

~28th June 1999~

Good evening. *(General welcomes)*

I wish for thank each one of you for your warm thoughts and welcome which has been extended to me my dear friends since last we met.

Because we are few in numbers at this time I will not teach you anything new; this I have told you previously, because it is most important that all be here whenever there is new teachings to be given.

Lilian: Hopefully they will be here next week.

Yes, there are too many absent this time, *(Yes.)*

therefore I will say just a few words this time.

(Thank you.) I know there are many questions that you wish to place before me; these we will deal with next time. I would also say this to you, my dear friends, that I have been aware of your loving thoughts towards us and I would like to discuss further why each one of you still feels so much grief, so much distress when one of your human beings returns home to us.

Lilian: It is probably just selfish of us; we know that we are going to miss them.

Yes, we have discussed this topic on another occasion, but perhaps the time has come to elaborate just a little why human beings feel the way they do. So there is much for us to discuss next time before we continue on our pathway to knowledge. So I will say this to you my dear friends: For the rest of this time this evening, we will devote once more to individual development in whichever shape or form that may take. Therefore my dear friend, I will leave the rest of the time in your most capable hands.

(Thank you.) Again I ask only that a little time be given to the return of the one I use, that no sudden noise, no bright light be used for a little time. *(Yes certainly.)* You need not be quiet, but perhaps you will keep my words in your minds.

There is no need to remain in silence, but to allow the work to continue as it will this time.

Know, once more my dear friends that I encompass you all within this group with my love and my light. *(General thanks + farewells)*

One followed through Sue:

Thank you for your patience. I come to say that although you have heard from the master who comes here that he will talk to you at your next meeting about, shall we say, human weaknesses, I will just say a few words concerning the step through the door from this

world into a greater world. Your thoughts and prayers this evening have been duly noted. You have spoken about fear to let go—a natural and understandable reaction at the end of the human life span, but as I know you are aware, it is the easiest thing for the spirit to return to its natural habitat, you would agree, yes? (Yes.) You don't understand because the lives you have led this incarnation have not experienced the journey, but I know you are aware that you are never left to make that journey alone. My dear lady, it is something that is well understood in our realms, but whenever one of them has the opportunity to return and give some words of encouragement we will do so, and should you be in the situation where you yourselves can offer words of encouragement, then they will come easier to you if you will remember words of myself and others, do you comprehend what I say? (General agreement) Fear is the key to all the holding back, physical fear. But let me say to you, the souls are old and wise, they are ready to return, but of course there is what you call a cord between the human shell and the soul and it is like perhaps a piece of elastic and although the soul is willing and able to take the step, they are sometimes held back as on elastic, because the human mind will not quite release that band. You understand? (Yes.) I do not say this lightly, but sometimes when the mind finally releases the soul, depending on the circumstances, it can sometimes be like a human catapult, you understand me? (Yes.) Whoosh, it causes no problems to the soul. They are expecting it but it can sometimes affect how quickly they return to their habitat, the habitat that they left aeons ago.

Lilian: So in the case of maybe an accident or in the case of war when the person is certainly not expecting it, is that with a whoosh?

Because the mind has let go, perhaps unintentionally, you understand me, it hasn't had time to expect and wait for—the soul is suddenly is returned into the realms. (Yes.) So, yes, it takes with it a fragment of the human mind and therefore has adjustments, which are not always necessary with an easier passing.

Lilian: So those are the 'rescues,' as we call them, are they?

A small part—I am only generalising here, it is not the case in all, it is mainly, mainly where the human mind is strong and does not want to

release the soul—that is mainly when the catapult feeling occurs—not, and I say, rarely, when it is a sudden, as you would call death. That is a different aspect entirely, but of a similar push through the curtain, yes? (Yes.) But we come into difficult and complicated ground, part of which our master will speak to you about, possibly at your next meeting or at another given time. (Yes.) I just came here to explain that we are aware, and we are always there to ease through the passing when the mind releases the soul. You know without me telling you that you are never alone, but it is something for you to hold onto and remember, should the need arise for you to help someone through that door. My voice is something that perhaps you will not forget and it will be in your mind and some of my words may come through and be of benefit, you understand? (Yes.) There is just one more point I would like to make before I leave: Never forget where your origins lie and they are not of this worldly planet, you understand? (Yes.) Always think spiritually, always return in thought to your origins. You are aware I know, that the incarnation you have now, may not be the first of your spirits.

Lilian: Yes, we've been told this.

Your spirits can be multitudinous and you may have other parts, which you will join with in time. Think of these, think although you do not know who or what you may have been, it is a good lesson for you in quiet times to think of your origins and wonder a little about what you may have been. I can only say this to you, because it is deep waters and I don't think I have the words at this time to explain further, but it will help your other parts of spirit, if they feel that you can join in mind with them. Do you understand a little of what I say?

Lilian: Yes, it is interesting.

You are aware I know of perhaps one incarnation.

Lilian: Yes, we've been told of one. (The monastery – see 30/06/97)

You know therefore that that particular part of your spirit has well gone on to other realms, but is still joined to what you are now. (Yes.) That cannot be severed no matter how far on in the realms other parts of your spirit go. They cannot be separated from what you are now. You are joined, joined by a completely unbreakable cord, which can shall we say in human terms stretch

infinitely, but cannot be broken. And they will—I say 'they,' to make it easier for you to understand, 'they' will know if your thoughts are with them. It is complicated I know and I hope in future meetings we may be able to elaborate further on this subject, possibly through myself or possibly through someone who has greater knowledge and can explain more fully. But I ask you, will you do this for yourselves and for your soul?

Lilian: Yes we will.

In quiet times, give a thought to what you once have been, and who knows, in quiet times you may be able to visualize what you may have been. Would that not be quite an achievement?

Lilian: Wonderful yes—we will see what we can do.

Now, if you will forgive me, I must leave you. I hope I have given you some food to think upon and I thank you for your time.

Lilian: You certainly have, thank you very, very much.

As I say to you, always give your love to those that need it and other's lives will have a smoother path. I send you love from spirit and wish you health and happiness, until I come to speak with you again.

Lilian: Our love goes with you, bless you.