



Following the Heart

THE SECOND WELL TRUST presents 'Following the Heart'

A Teaching from Songee 11th August 1997

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On the 11th August 1997 this Monday night after the five guests had been channeling healing energies to each other Songee came to answer their questions.

Soul's place after a Heart Lung Transplantation

...I saw it on television last night, it was about a lady in America who had a heart lung transplant and after the operation she seemed to take on the - how could I put it - needs and wants of the person whose heart she received. She asked for a beer to drink she'd never drunk beer in her life (?) and she believed that instead of the heart being nearly a pump as the doctors say, that the vibration of the person who had the heart was still in the cell memory. She even was given, I would imagine in a psychic way, the initials of whom this heart belonged to and was able to trace who whom she had received it from by looking it up in papers and I wondered if, I'm sorry, I wondered perchance the spirit of that person was still with her or living, had in some way gone inside her during the operation or something. I need some explanation to fully understand what happened because she is not the only one that this has happened to.

Songee: It is very simple when you have your exercise that you do when you practise holding something that belongs to others...

Yes, psychometry.

Songee: Imagine that something that you go and you get of nature and you do the same thing,

Right.

Songee: ...in the short moment that the person have handling of it they impart to it energy of their own. Imagine how much more so is this situation when it is a living organ and living tissue. Remember that this tissue is not dead tissue it is live tissue.

Now, Little Mother we need to go back to a lesson I give to you many moon past would you like to voice it as you remember it.

I've been attempting to remember it as (?I) was speaking.

Songee: It was to do with a lifetime that Organism have...

Yes.

Songee: ...and it was explained that at that time the body of the Pharo was not buried...

That's right.

Songee: ...according to full custom and so it was able to decay.

It was not embalmed, the body wasn't embalmed properly so therefore it decayed. If it hadn't decayed the spirit's Soul would not have been able to be released to become incarnate into another life.

So the spirit of this person, whose heart this other person received is not, can't fully go over to the Light, is that what you're saying?

Songee: As long as they have living organs upon the planet and part of themselves undecayed, they are attached to the earth plane and to some degree are attached to the Soul that now has the living organ. This raises all kinds of questions as a result, because it means then that the Soul must continue living - ah thanking you - this is a new word for you to put into your books - vicariously...

I've never heard of that.

Yes I have.

Songee: ...through the agency of the one who now has the living tissue for themselves before time. Now, until that living tissue passes from the earth plane they cannot reincarnate, did you know this?

Have they chosen this...

Yes they would have chosen...

Would they have chosen this for themselves?

Songee: Oh most certainly, most certainly. Everything is chosen, chosen to leave parts of the body to others, chosen to continue to be of influence.

And is this a very hard lesson for people not to get back to the Light... fully at that time, having to wait around.

Songee: The Soul that is attached to the one that is left upon the earth plane - imagine the Soul that has passed into spirit and the nature of the Soul that may have passed into spirit, imagine the level of understanding and learning that they may have achieved in their lifetime or not achieved in their life

time. Now supposing that the Soul that passed over has not any learning, however their organs are sound so they are given to another, and the Soul that has passed over perhaps may have left the earth plane after living a life of debauchery, of evil living - this is an extreme example, you understand - and the heart or the lungs or some part of their body is placed into the being of someone who is of righteous nature, who has lived righteous life, an exemplary life. Now comes the question how righteous and how exemplary has that person truly been. How well have they conducted their own emotion or have they buried it under layers of resentment, anger and other things of this nature. When this have taken place, supposing that this is the nature of the person and unbeknowns to the people around then the energies of the one who has not led exemplary life will have upper hand (*laughter*) you understand, because all of those things that were buried deep inside will now not be able to be hidden anymore they will come up to the surface.

However the same, the same organ placed inside one who has to all intents and purposes, is an ordinary person living an ordinary life with ordinary faults and failings and yet has a strong spirit, a strong connection with the Light than the Soul that has been lost to the Light is then bought into the Light, through the nature of the being that they have been given to to help, and in the attachment although there is some struggle, usually the Light will win.

Now look at the further implications of this - within the nature of this encountering very often there is karma, very often, not all time although very often there is. Now there are situations where organs are placed into the bodies of others and there is no reaction whatsoever because the Souls are compatible on most levels so there is no disharmony and one will enhance and help the other so there is balance, you understand.

Birds are flying around the heads of your auras, I can see them flying around.

The ones that are having disharmony in a way are having two bites at the apple, they've had their own lifetime and then having it part of them, you know when they're transplanted, and vice versa they're getting two stabs at the apple.

I know, can that other Soul take residence in the physical form with permission of the residence Soul if that one moves out?

Songee: For that to take place there would need to be a complete possession by the Soul that has been passed into spirit and this is evil.

Right, so it's not really permitted.

Songee: It is not permit, however occasionally it does come to pass.

And would the Soul of the one who was having the operation actually, ah I don't know, go out of that body and the other one come in or would the two of them share the same body?

Songee: In the situation of true possession, there is only one Soul inhabiting the body and the other is dispossessed. That is the meaning of it possession and dispossession. The original Soul is dispossessed.

When that happens, the Soul that's dispossessed can they return to the Light at that point or they are just put in behind...

Songee: They remain inside the aura and usually they struggle to regain their rightful possession of their body.

And then when that body dies, they can go to the Light and then?

Songee: When their body has finished then they can go into the Light. However usually they are very upset because they have not finished out their life, this is when a stealing of a life is taken.

So that's not planned beforehand?

Songee: That is not planned - that is stealing of a life and it is not common.

Is there anything to do with their Guardian not being vigilant enough, or that has nothing to do with it?

Songee: The Guardian and the Doorkeeper can be as strong and as vigilant as may be however, and the individual Soul is weak, the Guardian and the Doorkeeper have a big struggle and they always remain with the Soul, their chosen Soul, through all the trials and tribulations always - they do not abandon them.

Can't be easy.

That's very interesting.

Songee: The Soul may feel abandoned at times because they loose sight and contact with their Doorkeeper and Guardian however they are not abandoned, never, no matter how many centuries they had to wait the Doorkeeper and Guardian will wait patiently because there is no-time. Time is as a blinking of an eye in your time.

The Baby does not Sleep

Now, may I ask another question, different question quite different. I have a little grandson who appears to be naughty but he's only very young he's a baby, at bedtime always crying, carrying on. Is he afraid or naughty? I felt he may be afraid because he was put in an incubator when he was born and he was afraid of being parted from his mother. What's the truth about this?

Songee: This goes back before this birth... *(long silence)* This child, remember that the child is only a child to you, the Soul is not a child...

I realise that.

Songee: ...it does not change from being its previous self to its new way of being immediately at this point, it takes a transition of earth time for it to take place.

This Soul has fear that when it closes its eyes that it will go into Spirit and not return, not return to the earth, and this is a fear that it has brought forward from a previous life. Certainly there is something that can be done for it however it requires co-operation and at this point you need to ascertain how much co-operation is possible.

Well the child doesn't speak yet, and his mother is expecting another baby and...

Songee: It's not the child that you need the co-operation from it is the parent.

Right, I feel the parent is too soft, but maybe I'm too hard.

Songee: What would you have the child achieve?

To be able to go to bed, it doesn't matter if he doesn't go to sleep as long as he doesn't cry and fret because his mother is worn out trying to get him off to sleep and I'm attempting to get him off to sleep at night and there's another new Soul coming into this family soon. I can't see how she's going to have the time to devote...

Songee: Remember she has chosen this.

Oh, I know that and I believe it's a very hard lesson.

Songee: So perhaps the child, although it is very young needs to be given some words of comfort that can be said every night before it goes to sleep.

Oh a little children's prayer, thank you for that, and the little Soul that's to come is this a little girl this time?

(Laughter)

Songee: I'm not going to answer that.

Oh I wanted to know.

Pink things or blue things.

Well, I felt it was a little girl I just wondered if it was, if I was correct.

Songee: You wait for the surprise of Oneness. Too often the specialness of the surprise is taken away.

More and more often.

That's fair comment.

The Lessons of Life

The um, when we were talking the other night about the Alzheimer's disease, the question I had was that if a Soul is living in the aura of somebody spending a lot of time in the aura of the body, how does that, how does the physical form actually continue to maintain itself without that life force withinside it?

Songee: The life force is not disconnected from it...

Right.

Songee: ...it is still connected, it is only the consciousness that is disconnect.

Right because some of these people seem to go very fast when they have this disease and some people seem to linger on and I wondered what the point was if there was a point.

Songee: It lies in how much lesson that soul have yet to finish.

So it's a finishing of a lesson it's not the beginning of a new lesson...

Songee: No.

...alright I could have seen that I felt that was a bit cruel at that time of life to start a new lesson.

Songee: It is a completion of a lesson that was not learned before time, and also too it is a teaching of a lesson for others.

Of course.

When Organism leaves her body

When the Organism goes out of her body and you come through is her spirit /soul connected by the silver cord?

Songee: That is so.

Right.

Songee: Were Organism to suddenly return due to any manner of something that was suddenly to happen then you would discover that Organism would not necessarily be in the right mind, there would be much confusion and disorientation. The body would react and function for the emergency situation, the consciousness would have no knowing of it, there would be confusion after this. So supposing there was a big disaster and the buildings start to fall down around your ears Organism would get up and move out as you do...

That's right.

Songee: ...and would converse with you and speak with you, and you will believe that all is normal until you get them into safe place and you will discover that all is not normal.

Learning to help Other People

I have discovered that many times on many different occasions.

We're considering, today we're talking about all the ins and outs of having some form of counselling teaching of which I'm very interested in and I have not really formulated this question and I think I haven't had long enough...

Songee: The answer is already there.

It needs to needs to take place...

Songee: One morning each week of your earth-time, in the middle of your week.

I've been searching for myself for extra training for myself as well as what I'm already getting and I posted a letter to England today and I wondered if that was the right avenue or whether maybe I ought to be looking closer to home it is a correspondence course that I was considering as well.

Songee: This is not going to be practical. You will discover that although you will get information that will be of interest to you and of imminent learning to you, it is not of any great matter when you cannot have situations to practise and apply it.

Right.

Songee: You have only at this moment limited space to practise and apply your knowing.

Yes. Yes I do need to practice it otherwise I loose it.

Songee: So what needs to occur now is a making of a space where this practising and learning can take place. It also needs to happen in such a way that ordinary people with ordinary lives can come and share this learning without having to feel that they are being asked to belong to something that they are not comfortable belonging to. Many persons are not comfortable to belong to something that talks about the Light of the Oneness in any - whatever name it is given.

There are those that do not have the time in their lives for this however there are those in humanity who can be shown the door through other means of learning so that their awareness can be heightened, so that they can learn how to be with each other and improve their way of functioning with each other as humankind.

Especially with the children.

Songee: And in teaching this in a small way to many, you will begin to open doors of awareness where before they were closed. And then you still have the people that will come to you who have already the awareness and the doors open and already there is facility for this - space for this, so now you need space for the other.

What is it, Little Goose?

I was just wondering what you're, you're referring to actually as a detailed meditation class?

No, no meditation class, a counselling tuition class to teach other people how to help themselves and the people around them in a counselling type situation, how to manage their husbands, wives, children. When the children go off the rail how to talk to them what to say that sort of thing. That's what we've been considering, one morning a week in the middle of the week.

Songee: Ponder upon it for a moment and then talk about it.

I just wondered the way you said it, it was like you wanting help, sounds as if 'you' were wanting to go to something to enable you to...

That's right to help me help others, yes to learn and I've had a little taste of doing this and it makes, I knew I didn't... I needed more information before I started when you do it, makes you very aware of how little experience, knowledge that we have.

Songee: The other matter of it is that channelling can take place are not intrusive, and people can be assisted with the means of channelling without them being aware necessarily at that time or at that point of their learning. It does not have to be forced upon them.

So the thing is really for us or whoever to learn the channelling...

Songee: Anybody at all in the community of humanity that would like to come and enhance their life.

No we wouldn't be teaching them channelling.

I know I realised that, but yes, I realised that...

Songee: But what?

Well C apparently from what I gather here is able to channel, I am not 100% convinced yet that I can channel.

Well you do, you already doing it.

Well, I feel that I need to hear voices speaking to me...

Oh I don't.

...telling me what to do.

Songee: So part of your learning to hear this will be to learn how to speak, how to make your voice work for you. And when you practise on the physical and emotional and mental level, the spiritual has to become involved somewhere and because you are already learning to involve your spirit now when you practise in this other space or the other way of being, it will open the door a little wider for your spirit-self to have expression. And it does not have to be done overtly. So others can benefit from that process that is taking place with you at the same time as learning themselves.

Remember, there is something that you must remember, all persons who become interested deeply in learning how to communicate better with their families, with themselves, to empower themselves, to become stronger in themselves - they cannot help but come to the Light because they must look inside themselves and find all the dark parts within themselves so that they can learn what they are, how they are and face them and deal with them. So that as they remove all these dark parts from themselves they can learn to find the Light within themselves, and their own spiritual self will begin to glow and to shine, and before they know where they are they will be talking about Oneness anyway, all by themselves, without anybody forcing anything upon them. And we can help them to come to the Light this way.

Those that want to go just so far and no further that will be all right for their life because that will be what they have chosen. And whatever they learn, whatever they take to themselves in how matter a short or long time, it will be of benefit to themselves and others. It will not be to detriment.

What is being proposed is the teaching of very little babies, teaching them how to open the doors of awareness of themselves without using names that might bring them fear, or discomfort. Some persons in the community of humanity are not comfortable with anything that is speaking about a faith or religion - is this not so. And these are the people who are most lost to the Fold of Light. These are the people, the Souls that the Masters go to seek to bring into the Fold once more. They cannot do it by the means that they had at their disposal many moons passed, so now it is important to use whatever tools you have to bring these Souls back to the Light, and there are many lost Souls.

And you begin small and slowly, there will be more and more and more. Learning how to speak with each other with curtesy, with honesty, with integrity, with love.

All of these things, these people that come have lost the way of it, they do not know how to do it anymore. Circumstances of their earth life have robbed them of the ability to do this, is this not so.

That's right.

Songee: So it will be important that those people who come do not have to make for large sum of money to come to you and necessary that it is very small so that more can come.

And then there will be time that will come when there will need to be a space made to teach children. To teach the children in these ways of speaking and being that have been lost to many. So that the damage that has been done by the evil force in your Planet can be undone a little for the some.

Birds are flying around the heads of all of all of you.

How to take the first step

So what's going on in your mind? (This comment is made to another person in the group.)

Songee: Many things, birds are flying all around.

Well since I have been doing the Channelled Healing to I have seen a lot of misery and I have observed many people are very greedy in many ways, money for instance. So I would like to be a teacher, teaching how to live they don't really know. So I'm kind of fear, I don't know how to teach a better way to let people know how it is really good or they should do, try to avoid dark sides.

Am I right, so I wondering. I used to wonder am I right, in the right path in teaching or helping people. That is the question I am pondering.

And the second one is since I'm not quite aware of myself either, so I don't know where to go. As you told me, you know, just open the door, step by step you would find the path or no. Well I am learning and I appreciate you give me the advice and I believe now I try to impart those ideas to become the usual way of myself to behave in the right position.

But I have a lot question come along, I don't know, like I'm going back now - a lot of people are waiting there and time so limited I just cannot have enough time for them. What I have to do is try to do my best when time comes, when the people come along and they talk and just to share what I have, am I right?

Songee: You may discover now that as you are going along what is happening now at this moment in your life is a time of reconstruction. You are in a phase now of your life where you are needing to discard some old ways of being and to bring to pass some new ways of being. This does not mean that you discard the knowledge of all that you know only the way that you apply it and present it.

So what happens then is that as this moving about starts to happen - while this is happening there is to some degree there is chaos, chaos in your mind, in your heart, all around you. You just imagine that something has become settled and you find it isn't settled and you use your head to attempt to make it settled. The way you have been doing all your life you have understood that to make something go that way then you take these steps and make it go that way, is that right?

That's right.

Songee: Now you have to learn a new way of doing things. What you do is you say, Now I know what my goal is my goal is to help people to give as much as Oneness wants to pass through I to these people, that is the goal. How I get there doesn't matter.

Ok.

Songee: Very different from how you have been in your life, you say, Doesn't matter how we get there. And then you say, Ok Oneness show me what my first step is. The first step - Oneness shows your first step using your Doorkeeper and your Guardian and all your friends around you to show you where is the first step.

So you take that first step and you wait. And while you are on that first step you practise everything that you can find about it. And then you say, Oneness I've taken first step I now need to know what is next step please would you show me?

So Oneness shows you next step, so you take next step and so it goes on. And then before you know where you are, you're actually doing what it was you first envisaged at the beginning and you did not have to work out how to get there, you did not have the worry of it, it's already been done for you.

So go back a little space now, go back to... go back to the time before you come to live in this place, to your time of living before, before you came to live in this land that you are living in now at this moment. Go back in memory to that time, what was happening upon your life that cause you to move away from your place of living at that time. What happened? What occurred to you?

One political reason, it seemed I was not, my life not stable – wanting it a lot I don't know a lot of stuff happening around. Maybe I'm to have ambitions in teaching or researching, so not get along with the family so those things make me not real happy for them but I try to make everything in harmony way but I couldn't make it so maybe just the time to move away a little bit so can change all the stuff, all the picture.

Songee: Now you need to go back a little further than that – some more now. And before that when did you make your decision that you going to use your energy to help people?

Two, four years ago, five - must be five years ago.

Songee: Before you make decision to leave your place of origin?

Right.

Songee: Before or after?

Oh, I can't remember.

Songee: Before your disharmony about political matters and the disharmony around you in your life, was it before that or after that...

Before that...

Songee: That is what I'm saying to you, you have to go back...

Go back.

Songee: ...before that moment and find that place where you made the decision that you wanted to use energies of your life to be of assistance to others, you understand.

Right.

Songee: First of all we go back to the part where you were unhappy about political unrest and disharmony around you.

Right...

(end of tape)

Songee: ...we make it here in this place - where I have my hands here - then I say to you to go back before that time, to the time where you make decision to help people. And I say to you this and, and I say to you was it at this time or was it before that time or was it this place before or after this time, you understand.

This is the time of the political unrest, the decision to help people - did it come here in front or here before?

Before.

Songee: Which is what I said to you. You have to come from here to go back, I already saying this to you I know that this is where it is coming from. I know this, I want you to make connection.

Oh...

Songee: So back here you make a decision about wanting to help people, is this so. What was the nature of that decision, how did it come to pass, what made you feel that you wanted to help people back at this point?

You are right, by that time I was you know learning the method, the psychic method, I had meditation, is that right - and I found out that my heart is so beautiful - so I can have a realisation to help people that's what I, the first time I have a feeling, I can't do much better than that, is that right.

Songee: And you wanted to help people with it?

That's right.

Songee: So this was where you make this decision...

Yeah.

Songee: ...right. Only you do not know how to do it.

That's right.

Songee: Right, so what did you say to yourself?

Oh I can't remember, I just feel my heart, so ...

Songee: So you feel inside of you that you have all this love you want to share and you want to teach others how to find it and you don't know how to do it.

That's right.

Songee: So inside of you somewhere you would have said, Oh Oneness - whatever name you want to give - I don't know how to share this and I would love to share this with other people. And then you forgot about it. You didn't know how to do it so you forgot about it.

Oneness did not forget. Oneness said, Ah good, this person is good I'm going to, I'm going to show this person how to make for this to happen.

So Oneness lead your footstep, slowly, forwards to this point where you are faced with this 'illusion' of disharmony of your country, disharmony in your life around you, disharmony to a point where you feel it is time for you to move on, you understand.

Yeah.

Songee: So the 'illusion' is given to you to push you in the direction that you must go. So you leave your land of birth and move away.

Right.

Songee: That is how Oneness does things.

*Another person says: That's very interesting I always believe that these delusions were of my own creation.
(Laughter)*

Songee: Oh most certainly they are your own, you have them and they come into your mind and you believe them so you allow yourself to be persuaded to move in another direction.

So you came to this part of your life and you were allowing yourself then to be moved in another direction. You believed - this is your 'illusion' - that you are choosing to move away from this place of disharmony. You were not, it is not your choice not at that time, the choice was given to you before you were born and all that happened was that Oneness very gently nudged you forwards to show you how to take a step. Had you not taken that step and then the next one, you would not be sitting in that chair.

Right.

Songee: Such is the process that that would take place. Now what is the process that is going to follow?

I don't know.

Songee: Ah but indeed you do know.

I do know?

Songee: You do. I have already given it to you. I have given you 'A truth', not 'The truth', A truth A truth does what? A truth endures the test of time. Whatever was true in time past will be true in time present and time to come, so the process that took place before that lead you from your decision to your time of disharmony and moved you forwards to that chair that you're sitting in now will also move you forwards further to your goal of helping others even more than you do. And you don't have to worry about how it's going to happen, just let it happen. Follow the signs, allow yourself to be guided in the direction that you are needing to go.

It may be that you will discover over the next two to three of your earth years that you are going to have to travel much so that loose ends of your life can be tied up, completed - made tidy, so that you can embark upon the rest of your journey and it will take three of your earth year to complete all of this.

(long silence)

Therefore you continue with what you're doing, take one step at a time, don't worry about it.

Be alert, be vigilant and no harm will come...

Thank you.

Songee: ...that's an answer to the other part of that question you have floating around up there.

Ok. (Laughter)

Songee: So... You're very quiet for a Little Parrot.

I really need your advice too, please.

Following the Heart

Songee: Oh, you worry too much.

There is only one solution to what it is you want to know, you must follow your heart. And although your heart may feel as though it is torn examine it closely and you will discover that it does not need to be torn. When you begin to communicate, you will discover that there is no need for you to have this situation. You are using you mind to guide you down pathways of reasoning based upon knowing that you had used in your past also. It is time also now for you to change that for you so that you make the decisions based upon new ways of reasoning, new ways of approaching things in your life.

All of your life you have been conditioned to perform and manage your life in a certain way, governed by certain rules according to your culture, your peoples. And this is true of all persons of your planet, not just of yourself. It is time now for all those persons, including yourself to change that way so that there is a 'blending' of knowledge of ways of being and not a division of ways of being. In this way, harmony can be encouraged between persons of different culture and different ways of being. This does not mean you abandon what you have been given and what you have learned, it means only that you practise using the new way to function and bring with you all the knowledge and the learning of the old way also so that you can teach by comparison.

Yes.

Songee: Some of those old ways are not bad they are only now outmoded.

Yes.

Songee: And it does not mean that you treat them with disrespect because they are outmoded. At the time that they were given they had substance and were valid to the people, only now humanity has moved forwards and it is changing so that there is to be more unity for this. You need to celebrate you differences, honour them and then practise and use the harmony ways.

Yes.

Songee: You teach the old ways so they don't get lost because they are valuable, they are what gives you your heritage, what gives you your person that you are of this life that you have chosen to be. However some aspects of them may need now to be placed in a place of honour in your memory and your knowing, and then move on from them.

Yes.

Songee: So, in this way you will discover that you will move forwards through time, teaching new ways that incorporate the old also.

Yes.

Songee: Also too you will discover that those of other cultures from other places of this world will also be able to 'feel' their connection with you, regardless of the differences that you may have in your background, in your history. And in teaching the honouring of both they also will learn the honouring of both, and something beautiful starts to happen...

Yes. Thank you very much.

Songee: ...start to get this beautiful Bridge of Light. All the different colours of the rainbow bridging between peoples, it is beautiful. You are a Bridge.

Thank you very much. And I feel sad.

Songee: You feel sad?

I feel I like to go back to Taiwan because that, that's my, that's the place I've come from but I feel so appreciated what I learn from you and what I experience in New Zealand. If I go back in the next December I'd like to move forward, but I feel how can I learn from you because I will go back to Taiwan and it's hard for me to separate from my husband, I feel so worried about and I feel sad too...

Songee: You are worrying too much. All you have to know is what is the goal. It does not matter. I've say-ed to you to follow your heart. Now, supposing your heart follows you and leads you back to the place of origin...

Yeah, but that...

Songee: Is it written in stone that is how you are going to remain for the rest of your life? How do you know that this is how it is going to be? Do not 'fix' yourself with something that maybe changeable, allow space for change to happen.

So to begin, it is possible that you are going to have to return back to the place of origin. However that does not mean that you are not going to have connection with the peoples that you have made loving connection with in this place. That will not change, that will not go away not through this lifetime and not through others. It has not been possible to break it from other lifetimes, it will not break it in this one.

When it is Written

Ah, Songee I'm afraid to drive, to learn to drive, but I fear if I stay here I need to drive. And then the fortune teller told me if I drive someday in the car accident all the people will die except me, I'm afraid.

Songee: Supposing it is written.

Yes, I'm afraid I'm the driver to kill all the other people.

Songee: You are not responsible to be the one that would make for this to happen. When it is written - it is written. It matters not. You are not learning to drive your car. Matters not.

You might be riding in the car, you might be the driver of the car, it might be that by not learning and not moving forwards and being ruled by your fear that you will need to come back another time for it to come to pass in another life, because you would be denying those persons their right to their life and the way it is to finish. Whatever you do - and it is written it, so it will be. You can live your life in fear or you can live your life to the full. Is that not so Little Walrus?

Yes.

(Another person speaks) These people would have chosen to die and that was to happen.

Songee: So the other avenue of exploration that you might like is to go back to the same person and ask them to tell you something again, only don't ask them what and don't tell them what they say to you before time.

Maybe he's gone at that time he's more than 70 years old and more than 20 years ago he told me and he is our authority in Taiwan.

Songee: There is more than one authority.

Communicating with Songee

Yes Oneness. Songee when I go back to Taiwan how can I communicate with you because I always have some questions to ask you about it?

Songee: All you have to do is to write them down and ask Little Mother or Little Goose to ask them for you.

Ok.

Songee: And it can be put upon the machine and sent to you.

Ok. Sounds good. Makes me happy, happy and sad to say goodbye.

Songee: You not have to make big difficulty about anything.

Thank you so much.

To ask you question through meditation, can we?

Songee: You can do that, that is a very good way to do it, and I was about to say to you that with your awareness that you have now and by the time you are ready to make your moving away you will be able to talk to the Mother by sitting down upon the Earth and speaking to the Earth, to the tree, to the water, to the sky and the answer can come to you out of the Silence, the answer to all your questions lies in the Silence.

I got many messages from you. I didn't know until last Tuesday, is that right? Yeah when I watch the sky and I got messages. I feel oh now I realise that Songee is always around me and help me...

Songee: That is so.

...and I really like to serve Oneness and I try to reconcile myself right now.

Songee: When you speak to Oneness, you are speaking to the Mother, Father and Son.

Yes. I feel so appreciate. I like New Zealand, but my English not good and I don't drive so...

(Laughter)

(Another person speaks) We understand your English.

Songee: This is very poor excuse.

(Another person speaks) What did you say you don't cook, are you going home so somebody can cook for you?

(Laughter and many other comments)

Oh boy.

Some more excuses.

You are laughing.

You're going home so the C can cook for you?

Songee: You did not hear correctly.

Oh didn't I, sorry, I felt she said she was going home because she couldn't cook and she couldn't drive.

Songee: What did you say?

I didn't, I didn't catch what you said.

Well, what are these excuses, these reasons that you're going home for?

What did you say? You're going home because you don't, you can't cook and you can't drive.

Ok! I can't speak in good English that's one reason. Because I like to help people I feel I go back, I can help more people because I can combine the old, older learning, older knowing and what I learned before and here and what I learned here; Songee and your people and I can combine and can help people more in Taiwan and yeah...We use the same language in Taiwan.

What about Chinese people that are here, the other people that are here.

The Chinese people here and they, well I cannot drive because if I have them I ask them to give me a ride so it's time consuming.

My friend learned to drive when she was 50, probably about 54.

But I have problem with my coordination since I was child.

Get an automatic car, no problem.

I'm scared of the car.

Songee: So you can live in fear, or you can live without it.

Yes.

Songee: This is something for you to explore. Now remember that every time you live in fear, it is a blockage, fear is a blockage.

Yes but this time December, after I go home, I think it's, I feel I'm sorry I feel it's good to go back and maybe I will learn over there, I feel I will come back again. Yeah.

Songee: Oh you will come back.

Yeah, I will.

(Laughter)

Anyway, M (her child) is it a good idea to make arrangement to ask, to ask him to learn other language except English, I feel, I feel he will be a teacher in the future.

Songee: You wanting to learn other languages besides English that is so, it is very good.

Yeah.

Songee: It's good to have many ways of speaking.

Yeah, because he's young, it's easier for him to pick up a new languages, and in Taiwan, it's easier for me to arrange such kind of courses, here is hard for me to arrange because I don't drive here.

It gets back to driving.

(Laughter)

Yeah, I'm limited and...

Songee: Who limits you?

Yourself.

Yeah, I love freedom then I was, trapped...

Songee: So, you are trapped by yourself, not by anything else, you are trapped by your own fear, so learn to get rid of your fear. And when you get rid of your fear and you'll have your freedom.

Yes. Oh Songee I love you. (Smile).

Songee: I have a great love for you also, for all the children of this planet, all of you.

I appreciate.

Songee: Now it is almost time for I to leave you is this not so.

Yes.

Songee: Would you like to place the other music upon your machine please.

I will take a candle with me.

Songee: It's very sensible then you will not get lost, to help you to find your way back.

Songee can I have another question? Yes, so the first day I took the meditation (?) I feel a lot of energy coming through my heart like a crystal, like some kind of wisdom come through my whole head. It started to feeling through you...

Songee: *Oh most certainly.*

...you know, I mean through you...

Songee: Oh it is a feeling that is coming to you from Oneness...

I see.

Songee: ...and I am part of Oneness so it is all One, all is One.

Is the same feeling I've just mentioned that on the day I made my decision through meditation, I had a very warm heart and a bright light, is that the same feeling?

Songee: The same thing it comes from the same place from Oneness...

Oh I see.

Songee: ...so when you make that decision and make it, and Oneness is waiting for you to make it in your consciousness so that you could be guided with your feet in the right direction and you will continue to be guided in the right direction.

Ok thank you.

Meditation

Songee: Now are you ready to say goodnight to yourselves, are you ready to say goodnight to yourselves? Would you like to make for your music louder also?

Louder, I feel it's probably just right.

Songee: Very well focus, please now upon the music and ignore any other sounds that might come to your ears and are you having difficulty with this and make it to come louder?

(People in another part of the building are making a lot of loud noise.)

Songee: Can you all hear now the noise? Can you hear the noise?

Yes.

Songee: Go now into the centre of yourself and imagine that in the centre of yourself is a beautiful flower of the lotus plant.

And as you come to it in the centre so the petals open up, slowly, revealing inside the beautiful heart...

So bright and so pure it shines for you...

Go now into the centre, into the Light and rest, lay yourself down in the soft centre of Light.

And in this place of being feel a pulsing of life all around you...

And then in this place of being hear the voice of Oneness coming to you, telling you of all that is in front of you and Heaven Love and the Strength coming to you...

And in this place, let the doubts and fears fade away (?) replaced by Knowing and Light and renew you.

Now like a small baby in the womb... you feel the pulsing of life, filling you all the cells of your being, and like a small child in the womb... you can now be reborn, feeling the heart beat, feeling the blood pumping around your body, feeling the life force moving around the body preparing itself for its rebirth into life...

And now... as you stand and come erect into the Light into the Power of Oneness also you are born into your own here and now...

So Be It

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