bread stuff. That is amazing. So that is beautiful, is simple. But did you make your own clothes, or do other people make your clothes there ?

Client: I'm not sure...

Chris: Ok.

Client: I don't know.

Chris: That's fine. So as you look around, you mentioned that there was a... a meadow, a field. **(mmm=yes)** surrounded in hedges. Did your people plant the field ?

Client: I think it's just because... It's just there. Cause there's no tools, nobody has tools. It's just so... I don't know, it seems very black and white. It's just... Yeah... For some reason, there's no sign of any material, anything. People are wearing clothes, but...

Chris: Wow ! (realizing how far back in time we may have gone)

Client: It doesn't seem as though there's... Well, there's no entertainment... I mean, there's no... except for the happiness that they're gathering this stuff , that makes them very happy.

Chris: Yeah.

Client: That's... I don't even see them doing anything else above that. (laughs)

Chris: That is amazing, though, because I can relate to that, cause I grow my own fruits and my own vegetables and there's nothing more rewarding, I do know what you mean, because when you plant, pick in and eat your own fruit, you've done your part... Well, it's not your own, the tree is a living organism as well, it's got consciousness. But when you're eating the things that nature gives you to eat, you feel really really good after a while. **(yeah)** Yeah, and... So you eat naturally. And am I correct in saying that you need to eat life to become life ?

Client: Yeah, you need to partake, yes.

Chris: Yeah.

Client: You need that, yes.

Chris: Yeah. And it's better to take from those plants that are giving, cause fruit are kind of offerings to us, aren't they ?

Client: Yes. Like it's our gift.

Chris: It is a gift.

Client: Yes.

Chris: And to... somebody trying to sell it. **(yeah)** And think it's their own, when it's... **(yeah)** you know, the tree is actually sharing **(yeah)** with us... And it's like the rest of the universe, because the universe gives light, and then it gives earth, and then the earth gives plants, and us, and water, and all of that. The whole nature of the universe seems to be giving. **(yes)** And we only are really our true self when we're part of that cycle.

Client: Yeah.

Chris: Because...

Client: We are, since we give, too.

Chris: And the universe will reflect that back, what we give seems to reflect back, so... That's incredible.

Client: ... whether it's mental, or spiritual or... Yeah, that's what all that does, yeah. You are a teacher, too. You are a teacher, too.

Chris: Yeah, I have been called that a few times now. But we teach each other, don't we ? **(yes)** I like to see myself as a complete equal, I learn so much from everyone I come in contact with. And thankfully, these days it's all positive. **(chuckle)** So it's a beautiful thing, I'm loving it. So you live a simple life, you have clothes, you don't really have nothing in the way of tools, so you don't really move away from nature, and what you've been given by creation. **(right)** And do you... can you now go to a house or a place where you live or do you live and eat outside, where you are, because you're acclimatized ?

Client: Yeah. It seems as though there's like kinda like a tent made out of sheets or something, but it's just... And it's really swamped too, and inside there's not very much either, it's just shelter, that's it. It's... I have all that other stuff, that stuff, everything's stuff...

Chris: Yeah, that's beautiful, cause you can hold on to some of that energy and keep some of that energy with you now, because we don't... Unless it can serve us in a positive way, and then it becomes... And if it can help others, it's even better.

Client: It's helping me to realize about hoarding. Because it's showing me the... stuff... just wears you down. You worry about it, you think about it, you're constantly worried what do I do with that, I need to get rid of the stuff. And now I can, now I'm understanding.

Chris: Beautiful !

Client: You don't need the stuff to be happy. You do not need it, you don't.

Chris: No. I completely agree.

Client: Yeah.

Chris: That is a beautiful thing. And then we can walk a bit lighter, having a few less problems... worries, yeah.

Client: And it goes more towards the flying again. (laughs)

Chris: Yeah, cause you can't... You can't take all of that with you when you're flying, can you ?

Client: No, and it does seem to be heavy baggage, all of it. If you think about it, it does.

Chris: Yeah, I can imagine it from your perspective, yeah.

Client: Yeah.

Chris: So releasing that is, as you said earlier, is gonna help release so much more.

Client: Yes.

Chris: That is incredible and it's even more incredible that you had the foresight to actually see that. And that's what I love about this, because often you will tell me a premonition about what's gonna happen, and you did say early on about that, so, yeah, letting go of that is gonna be a complete blessing. So you understand fully then why you were shown that **(yeah)** and you can now feel what it's like from the bird life to be free of too much possessions, worldly possessions, and also in this other life you can be completely free and happy, contented, just being. **(yeah)** That is beautiful.

Client: Living in the moment.

Chris: The moment is the way. It's a challenge, but that's the power of focus, isn't it ? **(yeah)** That's our gift as well. **(yeah)** Like consciousness, that's the gift. **(yes)** Beautiful.

Client: (Mumbles)

Chris: Sorry ?

Client: I have to get back to consciousness. We all have to get back to consciousness.

Chris: Yeah. And inner, the inner worlds, where the real power lies.

Client: Yeah.

Chris: And our beautiful selves. (pause) Cause we're all connected to something much greater, aren't we, every single one of us ?

Client: Yes. We have to remember that unity somehow. Gotta remember... getting back to it.

Chris: The unity, that is a beautiful word, cause it's a universe, isn't it ? **(yes)** Unity and uni are the same, you know ? It's all our verse, we are the song in this dimension, we're part of that song. And it's time we played a more harmonious tune, isn't it ? **(yeah)** Rather than... Sorry ?

Client: I'm listening, I'm saying yeah.

Chris: Yeah, rather than creating all these distortions. Um... And then we need to create some peace and some paradise and growing our own food. I mean, I know you didn't need to, but if you let... the wise ones of old knew that if you planted food everywhere, you wouldn't want for anything. **(yeah)** So that is just such wisdom to pass, grow food everywhere and then we will all be much more happy, healthier as well, because you can't beat real life energy. There's nothing like it, like... I myself love the smoothies, I've gone smoothie crazy, and I love fresh fruit smoothies and all type of fruits in it... one good way of getting life into me. And so much energy, it's beautiful. Ok, then... We move to another day...

Client: Um... I guess I'm in some kind of a war...

Chris: But you can view it objectively. But what is the first thing you see ?

Client: I see like... a war scene... Um... (mumbles)

Chris: What was that, sorry ?

Client: Too many guns and too many weapons.

Chris: So there's a war, some sort of war going on. Um... What do you see, what do you see there ?

Client: Um... A lot of people crying... And (mumbles)

Chris: Pardon ?

Client: A lot of people are yelling and crying.

Chris: That's ok, so you can see people are yelling and crying and there's something not nice going on or gone on. Is the war over now ? (Desensitized client from potential trauma)

Client: Um... yeah, mainly. Slowing down, yeah. I don't really know when it's over.

Chris: You don't really know when it's over ?

Client: Yeah, or what it's over, what it's about, I don't even know.

Chris: Oh, ok. So... yeah, we can find out soon enough, but you can see people there. What's going on there, in front of you then ?

Client: I don't know, I think I'm hurt, because my stomach is hurting really bad.

Chris: (Desensitized client from potential trauma)

Client: No. Just that it hurts really bad.

Chris: (Desensitized client from potential trauma) Is there anyone helping you ?

Client: No. I think I'm gonna die.

Chris: You think you what ?

Client: I'm dying.

Chris: Oh, cool ! (both laugh) Sorry. You can't die, though, that's why I say that. It's impossible. But you do know that you were part of something not very nice (yeah) and if you are about to pass over, then you can know that you can do that very quickly, without too much suffering, and it's gone in the blink of an eye. You can be out of that body and on the other side of it now. So can you... unless there's anything more than you need to know, can you do that ?

Client: Yeah... Ah...Can you... I want you to tell them, whoever it is, that I'm there now, I'm still there, even though they can't see me, I'm still there.

Chris: Yeah, that is brilliant. So there's something that you need to know there. And understand. So maybe there is someone there that can see you, but from that perspective you have...

Client: No, they don't see me, I am trying to comfort them because I am gone.

Chris: Yeah, I know. It doesn't work, does it ?

Client: No. I'm trying to ask you to tell them. (laughs)

Chris: That's... I would, if I could possibly teleport myself to that time and place, but the thing is you're not meant to.

Client: Yeah, I know.

Chris: (chuckles) Otherwise you wouldn't have... Sorry ?

Client: No, I'm listening, I'm laughing, kinda...

Chris: Ok, then. So from there you can look back and see what that was all about. So can you tell me what the war was about ?

Client: I don't know, it was just something that I had to do. And I didn't do it well, I guess, because they got me. (yeah) I don't know what they got me with, but I just know that was the end of me.

And now I just know that I'm lingering around, trying to comfort whoever it is that cares that I'm not there no more. And... (sigh) And I don't know why I keep trying, they can't see me or hear me.

Chris: Yeah. I can completely understand and we can lighten the mood, because you're infinite and immortal and you've just passed over and left your physical body. **(mmm=yes)** Yes. So now... you can hear my voice, because I'm here to help you move on forward from that place. You can give them comfort and you can give them energy. And the intention will help, because the Source will be working with you to deliver that, but we have... we can't really interact there, can we ? We can't speak to them anymore. **(no)** No. But we won't remain attached. We can detach ourselves from the Earth's sphere. But is there any more information that you could give me about the war,

or was it just the fact that you... wow, I can't say it's a fact, because some people choose it. Did you choose the correct path in that... the correct lifetime for what you wanted to learn ?

Client: I think yeah, I think it has to do with maybe in between life. You know what I mean, the in-between, the... Um...

Chris: The hereafter.

Client: Yes, yes.

Chris: Yeah. Because... wow... if you look around, I mean, I'm not sure if it's the time now, because I'll make you aware that there is a light and it's very magnetic to any soul that can see it. So for some reason you can't see the light. Maybe... has... Are you allowed to comfort these...

Client: Yes.

Chris: ... these people. So that's fine. You can do that. If that's helping at all, and I'm sure it is...

Client: Yes. Yeah, it doesn't seem like it did, but it does, either...

To be continued...

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