

A BASIC GUIDE

# **TO THE DEVELOPMENT AND PRACTICE OF THE NEW PHYSICAL PSYCHIC PHENOMENA USING ENERGY**

THE NEW SPIRITUAL SCIENCE FOUNDATION Scole, Norfolk, England

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## **Foreword**

This basic and practical guide to the development and demonstration of physical psychic phenomena by the use of new and modern methods and brand new spirit-world technology, which exclusively involves the harnessing of a special blend of natural energies from both the spirit world and our own physical world, has been written with the valuable help and cooperation of our own spirit team at Scole. It is offered to the public with our combined love for mankind and the spirit world, in an effort to help others to understand more about their own spirituality within the greater scheme of the spiritual realms, and to experience for themselves the

very special spirit-world phenomena in an atmosphere of love and harmony - as we ourselves do at Scole on a regular basis - which is brought for their benefit and further knowledge by a caring team of other-world visitors.

It is a fact that communication between ourselves in this life, and spirit beings from the spirit world, is a normal, natural and everyday occurrence. Man, himself a shining spirit being who is temporarily wearing a cumbersome overcoat consisting of a human body, which he discards upon his return to the spirit world, is understandably curious about the existence of such a world. This thirst for knowledge is there in us all, although in some cases it may be buried deep within. A distinguished spirit visitor once told us: One day, you will all have to go to the spirit world, so may I suggest to you that if you were going abroad to a country for the first time, would you not try and find out some of the habits, the customs, and the language of the natives? Then there's your answer! You must endeavour to find out the habits and customs of the land to which you must all go, eventually!

Hopefully, this basic guide will help many to take those first steps for themselves. For those who closely follow the guidelines as laid out by our spirit friends within this booklet, positive results should not be too long in coming. The New Spiritual Science Foundation exists to help people to set up and run their own experimental groups, using the new energy-based spirit world technology, although we do not concern ourselves with other ways of working. Please remember that we are only a telephone call away if you require specialist help, (you will find our address and telephone number at the back of this booklet) and ..... most of all, good luck with your own groups, and your own phenomena!

## **Section 1**

### **Introduction**

#### **1. The New Spiritual Science Foundation and Scole Experimental Group**

During late 1992 and early 1993, a group of people was recruited at Scole, a small village in rural Norfolk, England, for the purpose of developing one or more forms of physical psychic phenomena. At this early stage, it is perhaps important for the reader to understand exactly what physical psychic phenomena is: We are referring to psychic phenomena which, to all intents and purposes is real- that is to say, phenomena which can be witnessed by all people who are present at the time. It is audible to the normal human ear, and visible to the eye when produced in any form of lighting, so that it can be both recorded on an audio cassette recorder and captured on film for posterity when permission is given for this by the spirit guides and helpers who produce it. Various fragrances generated by physical phenomena can be detected by our normal sense of smell, and spirit visitors can make themselves apparent physically by touching us so that we are aware of their solid bodies, and hear their physical voices, quite separate from any human medium, as they speak to us. It is important for us to realise that we are all spirit beings, and that each and every one of us survives bodily death. The essential point here is that any form of psychic phenomena is a type of communication, and that none of this physical psychic phenomena which is produced for us on a controlled basis can take place at all without the added fact of communication between our two worlds. The bottom line is that it involves the ongoing communication between those of us who are living a physical life at the moment on this earth, and a number of surviving personalities who have lived a similar life to us, but now have the added advantage of having passed

through the transition which we call death. The group of people at Scole eventually became known as the Scole Experimental Group, and they initially set out to develop the physical mediumship of two of their number, both of whom had previously shown signs of incipient physical mediumship, and had often been told that they had the ability to develop such a mediumship.

It soon became apparent, however, that the progress of the group was not as quick as had been hoped and so, consequently, a totally different attitude was adopted by the group members. It was decided, quite diplomatically, that the emphasis would change, and that, from then on, they would allow the spirit helpers who came to them to decide who they wished the mediums to be within the group, and, in fact, what phenomena they wished to develop in other words, to give the spirit team a totally free hand. The only thing group members did ask at that point was that whatever phenomena was developed was actually physical phenomena.

From that moment onwards, the signs of physical phenomena within the group accelerated rapidly. It was not long before two other members of the Scole group developed deep-trance mediumship, and communication in this fashion was established with those spirit people (or surviving personalities) who were guides and helpers - and who also belonged to the spirit team who had chosen to work with the group at Scole. The first physical phenomena of note occurred on October 4th, 1993, when, due to illness, only three members of the Scole group were participating in the experimental session. A token was received from the spirit world, this being a Churchill Crown which dropped out of mid-air onto the central table during the session, having not been in the room prior to the start of the experiment. Since then, the number of tokens received in this way numbers almost a hundred, and includes many items of jewelry, coins, crystals, medals, wooden carvings and several other objects. We are reliably informed by the spirit team that such items, which are brought to us as little presents, are never stolen, but have often been lost or abandoned by their owners. Some had actually been the personal possessions of the spirit guides and helpers during their earth lives. The incidences of physical phenomena within the Scole group have speedily escalated, and the experimental sessions, which take place weekly at Scole, are producing exciting results. We have now witnessed over 100 different types of physical phenomena, and that number is steadily growing. A large proportion of these different types of phenomena are brand new, and have never been witnessed or produced within an experimental group before, thus rendering it necessary for us to often provide new terminology for the phenomena which we are witnessing.

Since the Scole group have an ongoing dialogue with our spirit guides and helpers, we are kept fully informed as to what experiments are being attempted at a given time, and what work is actually taking place. Such an explanation will often be followed by a demonstration of the new phenomena that has just been described. The work of the Scole group and its spirit team is very much of a new and pioneering nature, in that the phenomena is being produced exclusively by the use of a special creative energy, which has several advantages over other ways of working, and it was at an early stage within the group that we became aware of the way energy was being manipulated to produce these results.

During 1994, a number of communicators introduced themselves to us, and visited the group on a regular basis. One of these was an evolved spirit person, who explained that he was a member of a body which was referred to as the Council of Communion in the spirit world, this consisting of thirteen evolved spirit beings who took decisions regarding communication between our world and the spirit world. He told us that there are many such councils in the spirit world, and that it was the job of this particular Council of Communion to oversee the work that was being done with the Scole group, amongst others. On September 20th, 1994, this evolved spirit being asked us if we would set up an organisation on behalf of the spirit world, to be called The New Spiritual Science Foundation. The word new is to be dropped from the title at the millennium. It is intended that the foundation will act as an educational umbrella organisation covering the new subject of Spiritual Science, this being defined by the spirit world as The Science of Life and the Afterlife. Spiritual Science is the object of

continual study by the Scole Experimental Group, and other similar groups of like-minded persons which are gradually being formed throughout the world to successfully develop their own physical psychic phenomena. It is the aim and object of the New Spiritual Science Foundation, through the practical work and phenomena of such experimental groups, not only to bring to the attention of the general public a mass of irrefutable proof of the survival of the human spirit after death, but also to enable a permanent bridge to be created between the two worlds (this earthly world and the spirit world), so that communication between them can become a normal, natural and everyday event for each and every one of us from both worlds. It is hoped that at some future date, Spiritual Science will be taught and studied everywhere as an independent subject, alongside other pure sciences such as physics, chemistry, biology and astronomy, etc. There is currently much active interest in the subject, and in the Scole group, from a number of eminent scientists throughout the world, some of whom are already able to regularly participate in the Scole groups experimental sessions, by personal invitation of the spirit team.

At the same time that the Scole group were asked to set up the New Spiritual Science Foundation, a further request was made of them by the evolved spirit communicator. That was, for a regular quarterly bulletin to be produced to keep interested persons informed about the work of the Scole group, and this would also act as an official voice of the foundation. This publication, the Spiritual Scientist, was launched in December, 1994, as a photocopied broadsheet, but it has now established itself as a professionally printed magazine which is read all over the world, and is currently causing much excitement amongst its subscribers regarding the results of the Scole group.

Types of physical phenomena which have been witnessed by the Scole group since October, 1993 include: Levitation ringing of bells spirit lights of many colours, sizes and varying duration raps, taps and bangs of different origin and changing intensity Extended Voice (the mediums vocal chords are apparently extended by psychic means so that the communication coming through their larynx suddenly appears to come from another part of the room, or even from within the walls!) spirit lights touching sitters and penetrating a solid table psychic photography in several different formats, of late on sealed films spirit writing by a pencil on paper provided for the purpose token presents brought from the spirit world visits by teleported spirit people who make physical contact with group members and show themselves within the illumination of spirit lighting brought for the purpose Sustained Visual Objects (S.V.Os), which are self-luminous objects brought from the spirit world for group members to see. They have no equivalent in this physical world, and are returned to the spirit world at the end of the experimental session Spiritual Energy Voices - this is a method by which spirit visitors are able to speak to participants in a clearly audible voice which comes from midair during group sessions, and they can carry on lucid and clear conversations with group members. Sometimes, up to six or seven of these voices can be speaking at the same time. Readers will appreciate that the above only represents a very small selection of the amazing types of physical phenomena which have been witnessed by the Scole Experimental Group to date. With the right motivation, the essential communication link with their personal spirit helpers and by following the guidelines suggested in this booklet, it is possible for most groups of like-minded people to achieve similar physical phenomena to that of the Scole group. We can certainly confirm that the end result is well worth the effort.

## 2. The Modern Energy-Based Spirit World Technology

The energy-based physical phenomena, which is currently experienced by the Scole Experimental Group on a sustained and repeatable basis is very very different to other ways of working, and is very very new in its concept. Other ways of working with psychic phenomena were suitable at the time they were used, but it is this new way of working that is most suitable for today's conditions.

This new spirit world technology is modern, and is scientific. It is what is needed at this moment for the world we live in now ..... and beyond. Towards the millennium and beyond into the next century. It is precisely because of this need that the new way of working with energy has happened at this time, and consequently, it is important that this energy-based physical phenomena is not confused with any other way of working. Linked with the rapid growth and development of such physical phenomena as is now regularly witnessed at Scole and in other similar groups, is the fact that energies are coming to the earth at this time, and that their availability is making the work much easier for our spirit friends. If the Scole Experimental Group had come together at an earlier time, we are told that we would not have been able to enjoy the amazing successes of the group today. Similar spirit-world technology has been tried before with other groups, but has failed in that the spirit teams involved have been unable to keep the phenomena going on a sustained basis. However, with the energies that are now coming naturally to the earth, the energy-based technology of the spirit world has indeed become sustained, so that this way of working with physical phenomena has become a lasting and more permanent thing. Physical phenomena which is brought about by the use of energy has three distinct advantages:-

- 1 There are no physical dangers to the health of the mediums.
- 2 A limitless variety of phenomena can be produced in this way.
- 3 In most cases, its development within a group is generally comparatively fast.

The energies that are used by the spirit world for the purposes of producing physical phenomena are natural, and totally harmless. The particular energy that is required for the work is actually a blend of three different types of natural energy, formed into one creative energy at the start of a group session by spirit helpers, which can then be manipulated by spirit scientists, operators and communicators to produce the results they seek during a particular experiment.

The first of these three sources of energy is the earth energies. These are natural energies that come from columns, or, more precisely, spirals of energy that exist in various geographical locations around the globe. The location of some of these columns is fixed, whilst others move around somewhat. As natural earth energies, they are actually a part of the earth itself - perhaps better described as part of the spiritual essence of the earth. The spirals of energy are an integral feature of the planet, and an inherent part of its environment. We are reliably informed that such columns can be detected by dowsing.

Secondly, there are our own essential energies. These are more of a spiritual energy than a physical energy, and they emanate from within us all. It is a fact that our own energies can interact with other people, and detect other peoples energies, and it does not require a great deal of sensitivity for us to develop the ability to sense or feel the personal energy fields around our other fellow human beings. Such energies differ somewhat from group member to group member, and are as individual as, say, finger prints or DNA profiles, which means that no two experimental groups can achieve an exactly identical blend of energy within their respective groups. Use of these essential energies by the spirit teams associated with similar groups to the Scole group is perfectly safe, and takes nothing away from our physical well-being.

Thirdly, and finally, there are the spiritual energies that are brought from the spiritual realms or spiritual dimensions especially for the purpose of communication, or with the intention of creating physical phenomena. Like our own essential energies, these differ somewhat from time to time, and from group to group. The blending of the three ingredients causes a creative energy, which can then be directed by the power of LOVE. It is love that makes all things possible, whether it is simply communication, or the demonstration of some complicated physical phenomena. The resulting blend - the creative energy - is used by the guides and helpers to manipulate, and to function scientifically in a physical way within the experiments. It can also be used for the

spirit people to manifest physically when an experimental group is well established. As various groups get together, not just working with physical phenomena, but working for the good of mankind generally, they are creating fresh columns of natural earth energy by that work, and that is how there will eventually be overwhelming forms of energy going on within the world as the years roll on. And the more they are added to, the brighter the future for the earth and its inhabitants.

Creative energies such as those used within the Scole group have been used before, through trance and meditation. There are therefore some people who are already familiar with spiritual energies in this world, and link in with them. But they have not, perhaps, taken such a massive step with events as that which has happened at Scole. Whilst they are familiar with these spiritual energies, they may well perceive them differently.

### 3. The Important Value of Self-Work and Self-Development

There is much said these days about the state, or perhaps it should be referred to as the fallen condition of mankind. This deterioration that we find within our everyday environment. Our spirit friends tell us that the answers to this problem do not lie within the occupations and distractions of mans busy daily life and routine, but within the pattern of his thinking. This can gradually be changed for the better through teaching, education and, above all, spirituality. It is therefore hoped that through this guide, the spirit world will be able to help many people in their quest towards spiritual upliftment and fulfilment, by encouraging them to think in a better way, and by helping them in their understanding. It is important that people start to look within themselves, and this is where the value of self-work comes in. When a number of people are gathered together with the intention of starting an experimental group such as the Scole group, to sit for physical phenomena using the energy technology of the spirit world, it is a fact that each member of that group comes to the sessions with energies that are used in the process. Therefore, anything that can be done by way of self-work and self-development to improve the spirituality of the individual, means that the person concerned is an even more valued member of that group, because then, by their own work, they have added something to the available energy, and the spirit team who are working with that group can go higher and higher with the quality of the phenomena, because of the self-work and the discipline that has taken place. It is also true that the more you put in - the more you get out of it all. In the case of the Scole group, this self-work has enabled group members to witness some wonderful and very spiritual phenomena, which may not have been possible without an effort on their part to involve themselves in self-work and self-development. The individual effort helps the group to reach higher levels, so that those higher levels of existence can intermingle with the group. With this in mind, it is recommended that each member of an experimental group makes the effort to spend a short time each day in meditation, because a period of daily meditation will help that person individually to become more spiritual, as well as adding something to the energies of the group, and this should therefore become a regular routine. A state of meditation can be reached by various techniques. The aim is to cause the mind (full of its daily succession of thoughts and impressions) to come to a halt, by concentrating on an image, or holding the mind passive. Because of the relaxed state, the mind becomes clear and receptive, so that it is able to acquire the ability and power to serve. Even those that find meditation difficult will be helped by having the discipline, and will eventually benefit, hard though it may be for them. It is a true fact that eventually much will be gained spiritually. Much peace - inner peace and understanding. And finally - this chapter would not be complete without our mentioning a vital aspect of self-work and self-development which all of us, as members of the Scole group, have been asked by our spirit team to do every night without failure, just before we fall asleep. It is a very simple procedure but, as we understand it, an extremely valuable exercise which increases the harmony between group members, as well as furthering the work of the group and increasing our personal self-development and personal spirituality. For this reason, we can also thoroughly recommend it to anybody who

is currently a member of an existing experimental group, or who is thinking of joining a group, or better still, would like to start such a group. In fact we can go as far as to suggest that this one simple task has gone far towards helping to produce the superb range of physical phenomena which we now enjoy at Scole, and so this should be included in the self-discipline of every member of every group.

Every night, when we are in bed, and on the point of going to sleep, we mentally ask that our spirit guides and co-workers will help us to link into The Universal Harmony. This is an area and state of being which we can visit during our sleep, and it is here that we can actually meet up with members of our own spirit team, and with other members of our experimental group to enhance the efforts of our spirit advisors. Occasionally, we can retain the memory of those we meet in this area of Universal Harmony, when we wake up in the morning. In the main, we also find that this simple mental request causes us to sleep better and deeper than usual each night, causing us to feel more refreshed in ourselves the next day. This mental exercise is well worth the effort. It is, however, most important that the request to be linked into The Universal Harmony is repeated on a daily basis.

## **Section 2**

### **Environment**

#### **4. The Room and its Layout**

Obviously the room in which group sessions are to be held needs a certain amount of careful thought as to its suitability for the purpose. In an ideal situation, a room should be specially set aside, which can be dedicated for the group sessions, being used for nothing else, as is the case with the Scole Cellar, but we do recognise that with most people, this is not possible, as the modern home is usually lacking in space, and rooms need to be used for other everyday purposes. This is perfectly in order, and does not create any problems, because the particular room can be dedicated prior to sitting. By dedication, it is generally thought of a dedication in the form of prayer. The question of heating in the room is also quite important. Whilst it may seem to be only a small point, in practice, heating the room may make the difference for six months of the year, between comfort and discomfort during group experimental sessions. We must always remember as well that the build-up of energy, prior to and during the demonstration of physical phenomena generally decreases the temperature of the room, making a cold room even colder. Since there is a necessity for absolute darkness during group sessions, there must be an alternative method of heating the room, other than a coal fire, illuminated electrical fire or stove. Central heating radiators are therefore ideal, but oil-filled radiators such as we use at Scole are another viable possibility. If there are any lights, red or otherwise on the heating appliance, then these should be covered over with an old towel or similar covering (but of course avoiding fire hazards). The question of windows and doors should also be considered, as the room should be thoroughly blacked out during group sessions, a process that from personal experience over the years, we can assure readers is very difficult to achieve properly. So only one window in the room would prove to be an advantage - and the smaller the better! In some instances, there may be other members of the household who are present in the home whilst you are having your experimental meetings. From a security point of view, it is therefore easier to maintain a complete and overall control of the room during sessions if the room only has one door, and if you do have others present in the home during meetings, it could prove advantageous to lock this.



The room which is to be used for the group sessions should also be as bare of furniture as possible, with the exception of the items specifically needed for the meetings. It is important that there is a table in the middle of the group, the exact centre of which will act as a focal point for both the group members and the phenomena. Whilst the shape of this is not absolutely vital, it is desirable that the table is circular as opposed to any other shape, because the energies will find their way around it better. Four luminous tabs, about half an inch, or 125mm square, should be placed on the table edge, at the cardinal compass points, North, South, East & West (or on the four corners of a square table), which will then give the group members something to focus on during sessions, so that they can keep their bearings in the darkness. In the initial stages, too, it is recognised that not everybody is comfortable when sitting in total darkness with no focus for their attention.

What is really essential, however, is the fact that the seating arrangements are circular around the table, and that the chairs are reasonably upright and comfortable enough for group members to sit on - eventually for possibly more than two hours at a time. There should be no telephone in the room capable of ringing and distracting participants during group sessions, so if there is normally one there, better to remove it to another place, if possible, during meetings, and fit it with an answer phone. If that is not possible, then at least take the receiver off the hook whilst experimenting. If there is also a noisy clock in the room, perhaps that could also be removed, or at least stopped whilst sessions are taking place. Try and make sure that there are not too many ornaments in the room, either, as these may well be moved around by the energies in the initial stages if there are too many there, causing a possible waste of available energies, and concern amongst group members as to whether such items might be damaged. Remove electrical appliances and resulting electrical leads from the room as far as possible, because these cause problems for the spirit operators during group sessions, and can cause a delay in the development of phenomena.

Depending on the external atmosphere (but only really needed in a country which has a very hot and/or very dry climate) it may be beneficial to have a small bowl of water in one of the corners of the room. This is not a requirement, however, that goes across the board, and is not necessarily helpful in the U.K. or Europe, etc. Once some communication is established within a group, the groups own spirit team can confirm whether or not this is necessary.

## 5. The Blackout

We have already, briefly, touched upon the blackout, and the necessity for sitting in a totally dark room during group sessions. Now let us examine this requirement in more detail.

Group sessions should be held under totally dark conditions - as black as can be possibly achieved. The reason for this is simple. It helps the situation tremendously, and enables the phenomena and the work to go forward so much quicker with more positive results. There is nothing sinister, and nothing to be feared in darkness, but it does enable the spirit team - your own band of personal guides and helpers - to come closer to yourselves, because of the darkness. It is not at all helpful to them to have light as it slows down the progress and the development of the group. The spirit people are far more at home, and themselves feeling so much safer when we provide a dark environment for them, because darkness to them is not darkness at all - far from it, but it does give them comfort whilst they go about their work. From a security point of view, it is preferable also to have a trusted member of the group close to the light switch, so that this is not turned on by mistake during a group sitting. This especially applies, of course, when the group has progressed sufficiently for their spirit team to have given permission for one or more visitors - a situation that should not apply during the initial stages of the group experimental sessions.

Darkness can often cause controversy in this type of work. A lot of people say Why not have it in the light? Well, that is a matter of choice for them. If any groups feel strongly opposed to this requirement then, by all means, they can sit in a half-light. But they will wait an awful long time for results and phenomena. The spirit people can only give their best advice for groups to receive results quickly, and it is up to each individual group as to whether they follow such advice. For any groups who do start off sitting in this way, in a half-light, they may find after a while that perhaps they become accustomed to darker conditions, so that they can eventually go into total darkness. The choice is theirs, and they have to decide whether they would feel confident enough to take that helpful step.

## **Section 3**

### **Preparation**

#### **6. Finding Members for an Experimental Group**

Once a definite decision has been made to put together and start an experimental group for the development of physical phenomena, it is then necessary to find those people that will become valued members of your group. There is an old saying that like attracts like, and it is as well to try and form your group with this in mind. It needs a little thought, and so, take your time to decide who you feel will be best for your particular group. If possible, pick people who are of a well-balanced nature and sunny disposition, being also strong-minded - as these people usually make good loyal members for this type of group. It is also important that you feel in harmony with those people who are going to become members of your group, and that you feel totally comfortable and relaxed in their presence. So, select your group members carefully. If people are referred to you, do not immediately invite them to participate in your group sessions until you have had the opportunity of meeting them socially a few times over a cup of tea or whatever, to discuss their attitude to the subject and to the group you are forming and, if you don't know enough suitable people to form your group, there is no harm in placing an advert in a local paper under a box number, or whatever. The best number of sitters for such a group is a minimum of four and a maximum of eight. Whilst it is not an essential requirement, it is helpful to have an equal number of male and female group members, and to seat them alternately in the group, i.e. man, woman, man, woman, etc. Start them all off on a trial basis with the group for, say, four or six sittings, so that if you feel or they feel that they are not suited to the group during this period, there will be no embarrassment on either side if they leave or are asked by you to leave. Actual numbers of group members at any one time are, of course, subject to commonsense. If members leave, it may be necessary to invite others to join, in order to bring the numbers up again. Do bear in mind, however, that your group should be closed whilst phenomena is developing. No casual visitors until your spirit team agree to this.

#### **7. Apparatus and Equipment**

It is now appropriate for us to refer to specific items of Apparatus and Equipment that will be required during sessions of the experimental group. The first of these is symbolic, and is only mentioned here so that members

of an experimental group will be aware of its presence. The structure, referred to as a golden canopy, and formed out of the creative energy present at the group sessions, may well be established by the spirit team during the early stages of the experiments, as was the case with the Scole group in the first phase of their development of psychic physical phenomena. This canopy is re-established by the spirit team themselves prior to every group session around an exact central point of the table, and it is under the canopy - imagined perhaps as consisting of a giant umbrella, but actually much more beautiful than this - that the spirit team are able to carry out their work and experiments with the group. It is as well to remind readers here that the table, which is an essential part of the furniture, or apparatus, should, if possible, be a circular one (although that requirement is not essential). The centre of the table will always be a focal point for the group, as it is the point that all group members will gaze upon, and upon which they will focus their thoughts during many of the experiments. This is a distinct help in aiding the energies to come, and to blend themselves within the experimental sessions. The main piece of apparatus within an experimental group of this type is a glass dome. This is required so that the blended energies can be stored for use by the spirit team in the production of phenomena, but it also has many other uses, and often phenomena will take place within the dome itself. This should be at least 12 inches (or 305mm) high, and 6 inches (or 153mm) in diameter. It must have a domed top, and, ideally, a wooden base. The wooden base should have a half-inch (or 12.5mm) hole drilled right through its very centre (If group members have any difficulty in finding these, the foundation can now supply them, as well as crystals and luminous tape).

Ideally, the glass dome and its wooden base should sit on a small stand, about two to three inches off the table, which has in the platform of the stand a hole which is perhaps one inch (or 25mm) in diameter. The stand should be placed exactly in the very centre of the table, with the hole in the stands upper platform over the central point. The dome should then be placed on top of this, so that the hole in its wooden base is aligned with the hole in the dome stand.

The result should be that there is clear access from the table top through into the dome, via the holes. The alignment of these holes is important because it allows for any expansion of the atmosphere (which can be caused by a buildup of energy in the glass dome during experiments by the spirit team), to take place safely, and this prevents the fragile glass domes from shattering.

The spirit team at Scole suggest that a suitable stand on which to place the dome and its wooden base should be made of an insulated material such as glass, perspex or plastic. This is necessary to avoid any premature discharge of the energies that are being stored. For the same reason, group members should not touch the dome between sessions. The platform of our own stand is made of clear perspex, and is about a quarter of an inch (or 6.25mm) thick. The legs of our platform are about three inches long (or 75mm), and consist of lengths cut from a solid clear PVC rod, about one inch (or 25mm) to one and a half inches (or 37.5mm) in diameter. These are glued on to the bottom of the platform. Glass domes are rather expensive pieces of equipment, and it is recognised that these may well be beyond the means of some groups in the early stages of their work. It is desirable for an experimental group to have one, and it helps tremendously with the work, especially with some of the more advanced experiments, but we are told it is not absolutely essential. It should, however, be noted that the absence of a dome limits the scope of the spirit team, and that the more extensive and complicated phenomena cannot be achieved without one. In the meantime, it is perfectly acceptable and adequate in the initial stages for an experimental group to use a quartz crystal cluster instead. This has been tried and tested in the Scole group, and it is known to work. The crystal cluster (preferably with several points) should be placed, like the dome, absolutely central on the table, where it can be used as a focal point. Please remember too, that four luminous tabs should be fitted to the table. For the very best results, the two items, the glass dome and a quartz crystal cluster can be used together, with both on the table at the same time. In this case, it is more essential that the dome be placed at the very centre of the table, with the crystal sitting elsewhere. If both are used, the position of the crystal cluster is not then so important. We work this way at Scole, with both items. In

addition to the dome and/or crystal, it is helpful to the spirit operators for groups to provide a small number only of other articles with which the spirit team can conduct energy manipulation and/or levitation experiments. At Scole, we have a string of cowbells, which is hung from the ceiling over the table, and the lower of these has a small luminous tab attached to it, so that group members can see when the bells begin to swing, before they hear them.

A cardboard tube is helpful, perhaps about the length of the tube inside a kitchen roll. This should have a narrow luminous band attached right round it at one end. You can also include a ping-pong ball fitted with a couple of luminous tabs, and a light balsa-wood cube, likewise fitted with luminous tabs. These lightweight articles will only be required for the purpose of levitation experiments in the early stages of the group development, and should be placed on the floor under the table during group sessions. It is best to ensure that the apparatus and equipment is kept to this minimum, as too many items in the room in the initial stages can cause confusion, inhibit the phenomena, and limit the communication.

It is also important that not too many luminous tabs are used within the room during group levels, as too much light from luminous items can be detrimental to the phenomena. In addition to the luminous tabs on the table, on the bells and on the items for levitation experiments, we do also have a luminous tab on the light switch at Scole. The only other luminous tabs used at Scole are on the wrist bands which are worn by all group members when visitors attend the group sessions, and these are more by way of security measures, so that all visitors can see the position of group members wrists at all times during the experiments. This latter measure should therefore not be required during the early development of a new group, as they should not be allowing any outside visitors to their group sessions until specific permission for visitors to attend is given by their own spirit teams. Finally, it is acceptable to provide a small glass of water in the room for each of the group members. The top of the glass, however, should be as narrow as possible, so that only a very small area of water in each case is open to the atmosphere. It may well be that the group member or members who eventually develop a form of mediumship which requires them to be in an altered state or consciousness during communications, will need to take a drink of water when they return to their normal state - or indeed, that group members will need to take occasional drinks to ease coughs, or whatever.

## 8. Frequency and Duration of Group Sessions.

There is no hard and fast rule as to how often an experimental group should meet for their group sessions, or for how long each of these experimental sessions should last. All we can do here is to suggest guidelines which it will be useful for groups to follow. Ideally, an experimental group should aim to meet once a week, but if this is not possible, then once a fortnight, or once a month is acceptable. Bear in mind, however, that the less frequently the group meets, the longer it will take to achieve communication, and develop the physical phenomena they are seeking. In the early stages, once a week is quite sufficient, and this is the basis on which the Scole group started its experiments. It may be, at a later stage, when the phenomena obtained in a group has developed into something quite wonderful, that a group may make the decision to sit twice a week (as we now do at Scole), but that is a matter of personal choice, and depends on whether group members wish to devote further time to the work. It is also something that the spirit team working with a particular group may well advise on. As for the duration of each group session. Right from the very beginning, the minimum time for the group session proper should be one hour. It would be more helpful to allow an hour and a half, since, in the early days of a group, it is going to take some time for the energies to build up, and if a group session is closed after an hour, it may be that the energies are only just getting strong enough after an hour to be manipulated for the purposes of phenomena. Once the phenomena has established itself in a group, a more normal duration for a session would be about two hours, and at Scole, we have on odd occasions had group sessions

that have lasted for almost three hours.

When the groups work is established, the spirit guides and helpers will themselves say when they have finished their experiments during a session, and it is time to close but, in the early days, group members will themselves gradually learn to recognise when the energies begin to fade, and it is time to bring the session to a close.

## 9. General Procedure Prior to a Group Session.

The decision to start, or to become a member of an experimental group such as the Scole group requires a great deal of thought, and should not be taken lightly, as it involves a certain dedication and personal commitment, not only to the group and its other members, but also to the spirit world. It is necessary, for instance, to recognise that this must be a long-term thing, and not just a flash in the pan lasting no longer than a few weeks. Group members must be self-disciplined. It is very important that every participant regularly attends experimental sessions, with the only exception being ill health and holidays. Likewise, members should always arrive promptly and in good time for the session. Treat it like a business appointment, and accept that it is rude to other group members and to the spirit team to arrive late for a meeting. Ideally, group members should aim to arrive at the venue about half an hour before the group session is due to start. This buffer time should allow them the opportunity to calm down, compose themselves, and to put the hustle and bustle of their daily life, with all its problems, out of their minds. Harmony between group members is vital in achieving good results during experimental sessions, and this calming period helps to provide the necessary excellent harmony. Group members should drink NO alcohol on the day of a group meeting, as this inhibits the work of the spirit team and the flow of the energy, even when only one participant has taken an alcoholic drink. It is a good idea to avoid a heavy meal just prior to a group session, and group members should remember that since they may well be sitting in a dark room for anything up to two hours or more, they should all take the opportunity to visit the toilet beforehand if necessary. There is nothing worse than desperately trying to hang on for the duration of the experiment, bearing in mind that they can't just get up and walk out in the middle of a group session. If participants are uncomfortable in this way, again, it inhibits the possibilities for phenomena, and the flow of energy. Watches that beep or light up should be taken off beforehand.

## Section 4

### The Group Session

#### 10. Settling In - The Rainbow Bridge.

This chapter is about attuning oneself to spirit, and therefore the bridging exercise, as we call it is the very first thing that we do in the Scole group after we have sat down on our respective chairs, and have turned off the room lights. This exercise should not be confused with the group session proper, which only starts after the universal opening prayer - however, it is a helpful way of attuning oneself to the presence of the spirit team. It

is a way of reaching out from our physical world to our spirit friends, in much the same way that they reach out from the spirit world to us. The other very important purpose of starting the meeting in this way is that it helps us to relax, and calm ourselves down for the session ahead. During this period of about five to ten minutes, we softly play a calming, meditational type piece of music, whilst we empty our minds of everyday things, and concentrate on linking up with our group guides and helpers in the spirit world. It is, of course, necessary that all members of the group like the music that is played during this quiet time. When a group first comes together, the piece can be chosen by trial and error, trying a different piece of music each week until everybody is happy, and then keeping to the same piece of music each week to set a regular pattern for this bridging exercise. We all mentally imagine ourselves standing on one side of a bridge, with a spirit person standing on the other side. Gradually, both of us start to cross the bridge, till we meet and greet our spirit friend or friends in the middle. The groups spirit guide Manu, who is always the first to speak during group sessions at Scole, suggests: During the bridging exercise, think of a Rainbow Bridge. See yourselves crossing a beautiful rainbow into this land of light. You will not, of course, reach the spirit world in this way - for only if you are departed from your physical self, can you come to the other side! But just approach our land of light in this way, and you will help to fix upon the moment when the colours start to stream out towards this place in which you are sitting. That would be a very useful thing to do. This is also a helpful suggestion for every experimental group.

## 11. Keeping an Open Mind with No Preconceived Ideas.

It is important that all members of experimental groups who seek to develop physical phenomena approach their group sessions with a totally open mind. Recognise that all of the group members - every single one of them - is taking part in the experiments, and should do so without any preconceived ideas. There should be no pre-determined ideas or decisions as to which group members may or may not be used by the spirit team in whatever way. If it is felt by those involved that they wish to sit for themselves - for their own development, etc., then there is no place for them in a group such as this, as what they have in mind is a totally different thing to the energy-based groups we are discussing here, and the way of working which we are setting out in this guide booklet. These guidelines are purely for people who wish to sit as groups, and who do not necessarily need to have any previous experience of the subject. Some, of course, may well have experience of psychic matters, but not, perhaps, with regard to this totally new and different type of phenomena, produced with energy-based spirit world technology. All members of the group should be regarded as having equal status, and should sit in their groups with an open mind. Totally and utterly open. That is to say, open, free and generous. Generosity is so important. If you have a closed mind and closed ideas, little can be done by the spirit team that is drawn to your group. You may have love in your heart, and all the will in the world to go forward, but if your mind is closed, then you will hamper the groups spiritual growth, and the development of the phenomena. The idea, therefore, to recap, is to participate in the group with an open mind, and with love in your hearts, whilst you wait for communication, for communication will surely come in time. It may come quicker, indeed, than group members might imagine, as is often the case. Someone will eventually be used for communication purposes, but who that is to be, is a matter for the spirit team of a particular experimental group to decide. It does not matter at all which person, or persons will eventually be used mediumistically within the group for the communication, only that the communication takes place.

It is possible that the spirit operators in any particular group may wish to experiment with all the participating members in turn, to find out which of them are most suitable for their required purposes. The spirit team will make the decision as to what will suit a particular group for the growth of that group. And the other members of that group are just as important, whether they are used in a mediumistic way or not. In fact, in some ways, they are more important to the group, because they are the ones who are keeping everything together, while

somebody is being used in a different way, and that is an absolutely essential function. And it may be that the qualities they have are then not impaired - as it were - by using them in a higher state of altered consciousness. They can be used in other ways, so that their energy is used to its best value at all times.

## 12. The Opening Prayer and Behaviour Within the Group.

Once the bridging exercise has been completed, one of the group - perhaps the person who is in charge of playing the music, should announce the end of the exercise audibly, and check with all group members that they are ready to start the group session proper. Having done that, the next music tape should be set up in the tape player ready for the session, but not turned on until the opening prayer has been completed. An opening prayer is an important aspect of a group session. In so saying, it should not necessarily be carried out with any particular religious motive in mind - more in recognition of the value of prayer in all things spiritual. After all, within the subject of Spiritual Science, groups of this type are working with a joint scientific and spiritual motivation. It is felt that the opening prayer should be very much of a universal nature - in other words, a modern and non-denominational way of prayer that reaches into a universal love which encompasses all faiths, and adds to all faiths, because love knows no barriers and no boundaries. Although the exact form of prayer to be used is a matter for individual choice, it is felt that for the maximum benefit, the prayer should be addressed to the infinite spirit - creative source of all things, and to the spirit friends, helpers and guides of the experimental group. This opening prayer should be given by one of the group members. It may be that one of them takes on this responsibility permanently, or perhaps members can take it in turns from time to time at different meetings. It does not matter who says the prayer, only that the opening prayer is given at each group session during the appropriate moment.

The prayer need not be of fixed wording, but should come from the heart of the person giving it at the time, although the general format might be similar on each occasion. It should be stated, for instance why the group is there, to develop physical phenomena so that others throughout the world may be helped to know the reality of survival, of life after death. Groups should ask that they may be privileged to receive the energies that will enable them to help the spirit team to develop the physical phenomena they seek, and they should also ask that they themselves may be used in any way necessary for this phenomena to be produced, as well as asking for guidance for the group from their spirit helpers. The prayer should include a request for the group to link up with their main guides and helpers within the spirit team (not personal guides and helpers) and enjoy the love and harmony brought by those spirit helpers. Then - particularly important - a request that the group will enjoy the protection of their spirit friends during the group session. A vital thing to remember is that during this opening prayer, there must not be a request from group members for healing or help to be sent out to people who are in need, or the world in general. That particular request must only come at the end of the group session, as it will, if brought in at the beginning, dissipate and divert those energies away from the group that are specifically needed for the production of the phenomena. In the Scole group, one particular member of the group gives the opening prayer on a regular basis, whilst another designated member gives the closing prayer at each session. Throughout the session, group members should sit in a very relaxed manner, with their hands perhaps resting on their knees, or on their laps. They should not fold their arms or cross their legs, because this only causes them to become uncomfortable, and is bad for the circulation. Group members should also not stick their feet and legs out in front of them whilst sitting in the group. They should not put their hands on the table and it is not necessary for them to hold hands with other group members around the central table.

It is important that group members make a great effort to try and stay relaxed throughout the whole of the session. There is a reason for this, the reason being that the spirit people may wish to come close to a group member. They are unable to do so if the person is agitated, or uncomfortable, or thinking of what they've got to

do tomorrow. The group member has to be totally and completely open to respond to and interact with that particular spirit visitor. It is only when participants have a relaxed attitude that proper communication can take place.

### 13. Music During the Session.

Music plays a very important part in an experimental group for energy-based physical phenomena. It is an essential part of the proceedings, and should therefore be played throughout the whole of the group session. There should be a variety of music tapes available to play, but whatever tapes are used, the prime consideration should be that all the group members are happy with the selection. It is rather nice to use classical, instrumental music as part of the groups repertoire, but a good variety is the main object. There should be some lively, classical, instrumental pieces, with some rather more melodic, romantic music. Some should have a good lively beat - at Scole we have frequently used the Hooked on Classics series, along with some traditional jazz, and some marching style music. It is the vibration of the music which helps the spirit teams to do their work. Not just the type of music, but the vibration that the piece gives off. It may take some time before a new group settles down with the music which is most suitable for them and their spirit helpers. In the beginning, it is simply a process of trial and error to get the music right. At Scole, during this trial and error period, it was gradually discovered what pieces worked better than others and, particularly important, what pieces worked, according to what phenomena was taking place. A selection of pieces is desirable, that mostly come from an average area of music. Nothing that's too dramatic, and too much changing in its mood more middle of the road music. There is no need for rousing music, or for group members to involve themselves in a frenzy of singing. Participants in experimental sessions may like to quietly sing or hum along to a particularly pleasant piece, but it is not necessary to do this as a matter of course. At Scole, we tend to only hum along to the very first tune.

It is important that one of the group members who is not used in any other way trains themselves to operate a tape player in the dark, and to change tapes from time to time. They can be designated the Music Controller, and do the job on a regular basis. If this proves to be a problem, then it is permissible to fit two tiny pieces of luminous tape to the stop/eject and play buttons to help locate them in the dark.

For general group purposes, it is perhaps a good idea to put together some lengthy tapes, with a mixture of music on them, so that it is not necessary, in the initial stages, to change the tapes, and the music, very often. We are told by our own spirit team at Scole that different people like different sorts of music according to what vibrational energy they have. People have different vibrational notes within their energy field. Its as if there's a toning between the music and the person, that matches. So, theoretically, (although the explanation is a general one), if a group of people coming together for experimentation purposes all like the same music, they should be in harmony with one another! An example of this working in practice is the joy and positivity that are generated during the annual promenade concerts. At that time, they are all as one - brought together by the love of a particular piece of music. Another point that should be borne in mind is that group members own personal guides and helpers have their own preferences with regard to music. Whilst these may or may not also be the same preferences of the group members themselves, it is a fact that until a common vibration is found in other words, the correct type of music, not only the piece of music, but the general category that that piece of music falls into, then the communication between the group and their spirit team, will not be as easy as it could be. However, when everything is in harmony, and is gelling together nicely - dovetailing - then, of course, its far more likely that good results will be obtained. Communication is that much easier, and it therefore follows that the phenomena will be much more likely to occur.



It is not felt that in the very early stages of a groups development that there should be a necessity to record the proceedings at each meeting. First and foremost, the presence of extra electrical leads in the room can cause problems for the group's spirit team. But once the small stirrings of the first minor phenomena are noticed, or a group member has felt inclined towards an altered state of consciousness, then recording the sessions can be helpful. It may be that when the recordings are played back, the tape contains some instances of EVP (the Electronic Voice Phenomenon, where extra voices from spirit can be heard on the tape, although not heard objectively when the recording was made). Perhaps the designated Music Controller can also take on the responsibility of recording the sessions (as at Scole).

#### 14. Communication.

When the group session has been opened in prayer and the music is playing in the background, group members should continue to relax and chat normally and quietly amongst themselves. The interaction of speech between group members is definitely helpful to guides, helpers and, especially to communicators and would-be communicators. People must realise that they are participating in the group first and foremost to become attuned to their guides and helpers, and for their guides and helpers that constitute the spirit team to become attuned to them. It is a process of blending, and it is important to achieve this goal before the work can go forward. This is one of the main reasons that it is a good idea in the initial stages for groups to include the request in their opening prayer for them to be linked up with the groups main guides and helpers (this is not the same as their own personal guides and helpers). At this point, we should once more refer to the dedication and commitment needed from every member of the experimental group, because it will take many, many group sessions for positive results to be established. They will sit many times, perhaps, before they even feel the closeness of their own group helpers. Perseverance is necessary. But it is communication that is the prime desirable object of every new experimental group. This is their target, and it has to be established first of all, before the group can progress. Communication with the group helpers is what the group is aiming to achieve, and to achieve it through the use of these new energies - these wonderful changes that are taking place throughout the world and throughout the spirit world.

Communication is essential, for it is in this way that they are to get their guidance and help from the spirit world. In this basic guide, it is impossible to deal with the specifics in each separate group. The requirements for their own group must, of course, come through their own helpers and guides. For their own spirit teams may have some interesting experiments of their own to conduct, and the apparatus for these may well not be exactly the same as that used, for instance, at Scole. Communication is therefore the initial aim of every group, and it will come through the altered state of consciousness of one or more of the group members. This is likely to be just a light form of control by the spirit guides and helpers in the first instance, but will move on to a much deeper level as it progresses, so that the person or persons who are used in this way will eventually be totally unaware of any messages, information or advice which is given through them in this way. Sometimes, there is a gradual adjustment, as people begin to feel safer with the different feeling that comes over them during this process. Of course, it is important here to recognise that it is likely to be the first time that the group member concerned has ever experienced such an altered state of consciousness, and to explain that the process is perfectly natural and SAFE. No harm whatsoever will come to them. Whilst that person has love in their heart, everything will be done for the best. Now it could well be that more than one group member experiences this phenomena of an altered state of consciousness, with its allied closeness of a guide or spirit helper. This should not be discouraged, as it is not a problem for the spirit team. Eventually, things will even themselves out, and a pattern will form. This is a natural progression. Once communication is made, and established, then things will settle down.

Conversations will ensue, and instruction, advice and guidance will come. Before any of the group members experience an altered state as such, there will be occasions when some people will be inspired. This is certainly not to be despised. It can be a pre-runner to proper communication. So if people are inspired, and what is given through them is good, then that should be encouraged, because it may lead to something deeper. The next step will be that those dear souls in spirit will communicate and advise that group as to the individual requirements of their own spirit team, so that progress can be made. One thing to bear in mind is that it is generally not good if you happen to get a communicator coming through that's rather dictating what the group and its members should do, and the direction they should go in their lives, and so on, because if that is happening in your group, you can be pretty sure that the communicator is not of a good level. Proper guides and helpers in a spirit team would never interfere to that degree with the free will of the group members, so it is something to look out for in the early stages, until such a time as proper communication at a decent level is established. There is always the slight possibility that such a communicator might come in. Group members could feel that they have got a good connection, but if that communicator starts to dictate too much right at the start, then they are unlikely to actually be a member of the spirit team associated with that group, and not too much attention should be paid to their demands. The right communicators will always come in time, so that the group can progress in the right way.

It is important that group members use their commonsense when evaluating communications which come through from the spirit world. If anyone within the group feels uncomfortable with what is given from spirit, then they should question further to ensure that the communication is on the right lines. Do test the calibre - if you are not sure - of the spirit communicator.

It should be mentioned here that acquiring communication from the spirit team working with your group is a thing that must not be rushed. There isn't any rush at all. Some people sit with a sense of urgency. Whilst it is perfectly understandable that one should feel joy and joyful anticipation when setting out on an adventure such as this, it is not necessarily going to slow the progress down if you let things develop at their own pace. In fact, letting the thing develop naturally will help the whole process, as it provides a firm foundation for the phenomena to be built upon.

## 15. Phenomena.

At the same time as the communication between group members and their spirit team is beginning to establish itself, it is likely that there will be the first signs of physical phenomena within the group. It is important here that we bring to peoples attention that phenomena which they might experience in the early days of their experimental group, but again, it should be stressed that every independent group is different in a subtle way from its counterpart amongst other similar groups. Whilst all groups will be working in the same way - with a blend of energies - there will be slight differences in the phenomena between one group and another, because of those subtle differences in the actual blend of energies available to the spirit team of a particular group. It may be that a particular group will witness some phenomena that similar groups are unable to obtain, for instance and, of course, it follows that other groups will achieve phenomena which that first group do not get. What we are attempting to give you here are only the first basic guidelines, to help groups get up and running so to speak, and we are therefore unable at this stage, to cover all the eventualities.

Please bear in mind that the phenomena described in this booklet covers only the first stages of the energy-based phenomena that experimental groups are likely to encounter, and that for the more advanced and specialised work within such groups, the New Spiritual Science Foundation will in future be publishing further

educational booklets with the intention of helping groups to develop and work with those more advanced and specialist aspects. In the very beginning, experimental groups can expect to develop and experience only very minor phenomena, until such a time as they have developed their communication to such a level where they enjoy an excellent rapport with their spirit team. The first sign will perhaps be a noticeable coldness in the room, particularly from the knees down. This may be accompanied by noises and movement - raps and taps - or perhaps a movement of air, and a general feeling within the group that the atmosphere is becoming charged. Group members may be aware of currents of air, and of the movement of energy, as it passes round the group. It can initially be as if it brushes past group members, so that they wonder what has touched them slightly. In fact, in the early stages, this is just likely to be the energy moving around, and it is a perfectly normal and natural process in a group of this nature. Certainly nothing to worry about! Once a reasonable level of communication is established, it will then be up to the spirit advisors within a group to advise the group as to which direction they will go in their development, and the requirements of their spirit team to help them with the phenomena. It is likely however, that they will be needing something along the lines of the cardboard tubes, balsa wood cubes and Ping-Pong balls that we have already mentioned under apparatus in chapter 7.

It is therefore probable that group members will experience levitation of some description. This will be achieved by the manipulation of the energies - drawn from energy columns or energy structures by spirit operators. It is because of the very nature and density of the blend of energies that they are able to manipulate such objects in an exercise of levitation. Within the Scole group there has been a profusion of experiments with levitation since 1993. The continued development there, in less than three years, has meant that the Scole spirit team are now able to levitate extremely heavy objects at will. In addition, many types and forms of spirit lights have been observed. Spirit lights are certainly something that most other energy-based experimental groups will experience. Because they are a by-product of working with energy-based phenomena, there is a very good chance that other groups working with energy will experience them quite early on in the development of the group. These could well be spirit lights of several different colours and varying sizes, and they are likely to manifest in any part of the room. It was discovered by the spirit team at Scole that these lights made themselves obvious to us (the group members) during the course of other experiments in which the team were engaged, in their manipulation of the energies. They are therefore a byproduct of the energy-based work, and were discovered by chance. It is now known to be a fact that by mere necessity alone, if a group is working in this way, these spirit lights will make themselves visible to group members.

There is a good possibility that groups will have a number of little tokens brought to them as small gifts by their spirit teams. These items (which are not in the room at the beginning of an experiment) are teleported into the room during the course of a group session, often coming from great distances away. They are manipulated from one place to another by the energies, and can consist of absolutely anything. At Scole, as previously mentioned, we have received many of these tokens. In fact, the very first energy-based phenomena we ever had was the receipt of a Churchill Crown in this way, back in 1993. The bringing of these tokens at Scole is usually undertaken by the groups guide Manu, who is assisted in choosing them by two Victorian children. Once again, I should perhaps stress here that these items are never stolen, but are often lost or abandoned objects which sometimes belonged personally to one of the communicators, in their own lifetime. The very fact that token objects such as this can be brought into the room from great distances by the manipulation of energy shows that these special energies can be extended over vast areas, so that tokens can be manoeuvred from outside the area of work - into it.

Now, we should perhaps just touch very briefly on the subject of psychic photography. Once communication with a groups guides and helpers has been established, and there is a sufficient presence of energy for use by the groups spirit team, then it may be a good idea for the group to ask if they are ready to undertake some experimental work with psychic photography. If permission is given, then they can bring a camera (which must not have any flash on it) into the group, loaded with a 35mm film. This could be left under the table, or on a

chair during group sessions. Another possibility is for the camera to be used by group members to take pictures in what appears to be darkness. It may well be that groups will be able to capture some early energies on the film in this way, once energy has been established. It is, however, important that the groups spirit team are consulted first, before the group commences any such experiments. If the group is not ready for this particular aspect of their work, the addition of extra apparatus into the group, such as cameras, can actually inhibit the communication.

For a fuller explanation of the more advanced photographic work such as that which is currently being undertaken within the Scole group, we suggest that readers subscribe to the foundations quarterly bulletin - the Spiritual Scientist, which goes into depth on the subject of the ongoing psychic photography experimental work which is currently being carried at Scole now, and the work of this nature which has taken place there in the past. In addition, there will eventually be a separate booklet from the foundation, covering this complex subject.

## 16. The Healing Exercise.

The group session should be brought to a natural conclusion. When everybody feels comfortable. We have already spoken a little about the possible duration of the experimental meeting, so this will possibly happen after a minimum period of about one and a half hours. If anyone has been used during the session - in whatever way - then the other group members should make absolutely sure that they are comfortable and happy upon their return to the normal conscious state. Should they still be in an altered state of consciousness at the end of the session, then other group members should call them back to normality by calling out their christian names till they respond. It is most important that other group members do not touch them or shake them during this process, as this can jolt people, and cause them to feel discomfort. It should be handled in the same way as you might call someone who is at a little distance away from you. You would call them to bring them back, until they were near you again. At this point, the group session is not quite over, as members should now undertake a healing exercise, prior to closing the session with a short prayer. Under no circumstances should the room light be put on until after the closing prayer. Once all the group members are back to normal, and feeling comfortable, the healing exercise can take place. The healing work is extremely important for every group, because it uses the energies that are left over in a very positive way. It also stops the buildup of too much energy in the area of the group sessions, and keeps the energy flowing. Energies come to the group, energies are used for the work, and then the excess energies are sent out for the healing work. The energies are therefore replenished on a regular basis, and it is as if the whole process cleanses the place to start again another time. It is a way of consolidating the energies back to their source - these wonderful energies of light and love.

The healing exercise takes place in this way: First of all, the group members should mentally fill themselves with the healing energies. Then they should imagine themselves as a radiant star, sending out the healing mentally to wherever it is needed. To begin with, they should mentally ask that the healing is sent to each of the people, in turn, whose individual names they think of, knowing that those people need healing at that particular time, and, of course, to any particular individual whose name has been specially mentioned by other group members as being in urgent need of healing.

Once the healing has been sent in this way by all group members to those individuals of whom they are aware, the remainder of the healing energy should be mentally sent out in the same way to anyone in the world who is sick of mind and/or body, and who is in need of the healing. Finally, a thought for the energies to help in bringing about peace throughout the world, is very worthwhile. The very act of participating in this healing

exercise, for the good of their fellow human beings and mankind generally, should result in everyone within the group themselves feeling cleansed and refreshed, and this in turn will have the effect of keeping any negative energies well away from the experimental group. One of the group members should then check verbally - after an appropriate length of time has been allowed for the healing exercise - that everyone is O.K., and ready for the closing prayer. Remember, the room lights should not be put on until after the closing prayer has been concluded, and group members have closed themselves down psychically.

## 17. The Closing Prayer.

Like the opening prayer, it is important that a closing prayer is given so that a group session may be concluded in the same way. The prayer itself should be short and informal. It should also be based on the universal love which is present during group sessions, embracing all faiths. The prayer should be again addressed to the infinite spirit - creative source of all things, and to the spirit friends, guides and helpers of the experimental group. Perhaps group members might like to take it in turn to say this closing prayer, or alternatively, as in Scole, it might fall to one particular group member to perform this function at every meeting. This should be a prayer of thanks, thanking everyone concerned in the spirit world, for the greater source of everything, for all that has taken place, the efforts that have been made and for the love harmony and protection that group members have experienced during the session. Once the closing prayer is over, group members should close themselves down psychically. This is a very simple process, and can be adequately achieved if people imagine themselves briefly to be just like a flower, perhaps, closing up its petals for the night, and keeping everything secure, and any negative energies away from them as they go about their everyday business.

The room lights should not be turned on until after this closing prayer, and everybody is happy and comfortable. Make sure that a verbal warning is given to everybody before the lights are actually turned on.

## Section 5

### Conclusion

## 18. Why Work with Energy-Based Physical Phenomena?

In this booklet, we have tried very hard to explain the basic concept of the new work, and to give the basic guidelines that will enable many other groups to come together and develop energy-based physical psychic phenomena for themselves. We have illustrated the fact that the work is very very new, and very very different from other work that has gone on in the past. It is now possible for this very special new phenomena to be developed, sustained and demonstrated on a regular and repeatable basis by groups of people who come together for that specific purpose because of the energies that are being directed in a loving way to this earth at the present time by those in the spirit world who care about us our welfare and our future upon this planet. We have explained that this new way of working is ultra-modern, and that it is scientific. Indeed, it has given birth to an entirely new science subject - Spiritual Science, which is the science of life and the afterlife. It is for today's society, towards the millennium and beyond. Its very being will be of immense benefit to future

generations, who will learn by the experiments which are now being undertaken in this way by various groups around the world. We do recognise, however, that some people may well still voice the question: Why work with energy-based physical phenomena?

The best answer to this comes from one of the hardworking spirit communicators at Scole themselves, who had this to say during the special sessions which were held by the Scole Group for the spirit team to outline exactly what they wished us to publish within this booklet:- There is a lot of mental mediumship about. In your country, its more prevalent than physical mediumship. But wonderful though that is and, comforting though that is to a great many people, it is not so easy to prove scientifically as in the case of the work we are doing. And so, although we acknowledge that the mental mediumship is wonderful in itself - quite wonderful - for a great many people, we are working this way, with energy-based physical phenomena, because our primary objective at the end of all this is to be able to prove to sceptical people, the reality of the scientific experiments that we are currently carrying out.

And this is going to be so interesting worldwide, as more and more people and groups of this type get together. There is going to be such strong evidence of the other dimensions of life, and this fact has got to be of great value to so many people. To so many people in the modern world that dismiss it all by saying Well, they're talking generalities - double meanings, etc. .... Anyone could understand that message ..... and so on.

But if something takes place on a repeatable basis, under test conditions, then it has to be taken seriously, doesn't it?

Need we say more? We feel that the above explanation contains all the reasons we might have ever sought ourselves, for working in the way we do at Scole, with this wonderful new energy-based physical psychic phenomena.

## 19. Words of Wisdom from Manu Guide of The Scole Group

When the scole group hold their twice weekly group sessions, the very first spirit communicator to speak is the guide Manu. He is a very wise and very loving soul, and it was felt by the Scole spirit team that it would be beneficial for some of his words and sayings to be included in this booklet for others to read. Manu has much to say about the reasons for the new energy-based physical phenomena, and why it is now being developed lovingly by spirit world souls, with the help of the very special energy that is being beamed to earth as part of a divine plan to make man more aware of himself spiritually. The eventual aim is to help us all transform this physical world for the better as the millennium approaches. During an experimental session held at Scole on 17 February 1996, Manu had this to say:

It is not just about phenomena that we come here to you.

The reality is that we hope for many to have a greater understanding of what they truly are. Man, yes - is a physical being with a mind that is aimlessly going from one existence to another, but he is something much greater than that. We wish to show to people that they have a spiritual aspect to themselves they are not victims of circumstance they have more control over their lives and destiny than perhaps they realise. They have a creative force within themselves, that if they can know how to use wisely, can transform not only their own lives, but the world around them. It is for this reason we claim attention by producing phenomena that we may get these words across so that they may see the spiritual aspect that we are bringing, and so get an awareness of their spiritual selves. People say Life is like this, or life is like that. They feel they have no

resistance that they have to go like a piece of seaweed in the sea, drifting around, but that is not so. What they have to recognise is the creative force within themselves - the creative force that can change so many things. Once they have recognised that, then they are no longer sleeping bits of weed in the sea. They have been awakened to a much greater truth.

That is how changes will come to your world people having a collective consciousness a spiritual consciousness that will pervade all matter a consciousness that will change mankind as a whole, in time. It is already beginning! Not just with the work of this group, but with the work of many. As people come together that have this understanding, we will help them to see that they do not have to drift - rather that they have a purpose, and then changes will come about.

These new energies that are coming to the world will help to raise spiritual consciousness and cause a quickening in mans thoughts that will make things much easier. You will see in your lifetime the changes beginning some in quite dramatic ways you would not have thought possible. I know you will welcome these things. We hope to share these thoughts with many. You are of one mind here - and one purpose.

On February 26th, at the beginning of the first of our two special group sessions held for the specific purpose of receiving the details and format which the Scole spirit team wanted us to use in the compiling and publishing of this guidance booklet, Manu continued his theme:

Greetings, my friends. What a joyous occasion is tonight! For I hope that you will feel - as we feel - the upliftment of our words, that will go out to reach many in many parts of the world. Not straight away, perhaps, but in time. Those that would wish to work with spirit, in this new way, that look to you for guidance. And you look to us to give you the words. What a splendid team we are! One cannot do without the other, and we appreciate what you do. Just as you appreciate what we do, and so it should be. A co-operation of worlds, one with the other. For each others fulfilment for each others wisdom, and for each others extension of knowledge. For we wish to extend peoples thinking about this, as you know. And so we hope that the words that you will be given will be enlightening and useful to others. We cannot dictate word for word, so there will be places where you will have to use your own minds also, to ensure that the language will be understandable. But we will give you the important parts. The parts that must be included to give a full picture of what must take place to get the results that people are searching for.

I will not be too long in speaking, as I have to build a special atmosphere with the energy tonight. A special atmosphere where the words will flow freely. Those words will be given with wisdom, and with much thought behind them. For I know there are those - in my world - who are thinking very hard about this, and want it to be right as you do also.

The second and final special session for the preparation of this educational booklet was held at Scole on March 1st, and once again, Manus words were uplifting as he spoke to us, setting the scene for the other spirit communicators:

Greetings, my friends! So good to come across that rainbow bridge to you again, for I feel your loving vibrations, and it is as if you call me - with the way that you come to this group, and your attitude to the work. It gives off a great energy a great wave of energy, as you sit in your places. And you lift your hearts and minds, as you focus on this time together. This time where we work together. It is a wonderful moment, and such moments are very precious, when two worlds intermingle in this way.

I do congratulate you on your attitude, for it is - as they say - a healthy attitude of balance that you have in your minds, so that you are not thinking too greatly of one aspect or another. Your thoughts encompass the whole

of it. You know in a great ancient place, there were written the words across an entrance - Know Thyself. That, of course, does not mean the physical self, but the true self - the spiritual self. And it is that which we shall help others to discover about themselves. We shall help them to truly know themselves also. That they may know that they are a spiritual being. A shining being within a body. For that is the truth, and that is what we aim for them to understand. That will be so good. Not just for themselves, but for all those around them, and the world about them. That will make such a big difference to the world, and we cannot wait to join with other people who are doing other work in this way! That we may have a new beginning for the world. A great wave of spirituality that will be so wonderful.

Finally, at an experimental session which was held at Scole on 16 March 1996, in the presence of some eminent scientists, Manu's opening comments were as follows:

So good to be here, at this appointment once more. I have stepped over the rainbow bridge to you, and I hope one day you will see the vibrant colours that I bring with me for the work. It is as if you are showered in golden droplets of rain tonight. Spiritual rain to refresh you, for what we are doing is like an awakening rain coming to a barren land. Many will have to feel the rain upon their faces to know of their spiritual self, but, just as a magnet draws the metal to it, so we shall draw men to look at their spiritual selves. Many people will say to you that you are wasting your time sitting with us. You know this, of course, but it is not so! By itself, it might be a small thing to sit here and see what we can do, and to hear our words also, but combined with the energies that are coming to the earth, there will be a great awakening in many ways. What we do is part of that plan.

Cosmic, pulsating energies, coming to the earth all the time. Just as everything is evolving, nothing stays still. At this time of his evolving, man is ready for these energies to come upon him and give him what he is thirsting for. So we shall give him refreshing rain of knowledge that he may drink from these waters that he may know of his own spiritual self - for only in that way will man change. You cannot meet man on a physical and mental level and make him understand, but when you speak to him on a spiritual level, it is another matter. First, we must reach out to man's higher aspect, and then filter down to his everyday life and the choices he makes. Only that way will change come about. You cannot make man understand in any other way. Once his spiritual self has been awakened, there can be no sleeping again, as he is changed for all time.

This is what we wish to bring about. Some people will change in a natural way. They will feel the energies and respond with their inner selves in a natural way. Others will need evidence of the kind of energy that is going on. That is where we can play our part. Others will work in other ways to show and demonstrate these energies. I hope this has given you a little idea of what we are about.

## 20. Communicating with Surviving Personalities in the Spirit World

To conclude our booklet, it is important for us to stress that any body can set up an experimental group with the express intention of their developing physical psychic phenomena using the energy-based spirit world technology, if they follow the guidelines we have laid out here. We do hope that the step-by-step format of this first New Spiritual Science Foundation educational booklet has illustrated just how simple, normal and natural the whole process is, and emphasised the fact that there is absolutely no danger whatsoever (physical or mental) to those involved in group sessions of this type.

People should not think that it is terribly complicated for them to do this work and to develop this wonderful phenomena such as the Scole group witness every week, because the whole thing is simplicity itself. In the



booklet we have tried to present as much information as possible in an understandable way, because the more that groups can get right in the very beginning of their work, then the quicker and easier the results will be. In this guidance booklet, we have endeavoured to give the facts that will enhance the simple beginnings of phenomena for new groups all over the world, and we hope that through the publication, we have given sufficient enthusiastic encouragement for many, many experimental groups to be set up.

Later on, the foundation will be able to produce further booklets, dealing with the more advanced and sophisticated phenomena in more detail, but the first necessity is for groups to get the energy-based phenomena established for themselves. What readers must understand, however, is the fact that the whole process of developing such phenomena is a two-way thing. What must essentially be established first by any aspiring experimental group is a true partnership between themselves and those spirit guides and helpers who are drawn to them for the purposes of assisting them with their work. In other words, there has to be communication with surviving personalities in the spirit world. Once this communication is happening on an ongoing basis, then anything is possible!

The truth of the matter - and what lies at the heart of all of this - is that we all survive. Death is nothing! Nothing at all. What unfortunately hinders so many is fear. Fear of the unknown, and that is what the spirit world, and more specifically, the spirit team of the Scole group, is aiming to correct. So that the unknown is no longer unknown. So that mankind has a fuller understanding, and then fears nothing. Certainly - and in particular - does not fear the death of the physical body. Dying, we are told, is like coming home to the spirit world. It should be approached with a happy heart. The sadness lies with the friends and relatives left behind, who grieve, but do not understand the full implications and mechanics of the passing, which is often a joyous occasion for that person who has died. In reality, they are more alive than they ever were before.

We hope that we have helped people to realise that they themselves are shining spirit beings, although in this earth life, they are somewhat limited by their physical earth bodies. The logical progression of thinking should then lead people on to realise that the spirit, and the personality of all of us survives the change called death, and that it is then not a difficult matter for us (if we so wish - there is no compulsion, just a loving desire) to communicate with those people still on earth. This can be a normal natural and everyday activity, and we do hope that in years to come, mankind will accept it as such. In groups such as the Scole group, a remarkable relationship builds up over the years between members of the group and their spirit guides and helpers who come with love to regularly communicate. In fact, spirit visitors become a second family to the experimental group as the relationship develops in its closeness, and group members look forward eagerly to the sessions so they can converse with their spirit friends, and receive a great spiritual comfort from these loving beings.

By making a commitment to becoming a member of a group working in this way, a person becomes of great value to mankind. The spirit team at Scole told us that they cannot over-emphasise the value of people willing to serve their fellows, and that is really what the work is all about. As group members, not only do they help themselves in their understanding, but they help other people also by bringing comfort through their healing work, and by reaching people on a spiritual dimension. It is not always possible to reach people on a physical or mental level, but they can be reached on a spiritual level. And that is where this marvellous work takes place. It has been said in the past that man was standing on the threshold of something truly wonderful. With the onset of the work described in this booklet, he is now standing not just on the threshold, but in the doorway itself - with the door permanently open! Many have failed to realise what is happening at this time, but it is the intention of the spirit world, through the energy-based work described in this booklet - and in other ways - to awaken man's desire for truth, and to make him look within himself.

We have already spoken of the sign over an ancient doorway which proclaimed Know Thyself. It is still true today that the quest for spiritual knowledge must start with yourself. Our spirit friends are aiming to bring this

knowledge to everybody, but only if they choose to listen! For some, obviously, won't choose to take notice. It is their choice, and that is the important point. Only if they choose to do so will they benefit. But it is our belief that a great deal of people will listen!