

~21st June 1999~

Good evening. *(General welcomes)*

My dear friends, I bring to each one of you great blessings. It is good that we have come together once more. *(General affirmations)* I wish to say to you, my dear one, *(Lilian)* put to one side any fear, any apprehension that you may have, because your time is here for you to grow in a new way. You have shown to us much devotion over many of your years. You may find in coming weeks new awareness of what you need to do. *(Good.)* So look towards us and let us guide you and we will continue with this work which we have started. I would like to say to you all my dear friends that many have wondered why these changes have come. Let me say: Change is growth—that is all you need to know. It is foolishness to try to analyse the way and workings of Spirit. Know only this my dear friends, that each one of you will individually grow to your own degree of spirituality, but as you know and from past words I have spoken to you, we need a united light, love and thinking if we are to achieve the work which is ahead of us. Therefore I say to you this my friends: Look to the silence; I have to tell you that there could be much improvement in this field. Too many refrain from this act of silence. I ask you my friends to try to find time in your daily lives to give to it, because in the silence that is when you can grow and be guided.

Lilian: I think we can all try a little more.

I know you will. We need from each one of you united thinking when you enter this room. I have spoken many words about collective growth. Therefore there is no need for me to reiterate again what I have previously said. I hope that each one of you understands more fully now that no one person is indispensable when it comes to the working of Spirit.

Lilian: Yes I see.

When the work has to be done, no physical person, no physical situation will stop the process. Do you now all realize this, my dear friends?

Lilian: Yes, that's nice to know.

Because there has been fear, there has been apprehension as to whether this work would continue. I have felt much love from each one of you in your thoughts and for this I thank you my dear friends. Know that all I have given to you in

words will become stronger within your thinking. As time continues, each one of you will grow stronger in that spiritual knowledge.

Already you have found the strength to speak many words to others, and individually each one of you has become much stronger in their own emotional thinking. You must, my dear friends become stronger, not only in body but in mind and in body. If you have questions for me this time, I will be happy to answer them for you.

Lilian: Any questions?

George: Firstly let me say it's a great joy that you have been able to return to us. Unfortunately for me, I have become rather deaf so I cannot always hear your words in session, but happily I am able to listen to the tape afterwards. I would still like to put a question sometimes if I may, but it's very likely that I will not hear your words during the session. Perhaps it would be good to begin with the brief war that has been going on in Yugoslavia. We have all be much saddened by this and many of us would have preferred a spiritual solution to the problems in that country as opposed to a military solution. There have been our prayers and hopefully these will have had some effect. I know that a suggestion was put to the American President that a large team of people skilled in transcendental meditation should go into the country and meditate locally. With this in mind I wonder if you would like to say something on the relative qualities of prayer and local transcendental meditation and indeed the attempted military solution?

Yes, let me say this to you my dear friend: Again we return to a subject much spoken about, but I will on this occasion try to clarify for you some points. There are, at this time of you world's evolution, many problems, many problems caused by mankind himself. This we have discussed many times. Prayer, as you know—thought cannot be wasted. Collective prayer and thought brings more power to it; this you know and understand by now I hope. *(Yes indeed.)*

What I wish to say, of course continue with your prayers for the sake of you your brothers all over this planet—prayer is never wasted. But what is more important for you and for each one within this room is that you must rise above individual catastrophes, calamities within your world. You have the power my dear friends, to do this. You must see your world, your planet as it sits within the cosmos; it is but a small area.

You understand this? (Yes.) Know that all things are governed by the one law and that is the law of Love. You wonder why prayers seem to go unanswered—they do not. But what you seem to be unaware of are the negative thoughts of mankind who has lost that sense of Spirit, of goodness, of all knowing. Therefore you have Truth, knowledge and Light against darkness and what you humans would term 'evil.' Do you agree?

George: Yes I think I heard some of that.

Yes, it is difficult I know for you, but hopefully when you hear my words repeated, the understanding will come to you. You cannot as individuals change things in your world in an instant. But awareness is on your planet now, it is growing. There are many such as yourselves who send good thoughts to those of us who can help to influence the leaders in your world.

George: Yes I think we are beginning to understand and it struck me that it is a good sign that the idea of transcendental meditation was even *put* to the American President.

Yes, because you cannot, as I have said to you in past times, you cannot stop Truth this time. Mankind on the whole is becoming more *aware*, more spiritually aware, but until such time as *all* mankind have changed, there always will be strife, there always will be unkind deeds, man against man. We have spoken, so I think for this time I will stop there and let you think about the words I have said to you in past times.

George: Yes, I'm sure your words have helped to clarify this, thank you very much.

It is my hope, it is our desire that each one of you grows to a state of realization that you can be larger than this planet itself, if only you will give of yourselves to the knowledge and light of Truth. I think for this time I have spoken enough. We have much to do, we have much time to achieve it. I know each one of you brings great benefit to each other within these meeting. I leave you now dear friends and say to you offer yourselves to that Great Force which encompasses us all, that great energy called Love. Find yourselves enveloped within it each day of your living. I ask you now, may remind you please that there be no sudden noise or light until this one (*Eileen*) has returned.

(General agreement, thanks + farewells)