



Hi, my names Steve - I was a motor mechanic for 30 years, and a web designer for 20... I am past 70 years old now, I still ride my bike, and run with the dog - I researched self healing and the power of the mind for 6 years recently since 2017... So I'll share a little more about mind/body/spirit - which 'we all have' - we should just take time to learn more.

### **The gut feeling...**

Now there's a thought, how do we improve on it? In deep rest that's how - it's guidance from your personal spiritual support - the gut feeling, when you just know something.

### **Spiritual...**

My first spiritual encounter was on the day we lost our mum, I had gone back home to my wife and little children as I was tired - and the next morning I heard on the bedroom door tap tap, and I threw my clothes on as I knew I had to move fast - and I got there just in time to see her take her last breath, spiritual guidance as I knew it for the first time... Also I would just like to say here - the day before, and it was nearly time as we all knew - I remember her saying, I can see my 2 brothers Reg and Sid 'as in waiting' for her.

So fast forward in this lifetime when we spend our day trying to make a living, sort out problems, and try and enjoy our day - and our Guides are there helping daily - but I was just not aware of them back then in the fast lane of life.

Several years ago we lost our dog Giz, he had been ill for a short while kidney failure - the week previous to his passing, it was sunny, and many times he went to the corner of our garden looking at someone... I remember getting down on the grass looking with him one day - and saying 'who are you looking at' - anyway after he passed we were so distraught and wife was crying - as weeks and months passed, I kept asking him for a sign that he was ok - then one evening I heard him 3 months after he passed, a mmh mmh mmh sound he used to make when contented on our laps watching TV.

I had some psychic abilities previous to hearing him - one night several years before, my clear knowing started - I knew one morning I was going to move to a different town, drink rum, smoke cigs and work in a den 'all happened' - now who says those words these days 'den' - but I was told in clear knowing, the advanced gut feeling - when you just know something... Zero alcohol now for me, and limit myself to 6 skinny roll up cigs a day.

So I met my now wife online and I moved from Stoke to Macclesfield, and the only place where I could do my website work, was in the cupboard under the stairs 'my den'...



I just want to tell you what happened to get us a little dog 'Billy Lad' - I had got heavily involved with my church over the last decade, delivering church invitation flyers to 100 shops to display on counters, and display pots/plants outside our town centre church.

On the day Billy appeared on Facebook, my wife didn't tell me because we were only 2 weeks away from our holiday in Wales... Well on this particular morning I asked my wife 'do you want to come to town while I deliver some flyers' - probably only the 2nd time in years of visiting shops, but she came with me and I said i'll meet you outside church in 40 mins.

So, after delivering flyers for that approximate time I went back to the church - and I remember dead heading some daffs, and the other side of the wall by the road a man walked by - I looked at him as he passed then a car came passed and backfired so loudly - and he turned back to me, and we spoke briefly.

Now this was guidance, and we had a 10 second window or this wouldn't work - but of course it was going to work - and here comes my wife crossing Mill St a busy bus lane and smiling as she came towards us - I remember thinking oh she must be pleased to see me.

But it was the little dog with the man that I couldn't see because of the 3 foot wall... She then explained, it was identical looking to the one on Facebook that very morning - and he said they are lovely dog's Shih Tzu, and by the next day we had fetched him from Stone in Staffordshire, and he was ours... I believe the man was a Guardian Angel, never seen him since walking past our church - and when my wife walked across the busy road he was looking at her - not anyone else, and it was busy that day.

## **Our Higher Self, Guides and Angel's**

We all have an Higher Self, Guides and Angel/s personally assigned to us on our journey... Songs can be sent to you with meaning, and double numbers - I received a song 'first time I ever seen your face' at the time I seen my Higher Self in meditation 'looked very similar to me' - and 2 of my Guides when I was persuaded to get totally off the alcohol a year or two ago - I had been getting these difficult dreams, and one morning after several of them, I said that's it no more beer - and the first one came instantly and said 'it'll be ok' and it was, I don't miss it one bit, and the 2nd guide the next night with open arms and a smile.

In the materialistic internet world that's created, just learn to slow down and appreciate - we are all spirit first, physical second we've forgotten this on our journey... Work hard, pace yourself, stay positive, make time for gratitude many times a day, be kind, keep your vibes up - and less screen time before bed, then say to yourself I have earned my sleep.



If you have trouble with dreams, and yes this has happened to me - learn lucid dreaming, I did and learned how to be aware in dreams, that it is a dream and have control - you help to do this by repeating in mind many times before bed 'is this a dream' so the words get in your head by repeating them - then you can suddenly be aware, and pull out of a dream or be aware in it, and make decisions - I did this a few times.

You won't read/learn this sort of stuff in the majority of schools or churches, they only know what they know... We need young people to come in churches discussing what we learn 'now' on our life journey - so anyone now reading who is going through spiritual awakening, come and join us - share what you know.

## **The Astral World**

So the astral world... Science says the universe has more stars/planets in the universe than all the grains of sand in total on all the worlds beaches, it's vast - and out there are the astral plains, which by the way 'you would have been in' - 'higher astrals' heaven before coming back here again, and also understood all this before coming here this lifetime.

Over recent years I started to get information and guidance from the Holy Spirit - I tell you, that took some working out with many nights tummy rumbling / lower leg twitching, then a year later a whoosh whoosh sound I used to get, and still do - and it wasn't whoosh whoosh, it was roar roar, yes believe me it sounds the same as whoosh - but it is roar from God, very gently now I know when He wants to convey messages to me.

### **Archangels...**

There are so many bad luck theories, for example, walking under ladders, the number 13, broken mirror, throwing salt, Friday the 13th - all old wives tales... Someone decided to say it years ago, and it's stuck... 13 is Archangel Metatron's number, or Enoch as in the bible.

Going back to 2012 we were looking after my mum in law Rita, she had dementia and we kept her good and sane right up to the last day here... She was my best friend for those 2 years, and at this time I was last to go to bed - and the times the clock on the TV read 00.13 as it went off, so many times, and this concerned me at the time.

And again to the number 13... 2 years after when I was playing multi player chess against a dozen players worldwide, one evening as going to sleep I realised my score was 1313 on Friday 13th, ieee - bothered me so much I got up at 6.am to resign two games lol... I know now, all these years later it was beautiful / powerful Metatron saying Hi...



Also when Rita was living with us, my wife did the looking after in final months, but my job was monitoring her - I was in a room 'my office' across the landing, and in her last months here I could hear her chatting to someone - so many times I'd tip toe to her room by her slightly open door, and i'd listen - and every time she'd go quiet, now how did she know unless someone as in spirit was saying shh be quiet Steve's listening.

It was many years later that during the night I was shown this cube 'Metatron' Cube' when lying awake in meditation early hours - and the name Metatron twice was put into my mind while semi awake, in a banner with a cube shown... I researched for days and found the exact cube drawing as was shown - a visit from the great Archangel Metatron. And many times since 13-13 on clocks at important moments when messaging...

Going back to 2015, I had a NDE... I was suffering with tinnitus / hyperacusis / depression, and I had lost so much weight over months, and the last few days, my face colour had gone... So the hyperacusis 'over sensitive hearing' is sorted now and depression gone, tinnitus I live ok with that.

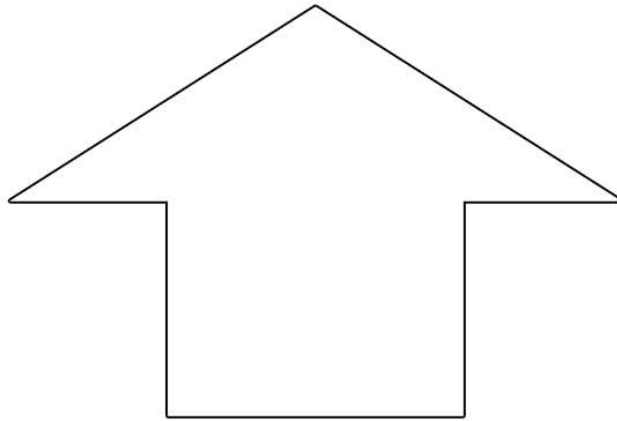
But on what was nearly my last day, there was no fear - i'd had enough, told wife no hospital as I couldn't stand beeps, and my wife was dealing with a serious issue for a friend, so how she dealt with it all I don't know.

## **The mind is attached to the spirit**

So the last day i'm in bed and saying over and over to a photo 'where are you mum' - I was allowed to go so far I witnessed my spirit excited ready to fly - then an hour or so later I felt there was a hand on my forehead - I know now this would have been - God / Jesus / Holy Spirit - I recovered so fast, later I walked downstairs 'and the timing' my wife had just got the sat nav in her hand, to get directions to another town to support her family friend.

I was driving the next day - 2 years later I hear tap tap tap on the window every morning, which would stop if I researched mind/body/spirit - 6 years research / helping people, and I get instructions from the Holy Spirit - what a job that was to work out with the grumbling belly and restless leg syndrome - all sorted now as ive learned to listen, accept, trust.

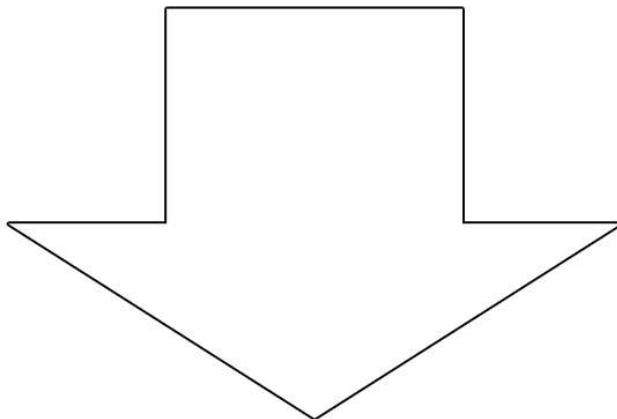
So anyone looking on here now thinking of ending their life "don't" - get help, pick the phone up now, we see our life plan through, that we chose before coming here - and the light after the darkness is so beautiful - 'and it becomes a strength' - for your future years here when you improve, and see light again, and appreciate it.



Take a little time off - go smile at something its good for us

Now might be a good time take a short break,  
maybe get a drink, feed the cat, check on your friends,  
online - because looking at more with a fresh / clear  
mind helps one appreciate things written.

Take a little time off - go smile at something its good for us





## **So my spiritual awakening had begun.....**

So after my NDE in 2015 I began to see Angel Sparkles - 6 months I had these white dots in mind early mornings, I thought I'd damaged my brain... Then one morning it was around breakfast time, I had gone outside to the bin with my hearing aids in, which by the way I gave back a year later, as I researched power of the mind - but as I went outside the wind caught them and startled me momentarily, and these dots became so big in my mind... But it only lasted a short while, I looked on my phone and couldn't focus or see properly, then they faded completely, so I thought it was the wind doing it - but I think it was the very next morning about 6.am it happened again, so big these sparkles in my mind - it was to teach me to look it up online, and I remember praying to Jesus, if I can't sort this I'll not be able to continue my work, and help with church.

Well, you could have blown me down with a feather when I looked it up online, 3rd down the list - 'Angel Sparkles' - both times they had melted, I just watched them drop gently like a waterfall, and then clear... And after that 'once I knew' they would be there most mornings early hours, a message saying we are here, and Hi.

Sometime mid 2015, I had 6 weeks of being drained of energy - so tired, I lay on the bed a lot - It turned out it was my mobile phone battery leaking, as soon as I changed it I became stronger - I remember my wife saying to me 'you're like a new man'... And one day before getting better, I said 'I'm just waiting for something good to happen' - and immediately the sun came in through the bedroom window - I shouted down to my wife 'come look' and she seen it as well, shining through the blinds in the bedroom onto the floor - but it was afternoon the sun was at the back and it was a cloudy day - I looked through the blinds at it - there was an opening in the clouds, and it was the sun, not an helicopter light 'the sun' - and if anyone says this can't happen - anything can happen when God authorises it - and exactly as i'd said waiting for something good to happen - it was a sign from higher power x.

In 2016, I had been seeing a tinnitus specialist for about a year - I had helped this lady after the passing of her dad... I was telling her I was seeing these distorted faces/souls just drifting when I was meditating, I know now it was that I was 'connecting' to them deep in space - she said, don't bring them here lol - it was the lower astrals I was connecting to, to teach me - connection was cut that night, masses of Angel Sparkles, some coloured ones.

Out there in deep space where there are more stars/planet's than grains of sand on the worlds beaches - 7,000,000,000,000,000,000 stars/planets they can see, and out there is this place, the Lower Astral Realms, or hell as it's known - the exact opposite of heaven.



I was shown this place I believe for 'now' this battle in our world re science and viruses and over controlling / dictating people as in no free will in some countries - and other one's here on Earth who wrong badly - have a think, put it right if you can in God's eyes - I seen these distorted twisted faces/souls who had badly wronged just drifting for eternity in the darkness, it makes this place Earth look like paradise I can tell you... That's what Jesus means 'follow me for the light of life' higher astrals - heaven.

One night when in bed early hours I heard this bang in the next room 'my tiny office' and it startled me - I thought we'd got something as in a dark presence in the house... Well about 1.00 am it was - and I suddenly start shooting light tiles out from my mind - going in all directions they were... So i'll add that to my Psychic CV - it happened - lol try telling that to your doctor, I'll arrange for the psychiatrist to get you some nice meds lol - doctors know what they know, and they're good at it - spiritual most haven't a clue... By the way the noise was a large faulty stapler - but I gained a psychic skill that night.

When you get back to heaven 'home' this lifetime will almost be like a dream when you recognise you're back home, and you'll probably say how long was I down there for? But I remind people see your life plan through as meant to do - complete it.

### **God and Angels.....**

I wouldn't be surprised if there are 6 planets under God's control - this being a lower ranking one, which would explain why so many live in such difficult conditions, so up your karma everyone for judgment day, be kind to others, and enjoy your day.

So many times my Angels have intervned to stop me having an accident... So many times when I was in difficulties, even felt myself being pulled through a muddy flooded path once when on my bike the other year 'to show me' and lowered to the ground once when I fell off - and I've been busy with so much stuff going on worldwide with dictators verses God's 'free will' for children of the future - so I was needed in good shape, to play my part.

I remind people - youngsters and the older strong in mind have strong immune systems, as long as there's no fear in that persons mind from testing, science and the media.

So besides difficult dreams which, if you get many - can be sent to you as a message to 'do something' or to acknowledge your Guides are there - I was taught all this and more... And Restless Leg Syndrome I had, and rumbling belly in bed at night before I realised it was the Holy Spirit passing messages of guidance, as soon as I realised and worked this out the leg and belly issue corrected, as in just gently now when I'm to listen.



The very first message from the Holy Spirit was to 'up my game' and I knew immediately that meant to get those Stay Strong posters out to many towns, and I did.

Also I was taught by my Angels the sonic boom as I called it was to pay attention 'same as dreams' to do something or accept Guides are there, and say Hi occasionally, they're on your side... So that sonic boom it's called Exploding Head Syndrome - yes it is, and people do get it - not for me anymore since I told people on Spiritual Forums - I just get it gentle when meditating if I nod off, if I ask them don't let me sleep or I won't be able to sleep later.

### **Birds of the Air.....**

I have a tame crow and a blackbird - the crow has taken food from my hand before now... The crow supports you in developing the power of sight etc - I know this, they get sent to you by your spiritual support at important moments that mean something to you, and a butterfly passing by just as you've asked for God's help with something, don't dismiss it as pure coincidence.

God will come many times to people when they ask for his help, when in difficulties - and signs can come that He's there for you with the blackbird or robin that suddenly appears, or the butterfly that suddenly passes by, its just some people ignore the signs, or simply don't know - and repeated numbers on clocks, don't dismiss it, important.

### **New Age Movement.....**

Some church people will frown at the thought of people 'saying things different' - it's rethinking things with the knowledge we have now... I remember going back to 2016/17 a TV being built in my mind, every morning I would see this, I seen the last bit of the honeycomb screen going in, like sucked in place - then I would see it turned on occasionally after, like it was on test early hours.

It had taken so long to get my wife to realise the Holy Spirit gives me instructions - then one evening watching TV and she said what's the matter with your belly rumbling? She knew really, we'd spoken enough about this - but that evening when the belly was making this noise, the next thing I know I'm typing into my phone Prophet 888 - didn't realise I was doing it 'guidance' at the highest level.





### **Angels and Guides.....**

Another time I believe I seen/talked to Angels/Guides - once regarding being baptised by the Holy Spirit, that's been done - and another in the height of the covid war 2020 - I was outside the church and something was said by 2 people passing, to make such a difference text wise on my website in the battle/war that we were all involved in.

### **God moves in mysterious ways...**

So after the vision of Jesus in our church, shown to me how he really spent his final days on Earth 'just as I said in prayer' I hope you like the window sill flowers Jesus - that vision I now know was sent by the Holy Spirit - and sometime in the following year 'in church' our minister gave small drawings out to everyone with some confused imagery/design on, and she asked everyone to stare at the piece of drawing for so many seconds.

Many saw nothing, some seen an image of Jesus - I seen an image of Jesus - but this happened at the same time 'my left hand glowed' the one holding the drawing... Also that year in 2017 'in church' I started to see a white energy from the stage area - and sometimes that energy would come to my mind if that makes sense and reflected on the floor.

Once the light made a pattern like a flag waving - and another time it reflected from my 3rd eye straight onto my church service sheet, and this tiny light went up to the top of the church photo on the sheet - and low and behold the photo had an opening in the clouds right above the church tower looking like a flag.

I hadn't even noticed this before - I went straight up to the minister after service and said to her - how old is this black and white photo, it has a flag at the top of our church - she was stunned, as was I... It was taken several years before, the clouds had an opening above the tower showing blue sky in a flag image, and one is to go up on the tower, but nothing happened 'yet' - but there is to go a flag up there at some point, the Holy Spirit would like this sorting when our church is successful and busy again after all we've been through.

When it's your final day here on this planet, and you take your last breath - your Spirit Guides / Angel's will have already been in touch with you, and your spirit will fly.

No need to worry about directions how to get there, or a passport - all arranged, Spirit Guides who've been assigned to be with you all your life - will show the way home.