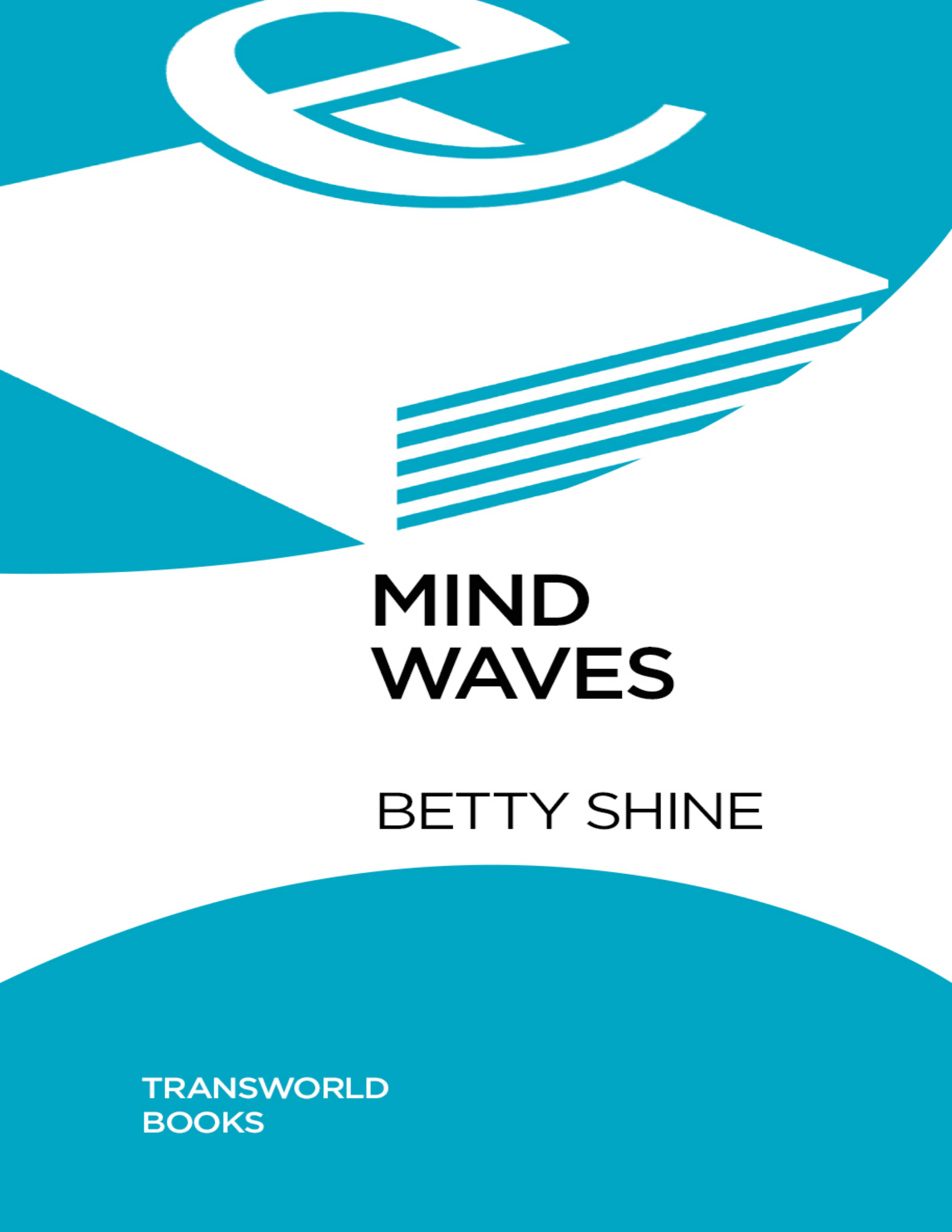




MIND WAVES

BETTY SHINE

TRANSWORLD
BOOKS

About the Book

The Sun acclaimed her as 'the world's number one healer'. *The Independent* admitted, 'Those who encounter Betty Shine's supernatural powers find it hard to remain sceptical.' Celebrated for her warmth and generosity of spirit, Betty Shine has for years helped and inspired people with her healing powers. Her study of the phenomenon of mind energy, as recounted in her two bestselling books, *Mind to Mind* and *Mind Magic*, has brought her a tremendous response.

In *Mind Waves*, the third and final *Mind* book, Betty Shine explores the waves which we all project and which invade everything around us. By providing simple practical exercises, and by sharing with us personal anecdotes, experiences and feelings, she helps us gain the awareness needed to utilize mind waves in a positive manner. From that point, with a truer understanding of our fears and emotions, we can enhance our own lives and the lives of those about us.

Mind Waves completes the psychic course started in *Mind to Mind*, providing simple answers to many aspects of the paranormal and once more setting the reader on a personal voyage of discovery.

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BETTY SHINE

The ultimate energy that could change the world

MIND WAVES

This book is dedicated to the children of the world,
in the hope that they may learn to use
their psychic powers to transform this planet

*My love to Julia and Mark Smith
for their encouragement*

Introduction

Since I published my first book, *Mind to Mind*, my life has changed beyond all recognition.

The letters I have received from all over the world have been extremely encouraging, and have given me strength. I have also been showered with love from strangers. I thank those people from the bottom of my heart.

The publication of my second book, *Mind Magic*, brought an even greater response. I tried to give my readers the knowledge they had asked for, and also the ability to prove themselves through the exercises therein. It is quite apparent from the letters I receive that *Mind Magic* has opened many doors, and there are now healing groups all around the world successfully using these exercises.

This book, *Mind Waves*, completes the psychic course. It gives simple answers to the whole structure of the paranormal and is a must for any budding psychic.

It is also the last of the *Mind* books.

I do not write books and forget them. I read them again frequently, because no matter who we are, we do tend to forget psychic laws.

For those of you who own all three books, let me remind you that every word and every page carries healing energy. For no matter how many times a book is reprinted, the soul of the author is in it for ever.

I hope that my books will give healing, peace and happiness to everyone who comes into contact with them. It may only be a brief encounter, but it will change your life.

As you read on, it will become clear to you that mind waves control not only our private lives, but the world as a whole.

Individual mind waves linking with like minds become an ocean, and unless the waves are positive we could all lose everything to a mass of negative energy.

I believe that this book will bring greater understanding to all who read it.

PART ONE

TELEPATHY

1

A Boy Called Alex

If I have put into my book anything which can fill the young mind with better thoughts of death, or soften the grief of older hearts; If I have written one word which can afford pleasure or consolation to old or young in time of trial, I shall consider it as something achieved – something which I shall be glad to look back upon in afterlife.

Charles Dickens, *The Old Curiosity Shop*.

I USUALLY SPEND two hours every morning reading the hundreds of letters that are delivered to my home weekly. On one particular morning my hand was guided to a letter that sat amidst a huge pile. I opened it, and began to read. The letter was from a lady called Felicity whose son Alex, once an extremely intelligent and healthy boy, had been struck down with the brain virus, subacute sclerosing pan-encephalitis. According to the doctor's prognosis, the virus would cause severe brain damage, and Alex was not expected to live beyond three months to a year, indeed, his health was deteriorating every day.

When I had finished reading all the other letters, I decided to go into my healing room and ask for guidance. My workload over the past year had been increasing and I was feeling tired. If I accepted Alex I would have to be dedicated and I wasn't sure that I would have the time. On

the other hand, I do like a challenge. Healing works in mysterious ways, surprising me all the time. The question was, would I be able to dedicate myself to one boy when so many others needed my help?

I had been meditating for about ten minutes when I was given the instruction to contact Alex telepathically. His mother had mentioned in her letter the name of the hospital in London where he was, so I closed my eyes and reached out to him.

Within seconds I found myself listening to a story about Alex's goldfish, and about how upset he had been when they were killed!

'Who on earth would kill a child's goldfish?' I wondered.

I decided that it was time to speak to Alex's mother, Felicity. I wanted her to confirm his story; if it was true, I would know that I could communicate with him even though he was in a coma-like state and that I should accept him as a patient.

When his mother answered the phone, I introduced myself, told her what I had learnt from Alex and asked if she could confirm it. Her immediate response was to wonder why he was talking about goldfish at a time like this. The fact that I had had a telepathic conversation with someone who was not only fifty miles away from me, but who was unable to speak, seemed to have completely passed her by! I asked again whether she could confirm the story. 'Yes, it is true,' she said, and told me what had happened.

Apparently, the fishtank had needed sterilizing, and after temporarily placing the goldfish in a bowl, she had poured boiling water into the fishtank. Enter Alex's father, Jeremy. He saw the goldfish in the small bowl, felt sorry for them and popped them back into the fishtank - and into the boiling water. Needless to say, the whole family were terribly upset by this, and Jeremy, of course, was in the doghouse.

After Felicity had told me this story, she asked again why Alex should be so concerned about his pets when his own life was in danger. I explained that when someone is very seriously ill or in a coma-like state, the mind energy is about 95 per cent out of the body. In that state, Alex would be linking with other minds, and would know that I needed to have information that could be confirmed.

I promised her that I would give Alex absent healing immediately, and then every day at 9 a.m., 12 midday and 9 p.m. I asked her to let me know when Alex was able to travel so that I could arrange an appointment for him.

My first absent healing session with Alex was quiet and uneventful, and yet there was something special about it which I couldn't explain.

Felicity rang me the following day to say that Alex's tummy had rumbled quite loudly at the time I was giving him the absent healing. She was thrilled, as she had read in my first book *Mind to Mind* that this often happened when someone received contact healing. It had given her a glimmer of hope when she needed it most.

The day of Alex's first appointment with me arrived. His parents collected him from hospital and brought him by car.

My first sight of Alex filled me with compassion – a child with unseeing eyes, a nasogastric tube, and lungs so congested that he could hardly breathe.

They laid him on the healing couch, and made him as comfortable as possible. Then a suction tube was placed in his mouth to remove mucus from his throat and lungs.

I placed my hands on his head and closed my eyes. Clairvoyantly, I could 'see' the congestion in the throat and lungs, and knew that healing would be extremely difficult if this was not removed. I decided to give him a psychic operation to remove the congestion and I explained to his

parents what I was about to do in case they had any objection. They hadn't.

I mentally placed energy tubes through Alex's body into his lungs, and I was about to attach pumps when spirit hands appeared and asked me to put my own hands aside. They were speaking about my energy hands of course, as my physical hands were nowhere near Alex. They obviously thought that they could make a better job of it.

I described what was taking place to his parents. Whether they believed me or not would depend on the results.

I watched whilst two pairs of spirit hands inserted tubes and attached two pumps. Then the mucus was pumped out of Alex's lungs. After a few minutes, the difference in him was miraculous. The terrible rasping sound had gone, and he was breathing quietly and peacefully.

Felicity was the first to speak. 'I can't believe what I have just seen,' she said. Jeremy couldn't believe it either, and they both sat there, just staring at Alex.

I continued with hands-on healing for about an hour. By the time they left, Alex was breathing quietly and was at peace.

This spirit operation had been extraordinary in many ways. Apparently, Alex's temperature had been around 103° from the time he had been ill, and although it had started to drop after the first session of absent healing, it returned to normal after the spirit operation. His congested lungs and high temperature had been a major source of anxiety, and the doctors had said that a chest infection would be Alex's worst enemy. But after his first visit to me, the suction machine was not needed again unless he was sick in the car.

Appointments were made for Alex to have healing sessions with me and absent healing was being given every day. It was during the absent healing and contact sessions that Alex and I had telepathic conversations. He used to

describe his hospital room and the nurses that tended him. He was especially vehement about the nurses he didn't like. He was particularly pleased that he was able to convey messages through myself to his parents, and that these messages were being confirmed.

During one of his visits, he showed me telepathic pictures of a box with drawers in, in which he had kept his stamps. Julia, his nanny, was present at the time. She told me that the information was correct, and that the box was blue. She added, 'In hospital he has Capital Gold on the radio, and they are advertising a new set of stamps for collectors.' She laughed. 'I think he is giving me a hint - I always buy him new stamps when they come out.'

On another occasion, Alex told me how annoyed he used to be when Julia wouldn't allow him to go with his skateboard beyond the square where he lived. Apparently, she thought it was too dangerous. This was confirmed by Julia.

During one of their earlier visits, I had had a message from a close relation of the family called Harry. From all accounts he was an extremely aggressive and strong character when he was alive, and from his tone he had not changed at all. When he had finished giving survival evidence he said that he was organizing everything - presumably he meant everything connected with Alex's healing.

Of course, this was a very exciting time for everyone concerned, but especially for Jeremy. He had only agreed to attend the healing sessions to keep Felicity company; he did not believe in healing and had, up to that point, been an agnostic. However, events were overwhelming him and he gradually had a complete change of heart. After all, when he had seen his son so seriously ill that he could not communicate at all, and then listened to telepathic communications from him and seen him relieved of serious problems, what else could Jeremy do?

There was one occasion at a healing session when Jeremy was telling me that they were thinking of having him home for good. Alex linked with me and said, 'Tell him that if he cleans the space at the back of the stairs there will be just enough room for a single bed. After all, there is only an old bureau and a lot of old books there. Also, they won't have the problem of carrying me upstairs all the time.' Jeremy looked dumbstruck and then he laughed. 'Betty, that is absolutely true. I can't believe this.'

I must confess I was finding it all quite incredible myself.

By this time I was communicating with Alex on a day-to-day basis. When Felicity telephoned, I passed on the messages from her son which I had received whilst giving him absent healing and they were always confirmed. Sometimes there were requests from him, and these she also understood.

Julia was reduced to tears once when Alex linked with me during contact healing and said that he wanted to give a message to his sister who was at home. He thanked her for everything she had done for him since his illness, especially as he had felt that she had always thought of him as a pest before he was sick. Again, this was confirmed - although what elder sister hasn't thought like that about a younger brother. However, she had dedicated a large proportion of her time to Alex when he was in hospital.

One week, Alex arrived with a swollen knee, and was in a lot of pain. I placed my hand over his knee, and could feel the swelling reducing rapidly. Jeremy saw the outline of the swelling, and both he and Julia were amazed at how quickly it disappeared. Julia told me afterwards that she was completely flabbergasted.

Alex was also beginning to respond in small ways. On one occasion I asked him out loud to try to lift his left leg. A few seconds passed and then the leg began to move slightly and he managed to lift his leg off the couch. I repeated the

request, but this time for his right leg. And the right leg lifted off the couch.

These were exciting days, and helped to keep Alex's parents' hopes high when there had seemed to be no hope at all. It was also very stimulating for me. Something quite extraordinary was going on.

One day, Alex's parents were accompanied by a friend. During the healing session, Alex linked in with me and told me that he would like a cat. The friend said, 'I have three cats - ask him which one he would like.' Alex replied that he would like the tortoiseshell cat. The friend told us that the cat was blind, and I said that I thought Alex had chosen the tortoiseshell because of its handicap. There would obviously be an affinity between them. 'Perhaps you would like to bring the cat for healing on Alex's next appointment?' I suggested.

Felicity told me that the previous day her friend had discussed taking one of her cats to visit Alex. She had thought it would be company for him. It was quite obvious that he was aware of everything that was going on around him, and wanted to tell us so. By repeating these conversations telepathically, he could do this.

Alex's parents brought the cat to Alex's next healing session and after he had received his healing, they took the cat out of her basket. She was beautiful, but her eyes moved rapidly all the time. I placed my hands over her eyes and when I removed them ten minutes later the movement had slowed down quite considerably. She was put back in her basket, and they left.

The next day, Felicity phoned to say that the cat was able to see, and where before it had just lain quietly on Alex's bed, it was now going outside for the first time, climbing trees and generally having great fun.

The cat came along with Alex several times, and the difference in the animal was amazing. The eye movement was slowing down all the time, and the cat was obviously

very pleased with herself. Apparently she had been a feral cat, and had been in a very bad way when the friend found her as a kitten and decided to look after her.

Something quite extraordinary was also happening to Jeremy. At each weekly session, he was given detailed survival evidence, sometimes from people he had not thought about for years. On one occasion, before giving Alex trance healing, I asked Jeremy to look at me during the healing. I must admit, I did not know why I asked him to do this. However, he obeyed. When I came out of trance, he was as white as a sheet. I asked him if there was anything wrong. His answer was, 'Sorry, I must have a cigarette,' and with that he walked out into the garden. I talked to Alex for a while until his father came back inside. I asked him if he had seen anything whilst I was healing Alex. He didn't say a word, just sat down and closed his eyes. After a few minutes he said, 'I have a scientific mind, Betty, and I cannot believe what I saw in this room.' After much coaxing he told me about it.

'When you went into trance and started healing Alex, I saw a bright yellow light all around you and Alex. After a few minutes it changed to blue. Then a Red Indian gradually manifested in your place.' He described the Indian in detail. 'He had black straight hair parted in the middle, a strong face and aquiline nose. A very powerful individual. I was not frightened at the time, but when he disappeared and I saw you again I was shaken because the light was still there. I looked away and then back again, but there it was. That's why I went out into the garden. I am still shaking,' he said, holding out his hands for me to see.

Julia then gave me her version of what had happened. 'I shall never forget today,' she said. 'He kept saying to me, "Can you see it, can you see it?" He made me move all around the room whilst you were giving healing, but I couldn't see anything at all. He was desperate for me to see the light. I suppose he wanted to reassure himself that he

wasn't going mad.' She went on, 'He even left the room at one time and came back rubbing his eyes, trying to recover his composure. I must admit I felt rather jealous.'

She later told me that on their way home Jeremy had said that he would have to re-evaluate his whole way of thinking on life and death. She found this astonishing considering that he was such an agnostic. He then told her that he had been feeling apprehensive about his visit to me that day because of what had happened a week earlier. He had apparently seen the light, and had seen a small female figure holding a candle behind my shoulder. It was later established that this was a friend's daughter. I had told him that the little girl had not given a name but had shown me the letter T. Neither he nor Julia could shed any light on this until they discussed it with Felicity on their return home. She linked it up immediately. The girl's surname began with T.

The Red Indian seen by Jeremy confirmed something that Michael Bentine had told me. One day, when I was giving him healing at his home, he waited for me to finish, then said, 'Betty, whilst you were healing me a very powerful Indian manifested in your place. I think that is why I am impelled to bring you back gifts from the reservations.' Indeed, Michael has brought me several gifts, one of which is a sand picture of an Indian healing ceremony, and which has very powerful vibrations. Even people who do not know what it is remark on the energy emanating from it. I must admit though, at the time I laughed and pulled his leg about the so-called manifestation. But he looked at me and said, 'You will have confirmation of this.' He was very positive, but on the way home I said to Alan, 'Fancy Michael coming out with that story about a Red Indian.' I am afraid I dismissed it from my mind.

After Jeremy had left, I called Michael and told him what had happened. I also told him I had not really believed him

when he had given me the same story, and I apologized. Michael laughed, and said, 'I told you it would be confirmed and I am so pleased that it has been. More so, that it should come from someone who has no understanding of these things. That makes it even more exciting - and what a wonderful experience for him.' I told him that the poor man had been very badly shaken. He laughed. 'I must admit when you see someone manifest for the first time it is a bit frightening, especially when you are not expecting it.'

During another healing session, Alex repeatedly gave me a name that no-one recognized. I felt a bit concerned, because he was making such an effort to tell me something and I seemed to be letting him down. It wasn't until several months later that Felicity was able to tell me that the name Alex had given me was that of a young girl, related to the family by marriage, who had just been killed in a car crash. Alex was obviously trying to warn us.

Here was a young boy, completely immobilized and unable to speak or move his eyes, and yet capable of superb telepathic transmissions - and in the case of the warning, giving clairvoyance.

On another occasion Alex asked me to persuade his father not to smoke in the car as it made him feel sick. Apparently, Julia had also asked Jeremy not to smoke in the car as she was aware that it was making Alex feel ill, but her request did not have the same impact as a direct one from Alex: his father stopped smoking in the car from that time. Poor Dad, I felt that he was getting quite a raw deal, but he stood up to all the lectures and the amazing phenomena quite well. There had been a noticeable difference in his personality since he had begun attending the healing with Alex. He was more peaceful, and as he sat on the couch during the sessions, he too received healing and was cured of various ailments that he had not mentioned to me.

Alex was also allowing his personality to shine through the telepathic communications. Once when Julia brushed his hair forward, he said, 'Don't do that.' When I repeated this to her, she told me he had always said that when she brushed his hair in that way. On another occasion I was asking him to lift his arms and legs and without realizing it had slightly raised my voice. His immediate reaction was to tell me not to shout.

At the time of writing this book I have given clairvoyance, survival evidence and telepathic communications for eighteen months to everyone who has accompanied Alex, and all of it has been substantiated. But his father has received the most information. Nearly every time Jeremy arrives, there is someone waiting to speak to him. Why? Because he has to look after Alex during the day, and he needs the strength and hope to carry on. People in other dimensions do not waste their time giving regular evidence except in the case of great need. Jeremy was given the evidence, energy and help he needed.

Spirit doctors were always with us from the very first contact healing I gave Alex. They repeatedly looked into his eyes and at his head, and on one occasion they told me that they were putting an energy field around his brain so that it would be protected. From that time, he has used his eyes far more than he had previously.

Felicity has also become attuned to Alex during the night. She told me, 'I wake frequently to find that Alex has slipped forward and is uncomfortable. One night, after you had asked him to lift his arm during healing, I woke to find that he was repeatedly lifting his arm. He obviously wanted to show me his efforts and had communicated with me telepathically. I also often wake up to see him looking at me, obviously needing comfort.' This is a typical mind-to-mind contact.

It was whilst I was giving him healing in the summer that he told me how much he missed having strawberries.

Apparently, he loved the fresh strawberries they had for tea when they visited the family cottage in the country. He described the cottage and surroundings accurately.

On another occasion, he gave me a description of the building where he went swimming, guiding me through the doors and down corridors until we reached the bath itself. The picture he created was so clear.

A later appointment found Alex giving his father a lecture for not loving the cat as much as he should. He said that his father was annoyed that the cat had freedom while Alex had not. Alex said that he was thrilled the cat had its freedom now that it had recovered its sight, that he still loved to have it around, as he could hear it and it comforted him. His father was astounded.

This was not the first lecture Jeremy had received from Alex, but I think it shook him the most. He admitted to me that they had only borrowed the cat because it liked to sleep on Alex's bed all the time, but after its blindness had been cured, it behaved like a normal cat, climbing around in the garden and in the home, anywhere but on Alex's bed. He said, 'I have been thinking lately that it is just a freeloader.' I laughed. 'Will you try something for me?' I asked, and he said that he would. 'Go back home and start loving the cat. If you do this, he will spend time on Alex's bed again.' Jeremy smiled. 'OK, it's a deal.' On their next visit, he told me that he had been treating the cat very well, and that it was now spending more time on the bed with Alex.

There are so many wonderful stories that I could tell you about Alex, his family and his friends. The latest is that he complains bitterly to me when he doesn't receive his quota of jellies. Jeremy has become so nervous that if he hasn't given Alex jelly during the week, he makes sure that he has it the night before he visits me.

Alex also told me that someone had brought a dog to see him. I turned to Julia and said, 'Alex really enjoyed having

that little dog around the other night. He is telling me what a lovely atmosphere it created.' Julia told me that three nights before our appointment, she had taken Pickle, a Norfolk terrier, to see Alex. Before that he had not seen any other animals except the cat during the past eighteen months. Once again Julia was amazed at Alex's telepathic abilities.

The eighteen months since my first telepathic communication with Alex have been incredible, not just for me but for everyone who has been connected with him and who has witnessed the communication I have had with him. The telepathic communication goes on, as well as the survival evidence. It seems that it will never end and we do not wish it to.

I believe that Alex was chosen to prove to the world that the mind can still communicate even though the physical body is unable to function. It is a major breakthrough, brought about by minds in other dimensions. No longer should family and friends grieve because they cannot speak to someone in this condition. They can, and they will be understood, even if they never receive a reply. The mind cannot be destroyed. It is for ever. When the physical body dies, the mind goes on to other dimensions. The survival evidence I have received leaves me in no doubt about this.

I would like to put your mind at rest should you ever have to make the decision to turn off a life support machine. When you are asked to make this decision, you will be left alone to think about it quietly. During that time your mind will be linking with that of the patient. Mind waves will go back and forth between you and the patient and when it comes to making a decision, you will automatically have picked up the patient's wishes.

Although Alex is a child, he makes a tremendous impact upon me when he wishes to convey a message. In fact, there is no way I can ignore him when he wishes to communicate. He has given pleasure to everyone around

him, but most of all he has taught us so much that we will never forget. He has taught us to love, to believe, and he has given me a story that I can tell the world. Hopefully, it will make an impact and help to change our society into a more caring one. Most of all, Alex has taught us to have respect for people who are immobile; although they cannot move or express themselves, their minds are still very much intact and aware.

Alex is progressing all the time. He moves his eyes, following people around the room. He can make a fuss by changing his breathing audibly if he does not like something.

At the beginning of 1990, Alex told me that he could see himself standing in nine months time. This seemed to be an impossibility. In August, during one of his physiotherapy sessions, Alex was put into a standing position on a tilt table. He loved it, and yes, the clairvoyance he gave himself came true. He still loves to be in that position.

We all have great hopes for his future. Hope is power, and we must never lose it for we cannot let Alex down when he himself has achieved so much.

In the next chapter I will explain how I was taught to give the kind of psychic surgery that I have mentioned in this chapter.