

Sunday Sundowners

Out of this world

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*'There are more things in heaven and earth, Horatio,
than are dreamt of in your philosophy.'*
Hamlet, Act I, Scene V

Who would have thought that the *Sundowners* were a source of recommendations for esoteric reading? But then again, why not? We prize our individuality and quirky interests. Lazing in Beth's garden after a protracted lunch, chairs and blankets on the lawn under the spreading branches of a wild fig tree provide an almost clichéd idyllic dappled sunlight setting. I lie staring up at the sky at the small cluster of clouds inching past, idly listening to the discussion develop.

Jean P is our enthusiastic and knowledgeable guide. 'Karen Bishop is one of my favourite writers. She's down-to-earth and not at all "kooky", you know. In 2000, she began an intense ascension process.' I turn my head so I can see Jean's face. She's quite serious, so I don't comment but Nico is not as restrained. 'Ascension process? Who does she think she is?' Jean ignores him and continues: 'She created the What's Up On Planet Earth? web site containing information about ascension and the higher realms.' Later I look for it on the Internet and find <http://spiritlibrary.com/whats-up-on-planet-earth/> which explains that '... combined with her lifelong abilities as a traveler to higher dimensions, Karen found great joy and total alignment through bringing her readers the latest information of our human and planetary ascension process along with information

about life in the higher realms.' Jawellnofine! I decide that this is one discussion I'm staying out of before I lose good friends.

Jean says that **Remembering your soul purpose** (iUniverse, c2006), **The Ascension Primer** (The author, c2006) and **Staying in Alignment** (The author, c2006) all use basic terminology and an accessible style to introduce meditations and visualisation. According to the web site mentioned 'Karen gathers her information by "seeing" through her eyes, cutting through the dimensions into the higher realms, and going there herself, along with accessing memories and information at a higher soul level. She was blessed to be born with these abilities.'

Before Nico or I can put our collective feet in it, Garth asks if anyone has read *Kryon*, and the floodgates open. Apparently, Lee Carroll, an economist and engineer by training, is an American channeller, speaker and author. He has written numerous books on channellings from an entity he calls *Kryon*, and has co-authored with Jan Tober, three books on what he terms 'indigo children, a new generation of children he says represents an evolution in human consciousness' according to the same web site <http://spiritlibrary.com/>

Both Garth and Jean unreservedly recommend his books such as **Lifting the veil: the new energy apocalypse** (Kryon Writings, 2007), **Letters from home: loving messages from the family** (Hay House UK, 1999) and the recent **Transition now: redefining duality, 2012 and beyond** (Red Wheel/Weiser, 2010). Some of the appeal lies in the seeming contradiction of a practical engineer/scientist accepting the 'unprovable' spiritual connection with an energetic entity.

Other respected writers are Barbara Marciniak who receives messages from another galaxy, **Bringers of the Dawn: teachings from the Pleiadians** (Bear, 1992), **Family of light: pleiadian tales &**

lessons in living (Bear, c1999) and Diana Cooper (1892-1986) who wrote *Angel inspiration: how to change your world with the angels* (Hodder & Stoughton, 2001) and *The web of light: a spiritual adventure* (Hodder, 2004).

Amongst our group of believers, almost-convinced free-thinkers, and downright sceptics, definitions of 'reality' and 'truth-based' concepts are debated and adjusted. There is, for example, surprising uncertainty about Vladimir Megré's series *The Ringing Cedars of Russia* (Ringing Cedars Press, 2001-2008), which relays the teachings of Anastasia. Was she real or a figment of his imagination? Its bibliographic page earnestly recommends the best reading experience is with natural sounds, such as bird song, rustling leaves or rain.

Beth brings out the tea and coffee as we reluctantly revert to earthly forms and responsibilities. We are split fairly evenly between those who welcome a wider spiritual experience and those more conventional, and we part amicably without 'phoning home'.

'It is life, Jim, but not as we know it.' (Star Trek, c 1966.)

