

## Rescue—8<sup>th</sup> June 2009

There was an unusual beginning this evening, with one spoke through Sarah with the object of raising our energy with a jolly game. We were to try to sense the nature of 'silly' hats placed on our heads by those in spirit. They were very odd hats with Lilian, for example, having a green crown with a bird's nest in it! But nevertheless we were all able to sense our hats in quite useful detail. Our energies raised by the game, we were then informed that this was because a very difficult rescue would follow. It came via Sue:

Lilian: Can we help you in any way?

*I...*

Lilian: Feeling a bit sad?

***Aye, and if you want to help me...***

Lilian: Well, it's nice to help people. If people are sad we like to help them.

***Sad ... that's what I am ... sad.***

Lilian: My name's Lilian, can you tell me your name?

***My name ... you wouldn't want to know my name.***

***You wouldn't want anything to do with me.***

Lilian: I think I would. There's some good in everybody. We've just got to find it, haven't we?

***Not for me. Why would you want to talk to me?***

Lilian: That's my job. If people are feeling sad, I try to help them to be happy, and explain to them what's happened to them and so on. Why are you feeling sad?

Paul: We don't judge people here.

Lilian: That's not our job. Our job is just to help and explain things to you.

***Sad... sad doesn't even begin to tell you. You say you don't judge people.***

Lilian: You're judging yourself. That's why you're feeling sad isn't it?

***It's not sad! It is utter revulsion, utter revulsion!***

Lilian: So you're judging yourself. Well that feeling is good, but then there's a time to lose that feeling and turn your life around and start afresh. That's the only way to work your way out of that revulsion and so on. You have to work at it. You know you're sorry for whatever ... and I don't need to know the reason.

***SORRY! ... I'll tell you: I can't see you but I can hear you and I know if you saw me... I'll tell you why I am so revolted with myself, why I can't see a light at the end of the tunnel, why I deserve to be where I am. I killed my child. I ... killed ... my ... child.***

Lilian: Right. How old was your child? You can talk about it if it helps. Can you explain why you did that?

***Pause***

Lilian: Was the child disabled?

***No, no not disabled. My child was ... evil.***

Lilian: Yes, I see where you're coming from. How old was the child?

***Not a child when I took his life.***

Lilian: No, he was grown-up, but he was still your child. And you felt that was the right thing to do.

***I could only see more and more evil if I allowed him to continue in the path he was treading. I thought that if I sent him on his way into another life...***

Lilian: You realised that he had another life did you?

***Of Course! I also know that I am no longer on the Earth.***

Lilian: Good, that's half the battle then, but at the end of the day, you know that that was the wrong thing to do and we really shouldn't kill another human-being, but I do see you ***thought*** you were doing the right thing at the time.

***I thought I would be saving other lives.***

Lilian: Yes I understand. So did you not tell the police?

***In the eyes of the law ... In the eyes of the law, he was an upstanding young man. He was ... he was ... a policeman.***

Lilian: He was a policeman himself?

***Nobody would have believed me if I'd told them.***

Lilian: I see.

***I watched and I waited, and I watched and I waited, and when I saw what he was doing I knew I had to act.***

Lilian: But you've had time to think about this now, haven't you? So you've put yourself in a dark hole and that dark hole shows you that that was the wrong thing to do. I don't know what else you could

have done but there must have been another way. But that's done now and it's gone. Your son's gone and he will know better now, and so do you, otherwise you wouldn't be feeling the way you do.

***He was of my flesh and blood and I snuffed his life out like a candle.***

Paul: Sometimes, it's better to look at the intention behind the action, rather than the action itself.

*General agreement!*

Lilian: And pray for him, rather than the way you went.

***I prayed!***

Lilian: You did.

***I still pray for him.***

George: Ah! That's very good.

Lilian: Okay. Now you have told us the story of why you're unhappy. I think you're ready to leave all that behind you and go forward in the spirit world.

George: You used an expression earlier, ***light at the end of the tunnel***. There is always that light at the end of the tunnel.

Lilian: You judged yourself. No one else can judge you, only you. I understand you are a religious person by what you said, but at the end of the day, you are the judge of yourself, only you.

***And I judge that I should remain in this darkness.***

Lilian: Yes, well now you've thought about it, I think it's time to move forward, because you are just wasting time aren't you? I think it would be very nice if you could meet your son and work it out for your sake and possibly his as well, but I don't know that ... that you will have to find out as you go forward.

***I need to know whether he feels remorse as I do.***

Lilian: I'm sure he probably would. At the end of the day we all do. We all have to face what we've done. We can't escape it

Paul: There's that little spark of goodness in everyone that knows the difference between right and wrong.

***He was a good child when he was young.***

Lilian: Yes, it happens to a lot of people that they take a wrong turning, a wrong pathway.

***He most certainly did that.***

Paul: A lot of people, a lot of very good people get very lost on the Earth. It's a place where you can really lose yourself and become confused.

Lilian: I think it's time to leave that behind and move forward.

Paul: It's all about learning.

Lilian: can you not feel love surrounding you and see a light ahead of you?

***Oh! The light's been there for a while.***

Lilian: Good ... and you need to take a step towards the light, and listen to people on the spirit side of life that will help you more than I can.

***They've tried.***

Lilian: Yes, well now let them try again.

George: There's 'love' and there's 'forgiveness' and of course, these are very powerful things to think on.

***I will try.***

Lilian: Can you see anyone waiting for you in that light?

***My son is there. I need time.***

Paul: I think this can be turned into a wonderful learning on many levels for both of you.

***General agreement!***

***He's getting closer.***

Ann: Oh Good!

***There are tears on his face.***

Paul: Tears of joy, I would imagine.

***If they were tears of joy, I would turn from him, but they are tears of remorse, and for that I can walk towards him and take his hand.***

Lilian: Good.

***Tears of joy would not be appropriate, but they will come in time. Yes, my son ... my son!***

Lilian: Well, we'll let you go and sort things out with your son, and move forward the pair of you.

George: And into the light!

*It is only rarely that rescues are fully reported, for a number of possible reasons ... it may, for example, seem too intrusive, or perhaps should be treated as confidential. In this instance, there were no names given and the account is, we feel, so very instructive. It shows how there can be self-motivation that is later questioned, how the principle of self-judgement*

*operates and how self-condemnation can temporarily hold one in a darkness. But the light is always there to be moved towards when the time is right. And help is always nearby in some form or other. No-one is left alone.*

*Finally, one spoke via Sarah of the warmth, light and love that remained in the room and the general group feeling.*