

~5<sup>th</sup> July 1999~

Good evening. (*General welcomes*)

Thank you once more for this coming together. Thank you for all of your thoughts and I know my dear friends that once more we have many, many words to speak together. This time I wish if I may speak to you about the emotional body, which envelops you all at the time of what you call 'earthly death.' I spoke briefly last time and there was communication from another briefly on this subject. The time has come my dear friends, for you to understand a little more of the workings of your emotional body. You know that the emotional body is at times intertwined with your spiritual thinking. This is as it should be, but what is lacking within your human beings is this: That you do not fully have control of your emotional thinking. I am sure each one of you would recognize these words and what I try to say to you. Let me continue therefore and say this to you my dear friends: Each one of you here knows and understands well that when you leave behind these physical bodies that you continue within our world, that you are coming home; you know and you understand this—this is not the problem. The problem with many of you is that you do not have control of your emotional thinking. Know also that when you come to our world, you do not instantly change, and that is because of your lives upon this planet and the way you have allowed your emotional thinking to take hold. Can you understand and accept what I say? (*General agreement*) This is why in times of earthly death you feel these great surges of emotion rise to the surface of your being. Why should you feel pity and sorrow for a soul who is returning home? Should not instead you be giving thanks to that Great Creative Force for returning that soul from whence it came?

Lilian: Yes, I can appreciate that. I do feel that a lot of the sorrow we feel is a selfish sorrow for ourselves.

It is indeed, but of course as human beings you were endowed with freewill and with all the earthly emotions that go with the human frame, but that is not to say that you should allow the energy of emotional thoughts to control your lives. If you are to grow spiritually my dear friends, you need to capture the strength to control your thoughts and emotions. Once again

I am stressing to you the power of thinking, the power of each individual thought, not only the affect that it has upon you, but the affect that it has upon many other people. You must take the power into your own hands; this is most important for each of you.

Lilian: So could we help say someone who is dying, could we help that person with their thoughts and prayers?

Of course you can, but that is not what I am speaking of, I am speaking of control of your own individual emotions. You know the power of collective thought, you all have understood and accepted this aspect of thought, but what you have not fully grasped is the fact that individual thinking is your own *responsibility* in all things in life. Until you take control of your thinking of your own emotional body, there will always be stress, there will always be distress, there will always be hurt within your hearts, and after all as I have said, why should you grieve for the soul who is returning home? I wish to go further now my dear friends and say to you this—and this may be something that has not entered your thinking to date, but what you grieve for when you grieve for one leaving this plane, is in fact the memory of your rebirth into this world. You have not given much thought to this, have you my dear friends? (*No.*) This is what I would wish you to think upon this time. We will return to the subject when I will give you the opportunity to put questions to me, but for now I wish that you take my words with you this time and think about them carefully.

Lilian: Yes we will.

I will try to make it clearer for you in your states of silence, if you will but think upon my words. But we will return for questions another time in order that you can fully understand. I hope for all time how important it is for each individual to have full control and full power of their own thinking.

Lilian: It would certainly make life much easier for us.

That is not the purpose if I may say, the purpose is that you grow spiritually stronger, that is the real purpose. So now I will leave those words with you this time. If you have any other questions, I will be happy to answer them for you and then we will allow some others to speak if they so desire and allow each one of you time

**for your own individual guidance and development.**

Lilian: There is just one question. Our old friend who has just moved to be with his son—at this moment I think he is puzzled as to why he had to move so far away. Perhaps you could give us a few words that might help him.

**So far way in the physical sense you mean?**

*(Yes.)* Yes, I understand the question. He has not moved far from you. The essence of his spirit remains with you, but I accept that changes are for some people not always what they would desire, but I have said to all of you recently that *change is growth* and although what you ask for is not always what you receive, let me say this to you my dear friends: Again your own freewill has much to do with what takes place in your lifetime here. We can influence, we can help as you know, but ultimately the freewill of the individual takes precedence at the time of choice. I would say this to you and perhaps my words can be given to the one intended for, please.

Lilian: Yes they will be.

I know that each one of you has missed the physical presence of our dear friend, but although his knowledge was greater in a sense, and I do not say fully, but in one sense greater than your own, it came to pass that it was—and I say this strongly to you: The time had come for him to make new ground, because he had achieved much within this place with many peoples over many years. What I wish to say to you is this: That the choices each of you make within your lifetimes, are choices you feel are good for you physically in the main. Not many of you human beings look to change from the spiritual aspect, although I would say the gentleman in question knew within his heart that spiritually his work was to continue in another phase. He may not recognize it, but spiritually he does and although he feels a great loss at the absence of the physical contact of many of you, spiritually he is in a new phase of growth. I say to him look within, to spend his remaining time in the spiritual thinking in order that new words come to others from him, that there is an area within his life which is waiting to open up to others. He may deny, he may not fully understand, but he has reached a stage of his lifetime when new contact was necessary. I know and understand that he feels the family

ties are important, but I say this to him: That was not the reason for his leaving you. His own continued spiritual growth, the recognition that life does have ups and downs when least expected; it is a lesson he had to learn. It may be a lesson hard to accept, but I say to him, he has grown from this lesson. This lesson of loss, this lesson of missing what was so regular within his life—this is a time of spiritual growth. That is all he needs to know. He knows fully well that to try to analyse the way of spiritual workings is not the correct path to take, therefore I say to him my dear friend, look forward to your experiences, look forward to many new aspects of knowledge, to a new awareness, a new feeling of growth, which will come before his days are upon this planet are ended. I ask that you pass these words to him. I am sure he will find comfort from them, because at this time that is what he seeks. Not only was this change necessary for him as an individual, but for each one of you to find anew, the strength which is within each one of you, to know that the work of spirit continues, that nothing can stop what has begun. I know my dear friends, that my words will travel with you this night, that each one of you will in your own individual way try to make sense of what I have said. Know always I am with you and know that we will discuss further the words I have given to you this time. I leave you now in the knowledge that each one of you is encompassed within my love and my light and the love of that Great Creative Force of which we all come. *(General thanks and farewells)*