

The  
Spirit Within



# The Spirit Within

Spiritual Teachings of Gregory Haye



Mick Avery

Edited by **Dr Robyn Sheppard**  
and **Sylvie Avery**



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Let us be together friend  
Let me of the physical body  
No longer be apart from the spirit  
that I am  
Let me the spirit that I have become  
Grow and move forward in thought  
and action  
So that what I have become  
May bring a realization to others  
That they may seek a better  
Understanding for themselves

*Gregory Haye*

## Foreword

**I**t has been a privilege and an enjoyable ‘labour of love’ to have been involved in some small way with the production of this book. Gregory gave specific instructions regarding the publishing of this his first book (and he assures us there will be many more to follow). Specifically, he wanted the price to be kept low in order that as many people as possible would have access to it. He also asked that its content be kept short and simple so as not to intimidate potential readers.

In drawing this material together I have endeavoured to present as faithfully as possible the essential essence of Gregory’s message, but with Gregory’s blessing some editing has taken place. Gregory happily acknowledges that because the following material is taken from the very first information he communicated through Mick, the process, along with his language and sentence structure, is far from perfect. As we felt it important that Gregory’s unique style should take precedence over editing to produce ‘perfect English’ many ‘Gregory-isms’ appear.

It is regrettable yet inevitable that what the reader misses out on is the congenial and engaging joy, warmth and sincerity that infuse every word when one hears Gregory speak in his own unique way.

On the question of the source of this material, the reader must make up their own mind, but I have absolutely no doubt that Gregory crosses the veil between the spirit and material world to bring us his message. Nor have I any reservations whatsoever about the absolute integrity of Mick Avery through whom Gregory's thoughts are spoken.

*Dr Robyn Sheppard*





## Introduction

When our dear spirit friend Gregory first began to communicate with us, we were naturally interested to find out all we could about his life on the earth plane (as are most people who have the opportunity to speak with him). Gregory tells us that he was born in England, in 1705 (in the county of Norfolk, south-east of the Fens) and that in his earthly life his name was Gregory Haye. He also tells us that he met his physical ‘death’ as the result of being run over by a coach and horses in the dark, aged only eighteen and a half years old. Gregory was buried near the grounds of Castle Acre Priory in Norfolk.

Gregory’s parents were poor and worked as farm labourers. His mother was French and passed when he was very young. He tells us that whilst he had a hard life he was fortunately taken under the wings of visiting monks at a local priory. From them he received some basic education and particularly loved to write poetry.

Since his physical passing in 1723, Gregory has chosen to serve, and one way he does this within the spirit realms is to help those who have recently passed over onto the next step of their journey. Another part of this service is to communicate via his medium to us on the earth plane, in order to share the benefit of knowledge and wisdom he has gained insight into since his time here on this physical

realm of existence. This is not from an elevated position, 'but a different one' as he sees it.

He explained that how, in the spirit realms, he had found it very necessary to build on his scanty education in order to keep abreast with contemporary English language and particularly the modern idiom. In his distinctive soft voice, he shares his teachings and answers our questions in a gentle, modest, non-judgmental, compassionate (and frequently humorous) manner.

The medium through whom Gregory communicates is my husband and partner Mick Avery, who was born in London, England, in 1952. Music played a large part in Mick's early life, both as a performer (he was a musician) and as an audio technician. Mick's mediumship took off dramatically in 1997.

In talking about the early stages of his spiritual awareness, Mick says: "We went to a variety of excellent demonstrations of all forms of mediumship ranging from clairvoyance to physical, where in the latter I just sat and watched in awe of the implications of my own survival. We didn't for one moment consider that any of what we were witnessing would eventually play such an important part in our future lives. I never thought of myself as anything other than just an ordinary bloke and still do, and hopefully always will.

Mick continues: "Before we began sitting together for spirit, Sylvie was sitting in a circle for her own gifts of development. On occasions she would read snatches from the teachings of Silver Birch to me before going to sleep, but apart from that I had little, if any, knowledge of spiritual philosophy. I am so glad of that now, because I realise the information that comes through my trance mediumship has not come from my sub-conscious memory; an explanation often given by some to explain the trance phenomena."

After eighteen months of learning to become aware of spirit, Mick's guides and helpers in the spirit realms began to give strong indications that Mick was being prepared for a future in which he would be used as a channel for trance. To say that this came as an enormous shock to Mick and myself would be an understatement. However, having been asked and assured of spirit direction, we then took up this challenge, which changed our lives forever.

Having agreed to serve spirit, it wasn't long before Gregory Haye made himself known to us and he asked me to tape-record all subsequent sittings and transcribe them for the purpose of publication. He said that he represented those minds of clear thinking, of the sentient energy who make up 'The White Cloud Group.' They consist of many hundreds of individuals from various soul groups, who were brought together to educate and instil the love and vibration of harmony and union throughout our world and the universe.

Mick's mediumship has become so finely tuned that he now gives demonstrations to the public all over the world, where people are invited to put questions to Gregory on many diverse topics, and in a perfectly natural way.

There are a number of other communicators that use Mick as a vehicle of expression, including Silver Fox, a Native American Crow Indian from the ancient past. He makes regular contact, giving us beautiful philosophy on natural law and showing in his own special way, how we may go forward in harmony and love.

Mick says: "We never thought for a moment that we might be in any way involved in a book on spirit teachings. Indeed, anything like that was just totally beyond our comprehension, it was always something that 'someone else' did. I had many, many doubts about myself and have fought many an internal battle. There was no way that we ever sought or desired a public life. Just speaking in public

was a big one for me, because I really didn't have any confidence in myself; I had a nervous stammer and a very short-term memory. I would have been happy just sitting to try to get in touch with 'who I am,' and hopefully, to also develop my spirit."

A vital aspect of Mick's mediumship today is that of trance healing, where Li Teow Sonicha, a wonderful Chinese healer now in the spirit world, works through him to give healing to both people and animals.

Everyone would agree that Mick is a kind, gentle and unassuming person with a lovely sense of humour. He has made enormous progress with his spiritual development in a relatively short space of time, by sheer dedication and discipline, coupled with his willingness to be used as a channel for spirit.

Whilst I have played a crucial role in recording, editing, hosting the trance demonstrations and conducting workshops with Mick, my own mediumship development has also taken off in new and exciting directions. Our involvement with spirit has made our lives complete, and we regard this relationship as natural and perfectly within everyone's right to grasp and develop for themselves.

In reviewing the amazing journey into mediumship he has taken so far, Mick says: "Through seeking answers to many searching questions that life has thrown up, we feel that we were manoeuvred by spirit so that we were in a position to be of service ... and are humbled to do so."

*Sylvie Avery*



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Finally, to our friends, both in the physical world and in the spirit world, who have played a part in our life at all stages of our spiritual pathway, we thank you.

*Mick and Sylvie Avery*



## The Spirit Within

**W**elcome friends! The entire journey of man is to enhance the spirit within. If you do not understand this, then the spirit within you cannot elevate you fully to that which you should know. This is why the concept of the spirit within is threaded through every aspect of my communications with you. It is the central key.

Being in touch with the spirit within is a moment-by-moment experience and not just when the occasion suits you, such as in times of doubt, fear and loss. It is greater than that. The spirit within is the essence of God that you are. It is your duty of care to recognise this fact so that the spirit within and you, as an entity, may grow and become more accomplished than it was before you came to the earth plane. It is the purpose of your journey.

First, let us begin by drawing a comparison with something material, which you can relate to. On your physical plane you have a glowing sun in the sky and as you look, it feels warm upon your skin. As it graces your

sky, it brightens your life and you feel lighter and happier. This energy-house is only one of so many in your known universe, all boiling and radiating out their energy to the planets surrounding them. This energy source gives to you; it allows you to survive by providing what is necessary to grow food.

Now my friends, there is another sun, one that is not so visible, another energy ball that is within you, which is the real you. It is golden, just like the sun in your sky, but brighter, much, much brighter than anything you could ever imagine is. It is like carrying around an inner blanket of warmth and security, an inner blanket of peace, and like a little cherry that ripens unexpectedly on the tree, it is there for eating. It is there for you all my friends, for the sweetness of love that it gives, a little cherry that you may gain nourishment from. It is a gift of sweetness and light, a gift from the loving hand of the creator.

Open your heart and you will discover it. You will have a lovely surprise and may say: “Oh, it has been there all of the time and I did not know it!”

Rather like waking up four days after Christmas and finding yet another present underneath the tree that you had missed. Except, it is so much better than that, for it is your gift of God that you can recognise within you – however you understand God!

The spirit that is ‘you’ is an integral part of your nature. Every one has one. Everyone is one. Yet so many people fail to recognise or accept, or believe it to be so. Most think that this is something which is far beyond their reach, some golden figure with wings that has been sent from God to deliver a message to the pious; something that comes to sanction their beliefs, their actions and their whims. However, the spirit is not something that is given. It is not for anyone to give you anything my friends; it has been there all of the time, even since before you were born.