

## **Musings... from the Spirit of Alun.**

One would think that once you're dead and the grieving is over for those left behind, then that is the end of it... Not so, for here I am in the Heavens as an energy source known to myself as something that relates to everything I have done in this past mortal life.

As the mortal of Alun, I was a brash young executive, working out of Miami in advertising and so far up myself that the sun shone twice. To call it a dog-eat-dog world is perhaps an understatement of the times back in the seventies and eighties, for it was at this time I was at the top of the heap.

I managed a company with a group of fellow directors and together, we ran the show as we saw fit – there were over-indulgencies galore! with booze, broads and drugs... each of us had a wife and some kids and perhaps a girlfriend or two on the side, but these regular get-togethers were the icing on the cake. They usually came after a successful run, in clinching a major deal, or signing on a major sponsor for their advertising needs.

We were brilliantly creative and at times; often whilst under the influence of drugs and booze, some of our best work came out. We often capitalised on that and promoted it well....It was often this zaniness that carried us through.

It was while I was on one of these 'highs' - fresh from the success of yet another masterful exhibition, that I ran into a big Mack truck on the freeway... I crossed the median strip and went headlong into him – mercifully it killed my body outright.

It came as a bit of a shock when I felt myself being catapulted out of my body and into space – the next few seconds seemed like eternity as I whizzed through the air towards a slowly emerging light!

This is when life hit the fan for me! For there in front of me were the images of all those dead people I once knew! - That was scary... some of them I had issues with in the past and that wasn't always favourable to me! I was enveloped with their combined energy mass – it was like a group hug and I felt a surge of the energy flow through me! I got emotional at this time, and mercifully I was shut down and went into a deep coma... that's the only way I can explain it!

There I stayed in this state on animated suspension indefinitely, until one day a spark was lit within me... I couldn't say how long it took for me to reach this stage at the time, for everything to me, was timeless; in hindsight as Spirit now, I estimate it only took around a week to get out of resting.

This atoning process my soul/spirit had to go through was bloody scary... you can imagine the type of life I led, based on all the overindulgences and infidelities; this didn't making my atoning process very pleasant at all!

Atoning is the period when the soul attached to your Spirit, spits out all the incidents that happened during your past lifetime.... sometimes they were good, but mostly for me, they were crap! All the times I stiffed someone out of a contract, or jumped in and took over an assignment from one of my fellow competitors was to say the least unethical; but the name of the game at the time treated it like a game and winning was the only way for recognition and success.

I went through every damn scenario frame-by-frame to analyse just what I had done to each individual. I could feel myself squirming at times, because I was starting to feel the impact what the other person was going through at the time – and that wasn't good! That week-long atoning really took it out of me, because in my 46 years of mortal life, I had achieved such notoriety, that even today as Spirit, I still feel shame for!

At this time, I was contacted by a Guardian Spirit who quizzed me on my past and attitudes of the time. I was still a bit shell shocked from my atonings, but the Guardian Spirit was satisfied that I could be released from my Soul's mantle and emerged into the Heavens as Spirit.

It was such a momentous occasion when I felt the shedding of my soul – I was free! And felt all past encumbrances were also lifted from me! I went through into the Heavens and was met by a fellow Spirit who introduced herself as Helen (her name in her last lifetime). Helen showed me how to use my powers as a fellow Spirit and explained the rituals of what was expected of me whilst in the Heavens. There were no rules and regulations to follow, the explanations were merely given to me as areas I would be interested in looking at.

I found that as Spirit, many of the past-known earth terms were still part of our communication links with fellow Spirits – in fact there felt no different in communicating with each other as anything strange... it was as if I was still alive and ‘talking’ to another mortal, perhaps on cell phone! Their reactions were no different to that when I was alive and their personalities were very much in tune with who their mortal body was!

I got into trouble initially with my ‘bad mouthing’ of certain individuals who, in my past life I did rip off, and like me, were fellow Spirit. But only now they had the last say and I was shut down to go over the incidents and made to reflect on my replies to them. When I emerged I was once again confronted with that same Spirit and the dialogue would continue, until we were both satisfied and had come to a common understanding on our past disagreements.

To say I was sorry didn't go far enough; it was the total understanding of why I took that particular stance in the first place and to understand its impact... this was the telling force that gave impetus to a clearer understanding of each incident.

Take that word 'sorry' for instance, it can be said sincerely, or as a means of getting off the hook in liability...but that doesn't cut the ice up here, for if it is said insincerely, my energy field would flare up and alert Spirit that I was lying and **that** would get me shut down immediately!

Let's explain something here, we may have our own so-call celestial network up here, but the governing body that overrules every Spirit is the Universe itself.

The Universe is the all-encompassing energy force field that all Spirits belong to – it is part of us... in fact we were all created from it, so it is only natural the our communication links should all be so intertwined. If I wish to contact a certain Spirit, whether it is in a mortal body or up here in the Heavens, I merely just have to project my energy force towards that particular Spirit and they respond.

This may sound too simplistic to you, but that's the way it is up here. This also means that your Spirit within your mortal body can do the same thing... it is therefore important to get know your Spirit intimately, as the vested interest in staying alive and healthy, comes out of your spiritual equation - if you chose to delve into it!

To continue... I found once I was in the heavens, I was challenged by various Spirits I'd known mortally, and I'd had dealings with. If the transaction were less than honourable, I was called to task over them and went through the incidents again and again until satisfaction was found by both parties... like I said before; apologies only went part way towards remedying these blights on my part mortal life. I soon learned how to go with the flow and fully accept responsibility for every action I took back then; we more or less then departed amicably, hopefully not to come in contact with each other again!

I can't say I enjoyed this particular part of my journey; it was bad enough as soul/spirit in resting, going over all those past events, without having them brought up again by the individual Spirits who was there at the time! Still I survived and became a bit thick-skinned over some of them – after all survival had to be the foremost motivation for me and that was where I was heading.

As time passed by, I became bored with just observing fellow Spirits in the Heavens, or monitoring those of you down on earth, over what you were getting up to; it was one thing to once be part of the mortal action myself, but as an observer it sucked!

I feel this was a testing time for me, to allow complete freedom do whatever I wanted without any direction attached to it... Eventually I called out for help, I was answered by a Guardian Spirit who gave me a job of observing fellow humans perpetrating the same type of scenarios I was doing whilst mortal. I found this to initially be fascinating, because I could see through their transparent intrigues and just where they were heading

– but the more I observed their antics; the more disturbed I became... maybe I was getting a conscience!

Gradually I started influencing the perpetrator's Spirit to becoming more ethical in their dealing with clients; I found once I started this crusade - I got a buzz out of it...

It was like getting a favourable payback to something I did to others was now coming back to reward me with brownie points!

I also attracted like-minded Spirits around me who were as big a rat bag as I was in my mortal days. We formed our own organisation and would go over points that we had done together, to offset unethical moves by mortals who were ripping off their clients.

As time went by, we became quite proficient at the skills we cultivated were working effectively - as an individual Spirit, and collectively, as the group we were.

This then gave us heart to carry onto bigger and better projects collectively and individually... we would get together in 'buzz groups' from time to time and go over our past transactions we'd had with earth-bound mortal Spirits.

If you could imagine this as a situation occurring in your own earth-bound society, then what we are doing is no different in principle. We may be in Spirit now, but the motivating influence we are asserting is as realistic as anything that you may be part of in your own earthly world.

I slowly went onto dealing with adultery. It was an issue I was very good at hiding as mortal. My conquests were fleeting but regular in their variety, and I relished different women that came to me as part of the job.

My wife Myra suspected, but nothing was ever proved, we were always discreet and the fraternity built up amongst our male executive was paramount in protecting each other's privacy, whenever respective wives got wind that something was up!

Our family lived very well off my income and we didn't lack for any of the luxuries in life, including holidays to the Bahamas and other exotic places each year... I was a big spender on my family as well as myself! I think that is what kept our marriage intact – it was better for Myra to ignore her instincts that I was playing around and enjoy the high life that it gave her! Our three children were blissfully unaware and enjoyed the freedom I willingly gave them.

I had problems initially dealing with other mortal's affairs; this was because part of my Spirit still endorsed the spicy side of the chase and that left me with no heart to chastise fellow mortals indulging in 'a bit on the side'.

It took counselling from fellow Spirits and shutting myself down for long periods to balance the factors of me breaking my oath of commitment to one woman, against the overindulgence of lust and pleasure at the vagaries of sex with a number of women in

many different ways... The times of the seventies were full of drugs, booze and sex, and I was part of that scene enthusiastically. I kept myself fit and lean and took care of my appearance to make myself look good for the younger women on the make. I steered away from long drawn out affairs – they bored me and trapped me just like being in a restrictive marriage... I was a player in the field of willing female flesh!

The time I took initially in counselling and resting afterwards, taught me the balance of ethics of the self... If you look at this concept realistically, you will see what I mean by this. It is one thing to have your pleasure and to enter the world of fantasy that you are ‘pleasuring women’ - and that is what life is about! But what of the consequences of this to your own family and the impact through the lack of integrity upon yourself? ... To make lying a way of life is not ethical, and to be able to lie smoothly with practice only makes this downward spiralling ploy honed to your satisfaction.

That face in the mirror looking back at you is the telling factor you must look at on a daily basis. To ignore its consequences is to put a blight on your very own holistic health, and that must catch up with you sooner or later my friends!

For me, to die at the early age of 46 was timely in its consequences. Although it was a big truck I ran into that took me out mortally, my own health was on a serious decline because of my high life. I had an ulcer, which tormented me continuously. I was diabetic and had heart troubles... none of these factors slowed me down enough to look seriously at my lifestyle – I still partied on into the night whenever possible!

Looking back over my subsequent lifetimes prior to this last one, there was a definite pattern of overindulgences in these lives as well. Both in my male and female lives – so the die was cast for me to continue again into this last life with the same format on board. These facts I lay out for you to see something of my own past lives, is something to consider in your own perceptions of life as you see it for yourself.

It is one thing to be judgmental on the antics I got up to whilst mortal, but is there any impact on yours as well?

I am not pointing the finger at anyone personally, but merely stating to you the reader, that where you go in your own mortal life must have a consequence attached to it somewhere in the future. If it is good tidings, then that is something to look forward to, but that can sometimes be difficult to know this unless you are conversant with your own Spirit at this time.

Inner dialogue is an important aspect for your own personal inner faith... whatever you do with your life, there will always be times when you have doubts that the road you are travelling is the best one at this time. It is your Spirit within, which has the tools attached, to give you the necessary information to continue, or to change direction, before it becomes too late and serious illnesses befall you.

Your holistic health is one subject I didn't believe in as mortal, and that came back to haunt me in my thirties and slowly started to take on serious circumstances for me, as the years rolled on. If you see merit in what I have just said, then I have done my job well.

Where I am now as a Guardian Spirit of the Heavens these past three years, is to let you know the evolution of Spirit carries on from one lifetime to the next... it is the learning aspect that I must subscribe to and carry on continuously to strive for, that elusive part of me that yearns for recognition of self... it is not a pathetic attempt to excel, but more of a natural way of learning through the hard knocks to life as I travel on.

I don't know when I will next be returning back to the foetus again for my next mortal journey... in this new millennium times, the transition from mortal-Spirit-mortal is around six months. I am a slow learner, based on the past incidents that I am still working through. Even though I am now Guardian Spirit, my past destructive part of me has to be worked through and the unfinished part to my Spirit will slowly evolve as time goes by, compounded by the various acts I do to assist myself in this direction.

When my time comes I will search the earth plane for a suitable donor to come down into and spend my next mortal life with. The mother's Spirit and I will dialogue to ensure that I will be suitable for them to accommodate me for this lifetime. When the necessary protocol has been met, I will shut down and prepare myself for the journey. Fellow Guardian Spirits will empower me with a Soul from the energy force of the Universe, and

I will re-incarnate into the mother's foetus at around the 10 week period of her pregnancy. There I will shut down until my mortal birth – it is then that my life mortally, starts up again, something that is always wondrous and beautiful... and this time I will get it right!

**Alun.**