

RECORDING-SERIES: ABU TRUST RECORDINGS (Please contact us for current pricing)

During the 'sittings' of the Norman Hunt Circles, audio tape recordings were made on Grundig spools which have become invaluable evidence of what took place, and present a most important record of the teachings and discussions. The Abu Trust have transferred these recordings into MP3 format for easy and convenient listening. This makes the listening possible for a wider public throughout the world. Besides the profound teachings from Abu, many others communicated and the tapes will hold the listener spellbound and will answer most, if not all, questions they want to hear.

RECORDING 01

ABU ... The golden link of love between the spheres.
We function like caged birds on this suffering Earth.
Physical death is the opening of the cage door.
The material is a pale reflection of the spiritual.
On the loss (passing over) of a young RAF serviceman.
A question referring to an elderly lady recently 'passed over'.
Appearance of Etheric bodies in spirit life.
Child Guides. The freedom of the spirit.

RECORDING 02

ABU ... Abu relates his own incredible and moving story from his life on Earth as a Priest in Egypt about 3,500 years ago when he was murdered with a knife, his experiences in the Spirit spheres and his 'realisation', to his rising to the 'fourth heaven' or plane.

RECORDING 03

ALF ... Alf relates his very interesting story from his Earth days as a London 'cockney' to being 'killed' in France early in the 1914-18 war as a soldier on the battlefield. Then his experiences which followed in the continued world of spirit.

RECORDING 04

ABU ... Speaks of Man's Spiritual Evolution.
ABU ... Answers a question regarding suicide.
ALF ... Referring to 'the salt of the earth'.

RECORDING 05

ALF... A 'sorting out place' near the Earth.
ABU ... Values. Love in essence.
Speaks on 'survival' to two newcomers.
Virtue in effort.
Answer question regarding guidance for young people searching for more spiritual knowledge and understanding.
BARTHOLOMEW (Physicist) ... Talks of his interest as a scientist in the Spirit World.

RECORDING 06

Particularly recommended for the stressed, anxious and bereaved.

ALF ... Encouragement for those in trouble.
ANDREWS... Talks of the meaning of Love in the Spirit Realms.
ABU ... Refers to bereavement.

ALF ... Speaks about his clothes, interests and how he spends his time.

ABU ... Accomplishments in Spirit life not always possible on Earth.

ALF ... "All will be alright" and sympathy for those left behind.

RECORDING 07

ABU ... Speaks of children 'passing over' and growing up in Spirit.

Answers question on marriage and birth of children in Spirit Realms.

Refers to 'still-born' babies. Sorrow on Earth

RECORDING 08

ALF... Speaks about Auras - Difficulties in Clairvoyance. His occupation.

BLACK HAWK ... Spirit occupations.

ABU ... The bondage of the physical - Retrospective Healing.

'Time' in Spirit - Individualisation of animals.

RECORDING 09

Dr. CHANG... Aspects of healing, including magnetic healing and X-Ray eyes.

The potential healing abilities of a circle member.

RECORDING 10

ABU ... THE CHURCHES AND 'SPIRITUALISM'

Abu gives a wonderful and extremely interesting talk on 'Spiritualism' in contrast to the rigid doctrines of the orthodox religions.

RECORDING 11

ABU... Speaks of the different states of the mind e.g.

Trance, Sleep, Anaesthesia

Developing Dream Memory - Astral travelling.

ANDREWS... Aspects of his work with the sitters of the Circle.

Blending the Auras and Vibrations.

ABU...Mediumship and the Medium's mind.

RECORDING 12

KEEPER OF THE GATES ... Appeal for help for those in dark regions.

ALF & ABU ... Speak on 'Rescue Work'.

BLACK HAWK ... The rescue work carried out on Medium's own home.

Advice given to Ouija Board users.

BENNY ... First introduction of young man who had committed suicide.

BLACK HAWK... Returns to speak of this case and others.

RECORDING 13

ABU (1st Talk) ... Answers questions relating to Hitler and war crimes.

Intensity of experience as measure of time.

Attachments by links of love and hate.

What happens to the real 'evil doer'.

The justice and beauty of the Spirit world.

ABU (2nd Talk) ... Wonderful for those in anxiety and stress.

The Christmas Spirit - Peace - The arms.

RECORDING 14

ABU (1st Talk) ... Pacifism. God & War.

Reincarnation.

Refers to his mode of living, but indescribable.

ABU (2nd Talk) ... The persistence of memory.

Is there a 'psychic ether'.

Memory and mind in a purely spiritual region.

Cosmic memory

RECORDING 15

Dr. CHANG ... Interesting account of healer who has taken on herself a patient's symptoms. Benefit of parsley. Tells circle member her 'miracle' healing was only possible through her own courage and spiritual strength and determination.

BARTHOLOMEW ... An extremely interesting scientific talk about TIME.

THE CO-ORDINATOR... A scientific and mathematical approach on how a Circle of this type is co-ordinated.

RECORDING 16

ALF ... Thought Mountains. His 'Happy Glade'.

ALF ... *Alf's Christmas Journey (Introduction by Norman Hunt)*

Alf describes in his own inimitable manner his visit to a higher sphere.

Unique and completely fascinating to listen to.

RECORDING 17

ABU... Physical ailments.

ALF ... Alf's cough. He explains why it is that he so often coughs when communicating through the medium.

ABU ... Contacting the Earth.

Wrong thinking and psychosomatic effects.

Karma and illness.

The power and influence from high and lower spirit regions.

Prayer.

ALF ... The next life is a 'natural' one.

RECORDING 18

ABU ... On serenity and how to achieve it.

Withdrawing from earthly affairs to secure inner peace. (A marvellous talk for relaxing and calming).

Answers to member's concern over rapid increase in population and Man's strife.

The Lord's Prayer. (Abu comments on a question).

RECORDING 19

ABU ... 'Where two or three are gathered...'
His adopted name ABU meaning Father.
Remote control and the effect of his 'personality'.

ALF ... No comparable change in Spirit life with that of Earth.

ANDREWS ... Why rescue cases speak more easily than our own loved ones.
Help given even if medium's guide has to relay the message.
More difficult to communicate if person is well established in their natural station.
Removal of etheric body in trance.
Tapping the wire (i.e., silver cord).

RECORDING 20

ABU (1st Talk) ... The spread of Spiritualism.
Hypno-analysis. Memories of pre-natal times.
Consciousness prior to incarnation.
Group-soul knowledge and reincarnation.
Cosmic consciousness. Love is the key.

ABU (2nd Talk) ... The Religions of Ancient Egypt

RECORDING 21

ABU ... Politicians and National morality.
Being amongst one's own kind in Spirit.

ALF ... Time fields. Discusses the comments of newcomers who had attended a previous 'sitting'.

ABU ... On this parochial universe.
Time and space immaterial. Changing forms. The 'Great Ones'.

ALF ... Newcomers to the Spirit Realms.

ABU ... New Year Talk in Devon at Rick's (the medium) home on December 30th. 1958.

RECORDING 22

ABU ... REINCARNATION (Abu's opinion).
General discussion on reincarnation.
Earth is the plane of individualisation.

ALF ... On arguments in the spirit world.
Misunderstandings on Earth are not so in Spirit.
Brief reference to his previous journey to a higher realm. (Refer to Recording 16)

ABU ... 'The horses are yours'. The signpost is LOVE, which will guide you.
Misguidance - False teachings and the penalty.
The blind leading the blind.
Important to seek the knowledge and understanding. The Law of Love.

Is suffering necessary and can children by-pass the need for suffering?
Influence and help from the Spirit World.

RECORDING 23

ABU (1st Talk) ... The dark night of the soul.
Personal Guides. On a Ray.

ABU (2nd Talk) ... The All-Spirit and the nature and composition of the Etheric Body.

RECORDING 24

ABU ... On the ability of the spirit itself to determine the length of Earth life
Suicide and freewill. Cause and effect. The 'Great Ones'.
Events and effects at times of grief.
'Casting your burdens upon the Lord'. Yogi practices.
"We are more potent being 'dead' than you are being 'alive' "
Affective healing through the spirit and physical body and power to ease transition.

RECORDING 25

ABU ... Thought creations in the world of Spirit.
The nature of experience in Spirit life.
Recollections and impacts of experiencing on Earth and other planes.
All that IS, is of God, and all that is, IS God.
Evolution - the action of God - God is All and manifests ALL. We are God and part of a unity.

RECORDING 26

ABU ... Having recently returned from heaven and his trance control of the medium.
The source of Light - God is Love and God is Light.
Inter-planetary reincarnation and the transcendental.
Psychic development.
Capital punishment.
Halls of learning.

RECORDING 27

ABU ... Contact, Control and Communication.
Abu's approval of all kinds of manifestation.
Marriage in heaven and the spiritual aspect of union.
Regarding perfection.
Speaking and language in the spirit world.
Refers to the spirit doctor's healing through the etheric body.
The relation of the two minds.
Mental illness and brain damage.
Obsession and possession.

RECORDING 28

ABU ... Religions of the East and West. Original Brahmanism was a pure concept and non-anthropomorphic, as was also the religion of early Egypt.
Tragedy that philosophies, as in Christianity, became degraded.
Ancestor worship in China.

Buddha - introspective view and mixed teaching.

History reviewed as spiritual development. Socrates - Crusades - Rahere

Discussion with the Circle on Religion and the need for Love.

RECORDING 29 CHATS WITH ALF (No.1)

Taking control of the medium and opening the door.

Problems from those earthbound.

The unconscious states.

Alf feels the body of Rick more than does Abu

His cough, smoking, suffragettes.

His love for donkeys.

Meeting on different levels.

States of Mind. Our time is not your time.

Going down to the edge to help those across the border into the light of understanding.

Other Circles. On Parsons. No change given in Heaven.

RECORDING 30 CHATS WITH ALF (No.2)

Weather conditions and getting control.

Bereavement.

His ties with Earth but happy where he is. "Best of both Worlds"

Making love links.

Time is the real trouble on Earth but not in Spirit.

Life is natural where Alf is. God made it so.

All is familiar and changes are gradual.

No "hopping about on clouds".

Realisation of being "dead" and yet still "alive" is impossible for many to understand.

We can feel your love. Links of love and also hate.

"Books on the shelf" - but you don't have to read them again.

RECORDING 31

ABU ... Conscious and subconscious minds as one.

Loss of individuality at a transcendental stage.

Merging of the sexes.

Purpose of Abu and others to help.

ABU... Sleep visits to spirit regions.

Intermittent sense of contact with the spirit world.

RECORDING 32

ABU ... Various forces operating at conception or birth.

Electromagnetic etc.

ABU ... Etheric body and the physical body.

Insomnia. Platonism.

RECORDING 33

ABU ... Going beyond the concept of a 'personified God'.

Pain and suffering.

We are part of God.

ABU ... Relative importance of emotion and intellect in spirit life.

Frustration on arrival.

Concentration and application.

RECORDING 34

ABU ... The Earth as the 3rd stage of spirit existence.

Creation of physical matter from a formless void.

Earth is a location. 'Heaven' and 'Hell' are spiritual states.

ABU ... Endeavours to influence those on earth from spirit planes.

Man's potential.

Importance of application of good.

ABU ... Psychometry. Materialisation.

The Etheric region is a half-way-house for communication between the Earth and the Spirit planes (higher and lower).

RECORDING 35

The Spiritual teacher Abu speaking through the medium W.F. Rickard with members of the Norman Hunt Circle discussing THE LOVE AND NATURE OF GOD

Tracks:

1. To realise here on Earth, our 'spirit being' is that of God.
It matters not to whom prayers are addressed.
2. Meditation, Prayer, Worship and Concentration.
3. The nature of God. Man is part of God. God is Spirit and Man is Spirit.
The manifestation of God. God is transcendental.
4. The nature of God continued. The one and only message of Love.
Reaping what has been sown.
5. The golden thread of love. The progression of the spirit. The sorrows of Earth are not in spirit. No cause for sadness in the world of spirit.
Love is the king and love is the key.
6. Answering a question on whether it will be possible to devote oneself to pleasurable activities, and yet give reign to one's desire to help those in need.

RECORDING 36

This Talk/Dialogue with the teacher Abu is complete in itself with no breaks.

Track marks have been added only to aid the listener with reference points.

Tracks:

1. Norman Hunt asks a question regarding our dwelling in a wonderful and awe-inspiring Universe, yet we have to leave it so soon for spirit spheres. Abu uses a very interesting analogy and speaks of the 1.2.3. and ABC of basic learning.
2. Mankind is born with all potential and seeks to discover. The acorn contains the potential oak tree. Nothing lost from departing the wonders of the physical for the more wonderful spiritual.
3. The continuation of learning. Abu discusses a question from Edith Hradsky on the thrills and marvels of scientific discovery and whether we 'catch up'.

4. Scientific discoveries and the taking part in them. Abu tells us that we will be able to stand at the elbow of the greatest scientists if we wish. We will lose nothing by dying but will gain immeasurably.

RECORDING 37

Discussions with Black Hawk

This fine N. American Indian Guide took an important part with the team on the spirit side, particularly with rescue work.

Here are some extracts taken from the recordings with the Norman Hunt Circle and the medium W.F. Rickard.

Tracks:

1. As brother and friend.
2. Plenty of work to be done. Lovingly eulogises Abu.
3. Brief communication from Lone Eagle.
4. Preparing conditions in house.
5. Good health wishes to member of circle away unwell.
6. Philosophical talk.
7. Brief communication from Moonstar.
8. Disturbing vibrations of emotion from Earth (Speaking during time of the Hungarian uprising)
9. On a halt in rescue work and why. Circle number is fine.
10. Re. help being given to a schizophrenic woman.
11. Progression made over the years'. 'A link forged between Spirit and Earth.

RECORDING 38

This recording is of profound importance to all those sitting in groups or circles with mediums or developing their own mediumship - Physical mediumship is of particular significance.

Abu answers and discusses questions relating to what to be aware of and the precautions to be observed.

Tracks:

1. The powers working for and against the good. Occult powers - Sorcerers.
Worthy and unworthy spirits invoked. Evil spirits ('unworthy ones' as Abu prefers to call them) have no power over those who are protected with the 'armour of light'. Help is always there to be called upon.
2. The enquiring mind and the static mind. Those who go over with closed minds will enter a place where others have closed minds. The mind requires to open, to expand and progress by enquiring. A closed mind simply amusing itself is not progressing and will most likely not recognise the light of help when it is offered.
3. Mediums creating thought forms or simulacra. An aspect of the medium which will speak and create the impression of being a spirit person. This simulacrum is only an aspect of the medium. Pseudo-guides and phantoms can be subconsciously created and become attached to the medium.
4. The power of thought. The split personality or 'Jekyll and Hyde' state of some mediums causes them problems when they pass over from earth.'
5. One who is in an earthbound state is in an unnatural condition.
6. Thought forms (simulacra) created by a sitter seem to have an independent life of their own. They can make mediumship confusing. The author's creation of e.g. the Christ, Angels with wings etc. thinking of actual loved ones, in spirit, can attract them and possibly they may appear.
7. The dream state is a halfway condition but is not a true meeting.

8. Entry for unpleasant spirits. Necromancers and sorcerers. Conjuring up and inviting these less desirables. The importance of keeping one's thoughts goodly on those things which are desirable and not to invite the adversaries.

RECORDING 39

Tracks:

1. The memory does not reside within the brain but within the mind. The memory after leaving the physical shell is considerably heightened and increased.
The brain becomes a handicap as the physical body ages and the memory becomes more dim...
Inhibitions - Amnesia.
2. Mind frequency rate. The individual remains and the person is the same but the qualities which constitute the personality develop and change they do as on earth.
3. The legend of the 'Fall of Man'. Man was individualised on Earth.
The descent of Spirit for this experiment of earthly living.
4. Future developments of psychic and spiritual awareness.

RECORDING 40

Tracks:

1. Man is a creature of fear. A God of power? Fear?
The God who is Love. Thy will be done on Earth as it is in Heaven.
2. R.C. Priest --- Address on Good Friday.
3. Speaking of a forthcoming visit to higher spheres.
A rarefied atmosphere which would appear transcendental to the Earth dwellers who could not face such light as yet. Beyond description.
4. Reply to a question "Have you met Jesus?" The Christ Sphere.
The essence of Jesus. Womankind as an analogy. Man is God in essence.
5. The Second Coming.

RECORDING 41

Tracks:

1. The impact of Spirit upon primitive people.
Familiar surroundings when they pass over and opportunities to progress.
2. We have evolved in spite of everything.
Primitives continue to evolve after they pass to spirit.
3. The mind does not evolve. The mind is the tool of spirit.
Parable of the talents and spiritual progression.
4. Regarding what happens when someone goes to Spirit World leaving behind on Earth someone they have wronged.
Self purgation before the natural station is achieved. Seeking forgiveness.
5. Remorse..... The next stage is not much removed from Earth.
The advantage of those in Spirit outweigh those of the Earth dweller who has more difficulty in forgiving.
6. Those who are bounded by love cannot separate even if one goes ahead of the other and may be more progressed and developed.
Sin is the absence of love.... We cannot sin against God who is ALL LOVE.
7. The Law of Love does not change. We are our judge, jury and executioner.
8. The Second Coming.

RECORDING 42

This profound discourse between teacher Abu and members of The Norman Hunt Circle should be listened to in its entirety.

Track numbers are included for useful reference as markers.

Tracks:

1. Diversity in unity. Complexity in simplicity. Multiplicity in oneness.
Spirit is God and God is all. All is spirit.
Why should spirit manifest at all?
2. Experience for you, as individualised spirit, is unique.
Spirit and the one transcendental region.
Parallel of painting in a dark room.
All things are in the present - No time - No space.
3. Manifestation implies limitation.
All on a journey towards the transcendental.
The problems with the idea of reincarnation, the Buddhist wheel and karma.
In the transcendental region there is all mind but not active nor individualisation.
4. Good and evil - Light and dark. Love is of the good. The horses are yours.
Referring to this experiment. Many discussions.....

RECORDING 43

More profound discussion and teaching between those communicating from spirit, through the medium W.F. Rickard, and The Norman Hunt Circle.

Tracks:

1. Black Hawk Brings his love and greetings. His interest in the work and affirms the progression made under Abu's teachings
2. Abu Earth living is a short step on a vast and mighty journey.
Doing things with spiritual connotation. No satisfaction and nothing endures by clinging onto earthly material things.
3. Abu Effect of directing the attention spiritward or earthward or both.
The bringing through of names and arousing emotion in communications.
All forms of mediumship have the heyday. The intent from higher planes.
4. Abu There was a thousand years of darkness on earth when it was impossible to get through from spirit. Mediums were condemned
Now, the spirit world has aroused and awakened mankind. We are all one.
5. Black Hawk Invocation ---- Blessing on all brothers and sisters from heart of red-man.
6. Alf Describes Black Hawk's head-dress and apparel. Also, how other people are dressed and appear where he is, including himself.

REINCARNATION REASSESSED

Here at last is a definitive appraisal on the concept of reincarnation which will appeal to all serious thinkers and researchers, in opening up new dimensions of thought and understanding of this complex subject. Reincarnation, coupled with the doctrine of karma, has long been a tangled issue probably causing more misunderstanding in paranormal and religious study than any other concept or theory. Its attachments are

embedded in the Eastern religions of Hinduism and Buddhism, as well as Western occult studies and the Ancient Wisdom of Blavatsky, Bailey and others incorporating Theosophy; also, the doctrine is central to Spiritism. Reincarnation has been a thorn in the side of Spiritualism and has possibly been more of a perplexity amongst Spiritualists as to how much belief, if any, is taken on board. The result being that a little knowledge becomes dangerous and confusing.

The Abu Trust have put together a number of extracts from the library of taped recordings made during fifteen years of sittings by the Norman Hunt Circle.

The result is over two hours of intelligent and riveting discussions between the spiritual teacher ABU and the dedicated members of the Circle.

Sensible questions being asked and receiving profound answers from a teacher with a vast amount of knowledge and experience of the spirit realms, who claims to reside on the fourth plane, and communicates through the fine deep trance medium W.F. Rickard. In his wisdom, Abu makes it clear that he speaks only from his personal experience and knowledge which he shares with love, understanding and patience.

It is this humility and honesty which marks him the great teacher he is. Amongst questions put to Abu include; personality and individuality, hypnoanalysis, regression and the pre-natal, the transcendental.

The recordings require careful and repeated listening, but for those who take a serious open minded approach, the reward will be a revelation.

There is no doubt that refreshing, new avenues of thought will be opened up, which makes these recordings quite unique and provide a breakthrough of knowledge much needed today.

REINCARNATION REASSESSED

RECORDINGS S1

The teacher Abu discusses this important subject with The Norman Hunt Circle through the medium W.F. Rickard.

Tracks:

1. What is the point of returning? Opposing opinions continue.
No universal compulsory reincarnation. Special vocations.
The Earth is the plane of individualisation - an evolutionary plane.
'You are but caterpillars as yet - the butterfly does not again return'
2. No reincarnation in the normal way. Possibly only from the transcendental.
It seems peculiar that if there is recognition of previous lives on Earth, there is no recollection of lives spent in between in spirit spheres which are far more intense than any Earth life could be. 'You have not begun to live' states Abu.
3. Abu answers a question on Hypno-analysis. Cosmic consciousness. The subconscious mind is empty of experience in the prenatal timeless state. The time bound state of conscious mind starts at conception. Abu has not experienced any pre-existence.
4. Fierce argument continues in the next plane of spirit.
Too much importance is given to Earth living.
The earthplane is set aside for the purpose of individualisation.
5. Astral overcoats and cloaking down. Abu remains the same.
The transcendental is the whole - no individualisation within it.
6. The Personality and the Individual.

RECORDINGS S2 (continued from Recording S1.)

REINCARNATION REASSESSED. The teacher Abu speaking with members of The Norman Hunt Circle through the medium WF Rickard on various occasions upon this important and often misunderstood subject

Tracks:

1. (*Continued from Recording S1 Track 6*) The Personality and the Individual.
Special work of a spiritual nature upon Earth in very rare and unusual cases'
The Greater Self. The spiritual aspect and vital urge.
2. The word 'Reincarnation' implies a rigidity which does not exist. The commonly held view of returning to Earth from other spirit planes does not take place because no such process is possible. Re-imagining and special creations from the transcendental is not reincarnation as commonly understood.
3. Abu answers a question regarding the idea of the facet of a soul returning.
Celestial and transcendental spheres. Extracting the virtue.
Abu warns of certain 'teachings' being a little suspect
4. On hypnosis and regression to supposed past lives. Abu answers a question.
Subjects retailing the experiences of someone else. Travelling experience of clairvoyance. Upon a same ray. Direct control using dialects and other languages. Hypnosis from earth and spirit – parallels, with trance.

R-SERIES: RESCUE CASES

Informative and helpful to those interested in Rescue Work and how a Rescue Circle operates,
Also invaluable for those wishing to sit for Rescue Work.

RECORDING R1

Vanessa Morton: This rescue case concerns an educated and cultured woman who evidently had been very selfish and unloving to others on earth. The Circle helped her with love and understanding to recognise for herself the errors which had been holding her back from spiritual progress.

William Thompson: A miner who died in a coal-mine collapse near Brighouse, Yorkshire. When he was first brought to the Circle he had no idea that he had 'died' and passed over to the next spirit world where he found himself recovering in hospital.

A lovely friendship develops between the circle members and William, leading him to realise what had really happened.

RECORDING R2

Donald and Jeannie: This is an amazing and emotional case involving a father and his daughter speaking through two mediums in deep trance. This is the only way Jeannie can be brought to speak with her father, who had wronged her on earth, and begs her forgiveness which she cannot bring herself to believe.

RECORDING R3

Josh Whitehead: Norman Hunt (Circle leader) introduces this case concerning an old sea captain, privateer and smuggler who had been wandering the water-fronts of the world since about 1800. Pride had prevented him taking position under anyone.

Reuben: An orthodox Jew brought to the Circle who had been held back through some erroneous thinking. After a number of visits, he made good progress and was able to meet up with his wife, also in the spirit realms, and wanted to help his family still on earth. A joy shared by the Circle members.