



*A unique collaboration between*

*This World*

*and The Next*

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**Final Thought Kindness is the Answer**

# INTRODUCTION

Spirit of Light is a unique collaboration between a young medium and her spirit guides.

Spirit of Light has been delivered through medium Liz via the "gift" of automatic writing. Certain passages use old English terminology and language more familiar to a time gone by. Some passages are clear to understand whilst others call for a deeper interpretation from the reader.

Everything is written as passed down directly from spirit.

Liz herself is a true medium with the supreme gift of channeling, not only through automatic writing directly from spirit, but also by being able to use clairvoyance, crystal and tarot.

Liz has been on a spiritual path all of her life. From a near death experience at the age of five. From being a very sensitive child, up until around her seventeenth birthday at which point began her rapping and her first encounter with her spirit guide.

## **FOREWORD by Liz**

Automatic writing is the means by which my "friend" and higher angel, William Toozley Worthington has chosen to deliver this, his message to all.

When my "gift" of automatic writing was first revealed to me, I was given insight into William's life here on earth as well as predictions of events that would happen. Proof of spirit, in the form of past history, combined with future events that would show me the good intent of my spiritual guides.

William was born in the year 1805 and lived his life as a farmer in the North West of England. My "friend" departed this earth in an accident in the year 1856. As proof to me of his history, William provided me with a psychic drawing of his church and place of burial. I was able to find the church itself and was amazed at the closeness of my drawing. Although no church records were available for that time and all gravestones were grassed over, William had undoubtedly led me to the place of his resting.

In my early months of automatic writing, spirit provided me with proof of my "gift" by giving

me predictions that would soon occur. These were mainly "green" issues regarding animals or environmental problems. Within weeks, sometimes days, these predictions would be proven as the relevant event would occur. I have also been given predictions further into the future, most notably the attack on Washington DC which I foretold in 1999, yet took over 2 years to happen. The final outcome of these events will be peace and the threat of nuclear annihilation will not happen.

**Liz**

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# 1

## **Working with your heart**

While working for spirit a guide will put a person to whom they guide through tests.

Mainly tests of patience, trust and greed. Spirit will take time to explain and hope that the instrument of use is taken in knowledge.

I am William Toozley Worthington of a higher level plane, with other angels of similar ranks. We are there to help, love and protect. When becoming an angel it is the next best thing to being close to god, who gives us our instructions and guidelines.

An angel can be born from many aspects of life and be successful with only one main thing "working with our hearts". To work with our heart is the most rewarding thing life on earth can bring you as you will see later on.

If we all worked with our hearts while earthbound and could see a vision of the Lord Our Father, we could give more openly. It is our thoughts of general life which hold us back.

If we were all to open up, then life beyond would be of memorable thoughts because of the peace we would feel.

But our hearts can only dream or imagine the tranquil peace we all wonder if at all really exists.

For if you open within and discover, your answers will come. If on the earth plane we use our hearts for thought, all will grow and take seed to prove life after death exists and will help all to succeed.

My life on the earth plane as William the farmer, with my wife Sarah, was full of poverty

and difficulties. But my happiness was through giving and loving my brothers. Their pleasure was my pleasure, it was my joy. My sadness was that I could not give more.

I died in a fall of which I then became of a higher level of spirit. A servant of god, an angel of light and a wiser level as you are to see. As my life was for a reason, but our father whom knows well, will guide his flock that choose to follow. If in doubt after all our father listens to all, call out to your angel and listen to your inner thoughts, you will be answered.

Have faith and remember "working with thou heart" to arrange your part of peace fulfilled with ever more, for when time is to be to depart.

A promise is a promise and it cannot be forgotten, as a sincere heart is hard to come by. With our hearts we feel every emotion and without love we do not understand. For to love will bring emotions good and bad that we feel.

Our Heavenly Father feels twice the amount of our pain, after all he is our creator, creator of all. Within our hearts we must learn to give as our hearts will open up. When we are not giving

and there is no love, our hearts can seize up, bringing upon us misery and sadness. If all earthbound would only open up, life on the earth plane could be so much better.

To open up and believe in oneself is the key for self gratification. It will be the way forward as it will help feed others. As if all were to take heed, only bringing them to achieve and to succeed.

Together we shall pull for our Lord knows why. To open one's heart and avoid a tearful eye. With our work down below on the earth plane will open up a big reserve high above, from your escape down below.

Many heart will break for sadness can enter, but if faith is put in love it will restore all. To give love will help you be loved and will fulfill one of the requirements of spirit.

Our heart is our lifeline from one world to another, yet if our heart does not alter we may have no fear as emptiness can only bring sadness with our heart so unclear.

So we must work with our hearts and open up the road clear, for to work with our hearts will make all crystal clear. Our time goes over fast, so our time should be used well.

Make it for others and giving, to build up our life in the next plane with our Father above, who will give us all the love that could bring warmth and peace to our souls.



My higher angel and "friend" WILLIAM  
drawn through me by my spirit guide  
"ALBERT"

There will be many levels of plane, all are named by spirit.

The higher plane, then the higher you become closer to God.

In spirit we can move from one plane to another, as like down below on the earth plane when we visit our loved ones. We do also up

here as depending upon where we have been in our earth life.

With our hearts it will be looked on as our reserve of naming later in spirit.

The harder we work with our hearts, the higher plane we shall go to. So work well with your hearts as they will place you with your later lives.

***WILLIAM TOOZLEY WORTHINGTON***

## 2

### **Seeing is believing**

To work with spirit most earthbound mediums have experienced a type of spirit connection. My pupil to whom I write, has had me around her since her sixteenth birthday. She was awakened gently with a rapping noise to what became her sign of warning and spiritual growth of mind.

Rapping is a noise to which a medium will grow with. Seeing is believing, yes this is true, but our senses can also see in many ways. Spirit can come through hearing, smell, thought and vision. Feeling our response is endless from the day of a birth. Spirit world will know if that child will develop as a tool for spirit.

My pupil has had many encounters before her mediumship began. Her childhood was first with her near spirit experience. I will not refer to near death, as remember we do not die. From then on she developed into a very sensitive child for whom life was a battle, with many

relapses in her health and many a number of trials. For when working for spirit they will protect, as life will be full of work to do as chosen for a greater lead later on.

As for the innocent that our Heavenly Father takes early on and of many others that are born into troubles, they are to be part of the highest level possible. As our Father in Heaven has a plan for all whom open up to him with faith in their hearts. After all he is Father to all.

So to see you see, seeing is believing, it can come in many a force, but our minds can see open. Then if also our hearts can accept too that life is only carrying on even though we do depart as the earthbound life is only a journey for learning for greater things to come.

So you see, to see is to believe. Many will say our evolutionists will say earthbound will go on changing.

Why how far they fool themselves as they are many a flock I do believe, a seed, a fish are then man they say. They listen to the clever sound of man, but all is man made.



As there is only one great source and that be our Heavenly Father above. Father to all colours and creed, our Heavenly Father in Heaven.

Yes man has moved on to further heights, but what use is the height if the ladder will not go back down when the thought is given and acted upon.

All must be thought of to go up when earthbound, all must be able to come back down, just like work of spirit.

Seeing is believing in many ways, but if the earthbound do not take note of both thought and pit hole, how will progress be made, for spirit will supply the need to succeed. As many a man will do and do well for further a time.



WILLIAM  
Spirit of Man  
Angel of Light



Spirits come with hand to plane level  
describing how spirit takes us to our next level

Man has a clock, where as spirit do not. Man made is the clock of the earthbound. The clock of your time. Spirit world do not have a time clock, there is no time here, but they do have the best of both worlds.

So be alert to seeing is believing and this we must do, but not only with our eyes, but with

our thought, for this also is our eye, our eye to our heart.

For without this our life will be short, for our years will be long, with no sight for the light.

So be sure and open up your mind into the light as this is the answer for thee.

Through my fine book will thee listen to me as I introduce my ALBERT thou artist for thee.



My spirit guide ALBERT  
who provides my psychic drawings

WILLIAM TOOZLEY WORTHINGTON

# 3

## Prevent or Cure

Human kind have always believed in the existence of higher bodies or angels. While our bodies are all earthbound we all have needs at some time for help with prolonging our health. Although mythological in concept the idea of someone to watch over us is a widely accepted belief. Mankind will search for the answer, for prevent or cure.

Many religious text involve the existence of guardian angels who are there to protect and watch over us. If mankind were to have the answer for eternal life, they would still not be happy. It would just not be enough, they would not be satisfied. Mankind has a greed that will cause a price to be required to pay.

The main prevention in man to live for eternity is to stop their greed. Remember life in the earthbound world is but a journey. The answer lies within. If they use their heart to give to others they will reap rewards instead of being too blind to see.

If our lives had a book of prevention or cure remedies, then at some time in a persons life they would refer to it for help. Not only for health matters but for their own selfish reference. Mankind have to be one step ahead, but no one in any human race can become first, when it is in regards to life, other than our Heavenly Father above.

When disease appears, a lot of earthbound open up to many forces and try to search for an answer, or something to blame, or someone. But many a disease is man made. Our Father will be blamed, as with any cure you must go back to the disease to find the cure. As all will be lying within a test tube. If your thought can recall the disease and recall what it looks like, then you may start the healing process.

Where a disease may be, can also be a cure. Look for familiar plant life to your microscopic view and there you begin to prevent or cure.....

When illness strikes we work at repairing ourselves with what is to be of good. Many earthbound search within, many will blame others. If a man were to take heed of

prevention we could have a cure, as man will make himself many a disease trying too hard to cure. Many a work in medicine to cure a disease, will in fact create another. Through the glass tube he seeks his cure, yet nature was not made that way.

If a man are as clever as they think they are, they must look into the root for the problem, as there they will find their answer. If work with farmers was as nature intended, then many a disease would not be there.

But still they will go on for many a generation, until madmen will see, they are not preventing or curing, but only causing an even bigger problem for the earthbound.

Many earthbound people will ask themselves are there cures for disease and through channeling to William, spirit of light reply.....

It is for mankind that are earthbound to take notice of nature and open their eyes to enable improvements to be received.

***WILLIAM TOOZLEY WORTHINGTON***

## **Questions asked by Liz**

### **Is there a cure for cancer?**

*Look with bark of wood, with element of water.*

### **Is there a cure of AIDS?**

*Look with bark as will feed the immune system to feed cells to fight the disease.*

### **Why are some babies born disabled?**

*They are of angels whom are earthbound, to teach and reply. Their bodies are shells of light and should be respected.*

### **Why are some children killed in accidents?**

*They are to be part of a higher level of light that is closest to God and are to be a part of better things, as when their loved one's pass they will be all fulfilled.*

### **Why are some people put through a life of pain and sadness?**

*Remembering that this life is a journey and test, God has to test the love and trust in their hearts this way, for they are chosen by him for greater things later on.*



## 4

### Life after death and before

Within our earthbound bodies our lives have to cope with fear and sadness and for many a time will go on and within we will search for an answer within our hearts of love and our hearts full of fear. The way we live our lives when on the earth plane, our earthbound life, will reserve our position later on when joining spirit. For our spirit lives on with our loved ones that have previously passed over from being earthbound. For life is so different in spirit world, it is free of fear and pain. The surroundings are of the greatest loving feeling that is at all possible.

You become closer to God, who be our Heavenly Father in heaven. When we hurt so does our Father, as remember he created us. He also hurts so much at mans fear of him and the pain that the earthbound inflict on each other. Man has created himself most of the wrong doings of the world through greed and self gain. Then when things go wrong God is blamed. God will love and forgive those who call

upon him and repent, but opening your hearts is needed.

Within our system in spirit world we have no hurting like down on the earth plane, as when in spirit time does not exist like your man made clock as spirit have no time. When thinking of spirit world, think of love which is everlasting, a land of harmony and peace. When looking down on the earthbound from spirit it is like looking through a glass floor and loved ones are only an arm and leg away in distance. Remember when in spirit you have the best of both worlds.

When our time is ready for our crossing over to spirit from earthbound, many a work has to be done. Depending on how an earthbound person ends their earthbound life. When they first pass over some new spirits will need a sleep period. This is to allow for adjustment as not every earthbound person is expecting to pass when they do. As many pass through sudden illness or accidents. There is no set time for how long these sleep periods last, as remember spirit world have no time factor.

When each spirit is ready to move on there are a number of levels that they will pass through

before reaching their main position. When leaving the earthbound world all will be met through the tunnel of loop and be greeted by their loved ones they thought they had once lost. Once a new spirit has passed through their sleep period or settling down period, they begin to move on and work to their full potential. This involves working alongside higher levels of angels, spirit beings. Work in heaven will never be done as earthbound will always be passing and need to be met not only by their loved ones, but also by their angels.



WILLIAM



VREW Spirit guide

# 5

## Heaven and Time

Throughout heaven and time the earthbound folk will search for answers within many religions, spiritualism, medicines and turn to many a source of solutions of both good and bad. Many searches within start with inner addictions connected to lifelong struggles of survival, mainly brought on by greed. Man's time on the earth plane is short and a learning process that only certain individuals will learn to use to their advantage. Within heavens kingdom is gold and a wealth of love and more beyond, an impossible dream of peace and harmony. Spirit world will open up to the earthbound through many a form, with spirit connections on every level. Divination and channeling is supreme, it is of a higher level from beyond heights of everlasting love and fulfillment. There are many ways to attract the forces and many a walk to talk with your spirit guides through divination.

## **Automatic writing**

Automatic writing is a process of allowing spirit or spirit guides to use the hand and arm of a medium or trainee medium to receive and communicate with spirit world.

## **Inspirational mediumship**

Inspirational mediumship is a form of divination very similar to that of automatic writing, like this thy book that thy read. Within inspirational mediumship, paintings, drawings, music as well as receiving direct messages from spirit can all be channelled through the hand and arm.

Throughout time, many years have passed and time has gone by, but within heaven where heaven people live or spirit people, our loved ones, they have been passing over and communicating back for many years, but time has moved on for us unlike for them.

Spirit worlds are around us all the time even when we think they are not. They tend to appear when we least expect it, mainly when it is twilight hours, dusk at dawn or early evening when the sun is going down. A trained experienced medium will be able to tune into

spirit at any time they feel the need or wish to work. This is not to say though that any individual cannot try after all spirit are always happy to oblige, as there will always be a queue of loved ones waiting to speak with us.

As for my pupil she was awakened with rapping while in her sleep, when her subconscious was at its most relaxed state. When first learning to develop with spirit, you have to be in a very relaxed state as not only can you frighten yourself but you can also frighten the spirit people, especially the ones that have not communicated before. Some spirits are so eager to communicate that they use all their energy up and the energy of the earthbound medium or trainee.

It is a very delicate process and there are certain rules to be remembered. Like in earthbound there are rules to be taken, like also in spirit there are rules too. Whenever approaching to work with spirit, the earthbound must always open up with a prayer of protection. This can be done through thought or out loud or even written down. This process must be done as to protect oneself, as like down on the earth plane there is good and bad.

The same applies with spirit world. The lower planes can hold unworthy spirits who will try to influence many earthbound, especially when they are very low or grieving. That is why if man requires help on communicating to a past loved one, it would be recommended to seek proper advice from a reputable source.

Many spirits have been known to drop in on their loved ones, especially when they have not even been aware of them being there. Like when they are entertaining or at family celebrations and photographs have been taken, this is known as spirit photography.

### **Spirit photography**

This process tends to appear like phantom like figures of deceased loved ones, which they can materialize on a picture from the time after their depart. Yet they can still look like they are in the time span of how they looked when they had their time down on the earth plane, although they are in our future. This actually proves that our time in spirit stays as one and the time of the earth plane moves on. Many forms of apparitions have been recorded from séances, rapport's, materializing objects, all

that mean things between the deceased and the earthbound. The things that have been known to appear are items like jewellery, flowers, coins, movement of personal belongings and photographs.

### **Materialization of physical mediumship**

Materialization of physical mediumship is a form of being including ectoplasm, which can energize out of a medium's ears, nose or solar plexus area. Ectoplasm looks like a mould of plasma. Also through spirit and medium working together an artificial voice box can be formed.

### **Voice box**

The voice box is made with the help of both spirit and medium. It emanates the voice of the deceased spirit. The spirit will speak to the sitter; their past loved one with proof of previous hobbies and personal things that is possibly going on in their present life.

When an earthbound person passes on to spirit world, it does not mean that he or she has learned all the secrets of the universe. Leaving the earth plane and their body is like a snake

shedding its skin; their spirit and personality remain the same.

They are our spirit guides, our guardian angels whom answer our calls, think of a telephone line, a phone call away. Remember they are at arms length away, or imagine the glass floor that splits us from spirit. They are the privileged ones looking down on us, with the best of both worlds looking forward with those we loved at those we love now.

### ***Spirit communication with spirit guides***

#### ***William Toozley Worthington***

***Albert*** -Guide of drawings

***Matthew*** - Guide of enquiries

***Vrew*** - Guide of nature, also occasional drop in guide of worldly issues

**FINAL THOUGHT**   **Kindness is the answer**

**Kindness is the answer**

*Take heed of William's message and work with  
your heart.*

*Kindness truly is the answer.  
Work with your heart in this world and  
reap your eternal reward in the next.*

*With thanks to my guides  
and "friends" for this their message for all.*

**Liz**

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