

# Spirit and Kids



**A free e-book**

**By**

**The Abbotts**

**[www.spiritwatch.com](http://www.spiritwatch.com)**

## What Is Spirit?

Spirit is also called God, Jehovah or the Creator. Spirit is a special energy force that is in everything. It is in the smallest bug and in the largest animal, such as an elephant.



Spirit is in the trees and the flowers. It is in the sky and the sun.



Spirit is also in every boy and girl and every man and woman. Spirit made everything and it is in everything!



## Can I See Spirit?

Yes! You can see this energy force or Spirit, as a special bright light around people, animals, trees and flowers. It is called an AURA.

Go and sit quietly, beside a pretty flower in the garden. Look at the edge of the petals of the flower. After a while, you will see a faint, colorful light. It moves and comes and goes. Now look up at the tops of the trees in your garden. You will see that they have auras too! When the tree moves in the wind, the auras move too!



Auras are also around people. You can see them easily, around their heads and necks.

## Can I See Angels?



Yes! We all have special angels around us. We call them our Guardian Angels or Spirit Guides. They are with us from when we are small babies. They watch over us, as we grow up.

You can learn to see and talk to your Spirit Guides. They are very kind and loving. Some are seen as beautiful beings with white wings and golden halos around their heads. Other Guides are seen as bright lights or even small children, just like you!

## Can I Talk To Spirit?

Yes! You can talk to Spirit in prayer and meditation. Just close your eyes and sit still. Now, in your mind, say things to Spirit. You could say -"Hi, Spirit, this is Mike. Will you talk to me?"

Then sit very quietly and listen with your inner ears. Yes, you have special inner hearing! You may have to practice this to get it right, but one day, you will hear a gentle, quiet voice talk back to you. Now ask it questions. Remember Spirit always hears your questions, but you need to be very still and quiet to hear it's answers!

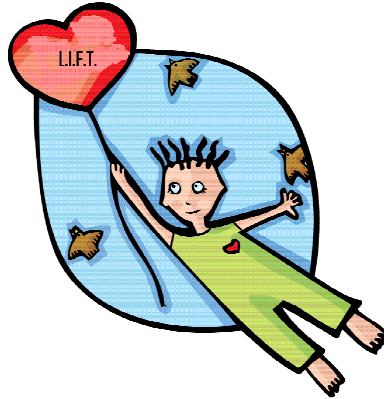
## Where Does My Cat Go, When It Dies?

When your pet cat, dog or bird dies, it's part of the Spirit energy leaves it's dead body and goes to a wonderful part of Heaven, where it's clan lives. A clan is like a big family. Cat spirits go to the Cat Clan and Dogs to the Dog Clan. Here they live happily together, until it is time for them to go into the body of a newborn kitten or puppy. So they come back to Earth, over and over again. They have many lives.



## Where Do People Go, When They Die?

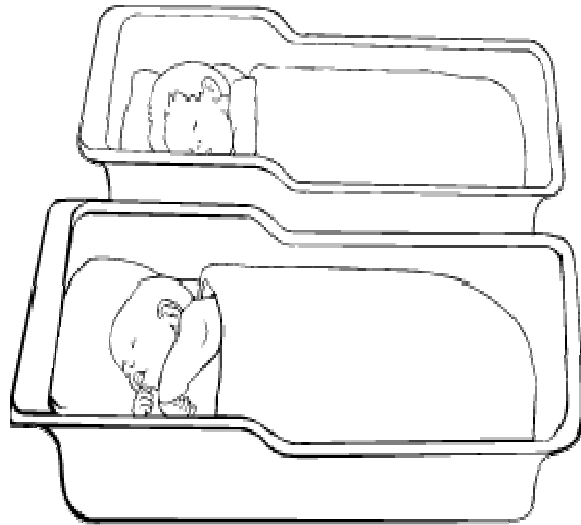
When a man or woman or girl or boy dies, they also leave their body behind and their part of the Spirit energy goes up to Heaven. Beautiful angels take them there, up a lovely white tunnel of light.



In Heaven, they are met by their grandmothers and grandfathers and old friends, who have gone to heaven before them. They give them lots of love and hugs!



In Heaven they can do anything! Fly, make things happen, have anything they like! Wow! After a long time, they can decide to come back to Earth in the body of a new born baby, once more. They do this many times. This is called reincarnation.



## Why Should I Be Good?

When you are good and help and love others, you are increasing the Spirit energy in yourself. You are acting like an angel! By living a life, as kind, peaceful and loving as you can, you are making others around you happy.

You are creating good karma for yourself. Karma is a paying back for an action. When you behave friendly and kind to others, they act friendly and kind to you. If you help someone, one day someone else will be kind and help you.



## What Happens When I'm Bad?

When you act badly or unkindly, the angel light in you fades away. You create bad karma for yourself. If you hurt someone or lie about something, one day someone will hurt or lie about you. Think before you do bad things. Do you want to make bad karma? - NO!

## Am I Special?

Everyone is special, especially YOU! You can do things that others can't do. You may be good at drawing or painting pictures. You may be able to play a musical instrument or look after a sick pet. You have special skills. You are a starseed. One day all the young starseeds just like you, will change the Earth into a better place to live. Wow!

## What Special Things Can I Do?

You can heal people who are sick and make them feel much better. You can heal animals, plants and our planet Earth, as well.

Just sit quietly and ask your special Guides to help you to heal. Then put your hands above the animal or person to be healed. Imagine a beautiful, golden light coming down from the sky into your head. Down your body and then out through your hands. Let the golden light from your two hands, cover the animal or person that you are trying to heal. Now imagine the person healthy and happy. Thank your Guides for their help. That is how you heal. Easy isn't it!



## Are Fairies Real?

Yes! They are called Devas and they look after the flowers and trees. They do not look exactly like you. They are very shy and wispy, like smoke. Sit quietly in your garden or when you are on a picnic in the country and you may see one, if you are very still.



## Are Aliens From Space Real?

Yes! Just as there are people living on our planet Earth, like you, there are also people who live on planets far away in space. Some look like us and others don't.

Some are good and kind, while others are not. Just like humans are sometimes good and bad.

If you ever see an alien, that you don't like the look of, this is what to do. Imagine yourself in a large bright, blue aura, like a big egg. Say to the Alien - "Go away!" Then ask your Guides or angels to send the alien away. Ask Archangel Michael, who is a special warrior angel to help you. He is very powerful. Then the bad alien will go away. Easy isn't it!



## What Other Things Can I Learn To Do?

If you keep practicing, one day, you will be able to do many marvellous things. These are called paranormal gifts. Special presents from Spirit.

You will be able to talk to other starseeds, like you, in your head, without opening your mouth. You will hear them talk back to you without speaking. Wow!

You will learn to know things, before they happen. You will know what you are having for supper, before your mother makes it! This is called prophecy.

You will imagine good things happening and they will happen! This is called manifestation.



At night when you are sleeping, your astral body or starry body flies around the neighborhood. It is attached to your sleeping body by a long silver chord. It plonks back into your sleeping body, when you begin to wake up. One day you will learn to leave your heavy earth body and fly outside it, whenever you like. Think of all the great places you can go. Wow! This is called astral travelling.

One day, all the starseeds like you, will join all their own special powers together, to make a better world for us all. This special energy is called synergy. They will make sure that everyone has good food to eat, warm homes, healthy bodies and lots of love.

**Isn't It Wonderful To Be A Starseed!**



Love and Light

The Abbotts

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Suggested Reading for Grown-ups from: <http://www.spiritwatch.com>

- The Starseeds - Pleiadians on Earth!
- Perfect Partner - A Spiritual Approach to Love
- Animals and Spirit - Healing, Purpose and Clans
- Why Did That Happen to Me? - The Spiritual Complexities of Illness
- The Catalyst - Dealing with Life Changes
- The Secret Rules of Life - 13 Life Changing Rules for Positive Living
- Spiritual and Psychic Development Course - In Ten Steps For Individuals and Groups
- Dealing with Difficult Men - A spiritual approach
- Relationships in the 21<sup>st</sup> Century - Family, Friends, Love and Work
- Who Are You? - Discovering Your Cosmic Origins (Off Planet Lives)

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