

# MYSTICAL JOURNEY INTO THE UNKNOWN



BY ANTHONY LEONG

# CONTENTS

<b>Chapter</b>	<b>Titles</b>	<b>Page</b>
1.	<b>My earlier days of encounters with the metaphysics</b>	<b>1</b>
2.	<b>Prophecy Of A Spiritual Path</b>	<b>2</b>
3.	<b>My first Shi-fu (Master)</b>	<b>4</b>
4.	<b>The Novice Path</b>	<b>5</b>
5.	<b>Encounters by my Shi-fu's disciples</b>	<b>7</b>
6.	<b>A Close Shave With A Thai Child Spirit</b>	<b>9</b>
7.	<b>Another Thai Metaphysical Entity</b>	<b>10</b>
8.	<b>A Japanese Warrior Ghost</b>	<b>12</b>
9.	<b>Ghosts At Work Places</b>	<b>13</b>
10.	<b>Restless spirits</b>	<b>16</b>
11.	<b>Feng Shu encounter with ghosts</b>	<b>18</b>
12.	<b>Black Magic at High Place</b>	<b>21</b>
13.	<b>Black Magic in Another Adultery Case</b>	<b>23</b>
14.	<b>Black Magic and The Rinpoche</b>	<b>24</b>
15.	<b>What are Ghosts?</b>	<b>25</b>
16.	<b>What to do when you see ghosts</b>	<b>28</b>
17.	<b>Amulets and Talisman to ward away ghosts.</b>	<b>29</b>
18.	<b>The Malaysian Shi-fu</b>	<b>30</b>
19.	<b>An Indian Avatar</b>	<b>31</b>
20.	<b>My Spiritual Friends</b>	<b>32</b>
21.	<b>My Family Members</b>	<b>34</b>
22.	<b>My Elusive Guides</b>	<b>36</b>

My earlier days of encounters with the metaphysics

During my younger days, I already had my fair share of supernatural encounters. When I was barely six, I remember one day I was drawing the image of Guan Yu (Lord Guan Ti), the God of War who lived in the warring period of the Three Kingdoms in China. I used color pencils to sketch his face red just like how he appeared in a framed painting on top of an altar where my parents made their daily routine of offering joss sticks. After I finished drawing the picture, I fell on to the ground, my face turned crimson and I suffered high fevers. My mother became panic and summoned help from my God Mother, an elderly lady well versed in religious rituals. I remember I was cured after my God Mother burned some paper talisman, mixed the ashes with plain water and made me drink it. I was warned not to offend the deity Guan Kung again.

Of the other encounters, I vividly recalled one incident while I was holidaying in Thailand with my colleagues. The event took place some twenty years ago, which I recalled coincided with one of the World Cup Finals. It happened while my friends and I were traveling in a bus from Bangkok to Chengmai at night. While having our conversations, I turned my head to look out of the bus and for a moment caught the sight of a wraith-like image of myself standing on the roadside. Or, was it my formless self standing along the road staring at the physical body in the bus? I was seized with fear and only regained my senses when my friends shook me and asked what had happened. They claimed that for a moment my face was so pale that it looked as if I was a dead body. What followed next was equally frightening. In the hotel room, I remember my friends were sitting on the bed talking about soccer. One of my friends, then an army Major, suddenly went into a trance. With upturned eye balls and white foam dripping from the corner of his mouth, he seemed to mutter incoherently in Thai, a language foreign to him. Interspersing with the Thai gibberish, he was heard pleading aloud with me to touch him. We shook him back into consciousness. It was then that he explained he saw his body floating up and spinning against the wall. We surveyed our room and noticed that the ceiling was painted with the unusual dark green moss-like colour and the blanket resembled those used to wrap up the corpse during Chinese funeral wakes. We immediately packed and checked into another hotel

Prophecy Of A Spiritual Path

A fortune teller, Mr Teng, once prophesied that a dramatic change in my life would take place after the year of the Rooster, 1993, the period for which I would either succumb to sickness or meet with life-threatening disasters. It was during that year that I encountered a spate of accidents; one instance my car caught fire while I fell asleep in the driver's seat with the engine and air-conditioner on. It was in the nick of time that a passer-by woke me up and pulled me out from the burning vehicle. Practising from a shop unit on the 4<sup>th</sup> floor of Fortune Centre in Middle Road, Singapore, Mr Teng also explained that, according to a system of Chinese horoscope "The 4 Pillars of Fate", based on ancient Chinese manual Of Divination "I Ching", "The Book Of Changes", my birth chart comprises all the five elements - Metal, Wood, Water, Fire and Earth. Describing this combination as rare, he predicted that I would practise a certain form of spiritual art, or would even become a Taoist or Buddhist monk after that critical turning point in my life . Mr Teng, also an expert in Feng Shui, himself went on to become a very advanced meditator and devout Buddhist. His meditative method is simple: Repeatedly chanting Namó Amitaba (Homage to Buddha Amitaba), which is a form of mantra meditation.

Another fortune teller, a bare-footed Thai Buddhist monk who speaks Chinese, whom I met in Labuan, East Malaysia, some years back, also told me I would develop my "root of wisdom" when I reached my 43 years of age. He anticipated that I would become more spiritual during the later part of my life and possibly involve in a new teaching career to help others on the spiritual path. .

Not long after I took up meditation, in 1994, an indigenous Bomoh (Malay word for "wizard") in an Indonesia island, Tanjung Pinang, came up to me unexpectedly during one of my trips there and told me I had a strange but positive aura. He claimed he was a white bomoh, belonging to one of the minority sea faring racial groups in Indonesia, the Orang Asli, whose culture has been known to be steep in elemental magic. Like the Thai Monk I met in Labuan, he also spoke about my increasingly involvement in spirituality. He even offered to

take me in

Page 3

as his disciple and teach me elemental magic, but for some reasons I could not explain I declined his offer. As a parting gift, he gave me a piece of black wood talisman which he claimed was found in the sea and which would give me magical power to protect myself from being physically harm by assailants. However, I gave it away subsequently to a friend whom I thought his life was in danger and he might need the talisman more than I did.

Before this age, though I did not doubt the existence of ghosts, I was just another happy-go-lucky "free-thinker", sort of atheist. Those predictions took place way back before I picked up serious meditation in 1994, at the age of 43, as what was foretold. That was also the time when I began to show interest in the metaphysical qualities of natural crystal.

My first Shi-fu

However, it was by pure coincidence that I first met my first Master at an official dinner hosted by his department to entertain some foreign guests. My Master, a senior civil servant and holding a MA degree in History, became a turning point in my life and heralded me on a path towards spiritualism. So, it was the following day after the dinner function that he unexpectedly telephoned me and offered to teach me meditation. I remember those days when he used to conduct his sessions in a semi-detached house in Jalan Tiga Ratus, Changi area, belonging to one of his students. I was mildly amused when his students bestowed him with so much reverence that not only they called him "Master" but also clasped their hands together and bowed slightly when greeting him. In spite of the reverence his students had accorded him, he appealed to me as a man who is humble and leads a simple life style. His method of meditation was straightforward: "Just sit on you heart," he said. He expected us to focus on our heart throughout our meditation. By the heart, he was referring to a point on the sternum - which houses the Heart Chakra, (Hindu meditation system of referring to an energy center). He also explained that the Heart Chakra meditation practiced at the highest level, one could compact and collect all his consciousness and energy bodies into a seed of light in the heart chakra, "crunch" and project it outward/upward to any realm and dimension, and even travel to the furthest universe. He also taught us to chant a simple mantra: "Om Ah Hum" to help us concentrate better in our meditation and to protect us from intervention by spirits and lower realm entities. He claimed he could see ones previous life. and told me he had visualized me as a prisoner-of-war killed during the Second World War, either in China or in Singapore.

After learning from him for a year, he left for the States and since then I had lost touch with him. Before he left, he told me that I would develop my own spiritual practice differently from his. As his parting gift to me, he taught me how to visualize and rotate the etheric pyramid counter-clockwise. The method entails the imagination of a three dimensional pyramid above our head and swing it counter-clockwise to extract and cleanse the unclean energy from our body. It not only activated my crown chakra but also provided me the foundation to learn and master other forms of magic.

The Novice Path

After I took up meditation about nine year's ago, I have tried out different methods - ranging from Theravada breath-control, Tibetan Buddhist's mantra chanting, the Hindu Chakra system and Chinese Chi Kung methods. I have also been experimenting with natural crystals and stones. When I first began my journey into the unknown world of metaphysic, I was warned by my teacher that I would encounter discarnate beings as I progressed in my practice. He explained that advanced meditation practice would heighten my consciousness and make me sensitive to the surrounding vibrations, including those beyond the physical realm. Some practitioners also explain that such encounters are sort of "obstacle tests" conjured up by the "higher-ups" for the students of spiritual pursuits as they advance to the next higher levels in their practice. Some of the weaker minded students faltered after being confronted by ghosts and spirits, especially during meditation sessions, and gave up the practice entirely. We also heard of stories of how some novices who were so frightened by the experience that they became insane. Anyway, we have been told to ignore and detach ourselves from all unnatural sightings, particularly during meditation, treating them as mere illusions. The Buddhists have a way of dealing with these "hallucinations" during meditative sessions: "When you see the devil kill him.. when you see Buddha kill him."

Into my second month of practising meditation, I began to feel drained and fell sick the following days whenever I attended funeral wakes. Though, for the first few times I dismissed them as mere coincidence, I began to feel concerned when I fell sick too often after those outings. When I consulted my teacher, he explained that I would unwittingly attract those spirits lingering in those surrounding because of an increase in the energy level of my body. They would find my enhanced body essence a palatable meal to feast on. (this is also known as auric attacks.) I was told to either avoid going to funeral wakes, especially the Singapore Casket where the environment was said to be so infested with these supernatural beings. Otherwise, I was supposed to meditate before going to funeral wakes and visualise myself

shrouded in bright white lights to protect myself.

The Chinese believe that during the 7<sup>th</sup> lunar Chinese calendar month, the gate of hell would be opened for the lost souls to roam the surface of the earth and receive blessing and offering from their living relatives or descendants. It is a common belief among Chinese to avoid holding auspicious events such as wedding ceremony, starting business ventures, opening new shops or shifting houses. During this period, one would find that restaurant and night entertainment business would also be adversely affected. Chinese families also shun going to the beaches and swimming pools during this inauspicious season. My previous experience as a voluntary life guard prompted me to take note of the unusually high incidents of drowning during the ghost month. Coming back to my story, on the first day of the 7<sup>th</sup> lunar month of 1995, I was disturbed by eerie high pitched screams in the middle of the night. It happened after I went against advice and meditated into the middle of the night. My teacher had earlier warned me not to meditate during the "devil" hours between 1 am and 4 am, especially during the 7<sup>th</sup> Moon Festive month. He explained that the spirits and other negative elementals would be most active during those hours, and they were especially alert in looking out for those people who meditate and generate high energy. The following evening, I took the unprecedented step of making the offerings - burning of incense and paper money - to appease the restless spirits, which I had never done before. Thereafter, the ghastly screams did not come back

Encounters by my Shi-fu's disciples

My Master had an elderly student who used to practice an advanced form of Chi-Kung meditation. He narrated to us a story how he had helped the retiree overcome a problem he had encountered during his Chi-kung practice. . The elderly gentleman used to practice his meditation with his teacher in the Bishan park nearer to the Ang Mo Kio area. Bishan Park is said to be haunted by wandering spirits of the dead during night time. I used to suffer numbing pains on my arms and nauseating sensations from my solar plexus whenever I drove past the area. They were said to be displaced after the Government had exhumed their graves and turned the former cemeteries into a sprawling housing estate. To continue with story, the elderly practitioner thought he saw a shadowy image sitting next to him while practicing Chi-kung together with his teacher there on some nights. He told his teacher what he saw. His teacher replied that the ghost was also doing meditation and advised that it be left alone. Whenever the old man practiced at home, he claimed there was a female ghost who kept him company between the hours of 1 am and 4 am. (Remember the hours of the devil) The following day after the nocturnal routines he would feel sapped of all energy. He consulted his grand master in China (White Cloud Monastery?) and was told not only to continue with the meditation but also to strip himself naked. The drainage of energy left him listless and emaciated. My Master came to his help and managed to vanquish the ferocious woman ghost by blasting it with a laser light conjured by mustering the divine forces.

After my Master left for the States, I was told that the senior citizen turned renegade after he was possessed by a snake spirit who visited him in his dreams. It was said that the snake spirit camouflaged itself as a high monk and offered to teach him advanced spiritual art. It was also said that he became so egoistic with his new found spiritual teacher that he started preaching his own brand of meditation and calling himself Master.

There was another story told by a fellow student who narrated his personal encounter with ghosts. A former senior official

in the Prison Service, he was relating about his encounter with the ghosts of the two Hong Kong women who were executed for drug trafficking offences. He claimed there were occasions when he worked late at night in his office, the ghostly images of the two women would show up and lingered in the area. He recalled one particular incident when he saw the two Hong Kong women who were in chains being led away by some faceless forms. (Not his prison officers). My Master told him the spirits were harmless and to leave them alone as after some time they would just fade away into another dimension. It seems that the Prison, especially in the surrounding areas where executions are carried out, is a fertile ground for ghost stories.

A Close Shave With A Thai Child Spirit

I recalled during the early phase of my meditative practice, I was once assailed by a child spirit (some call it "Guman Thong" in Thai) which resided in an amulet, commonly worn by Thais. . It happened one day when a young friend of mine thrust into my hand unexpectedly an amulet and asked me to test its vibration strength. The next moment I felt my body immobilised by an overpowering force emanating from the amulet. Instinctively, I cupped it with two hands and began reciting the Six Syllabus Mantra of "Om Mani Padme Hum." Its owner immediately grabbed the amulet from my hand and pleaded with me not to hurt the child spirit. When I regained my composure, I realised that the amulet was the image of a baby ghost. Strangely, the wax that used to seal the casing housing the image melted, presumably by my chanting. This incident was witnessed by the young man's parents and two other elderly relatives in the same room where this incident took place.

The mother of the boy complained that since her son starting using the amulet, she often found tooth marks on newly bought chocolates kept in the fridge. It was also noted that the amethyst quartz pendant which the young man wore changed from the origin state of a sparkling gem to a dull stone flawed with hairline cracks. I advised the young man to dispose off the amulet. This he subsequently did by sending it to a temple in Thailand. When I narrated this incident to my meditation teacher, he told me that I was lucky to have been protected by my guidance (presumably Guan Yin Goddess of Mercy) who helped me overcome the child spirit when I chanted her six-syllabus mantra. Otherwise, he warned, I would have been killed, and the cause of my death would have been merely certified by the doctors in medical terms as heart failure.

Another Thai Metaphysical Entity

I have an acquaintance Eddie who used to enjoy my fellowship and had been consulting me on Chi kung. He has his own method of meditation - based on the worship of certain deities of Thai origin ("Phra Gan"), and he claimed that they provided him with strong energy and sometimes did his bidding. According to some books on Thai mysticism, "Phra Gan" were originally supposed to be talismans representing Buddha given by the Thai king to the soldiers for their protection when they went to war against the Burmese enemies. Because of the haste with which they were prepared and distributed to the warring army, there was not enough time to subject them to blessing by the high monks. Over a period of time these unblest talismans became to be known as the dark side of Lord Buddha, so said. Not long after my friend began to pray to the image of Pak En, he enjoyed some spiritual powers. He claimed that there were times when he cursed those who had wronged him, some forms of misfortune would befall his enemies. However, in spiritual world, nothing is for free. Those elementals often expect some form of returns for doing their biddings or help fulfilling their wishes. Otherwise, calamities would befall their worshipper. My friend was plagued with a strings of bad lucks taking a toll on him and his family. His business failed, his wife fell sick and his eldest son was entangled with painful relationship problems with women. There was a period when he was disturbed nightly by unearthly visitations - a spirit had been feeding on him and sapping his energy. When I first came to know him, I noticed that his face had an uncharacteristic slimy green colouration, which seemed devoid of life. Once, he tried chanting the mantra associating with Phra Gan in my presence, and I felt a gulf of heavy energy seizing me and threatening to explode in my body. I got rid of the foreign energy by chanting the Om Mani Padme Hum and visualizing a beam of pure white light descending from atop and basking my body. There was once Eddie's wife phoned me urgently and complained that her husband was suffering from severe chest pains and could not move. I invoked a globe of healing light (Healing Orb), and used remote healing to extract out the energy blockage from his heart chakra. He found relief after I completed the healing. On a longer term basis, I tried to help my friend by teaching him the correct method of meditation and chanting of mantra to tap the divine energy. I also advised him to

use a combination of moldavite, a meteorite, and a quartz laser wand to protect himself, especially during his meditation sessions. It would appear that the stones did help him to wean off the offensive energy from "Phra Gan". In retrospections, I believe that the series of "Phra Gan" talismans he was practicing and praying to did not contain Lord Buddha's blessings but were possessed by some lower level spiritual entities that had very strong elemental magic.

A Japanese Warrior Ghost

Another encounter with the out worldly species took place in a PSA pre-war colonial type holiday bungalow in Pasir Ris. I remembered I was meditating in one of its bedrooms when I noticed two dull blue apparitions glimmering at two opposite corners of the unusually high ceiling. I used a method of visualisation , creating a spinning etheric pyramid, to shoo them away and continued with my meditation. Just as I had decided to finish my meditation and lie down on the bed, a frightening event took place. As I was lying down, I noticed a black shadow swooping upon me from the top. It took place so fast that I could not even make out how it looked like. The next thing I felt was a sword pressing against my right arm and energy being drained out from my heart. I struggled hard, managed to grasp a Thai Buddhist amulet (the one with the image of a high Thai monk "Leum Poh Koon") which I left on the side table next to my bed and began chanting a Pali mantra (*Namo Tassa Bhagavato Arahato Sammasambuddhassa*" *Veneration to the Exalted One, the Homage Worthy, the Perfectly Self-Enlightened*)

The next moment, the dark shadow just disappeared, leaving me shivering with fright. I could sense that the ghost was a Japanese soldier who must have died during the 2<sup>nd</sup> World War. The next morning as I was relating the incident to my relatives, the caretaker just showed up unexpectedly , asking rather mysteriously whether anything untoward had happened the night before. My family and I decided to cut short our stay and moved out immediately.

Ghosts At Work Places.

Yet another unnatural incident took place when I started on a new job occupying an office in a high-rise building in Robinson Road. One evening, as I was working late into the evening with a fellow colleague, I had an uneasy feeling that there were some negative vibrations hanging around in the office. What followed next took place during a cloudy day in the late afternoon when I saw a dirty yellowish energy looming in front of my desk in my room. It just materialised from the floor, lingered arrogantly for a while before ascending into the ceiling. I looked around the common office and found an unusual Taoist paper talisman stuck on to the door leading to an office occupied by a lady manager hailed from China. When I discreetly checked with my older colleagues, they claimed that a half man and half woman ghost was sighted by some occupants of building. The lift technicians were among those who had seen it. I went up to check on the upper floor which housed a former bowling alley. From the dark corners of the disused premises I could make out some shadowy figures and heard faint shrieking noises. There could be more than one non-human residents there. When I consulted my meditation teacher, he mustered his visualisation powers and identified one particular one as a lizard spirit, fond of appearing in the half man and half woman body. I also checked and found out that someone had committed suicide by jumping from the building not too long ago.

There have been innumerable stories on haunting at work places. By nature of their work, security guards and the night jagas (watchmen) seem to be the profession with the more frequent records of unnatural sightings. There were previously two sites which were said to be haunted - one a departmental store warehouse in Upper Thomson and the other a hotel wing in Orchard which was then under renovation. To counter these mischievous spirits which were fond of exposing themselves to some ill-fortune guards, I placed tektites in the guard rooms. It would appear that after deploying the stones, they seemed to bring some peace back to the areas.

To continue with story on haunted work place, there were rumours in a manufacturing plant in Tampines that the place was haunted but for some time no one actually reported any sightings. Not until when one night an elderly Malay lady

claimed she came upon an old woman ghost with long hair in a female toilet in the remote corner of the rear building. She was so scared that she fell sick the next day and thereafter refused to go back to work. Not long after this episode, a female Security Officer, also a Malay, reported another ghastly encounter while performing patrol duties round the building. She claimed that somewhere near the perimeter wall at the rear of the building, she first heard some voices calling her name. She refused to turn around and tried to run away as fast as she could. She could hardly lift her legs, immobilized by fear. Next, she claimed a spirit with a long black face loomed in front of her for a fleeting second. She managed to struggle forward and returned to the guard post.

After this confrontation, the night guards nearly mutinied and refused to perform further patrols at night. I had no choice but to do some follow-up to cleanse the place. It followed that one Saturday night, I visited the plant fully armed with my bracelet with pyrite and amber beads and a double terminated white quartz laser wand. I actually prepared it at home by dipping it in sacred waters, wrapped it up with a red ribbon and left it on my altar overnight. On that night, as I entered the open area from the side gate leading to the rear portion with my assistant, I handed him the pyrite bracelet for his protection. Chanting the mantra, "Mantra of Light of Buddha Mahavairocana": "Om Amogha-vairocana Mahamudra Mani-padma-jwala Pravarttaya Hum. (Skt.) (Om Unfailing Vairocana, the great mudra (symbol), mani (jewel), padma (lotus), and jwala (light), evolve! Hum.)" ( The Mantra of Light is one mantra I use often for cleansing. It can be used to direct lost souls towards the Light.), and with my finger forming a defensive mudra, I scanned the surroundings for unusual change in energy vibrations as we walked round the building by the perimeter fencing and parapet walls. As we were near the rear portion of the toilet when the first sighting of a ghost took place, I could feel the presence of a dense and hostile energy body in the vicinity. I tracked it to a place where there was a pile of discarded wooden doors leaning against the wall. My reading with my Third Eye told me this was the spirit whose former human body belonged to an old lady. I continued chanting the mantra. Next, I composed a message in my mind telling the wandering spirit to keep away from harassing the people there. All these while, a nearby huge compressor

was howling nosily causing a disruptive din in the area otherwise dead quiet. The moment I finished sending the message, the compressor stopped abruptly. It seemed to indicate that the ghost was responding and I interpreted it as agreeing to my proposition. There was no need for me to expose the destructive laser wand kept in my trousers pocket. And neither did I resort to chanting the more offensive "Om Mani Padme Hum" mantra.

Restless spirits

Many people still remembered the young girl who was run over and killed instantaneously by a bus as she was crossing the pedestrian crossing along Orchard Road in front of Somerset MRT (Mass Rapid Transit) train station a few years back. (1995). My wife who worked in the vicinity came home one day and told me about the accident. She was still recovering from the shock of seeing blood spatter on the road after the body of the girl had been moved away. I somewhat sensed the vibration of the poor girl and briefly registered her visual image in my mind. I told my wife that the victim was a young, plump and fair looking girl with short hair even though I had not seen her and the accident had not been reported in the media. True enough, the following morning the descriptions of the girl fitted mine when news story of her mishap and her photograph were featured in the paper. For the next few days, when I passed by the area, I could feel the vibrations of the dead girl causing painful sensations all over my body. I spoke to another spiritual practitioner, a Caucasian lady, named Stella, and she too felt the same vibrations. She explained that the spirit of the girl was still in a state of shock and lingered in the vicinity as she did not know what to do next and where to go. Acting on her advice, I went to the spot where she was killed and prayed silently for her, chanting the Buddhist Mantra of Light of Buddha Mahavairocana and visualising a beam of light coming from the sky providing comfort and guide to her.

Most would remember the case involving the kidnap of daughter of a famous Taiwanese entertainer Pa Ping Ping. When I first read about the news in the paper, I took a look at the photograph and felt that the girl was no longer alive. There was a feeling of a void when I scanned her image in my mind. I picked up this ability by looking at photographs in the obituary pages in the newspaper and scanning the images of the deceased to get a feel of their energy vibrations. I told my wife that the girl was dead even at the point in time she was believed to be still alive and in the hands of kidnapers. True enough, the newspapers reported some days later that her mutilated body was found.

There was another instance when I happened to feel out the

energy of someone who had just died. It happened one afternoon when my younger son and I were at home and heard a sudden loud thud coming from below our block of flat. We thought someone had thrown some heavy object from the upper floors. When we later left home and passed by the car-park below our flat, we saw policemen around a plastic tent - those that used to shield dead bodies away from public view. We learned that someone had committed suicide. Instantly, a faint image of an old man flashed across my mind and I told my son about it. Later, the neighbours confirmed that an old man living on the fifth floor had jumped to his death. On that night, while I was meditating in my living room, I thought I saw the spirit of the old man lingering outside my kitchen window. I chanted a prayer to the spirit so to facilitate his transition to the Westerly World.

Fengshu encounter with ghosts

Those who dabble in Feng-shui, or geomancy beware. During their trips to read Feng-shui for their clients, they may encounter the non-human residents in some of the houses. Some of them who could not feel vibrations could tell whether the houses they visit are "contaminated" when they see the needles on their Feng-shui compass spinning violently. There was once when I came face-to-face with a spooky resident during a trip to my personal friend's newly purchased HDB flat. . I was checking the bedroom of the house - a resale five-room Housing Board Flat in Tampines New Town - when I noticed that its door faces the door to the store room across the living room. This is considered as inauspicious and would cause problem and ill-health to the occupier of the master bedroom. Just as I was trying to explain this to my friend, I suddenly felt a strong force affecting my solar plexus - an energy centre between my naval and heart. I went into the storeroom, closed my eyes and scanned with my third eye. There, hiding in the storeroom was a spectre, female form in white overall complete with white veil. Immediately, I clutched my talisman - image of Earth Store Bodhisattva craved onto a black meoterite, tektite, and began chanting the mantra. At the same time I projected an intention while chanting my mantra for the ghost to leave the place immediately. It worked and thereafter the place was cleared of the unauthorised resident.

Another incident on spirits in HDB flat took place when a fellow practitioner, Ken, and I visited a former colleague's new flat in Hougang which was then still under renovation. We were viewing the flat and advising our common friend on Feng-shui arrangement during the evening immediately after day fall. There was one spot which I noticed was unusually cold the moment I stepped near it. I tried standing near it a little longer to find out more about the weird feelings when all of sudden I felt two balls of hard and tense vibrations squeezing against me. My spiritual friend Ken, with more than 20 years of spiritual practice behind him, could see better with his "Third Eye" and said there were two spirits - one old and one young - in the house. It would seem strange for the spirits to take up residence in a newly constructed flat, noticed my friend. At last we traced the spirits to the sand brought in by the renovation contractor and concluded that the unnatural intruders must have entered

the house along with it. Strangely, there were three sticks of burnt joss sticks stuck on to the pile of sand, presumably left there by the contractor's workers. My friend Ken then performed some simple rituals - using the spinning ethereal pyramid - and evicted the unwelcome tenants.

There was yet another occasion when I was confronted by negative elements when I was reading Feng-shui at my friend's factory in Senoko Avenue. My friend had been plagued by multiple business failures after buying over the factory at an exorbitant price. He told me that after he took over the building, he noticed the photograph of the deceased Japanese boss was still displayed in one of the meeting rooms. Subsequently, the factory caused his downfall and made my millionaire friend a bankrupt. Coming back to the Feng Shui trip, it was one late evening that I went to his factory. Once inside the factory, I could sense an uneasy and heavy build-up of negative vibration. I checked the environment and found the presence of some negative elements inside the generator room. Next, I went to a spot where formerly a huge tree was located but it had been chopped off at the time the factory was erected. There, I sensed a strong force trying to envelop me. I sensed the presence of not one but several spirits trying to squeeze against me. Immediately, I began chanting the mantra of light and forming a defensive hand gestures (mudra), visualizing a brilliant white light descending from above my head. The negative elements scattered away from me but I could feel they were watching me from a safe distance and very unhappy with my presence.

Subsequently, on the same factory, I managed to convince another friend Bernard who practiced a higher form of spiritual art to help out. He belongs to a religious school with its origin in Hindu India and has been practicing the art of exorcism and spiritual healing for more than a decade. He prays to the Hindu Goddess "Kali" and made frequent pilgrimage to India to visit "Said Baba" and another Hindu Avatar "Amma Naranyani". On the night when the former police detective friend of mine was there performing the rituals, he showed me where the negative elements were found and asked me to feel them out because I could not see as well as him. To see the ghostly images better, he had all the air conditioner units switched off. When I used my hands to touch the spots they were hiding, I could feel the

Chilliness and numbness in my arms. There were more than seven he had identified - most hiding in the corners of the building. After my friend had performed the rituals to purify the place with sacred water, incense smoke and chanting, "Om Shakti Om Shakti Om" amid some other more complicated Hindu mantras, the energy of the place became normal again. But he did not succeed in changing the luck of the owner.

Black Magic at High Place

Once I was approached by a wealthy businessman, Victor, whose marriage was on the rock. Victor used to own a chain of reputable department stores in London. He confided I me that his wife, a professional holding a very senior position in a Multi-National Corporation (MNC), from out of the blue told him one day that they were incompatible and that she wanted a separation. He strongly suspected someone had cast black magic on him and his wife and this had led to his wife's bizarre behaviour. He had approached at least two very high monks in Thailand, and a Taoist monk in Singapore to deal with the black magic problem. At my advice, he also went to two Tibetan monks in Singapore. All the monks, including myself, basing on our different divination methods, assured him that he and his wife would settle their differences and reconciled. All the monks, except myself, predicted that his wife had not committed any adultery with any other man. In the face of all the high monks' divination on this issue, I relented on my own prediction and dismissed it as one of the occasional inaccuracies.

Upon his persistent pestering, I agreed to help to save his marriage. I began to visualize his wife, from the photograph given by him, and project high vibration energy to her to soften her emotionally, and to cleanse her energy body of negative vibrations using the etheric pyramid and healing orb methods. As I was performing the remote energy cleansing, I noticed in the beginning there was an unusually large amount of biting and prickly negative energy lodged in her heart and solar plexus region. Every time, I tried to clear the dirty energy, it came back again the next time I tried to work on it. There was one day, a night before I was supposed to go overseas, that I felt that the presence of an unusual increase in the negative vibration in her body. While I was puzzling over the incident, my business man friend made an overseas call to me the following day and claimed that his wife had gone to ROC on a rendezvous with her former boss there. He also mentioned that he had all along suspected that his wife had been having an affair with the man, a public official holding very senior position in the Government. The night when I felt an overwhelming surge of negative energy in

her was the day she was supposed to be in a hotel in Taipei with her lover. I was still indecisive whether the change in energy in her was due to the immense feeling of guilt when she was engaged in sexual activities with the man, or whether there was an unseen force at work.

A week later, my business man friend sent me over to Taipei to do backtracking investigation to confirm that his wife and her lover were in the same hotel and staying in the same room. There were records of the man's stay in the hotel but there was no trace of information on his wife. During one of the evenings where a friend of mine and I were in the hotel room in the same hotel, a quartz talisman of mine all of the sudden broke into two as I was placing it on the table before taking my bath. The talisman was in the form of a dagger with a handle shaped into the 4 faces of a Tibetan deity (Vajra Phupa -The Tibetan magic dagger.). It was supposed to offer me protection against psyche forces. On the same night, a pygmy with big round eyes, oversized head and square face, wearing a black suit and pants, came into my dream and taunted me. I remember chanting my mantra - Om Mani Padmi Hum" and using my fingers to blast laser like energy at him trying to get rid of his presence but it did not bother him at all. Over the next few nights, from ROC and back in Singapore, various demonic images (more liked Tibetan wrathful deities) came into my dreams. I again turned to my spiritual friend Ken and Stella and asked for advice. Ken told me that he saw a dark force in the image of a Tibetan monk in black robe. He also cautioned me not to be involved as the entity was supposed to be protecting the public official and it was too strong for me to handle. Stella told me that the dwarf I saw in my dream was a real person practicing black magic in South America. (Could also be North America. She advised me to meditate and send messages to the image that I would disengage my spiritual involvement and stopped giving advice or helping my business man friend in this manner. This I did, and the nightmares ceased. (After note: a report against the public official for suspected adultery was given to the Government higher-up and the man was made to retire from public office subsequently.) My other sources told me that the woman went back to her husband.

Black Magic in Another Adultery Case

There was another instance with supernatural elements interwoven into an adultery case. A lady once approached me to help to investigate her husband for having affairs. She claimed her husband had all along been faithful and well behaved until she found out she was going out with another woman. There was also drastic change in his behaviour; from a mild manner family loving man he turned into to a violent and ill-tempered stranger. She suspected that the girl friend of her husband practiced some forms of black magic and might have cast a charm on him. After ascertaining that she prayed to Goddess of Mercy, Guan Yin, I coached her on the proper way of chanting Guan Yin's prayers, asking for blessings and making wishes. I also suggested to her to buy an amethyst stone and display it in her living room facing the direction of the entrance. The amethyst geode or clusters in the form of a boulder cut into half and exposing the multiple quartz terminators from inside is a good object to keep at bay negative energy from filtering into the house. Later, she came back to me and complained that after displaying the quartz, her husband did not feel comfortable to remain too long in the living room. He also tried to place a wooden craving in front of the stone as if he wanted to block off its radiation. On closer examination, she discovered some cracks on the quartz and surmised that it must have been caused by her husband trying to damage it. This could be one confirmation that her husband had been implanted with some foreign energy, normally seen as black magic, for the purpose of exerting control over his will.

Black Magic and The Rinpoche

On the subject of black magic, I shall mention about another student of mine - Chai Yun and her friend Tony. Chai Yun worked in a tea house in the now defunct Equatorial Hotel. She is a devout Buddhist, and an exceedingly helpful person. Tony, a renovation contractor, used to be her regular customer in the tea house. One day, she called me and told me that someone was suspected to have cast a black magic spell on Tony. She explained that Tony complained about some painful needle pricking sensations all over the body. He became so withdrawn that he stopped work and hid himself at home with all the curtains drawn day and night. Upon my suggestion, we fetched Tony to a temple in Geylang to see a Tibetan Rinpoche, (Shampa Rinpoche) who could speak immaculate English. We were told that, besides his lifelong devotion to monk hood, he held a degree in Computer science. When we were ushered into his private room, he was in the midst of working on his lap top. Anyway, I was utterly impressed by his non-conventional way in handling Tony's black magic problem. Instead of performing elaborate ritual to cleanse Tony, he examined Tony briefly and advised that his problem was more psychological rather than being actually inflicted by black spell. He explained that Tony had become so mentally afflicted that he imagined and magnified slightest discomfort as symptoms of black magic. He advised Tony to pray to Buddha more often so that he could receive blessings in the form of divine energy protecting him from the effect of so-called black spells. I have learned an invaluable lesson from the Rinpoche - psychological factors could pre-determine the effectiveness of a black magic spell. One can actually pretend to cast a spell on another person, let him know about it and let his own fears work on him.

What are Ghosts?

According to common definitions, a ghost is the spirit of a dead person. I picked this up from a MSN website: "Claims vary, but Dave Oester of the International Ghost Hunting Society says ghosts "are not fragmented souls cursed to roam the land." They're here by choice, he says. Also, says Oester, ghosts don't wear sheets, and only rarely do they look like see-through people (like they do at Disney's Haunted Mansion). According to ghost hunters, they usually look like strands of vapor called ectoplasm when they're in motion. When they're not moving, they resemble balls of light."

Ghosts exist in energy body with lower vibrations than ours and normally would not be sufficiently strong to penetrate our energy field. The stronger ones are those who died a violent death or experienced strong emotions before their demise. In the first place, not many of us would have a chance to meet one because they exist in another dimension - the ether world. And, most of us are not conscious enough to be aware of the ether world, except those who practise higher forms of meditation or are born with an ability to see with the 3rd eye. As I have mentioned earlier, most of the time ghosts could only be seen as a formless mass of dull colour energy. Some claimed they were green or blue and some saw them in red. It is commonly said that the red ghosts are the more aggressive. There are stories of women obsessed with intense hatred committed suicide wearing red apparel so that they could become ferocious ghosts and take revenge against those who betrayed them when they were alive. Some would remember that case involving the Taiwanese born SIA stewardess who was raped and killed by her male colleague in New York. It was reported in the papers that when her family claimed back her body and buried her, they clad her in red. Subsequently, when the ill-fated SIA plane SQ006 crashed at the Taipei Airport, there were rumours circulating in the internet chats that some surviving passengers saw the ghost of the SIA girl clad in red on board the plane flipping through the manifest before the accident took place. It was said that one of the accomplices of her rapist, who escaped conviction, was a steward on the same flight. Some who had encountered ghosts claimed they could see them in clear human forms, even with clothing. My interpretation is that these people could have been overcome by the ghosts who also succeeded in influencing their minds to make them see what

they wanted them to see. The same explanation also applies to mediums who allow spirits to possess their body and use them to offer blessings or do fortune telling. Once a female friend told me she had met a Welsh fortune teller who was uncannily accurate in her forecast. When she played back the cassette recording of the session she had with the fortune teller, I could sense from the vibrations that the woman was a medium possessed by a spirit.

I normally detect the presence of ghosts in the form of dense energy - either spheres of dull lights or in other shapes like floating energy veils. At times, I came across these energy forms as balls of dullish light scattering away as I approached them. It would appear that they fought shy of my stronger energy body, and did not want me to get near them. There was once when both my friend, Steven, and I actually saw a veil of dullish yellow energy floating past us. We were then seated at the table with three other friends in a the back lane of a coffee shop in Lorong 13, Geylang, at around 2.00 am in the early morning. Steven, gifted with the Ying Yang eyes, was hailed from a family with strong Taoist tradition. He actually held my hand and told me "Don't disturb" as he was afraid I would project energy at the energy body. Later, my friend Ken who went to the same spot identified the ghost as a "Datuk Gung" (Benevolent Old Soul) - a very old spirit that had roamed the place and revered by the residents for many years. Sometimes, you may find altars erected in public space for people to get blessings and offer their prayers to these benevolent spirits in different parts of Singapore.

Some people believe that ghosts normally hide themselves in dark and damp places during the day - not only in deserted houses, or underground tunnels, or densely forested areas but also in lift wells and toilets. Most ghosts could not survive the strong rays from the sun in broad daylight. Ghosts unlike human beings do not have a physical body to recharge/recoup energy. In no time, their energy body would be used up and dissipate if they do not find ways to replenish them. Some ghosts actually leech on human energy while other sustain themselves with the energy from trees. Some other ghosts, the stronger one, sustained themselves by taking the electro-magnetic energy from high tension cables and generators. They usually occupy the generator rooms. The next time round when you pass by lamp posts at night and suddenly find

lights flickering or go off, it could be the work of the ghosts feeding on the electrical energy field. Coming to the stories about ghosts lurking in toilets, it would appear that that they are leeching on the energy of the toilet users. If they are not strong enough to sip energy from the persons, they would pick up the residual energy dropped off along the urine and excrements after the toilet users have left. So next time, when you go to public toilet, beware. Some would recall the speculations about a female ghost lingering in the lady toilet of the former Lido Theatre in Orchard Road, Singapore. In one particular account, a woman cinema patron was nearly scared to death when she looked into the mirror and saw a female ghost standing behind her munching a stained sanitary pad.

Besides the actual sighting of ghosts, there are other obvious signs of haunting which include disappearing and moving items at home, unusually cold spots, strange scents, grayish smokes or strange voices. Other less conspicuous signals cover disturbing or violent dreams, strings of bad lucks, fatigue, depression, sleep problems, low energy, or headaches that do not go away. These signals do not necessarily mean that the house is haunted or ghosts disturb you but it pays to keep a record of their frequency of occurrence and have them checked out.

What to do when you see ghosts

In case you do have the misfortune of being confronted by one, first do not panic. Next, do not try to run away, because they are composed of energy body and travel faster than you do. A word of advice - when you do encounter ghosts try to keep calm. When we are frightened, our energy field becomes defused and scattered; it opens us up to being seized by these discarnate beings. What you could do to protect yourself is to point your index and middle fingers at the ghost, with your third and small fingers forming a loop with your thumb, and shout at the top of your voice "go away" or simply "boom" as you retreat yourself calmly from the haunted place. Or, if your religious belief does not forbid you to do so, you could chant loudly and repeatedly the universal mantra of Om, or "Om Ah Hum" or even Om Mani Padmi Hum. Or, say your prayers according to whichever your religious faith with a calm and authoritative voice. Or, you may visualise a laser jet of brilliant white light emitting from your two fingers and blasting away at the ghost. This may scare it away, especially if you do not have the spiritual attainment of a Master, rather than keeping your finger crossed and hovering in fear.

Another word of caution: do not push your luck by even jokingly invite the company of ghosts. Once my friend Ken and I were in Tanjung Pinang, an Indonesian island, and having dinner in one of the cooked food center there. Ken was the first one to sense that there were some strayed spirits lurking around and I jestingly told Ken that I wished to invite one to join us for dinner. Ken reprimanded me on-the-spot for saying such things. On the night when we went back to our hotel, our sleep was disturbed by shrieking screams of a female ghost who dared not come near us.

Amulets and Talisman to ward away ghosts.

It is also believed that the wearing of certain amulets or talismans would protect you against ghosts. Also, some also feels that certain stones, especially quartz, can offer the same protection. Personally, I understand that stones have a varying degree of electro-magnetic radiation. When they are worn on our body, they serve to strengthen our body energy vibration, sort of casting a protective shield over us.

Amulets and talismans are similarly charged with strong vibrations by their makers - monks and priests alike, and they serve the same purpose as the stones. At my level, I am able to magnetise stones and any objects to confer upon them stronger radiation by using my energisation method or by chanting of mantras.

The Malaysian Shi-fu

There are skeptics who do not believe in the existence of ghosts. I have met one Taoist practitioner Mr Liu operating in Johor, West Malaysia, and he seems to have succeeded in converting some hard core skeptics. I have heard stories about how he used to perform rituals in cemeteries at night invoking the spirits of dead to show themselves up. When I met him for the first time at a dinner for raising fund for his temple, he seemed to recognize me instantaneously as one who practices spiritual meditation, and another acquaintance who has high level attainment in one of the Tibetan Buddhist schools. So, it was said that some of the hard core non-believers, including some high ranking police officers and teachers changed their mindset about the existence of supernatural beings after witnessing the rituals performed by Mr Liu. Bernard my Hindu spiritual friend confirmed these sightings as he was present in one the rituals conducted by Liu. Anyway, Bernard himself is able to see ghosts any time he chooses. It would seem that the people there vouched that they actually saw mysterious balls of fire floating in the air and shadowy images of human shape figures materializing from the graves, making shrieking high pitch sounds. They attested that they could not detect foul-play. I have yet to avail myself of the opportunity to personally witness these events.

An Indian Avatar

Bernard has been learning from an Indian Master, called Ammma who have a large following in many countries. "Narayani Amma affectionately called 'Amma'- is a young man of twenty-five (now in his mid-30s) who is the incarnation and embodiment of the spiritual Divine Mother, the Goddess Narayani. Narayani is a benevolent celestial being, encompassing the three Hindu Goddesses Lakshmi, Sarasvati, and Durga, who protects and provides sustenance for all life forms. As the human embodiment of the Goddess, Amma has merged fully with Narayani, the spiritual being. .

I was fortunate enough to be present on two occasions when Amma came to Singapore and conducted blessings (Pujas) in the houses of his devotees. On one of the occasions, Amma beckoned me from among a huge crowd of on-lookers and materialized from out of nowhere a metallic amulet of Hindu Goddess Lakshmi as his gift to me. As I passed round the amulet to the people in the gathering, they were extremely delighted to find red colour ashes "Liputi" pouring out from a cavity in the amulet. Later, when I sought his audience in private, he seemed to know what I wanted and blessed me with spiritual "wisdom".

My Spiritual Friends

About my spiritual friend Stella, she once complained to me of "molestation" by lower entities when she was went to Race Course Road on a cloudy day. She claimed that as she was walking along the street lined up with many temples, she could feel the uneasy and greasy feeling of some heavy energy clinging onto her. I told her of my experience whenever I was in the area - the place seemed to be infested with low earthly vibrations. Temples are supposedly places of worship with higher level of vibrations. It seems wandering spirits like to hang around outside the temples. She went on to explain that she had to bath with salt water when she went home in order to rid herself of the impure energy residues. Like my Master, Stella could occasionally tap into one's past life. She said she saw me as a Taoist monk in one of my reincarnations, and a Red Indian Shaman in another. A former diplomat, she is now living out her retirement with her husband in Italy, and she is a full-time spiritual practitioner.

Ken is my other spiritual friend who has helped guided me on my quest for spiritualism. He has practiced spiritual art for more than 20 years. His late father was a Master in his own right, someone who had conducted innumerable exorcism exercises and healed countless of people with strange diseases or inflicted with black magic. Ken told me that once his father cured the Sultan of a Malaysian state of a strange sickness and in return the Ceremonial ruler allowed him to take a photograph with him sitting on his throne. It is said that he could describe to you the person, his character, by tapping into the energy residual that the person left behind long after he vacated the place. As for Ken, he is gifted with a powerful set of third eyes which enable him to pick up demons and spirits from the other dimensions. During my early days of practice, he taught me how to feel the presence of ghosts by discerning the prickly sensations on my toes and my legs which signaled that they were in the vicinity. He is also very advanced into mantra chanting and was the one who initiated me into the Guan Yin's Six Syllabus Mantra and Medicine Buddha's Health Mantra.

Another friend of mine, Larry, who claimed he had crossed the path of ghosts happened to be my former colleague who

learned Chi-Kung from me. An engineer by profession, he was taught a form of Chi-Kung that relies on breath control to generate and channel bodily Chi in our body. He succeeded in attaining the "micro or small circulation" of energy around his body in about three months, and reaped the benefit of good physical and mental health from the practice. After practicing Chi-kung, he was so healthy that he surprised the doctors and nurses in the hospital when he almost recovered immediately after being infected with dengue fever. On his encounter with ghosts, he related that it took place when he visited his ancestral home with his parents in Hainan in China. He recounted that he thought he saw two apparitions of dull blue colour appearing in his room for fleeting seconds on the first night when he stayed with his relatives in a village house. At first, he dismissed the sighting as mere illusions resulting from mental fatigue after a long journey. Later, he began to hear frightening high pitch screams all around him. He remembered that I had taught him how to chant a simple mantra Om Ah Hum both for meditation and protection purposes. The moment he began chanting the mantra, albeit nervously, the high pitched noises began to change to those as if something being fried in oil over the Chinese hot wok. After a while, all noises were gone and everything went back to normal.

My Family Members

I was born into a middle income family comprising five siblings. The uncanny tendencies of crossing the paths of the unknown seem to run in the family. My mother has the ability to see ghosts and she is used to their presence. She always believes that so long as one does not do wrong to the spirits of the dead, they have no reasons to harm us. After my father passed away she became a Christian. My eldest sister has the morbid ability of seeing people in her dreams before they died. She claimed she actually saw these relatives clad in new clothing being whisked away by other relatives who were dead long ago. One of the relatives she encountered in her dream happened to be the sister of a very senior politician. Subsequently, the relative committed suicide, dolling up herself in a new gown and heavy make-up before jumping to her death from the upper floors of a Government hospital. However, during the funeral, we were told by husband that she died of cancer. And, the Powers That Be behind his influential brother-in-law actually helped cover up her death and publicized that she died of natural cause to save the family from public embarrassments. After my eldest sister became a devoted Christian, these dark dreams ceased. My second younger sister, a lecturer, is like me sensitive to energy and has the ability to feel natural crystals. The other third younger sister often saw ghosts during her childhood days. During those innocent years, she would tell my mother that some aunties in white clothing were standing outside our rented room in the Bales-tier area. When we looked towards the direction where she pointed, we did not see a single soul. My mother, either she actually knew or was unaware, would normally scold her or ask her to stop sprouting nonsense. Except for myself and my youngest brother, all of them became Christian.

My younger brother Patrick who is a sort of Casanova with aplenty of girl friends. His lady's killer instinct somehow also found expression into the ethereal world. He always complained of harassments from female ghosts when he stayed in some local and overseas hotels. He claimed they would lie on top of him when he was asleep. And when he woke up abruptly and tried to struggle free, he was paralyzed. I gave him a Buddhist talisman made from tektite. It would appear that after he had worn it round his neck, the amorous beings from the dark side ceased to bother him. Not until one day when

he had checked into a hotel room in a remote Indonesian island (Pulau Besar) and absent-mindedly left the talisman in the luggage bag. He recounted that as he had finished taking his bath and walked out naked, he felt an icy finger poking at his ribs from behind. As a sudden chill began running down his spine, he quickly turned around but saw no one behind him. After he grabbed hold of the talisman, the uncanny disturbance stopped.

My wife too has these unnatural sightings. Once we were driving along Changi Road towards the seaside as I was on my way to witness some hell riding events. During that time, for a brief spell, I was a reporter covering crimes and general stories for a local English newspaper. On that occasion, I actually saw a woman figure dressed in overall red gown standing next to a telephone booth. I could not see her face but thought I saw her actually floating above the ground. I continued with my journey and did not say anything to my wife. The next day I told her what I saw and to my surprise she claimed she also perceived the same haunting. After her mother died, she claimed she often saw her showing up at the gate of our Yishun flat but she dared not enter the house. Probably, my altar and my huge collection of natural quartz and mineral stones deterred her from coming in.

My Elusive Guides

Never in my conscious life have I had a meaningful communication with any of my guides. I remember only seeing their images in fleeting moments during meditation sessions or during lucid dreaming.

I remember vividly that before I picked up meditation, some 12 years ago, I dreamed of Jesus, and it was an overwhelming experience. Jesus was trying to convert me to Christianity and I was choked with emotions of joy and cried unabashedly when I met him. But, somehow, I remained an atheist, for a while until I took up Buddhism towards the later part of my life. Nevertheless, I do believe there is a Greater Being up there, and people of different creeds only choose to call Him by whatever name.

After I took up meditation seriously, there was one occasion I encountered an image of a woman, whom I was still doubtful whether she was one of my guides. She came to me as a regal looking young lady, slim like Olive in the Popeye cartoons, small face and big round eyes, with her dark hair tied into two piggy tails reaching her waist level, and wearing a long loose fitting gown with big blue Pokka discs against white background. She was definitely not Caucasian, and did not look Chinese; I had the feeling she was a squaw belonging to one of the Red Indian tribes. (Stella suggested that she could be White Buffalo Calf woman). She stood there and watch over me while I meditated without uttering a single word.

There was another occasion when I sleep meditated on my sofa in my living that a golden ball of light appeared and came to me through the windows. It basked my body with its golden rays and giving me a great feeling of fulfillment.

In my dreams, I was visited by three entities. The first one was the Earth Store Bodhisattva, who, according to legend, watches over the dead spirits in hell. He made a vow that he would never wish to attain Buddhahood so long as there is still one loss soul condemned to hell that needs his salvation. He came to me minus his head gear and also did not utter a word. I interpreted that he came with a purpose to remind me of my role in providing a service to my fellow beings.

There was another guide, a Caucasian looking Yogi in yellow monk robes and crew-cut hairstyle, who walked into my dream one night. He laid a piece of yellow cloth with strange looking diagrams and scripts on the ground, before asking me to demonstrate to him what I had learnt. He taught me how to project the elemental energies - the fire and the water, and told me to work harder to improve my abilities in channeling these energies. He also showed up only once.

Said Baba was the other entity that came into my dreams one night. He appeared in his "trade-marked" Afro-African hairdo and bright red orange gown and expressed in disappointment as to why I did not believe in him. I retorted that he was as human being as I was and why should I revere him as a God. He responded by saying that he was no God, and wanted to show me who was his God. It turned out that he asked an emaciated old Indian man in silvery hair, who looked like Mahatma Gandhi, to lead me to the statue of Ganesh, the popular elephant head Deity much revered by the Hindus in India. When I narrated this incident to my Indian friend, he claimed that the old man who showed me the statue of Ganesh resembled his deceased father whom I had never met before. Said Baba also chanted some incomprehensible mantra in my dream and I later figured it up during my meditation as the Gayatri Mantra.

Then, there was this image of a Caucasian looking man in his 40s, with long straight shoulder length blond hair, slightly square facial shape, tall and of medium athlete build, and wearing a long sleeve brown colour gown with length reaching the ground. I figured him out as a Persian nobleman, and I have the gut feel that he could be my previous incarnation.

All in all, I have this feeling that most of my guides have come to me in the most unobtrusive forms without materializing their presence but impart the spirituality knowledge to me in the form of chanced access to books, news articles, internet postings, and bouts of sudden insights and awareness during conscious moments and meditations and dreams.

Anthony Leong