

~19<sup>th</sup> July 1999~

Good evening. *(General welcomes)*

I wish to say this time how happy we are about the new conditions created within this room. I want you to know my dear friends that soon I wish to embark upon new knowledge for you. Until that time it is imperative that the energy that is utilized from each one of you is used to its best and that each one of you is so willing to be used also. Therefore on this occasion I feel it would be good if each one can offer themselves to be used in the best way possible. We thank you for the unification of this group, we thank you also for the dedication shown by the all for the continuation of the work. This time we ask that each one of you open yourselves to the influence around you in order that we may use your spiritual energies to the full. I am not speaking of your human fears and doubts, I am asking you dear friends that you allow that spiritual side of you who is all-knowing, to come to the fore of this evening. Therefore if you are agreeable this time, perhaps each person, excluding the instrument I use, to be placed within the centre of the room and to allow that encompassing energy to surround in order that they can be used. In this way we can better see how the combined energy of you all can be used for our new work.

Lilian: So we should sit quietly?

**Each one be placed in the middle of the group please—each person by turn. Do not feel afraid if you feel anything that is unusual to you.**

Lilian: Would it be better if I put a chair in the middle?

**Yes, thank you. This exercise my dear friends, is of the utmost importance. We can take this information and use it to the best—it will enable us to assess what and how best we can use this combined energy. I will speak no more this time but I would say to you that much time will be needed this time in bringing back this instrument. I will leave it to you. *(General thanks and farewells)***

*We then took turns sitting in the centre of the room as directed for the remainder of the meeting.*