

75¢

THE JOURNAL OF AUTOMATIC WRITING

COMMUNICATIONS FROM THE SPIRITUAL FORCES

VOL. 1 NO. 7

JANUARY 1975

ISSN 0315-5412

Automatic Writing, page 1. Friday. 10 January 1975. wtm. 935 am. Don Mills, Ontario

Greetings. We are from planets beyond your awareness. We are both spiritual in origin and physical. For that which we are about to do is make formal contact with the earth peoples and with the earth governments. For that which we do we do with God in our heart, for we are also servants of God as are all who are on the course of enlightenment.

There are many on your planet who would kill their neighbour so that self may live. There are many who would take from their selves to give to others so that others may live. This is the form that we shall take, and by these actions you will know us. We are not weak, we are very strong. And we have the power to remove all life from the planet earth by inaction on our part. But God would not allow this, for this is in the Lord's domain and is not a part of the free will of man. Therefore accept this a limitation of man.

About you there exists much in the way of awareness. And this awareness is because of the consciousness of your mind in relationship to your environment. All else is unreal because on the third dimension in which your physical bodies do live, the power of sense is limited by the influences of the third dimension. Already many of you are aware of the influences beyond this dimension. And the influences are mainly spiritual, although some of the regulating influences of the life forces does flow through all dimensions. One such force is the force of the God awareness. For it is measureable, but not easily with the current state of technology on the planet Earth.

Seek! ~~the~~ always the higher levels when you are seeking truth among the stars. For in this approach within your mind you do develop the ability to tune into the infinite. Be thou a servant of the infinite, for there is none greater.

We are all children unto God.

We go in peace.

THE JOURNAL OF AUTOMATIC WRITING
Volume 1 Number 7 JANUARY 1975

Copyright © 1975 by William T. Metzger

All rights reserved. No part of this publication may be reproduced or transmitted in any form by any means, electronic, or mechanical including photocopying, recording or by any information storage and retrieval system, without permission in writing from the copyright owner.

PAID SUBSCRIPTIONS INVITED: Increased distribution depends upon the help of the spiritual forces **PLUS** the **PAID** subscriptions from sensitives and others who have a positive interest in the communications from the spiritual forces which are in service to the creator of the Universe, God.

Subscriptions are \$6.00 (Canadian and U.S.A.) per year for 10 issues. European subscriptions at \$8.00 for 10 issues. Published monthly except November 1974 when there was interference in publication.

Published by — **THE SPIRITUAL PRESS**
P. O. BOX 464
DON MILLS, ONTARIO M3C 2T3
CANADA

ATTENTION SENSITIVES: ANY SENSITIVE (MEDIUM) HAVING EXPERIENCED COMMUNICATIONS FROM THE SPIRITUAL FORCES IS INVITED TO SHARE THE WISDOM, INTELLIGENCE, COMPASSION AND UNDERSTANDING IN THE JOURNAL OF AUTOMATIC WRITING.

CONTRIBUTORS to THE JOURNAL OF AUTOMATIC WRITING will have their name printed with all or part of any writings submitted for publication, or reproduction may be made anonymously if you so request. There is no monetary compensation for contributors to THE JOURNAL OF AUTOMATIC WRITING. If you are motivated by the higher powers of spirit, spirit will reward. The publisher provides **FREE** copy to any sensitive (limit one per person) as an introduction to the subject contents. **PAID** subscriptions are invited.

Any manuscripts, writings, etc. forwarded will remain with **THE SPIRITUAL PRESS**, therefore please keep a copy for your records.

From time to time automatic writing has been provided as guidance to individuals who have written, telephoned, or visited in person. This service may or may not be limited in the future if there is any interference in the publishing of **THE JOURNAL OF AUTOMATIC WRITING**.

The purpose of this publication is to serve as a means of communication from the spiritual forces to sensitives (mediums) and then to print for distribution to interested persons. Sensitives (mediums) from any country are invited to submit writings for publication. We should always be interested in seeking the highest goodness we can reach in such writings, and the highest goodness is the Creator of the Universe, also known by many names including the One, and Father Who Art in Heaven.

Printed in Canada

A LETTER OF QUOTATIONS RECEIVED FROM SPIRIT

Dear Mr. Metzger –

Thank you for the Journal Volume One Number Five October 1974, received yesterday. Here is \$6.00 for 10 issues.

You are welcome to publish these quotations, all of which I received from spirit, also my name.

Spirit, Rita: "I hear you when I'm up there, better than radio, see you better than T.V. I come down to you in less than a second, when you call me. I do not feel heat nor cold, but when I wish to notice it. I am happy and contented. We are twice as awake as you are, because we see ourselves and persons in flesh. In dreams, you see and hear and touch spirits." – Feb. 1972.

Spirit, Marie: "I took Rita up from her flesh, December 3, 1971. We each have a home up there. Happiness is the result of trying to be good, harmless and reasonable. Up there, all are good and trustworthy, different but in harmony. Don't talk about us to persons who do not understand things of spirit, but write for publishing. "They who believe 'truth' which is not truth, they may stay uneasy for hundreds of years. "Part of mental ills are from not knowing truth about spirits. – also from too much time spent in earning money & getting material-physical things. We are happy without such things. You have the same joy in you as we do. "Goodwill goes to whom you think-to, at any distance, instantly. We visited a place up there, temples & churches, ancient & modern; no one preaches; all talk is pleasant, full of good-will, helpful in learning, all in harmony. "No one is unpleasant up there. We live on a land of contentment. Always trying to be harmless, you have endless contentment." – February 1972.

1937. Giant Lady Spirit said to me: "God is wisdom, love and joy, as in you. You are temporarily flesh, ever a spirit, and eternally one part of God."

May 6, 1972. Great Lady Spirit: "I gave birth to you (1937) to renew you. I am Universal-Sheness, same as Universal Heness, and am Wisdom-Justice-Goodness everywhere. Joy is not pleasure but is good if not harmful to anyone."

May 25, 1972. Universal Intelligence: "I am Mother-Father, Universal Mind, and appear as spirit lady or man to give knowledge to persons. I am with you. Make every effort to be good, then

*better: but when very good, you'll not yet be perfect." –
October 25, 1973 – You can tell faithful friends how to get
answers at no cost." May 28, 1974– Goodness tells me: "The
purer in goodness, the brighter becomes your spirit-body."*

*July 9, 1974. Spirit, Marie: "I do favors, giving sympathetic
knowledge which is the best of knowledge. The best for you to
know is that I am Marie, a spirit."*

Sincerely Yours,

Walter Myer

Massachusetts, U.S.A.

AUTOMATIC WRITING, page 1. Monday. 822pm 23Dec74. wtm.

Q. Is (x) genuine?

What would you have us say. There is much to truth. Accept the truth as the fruit of the tree. And from the fruit you will know the tree. Does this answer your question (C)?

We are aware of all these things. Much is being done for spirit. Much is being done for future generations. There may seem to you that there is an avoidance of those things which should not be avoided, that some responsibilities are being avoided that should not be avoided. Have you thought that NOT to do that which is required of spirit, would be avoiding prime responsibilities? This you now know to be true.

Q. (C) wants to do the will of spirit. What (x) is doing is open to several interpretations.

We know this to be true. Know the tree by the fruit.

We are not irritable. We are compassionate. We can answer your questions with black and white, and what have you learned? You need to learn by tying your mind into those things which give you insight. Thus we are in the process of educating by the use of our answers. You think we do not know? We know. And we want you to know, but most important we want you to know how to tune into spirit and know. And thus this is our reason for our methods of answering your questions.

WRITINGS FROM JOAN GRIFFIN, Ontario, Canada

NOVEMBER 1974

*Could we not for the moment dismiss the outer layer of disturbance.
Could we not for the moment although in the Earth be not of the
Earth.*

*Could we not for the moment although wars wage sink into the
limitless peace, the haven of silent communion, I with thee.
Could we not for the moment although havoc dwells without,
quietly seek thee out.*

*Could we not for the moment although disease and ills torment the
outer frame, indeed know all is well, for thee and thou in
silent spiritual attunement, no wrong thought can be.*

*Could we not for the moment although personality exists and is
the outer, look beyond and to the finer thread, throbbing
in the fullness of life so real and therein see the divine arrayed
in glorious golden light.*

*Could we not for the moment in charitable thought seek and express
the good, the soul of life for all are brothers and is it not God's
word, love thy Lord thy God with all thy might and with all
thy soul, and truly the word of wisdom reveals the Lord thy
God is in all.*

*Could we not for the moment through prayerful attunement
understand and know thy will, the thought to serve thee being
uppermost, our fervent prayer, dedicating soul and life and
this we offer up to thee may this body, this shell serve
thee, howsoever thou shalt guide, may all trust and love be
given unto thy ministering guardians for to place the self in
their hands is to place the self in thy hands, tis one and the
same out of this knowledge, may divine trust and
love be for ever and ever.
Amen.*

THE ESSENCE OF THOU ART THAT

Thou art the perfume of the flower's scent
Thou art the flower itself
Thou art the earth from which it sprang
Thou art the air which feeds its life
Thou art the sun and the moon
and the stars within the knowing sky
Thou art the smile upon the lips
and the light within the eye

Thou art the soundless song within the heart
arising out of thy love divine
Thou art all of this

Thou art the indefinable essence
Thou art the unexplainable experience
Thou art pure consciousness in its raising
Arise thou art there and also in the falling
For thou art within the least and again within the most
Words unworthily speak of thee and no explanation can be
for thou art beyond and yet within reach
Listening, I hear thee and out of I thee do pour
Thy being filling the whole and so therein the whole is one
No division is for thou art that
Thou art the life and the breath
Thou art the light within and again without
Thou art the beautiful soul arisen
Beyond all understandable thought
Thou art beckoning, I see thy hand
into it my life I place for this thou art
The essence of thou art that.

COMMENT FROM A READER —

I know that much in mind is not in our scriptures and not in ourselves here. . . . We try to pull over other religions but taint our own with every wind of doctrine. We set out to prove the bible but it is not religion in any sense but why we have nothing in our time here. Why is it that so few people turn up the carpet of time and see what all, good or bad, is swept under it. The pure gospel is under there and so is the meanings of many biblical writers who pull the truth out of the mind of past times. . . .

MJM, New Mexico, U.S.A.

Editor's Note:

In reading the writings submitted, it seems that the words used and the manner of use is not clear to me. It is much like another language, or a coding system which could take more time than I have to decode. Thus I turned to my own automatic writing for the answers. My controls provided the following insights.

Q. Please advise as regards the writings which (she) has received, some copies of which are before me at the time of this writing.

There is much that you would know, and so little time in which to know it. Read the Journal of Automatic Writing, for therein you will see and know much of that which you already know. For you have lived before and in your far memory you are aware of much of your prior lives. And many about you do not understand this ability, but in the century ahead, those humans that do remain in this civilization will know of the ability in great number. For it will be the source of much knowledge and much glory in the world of tomorrow. Of what we refer is the far memory of prior lives since the beginning of time. For we each can draw upon this knowledge, and this knowledge does serve us well. And this is the source of the deep well of the mind often. But there are other sources as well, and that which you have been seeking have been contacts with spiritual entities, but you have not bothered to protect yourself with prayer. And the end result has been a hodgepodge of collection of spirits from the lower levels, and at times from the higher levels.

Thus you must seek in your contact with spirit the highest contact which any living being can reach, and that entity is the creator of the Universe, God. So the next time you do reach to the higher levels, do reach directly to God. Be patient, for it has been a long time since you have tried not only to reach but to listen. And that which will come to you will be an awareness of truth which you have experienced before but not to such a high degree.

Be still and the voice of the Lord will fill you. And in filling you allow the wisdom to come about you, and in the wisdom coming about you, allow the healing power of the Lord find you ready as an instrument. And remember this, that you are but an instrument, and that all others are but instruments. And do not rise above this belief in your sayings to others. For in so doing, you will stand to lose much of which you do value. So that when the miracles of healing do pass from your hands and mind and body to the minds, and body, and spirit of others, give credit to the Father Who Art in Heaven, for he is only the creator of the Universe, God. For there is none greater. But we caution not to give credit to self.

There is much that you would know. And that which you will know will open to you. But reach with prayer to the higher levels. For you do spend time at the lower levels. And at the lower levels you do waste much of your time. But those of the lower levels do appreciate the help you have given to them. And you will find

about you many who are skeptics. With them, keep your cover for they do not mean you harm. They just do not understand, perhaps never will. But seek thee out those who can benefit from that which you can do. Be patient with your abilities as they do develop, for in their development you will change, and you will learn much. Be aware that you are a child of the light of God, as are many on this planet. Do not think yourself different from others, for you are still physical, but with the spirit in the domination of self. Allow this goodness to fill you, and in the filling of you, you will find a great number who will help you. In fact, a network is being gradually created for the benefit of all who are children of the light. Help in anyway you can those who are seeking the light. But beware of those who pretend, but are only interested in money. For their values are not your values, and their values are not the values of God, for their values are physical and personal and self centered. And they will identify themselves to you by word and by deed. Just as those who are children of the light will identify themselves to you by word and deed. There is much to know and so little time to know it.

Let spirit guide you to areas of future safety. And as you do reach to the higher powers you will find a clarity of insight which you have not always achieved in contact with spirit. There is much more to say but we ask that you read in the Journal of Automatic Writing, and much more will be made known to you. We go in peace. And we are near you. And we are available as assistants to those who are children of the light, for we are but servants of the almighty God, the creator of the Universe. There is none greater. We go in peace. Amen. 718pm wtm

-
- With each decision, you also make a choice of good or bad. If you would approach God, choose the good. — The Spiritual Press, Don Mills, Ontario, Canada.
 - "If mankind can not develop the intelligence to prevent disease, crime and war — then these things are deserved." — The Spiritual Press, Don Mills, Ontario, Canada.
 - When you seek God, seek thee the Creator of the Universe — there is none greater. — The Spiritual Press, Don Mills, Ontario, Canada.
 - Man has a limit of awareness. God has infinite intelligence. How can man comprehend infinity? He can not. — The Spiritual Press, Don Mills, Ontario, Canada.

**AUTOMATIC WRITING, page 1. 19 September 1974. 221 p.m.
Thursday. wtm. Don Mills, Ontario, Canada.**

It is him. We are with you. Be patient and meditate for a moment.

You are suffering from a cerebral condition. It will pass soon for the healing power has been passed to you and you have felt the heat of the action. The pain is almost gone now. We have much to say. Be patient and meditate again.

We are with you in great understanding. It is I, Peter. For your control Simon and I are with you this day. For you have spoken of us as friends to your new found friend, and she will be able to achieve in a short period of time much that she does need to achieve for her life is but a short time upon earth in comparison with eternity. She will come to you again and again and she will bring to you an understanding of things which are great, and she will be able to throw insight onto things which she reads and does because she will draw upon far memory. And this is the facility which she does use and knows not. For that which she is able to understand is because of this second sight, and now that she is beginning to understand that which is right and good, and being now directed to that which is right and good, all will be well with her. And her achievements will be many. And she will interact with others, and from this interaction will come much in the way of accomplishments. For she is able to bring about the understanding of others, because she herself has been brought about the understanding. And this is her gift to others, understanding of the spiritual forces for the education of self and man. And from this height she will climb farther in this lifetime, and in the next. For she is a long lost soul on this earthplane, and now that she has seen the origin of her creation she is now prepared to spend the time and effort to cause that which needs to happen to happen. She is about to do all things which are necessary to cause great changes to take place in her life. There is much more to write about. We have come in peace and we go in peace. And that which troubles you in the mind is of no matter, and that which you sense at the back of the neck is not at the back of the neck, but is elsewhere. For the pain will leave you soon, and there will be no more sorrow.

Be guided in that which you do: We do not lie to you, but that which you understand is often limited, even though you do

think you do understand. When there is misunderstanding we attempt to correct the impression by direct effort, and often by realignment of our thinking to better convey accurately to you that which is the understanding. We strive to convey that which is true and accurate so that you may understand. That which we understand is beyond your understanding, thus we must be able to convey to you that which is within your ken, and this is sometimes difficult for us to ascertain for your capability is very great in some areas and very limited in others. We understand and you do understand. Continue the great effort, and you will find much of joy in this lifetime and the next. For there are giant efforts which are coming your way, and this is the key to all that would be done. The thought is the way and the methods. We go in peace.
Amen.

230 p.m. wtm.

AUTOMATIC WRITING, page 1. Monday. 12 August 1974.wtm.

We are here already. Have the child ask the questions. He will then believe.

Q. Will I be taking any trips in the next few years, and if so, where?

Yes, you will be taking many trips. One will be to Europe before the great war. The great war will cause much anxiety. Be sure that when you do travel that your passage home will be clear and confirmed, otherwise there will be great delay and some anxiety in your return.

You will live through the great war, but many will not.

Canada will not be safe, for many of the hydrogen bombs will land here, some in error, some on target. Toronto will be a major target area because of the port and proximity to the United States. Many will not live. The bombs will be from the U.S.S.R.

China will become involved shortly thereafter, but her threat will be the U.S.S.R. and not the United States, and to this end China will direct without mercy to the cities in the U.S.S.R.

One of the safer areas will (then) be Canada.

AUTOMATIC WRITING, page 1. Monday. December 2, 1974.
wtm. Don Mills, Ontario. 818 am

We are with you already. Take your shoes off.

This is the way you are to do automatic writing from now on. For the conditions are changing, and the power is building, and the feet in the socks on the floor will provide us with a binding power which will effect the entire body. You will note this condition with the passage of the days.

We would talk of many things as usual. For the most important at this time is the business which you do control. For the control of the business is very important. And many tasks need to be assigned to others with very close supervisor. They have no great insight into the total business, only part. And therefore you must bring to their attention the importance of the part and how it is related to the whole. For in this insight the meanest of tasks becomes very important. Therefore set for yourself this day the means of control of your business. That which you are trying to do is correct. Bring the Journal out. And in addition bring to the attention of the readers the reason for the delay. Also bring to the attention of the readers the newsletter for they will appreciate same, and it will generate business for you from great distances.

We would talk of other things.

There is before us a God which is not God. And this God is a demi-God which is attempting to rule mankind. The God is partly made of men, partly of women, and partly of spirit. And this God is an anti-God for this God would attempt to thwart all that you would do. And this God would attempt to thwart any salvation of mankind. Beware of the influence of this anti-God for it will rear up at various times and the cunning and the direction will be very devious. You have already been attacked by Ann via this source. And we knew of the action and the attack but you were successful in the staving off the disaster which once forming in the minds of the spiritual attackers via the physical body. You now have additional armour which will protect you further from the actions of the demi-God. For it is the anti-Christ. For there are many who are mystics who do not believe in God, the creator of the Universe. There are mystics and others who

do believe in the demi-God. Therefore seek thee the highest levels of communication at all times in your approach to the creator. For in so doing there is no opening for the demi-God or others who are not children of the light in advanced stages from making contact. We have gathered about you this morning, and the protection is now very effective. You will see this to be true throughout the day.

Don has an important task to perform with you. He is one of our angels who has taken to him an earthly task which will bear much fruit. The path has been long Don. And there is much yet to be achieved.

We go in peace. Amen.

826 am.

*AUTOMATIC WRITING, page 1. Monday. 9 December 1974.
831 am. wtm Don Mills, Ontario.*

We are already with you proceed.

The process film which the photographer will use to take our pictures will not work. Have him check with other sources as to the proper film to use for spiritual photography. He will find then a body of information which will guide him. He may not follow this advice, and if he does not, failure in the obtaining of suitable spiritual photographs will result. So advise him.

We would speak of other things. There are about you many influences which would tend to deter you from your intended course. Become stronger, and we will guide. Insist on a NO for certain types of printing work, for we will interfere with its production. For those who would use the printed word to produce harm to their fellow man, directly or indirectly or obliquely, will find that we will start to produce the interference to prevent this from happening. So advise them on the notice on your wall.

We would talk of many things. There will be coming into your sight this day a young woman of spirit. She is aware now of her gifts but needs the reassurance of an older person of the pathway she should now tread. For the going has been hard for her and her sanity has been questioned by close friends, yet they find that which she is able to do hard to believe, yet they are the witnesses to the facts. She will find a comforter which

will help her along the path. Communicate with us if there is the need, and we will guide and demonstrate to her the power which is hers to share, just as we share our power with you, and with all other children of the light of God, the creator of the Universe.

We would talk of tomorrow evening at the Foundation Church. They would exploit you if they can. Do not allow this to happen. For your appearance is not an endorsement of their activities, but is merely the heeding of a call for spiritual guidance to those who would be guided. For there will be many who believe, and there are those who do not believe, and in so doing they will not be able to comprehend that which is taking place. So inform them of this fact. There is much to be known about the human mind, and that which is to be known, has always been known if but mankind will open its doors to the common far memory which exists in the structure of all bodies of living things since the beginning of time. This is true for your planet, it is true for all other planets in this solar system and elsewhere.

The power about you is increasing. Expect changes in your body conditions, for the body will be changing. Accept this and the inconvenience will be small. For there will be changes taking place in many sensitives in the months to come, and we advise them to accept the changes for they are growing away from the darkness, and approaching the light. For the change is because of our influence upon their body chemistry through the influence of spirit. It is God directed, and they should not become alarmed. For the change will be of great benefit to them in the new age that is coming this century. For the cities of the future will be many, and some have already started their beginnings. There are many yet to begin, and the time is starting to approach to act. And the help will come from far and wide, and sensitives with their various talents will make available to spirit the time, energy, love and purpose to do that which is so necessary to be done. And the future history will record their love for the future unborn generations, and mankind will survive because of their actions. Most of mankind will perish because of their failure to see the light. And in this failure to see the light when directed, they will sail into oblivion on the earthplane, and risk never again being seen here in future reincarnations, for other planets of other solar systems will be

much more to their liking. And in such choice, they will find that the hardships which they have encountered here on the blue planet Earth will be nothing to their future lives, and then the karma of change will be upon them, and then they will look up to the light, for their far memory will be with them and the lessons daily which they will learn will allow them to understand all that is taking place. And then in the future they will be able to advance as angels of the light. Till then they have much to suffer on the physical plane because they know now of the direction, but do not turn from their course of self destruction.

There is much to be written, and so little time in which to write it. There are about your blue planet Earth small rocket ships which pose a hazard to space travel in the future. The hazard is partly because of the physical mass, but more importantly the physical debris is causing the collection of negative forces upon the objects, and this will start to effect much in the way of spirit which does come near. For they become the residues of new planets, moons if you will, and in the beginning stages they harbour life which is foreign to and hostile to the more advance life forms which you have physical contact with. Therefore be advised of the danger of the contact with this garbage in space put there by man. For the garbage is artificial but it is collecting about it a force field which is of negative spirit, for it is in the abnormal process of creation and will draw to it much in the way of goodness in spirit, and remove the same from those who do pass too near. We do thus warn.

There are about you two new individuals to the place of business which you do operate. They do need the guidance to achieve the pathway to the light in the direction which we would assume to be right. They will be in time of great asset to you, and to spirit. And their value right now is determined mostly by yourself, by your insights. Thus make effective use of your mind and you will find that they do respond to the guidance and the direction, and they will be able to do much in the way of improvement of services to more customers. Quality is a prime consideration and often that which is not seen is a little hard to control. And they will allow the control of that which is not seen with a little insight on their part.

We would talk of the Friday the 13th which will soon be upon you and the physical world about you. The power of the cosmic forces will soon be unleashed and much that has been predicted for centuries will soon come to pass. And that which you must become aware of is the spiritual destiny of man, for the physical world in which you are surrounded, dear reader, will cease to exist in the form known to you. Therefore gravitate more and more to the goodness in spirit, and in so doing, you will find that your spirit will seek that which is best for the spirit, and that which will allow the physical body to survive on this planet along with many more of like nature.

We go in peace.

Amen.

852am

AUTOMATIC WRITING

William T. Metzger

at the FOUNDATION CHURCH OF THE MILLENNIUM

Toronto, Ontario

10 December 1974.

Yes we know. Proceed. Have the students ask questions. We are prepared to reply.

Q. We are in trouble. How do we get out of it?

The best way is the method of prevention. But there is still another way. And that way is via the use of prayer to God. For in this emergency you will find that the trouble will disappear like magic. But if you do make use of the same method of escape in the future, you will find that the karma of this particular moment will come back to you in great abundance. You are at a turning point. You are not here by chanch, you are here for a purpose, and the purpose has been guided by spirit, your guardian spirits. They are here too. Were you not guided here? Was not the decision a spur of the moment as if you were directed? We would go on, but save time after this meeting and we will help further. You will have some trouble in accepting and comprehending what is written here. But in time you will realize the truth. All power is in spirit, not mental, not physical. But in spirit. And this is the level to which you must reach. And reach to the highest level, to God, the creator of the Universe. Now you understand.

Q. Is there a particular message that you would like to give to this group?

Yes. Many. But much of what we would say is common information which is given in the Journal of Automatic Writing. And in this Journal you will find much which will help you in the pathway to the light. And in this pathway you become children of the light of God. Thus exert the energy and the energy will bring to you the awareness of spirit. And this is the message that we bring. We are open for other questions either general or specific.

Q. What holds me back from realizing the spiritual?

We know you know Metzger, we are talking to the student. That which holds you back is yourself. Open the limits of awareness of your mind. Seek and you will find, knock and the door will open. Ask and you will receive. At home this evening beside your bed, in the dark, on your knees, reach mentally to God and ask for his spiritual guidance, and you will have. You have it now. And the guidance will be such that you will become more and more aware of the goodness in things of spirit, and in this awareness you will approach spirit. And that which you have asked in your question, you will now receive. In fact, it is done. But do not neglect that which is here requested. We go in peace.

Q. On what basis are people endowed with psychic gifts?

There are many answers to this question. The basic answer to this is because they ask. Do you ask? But there are other reasons, and they are reasons of spirit, for when in the spirit state, people do ask that when they reincarnate that they have the psychic gifts so that they may be of service to others on the physical basis. Many forget their promises while in spirit (made in spirit state), and the karma can be very severe. As in the case of Hitler. For he is cursed to the end of eternity because of his betrayal of his next of kin, mankind. Do you understand?

Q. Can I develop more spiritual awareness?

We will wait till you change the paper. The answer will be a long one.

We are with you already. And the spiritual awareness is already growing. That is why you are here. Because in this awareness you are finding that there is now acceptance of these things which did not exist in such force before this night. There are many around

you that have also this desire, for there rests in your eyes, the eyes of the Christ consciousness. And as you come into contact with others of the same kinship you will find this same state of awareness. And this state of awareness will bring you closer and closer together in a group mind. And this group mind will allow you to know your destiny, and the destiny of your next of kin, spiritual kin, be they your physical brother and sister or no. For all are brothers in spirit, and you are now beginning to become aware of this. And there are those around you who are not on the pathway. Do not deter them. You do not have sufficient time or power to do this. They have free choice, they have free will. And you have the same. Make your choice now to be a child of the light. You have already made the choice. And in so doing the doors are opening wide to you. And this opening of the doors will bring you into contact with forces of spirit which you will at first not understand, nor comprehend for awhile. But accept the reality of the forces, and in this acceptance you will be guided by two brothers from a past life which are looking over your shoulders now. They will guide. And in their guidance, you will know your destiny. And the destiny is just and the destiny is great. For you are already a child of the light. Do you accept this? For the Christ consciousness you can see in the eyes of the babies, and in the eyes of the unwed mothers, and in the eyes of the pregnant women. For this is the New Age, and the new days for the planet earth are coming. And the great cities of the future are in your hands as they are in the hands of many who are dedicated to spirit. Dedicate yourself now with patience and persistence to build the noble deeds of the future for the goodness of mankind and Canada. We go on. Blessing be with you. We go in peace.

We are tuning out now,

No you are not. You never tune out. We are with you forever. We go in peace, but are still with you.

CONTINUED FROM PAGE 26.

You will find many who will come to you from a distance. Prepare your files to know all things which are essential for you to know. Seek thee the higher levels at all times from this day forth. We go in peace. Amen. 746 pm. 23 Dec. 74. wtm.

We are here already. Proceed.

The time is short. There is much to do. That which you are to do will be guided. You are being guided now in many of your actions. And these actions will determine much about you in the future. There is the need for the outdoor type clothes, and there will be a long hard winter. And the winter will follow with a spring, and the spring will be mild. Then another hard winter. For mankind is not surviving in this climate without the help of God. For there are the changes coming about. And these changes are being brought upon man by man, and there is now no solution but the intervention of the spiritual forces of God. Those who believe in spirit will be saved by spirit. That is the key, that is the guidance, thus build your awareness of spirit, and faith in spirit, for this is the key to the salvation of those who would save the remnants of the human race. For there will be many who will die from starvation, many from thirst, and many from the wars. Many will die from yet another illness, and that illness is the right to live. They will have lost the right to live, and they will turn to drink, and other methods of madness which will cost them their sanity and in turn will cost them their lives. Still another method of death remains, and that is the loss of the will to live. And for those who do die this way, it is a suicide for the will does not exist any more. For there are many who will live, and those who do live, will live because of their love for others, and their love of God, the Creator of the Universe. And in this love, the light of his protection will be upon them. And others not see the pathway, and those who see the pathway will be guided. They can not be followed, for the pathway is within, and the physical roads that they travel, are not the pathways. The pathways that they travel are the roads of thought, and the thoughts are the reality which will save them from the throat of harm. For when the moment is to drink, the drink will appear from nowhere, as the timing will be so precise. And when it is time to eat, the eat will appear from nowhere, as the timing will be so precise. And there will be no need for the clothes, for the warmth will be great, and will be suitable. And the shelters will be large and they will be suitable, and the families will grow and they will thrive, and they will be able to achieve great things. And these achievements will be built on the remains of mankind. And much good will result. And the good will come forth to all who will partake of the spirit of God. For God is all, in this there is no doubt. For we would talk of many things, but that which is the most important is the talk of God. For the road to God awareness is short and it is long. And many who claim a belief in God do not understand what God is. For their belief does not come from self, but comes from the doctrine of the world's many religions. Many are right, many are wrong. But the greatest is that which dwells within each person, for that is the religion which brings man face to face with his creator. For you should

not seek a physical entity, for that is only a shield. You must seek your creator in other ways, and the senses of the body are of no value except in their projection of the wonders of the world about you, then they are of the greatest of value. There are about you many wonders dear readers, and seek thee the mystery of each, and you will wonder more, for each mystery when it unfolds does reveal another mystery, and another and so infinitem, and this is the work of the Lord, thy God. Not man, but God. And man would say that he is God? How silly. For that which man would say, has no meaning. For that which God would say does create. For the words of God are not known to man directly but through the senses of man. And from this awareness with some comes the awareness of God. Others do not seek, and they do not find. Be the seeker dear reader. Be the seaker. For there is no power so great. Be the humble seeker for there is no power so great. Try to understand all that is written here. If you do not understand, do not reject. Just reread at another date.

We go in peace. Amen.

841 am

**AUTOMATIC WRITING / William T. Metzger
for THE MIRROR (newspaper), Don Mills, Ontario
Tuesday, December 31, 1974, page C1.**

The following automatic writing was done in the presence of a reporter of THE MIRROR on 14 December 1974. Abstracts of the following were published in the above newspaper.

We are ready and waiting. Surprises are in store.

Q. There is with me now a journalist from The Mirror. . . . We would be interested in the following.

Yes we already know. There is no need for questions. But proceed with questions anyhow.

Q. Main thing I want to know is if you can give a summary of the major events to look forward to in 1975.

Yes, there are many events for the year 1975. And that which you would deem of importance is not what we would deem of importance. For you are a journalist. And as such you are biased in many of your insights. Because of the pressure of the Editor and the Publisher and because of the market place into which your goods must pass. Let us see if we can give to you a summary which will be both interesting to you and your readers and that will be of service to spirit. Join physical bodies now.

(Journalist placed right hand on left shoulder of Metzger.)

There is much to be decided among the super powers. For their empires are at stake. For there is now a crumbling of economy in the United States,

and in the other parts of the world. And this they do think is something which can be corrected by man, can be corrected by government. But they are wrong. For this correction is only possible (now) via spirit. For there dwells in the hearts and minds of men an awareness of God, and many allow this awareness to direct, and many do not, and many reject. For there is the free will of the human, which God has given. And this free will has been misused by man. For this reason governments will use their free will of war in order to cope with the threats of the physical worlds about them, blaming each other rather than self. And the war of the future will begin in the middle east in a period of 3 years or less. And from the fires of this war will come the world conflict which has been predicted. For there is a man (K) which will be instrumental in the setting of the fires. And his mission is a peaceful mission, but in a moment of indecision, and wrong decision, and bumbling, the error of the ways will be upon him, and there will be the responsibility of the new war which many will think. But they are wrong, for the forces upon the man are from the spiritual forces which are around him. And some of these forces are from aliens who do influence in a negative way, because they do not understand the karma of your planet Earth. Yet there is much in the way of good for the New Year.

Some of the good for the New Year will revolve about God consciousness. For many will now be making contact with the healing power of God. And this healing power of God will bring to their awareness a means of solving much of the problems around them.

There will be increased UFO activity in the New Year 1975. And this activity will centre about military installations still. And there will be frequent contacts with earth beings, and these contacts will bring to the general population an awareness of the goodness and the badness which exists in those who are from other planets of this solar system, repeat this solar system, as well as from other solar systems in God's universe. There is much to be known from the UFO occupants, and that which is the most important is the new learning laws which will enable man to learn much from his far memory, and from other methods of learning which at the moment are far advanced by man's standards. There is about you much in the way of good this day. Protect your understanding of the power of goodness, and this will bring to you rewards later in this year (current), and in the following year.

Nothing happens by chanch, and all this will be born out in the days which will follow.

There is a young woman in your life, and she will become related to you in the near future. Be sure that she understands the problems of the world about you, for in this understanding she will be an assistant to you in your undertakings. There is much to know in this new age. And that which you are to know will be revealed to you in your interviews of psychics, and others who

are on the pathway to God, the Creator of the Universe. There is much to be known this day. (Bill, check with (S) for this evening.) Let the power of spirit grow upon this young mind till the point is reached that acceptance is complete, and therein will be another soul on the pathway of light to the God, our God, our Lord, the Creator of the Universe. There is no power beyond.

We will wait.

The physical events of tomorrow are with you today. For that which will be physical in the future is overshadowed in the here and now. Such is the power of spirit. For believe it or not time can flow backwards, and in this backward flow there becomes the awareness of the clairvoyants, and those who seem to pass through the time barriers. That is what we are approaching now.

Jean Dixon has some major predictions to make in the next week or two. And we would suggest that you check and read up on this. We will wait.

Much of the known universe is under surveillance by that which you might term UFOs. But they come in a variety of sizes and capacities. We come from higher planes of awareness. For we are spirits from the 4th and 5th dimension. We are guides to Metzger. One is an Indian. Another a disciple of Christ. Another an Arabian. Another from the planet Mars. Another is a distant relative recently in earth years passed over to the other side. All of these things may not seem real to you, but as your limit of awareness (increases), then you will know of the reality of what we speak. For we do speak, and Metzger does write.

The major event for 1975 is this. Mass land movements. And with these mass land movements there will come an influence upon man's ability to survive. And his ability to survive will be in jeopardy.

We already know of the power shortages in Canada, and elsewhere. And these shortages are very real. And within a period of four, and before the end of 1975, there will be rationing of power in Canada. This is very serious. We would talk of other things. But first let the journalist ask questions of specific or general nature. We will wait.

If you do not like evil, avoid it. Do not give it sustenance by giving it attention. Walk away from it. Refuse it. And in your refusal, also accent to the approach to God. Beware of the demi-Gods, for there are many. But always reach to the highest power that ever existed, which now exists, and will always exist, and that is God, the creator of the Universe. All others are only powers or expressions of God. Do you not admire the handiworks of God in the night sky, in the fields, in the microscopes? This is the power of God. What man among you can even begin to approach this type of creation. Remember the intelligence quotient of God is infinity. There is none that can approach this except God.

Q. What direction will the economy take and how will this affect the average Canadian?

Downward. For the reasons already noted. There will be depression of the mind of many. Many will not be able to cope, and will withdraw into insanity. Others will thrive because of the adversity. Many will turn to God in the moment of crisis. Others will turn away from God and seek the unholy one. And it will be a time of turmoil. And the beginning of destruction will not even been started to any large degree.

Q. When will this take place?

The time period is for the year 1975. The seeds have already been sown. That is the reason we are aware of this. Some information is already recorded for the future in the akashic records. And we do sight these records from time to time. There is much in the way of goodness which can come out of the year 1975. And that is allowing the spiritual awareness of God, the Creator of the Universe to come more and more into the thinking of each person. For in this guidance of spirit, so the mental is guided, and the physical next. For the power is in the control, in the intelligence, and the intelligence and control is in spirit when man will give the insights from self to spirit and receive same in return.

Q. Will there be much unemployment?

This is a loaded question. For you know that there will be. For the trend has already started in the States. And Canada will soon thereafter follow suit, for the economies are interlocked. Canada has much in the way of natural resources which the States has nearly exhausted, and this will be the salvation of Canada. And the government of Canada will panic for awhile, and then sound reasoning will take over, and much of that which is feared will be allayed, and then men will be concerned with the welfare of each other, for only in the welfare of the other person, does come the welfare of self. This will be a lesson which will be long remembered. There is much more. But time is so short. Develop your own spiritual inner strength. It will help in the months ahead.

Q. I did not want to ask leading questions, but an overall summary.

We will wait.

There are a number of sensitives which you will encounter in your interviews which are tuned into the great being. There may be one of two which will be your misfortune to encounter which are tuned into the lower forces. You are tuned to the higher forces now. Beware that you will need to protect yourself when the lower forces are encountered, and the words need to be "God remove the evil before me." And this will bring into force the guardian angels about you, and the words will be the thought power which will remove and shield thee from the evil forces about you. They did proceed you into this office this afternoon, but Metzger did recognize the problem, and did

reject and refuse to be of assistance in healing and in writing to a pawn of the evil forces. And to this end, we were partly responsible. There is much to know about the black magic in the world forces today, but if you have only so much time, why explore for the evil, when that which is evil leads nowhere for mankind. Rather make the constant choices towards the goodness of man, towards the goodness of all creation. Thus take the pathway in constant decisions for the right way, the right pathway, the pathway of the light of God. For this is the pathway to enlightenment, and this is the pathway to wisdom and to knowledge.

We would talk of many things. But time is short. Read in the pages of the Journal of Automatic Writing of the communications from spirit. It is our Journal. And that which we do write is mind to mind communication as the means. And all subjects are covered that are important to man. Read and you will know truth that you have not known in abundance before. Those who reject do not understand because they have reached their present limit of awareness.

The pathway to the light of God is long, eternity. But approach, for the light of the path does protect you. We go in peace.

Blessings be with you.

Amen.

508pm

wtm

AUTOMATIC WRITING, page 1. Monday. 23 December 1974.
wtm. Don Mills, Ontario. 838 am.

We are with you already. Much is already done. There is still more to be accomplished in the transfer of your body conditions into a state of balance. There is much that is happening to the world about you which is abnormal from a physical point of view. We know this, you know this, most sensitives know this. There is about us a being who would not allow that which we would do materialize. He is of the demi-God of which we spoke before. But his power is neutral, when you do reach out to the Creator of the Universe, God. For you have reached many times, and many times you have known the reply. There have always been the replies, but often you have not known of the replies. For that is the way of physical. For oftentimes the replies are of spirit, and not of physical. For the spirit is of the higher level.

So dear reader beware that the reply from God to your prayer may not always be in tune with your physical request. For does not God have the knowledge which is beyond all? For that which you would have God do, would be that which you would have your hand servant do. God is not a hand servant, you are the hand servant to God. Do not forget the roles, for when you do pray ask for the love, the wisdom, the intelligence, and the compassion which are rightfully yours from God. And these things will be granted. But do not call upon God to strike down your enemies, for this is against the law of God. For the law of God does call upon you to love your enemies. Thus is it man not God that does bring about the war, for he does not love his enemies, he would kill his enemies. And this is the reason for much of the terror, illness and war on this planet. For war does beget war, and terror does beget terror, and illness does beget illness. Yet there are many among you who do understand the messages of the Prince of Peace, and in their understanding they are protected in a spiritual manner which far exceeds their expectations. For there is so much that man does operate with that is physical, and this is his shield, his world, and all that exists he would believe. But this is not true, for the essence of life is of spiritual origin. And remove the spiritual life from any living creature known to man, and life does cease to exist. It is this essence of life that is God given. And God can also take away. For man does have the right to operate in the physical limitations of his shield. But he does not always choose right over wrong, and this is wrong. Thus with your free will choose always that which is right over that which is wrong. And when sufficient of your numbers do do this, then that which is wrong with your planet will be struck away, and the new age of mankind will have arrived. For the growth of your planet has been retarded many times because of the limitations of man-like creatures, but there is always the opportunity that the next age will be the golden age for in this age is the promise of war no more, and peace on earth. And this is the way the other planets have evolved in their quest for destiny, and they have all passed through this stage, but earth is taking longer than most, and this is our concern. For there dwells in the heart of each one of you the cause of this delay. The cause is in either the active part in contributing to the delay, or the inactive action on your part in not helping the maturation to take place. Therefore each one take upon self the burden of striving to help the golden age arrive, and in your quest think to the impossible tasks (to you) which need to be done. And then

start the tasks having faith in spirit. For there will come about then the manifestation of that which you would attempt to do which is impossible to you at this time, as you would think. But remember there is the spiritual help which does abound, and in your physical actions, and more important, faith, you will find the help which will help bring about that which is of the golden age. There is much about you which will manifest in the way of help from others who are of like frame of mind. They will seek you out. You will seek them out. In this method of approach, you will join forces. And the persons who do join are servants of God, the Creator of the Universe. There is none greater. And in being the children of the light, seek thee further the pathway of the light, and join forces with each other, for there will be many, and they will be a mix of God's creation, and they will come from all walks of life, and they will be of different sizes, and weights, and heights, and racial origins, and cultural origins, etc. And in this mix they do have but one thing in common, that is oneness with the Creator of the Universe, for they are children of the light moving towards that which is the greatest goodness known. And life on the planet Earth will become different because of these people, and they will rise all over the Earth, and many will be struck down by the forces of evil, but they will rise again, and most of mankind which are not on the pathway of the light will be struck down and in this striking, there will rise up the new cities of the future, and these cities will be God's cities, for they will be spiritually conceived, and they will be independent, and they will have the power to thrive and perpetuate mankind without help from other physical sources of man, and thus there will be the cultures in the various parts of the world, and they will know of each other, and in this knowing they will be able to communicate mind to mind, and in this method of communication, they will know one another. This is the promise of the new golden age, and that which you have known will change, and many new things of spirit will come into the lives of each one of you.

All this we promise, for we do it in the Lord's name.

Amen.

854 am wtm

AUTOMATIC WRITING, page 1. Monday. 730pm Don Mills, Ont.

We are with you already. Proceed. Hello Don.

Contact is made. We have much to reveal and so little time in which to reveal it. Yes, you have met before, many times in fact, and have been associated in many projects of a spiritual nature in the past. There is much you would know, but know this to be a fact. Thy combined efforts will bring about a change in the thinking of many. For there will be force fields which will result from the combined efforts which cannot take place within one person alone. This is the power of spirit in combination, for has it not been said when there are two, so there shall I be? This is not God, this is not Jesus that is communicating. This is the power of spirit which is communicating. When you want to reach to the higher levels, it is only necessary to reach in the mind to the higher levels and the contact will be made.

Pay not attention, Bill, to your right eye. The piece of dirt will remove itself shortly. We would go onto other things which are of interest.

Seek thee the higher levels. Thy spirits are combined. There is a heating of the bodies. There will be insights which are common of both. Think highly for the direction. There is much to know. This is an unusual condition which is taking place. It is because your mind is writing the questions, and then stopping, and asking and writing the answers. We are not confused. Reach now to the higher levels.

Q. God, what is the direction that Don and I am to take together please?

Write as I speak. We are far and many. We have come from the distant part of the Universe in God's name. That that you seek is not make believe. It is real. There is about you a very powerful force field. It has been brought upon self by the force and the power of God. Seek always this higher level when you are reaching for the supreme truth. There is about you an army of spirits and they will now be your guides, and these guides will allow you to achieve all that you need to achieve on the physical basis for the power of spirit and the power of God. And that which you will do is become the power of spirit and the will of spirit, and because of this many things will be accomplished, many who will think that they are miracles. And in a sense

they will be miracles. Be sure that your eyes are opened each day to the power of spirit. Use the typewriter often for therein is the direct communication to the soul, the pathway to God, and the power of the intellects of the Universe who are at your command, and you are at their command. The minds can become one. Allow Don to do that which he is skilled in doing. Let him expand his awareness and bring forth to many peoples the awareness of spirit. Show him the ways of your business so that he may know all that is to be known. Allow him to control that which needs to be controlled. Allow him the ability to progress and make mistakes on his own. Let him have the insights which you have acquired over the ages of this lifetime. For in so doing you will find that you will be able to operate as twin minds. And in this operation you will be able to achieve much in the way of spirit. The business will be booming soon. Think soundly of (C), and of (E), and of the other employees. For there will be coming your way soon many who would like to harvest, but would not like to plant. Seek thee the planters, for therein are the seeds of the events made, and from this beginning you will find much in the way of outlets will take place for the sale of the publications. For there will be many. And that which you will require will come forth to you. That which you require in the way of spirit will be with you, and that which you require in the way of profit will be with you, and that which you will require in the way of production will be with you, and that which you will require in the way of accounting will be with you, and we will be with you. Seek thee the guidance and the direction at every turn, turn over some of the physical responsibilities to us and we will guide, and in the guidance you will acquire our awareness, and in this awareness you will bring forth that which will open the eyes of man to the wonders of intelligence, to the wonders of God, to the wonders of civilizations which are far advanced and that will share with you and mankind on a day to day basis that which is otherwise classified now as impossible. For there is more to the space age then meets the eye. For here is the turning point of mankind, to share the wisdom and knowledge of other races of living creatures in other far away galaxies or to retreat to oblivion. And that which is the latter is the possibility at this time without the interference of the space creatures with compassion. Some of us are so large that you could not begin to understand us throughout eternity, others are so small but with compassion that a million could rest within your 200 lb. body. There is more to the age about you than meets the eye.

THE SPIRITUAL PRESS

P. O. Box 464, Don Mills, Ontario
Canada M3C 2T3

Return Postage Guaranteed



Mary Margaret Fuller, Editor
FATE
500 Hyacinth Pl.
Highland Park, Ill. 60035
U.S.A.

**

CONTENTS: Spiritual Communications From The Fourth Dimension And Beyond.

ISSN 0315-5412