

*This is a true story based on the author's personal experiences in a spiritual growth group led by a spirit called Uranus; the goal of the group is self-transformation. The teachings of Uranus combine in a unique way the wisdom of the spirit world with contemporary psychological techniques.*

## **Happiness Is Life Itself**

by Hanni Salovaara

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# Happiness Is Life Itself

The Author's Growth Story  
Under the Guidance of a Spirit Teacher



**Hanni Salovaara**

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## At a Café

“I want to tell you a secret.”

I raised my glance from the pastry which I was about to put in my mouth and looked at my friend Anja sitting across the table. She seemed solemnly tense, not her usual laid-back self.

“I’m all ears”, I said and quit eating my pastry.

“Actually, I’m a medium and I channel a spirit called Uranus”, Anja whispered silently, holding her breath.

I sighed deep inside because I couldn’t have been more disappointed. So, this was the big secret, no smudgy acts of infidelity, no illegitimate children... I had known Anja for seven years, we had got acquainted at the same workplace, and I had already learned that she was really into so called new age hooey. She had briefed me on these things a little bit, so her recent revelation did not surprise me at all. What’s the big deal?

“I’ve been channeling Uranus for about ten years, and a book based on his teachings has just been published. I wanted to tell you about it myself before you happen to hear it from somewhere else.”

I glanced around at the café where we had agreed to meet. The clacking of coffee-cups and the soft murmur of customers filled the room, the place was very small and intimate. It was easy to understand why Anja was whispering so nervously; I

wonder what the businessmen at the table next to us, to whom waiters were bringing impressive prawn sandwiches, would have thought of Anja's revelation.

"Besides, I want to give you the book which has just been printed", Anja continued. She took the paperback and handed it to me. I took the book and looked at it with great interest. "Rakkaus On Elämä Itse" (Love Is Life Itself) was the title of the book, the author was Sofia Kokkonen, and it was published by The Spiritualist Association Of Finland. On the cover there was a vague figure inside light.

"But your name is not here", I said astonished.

"No, because I didn't write it. My friend Sofia wrote it down from recordings and edited it."

I was leafing through the book and noticed that it consisted of various topics: emotions, the laws of life, the difficulties people meet, the essence of love. The book seemed to be articulate and well written and covered almost the entire spectrum of human life.

"Why haven't you told me about this before?" I asked bewildered.

"Well...I thought you might think that I'm crazy", Anja replied. "But now's the time for you to hear the truth, and I want to be open and honest about all this."

I was observing my friend without saying a word. I didn't doubt her words at all, knowing how honest she had always been. I just wasn't too interested in these things. I never was an atheist and I wanted to



believe in spirits and afterlife, but sometimes Anja's talk felt a bit high-flown to me. In the beginning of our friendship she had given me a book which was said to be written by automatic writing and was about different states and levels after death. The book went completely over my head; was the pen really moving by itself on the paper producing all those stories from the hereafter? Who could prove that the book was truthful? Anja had also told me that she had seen elves and fairies and had even seen a headless man in her kitchen...

"How does it actually happen?" I asked suddenly.

"What do you mean?" Anja asked confused.

"Being a medium: how do the writings come?"

"Oh, that...I just close my eyes and kind of fall asleep. So, I'm a trance medium and I don't remember anything of the sitting. Uranus only uses my larynx to produce sound, so my voice is altered a little bit. When the sitting is over, it's like waking from deep sleep, and for a moment I feel quite dizzy", Anja explained seriously.

I didn't quite know how to relate to Anja's secret so I just slipped the book in my handbag.

"Thanks for the book anyhow. I'll dig into it one day", I said, thinking it would probably end up on the shelf of unread books right next to the book in automatic writing.

"I and Sofia thought that the writings might help other people as well because they are so fine", Anja

said in a friendly manner and looked at me gently.

"And The Spiritualist Association was willing to publish it."

Our coffee-time was soon over and we stepped out on the street. We agreed to meet again at some point and we went our separate ways. I waved my hand at Anja and forgot her revelation right away.

It was August 1992 and Finland was suffering from a deep depression. Companies and banks were going down all around and more and more jobs were lost. I myself had been laid off half a year earlier but it didn't bother me. I had never been much of a career person and I enjoyed being able to do things that I didn't have time to do before. But other people were stressed and anxious: either they had too much work or hadn't work at all.

Insecurity was increasing in the society and money was growing its power. Things seemed to be developing in the wrong direction, the future seemed bleak and you couldn't really trust anything. In this atmosphere I started thinking about life and its apparent injustice. Why are some people rich while some are poor? Why did some people seem to have good luck all the time while some lost all their property and had to be unemployed without a reason? Are there any laws of justice in the universe? Why do people have to suffer so much? Sometime in the fall, as I was thinking about these things, the book Anja had given me caught my attention somehow. I

hadn't even opened it after our meeting. I started reading the book hoping I'd get some answers to my questions. I noticed that it was easy to read and I was feeling good and calm while reading it. However, I felt I couldn't find answers to those questions that were bothering me. But Anja had told me that it was possible to have a private sitting with Uranus, so I decided to ask for one. Anja agreed happily, and we decided to have the sitting in October.

## Valse Triste

The October morning was dawning windy and gloomy. The sitting was going to be held at Sofia's home, she had edited the book. The bus ride from my home would take half an hour. Because Anja couldn't eat anything before a sitting, her digestion wasn't working during it, we had agreed to start the sitting at 9 am.

As I was waiting for the bus, I watched people push against the wind on their way to work; for the first time during my unemployment I thought I might rather be with them than to be on my way to meet a spirit. I was nervous.

Sitting on the bus, I was recollecting what Anja had told me about being a medium. When Anja was young, she hadn't believed in anything supernatural although she had had unexplainable experiences as a child. She had seen spirits as clearly as living people. Whenever she made the mistake of telling about them to adults, they told her she was a strange child. So Anja learned how to repress this side of her; she didn't want to be rejected because she was different. The sensitivity started to fade away along the years anyway and Anja became an adult who didn't even believe in God. First when she was already thirty-five, she somehow unwillingly ended up in a medium sitting, and because of the indisputable evidence she saw there, she immediately started believing in

afterlife at least, if not in God. Anja found it especially moving how grieving close relatives were deeply consoled when they received a message from their nearest who had departed. She then had a strong feeling that this is what she, too, wanted to do. At that time it was fashionable to go to see clairvoyants, and Anja was encouraged by her colleagues to go to see John Sundström. He saw exceptional sensitivity in Anja and stressed that if Anja wanted to feel balanced, she had to own and control her abilities and put them into use. He gave Anja the contact information of some societies concentrating on spiritual growth; Anja decided to join a development circle held by The Spiritualist Association Of Finland.

In the beginning nothing much happened: people draw pictures from their subconscious, they were learning to sensitize themselves, transmitting healing energy and learning telepathy. Anja felt that she didn't get that much of it all but the atmosphere was always very good and she felt she was getting in balance with herself there. After a few gatherings she noticed that she didn't feel entirely well there. Her throat started to feel somehow tense doing exercises there, and it was so unpleasant that it started to outweigh the good feeling she had always had there. Besides, Anja felt that she hadn't learned in that group any concrete skill or special knowledge; so she decided to tell everyone next time around that she was going to quit the group. During the previous

group meeting, her throat started to feel exceptionally tense and she felt like fainting. There were five (!) nurses in the group, one of whom saw right away that Anja was pale and looked ill. She asked Anja how she felt, and Anja told her about the choking sense in her throat as if someone was trying to say something using her throat, and whenever Anja resisted it, she started feeling dizzy. The other members had been part of the group for years, so they realized immediately what was happening: a spirit was trying to get in contact!

“Wouldn’t it be easier to open your mouth and receive the message than to pass out?” one member stated practically. So, Anja decided to give permission to the message even though she was terrified. She opened her mouth, and with great effort these words came out: light of God.

From that moment on Anja’s work as a medium started. At first, Uranus introduced himself through automatic writing and told he had lived on earth, among others, as a lama and a mendicant who lived in the mountains in ascetic conditions. He was then a healer to whom people came to get help, and he wore a brown robe. According to Uranus, his current task is to lead people to truth, freedom and self-discovery which also in astrology is linked to planet Uranus. He told he didn’t have an actual name, Uranus was more like a pseudonym he wanted people to use. He also told that Anja had already

before her birth made a deal that she would work as a medium in this life. Anja herself told that she had completely forgotten that deal in the first part of her life but felt that it was guidance when she was half-forced to attend a medium sitting.

After that, Uranus told how Anja's body was going to be adapted to be able to work as a medium because her delicate being and especially her vocal chords had to be able to channel the enormous energy of Uranus. To Anja, this was the toughest part of the training: she often started trembling as if she was cold, turning very pale at the same time. She could have painful spasms and sometimes her tongue stuck out as if she was a lizard. I was happy this phase was over so that I didn't have to witness a scene like that!

After Anja's body had been 'tuned', Uranus started to use her speech organ only and explained to her what getting into trance meant. All Anja had to do was to give permission to the trance so she would be, in a way, 'sedated' by the spirit world. No rituals whatsoever, just her consent and courage and confidence to get in trance.

After that, Uranus started to function as a guide of a spiritual growth group; the book edited by Sofia, who was a member of that group, consisted of lectures that Uranus held in the group. When people started to notice how well Uranus was able to help the group members, they began to ask for private

sittings with Uranus where they would be able to ask more personal questions.

It was one of those sittings where I was just going. I awoke from my thoughts when the bus began to turn to the station and I stepped out. Sofia lived nearby the station, and I kept glancing around as I was walking. Everywhere around me I saw grey and dirty concrete brutalism which was only emphasized by the faint drizzle. A few drunkards were swaying near the station, a grocery store was advertising sausages and diapers in its windows. I never would have thought that a spirit would appear in surroundings like these! In my mind's eye, I saw an Indian temple surrounded by amazing, scintillating light, and birds of paradise were singing delightfully. But no – just a lonely crow was scavenging a dustbin tossing mustard- and ketchup-stained wrappings at my feet as I was passing it.

Sofia opened the door, and I was amazed again as I entered. I knew Sofia was a retired nurse but I never thought she would seem so pertinent. Where was the orange robe and the jingling bracelets? The apartment was tidy: no smoking incense, no psychedelic paintings on the wall and no sitar music in the background. Sofia and Anja were still vacuuming, and suddenly I realized that they were not cleaning primarily for me; I heard them talking how everything had to be clean and tidy when



Uranus arrives and whether Uranus would like these flowers on the living room table.

Hey, come on, I thought, it's a spirit and it probably won't even see a thing!

At last we were sitting in the living room, and Anja started preparing herself for the sitting. She wasn't wearing a star-embroidered robe or a turban on her head either, just jeans and a t-shirt.

Because Anja was completely unconscious during the sitting, and I was a fearful first-timer, Sofia performed as an assistant at the sitting. It was forbidden to touch Anja during the sitting because if you meddled with such a powerful energy, it could even lead to a heart-attack. A candle was burning on the table and a cassette-recorder was ready to record. Sofia told me that it would take around ten minutes for Anja to fall into trance, and we could ask for protection for the sitting in our minds while waiting. She also stressed that after all these years, Uranus felt more real to her than any human being.

That's nuts! I thought. Sofia can't even see him!

Anja's head started to droop after a while and her breathing got heavier. The tension kept growing until it felt almost unbearable even though Anja had been a friend of mine for many years. Suddenly her head lifted up slowly and her jaw started to move from side to side. Her throat was moving as if something had settled there. Anja's hands were resting on her thighs and her right hand fingertips

started circling clock-wise forming a small circle. A moment passed and a cough was heard; that was the agreed signal to start the recording.

“With love I greet you, with love and truth, and the truth I want to set between us. Please, the word is yours”, a snarling and robotic voice began.

How dreadful, this wasn't Anja's voice! And she looked like a hundred year old man sitting there somehow hunched! Sofia introduced me to Uranus and told me I could pose my question. I wanted to start with an issue that puzzled me the most:

“Why does man have to suffer so much?”

Uranus remained silent for a moment and asked:

“Do you want to handle the question on a general or on a private level?” I wondered a while and decided to give permission to handle it on a general level since that Sofia was there listening...

“Let's handle it on a general level”, I responded.

Uranus remained silent for a while again and continued:

“When arriving on Earth, every individual is using a kind of a computer with which the person is examining his own background and conditions. What is the state of my growth and what sum of things have I managed to have collected for myself in various fields? What is my state at the moment, my strengths and my weaknesses? These kinds of things I have done to various people, and they have effected these people in this way. As a result of weaknesses

and shortcomings, a certain kind of thought pattern has emerged which has led to a certain action. In this way the individual is like an accountant who assesses the weaknesses of his character with which he is willing to work. Based on this, the individual assesses the conditions that would help him to achieve his goals in the best possible way. The individual is able to recognize the people whom he has harmed and therefore owns them a favor. Accordingly, he is able to see which individuals, in their part, own him a favor. In this way the person can connect his karma to his growth, or is able to choose the balance of making amends and receiving according to his karma. The individual is also able to find for himself the people with whom he has a close and loving relationship and who therefore are able to help and support him. On his computer the individual sees that these people are there at the moment in these conditions with these personalities. Their state is like this at the moment, their character like that and their aspirations like this. When a person sees on his computer screen that a possibility to be born appears, he can evaluate the situation and conditions of his birth. What can I pay, what can I receive, and which support people are present? In this way he can evaluate, based on this whole, which possibilities for growth there are in this birth. He can see everything on this computer, for even a single swing of a leaf in a tree is registered there.

Is my choice of words understandable?”

“Yes, it is. Who would have believed that a spirit knows something about computers”, I giggled.

“When man is born in the shape of a little baby, he gets those conditions and genome which he is aware of”, Uranus continued. “A birth is a fully conscious choice from the child’s standpoint. If he has seen that his parents have such a gene structure which possibly will cause an illness, it, too, is a fully conscious choice. He has chosen these conditions to be important for his growth. We can think of a person who has constantly had enormous problems in his relationships. He may have been forbidding to people and thus harmed them; in other words he has problems in expressing love to other people. Then he also has problems with himself and his growth, for love is the greatest tolerance, and lovelessness is the greatest intolerance. When repeated, this state gets stronger and reinforces itself; in this way his personality is growing into lovelessness and at the same time, he is damaging his own character. His condition and his growth are suffering because his life becomes restricted. Thus all those possibilities that he would have in order to express himself are disappearing. He cannot put his total capacity into use and is not able to feel basic security, or himself, in life. This kind of a person may indeed choose parents whose genes will cause him an illness or a handicap from childhood on, when parents will have

to rely on various helpers because of the child. So the child is in a state where he has to rely on: his capacity to function is depending on other people because he cannot go on by himself and create his own life. He is in a state where he has a possibility or is forced to study human interaction, i.e. to learn to understand people, their value systems and their way of thinking. At the same time, he is also studying himself and his world and is then adapting his world and the world of others together, in this way reinforcing love in himself through understanding. He is in a state where he must learn to recognize the state of other people, to understand them and to recognize their value. This way he is finding himself and his relation to other people.

When he finds love in himself, he learns to adapt himself to another and himself to himself. He has also seen that with this experience he can compensate for the state he has caused to someone close through his indifference in some previous life. In this manner karma works through own choice, and enables his growth seen from this perspective; no matter how impossible or incomprehensible the conditions seem, they are the individual's own conscious choice."

"Is man himself solely responsible for his actions all the time? Isn't God behind everything?" I asked.

"There is only one law which we can call the Law of Love or the Law of Energy", Uranus replied. "You use the word God but there are many other names

for this energy. It makes no difference whatsoever how you call this energy because in reality it is all about the Law of Energy. Man needs names for man wants proofs with which he can concretize everything. He needs a clear image to give him basic security. If we leave categorizing and the word God and look at it from the perspective of energy, we are all manifestations of energy. In this room at the moment there is a universal, all-encompassing energy. In this room there is the beginning and there is the end, there are all the possibilities and love, as well as all that which you call evil. In this room there is also our all-inclusive past and our all-inclusive future. In this moment we are all changing the world and our future because we are all-inclusively changing the whole universe and its structure. Everyone has a free will. You have free will and an ability to think, to use your free will, to change your own condition and to express yourself the way you like. Before setting out on this journey, you have been a manifestation of energy which has been fully aware of everything that it has gone through. You have been aware of your condition, your shortcomings and your direction.

All energy has direction or growth; the direction of every energy is the return to the starting point, or perfection. Your fundamental need underneath everything is perfection, plus you know your destination, or your goal. You know your own

spiritual state and you are aware of your need to get to continue your journey as close to the goal as possible. This information is and it is living in you, so you choose consciously the starting points; you choose your parents aware of their spiritual state and the genome you are going to get from them. You have seen that all this will serve your goal. Here the law of karma comes along because you are aware of your state and how you have been interacting with the incarnations who have been present at the same time. You are also aware of the individuals present with whom the interaction has not developed, thus producing harmful forms. You are aware that by growing in this matter, you can, with these individuals, complete the interaction that has remained open; so you are using these interplay relations for your own growth.

You create the foundation for all this by planning a journey which is based on paying, receiving and growing in the direction you want. The foundation of everything is always a conscious coming but man has free will as well. He can turn down these opportunities, change direction and turn everything into something else. Man is always interacting with other human beings from whom he receives information and influences. He is in a flood of energies which he directs in himself, and he stays in himself like a leaf flown by the wind; his journey is then directed by these energies, when he is only

realizing the stretches and choices of his environment. When man is in himself, he is aware of his direction because all information is in him. It is in him and it will never disappear because it is the fundamental him.”

“If man has free will all the time, isn’t even the time of death predetermined?” I asked.

“A child being born may realize that his lifetime is going to be short, for instance due to sickness or the weak character of the person near him. But because man has always free will to act or not to act, conditions or situations change, and so the entirety changes. For instance, let’s imagine that a little child is caught in a fire. It is totally possible that it is a so called accident which means that the trajectory of this child is broken earlier than was meant in his original plan. This is possible for everyone, adults too. When it happens to an adult, the reason is very often self-destruction underneath it all: ‘what’s the use of anything’, which can result in a departure from life. The individual is causing it himself by his own attitude even though time would not be ripe yet; it makes him take the step which means an earlier departure from life than was originally planned. In your world everything, whether it’s nature or human beings, has its time. Man has his lifecycle which he can shorten but to some extent prolong as well. A child being born has realized, for his part, the possibility of a fire. He has surveyed his parents’ personalities and is



aware that the parents are too tired to take care of him and take the responsibility of parenting, thus constantly causing him dangerous conditions. The child has realized that, being a child, he is unable to take care of himself, and his lifecycle is possibly short. He may also have seen that one or both of the parents has a strong inclination to alcoholism which in its part could have an effect on his early departure; so it is fully possible that this situation is a conscious choice. Equally possible is the sum of conditions, various situations and people's choices, or an accident. If we look at the sum of conditions or an accident; a child may have parents who love and take care of him so he has a chance for a long lifecycle. But he is a child and does not have the comprehension of an adult due to his young age. Then the following situation might occur: the mother is at home with the child in a room where there is a burning candle. The furnishing textiles in the room are highly flammable, so the parents have involuntarily created conditions for a fire. The mother leaves the room for a moment and leaves the child playing by himself; while playing, the child may suddenly knock down the candle, and an accident happens."

"Doesn't the child's guardian angel guard him in a situation like this?"

"Everyone has a guardian angel, everyone. So the guardian angel acts but it was about choices. An accident like this is a sum of choices and every

guardian angel acts all the time, the mother's guardian angel as well as the child's. It is absolutely possible that the mother's guardian angel is telling a message concerning the furnishing of the room: 'Find out about these materials!' Here people's choices come to picture; at the bottom of choices is always the character of man. So man's character affects his choice, and this mother cannot receive this message due to her character and comprehension; she hears it but chooses otherwise. She is using her own character and her own choice, and beauty is more important according to her character. Even when choosing materials, the choices of man are always there.

Everyone has a guardian angel who tries to help, direct and guard him everywhere and in everything and who is always communicating with him. It's a different matter altogether how a person receives this message and whether he then acts accordingly. In this situation, the guardian angel is sending a message to the mother: 'These materials are all highly flammable, mind that!' The guardian angel sees the situation and the mother's choices but also the liveliness of the child. In this way the mother's and the child's guardian angels are collaborating being aware of the liveliness and the impatience of the child as well as the romanticism of the mother and her longing for beauty and her use of candles. In this situation, they are working constantly and are

aware of the possibility of an accident in this situation too.

If we picture a situation where the mother is leaving the room. The guardian angels see the possible danger and generate thoughts in the mother: 'It is hazardous to leave a candle burning by itself with a lively child.' The Creator acts always protectively trying to prevent an accident which is not meant and chosen or karmic. The Creator, in His great love, is always trying to prevent accidents but they happen as a result of man's choices, in this case as a result of the choices made by the mother and the child. Equally, the child's guardian angel generates thoughts in the child: 'Go to see what mom is doing!' or 'Don't throw ball, mom has told you not to throw ball inside!' In this way the guardian angel is trying to influence the consciousness of the child and prevent the coming accident. But the child has his own personality and his own choices too. There really are accidents but they are results of man's own choice, not produced by the love of God. God is working and is always trying to prevent all that is causing unnecessary harm and is not along the lines of what man has chosen and which he has not consciously chosen. In this way the Creator and love are working incessantly through man's guardian angel, his guide and through the loving people surrounding him, on this side as well as on your side.

The final outcome is always the sum of people's choices."

I had always been puzzled by one thing, also concerning children; I might as well ask it now.

"Why do crib deaths happen, why does a healthy baby suddenly die?"

"When a person is in the spirit world planning the conditions of his next life, he is aware of the spiritual state of his future parents; he defines the purpose and the balance of his journey, what he can receive and what he can pay. But it is also possible that situations change all the time. It only takes a blink of an eye in your time, and man's free will can change everything. This can happen when a person is born here and he is realizing the conditions in which he has come. Even the consciousness of a very little child is most able to move and be aware broadly. It is fully possible that he is aware of the situations and the fact that something has happened, something that has altered the conditions and made them, to some extent, more difficult. In this case it is totally possible that the personality wants to turn back. The change is making him feel that the situation is too overwhelming for his own resources; so he does not want to continue this journey anymore. Then the consciousness moves back and the spirit, too, escapes, for the spirit goes always with the consciousness. So, all that is left is the body the functions of which will stop. Then the individual is

only using his free will and his freedom to choose, just like each of you is using it all the time in your life. Exactly because of this free will and free choice, I want to emphasize living consciously in this moment because this free will and free choice may change the situation in a flash to something else completely.”

Uranus paused for a moment and said:

“Our time together is drawing near. Do you still have something on your heart or can we consider our time together ended?”

Now’s the time! I was thinking. Anja and Sofia had told me beforehand that Uranus might pose this kind of an extra question. They said I’d get the most out of it by giving Uranus free reign to answer.

“Is there anything you want to say to me? I give you complete freedom to answer”, I said.

Uranus remained silent for a moment and continued:

“Your state and your entity is very good at the moment but love in you could be reinforced a little. Would you be willing to receive an exercise that will increase it?”

I flared up inside: so there’s not enough love in me! However, I was already convinced of the vision and authority of Uranus so I only replied:

“I’m willing to receive the exercise.”

Uranus was silent for a moment and said:

“Take a moment once a day whenever it is convenient for you. Begin the exercise by focusing

your consciousness on your heart, and start repeating in your mind the sentence: 'I love everything in everything.' Start stroking your body slowly so that the movement starts from the heart. First move your hands towards the head and then proceed along your body towards your toes just lightly rotating your fingertips clockwise. Surrender to the exercise completely and let your hands move the way they want because the movement will create itself every time. In my opinion, it would be good for you to do this exercise for three weeks. Is this possible for you?"

"Yes, it is", I replied.

"What is the state of your emotions, thoughts and your body at the moment?" Uranus asked suddenly.

I was startled. Oops, what an extensive question! I wasn't used to feeling out the state of my being, so I had to think a little before I answered.

"My thoughts are a bit confused, my emotions are calm and my body is relaxed", I replied truthfully.

"If you feel the need for our second meeting, it is always possible. With love I say goodbye to you both, and my love I will leave for your motive power in your everyday life. I am leaving", said Uranus, and immediately Anja collapsed. She breathed heavily and panting for a moment, then started to rise from her hunched position and began to move her hands. She blinked her eyes as if trying to focus her gaze; for

a moment only the whites of her eyes could be seen horrendously, then she rubbed her eyes and opened them, and Sofia gave her a glass of water. Anja took a few gulps of water and started stretching herself, just like waking up from sleep. Suddenly I realized that the sitting had taken two hours and Anja hadn't moved one single time during that time.

"Well, did you get answers to your questions?" Anja asked smiling.

"I did and I got a lot of other things to think about", I replied, still slightly dazed.

"But now it's coffee-time!" Sofia said. "Anja won't regain consciousness properly without black coffee; it will even out our energies as well if we eat something."

While munching our sandwiches, I told Anja shortly the answers Uranus had given me because Anja didn't remember a thing about the sitting. She was listening keenly which seemed almost schizophrenic to me. All those answers came out of her mouth!

"Has your work as a medium ever been examined scientifically?"

"Never officially", Anja gave a little laugh. "But Sofia's husband, Kalervo, who is an engineer and a sceptic in these matters, decided once to examine me. He attached all kinds of wires and gauges and studied my heart functioning, respiration and blood pressure. Indeed, he found out that my bodily

functions slowed down during trance and I was somehow in that proverbial state of flow. He also videotaped me in trance; then I got to see how I looked then. But actually the best proof of my genuineness was the fact that Kalervo had in secret read all the edited writings from the recordings of Uranus and he said that I could never have spoken like that myself, not even from my subconscious! And no one could sit for three hours without moving at all. And once there was even a speech instructor at one of the private sittings who said that my vocal chords are very delicate and never in the world could they normally withstand the energy of Uranus or the fact that I, as a medium, speak hours on end only using my larynx and almost whispering.” Anja sipped coffee and was laughing at her memories.

I was thinking about my sitting today as well as Anja’s story and suddenly it dawned to me how lonely Anja must have been on some level. Such an exceptional fate that you can’t really share with anybody; and Anja was still nervous to fall into trance every time. What if something happened during trance or what if she wouldn’t regain consciousness?

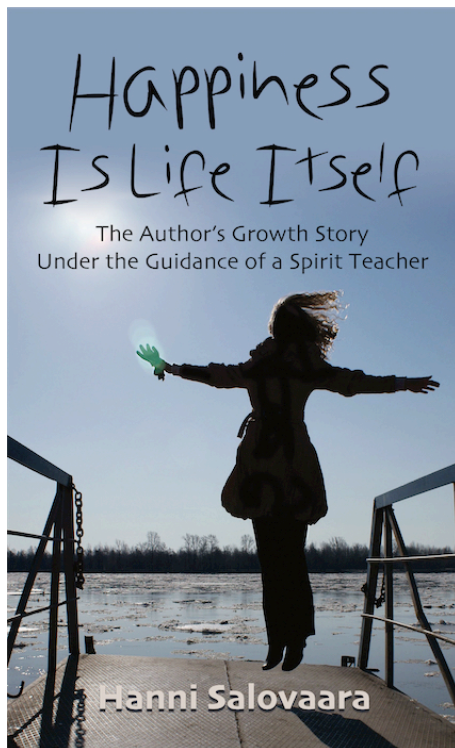
Anja’s head was getting clear enough to be able to think about getting home. I decided to join her and as I was putting on my coat in the hall, I suddenly recalled an event that had happened a few years earlier. I had, urged by my friends, visited a clairvoyant and she had said that the meaning of this



life of mine was to find love and myself. Then, too, I had been slightly indignant about that. So it wasn't love when I invited my friends and relatives to enjoy my delicious meals, when I bought them nice presents on their memorable days and listened to their worries endlessly? So, once again I had heard the same suggestion.

Outside the wind had almost grown into a storm during the sitting. It slammed the door against my body as I stepped on the yard, it tugged my coat and messed up my hair.

Simultaneously, at Helsinki Senate Square, people were preparing for a massive demonstration against the government which was going to take place in the evening.



*This is a true story based on the author's personal experiences in a spiritual growth group led by a spirit called Uranus; the goal of the group is self-transformation. The teachings of Uranus combine in a unique way the wisdom of the spirit world with contemporary psychological techniques.*

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