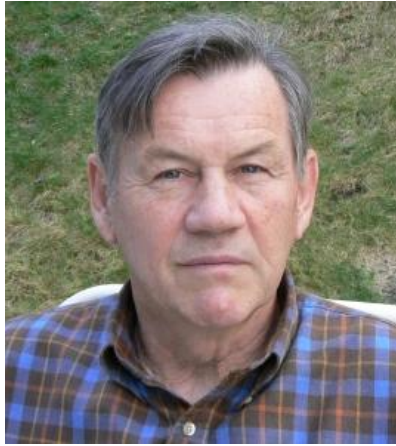


The Light Agenda, July 25, 2012, Stephen Cook Interviews John Smallman



Here is the transcript of my interview with John Smallman, channeller of Jesus and Saul, from *The Light Agenda* on July 25. Again, big thanks to Ellen for transcribing.

You can listen to the full interview here:

http://www.blogtalkradio.com/inlight_radio/2012/07/19/the-light-agenda

Stephen Cook: Hello, and welcome back to the Light Agenda. This is Stephen Cook, and hot on the heels of my amazing chat with the love-filled, 82-year-old Suzy Star last week, I'm delighted to say my guest today is a man who has a direct connection to two, incredible Ascended Masters.

Their names are Saul and Jesus, and his name is John Smallman. And today' you're going to be hearing from John about his very own light agenda. But first, let me tell you a little bit about John Smallman. John was born in England — hence, his accent, I might add — and he now lives in the United States where, after almost 20 years of living there, he has finally received his US citizenship, earlier this year.



John stumbled into channeling quite by accident and only set up his first blog, johnsmallman.wordpress.com, in 2009, which I found quite remarkable. And, since then he has brought us all much assistance as we return to full consciousness with his twice-weekly channeled messages from Saul – who, I might add, nagged him into writing a book; and also, more recently, his weekly messages from Jesus.

Now, John is an intensely private man. By his own admission, he does not seek the limelight. So, I am really delighted to welcome him to The Light Agenda today, and for being so brave as to come and chat with us all.

John Smallman, welcome.

John Smallman: Thank you, Stephen, and good evening.

SC: Your first real venture into the spiritual realms occurred in 1978, when you first read the book *Seth Speaks* by channeller Jane Roberts. Can you tell me about that first intro and why you suddenly picked up that book?

JS: Yeah. It was kind of interesting. I was at my parents-in-law's house over a weekend, I think it was, and a friend of theirs brought this book in for my mother-in-law to read. And my mother-in-law tried it a bit, wasn't interested, passed it on to my wife Eugenie, and it was just lying around. And I thought, 'what is this? Seems kind of strange'. I picked it up and started to read it, and I was just captivated.

Seth spoke so wisely, from a spiritual point of view, and he seemed to be so accepting and so wise. And everything he said resonated with me. It was just fantastic. And as a result of that, I went out and bought all the books as they got published, and read all of them.

I can't remember much about them now, because my memory is not that good on books. I remember what I've read, and if somebody talks about it, it'll come to me, but if you ask me to, say, "What did you learn from that book?" I have no idea.

SC: But it was also how it made you feel at the time.

JS: Oh, absolutely. Yeah. It was a very nice confirmation that my belief in a loving, spiritual God was there for all of us – having had a Catholic upbringing where I was told basically that I was a bad sinner and I'd be damned lucky if I went to heaven.

SC: [laugh] Well, we're going to talk about that Catholic upbringing in a little while. But after the Seth books, you then found the Theosophical — is that the correct pronunciation? — Bookshop ...

JS: I think so.

SC: In New York? Yeah? ... And you found the works of Deepak Chopra, Bernie Siegel, Joan Borysenko. And that really ignited your interest in reading about spiritual life and about spiritual life.

JS: Yeah. Deepak Chopra was great. I think his first book was *Quantum Healing*, and it really resonated for me. And again, I don't remember very much about it, but at the time I thought it was great. And Bernie Siegel... with his sort of very spiritual, loving attitude to patients who were dying of cancer and in dire straits, basically.

And it was lovely to hear of people like that out there, who were so concerned for people and for the suffering they were going through. One's most experience was, you know, you see someone suffering, you say, "Oh, dear. I'm sorry to hear that." And that's it. And these guys were so into helping and listening and encouraging. It was, you know, quite a new idea for me.

SC: Now, the other really interesting book for you, at that time, was Helen Schucman's *A Course in Miracles*, which of course Marianne Williamson now talks about. But Helen was the original writer of that book.

JS: Yeah. Fascinating woman. In the mid '60s, Jesus started to talk to her in her mind, and she was kind of taken aback. And he said, "Please take notes." And so she started taking notes of what he told her, and over about seven years, the book *A Course in Miracles* was created.

SC: Aahah... And what effect did it have on you in 1986?

JS: It had very little. I read the introduction where they talk about Helen's first getting introduced to Jesus. I mean, psychotherapists talking to Jesus? Hey!

[laughter]

And it was just, wherever I read it, the words just made so much sense. And I just felt I had to have the book, as I say. But then, picking it up was never the right time, until 2003, and found there was a local group meeting and discussing it. That's when I really got into it.

SC: Right. Back in the early 1990s, you actually started wondering what it would be like to talk to one's guides. So, how did you get to that point, from having read all those spiritual books and suddenly waking up one day and going, "Well, I want to talk to my guides, as well"?

JS: Well, I think I thought it right off with Seth. Jane Roberts used to go into trance and he used to speak through her in a very strong male voice. And as a result of those books I then went out looking for other channeled information. And there were quite a lot of books out there — Bartholomew, Kryon, Orin. And I read them one after the other, and the more I read, the more fascinated I became.

SC: And were you a bit jealous? [laugh]

JS: Yeah! Absolutely. I thought, wouldn't it be wonderful to have one's own spiritual guide? You know, as a little boy I used to pray, especially when I was at school, for guidance and help to put up with the environment I was in. Never got any reply, you know. You just sort of think, "Oh, well. Hopefully God's not too busy. Maybe he heard my message but he didn't respond."

And so, the idea of having a guide who actually talked to you and that you could converse with was very captivating. So eventually then, in 1995, I thought, "Well, I'd better give this a go."

SC: Now, at that point in 1995, which I think was April 1995, you were just about to go to bed, you were reading a book called *Opening to Channel* at the time ...

JS: Right.

SC: ... and you wrote in your diary, "I started reading *Opening to Channel* again a few days ago, and I read some more getting down here today." And you went on to say, "I do want to channel, but I'm apprehensive of what I don't know. I want to experience it clearly in my mind, though, so that I can write it down like this or type it on the word processor, so here I sit." And then you asked, "Please, may I make contact with a guide of high spiritual development to help me with my growth and my purpose and anything else that would be beneficial to God's will for humanity."

That's beautiful!

JS: Right. Well, that's what I wanted.

SC: And then you just sat there?

JS: Yeah. And ...

SC: And what happened?

JS: Two or three words popped into my mind, and I wrote them down. And as I was writing them, the next three or four came. And that's how it was.

SC: And that was the very first time that anyone had ever tried to channel through you?

JS: Oh, yeah. I have no sort of sense of the spiritual. I don't feel ... you know, a lot of people seem to feel energies, they feel spiritual energies, they feel all sorts of stuff. I don't feel any of that at all. So, yeah, it was just words dropping into my mind. There was no sensation much, except I think I did get a sort of tingling in my body. But apart from that, nothing.

And it just flowed. And I read it afterwards and it made total sense. It was very warm, it was very accepting, and I thought, "Yeah, this is good. This is what I want to do."

SC: And how did you know who it was, though?

JS: Well, at the time I just accepted it, and it seemed wise and sane, and the sort of thing I wanted. And I continued to regularly talk to this guy, or, rather, I would invite him in. And I would say, "Dear Guide, I'm ready. Would you please start talking?" And then I'd write.

And after maybe four or five sessions I thought, "It'd be nice to know who this is." I'd assumed it was a man. I guess being a male, I'm a bit of a chauvinist myself, and I just assumed all those people who talk to us are men. And ...

[laughter]

... so I asked for a name, and the name that popped into my mind was Saul. And that did not appeal to me. And so ...

SC: Why?

JS: You want to know why? It was ...

SC: Yeah!

JS: ... because of my upbringing, again. When I was at school we used to study the New Testament, and they used to particularly get us to read the letters of St. Paul the Apostle, who was Saul before he became St. Paul.

SC: Yes, indeed.

JS: And we tended to deal with the rather harsher messages that he pushed out, which didn't appeal to me at all. And I just didn't like the guy. He just didn't resonate with me at that time. And I didn't really want to be talking to a guy called Saul, who, as far as I was concerned, was St. Paul.

But I was stuck with it. Here's this guy, his name is Saul, and I love what he's telling me, so I'd better get over it.

SC: [laugh] Now, that's 1995?

JS: Yeah.

SC: But you ... for whatever reasons, either you were uncomfortable with it, or you were just happy with it, or you felt it was something you needed to keep close, you only ever shared those messages originally with friends and family.

JS: Absolutely. Yeah. I had no way of getting I mean, you know, the internet wasn't going to any great extent then. It never occurred to me to publish it. Saul said to me that we would do a book, and when we had enough stuff, that was the idea. And round about 1998, '99, I think I started to get together and do a book.

SC: And you did actually put a book out, but it was like 12 copies, photocopied down at Kinko's. And you only gave it to your family, including one of your sons — because you have two who are now 42 and 44 — and he was about to get married. But that book — literally 12 copies, and that's all you did.

JS: That's all I did, yeah. And so I continued channeling after that, and I was also thinking, well, who the hell's going to publish it? Right.

SC: But from 1995 through until 2003, you were continually channeling on a regular basis, and it was ...

JS: Yeah.

SC: ... Saul each time?

JS: That is correct. And I did buy some books on self-publishing and did a lot of research on that. And I think they had a sort of writer's conference in Maui at one stage when I was there, maybe in 2000. Paid \$150 and you could send them a quick view of your book and your interest in publishing it. And if somebody there liked it and picked it up, then you would get an agent and/or a publisher.

So I paid my \$150, and when the whole thing was over nobody was interested. So, I just let it go.

SC: [laugh] Now, speaking of letting it go, in 2003 Saul told you that there were big changes coming.

JS: Yeah.

SC: What were those changes he said at that time?

JS: He said we were going to move into full consciousness. And that basically is that you, as a person, have full awareness of everything there is to know. It's like you have a God-like brain. Everything you wish to know is available to you, and you have total contact with every part of creation, everybody who exists anywhere. It's like a melding of our souls as one, which is how we were created originally.

SC: Mmmm!

JS: And that's what I've been looking forward to ever since.

SC: But he told you in 2003 it was going to happen by Christmas 2003, and you got very disillusioned at that point.

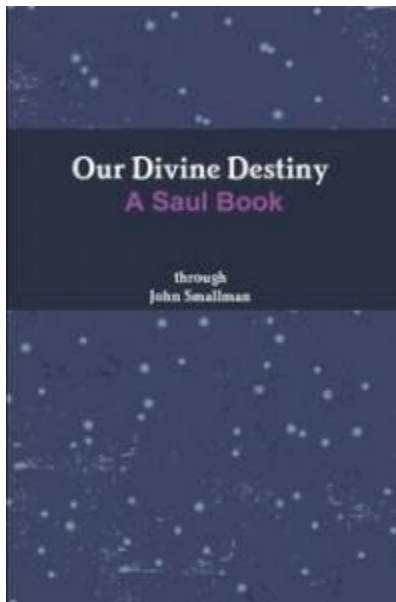
JS: Well, indeed I did. It's very disappointing. For about three months before Christmas he was, you know, I was channeling regularly and he would confirm that by Christmas it was all going to happen. And I even told my children who aren't that keen on ... you know, interested in the

spiritual world at all. And I thought, well, if something major like this is going to happen, I think they should have a little bit of advance warning.

SC: Mmmm. [laugh]

JS: And they, “Well,” and said, “Oh, yeah, Dad, right.” No more interest at all. And then, of course, nothing happened. So yeah, it was a bit of a shock.

SC: So, did you stop channeling, though? Like, were you really disappointed? Because, like recently, of course, Blossom Goodchild had actually stepped away from channeling because she felt very disappointed by messages and timing she was given. You were given quite clear timing. But that didn’t make you want to stop at that point?



JS: Oh, yeah, I did. I stopped for two or three months. I thought, well, you know, the message he gave basically about love, forgiveness, the sort of general spiritual, philosophical advice he was offering was, I thought, invaluable. I loved it. But I was very disappointed that we didn’t suddenly ascend or get into full consciousness. I’d been looking forward to that.

I remember one of the things he told me at one stage. You know, I was sort of wondering, “Well, what would happen?” It was like it was all going to happen very suddenly, and I was thinking, “Well, there’s somebody driving a 10-ton truck down the road and suddenly he’s lifted out. What’s going to happen?”

And Saul said, “No, no, no. It won’t be like that at all.” You know. “Everybody’ll get a sense, and they’ll pull in and they’ll park. There won’t be any accidents. It’ll all happen very, very smoothly.”

So, I was reassured with that. And I thought, great, so, we are going to move into a New Age, where all the stuff, all the nonsense that causes us problems here is just going to evaporate. It was a wonderful thought. But then, as I say, it didn’t happen, and for two or three months I didn’t talk to him. And eventually I started again. And I asked him what went wrong, and he didn’t give me a very clear answer at all.

And of course the more one reads today, this thing of timing is very, very difficult. Because time is part of the illusion. And for somebody outside of time to give us a timeline is, to a large extent, I think meaningless. But we want timelines: 'When is this going to happen? How long before I can go to heaven?' So, it's a catch-22 situation, really.

SC: Mmm. So, what made you restart?

JS: Well, just because the wisdom that he offered was so good. It was so uplifting, it was so encouraging, it made me feel better. Absolutely convinced me that there is a loving God who is aware of us and who wants only our best to happen. These messages that I got from him just informed me that this was the case.

SC: Now, all throughout this process, though, he had been saying you were going to write a book, you were going to get, you know, get more public recognition for his messages.

JS: Right.

SC: You actually didn't go public until early, I think, 2009, when you finally got a blog together. So ...

JS: I was nervous. I kept putting it on the long finger and thinking, you know, who wants to read this stuff? And, yeah, it's great, but ... I had a, you know, I have all my own doubts about it. The channeling comes through, I take it down, I read it, it's great. And then the skeptical human comes in and says, "You really believe that?" So, it's a sort of balancing act I do, I guess. And ...

SC: So, are you saying you ... every time you get a message you sit there and question it in a very 3D kind of illusionary reality?

JS: I think what I do is I re-read it. And I think, "Oh, yeah, here we go again. It's more of the same sort of stuff," and, "Yeah, that's okay." And then maybe I'll come back and read it the next day and think, "Yeah! That is great! That is wonderful!"

It's a funny sort of dichotomy, that. When I'm actually writing it, it's fine. I read it afterwards, I think, "Yeah, that's not bad." And then I go away for 12 hours, 24 hours, and come back and read it again, and it's almost like it's new. And I think, "Yes! That is wonderful."

SC: Wow. Now, when it comes through to you, you said it comes through in almost like three-word phrases. And sometimes it comes through within an hour, an hour and a half. But at other times you may not get a message instantly. It may take several days for it to come through. I find that fascinating.

JS: Well, basically, I think it's me, an ego thing — I'm not sure. I just ... you know, sometimes I sit down, I'm quite relaxed, and the words flow. And other times, I say, "Good afternoon, Saul. I'm here, ready for dictation," and nothing happens. And ...

SC: And what do you do then?

JS: Well, I sit with it for five, ten minutes, and if I don't get anything I go off and have a cup of tea or something, and come back to it maybe the next day.

SC: And do you meditate or go into a trance beforehand? Or do you just literally sit and go, I'm opening my mind, down you come?

JS: Basically, yeah. The second. I just ... I probably say a little prayer, you know, "Dear God, I'm here and ready. Let Saul come through," something like that, and then away we go.

SC: All right. So you finally went public in 2009 with your blog. And, were you nervous? Were you worried that people were going to sit there and go, "Oh, here's crazy John Smallman"? Or, what actually evolved? What actually happened in your head at that point?

JS: Yeah, it's kind of interesting. I think the reason I didn't go public sooner was just that. I thought, "Oh, people will think it's crazy. Oh, God. Yeah. What am I going to say to people?" And then this friend of mine, this shamanic healer who I was talking to, when I told her about Saul, she said, "I really get the hit, John, that you need to get that out there." And it was like the impetus I needed.

I think Saul possibly wanted me to get it out there, and I was digging my heels in. You know? "Don't want to go there. I don't think so. I'm not ready." All that sort of fear thing. And once she sort of gave me that message, because she can see the sort of spirit side quite well, I thought, "Yeah, I'd better do it."

So I went out and bought a book, *WordPress for Dummies*.

[laughter]

And studied that, and then set up the blog, and started to put out some of the stuff I'd already channeled. And as a result of doing that, then I got back into more regular channeling. And basically after the first dozen or so they have become new messages each time.

SC: And you got very positive messages back quite quickly, didn't you?

JS: Yes, I did. Basically people saying, "This is lovely. This is something I want to hear." "This was something I just needed to hear today." "Oh, wow, this is great." That sort of thing.

SC: And then suddenly, at the beginning of 2011, Jesus contacted you.

JS: Yeah. I got this intuitive sort of sense in my mind that Jesus wanted to come through me, and I thought, "Come on, John. That's your ego. Saul's fine, you don't need somebody else. Jesus comes through so many people. Just leave it alone."

And maybe a week or two later I got the same sort of sense again, and I sort of sat down. I said, "Hey, Jesus, do you really want to come through me?" And I basically got, "Yes, I do." That was all. I thought, hmm. And I left it another couple of weeks.

And I tried again, and again, the same answer, "Yes, I do."

So, finally I sat down — it must have been the end of May, early June, 2011 — and said, "Okay. Good morning, Jesus. If you'd like to talk, I'm here, ready, willing and able to take dictation." And away we went.

SC: And how did you know it was him?

JS: Well, this is a good question. I don't. I mean, I got the intuitive sense initially that Jesus wanted to talk to me, and when I decided yes, I'll do it, I sat down and I said, "Good morning, Jesus. I'd like to take dictation, if you're ready," and the words popped into my mind. So, I'm assuming it's Jesus.

The same thing with Saul. You know, I sit down and say, "Good morning, Saul. I'm ready to write." But I don't get any sense of either Jesus or Saul, so I don't ... you know, I'm assuming I get Saul when I ask for Saul and that I get Jesus when I ask for Jesus. But ...

SC: What happens if you're wrong?

JS: What indeed!

SC: And so, literally, it's you asking and then they come in. So, you don't see anything, you don't have a vision, you don't hear a voice, it's just, what, a thought process?

JS: I say, "Good morning, Saul. Thank you for the last post. It was really very uplifting. I'm ready now for some more dictation." And if I'm relaxed and everything works, he just promptly comes through. "Good morning, John." Relax, allow, and the words will flow. And that's what happens.

Quite often, I will write maybe two paragraphs and then I'll take a break. It's like ... I don't know, it's ... I don't get any sense of his presence. The words come into my mind, but ... I guess my body gets a little tired, so possibly I'm running energy or something like that. So, I go off, take a break and come back a couple of hours later, read what I've written, and then it's very easy to continue.

Sometimes I find getting the first two or three sentences is difficult. Because he often starts off the same way, "As I've told you many times before," or, "Your awakening is soon going to happen." You know, the first few words can be very similar to what he's said before, and I think, "Oh, God, here we go again." You know, and I put up a block, I guess, and it just doesn't work for me.

SC: Now, some people listening may go, "Oh, he just ... it's part of his own mind talking back to himself."

JS: Well, I've wondered about that, too! But I don't think in those sort of terms, and nothing that I have ever written from Saul or Jesus could possibly have come from my human 3D form. If I have a higher self who is wanting to come through, I suppose it could be. But, hey, at that level 'we're all one' anyhow. You know, how important are names?

And I've had the odd letter or comment from people who think I'm absolutely insane. "Who the hell do you think you are, calling yourself Jesus?" And, I say, "oh well". You've just got to take it as it comes. I'm sorry.

SC: And you mentioned, before, your children. So when you actually first ... or you tell them that, "Yes, I sit here and I take dictation from Saul and Jesus," what do they say?

JS: They just ignore it. They are so, "That's Dad." I went over to England in 2000 — last year, 2011 — and took my laptop with me so that I could continue to do my postings. And my son has a house down in Sussex, not far from the sea. And he had wi-fi, but that ... the wi-fi was down. So he had to drive me to a local hotel where I could do wi-fi and put Saul up online as, you know, I was about 12 hours late because of that.

And he just happily took me into a town nearby. And we went into the hotel, I paid 50p or 5 pounds or whatever it was and got wi-fi time, and put Saul up, and we went back, and we didn't talk about that at all.

SC: That's too funny! But I've got this, I have this very funny vision of you sitting in one of those traditional English country pubs with, you know, maybe a ploughman's lunch sitting on the table next to you, and there is an Ascended Master coming through.

JS: Well, no, I don't need wi-fi to get Saul... It's just a question of going online, putting it on the blog and closing it up again. So I ...

SC: Yeah, but even the thought of having to drive that far to get it up and onto the thing is quite a ... [laugh]

JS: Oh, yeah. It is. I was, you know, very impressed with my son. He didn't sort of complain at all. He quite understood. Very apologetic that the wi-fi was down.

SC: Thinking about England, and speaking about children, you were born in England in 1940. You were an only child. Tell me a little bit about your parents, your mother and your father.

JS: My mother was a good Irish Catholic, and basically she was brought up in Ireland during the Troubles, if you know anything about Ireland. They had the civil war in 1916 and finally got independence in 1922, I think it was. She was born in 1908, so she was a child growing up when all that was going up.

And she was the youngest of five. They were all musicians, and her eldest sister, who was about ten years older than her, taught her the violin.

And anyhow, she had a good friend whose brother committed suicide, and the friend was very upset. So my mother said, "Let's go for a cruise." And they went off to England, and they took a boat from somewhere on the east coast which took them to Hamburg, I think it was, on a two-days-each-way across the North Sea.

And my father happened to be doing the same thing with a friend of his, and they met on the boat. And it was love at first sight. And so my father chased my mother frantically, and she ended up marrying an English Protestant, and came over to live in England, and hated the English.

SC: But she was a very strict Catholic?

JS: She was very much into accepting the authority of the Church. She wasn't strict, but she was frightened. I guess both my parents were kind of fearful people. The Church was very strong in Ireland at that stage, and you had to get permission from the Bishop to marry a non-Catholic. She had to get this permission so that she could marry my father, and he had to promise that any children would be brought up Roman Catholic.

So, it was very strict. So, when I was born I was immediately christened, because my mother was terrified that if I died I wouldn't get into heaven, because if you weren't baptized, you didn't get to heaven. No way. Had to be baptized. Crazy! But that's how it was all taught back then.



SC: Very early on your father went to war, and your mother was a very talented violinist and she went traveling with the orchestra. And even though you were an only child you were kind of left with your aunt, your cousins or your grandmother. So they really didn't have a big role in your early, formative years.

JS: That is correct. Yes.

SC: And they then, even at three and a half, you were sent off to a convent school. I mean, that's extraordinarily young to just be sent away.

JS: Well, it was daily. It was just in the morning. So, you know, she used to take me and then she would collect me and bring me home. And then when I got to about four, we actually rent ... we were staying with cousins initially in Ireland. Then when I was about four years old she

rented an apartment on her own. And I used to catch the tram, as it was then, from our house to the school, all on my own at that age.

SC: At how old?

JS: Age four.

SC: At four?! [laugh]

JS: Yeah. There wasn't much traffic over there.

SC: No...

JS: You know, they had very little petrol. There were practically no motor cars around at all. There were just the trams and a few delivery trucks and that was it. So the roads were not too busy. It wasn't a frightening experience at all.

SC: No, but it just seems ironic in some ways that at four you were being sent off by yourself to a convent school that you then stayed at 'til you were eight. And you didn't really, from what I can see in that, have a massively influential family around you.

JS: This is true.

SC: Did that make you feel lonely?

JS: Yeah, I was kind of lonely. But, you know, you accept what you're born into, right? So, it didn't seem strange to me, it just was.

SC: Yeah, it just was. And then at eight you had quite a life-changing moment, and you were sent to a Jesuit Catholic boarding school.

JS: Yeah. That was quite funny, because my parents decided it was the thing to do. My mother decided and my father agreed. And I had to go and do a little entrance exam, so my father rushed out and bought a notebook, lined notebook, and wrote something on the top line and got me to copy it about ten times. And he did this three or four times before I went for the little exam that they gave to children before they would decide whether or not to accept them at the preparatory school.

And that kind of intrigued me at the time, you know, suddenly all this enthusiasm to get John writing neatly.

SC: Were you a poor family, or ...?

JS: No, we were average, middle class. My father was a solicitor. They never talked about money. So, I sometimes wondered if my grandfather might have paid my school fees? I don't know. We lived in rented accommodation until I was about 16 or 17.

SC: Right. But you ... in being sent off to boarding school at that young age, that school was amazingly only five miles from your parents' home, but you still only saw your parents three times a year because the school was quite strict, and the only other communication you had with your parents was by letter.

JS: No, not three times a year, three times in a term.

SC: Ah. A term. Right.

JS: But a term was 13 weeks. And I remember, you know, the term seemed to go on forever. It was infinitely long at that age.

It was funny, because when my parents first used to take me out, they could pick me up at twelve-thirty on the Saturday after all the classes were finished. And they could take me home, give me lunch, and they had to get me back by six in the evening. But the first term or two they used to pick me up about two thirty in the afternoon, take me to the local town Windsor, and we'd have some tea somewhere. Then we'd wander around the toy shop and I would look at various toys, but nothing was ever bought for me. Then we'd go back to school.

And I used to beg them to take me out earlier and, you know, take me home for lunch. And they wouldn't. And years later I was asking my mother, "Why did you always just sort of come in the afternoon and just take me for tea?" She said, "Well, we were very worried that if we actually took you home you wouldn't want to go back."

SC: Ah! But what seems strange as well was, even though you had this incredibly limited visitation, or visits from them, your parents always seemed to be on vacation and you kind of got post cards all the time whilst you were kind of entrapped in this school.

JS: Yeah. You know, I was thinking about it recently, and basically I was sent to prison at eight and I was there for nine years.

SC: Mmm. And you hated it, didn't you? Like ...

JS: Yeah.

SC: ... I know that's a horrible word to use, but you really 'hated' it?

JS: Absolutely. I begged them to take me out, and they wouldn't. And I had one rather horrendous experience. My mother's mother died when I was about 10 or 11, and she went over to Ireland, to the funeral. And it was just coming up to the start of the autumn term. And a friend of mine got measles, so I was in quarantine.

So, we called the school, or my father did, and they said, "Well, keep him at home for..." two weeks, I think it was, or ten days. So I was kept home to make sure I didn't have measles.

So, I was taken back ten days, two weeks late — I can't remember. And it was just my father and me and our little dog in the car. And I did not want to go back. Normally you go back and everybody's rushing in together, it's not too bad. But this time it was just me.

And we got back on a ... I think it must have been a Sunday afternoon. And we went to the school about tea time, and he brought me in. And the headmaster met us and invited my father to go and have tea with the priests, and I went in to have tea with the boys. And I was just heartbroken.

SC: So, do you think that you ... that that loneliness was just ... do you think that that was scarring?

JS: Well, that's a good question. I guess it gave me a feeling of that I wasn't really worth anything. Nobody really wanted me around.

And on that particular occasion, I slipped out of the dining room during the tea and climbed back into the car and hid on the floor behind the front seats, and hoped that my father after tea would get in and drive home.

But we had this Cocker Spaniel that was very bad in the car. And as soon as my father appeared it was up and down and jumping and yapping and yapping and yapping. And so he opened the rear door of the car to let it out — he was going to give it a short walk — and saw me lying on the floor and was a bit shocked.

So, he tried to get me out, and I wouldn't. He had to go and get the headmaster, and the two of them dragged me out together. I was bawling my head off!

SC: And what else about school did you really dislike? Because the Jesuit way, the instructional and the continual telling you you were worthless, was really quite dramatic and traumatic.

JS: Yeah, I guess it was. You know, it was just, "Hey, you're naughty little boys."

You know, they had very strict rules there and it was very hard to stick to them all. I was quite shocked when I first got there, and, you know, I was going to go off and play after lunch. And one of the other boys said, "No, you have to go and have a rest." And I said, "I'm not having a rest." "Oh, yes you are. You have to."

And we all had to go up and sit in our little cubies (cubicles). We weren't allowed to go to sleep, but we were supposed to read a book or something for half an hour in the afternoon. I thought, oh, that was strange. And I ...

SC: So, just completely controlling?

JS: Oh, yeah. I wanted to join the Boy Scouts. They had a Boy Scouts troop there. And you had to put your name on a list, and the headmaster had to approve it. And every time I put my name on the list, I was crossed off. He, for some reason, couldn't stand me, and I really felt that. So, it was very unpleasant there.

SC: You also hated learning?

JS: Oh, yeah. Absolutely.

SC: Why? [laugh]

JS: I guess it wasn't presented in a very interesting fashion. I used to just sit dreaming, looking out the window and wishing I wasn't there.

SC: And what did you dream of?

JS: Just being out of there. Going out to play, doing ... just not being there. I hated being there. You know, while I was at school I was counting the days 'til the term would come to an end. And then when the holidays started I would count with dread, the way the days were being eaten up and I was going to have to go back.

SC: Talking about limited by time! [laugh]

JS: Yeah!

SC: But contrasting to all that, during your younger years you also had dreams. And you remember one that occurred first when you were two or three.

JS: Yeah, that was kind of intriguing. I know I was that sort of age because I woke up out of it and I was in my cot or in the pram or something like that.

But I was asleep, and there was some pinkish smoke or mist or something appeared. And it was very, very small, and it was buzzing gently. And then it started to get bigger and buzz more loudly, and it would get bigger and bigger and buzz louder and louder. Until I got the sense I was going to be totally enveloped in it, and I'd wake up screaming.

And I remember having that — oh, I don't know — three or four times when I was very little. And then when I was about nine years old, I had it two nights running at school in the dormitory — and was quite shocked when I woke up screaming with a nightmare and feeling very ashamed at myself.

SC: Well, it sounds like, though, it was just a pink cloud that made a noise. So, I wonder what was so scary about that in your dream.

JS: I often wondered about that. I couldn't make head or tail of it, didn't make any sense at all. But it was just sort of ... it felt like something that was just taking me over, if you like? I really have no idea what it was.

SC: I'm surprised you can remember that it happened at two or three, because many of us don't have any vivid memories of that time.

JS: Well, I guess the dream was so intense that it imprinted itself on my memory. Because I don't remember anything else from that sort of stage.

SC: Wow.

JS: You know, three and a half is probably about the earliest coming up, three and a half, four, when I pushed the little boy off the railway platform.

SC: Oh, tell me about that.

JS: Yeah. My mother was bringing me home from school at lunchtime, and we used to catch the train from very close to the convent back to where we lived. And this little blond boy was standing right on the edge of the platform. And I didn't like him. I don't know why. I just didn't. So I pushed him, and he fell down on the track. And that was great, but then my mother jumped down to save him. And then I panicked because I thought the train would come and crush her.

SC: Do you think that was projected anger, though, because they were sending you off to the convent school at that time and it was almost like, well, you couldn't actually take it out on her and you took it out on that little boy you didn't know but thought you didn't like?

JS: I don't think so. I didn't ... I didn't dislike the convent. The nuns were very nice to me. That was in Ireland during the war. I was three and a half, four, going up to five. And they were all very, very nice to me. I, you know, basically that was not an issue. I say, I just saw him there and didn't like him, and I pushed him.

SC: [laugh] Well, you were pretty ... you were pretty definite about the fact you didn't like him!

JS: Um-hmm. And then some months later, when I started catching the tram from where we'd moved to, I was standing by the tram stop one day and a woman came along with two little girls aged about seven and eight, I suppose. And she looked at me and she turned to them and said, "What a nice little boy!" And I stuck my tongue out at them — I remember that vividly! — and she immediately said, "Oh, what a nasty little boy!"

SC: [laugh] Oh, you cheeky thing, you!

Now, eventually you talked your parents into letting you leave school. How old were you when you eventually managed to get out of what you said was just not a nice experience?

JS: I was 17. I was 17 and a half. I'd done nine and a half years. And in England we have two levels of education. You go up to 16 and you take what's called Ordinary Level and you get the general certificate of education. And I'd done that. And then you go on and do the advanced stuff, A Levels. And I was doing English and history for A Level. And I was just bored out of my mind. The teachers weren't making it interesting.

And for English we had studied the Shakespeare play *Julius Caesar* three years running — not very exciting at all. I was just bored. I wanted to get out. I wanted to go and fly, and I had just had it.

SC: Had you had any really bad experiences, though, with any teachers or any of the priests there?

JS: Well, people made you feel small. I remember, once again, about 14 or 15: I was sitting in the classroom in the front row, and the priest who had been in charge of the dormitory I was in when I was in the junior school — and I was sitting in the front row with another boy — and he suddenly addressed me and said, "Smallman, your hair's dirty and you stink!" Wow, I just burst into tears.

SC: Wow. And ...

JS: And the guy next to me was very upset, and said, "You know, you shouldn't talk to him like that."

But, you know, they just had overall authority there. It was a strange system. We accepted the authority, which was the strange thing. And, you know, I didn't get any back-up from my parents, so I just sort of knuckled down and accepted it. Yeah.

SC: At one point, though, you wanted to be a priest yourself.

JS: That's true. I had a feeling that I should be, when I was about nine years old.

The preparatory school used to take us to Olympia, which was a big exhibition hall in London, every year where they used to have a vocations exhibition. The Catholic Church of England would come in with priests and nuns from all over the country touting their orders, you know —

the Franciscans, the Jesuits, the Carmelites, the Dominicans. And they'd have all these brochures and they'd all smile and they'd try and persuade us to become nuns or priests.

And we were taken up to that one year. And we rushed around and grabbed all the leaflets and so on, but it didn't really have any effect on me. It didn't appeal to me. It was just a day out from school. But at some stage I did have this sort of sense that I should be a priest. And the other side of me said, "I don't want to do that," and I grew out of it very fast.

SC: So when you finally left school, though, your dream job was to fly planes. And that was because your house was near the airport and you just loved watching the planes land and take off. Is that right?

JS: Yeah. It was ... actually the school was near the airport. And there was a classroom there I used to sit in twice a week, I think during Latin, that looked out and I could see the planes coming in to land. And I used to think, "That's where I want to be." And I just wanted to escape, anything to get away. And the thought of flying was, "Wow! I could go off, see the world, meet people, have a marvelous time." And that was my dream.

SC: And you never, ever wanted like an office type job? Your father was a solicitor, you didn't want to cop, you know, follow in his footsteps?

JS: I just didn't have any intellectual ability that way. And I, you know, I do things quickly. I think if today I was at school they'd say, oh, he's got ADD, you know, attention deficit...

[laughter]

I just don't focus at all well.

SC: [laugh] They say that to every child that doesn't want to be in the class these days, don't they?

JS: But I think today they're much more advanced in how they cope with children who have that sort of disability.

SC: Umm, exactly. Umm.

JS: I mean, the whole idea of school is just to help you learn so that when you are adult you can learn the stuff you need to do to earn your living, whatever it is. But we were just sort of ... you know, all of this learning by heart stuff, and it was ... oh, it just bored me to tears, and I wasn't very good at it.

SC: All right. So then you went off and studied to be a commercial airline pilot, which you did and were for 42 years.

JS: Yeah.

SC: In that time, and going into a complete different area here, did you have any UFO experiences?

JS: Yeah. Finally, after about 40 years. I was coming home across the Pacific from Japan to Hawaii one morning. And the sky was just brightening a little bit, and a bright light appeared coming towards us. You know, quite often people flying across the Pacific at night put their landing lights like headlights in the car on, so you see people coming the other way occasionally.

SC: Yeah.

JS: But it's a vast area, so you don't frequently see very many airplanes going the other way. And, anyhow, this thing was coming towards us. And I thought, what's that? And it got very bright, and I drew the attention of the other pilot to it. And we watched. And then it turned across the front of us, which is most unusual, and as it turned and made a sort of 90-degree turn I could see the side of it. And it was like a railway carriage, or something like that, lots of little windows with lights. And it continued the turn and disappeared into the distance. So, it was obviously going very, very fast. I mean, flying a jumbo jet, we're going at 600 miles an hour. So he was approaching us, turned across us and accelerated away.

I have no idea what it was.

SC: And you didn't see any figures inside? Or what were the colors of the lights?

JS: Well, sort of a yellowish color.

SC: And when you ... the other pilot, or your co-pilot, saw that, you actually didn't talk about it again, though.

JS: I said, "What do you think that was?" And he said, "Oh, I've no idea." And he didn't want to go any further. I said, "You know, it could have been a UFO. It could have been an alien spaceship." And he just sort of looked at me and just didn't want to address the issue at all.

SC: And of course, you didn't report it because the airline you were working for at the time actually didn't want to have those sort of reports filed.

JS: It wasn't so much that, it was just, what is there to report? And there was no legal requirement to do so. It was just something that we saw. I mean, so, no, I didn't ...

SC: Not long before you left school and studied for your pilot's license, you had previously met your first wife?

JS: Yes, this is correct. She was living in England. She had escaped from Ireland — she was an Irish girl — and she was studying to be a nurse. And I had met her some years before, through my cousin. And while I was doing my pilot training I thought I'd contact her. And I got her address from my cousin, I think, and wrote to her and invited her down to visit. And we got on quite well together.

And, you know, I had various problems when I was doing my flying training, and I used to talk to her about it because my parents had no conception of what it was I was doing. They paid and they put up with it, but to try and talk about it to them was a total waste of time. So, she was very good as a person I could talk to at that stage. And we went out a lot together.

And eventually, I got my first job actually in Jersey, in the Channel Islands, flying little airplanes. And she came down and had a holiday with me there, and we got engaged, and then we got married. And so I got a job then with Irish Airlines, Aer Lingus, which had always appealed to me. I used to have lots of holidays in Ireland as a child because I had cousins over there, and the thought of working for the national airline of Ireland was great. So I joined them, went back, and thought, I'm going to be here for life. But it didn't turn out like that.

SC: Well, let's just take a step back, though, because your very religious, Jesuit schooling also kind of made you marry that lady in some ways because you believed that you could not have

sex outside of marriage and that you needed to marry your first wife so you could actually have sex?

JS: Oh, absolutely true, yeah. The Jesuits basically said to you, us, that, you know, don't expect to fall in love, but you should get married and have children. And of course as you grow in the marriage love will grow, too. And needless to say, 18, 19-year-old, 20-year-old, your libido's up, you want sex, you know. And I had bought into the whole thing that sex outside marriage was a mortal sin. And if I was in mortal sin and a bus knocked me down, I would be in hellfire and damnation for eternity.

Not a very appealing thought, but I totally bought into that. I mean, now I think it's total nonsense, but back then it was a very firm belief of mine, and most of the people around me seemed to believe it, too.

So, yeah. So this girl was attractive, she liked me it seemed, and I proposed and she accepted.

SC: Well, you did marry, but the marriage was quite unhappy in the beginning, and your wife seemed to be quite depressed a lot of the time. You also had two boys, but by 1972, even though you were still flying, you would dread coming home.

JS: Because she was always so miserably unhappy. She was, you know, she hated the countryside. She hated where we lived. She hated everything. If there was a God, I could not be this unhappy. It didn't seem to matter what I did, nothing made her happy. She was obviously very psychologically damaged. It was rather sad.

SC: And because of your schooling and how you'd often been told you were worthless, did you also feel that this was your issue, that you had caused this?

JS: I felt responsible for making her happy. It was my responsibility. If she wasn't happy, it was my fault. That was an underlying sort of feeling I had. And it didn't seem to matter what I did, I couldn't make her happy.

SC: Mmm. So, suddenly, in 1974, whilst you were flying, you met a very attractive flight attendant, a woman who you had connected with basically over the books of TS Elliot and psychology and spirituality. And you found that it was the first time you had experienced happiness.

JS: Well, this is true. I mean, I met her, we resonated, we talked together, and she accepted me totally for who I was. And that, I had never experienced before. And it was just wonderful.

SC: Now, you ended up having an affair with this lady, and it was very brief because you were married and you felt enormous guilt. And your two boys were five and seven at the time, and that even played on your guilt even more. And you were tortured at that time!

JS: I was, actually, yes. And the affair was ongoing for about three months, and I had a friend who was a monk at a monastery nearby who I could talk to. He used to hear my confession. And I'd say, "Look, what's the point in me coming to confession?" The Catholic has to go to confession if they're in mortal sin, otherwise they can't go to Communion. Or, if they die, they're going to go to hell.

So he would hear my confession, and, you know, eventually I'd say to him, "Well, what's the point in me coming confessing to you my adultery when I'm going to go out and do it again?" You know, it says in the Catholic Catechism that you, when you confess a sin you promise you won't commit it again, and especially a mortal sin. So, if you're not prepared to promise you're not going to do it again, they can't forgive you.

And I said, "You know, you can't really be forgiving me for this, because I'm going out and I'm going to have adultery again." And he said, "Well, don't take that too seriously, John, you know?"

[laughter]

And I was, "Right." But anyhow, I came to the conclusion that this couldn't go on. I either had to leave my wife or I had to come back and leave my girlfriend. And then ...

SC: But he, but he told you at the time, though, that if you fixed your marriage you were going to be able to be with your wife for another forty years, and that really like freaked you out.

JS: Oh, well, that's right. Yeah. Because I had decided to break off the affair. I stayed at home. I was having great troubles accepting what I had chosen to do. And I went to the monastery for a three-day retreat, and he was my mentor and my adviser. And on the second day we were talking about my problems, and he said, "Well, look, John, if you had marriage counseling together and you sorted this whole thing out, you could probably have another forty years

together.” And I thought, “Forty years! No way!” It was just, wow! That was ... blew me right out of there. I thought, no, definitely, this is over.

SC: So, even despite all those feelings of guilt, you did leave your wife and you ended up getting back with that flight attendant. And that flight attendant is actually now your wife, Eugenie, and you’ve been together since 1976.

And we’re going to talk a little bit more about Eugenie in a little while. But at that time that you left your wife, you also left England, and you and Eugenie headed to Singapore for 15 months?

JS: My wife and I had agreed to put the boys through private schooling in England — or public school as it’s called there — and so I needed not only an income that would do that but also keep Eugenie and myself. So I was looking for a job abroad. And I wanted to get to Kuwait Airways in the Middle East. I had friends who’d gone there and found it very satisfactory. And it was a tax-free environment. But at that time I couldn’t get in with them, so I took a position with Singapore Airlines. And so we moved to Singapore and had 15 months there.

Just before we left Singapore, Eugenie got pregnant. We didn’t know that at the time. And then I moved to Kuwait. And I didn’t have an apartment initially, and she went to stay with her parents for a month or so, until I got settled in Kuwait. And during that time she discovered she was pregnant.

And then, after I’d been in Kuwait about a month, then an apartment came up. And I moved into the apartment and Eugenie came and joined me out there. And then she went back to England just before Christmas 1978 so that she could be in England to have Kirstie, who was born in January 1979.

And then I was based in Kuwait flying to London quite a lot, so I could see my children, which was the main thing.

SC: Now, you lived in Kuwait for how many years in the end?

JS: Thirteen years.

SC: And did you like it?

JS: No.

SC: But you did it?

JS: Oh, yeah. The job was good, relatively speaking. It wasn't nearly as well paid as American jobs were, but it was tax free, they provided you with accommodation, free water, free electricity, all that sort of stuff, so there were no outgoings. So it made it possible for me to put my children through school and for us to have holidays and things together.

They treated us quite well. It was nice. We got two months vacation a year, and a free ride, first class, to anywhere on the network. So, from that point of view it was very good.

SC: And whilst you were in Kuwait you also married your wife Eugenie?

JS: That is correct. The company suddenly wanted to renew all the paperwork. They ... just somebody came new into the personnel department and said, "This is a mess, we want new documentation from all employees." And I had used my original marriage certificate to my first wife to prove that I was married, because in the Arab world you can't just live with anybody, you've got to have a marriage, obviously.

So, we had to produce a new marriage certificate. So we went to New York on one of my trips and we got married at City Hall in New York in 1986. It was quite amusing.

SC: After many years of living there not quite feeling happy, you decided to go and take a holiday for your 50th birthday. And first of all you went to Vancouver Island, where you had an amazing time. Then you flew to England to be with all your family. And in 1990, on your birthday, which is the 3rd of August, you celebrated your 50th birthday with your family.

But at that time, and unbeknownst to you, Iraq invaded Kuwait. And what happened?

JS: Well, it was interesting, because during our holiday we had been aware of troops from Iraq massing on the border with Kuwait. We just said, oh, he's just bluffing. Saddam Hussein's not going to war. He's just been devastated by a war with Iran, he doesn't want another one. And we didn't pay too much attention to it.

And the day after my birthday party I rang Kuwait Airways in London to confirm the flight was on time that I was going back to Kuwait on. And the guy said, "Captain, there are no flights to Kuwait."

I said, "What are you talking about? Of course there are daily flights to Kuwait."

"No, Captain, there are no flights to Kuwait."

I said, "Come on! Of course there are flights. We always have flights. What are you talking about?"

"Captain, did you not know, Kuwait was invaded?"

Oh. Initially we stayed in England to see what would happen, and we kept in touch with the airline. And eventually they decided to set up a temporary base in Cairo, in Egypt. And so I moved out to Cairo. And I was there for about six months. And then Kuwait was liberated, and shortly after that I started flying back into Kuwait, bringing the Kuwaitis home.

And I visited my apartment which had been totally trashed by the Iraqis. A window had blown in. And because of all the oil wells that had been set on fire there was a black pall of smoke over the whole area and all this oil had come in. Everything was covered with oil.

And when we got back in and started to try and rescue our stuff, we just turned black. It was amazing. I went out to the apartment block one day at midday, and because of the way the wind was blowing everything was covered with this cloud of black. And it was like midnight with the sun shining through it. It looked like the moon through the clouds it was so dark. It was quite incredible.

SC: Well, after that you actually managed to leave Kuwait. You got a job with Japan Airlines, and you ended up moving to Alaska. And they promised you a green card, and you were waiting and waiting. And so, you and Eugenie bought your first house in America. You actually built it yourself, if I'm right?

JS: We remodeled one that we bought. And we put a lot of work into it. And then we put a lovely deck on it. It was up high above Anchorage and had a lovely view of the mountains and everything. Very attractive location.

SC: So, how long were you in Anchorage, Alaska for, though?

JS: From April '92 until about July '95.

SC: And that three-year period, though, was very much about your relationship with Eugenie?

JS: Exactly. Yeah, it was wonderful. And she had a great time renovating it and designing all the kitchen, and all the stuff that went in. It was — yeah, it was lovely. We really enjoyed it. So it was a big sort of kick in the stomach when they said, “Sorry, you’ve got to go to Hawaii.”

And so I said to my wife and daughter, “Look, it’s really up to you. Do we stay and see if we can actually hang on here, or shall we go to Hawaii?” And I left them to think about it while I went away on a two-day trip.

And when I came back they met at the front door: “We want to go!”

SC: [laugh] Okay. So you moved to Maui, and that was 1995.

JS: That’s correct.

SC: So, tell me a bit about Maui, because that was a very spiritual place for you and your wife.

JS: It was for my wife. I’m not so sure it was for me, particularly. We ... I was based in Honolulu to fly to Japan, and we had the option of living on any of the Hawaiian Islands. And we checked out Oahu itself, we checked out Maui, and we checked the big island, Hawaii. We were looking for a nice private school to send our daughter to. She had two years to go before she graduated. And that’s why we chose Maui. There was a very nice school there that we put her into.

And so we rented a small house in Maui which was up for sale. That was in November 1995, we found this small house. And we moved in. The property market in Maui at that time was very depressed. And we didn’t want to buy a house because having just bought one and renovated it and then sold it at a loss in Anchorage, we didn’t want to go down that road again. So we rented this house.

And then, Eugenie was quite taken with Maui. They have a saying there, that Maui either welcomes you or it chews you up and spits you out. Interesting. And I wasn’t aware of any particular energy or anything like that, but other people talked about it a lot. And so for me it was just somewhere else to live. You know, I’ve spent all my life moving around. It didn’t feel any

way different. Very attractive, lovely beaches and so on, but apart from that, no, I didn't have any spiritual sense about it at all.

SC: And what about Eugenie?

JS: She has always been aware that there are obviously other civilizations all around the galaxy. And she has always been into that sort of thing. And while we were in Anchorage she became aware of Sheldon Nidle who ...

SC: Um-hmm. Of course.

JS: ... channels the Galactic Federation. And she was very taken with his stuff. She collected all his tapes. And a couple of times she spoke to him on the telephone from Anchorage, and they got on very well.

We moved to Maui. And then, in 1996, Sheldon Nidle decided to move to Maui. And Eugenie was very pleased about that. And she contacted him and said, "Look, if there's anything I can do to make your move to Maui easier, I'd be delighted to help." So he got her to arrange accommodation for him and the friends he brought over when he came initially. And they came I think in about October 1996 and planned to stay.

And in November '96 the house we were in was — or probably October '96 — the house we were in was sold, and we had to move out at the end of November. And by this time Sheldon was looking for somewhere to live as well. So ...

SC: And he came down with his partner Colleen, of course.

JS: That's right, with Colleen Marshall, yeah. And we'd met them a couple of times since they'd come to Maui. We got on very well, and we suggested we get a house together. So we did that. We found a nice biggish house, and we rented that together. It was lovely.

Sheldon was doing his channeling there, and updates and so on. And we got on very well together. And Eugenie was very taken with Colleen and Sheldon, as I was — they were lovely people. So we had a very pleasant 15 months together, getting to know each other.

SC: It must have been an interesting house, because you're, by then, channeling an Ascended Master, and Sheldon's speaking directly with the Galactics, so you kind of had the whole world or the whole universe about covered!

JS: That's true, yeah. I hadn't thought of that before. Yes, when I — you know, he used to share his channelings with us before he put them up on his site. And when I did my channelings, I'd share it with them. So yeah, it was a nice little roundtable thing that we did there. Yeah.

SC: Right. Okay. So, interesting connection there.

JS: Wasn't it? Yes. It's fascinating. Yeah.

SC: So, you finally retired from being a pilot in 2003, and you and Eugenie moved to — is it New England or New Hampshire? I never know which is which.

JS: Both.

SC: Oh. Okay.

JS: New Hampshire is part of New England. New England includes New York, Massachusetts, Connecticut, New Hampshire and Vermont. [*Ellen's note: New England also includes the states of Maine and Rhode Island, but not New York.*]

SC: Okay. So you moved there. By then — you did get your green card whilst you were working for Japan Airlines in Hawaii, so you were actually managing to finally be legal, so to say. But just prior to that move, in 2002, your first wife became quite ill with cancer.

JS: She was very sick with cancer. It came in about 1998. You know, she had the mastectomy, chemotherapy, the whole thing, ongoing. And finally the end of 2002 it was getting very, very poor. She had a last session of chemo, and early January 2003 I think one of my sons called me and said, "Dad," you know, "Mum's really very, very ill."

She was very determined to get better. She said, "I'm not going to let this beat me." And she in fact went to a spiritual healer somewhere. And he tried to do something for it, but it didn't work.

And eventually, in 2003, early in the year, I went over to England and spent a week with her, looking after her, doing some cooking and things like that and trying to heal the sort of rift that

had occurred when I left her — because she'd never forgiven me for that. And I thought if we could just have peace before she died, it would be good. And I think we achieved that.

SC: Well, strangely after that, though, you came back to New Hampshire. And you were, as things happened, led to a book by a lady called Emma Bragdon, which was about a spiritual healer in Brazil, a man who I actually know of because he's looked after some friends of mine as well. And that is John of God, who's in the tiny little town of, I think it's Abadiania just outside São Paulo.

JS: It's just outside Brasilia, actually.

SC: Brasilia. Right, sorry. And in that process of reading that book, you also connected with the author Emma Bragdon, and you started — together with Eugenie you started meditation classes with Emma. But eventually, you ended up going down to John of God's healing center. And why did you go there?

JS: Well, I read the book that Emma Bragdon had written. I found it in the library in Woodstock where we were renting a property before we actually bought a house up here in New England. And the book just captivated me. And then I noticed that the publisher was a Vermont publisher, and I thought, "Oh, right, very local." And then, wow, the author actually lives in Woodstock, the same town in which we were living at this present time!

So I rang her up. And we agreed to meet, and we had a good chat. Eugenie and I met with her. We had coffee somewhere, talked about a lot of things. She was telling me about John of God and the fact that she went down five or six times a year to Brazil, taking a group of people with her and guiding them through the whole process of meeting with John of God and the healing that resulted from it.

And she also suggested to us that she would like very much if we could meditate together. She liked meditating, and she was looking for people with whom to make a group meditation. And we said, yeah, we'd love to do that. So she came, and we used to meditate I think every Wednesday for about an hour and a half. She had a couple of friends she brought with her, and it was a lovely experience. And we did that for three or four months.

And then she was off to Brazil again. And then we bought our house and moved, and it sort of fell by the wayside. But it was a lovely experience while we were doing it. And as a result of

reading her book and talking to her I decided to go down to see John of God, and I went with her on one of her trips. In fact, it was in April 2004. I was down there over Easter. It was a lovely experience.

SC: Tell me about what happened there.

JS: Well, it was an intuitive thing to go, and I had no idea why. And I queued up to see John of God, and I — I don't know, I, I forget what I wrote down as the sort of symptoms. Oh, yeah, I have a bit of tinnitus, and I used to get a lot of sinus problems. So, I put that on the bit of paper, and he said, "Operation." Okay. So I was to come back the next day and have an operation.

SC: I was just thinking, we should set the scene here. Because you're in this village where he has this house, and people literally queue up for hours, and it's all quite disciplined. Do you want to tell us all a little bit about that?

JS: There's quite a center there. They have kitchens; they have healing rooms; they have the main room, where he sees people. And around that there are loads and loads of chairs, so people who aren't in need of seeing him sit and meditate to hold the energy for him while he is channeling whoever comes through to do the healing for him. So it's quite a large area.

And they have a little shop there where they sell water and they sell crystals and so on. And there's also a very nice pond and waterfall that you can only go and bathe in if he gives you permission to do so. It's supposed to be a healing pond. So ...

SC: And people have been cured of blindness, they've had He does quite graphic operations. I've seen some videos where he actually, whilst the person's standing there with no anesthetic, will cut them open and then remove a growth from their body. Or he sometimes takes to people's eyes with knives, and he stitches them up with rope. It's quite primitive, in some way.

JS: It seems to be so, yeah. And it's quite amazing, as you say. Because he will enter, you know, cut them with a scalpel, and then, when he removes the scalpel and removes whatever he needs to do, the wound just heals up very, very quickly.

SC: Mmmm. And there's almost no blood, is there? I've seen that.

JS: Yeah. And his advice was that if he says you're to have an operation, if you're between, I think, 20 and 55, you can choose to have a physical operation. If you're under 20 or over 55 he doesn't recommend it. So I breathed a sigh of relief and thought, yes

SC: [laugh] The benefits of being older!

JS: Yeah. A spiritual healing. So, yeah.

SC: But you did have a spiritual healing there, and it was quite phenomenal. Because you just said earlier that you felt you'd had some closure post your wife's passing, your first wife's passing.

JS: Right.

SC: But that might not have been the case, and, in fact, John of God, or sitting in that energy, may have actually brought you closure in some way.

JS: Well, this is true, because on Good Friday in 2004 I was sitting in the area where people hold the energy, where we meditate. And ... rather uncomfortable folding chairs, and you have to sit with your eyes closed, you're not allowed to cross your arms or your legs, and you're there for four or five hours as the long queue of people wanting to see John of God wend their way through. So it's quite stressful.

And I'd been there about three and a half, four hours, just sitting with my eyes closed, becoming more and more uncomfortable, but thinking, "Well, I'm doing a good job here, I'm trying to hold the energy, this is what we're supposed to do," but not aware of anything particularly, except about my increasing discomfort.

And then, suddenly, in my vision — you know, I have my eyes closed — there was like a cloud, a white cloud. And the cloud cleared and there was a brightly lit area, and there was a group of people standing in a circle, maybe 30 or 40 of them, all in white robes.

One of the people in the group broke free — not broke free, but released herself, turned, and came towards me. And as she did so the white gown sort of folded open and she was in a brilliant blue dress, the sort of color that one associates with the Virgin Mary. And as she got closer, I could see that it was my ex-wife, aged about 30 and just stunningly beautiful. And she

just gave me a lovely smile then turned around and went back and joined the group, and the whole picture faded. It lasted maybe 10 or 15 seconds.

And it was — I just burst into tears, and I was sobbing uncontrollably for about 15 or 20 minutes.

SC: Wow. And you felt that that was exactly what you'd gone there to have at that moment?

JS: That occurred to me afterwards. Yes. I thought, yeah, this was obviously why I came here. It was brilliant. And I told my sons about it, and they said, "Oh, yeah?"

[laughter]

That was it. "Great, Dad." Yeah.

SC: No, no, no. They ... well, it's funny how they say that.

JS: Isn't it? Yeah.

SC: But at that moment you felt that she had actually forgiven you.

JS: Exactly. Yes. She had made the effort, and she had come to just show me that. Like as though just her love, yeah.

SC: That's beautiful.

Now, earlier you mentioned the Shamanic healer in Vermont and how she told you to get your channeling out there and that you needed to really, you know, get Saul public, so to speak. And with Eugenie's help and then of course Sheldan and Colleen's email database and RSS feeds you finally got your blog out to the world in 2009.

And then your daughter actually helped you to get your book out, which was only last year.

JS: Yes. I did the blog — I started it in 2009 and it took off pretty well. I was getting 10, 12,000 hits a month for, you know just this thing. And then more and more people picked up on it, and I think it's been syndicated all over the place. I get comments from Brazil and from Japan and from all sorts of parts of the world. So, I've no idea how many people do read it, but it's enormous.

But the book, again, was on the long finger. And then finally, last year when my daughter was visiting, maybe a month or two before Eugenie and I had talked about it and said we really should get the book out there — and I think Saul had been giving me a nudge and said, “Get the book out, John,” and I was saying, “Well, what’s the point? It’s not going to sell,” and he said, “Yes, it will sell,” so — we did a great effort and we got the whole document together, the manuscript.

And I changed it into a .pdf file and downloaded it, or uploaded it to Lulu.com, which is self publishing. And my daughter Kirstie, who was with us at the time, then went on the Lulu site and designed the cover for it. And we were able to print it up within a couple of days. It was great.

And so that, that happened last year. And so it’s been available since then.

SC: And so now you channel Saul regularly, every Sunday, or what, comes out on a Sunday and comes out on a Wednesday, and ...

JS: That’s correct.

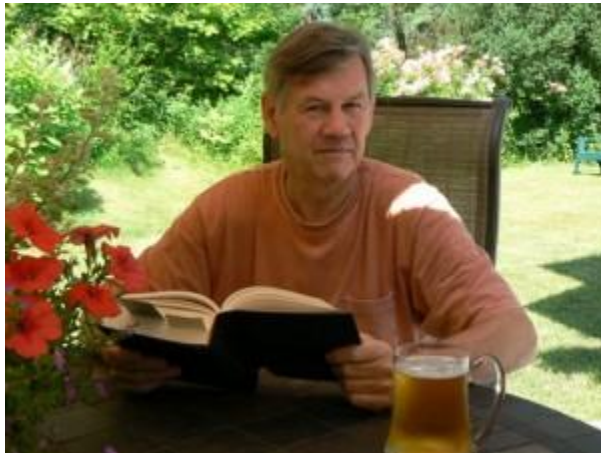
SC: ... you also put Jesus out on a Sunday as well. You had mentioned to me in our chats over the last few days that you’re very lazy as a person. But I don’t think that’s the case, because you actually have this incredible routine and you actually are very disciplined in order to actually make these posts come out on a regular basis.

JS: Well, I suppose there’s a certain amount of discipline involved. But, you know, the actual writing of it probably takes, you know, maybe two hours, three hours. Which isn’t a lot in the day. So, twice a week for Saul and once for Jesus — nine hours a week? Yeah, okay, I’ve got to put it up on the blog and so on, but not very difficult. But yeah ...

SC: [laugh] So, what other things do you do with your time, then, John?

JS: Well, I’m a great guy for reading. I love reading. I read and read and read. One of my favorite authors at the moment is Ken Wilbur, a very brilliant American philosopher, who’s about my own age, maybe a year or two younger. I came across him about two years ago and I just love his stuff. He is very much into the fact that humanity is evolving spiritually. And he has a lovely sort of diagram of how he sees it occurring and the different stages we’re all at. And it’s brilliant stuff, I love that.

And various other spiritual books. I love Paul Ferrini, who has been channeling Jesus for about 15 years. He doesn't say he channels; he just says he is Jesus. It's kind of a strange way of putting it. But his books are just brilliant.



And I just love uplifting spiritual books. There's no doubt about it. And there are so many fabulous books out there at the moment. Every time I finish a book I think, "Well, that's it," and then suddenly something else will pop off the shelf, or somebody will recommend it. You know, I'll be reading a book and they will recommend some other book. And so it's an ongoing learning experience. I enjoy that sort of learning, I must say.

SC: You made me laugh a few moments ago. There was something — you have your photo on your blog, and you wrote that everybody had been complaining that you looked terribly serious, and you wanted to show them that you were actually a fun person.

JS: Right.

SC: So, what do you do for fun?

JS: Well, I used to do quite a lot of kayaking. When we came up here we bought a couple of kayaks and we used to — there are lots of lakes around — we used to do quite a lot of kayaking and so on. And that was great fun. I used to do a lot.

But of late Eugenie has not been very well, and her heart plays up a lot, and I have to run energy on her to calm it down. So, basically, I can't go anywhere unless she comes. And so I tend to be a bit more trapped at home.

So we enjoy our garden. We sit out on the deck, watch the butterflies, watch the hummingbirds, and I read and read and read. And it's — and I drink the odd bottle of champagne. It's nice.

SC: [laugh] Now, you have said to me that you're a born softy, and you describe yourself as weepy and you can cry at the drop of a hat. And I have to say, I actually totally relate to that as

well. Where do you think that empathic part comes from? Or what is it that ends up with you just bursting into tears?

SC: Well, basically, if I read a story about someone who is going through a lot of problems and then suddenly they find acceptance, that just turns me over. I just burst into tears. And the same with movies. Somebody gets lost and is found, or somebody is having a very, very hard life and then meets the perfect person to give them exactly what they need to recover, or be healed or whatever....

Some of the stories Bernie Siegel tells about the patients he's had who have had cancer and, you know, the love he shows them. And I ... it just tears me right up. It's ... the whole thing is acceptance. I guess growing up I felt unaccepted and unacceptable, and seeing acceptance happening in stories, it just tears me apart.

SC: Mmm. But it's the joy of that acceptance as opposed to ...

JS: Absolutely.

SC: ... the sadness of it. Yeah.

JS: Yes.

SC: Yeah. Now, okay. You're getting messages from Saul and Jesus: What do you think's going on right now in the world, and what do you feel is about to unfold before us? And do you believe that December 21 is the precise moment for that?

JS: Well, after December 2003 I wouldn't put money on it at all, but ...

[laughter]

... definitely, yes. I mean, the world has changed enormously in the last 50, 60 years. I mean, Saul mentions this again and again. And I see it. You know, up until the Second World War we didn't really know about people drowning in Bangladesh or being swept away in tsunamis in Japan. You know, world communication was much, much smaller and nobody really cared terribly much.

And then after the Second World War and the disaster and the suffering and the Jewish thing, everybody was, I think, in shock. And then of course America had the Vietnam war, and more and more people became aware, “We can’t go on like this!”

And then of course modern technology, the — sorry — the modern industrial society doing so much damage to the planet, and people becoming aware of that with the green society coming up. You know, Rachel Carson started it all off with her book back in the late ’50s.

And so, over the last 50 or 60 years there have been enormous changes in how people see the world. And yes, it’s only a small proportion of the population that is aware, but previously nobody saw it. And I do believe that this small proportion, whether it’s one percent or five percent, I don’t know, has an incredible affect.

We all affect everybody else. We have energy running through us all the time. It is the life force. It’s love. God is love, love is life, life is running through us all the time. If it wasn’t, we wouldn’t be here. And we have been misusing that power.

It’s a bit like electricity, you can use it to make weapons or you can use it to run hospitals. Whatever you choose. And I think the love, the life force that God pours out to us at all time was used very egoically and selfishly and unthinkingly for a very long time. And in the last 50 or 60 years enormous changes have occurred, and we see it very much now in this last 10 years.

And obviously something has to happen, because with the wars in Iraq and Afghanistan, the troubles in Syria, the Arab Spring — we just can’t go on like that. And I think there is a sea change, there is a big change of energy. And something is going to happen and it’s going to be soon. And I do believe we are going to move into a much higher spiritual state. But whether it’ll be by Christmas this year or not, I really don’t know.

SC: And how do you see that unfolding?

JS: Well, it’s unfolding right now, as we look around. I mean, Libya broke out from under its dictator. There’s still a lot of suffering and pain there, but that situation has changed. The situation in Egypt has changed. The banking system is falling apart and the corruption there is being exposed.

And, you know, our belief in politicians back in the '20s, '30s, '40s of the last century, we tended to believe that they were relatively good, honest guys. Now we are very much aware — at least I am, and a lot of people I talk to — that there isn't a politician out there who isn't on his own agenda and doing everything he can to maintain his position.

And in this country the election is an ongoing thing, 24/7, all the time. The fact that there's an election for president every four years is almost a by-product. But the guys are running for election every day of the week.

And this has to change. We need people out there who have 'service' as their motto and as their intent and as their reason for being, as opposed to hoarding money and buying an island in the Caribbean to escape to when the world collapses or whatever.

SC: Mmm. So what do you think lies ahead for you?

JS: Well, I presume I shall just go on channeling Saul. And when we move into full consciousness the suggestion is there are going to be an awful lot of people who'll want help, want people to talk to, so maybe I'll be a communicator of some sort. I really don't know.

SC: So, you don't have a clear vision of that yet? [laugh]

JS: Oh, not at all, no.

SC: Maybe you should ask Saul or Jesus what their plans are for you.

JS: This is something that my wife has often said, you know, "Why don't you ask Saul what he thinks?" And I have a big problem with asking him about personal stuff, because I have an ingrained feeling that if I ask for personal stuff, then any answers I get will be very much ego-oriented. My ego will be coming in and dropping words into my mind which will be louder than the words Saul drops in, so I will get a confusing picture that doesn't make sense.

So, I rather stay on the general stuff, the sort of, "What is happening for humanity?" rather than to get on any personal issues. I just don't feel happy with that. In other words, I'm here to take messages from Saul and Jesus for everybody, not for myself.

SC: Mmm. And that makes you happy?

JS: Oh, yeah. Absolutely. I trust that I'm getting messages that apply to all of us, and what he tells us is incredibly uplifting and inspiring, and it seems it can only get better. But while it is getting better there are going to be hotspots where nasty things occur, and the mainstream media focus on all that. So, if you are tied into that it looks as though things are getting worse. They don't report on the good things that are happening, or not nearly enough.

SC: When you look back on your life, and you look at your early years and you look at some of the sadness you felt or the loneliness you felt, or whatever you'd been through, how do you feel today when you look at that?

JS: Well, all through my life, whenever I have looked back it has always seemed to me that what I went through was a necessary learning experience and I learned a lot from it. And I really don't regret anything that has happened. It's quite intriguing, that.

Nothing that has happened in my life ... I've had, you know, upsetting times, like the schooling and the marriage break-up and so on, but basically I'm glad. It was my part, I needed to do it, and I have learnt a lot from it. And I am much more at peace with myself than I have ever been, so ...

SC: That's good. Now, your mother ...

JS: Yeah.

SC: ... your mother was a classical violinist, and music's played a very big part of your life. You love all sorts of things, don't you?

JS: That is correct. I used to be into music a lot in my teens. As a boy, she wanted me to learn the piano, and that — I wouldn't do that. That's for girls. I just had no interest in music ...

[laughter]

You can keep that stuff. I don't want to know. And while I was at boarding school, every Christmas term, sort of in about November, December, the school would organize for the senior boys a visit to Covent Garden, to the opera house. And when I was 16 a good friend of mine there said, "John, why don't we go?"

I said, “For goodness sake, I’m not interested in classical music. Go to Covent Garden to hear opera? You must be mad!”

And he said, “Look, John, even if you don’t like it, at least it’s a night out from school. We’ll go out, we’ll go to the theatre, we can have a beer or something” — because, you know, they were a bit relaxed about the drinking age back then — “we can have a pleasant night out.”

So I said, “Oh, okay.”

It was incredibly cheap. They gave the school a very good rate. So we all got on this bus. We had to dress in tuxedos. And off we went. And off to Covent Garden.

And they were doing Puccini’s *Boheme*. And I was just blown away. And after that, I thought classical music is the way to go. I was a convert, on the spot. It was fantastic.

SC: But your music taste is varied. I mean, your mother was very classical. You have a particular Beethoven violin concerto in E minor that you love ...

JS: Yeah.

SC: You also love music on the clarinet?

JS: Oh, I love the clarinet. Yes, I’ve always loved it. And I discovered Acker Bilk maybe back when I was 25 or so. And his — the way he plays the clarinet, I just love the tone, the note, everything that comes from him. Beautiful.

I also love the clarinet concertos by Mozart and Carl Maria von Weber and so on. So, I love clarinet music. But ... and I love songs, as well. But recently I haven’t listened to much music. It’s funny. I’ve sort of got out of the habit.

SC: Mmm. So tell me about your music choice today.

JS: Well, my music choice today is interesting, because before I was thinking, well, maybe a bit of clarinet music, or maybe a violin concerto, or ... whatever. And then talking to my wife last night, she said, “But John, I thought you loved that song that Barbara Streisand sings, ‘Papa, Can You Hear Me?’ from *Yentl*.” And I remembered.

I saw that movie back in the 'eighties when it came out. And if you know the story of *Yentl*, she was a young girl brought up by her father, who was a rabbi and a Talmudic scholar, and he taught her all the stuff that only boys should learn.

And then he died and she fled from home, because otherwise the women of the village would have taken her over to train her to be a good wife. And she cut her hair short, pretended to be a boy and went off to learn and study.

And the first night out on the road, she had to camp just by the roadside. And she was lying there, looking up at the stars, and she began to sing this song, "Papa, Can You Hear Me?"

And she was obviously missing her father, who had just died, and seeing him as up there in heaven. But the song for me was like calling to God himself, and it was very much making me aware of how much I want to go home to God.

And ...[crying]

SC: You've done it to me now, too! [crying, laugh]

JS: It just breaks me up every time! It is just so it's just full of hope and full of, "I just want to go home. Please take me home." [Crying]

SC: I can so much relate to that, too. [Crying]

JS: Are you okay there?

SC: Yeah! [laugh] Ah, those moments that get us, eh?



Well, John, I have so thoroughly enjoyed talking with you today, and I thank you so much for sharing your very personal Light Agenda, and making us both cry by the end of it.

And if you're listening now, you can find out much more about John, Saul and Jesus, and of course John's Saul book at JohnSmallman.wordpress.com, and Jesus's messages are at JohnSmallman2.wordpress.com.

And I've actually always wondered why you keep them separate, John.

JS: Well, I'd set Saul up, and I was doing it, and I thought, well, if I'm going to do Jesus I should have a separate blog for him. It was much easier.

SC: Well, fair enough, because they're both as important as one another!

JS: This is right, yeah. And I thought it'd make it easier for people to see.

SC: It does.

JS: And I, well, I just, you know, put the '2' in there and made, you know.... It was easy and quick. You know, *WordPress for Dummies*, that's me.

SC: [laugh] Well, just briefly, I wanted to quickly thank Suzy Star for last week. And Suzy tells me she has heard so much from many of you who are interested in being involved in her Creative Communities. And of course you can still contact Suzy at www.SuzyStar.net.

Next week, we're going to meet someone who's become a very dear friend of mine and who I now have the opportunity and honor of working with. Now, you may know her from the show she hosts here on InLight Radio with Dave Schmidt, and that is *Let's Talk 2012 and Beyond*.

Yes, Galactic emissary Sierra Neblina will be with me next week talking about her real life.

And please thank my guest today, John Smallman. John, it has been an absolute pleasure having you on today, and I really appreciate it.

JS: Well, I've enjoyed it very much indeed. And I was very honored that you called me and asked me to be interviewed. So, thank you very much, indeed, Stephen.

SC: And it's been my honor to talk to you.

Well, this is Stephen Cook, and as always, in everything you do this week, may you only serve the Light Agenda.

And here is John Smallman's music choice, "Papa, Can You Hear Me?" by Barbra Streisand. (Crying) Oh, I'll have to do that again.

[laughter]

And here is John Smallman's musical choice, "Papa, Can You Hear Me?" by Barbra Streisand.
Thanks, John.

JS: Thank you very much, Stephen. Good night.

[music - "Papa Can You Hear Me" by Barbra Streisand]