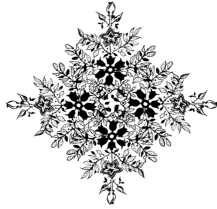


Spirit Walks  
with  
Gregory



# Spirit Walks with Gregory



Mick Avery

Transcribed and Edited by

Sylvie Avery



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Gracious and Infinite Spirit  
Help us to walk the path of sincerity  
That we may share the wisdom  
And love you bring  
May these insights not linger  
And waste upon our lips  
For this right is not ours to keep  
May we prove with deep humility  
The existence of the spirit  
And the continuity of life  
As you guide our footsteps  
Through the gates of our destiny  
Safe in the arms of love

*Sylvie*

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## Introduction

This second book by Gregory Haye continues the stance of greater thought enabling the reader to understand the connection between their spirit and the world on which they live.

Individuals sometimes tend to believe that only those who are aware of their gifts of insight can understand such subjects and so fail to identify their right of access to their true pathway. This tendency is extended to the perception of how anyone may bring about a real and lasting change for themselves, through this or any other like doorway and this in itself creates a vacuum in front of it.

Knowledge is to share, and this book serves to show how self-improvement can actually change our thoughts and perspectives into something both real and positive, for the good of all. With setting down the path of right thought, giving everyone a way to see and put aside the pain and fear they carry within, it shows how they may embrace a better vision of life, not just for themselves, but for those to follow.

This is a step-inducing book to bring about awareness of self in a real day-to-day manner, in simple though not condescending ways that the reader can grasp. Through his

desire to help us, Gregory, the spirit guide, expresses his observations with humility, hopefully to bring the reader out of the habit of impoverishment of the mind. How we focus and observe turned into a mirror so we are able to see our thought and action for what it really is, so we can grow.

By discovering the spirit within each of us, the spirit that we are, we attune our senses to our higher mind and raise our vibration, which in turn will alter the way in how we see, think, and feel. Through meditation (or going within), we discover and come into contact with the real essence of who we are and allow this aspect of our nature to come to the fore, to illuminate our pathway with higher intent and harmony.

With practice, we can connect to our spirit to guide us, with purer thoughts and meaning. We all have this facility because we are all spirit. We are just having a human experience now. Investigate for yourselves. Once again, here within this book are the signposts to look for.



## The Medium

Mick Avery was born in London, England, in 1952 and lives with his wife Sylvie, who is also a spirit medium. Music played a large part in Mick's early life; he was a musician and worked as an audio technician.

There had been situations throughout these earlier years when he had looked upon other forms of religious understanding, having an enquiring mind he was interested in establishing why we existed at all. When he met Sylvie, she introduced him to the concept of spirit and he later began his spiritual development. It felt like home!

It became apparent that Mick had an incredible gift as a deep trance medium, and because he had very little knowledge of spiritual philosophy, it was obvious that the words spoken through him when in this altered state were not his. They have not been taken from his sub-conscious memory either, so that was a bonus really. The effort he put into his development was consistent and continued to build, leading to a greater momentum within this field of communication, and his ability to become more mentally disconnected from the event whilst in 'spirit control' grew.

There have been and still are, many other entities who use Mick as a channel, but it wasn't long before Gregory Haye, the main spirit communicator, introduced himself and outlined the very specific work ahead. He wanted all of the subsequent sittings to be tape-recorded and transcribed for the purpose of publication.

Having extremely low self-esteem and even a slight stammer, Mick was somewhat overwhelmed by the trust instilled in him by spirit and although never for one minute doubting the integrity of Gregory, at times, he felt it to be a huge responsibility. However, Gregory has assured Mick and Sylvie that their spiritual work must never feel like a burden, but remains their freewill and pathway.

It actually turned out later that he and Gregory had arranged to meet up and do this work whilst in the spirit realms, before Mick's earthly journey began; however, Mick was unaware of this until Gregory told us of it. He used to see spirit when he was a child, but had gradually lost it as he grew up. He has never thought of himself as anything other than just an ordinary person and at the time was just as surprised at the unfolding events, but always a willing vehicle for spirit.

Now a gifted trance voice medium, Mick can go into the deep trance-state enabling spirit to communicate with us without the hindrance of his mind and thoughts getting in the way. Spirit temporarily take control of his body and his consciousness, enabling the personality, in this case Gregory Haye, to use it as a vehicle of expression. When Mick has returned from this altered state, he is unaware of anything that has just happened and has to listen to the recordings to understand these communications himself.

His mediumship is now finely tuned and he presents trance demonstrations to the public all over the world, and audiences are invited to put questions to Gregory on many diverse topics and in a perfectly natural way. Mick is also an accomplished trance healer, where a wonderful Chinese guide called Li Teow Sonicha, works through him to give healing to both people and animals.

## Gregory Haye and the White Cloud Group

Who is Gregory Haye? We are all touched at times by those who inspire us, whether those who do so are here having this physical experience, or from the spirit world. Gregory is a remarkable individual who has brought much communication from the White Cloud Group, of which he is the main spokesperson. Gregory had his earthly existence in the early eighteenth century, being born in 1705 and lived near the village of Swaffham, in Norfolk, England.

He was an only child, and by the time he was three, his French mother Alicia, had already passed to spirit with consumption and so he spent the rest of his life with his father John Haye, an agricultural laborer. Eventually, he turned to help him when he was old enough and added his young strength to make a meager existence, working on a small strip of land.

Later, he was fortunate to be taken under the wings of Benedictine monks, who made periodic visits at the ruin of a local priory. It was from them that he received some very basic education and found his love of writing poetry, giving him a small window to express his inner thoughts and emotions.

He was to have a short hard life, as one rain-soaked night in mid November 1723, at just eighteen and a half years old, before he was able to realize any ambition he might have had, he was run over by a coach and horses and killed. Gregory was buried near to the grounds of Castle Acre Priory, in Norfolk.

Since his physical passing, Gregory has chosen to serve others, 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. He shows them how to come to terms in their new environment and make progress within their understanding.

Another part of this service, or act of giving, is for him to communicate to us on the earth plane, via Mick, his instrument. He does this in order to share the benefits of knowledge, wisdom, and insights he has gained since his crossing over. This is not from an elevated position, but a different one as he sees it. He too is inspired and helped by the many enlightened spirit individuals of the White Cloud Group, who work with him in this constant quest to bring uplifting thoughts and visions of a world in which we may all share in peace and harmony.

Gregory has said of the arrangement, that he comes to speak on behalf of those minds of clear thinking, of the sentient energy that make up the White Cloud Group. They consist of many hundreds of individuals, all from various soul groups, who were brought together to educate and to instill the loving vibration of harmony and union throughout our world and the universe. They are here to bring about a greater awareness of the truths of all life, of what has been and what is to come, to help us to see where we are going wrong and how we may all help each other. The simple fundamental acts of giving and showing love, encouraging positivity, and in taking responsibility for our

actions are vital for eradicating fear in our lives. They feel that in showing us the truth about ourselves in this way and what happens after our transition to spirit, is crucial for our progress. The need to control our thoughts and actions, and how discovering the ‘spirit that we are’ is the key.

In respect of this involvement, he explains how, in the spirit realms, he has found it very necessary to build up the scant education he had previously acquired in order to keep abreast with contemporary English language, 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.

There will be many books by Gregory and the White Cloud Group, including those by healing guide Li Teow Sonicha, and also Silver Fox, an Apsaroke Crow Native American. They will have varying formats and content, which, if the reader would like to follow, will gradually progress towards a high level of illumination regarding our evolution as a species, other realms of existence and so much more. We hope there will be no stone left unturned in our search for the answers to what life is really all about.







## Harmony through Meditation

Events, scenes, and pictures dominate the planet on which you live, the place you live and each moment you live it. As you gaze in awe at the majesty and beauty of your surroundings, it can make you feel so small, for it is so perfect. The mountains, the trees, the flowers, butterflies, and birds ... everything you see is so perfect.

However, it is only thus because it is in harmony. It lives, all of it linked arm in arm, gently bathed in its own light and the energy of spirit, the energy of the eternal life force that flows through everything. To deny it and say it is empty would be to deny yourself. Therefore, you gaze upon this perfect panorama before you and you can feel so small, insignificant even, in wonderment of its sublime quality.

Friends, each one of you plays an integral part to its service and make up. You are all just as beautiful, just as perfect if you wish it – if you can just be. There is no difference between the scene before you and yourself, for if you can be in that harmony and balance with the aspect of God within you, acknowledging who and what you are and with all that surrounds you, then you will share everything that God is.

You are just a different combination. You belong at this time, at this moment, where you are, and you belong there because of your circumstances, because your life has brought you to this place. If you wish to go forward then be at peace with what you are, and if you do not like what you see, change it. It is all down to your wish and to your desire to improve yourself.

There are so many different modes of harmony you can express, sense, and witness. Harmony between yourself, the earth, and the spirit world that surrounds you, and very importantly, a harmony with your fellow spirit travelers, whoever they may be. The very fact that you have come to the point whereby you read these words, means perhaps that you are searching to make yourself more aware of the harmony that surrounds you.

It is not right that you should go through life and not experience harmony. Not experience truth or light, but to fall to the depths that disharmony and negativity can take you. It will take a great effort from your side and ours to bring about positive thought upon your plane of existence, because at this time it is trapped in a field of negative energy and needs to be dragged forwards to positive thought.

The harmony you feel wherever you walk, whether in your present existence or whether on our side in the spirit light, is so important. How you feel travels very far. You can strike a chord in one plane and it can lead to harmonic distortion in another. Harmony is something that you have to be very careful of and with, for if you are not careful and you upset it, it can set off a chain of events that take a long time to settle.

It is possible to change it from within, for through meditation, you can change how you think and how you feel. You may then tap into your higher consciousness, whereby you will become more connected with that stream of awareness and intuitively know on a deeper level, whether