

be a little more



Q u e s t i o n s

THE SECOND WELL TRUST presents 'Questions'
A Teaching from Songee 13th October 1997

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On the 13th October 1997 a group of people had come to speak and listen to Songee at a venue on the North Shore in Auckland, New Zealand. The Aromas for this night were Vanilla and Sandalwood.

PART ONE

(People making loud noises in the next rooms)

Songee: So it is your turn to be making for noisy in your world.

Mmm.

Songee: Too many noises do not make the silence, you know. So do you have any questions for I?

Fear for a difficult birth

I have a question (one of the students, wrote a question to ask Songee) about her daughter in Australia who's due to have a baby and, She actually wrote me a letter so I could ask you the question about what could her daughter do about having this baby, evidently she has asked to ask Songee what to do because the last baby she had was real touch and go.

Songee: There is much surrounding this situation. The first most prominent thing is fear.

So the daughter's fearful of having a baby?

Songee: There was fear before time and there is fear still, this is going to effect how the process to take place. It is too far forward for this mother-to-be to learn how to lose the fear.

Right.

Songee: Therefore there needs to be an alternative process that needs to take place...

Do you want to ask for the people to be a little more silent.

(Songee waits until the very loud noise in the next room quietens.)

Songee: You would imagine that people would have learned by now after so much of your earth time have passing that their volume of their living is intrusive to others. It is this very lack of consideration for others that is needing to be taught once more to people of this planet. There is no courtesy, consideration, in small matters so how can there be courtesy and consideration in large matters.

Now back to the mother-to-be, Songee has not forgotten, the mother-to-be needs to have this alternative process ready to take place however there needs to be complete trust in those that are going to assist with the process. Supposing that there is not trust, that there is some doubt about anyone concerned with this process then that person must be set aside and a new person discovered before it becomes too far advanced in time.

Trust takes a little while to become established. The mother-to-be when in the process of giving birth is in a vulnerable position, they are unable to fight for themselves therefore they require someone who is strong who can do the fighting for them, do the protecting for them, be a voice for them because their voice is occupied with all sorts of other manner of things.

Now **the** power to do this and to make the changes lies with the mother-to-be, therefore it beholds the mother-to-be to not shilly shally around and to make provision as soon as this may be.

Thank you.

Songee: Is this clear enough?

Yes, thank you.

Songee: Supposing it is not clear enough and you would like it more succinctly I will send Little One to come and say the words...

Oh OK.

Songee: ... Songee will not say the words. I am far too polite.

(Long silence, Songee is waiting)

I'm happy to sit here all night though I do have to go tickle a mountain.

Oh right. OK I'll wait for the next question.

Mysteries of the Moon

What is it about the Moon that draws people to it?

Songee: What sort of people are you referring to?

Myself.

Songee: So you need to look first of all at the import of the Moon in the lives of man-kind, more so in the lives of woman-kind. Woman-kind are ruled by the Cycles of the Moon, you understand this?

Yeah.

Songee: It is something that happens within all woman-kind. We not discuss those persons that it doesn't happen to because of all sorts of manner, or other purpose and reason, we talk about the usual.

The usual is the woman-kind be ruled by the Cycles of the Moon.

It is a symbol of the hidden mysteries.

Many, many Moons past back through time man-kind as in male-kind, found it very mysterious the Cycle of the Moon that the women moved through. It became a time of – for the male-kind – it was a time of mystery because they did not understand what was happening. They decided that woman-kind at this time was unclean and had to separate themselves away from the peoples and go into their own place of being. It differed from group to group of peoples. Some peoples the woman-kind would have to leave entirely, the village, and go away. Other groups of people to make it more reasonable the woman-kind would all live in one house and the man-kind do live in another house. And in some of the groups where the man-kind and the woman-kind lived together when the woman have her cycle she go into the special Moon Lodge. And this mystery surrounded all of this.

And because it was at the times, certain times, and times were measured by the Sun and the Moon the Sun was revered as Male and the Moon was revered as Female.

Was the Sun male did you say?

Songee: The Sun was revered as Male and the Moon was revered as Female...

OK.

Songee: ...and still is. Some female say, That's very unfair how is it that male would be given the strongest light of all.

(Comment)

Songee: How is it that woman-kind can't be the Sun and man-kind be the Moon? However when you feel the vibration of it you will feel that the Sun although it rules the day it is very bright and very strong, there is about the Moon still even now is mystery, and this mystery draws man-kind and woman-kind alike - woman-kind because it is your heritage, man-kind becomes bewitched by it.

And thereby hangs another tale because it was at the bewitching of the Moon that Man-kind learnt to fear woman-kind and the power of woman-kind, when woman-kind used the vibrational energies of the Moon to perform the works that they would perform.

The Moon is subject to and brings its energy to bear upon this planet on which you live, depending upon where it is in the sky at whatever time of your earth year and in the cycle of its movement around your planet it effects greatly, greatly the movement of the oceans and the waters of your planet. The Sun cannot do this. The Moon has the power to do this, the Sun does not. The Sun has the power to burn up and to destroy, the Moon does not have the power to destroy, its soft gentle light casts more shadows, it shows up brightly everything that is beneath it, and its light is like silver and sometimes it can be almost as bright as the day in a different way, and it takes its light from the Sun. This is how it comes by its light, from the sun, the Sun shines upon the Moon and the Moon gives it to the people.

And it is this mystery and the fact that it rules the waters of your planet, and your bodies are made up of a large portion of water...

(Comment)

...and so you all – man-kind as well as woman-kind - must flow with the rhythms of the Moon not with the rhythms of the Sun, you flow with the rhythms of the Moon. This is where you have this attraction, connection to it.

Thank you.

(Long silence)

Creatures beneath the water

Is there such a thing as a Loch Ness monster? (A child asks Songee a question)

Songee: This big creature underneath the water?

Yes.

Songee: This is like many questions that have a mystery attached to it, I can give you the answer however it will take away the mystery. What would you like to have happen? Do you want to know the answer or would you like to keep the mystery?

The answer. (A child says in a very low voice)

Songee: You want the answer? I have already given this answer before time. There is a creature living down in the waters of this place of which you speak. There is more than one and they are very, very shy, they do not want to be discovered. They hide themselves away, down deep in the bottom of the waters. They do not have so many babies they have made no room for themselves. When there is not room they do not have babies. Their bodies do not produce. And when one is leaving and falls to the bottom then there is a one to take its place and so there is never too many to live in this place.

And one day they will be discovered and that will be a very sad day because there will be many who want to exploit what they find. It is to be looked for that by the time this comes to pass mankind's awareness will have changed enough for those who have changed sufficiently to provide protection.

Earth Names

When will I be ready for an earth name? You give earth names to people.

Songee: Whom you talking to have an earth name?

Only curious of myself.

Songee: Very well, I'll have a look into your Soul... Ah... You may not like this probably, you are Praying Mantis, you are the Mantis.

Good on you, devour the male kick them out (laughter). Sorry...

Now I can go get a (?book).

Songee: And discover all that you can of it, all its strengths, all its weakness. It is largely a creature of non-violence despite Little Robin's claim.

Sorry.

Songee: It does not make a war upon others. It lives compatibly with man-kind were man-kind to allow it to, it is unoffensive. It does not munch away at the house of man-kind like some creatures do. It does not invade your home to steal pieces of your food that you have left lying about. When this creature comes into your home treat it with respect and care, and talk to it and let it show you what it has come to tell you, the message it has come to bring you. They are very friendly creatures, their demonstration of friendship is to be there, and it matters not sometimes you put them outside your place of living and you turn around...

And they come back in again.

Songee: ...and they are back inside with you again. And you say to them, What are you doing in here, this is not a place for you, it is not a comfortable place for you. And they say, That's alright I just come to keep you company for a little while.

The very young of this species, are very inquisitive, suppose that is true of most young however this creature is very inquisitive and very bold, it will stand and watch something for a very long time and study it.

And there is much, much more that you can discover about it.

Thank you.

Songee: So now you go to the stars...

Mmm.

That could be lovely.

Songee: There is much happening in the stars.

So what else have you?

A big piece of Rock

(A child asks Songee a question)

Songee: The very big piece of rock that is flying in your Heavens, it this what you mean?

It has been there, it has been travelling for a long time, almost two thousand years and now it is coming back. It has been in your skies once before and now it is back again.

Was that the one that caused the Cosmos, you know, how you have an alignment of a Sun Moon Earth and all that? No...?

Songee: No. That phenomenon happens naturally...

Oh right.

Songee: ...at the turning of the planets around you – the planet, the one you are on, the other planets turn around and at certain times they all come into alignment.

They reckon things happen when that happens.

Songee: Certainly they do... *(long silence)* ...however this is not the same thing, this is different.

Is it going to hit Earth?

Songee: That is an answer that I'm not prepared to give anybody. I can cause - it is an answer that whether it is given for or against it will cause dismay and disheartening of the Soul and this is not for Songee to do. You must continue, in the very best way that you are going to continue.

Songee's Manifestation

Do you remember, (sorry to be a nuisance D) do you remember not this Monday, last Monday, you said it wasn't in this millennium that you gonna be talking at - millilliam or millennium or whatever its called, for the next two thousand years or is it gonna be the next...

Songee: It is in this millennium that Songee is coming to speak.

There is not much left of this millennium.

Songee: That is so.

OK.

Songee: Songee would come and speak to the people through Organism for as long as there is breath in Organism body. It will not be for Songee to come and speak through others after this for at least another millennium.

We are very privileged.

Very sad.

Songee: How many millennium do you understand that your planet have managed to survive through?

Don't have concept of it, none what-so-ever.

Uh, I wouldn't know, honestly, I wouldn't know, I couldn't even hazard a guess, if I did it would be about 30 millennium, and even that's probably wrong.

Songee: Your planet is older than even your people of science know.

I pondered on that.

Songee: They are only now discovering some of the mistakes that they have been making about the age of this planet upon which you live.

Is there another planet we could live on?

Songee: There is another planet that is too in this solar system that it not yet been discovered. One has been discovered, the other has yet to be discovered. The one will support life when it is examined closely. It was discovered approximately three of your earth year past, and Songee gave it that it would be discovered these two planets in your own Solar System two year of your earth time prior to that, and then it was discovered.

At the time Songee gave the information, there was a science person who asked the question and Songee gave the answer and the science person is one who teaches small children and this one was very distressed at the answer and refused to accept the answer of Songee and as a result decided that everything that was being spoken was a lot of nonsense. Two years past and your men of science have discovered the first planet, the other will be discovered in the fulness of time.

Songee did not give any time for this, Songee only said - to this man of science - you will be able to hear of this, it will happen in your life time.

(Long pause it appears someone left the room.)

Moving on Spiritually

How can I move on spiritually?

Songee: How can you move on? What makes you believe you are not?

Well, maybe um, maybe I want things happen quicker.

Songee: That is only human failing, it does not mean that your spiritual development is slowing down, your development is speeding up already.

That's good to know.

Songee: However you must exercise the patience of the Mantis. *(The name Songee had given for this person was Little Mantis.)* Study this creature, watch it in your gardens amongst your nature. Watch it how it functions.

Does Songee speak with the animals

Do you speak to your animals? (A child asks Songee a question)

Songee: I speak to the animals all the time and they speak to I. They have a knowing of my Energy and when the animals encounter my Energy when I am using this body they are very intrigued. They find it a puzzlement to begin with and they're not quite sure what to make of it because they are accustomed to the Energy being all around them – under their feet, in the air, in the trees, in the flowers and the soil, so to find a little part of it all in one place and using the form that it is using, they find it very, very unsettling sometimes and sometimes they are very funny because they won't look at I, they would turn their head away this way so they don't have to look at I because they say, I am not going to look because you are not really there.

Pussy cats do it.

Songee: Those that encounter I on a more regular happenings become more accustomed to it, just as you are becoming more accustomed.

Next time that you go out into your gardens and you dig into your soil and you put a little plant into the soil and you talk to it, say, Here you are Mother I'm giving you another little baby to look after, look after this baby please. And feel the energy coming up to the little plant into yourself.

Souls do not come back as different creatures

People and animals that pass over that we care about are they still around us?

Songee: Sometimes they will stay with you sometimes they will move on into spirit and come back to visit you from time to time.

Will we see them again when we come over.

Songee: Oh most certainly, you can see them any time even now. Were you wanting to see them you have only to ask their Soul to come and visit you. And when you learn to be sensitive you will learn to feel them coming to be with you. Animals do not have any barriers like human-kind.

Do you know what my dog will be when she comes back? (A child asks Songee a question)

Songee: A dog will return as a dog. There are many beliefs upon your planet and one of them is that creatures come back as different creatures. Some people even believe that they have come from the oceans, that they are the creatures that you know as the Dolphin, the Porpoise, and they believe that they have been living life as this and now they are living life as human-kind.

This is not so.

They have had life in the water and they are remembering the life before time for when they lived in a water, however they were not Dolphin, they were not one of these animals of the waters¹.

Being Trapped

Songee, talking about that of being a Mur, did I get trapped when I was a Mur because I had, I believe I felt I had fishing net around me, or was that just to exemplify myself that I was entrapped with my emotion?

Songee: It was to tell you and to give you a message about yourself and to give you a message that you would understand. Were you living in the body of this Mur from before time and this event were to take place what would you feel?

Trapped.

Songee: And what would the feeling be that goes with it?

Frustration. In one way it was.

Songee: What else?

I believe also it was a feeling of freedom to at the same time, been able to swim in the ocean - or maybe I'm...

Songee: How can you be free to swim in the oceans when you are trapped, covered up in the net? So what other emotions does it bring up?

To break free.

Songee: What happens when you are entangled in something?

You're helpless.

Songee: And what does that bring emotion of?

Sadness. And anger.

Songee: And what else?

Depression. Depowerment.

Fear. (Another person offers)

Oh OK... I went around that. I did that very well didn't I. (Laughter)

Songee: You did your very utmost to avoid it. So you ask yourself, what is it that you are afraid of that you have to tangle yourself up in this way? You tangle yourself up in your words that you use, you tangle yourself up in the deeds that you do, you tangle yourself up in your life – what is it that you are frightened of that makes you do this thing?

I make it a little clearer for you.

I appreciate that.

Songee: You are swimming through the ocean feeling free and enjoying it, and then something happens and you get tangled up...

Fear of not surviving.

Songee: ...and when you get tangled up then you start to have to look at the fear that caused you to become tangled up. The fear came before the tangling...

Tangling yeah, yeah because that's what initiated the tangling up, I understand that – believe it or not!

Songee: Oh... Say thank you to Oneness for this blessing.

(Laughter)

Songee: It happens so infrequently. So what is the fear that created the tangling?

Scared over freedom? No...

Songee: When you are free what are you free to do?

To be me, yeah. I'm still aren't I? Silly me trying pushing it off.

Songee: Do you want to enlighten the other ears that are listening?

Free, I'm hard... I find it difficult to be me and all my problems of my life...

(end of side one)

PART TWO

Finding Freedom

Songee: So to be free means that you are free to be yourself, and that very notion creates fear inside of you and the very moment that you have the realisation that you are free at last this fear comes up and it tangles you up...

Yeah that's exactly what it's like, I'm getting that feeling really badly now. I was gonna ufff. I'm getting really hot.

Yeah it does. (Another person comments)

I believe what it does is when I do have that freedom then I believe that people won't love me for what I am. Is that rationalising? Mmm...

Songee: You have got to learn to feel the freedom without the fear and you do that by practising and every time the fear comes up and tangles you again then you must cut yourself loose, again. This is true for everybody. It is just that some may not have it in this manner given to them to see it.

It's crazy isn't it. Well I believe it, it's what we all seek isn't it, well I believe I do anyway, is the freedom. It's a freedom from everything, freedom for the love, freedom in every way possible so therefore you can be more enlightened, I can be more enlightened.

Songee: It also brings with it responsibility of some discretion that you must honour.

Mmm. I know.

Yeah, it be true.

Songee: Freedom brings with it the need to respect the rights of all things so that others also can be free.

True.

Songee: When this is not happening upon your life and you are not having this respect given to you it is very difficult for you to grasp it for yourself.

Therefore you need to set about making for your own freedom. You can be free in the oceans of the planet, or you can be free in the rivers and streams, or you can be free in the mighty lakes or the smaller lakes – where ever you are that is your piece of freedom.

You cannot be in the oceans, the rivers, the stream and the lakes all at the same time. Only Songee can do that and Oneness.

Be bit hard wouldn't it.

Songee: So you must choose where you are going to have your piece of freedom – Ha that puts a whole new perspective upon it does it not.

And it also makes it possible for you to achieve, does it not? Because supposing that one piece of freedom is not achievable in one place you can shift it to another place (*Songee is laughing*) and achieve it somewhere else in some other way. This is called flexibility. So that you can move where you need to go to gain the freedom that you seek.

You know once you get that freedom that you seek within yourself via meditation and – I suppose it's pretty self explanatory – um then that would sort of manifest itself outwards wouldn't it, or not? Because once you feel the freedom within yourself then you more likely to emanate that.

Songee: What do your feeling tell you?

Yeah, it's telling me yes, I felt it was self explanatory.

Songee: This comes back to that saying about letting your Light shine from within you, 'out'. Being a Beacon of Light for people to come to, to seek.

Practising new ways of being

Songee how is it that I'm not able to remember the words and actions that have been given to me at the time when I need them most?

Songee: This is because – moment – *(The voice had become gruff and Songee is dealing with it.)* There is needing to be some adjustment in this so we must do it before we can continue so that damage does not take place.

OK.

Songee: This is happening to you because of many, many moons of being practising 'how' not to be, now you are coming into a new way of being, of learning how to be a different way and this will require of you, practise. So you need to begin with small things. Practise the small things first, the little things of every day so that when the big things happen you are better prepared for them. So you begin by changing the little things and you are already doing that, slowly it is building and this is the reason behind the violence that is occurring.

Again, it has been said many times that the sticks and the rocks when they are thrown they can't hurt you, they can hurt you, but the words that are thrown cannot hurt you. Words that are thrown can hurt you and do and you have to put them away from you like so. Imagine that – I thank you Little One - Imagine that you are a space ship and you have around you a special barrier, what is it called...

Force-field.

Songee: Force-field, Little One is saying the same thing – and when these words are thrown at you they hit the force-field to bounce off...

Bounce away.

Songee: ...and behind the windows as you look out, it matters not whether there is a big mouth out there wanting to blast you with its energy, you can have a look inside and say, Ohh yes – and look as though your tooth is a bit sore.

Ha ha. I love it.

Yes.

Songee: That tooth looks as though it is going to fall out any minute. And when it shuts its mouth you say, Oh that looks much better I am going to go now.

Let your shields do the work for you and focus your energy upon something else for the moment.

Oh that's happening.

Songee: And at the first available opportunity you put your rockets into gear and you go fast in the other direction.

(Laughter) That's what I did tonight. I jumped in the car and went for it, but I still have to return home.

Songee: However there has been a time of reflection...

Oh good.

Songee: ...and it matters not what that reflection have brought. The truth will have to be spoken at some point.

That's right.

Songee: And that point is rapidly approaching.

Faster than ever.

Songee: However there needs to be retained that knowing that a large portion of this that is taking place is happening out of fear. All that you have to do is to remember not to get involved in the other person's fear.

Mm that's difficult. Mm I must remember.

Songee: They must learn to manage it for themselves. Part of what you are doing, your changes of behaviour, your changes of ways of being are challenging that fear. This is how it is that it is coming out so frequently, and it is managed – no – it is not managed, it had been 'controlled', and it needs to be managed. So when the controlling has been taking place and your behaviour continues to shake the foundations of the control.

Yes.

Songee: The little bolts and screws come loose, pop out. They are not held together any longer with the bolts and screws so they go out of control and so you will become accused of being out of control because they are out of control, they are mirroring to you what is happening to themselves.

Yes.

Songee: All the anger and all the shouting and the bombardment that you get is a reflection of what is happening inside and what has been done to themselves. It is born of fear, of inadequacy, and a knowing of that inadequacy. And the fear that it will be discovered by someone other than themselves and the fear of what will take place when it is discovered. What they are not aware of is that it has already been discovered because of their behaviour, they have demonstrated it over and over again. And as I am saying to you before time, many times this is True for everybody you do not get involved with what somebody is shouting at you and haranguing you with.

Running what?

Haranguing.

Songee: You do not get involved with the content of it, rather you must focus your energies upon the effect that it is having upon your being.

I was quite shocked.

Songee: And that is what you have to speak, 'I feel shocked by your behaviour'. Doesn't matter what garbage is coming to you after that.

Just as well.

Songee: You don't listen to it, don't, don't need to listen to it. As a human being you have a right to be treated with kindness and curtesy, consideration and love from all persons around you in your life, the degrees of that curtesy, consideration, kindness and love that is given to you will vary depending upon how close you are to the person. Supposing it is somebody that you meet upon the street then you would expect perhaps only a small love, a slightly larger kindness, a very large consideration, so on. And when you are dealing with somebody that is close to you in your life, like your life-partner then you would expect all those things to be of equal amount. So when one cannot offer kindness in any degree, cannot offer consideration of any degree what hope is there for the other two.

And this is true for all human-kind in all your dealings with all the people that you bump against in your day.

Ponder on it.

This is true also for you with the little ones. There are many, many little ones on your planet who do not know how to bump together properly because they are set an example by those of older nature in their life on how to be cruel, how to be unkind, how to be degrading, demeaning, belittling because this is what has been done to them and this is how they learn it.

Example, all the time.

Songee: So you need to practise it, you have to practise it when it isn't happening, you have to pretend sometimes it is happening and practise what you might do, and practise it and practise it and practise it until you learn to undo the habits that you have been conditioned to function with.

Thanking you. The one who is known as the Sister, she is saying for I to give you this. She says that when you come to learn a skill of how to save the life, to breathe the life into the person...

CPR (cardiopulmonary resuscitation).

Songee: I don't - what is that word - Resuscitation. When you learn this technique, this this way of saving the life, when you'd first come to learn it and you have never done it before, you have to learn do you not...

That's right.

Songee: ...by practising it. One, two, three, four. And then you have to know how many times to do this, how many times to breathe, how many times to do it and how many times to breath and how many times to check to make sure the life is coming back to this person. To have to learn the flow of the movements, do you not?

Yes.

Songee: And you learn it by doing it, by practising it over and over and over again on something that is not real until you get to know the pattern so that when you come to the event and perhaps it is real and there is somebody who needs this you don't 'think' about it...

Right. It's all automatic.

Songee: ...you 'do' it. And you learn by the feeling of what you have to do. This is what you must do, practise. Can't say you don't want to do it, you have to do it, you want to move out of it you have to practise it - this other way of being. It is not an easy lesson that you have come to teach and it is not an easy lesson that you have come to learn. Learn it you must, teach it you must, for you to progress forward, you are progressing forward, however you don't need to stand still just now.

I'm not allow to, I don't feel as I can.

Did Jesus die?

Songee um some of the books that I have been reading of late have been saying that Jesus Christ hasn't actually die. I don't know whether that's, that's not, whether that's true or not because in some other books that I have read too - I suppose I'm suppose to feel, I know I'm aware of that - is some of the Gods have been alive for many thousands of years... So I'm asking whether it is true or not.

Songee: Energy of the One that is known as the Christos when in a physical form was tied and nailed to the cross, and a spear was driven into the body...

Mmm, so therefore you would have died physically...

Songee: ...in the region of where? Under the rib cage on this side...

Where's the heart.

Songee: ... so the spear would go up into the vital organs on that side of your body. Using your knowledge that you have to this time what reasonableness do you suppose in that time without care would a person have of surviving such a wound when already weakened?

Not very good at all. Minimal, not at all.

Songee: So it is reasonable to suppose that the physical expired. Regardless of what anybody says the physical expired. After that comes a magical part.

The ascension.

Songee: There are other things that happened first. *(Songee is waiting)*

I know, I do know...

I can't quite grasp it.

...I've read it.

Songee: All you need to do is 'feel' it, you don't let your head run away with you. Feel it, let your Soul tell you.

Now the matter of the Gods – what Gods would you like to discuss? There are many.

Oh right. Um, Anunnaki, he was supposed to be the one that had great sympathising for the human-kind, and from what I read, I'm just getting totally disregard you know totally wrong at the moment, is that the Earth is a place of evil that we have done something evil therefore we have come to Earth um to get rid, you know to be within this evil to work out towards enlightenment.

Returning the Souls to Oneness

Songee: In all the stories and the Myths and the Legends of your planet there lies an element of truth in all things.

It's finding that element.

Songee: In the beginning there was The Split₂ – this I told you many times – and the Angel that was one of the most loved of the Oneness, wanted to have power for themselves. He could not have power in

the Heavens so that Being chose the Earth upon which you live, to be the manifestation of its desires - of his desires - and promised the Souls that would follow him a place where they could have everything they desired. And those Souls came to be born upon the planet.

Now in Spirit there was great sadness and Oneness was very distressed because Souls had been garnered from the whole and removed and taken into the darkness. So Oneness said to the Souls that were left, Will you go and bring back those Souls to the Oneness, only be aware that when you go to do this task that you yourself could become enamoured of the ways of the darkness and become trapped.

And the Souls wanted to go to help the Souls that have gone into the darkness, not for themselves, for Oneness. So they had themselves born to the planet to help to bring the Souls back to Oneness.

So what else do you need to know...

OK.

Yeah well...

The Holy Grail

What about the Holy Grail?

Songee: What about it?

OK. It's been, in a history it's been said to be several things, um, a castle, a cup which contain the blood of Christ, a crystal - that's the bit what I can remember. Or a crusade, that's the other, a Crusade for the Christianity.

Songee: It is many things to many people, however the true Grail is the cup that held the vinegar, the vinegar wine that was held to the lips of the Christos while He hung upon the cross and then a sponge was dipped into it and pushed into the side, the hole in the side.

I saw a photograph of a statue of Melchizedek holding this cup which moved me very deeply at the time. One hundred questions raced through my mind. Was it in existence before the Christos passed from the planet, the cup I mean.

Songee: The cup was a humble cup that belonged to somebody who was there in the crowd. It was not anything special...

So how then...

Songee: ...and many people also believe it to be the Grail, to be the cup that the Christos used at the Last Supper. That is the other connection. They did not take the heeding of such to take, they did not have the foresight to take the belongings of the Christos and make them their own at the time that this was taking place. It was not until He was hanging on the Cross that the Cup was presented and this is not spoken of anywhere except in the text that is hidden away from the eyes of man-kind because it would not suit the man-kind of the place to where the text is hidden to have the rest of man-kind know that this cup was not the one at the time of the Last Supper. However the symbology of the cup of the Last Supper is used in the ceremonies of many of the people who follow the different Facets of the Diamond.

The Grail is the Cup that carried the liquid to the lips of the dying Christ. So there are two cups. Everybody believes there are one cup and so you have confusion and disorganisation and disharmony and you have people arguing this is this, it is that, it is this, it is that - instead of saying...

So what.

Songee: ...how can it not be both. What is unreasonable for it to be both.

I get very frustrated...

Sorry I have to say this. What is this energy I feel around me it's so strong?

The Energy of Truth

Songee: And what is it doing to you?

It's kind of touching me. Some... I don't know, feels good...

Songee: And you feel the energy coming closer to you?

Yeah it's very close on my left side. First it started on the left side there, then...

Songee: And when did it get stronger?

In the last ten minutes.

Songee: While we were talking about the Christos?

Yep.

Songee: And because of the words I am giving this is giving you confirmation of the truth of the words that I am giving. Words not a truth - you would not feel this, there would be an absence of feeling. So you are receiving confirmation of the truth of the words that are being given to you so that you do not have to just believe them because Songee is saying them, you are feeling it. And for something that is of such momentous importance in the minds and the hearts of man-kind it is important that you do feel the truth.

I certainly felt this.

Awareness of the Symbols

Songee: And so the Grail becomes what?

Two cups.

No, it's a symbol.

Songee: The cup at the Last Supper is one symbol, it is the symbol that the Christos came to the people to say this is how you remember me, this is how you 'access' yourself to the Power of Light by using these symbols of the Bread and the Wine, you use those symbols to enter into the Light.

After you meet what is it that you are trained to do?

Make a cup of tea and offer them a piece of cake.

Songee: You have the drink and you have the food. This again is symbol of the water and the bread – the Wine and the Bread. So you have your breaking of the bread and you have your drink of something and it connects you with the Power of the Christos whether you are aware of it not, this is what takes place especially after the meet that you have at this time. And those that refuse to partake of the drink and something to eat are refusing the Christos.

(Many comments)

I am always rushing away.

Songee: And what is it Organism has all time been saying to you? You ought not to have to be told again and again and again. You ought to be able to feel it without being told. And know that when you have this time to sit together and to break (? *leaven*) bread and drink the water, whatever it is you having. And what is happening when you do this?

Talking and you're communicating.

Songee: Companionship. Companionship and love, is what is happening, union, unity is taking place and this is priceless. So when the Christos said, Take this and drink it, this is my blood, and when you drink it remember I. And then when He took the bread and He said, and broke it, and said, This is my body take it and eat it and remember I. And as you drink and you eat you are taking this into yourself – the Spirit, the Energy, the vibration of Light. And this is what protects the Souls of Light when they come to help the Souls of Darkness to be retrieved for the Oneness.

Before the Christos came there were many others who came to be the symbol for man-kind. When the Christos came He came and said He was the last symbol to come. There would be no more symbols after Him and that he would return again in the same symbol in future time of man-kind there would be rebirth. Different name mayhap however the presence would be the same.

Matters not whether you believe it or not, however when you want to know the truth of it, feel it. 'Feel it'.

(There is a lot of noise coming from the next room.)

Sounds as though the people of your life are beginning to gather once more so what is your earth-time for you?

Quarter of an hour more.

Songee: Perhaps it needs to be observed now for you to begin to get ready to close your night.

So we have this matter of the Grail, of the Christos, of the many Gods. Where do the many Gods fit into this, of the worship of One God alone? When you study all the different Gods that man-kind have had what are you doing with this knowledge?

I am actually not – I suppose I am disregarding it in many ways due to my own beliefs in the Oneness and yet I've got to be open and aware of the different Myths and Legends to find out what I believe within the Myths and Legends there is an element of truth and that is what you have just said to me. And I suppose, rationalizing it. What I feel is that the different Gods that has been happened from what I've just been enlightened with, would have been the different symbols of what this, um other entities that have come to Earth.

Stories of the Planet

Songee: In every culture of your planet there are different stories told about The Split, about the coming of the Souls to the planet, about the other Souls of Light coming to save the souls of the planet, it is told in many ways using many ways of describing, in many pictures to describe it, the story remains the same. Slight changes because of the different cultures, stories remain the same and this is what you need to discover. You must not cloud yourself and cause yourself conflict when you discover the information. Do not get caught up, and tangled up again because of using your head too much. Feel the

correctness of your answer. You will not feel it as long as you are using this, as long as you are using your head to make for the reason then you will have conflict.

True M told me that too, my dose of reality, I ring her up.

Songee: Always all time enjoy the stories of the peoples, they are beautiful stories and look deep into them and find the truths of them. The stories that tell you about the devas of...

(end of side two, beginning of side three – some words were lost)

Songee: ...and there are beautiful creatures that guard the trees, they are not all time bad creatures that guard the trees. It is very unusual to have a tree with a bad creature inside it.

Unless it is a pussy stalking birds.

Songee: Oh this is very, very true and even then this is a natural happening.

That's right.

Talking to the Devas in our gardens

Songee: Inside every living tree there is a creature of life, that is called a Deva and it is responsible for the life-force of the tree, takes care of the energy of the tree. In your gardens there are around and about many little creatures of smallness that guard your flowers, the plants, and the animals that live in your garden there are creatures that take care of them also.

I attempted to speak to some of them the other day. So the rabbit doesn't come and eat my new plants.

Songee: What were you talking to?

I didn't know who I was talking to, I was just asking please could somebody take the rabbits away to eat some where else. I didn't know who I was talking to.

Songee: You need to talk to the elves. The elves take care of the little creatures. You need to talk to the high-self of the rabbits so between the high-self and the elves you ought to be able to talk to the rabbits so that they go some place else to be. And you give them a very stern talking to, you say that they must not come back because they are eating your food and that were they to come back they would need to be aware that there are consequences that they would suffer.

Mmm in a form of a great large orange cat.

Songee: This is not cruel, this is not bad, this is part of the living of nature.

That's right. Mmm it gives me personally something to focus on...

Songee: So. It is time for you to begin to closing down your meet.

Yes.

I feel bad because I chopped down a few, a lot of trees the other week. I didn't ask for the life force to go away come so I could make way.

Songee: Did you go down before time and talk to the trees before you did this task and give the trees some earth time to withdraw their energy from the branches that you wanted to take away? I have given this lesson to you before time...

Yeah, yeah you have Regretfully I forgot...

Songee: Imagine somebody coming along to you and going 'CHOP' off your arm...

I know, wouldn't be very nice.

Songee: ...and you haven't that time to take the life force away from it.

It would hurt very much.

One or two trees got me on the head I felt that was fair enough.

(Laughter)

Songee: Sounds as though it was justice.

Yeah. And I didn't begrudge it either, I just went Urr, fair enough.

Songee: However it is better not to have this, better to have the kindness, consideration first.

True. I do feel bad about that.

Songee: When others cannot offer you this back then you remove yourself from their presence.

Very well, do you want to make put some small music to play?

(Very loud noise in the next rooms).

What music is that?

It is back to what you were saying before about inconsideration.

True.

Songee: Little One would like you to put a one with the fairies to do the dancing with the fairies.

'Fairy of the Woods'? The one I've got in my hand?

Songee: That is a one. Have you done the dancing? Then you are going to do it now. You're going to close your eye so that you do not have to watch, it might make you laugh.

And take inside of you the deep breath and feel and watch...

(The Music "Fairy of the Woods" by Gary Stadler is played, Track one – 'Sometimes')

[Music: from the album "Fairy of the Woods" by Gary Stadler.](https://open.spotify.com/album/0qYGHbBm0QARNQcZEOgy52)

(The Second Well Trust does not have permission to play this music in our dialogue recording. However these tracks can be heard by logging in at this link - <https://open.spotify.com/album/0qYGHbBm0QARNQcZEOgy52>)

Songee takes the group through a meditation to this music.

Songee: ...so you dance...

As you dance feel the energy coming in through your whole body, surrounding its light. As you dance with your hands, love moving energies around... The energies build up, you can feel the lightness, lightness of it, and the healing that you breathe with every breath. That you continue feeling the energy.

Imagine now that you walk through the forest. That you are this magical being. Everything you touch is light, the Moon shining through the trees, sparkles like the stars. Now it spring up everywhere it touches a new blossom comes.

Now you come to the glade in the middle of the forest. And you join all the other fairy creatures there and together you all dance, the Dance of the Moon dance...

And now as you continue your Dance of Light I leave you with this Power to forever dance in your life and feel the Power of the Moon, the Stars shining on your path enlightening your way.

So be it dance, dance, dance...

(The music continues to play for a while...)

Lovely, isn't it lovely.

(many comments, cheerfulness and laughter)

The 2nd track 'Dream Spell' plays until Roberta-Margaret returns and then everyone is talking and laughing.

Notes

1. Living a previous life in the waters – Songee may be referring to the remembering of a past life spent on Xanos. The Mur were amongst those races from that planet who were seeded onto Planet Earth.

Teachings about at this are at these links:

https://songee.co.nz/19990504_tree_of_life.php#ancient

https://songee.co.nz/20031014_living_on_earth.php#how

http://www.songee.co.nz/20000210_healing_energies.php

https://songee.co.nz/20001207_the_beginning_of_things.php#star

2. 'The Split' - This was when the Souls fell from the Grace of Oneness during the time of Chaos when the Dark Angel attempted to take over the Oneness Energy.

Teaching at this link: https://songee.co.nz/20000525_dimensions.php#time

Reference Number: 19971013

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Transcribed May 2025 Christene Hart - update 2026 CMH/NM

'These words come from Oneness, of Songee to the people of the Earth, for teaching, for people to learn, to grow, to come into the Light. And you desire to tell You friends all about this word, please do so. Please show them the word of Songee. Let them see the word. It may be that you need to copy it or to take a copy to gift to them.' SONGEE

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