

~30th August 1999~

Good evening. *(General welcomes)*

How welcoming it is to be with you my dear friends once more.

Lilian: Thank you, we are very glad that you've come.

I will not discuss this time any new topics, but rather I would say to you because of your numbers that I will speak with you individually and answer any questions that you may have.

Lilian: Yes, that would be nice.

Then I say to you my dear friends, there will be some time for each one to develop their own individual pathway, so we will devote some time to this, this evening. I would ask also that at the end of this meeting that your concentration be focussed upon the centre of this room. We are trying to achieve much with you this time, but because of the numbers we might have to work considerably more.

Lilian: Yes, I understand.

So shall we begin my dear friends with each question?

Lilian: Margaret?

Margaret: I have a problem in my mind about when I die. I do not want to be buried, I just want to donate my body for medical research. I just got a bit worried about whether this was correct for me to do.

I understand. Firstly, let me say this to you that the expression of your words 'to give' is a spiritual gift which you have grown with. I would say to you my dear friend that some years ago this would have been far from your thinking. But let me say this to you, that when you come home to us at the end of this physical life, the physical being matters not to you; it is as I have said before, a part of you to be disposed of. Therefore there cannot be anything wrong in allowing those physical parts to help others.

(Thank you.) **If this is a true wish, a true desire, I say to you my dear friend, go and think deeply and make arrangements with loved ones that this is what you desire.**

Margaret: Thank you very much.

It is your last gift to this physical world and in that capacity I say to you, you are fulfilled in seeking to give with love. Thank you. *(Thank you.)*

Lilian: Paul, any questions?

Paul: I don't have any questions at the moment really. I think I'm thinking mainly about my next travel abroad.

Yes, well I believe much has been given to you about this subject, but let me say this to you my dear friend: There is much in your life that is fulfilled, but there is within you a part that is spiritually unfulfilled. Can you accept my words?

Paul: Yes, I can.

Yes, let me say this to you, that as the years grow upon you as they surely will, you will find that from within there comes to you much thinking, much deeper thinking, that will enable you to find your true spiritual home upon this earth. There is much within you my dear friend for you to find. Therefore I say to you, at this time continue to seek and you will find.

Paul: I'll do my best.

Thank you.

Lilian: Sarah?

Sarah: I have a couple of questions. Last week I did have difficulty in distinguishing from the physical and the spiritual when you asked us about how we perceived the world and Eileen said to me that if each of us do our best to raise our awareness, then there will be a snowball effect. I still have problems with the people who are causing a lot of trouble on the earth. I can put out thoughts to them to try and help them to do the right thing, but is this right what I am thinking? Is there perhaps anything else that I should be doing?

Yes, I understand what you are saying my dear friend. Can I say to you only this: That you are becoming too overly concerned about other people. That may sound contradictory to what I have taught you, but my dear friend, you cannot be responsible for another human being's actions. Please bear this in mind when you have these distressed feelings. You cannot but do your best in this life. If you can come to our world and say that you have helped but one soul, then indeed you have achieved what you came to this earthly planet for.

Sarah: Right, so I've got to concentrate more on what I can do and not on what other people are not doing.

Yes, you must be aware of what you can achieve. You must concentrate your efforts upon your own way of living. In that way how you live your life will be mirrored to other people. Show

by example my dear friends, that is the simplest way I can put it to you. I would say also that it is good to discuss amongst yourselves, your many ideas, your problems about your spiritual works and feelings. I have to say, I will always try to influence each one of you in the correct way of living, but again I have to stress to you all that your freewill has such a strong hold over your lives. Only when you free yourselves from the confines of freewill and free thinking—remember what I have said to you: Take control of your thoughts and your lives will become so much easier. But you my dear friend, you cannot take the burden of this world upon your shoulders. Do you understand?

Sarah: I do yes thank you.

Is that helpful?

Sarah: Yes that's very helpful, yes I've just got to focus more on what I can do, yes.

Yes, I would not say even on what you *do* but what you *are*. Do you understand?

Sarah: Yes, that's another thing actually I do have difficulty with looking inside myself.

Lilian: Yes, it's not easy.

Yes, we do not say it is easy, but with the knowledge which I hope each one of you is gaining, that gradually you can see that the spirit begins to come to the fore more often than the physical thinking; that is what you must all try to achieve. We know and we understand that your lives create for you many problems, but each of you has the power within yourselves and the power belongs to *this* moment in *time*. Do you understand? *(Some agreement)* You do not sound convinced.

Sarah: No, I am not quite convinced that the power is this moment in time because—

Where is your thought my dear friend if not but in this moment?

Sarah: That's right, but—*(pause)*

You struggle with it I know.

Sarah: I understand that, but the past, present and future is all one, so—

But that is *spiritual*, that is spiritual knowledge, you my friend are confined to *physical* thinking also, which limits that spiritual growth and understanding; but you need to seek inwards to allow that spirit-self to take control of your living and to do that you must take control of all thinking; and what is thought if it is not each moment in time? *(Yes.)* Therefore the power is in the moment. Do you understand?

Sarah: Right, yes I do, thank you.

Thank you.

Sarah: May I ask a second question?

Please if we have time, I am happy to answer. Please let us continue.

Sarah: You have said to us that we should think about people who've gone back to your world and give them our thoughts. Are they aware of our thoughts? For example, people who haven't realized they'd died and you try to give your thoughts over to them, are they aware? Is everybody who passes over aware of our thoughts that are being transmitted to them? **I would say this to you: It would depend on the state of awareness of knowledge to which they have passed into. Of course there are many who come to our world who are lost in their own ways of denial, who therefore find themselves surrounded by mist and are lost as you full well know. *(Yes.)* That is why it is imperative that those of you upon this earth plane help us to '*rescue*,' if I may use that word, to help these lost souls to understand what has happened to them. *(Yes.)* Therefore they would be totally unaware of the love and the thoughts that are being sent to them. But these thoughts are not lost, I do believe I have spoken in past times about thoughts which are collected for the good of those lost souls, do you remember? *(General affirmations)* Therefore each good thought is collected until such time as the lost soul is able to understand and accept. Only then will they have the *awareness* which is their entitlement. Is that helpful to you?**

Sarah: Yes thank you, yes.

Lilian: My question is about the monk: A communicator came through several weeks ago and during the conversation it was mentioned about the story of the monks when we were together before, and that we should remember in our quiet times and our prayers, that soul that has gone on. So, that is another part of us—they are separate parts, are they?

Yes, I understand and I understand fully that some of my words are not always clear to you all, but that is why we have these times of questions. We have spoken quite fully about the many aspects of the soul, have we not? *(General agreement)* Yes, I know this will always be a difficult topic for each one of you to fully take in, but let me say this to you: How can you justify in your own thinking that there can only be one

complete soul? There has to be many aspects to the soul, to make sense of what you term 'reincarnation.' And I have told you have I not, that although it is not obligatory, for most souls it *happens*. Therefore I say to you, if you accept this, then you have to think carefully about many aspects to the soul. After all, we are only parts of that Great Divine Power which is the Creator of all things. It is not static, but it is ever moving. Do you understand before I go further? (Yes.) Therefore to learn to become more fully aware, there has to be many elements, many aspects of the soul. Each aspect has to learn before it can join that structured part which belongs to that great divinity of power. I feel my friend I am going into deep matters here, which you will not at this time fully understand.

Lilian: No; we accept it but don't fully understand.

Yes. Please I say to you only this: Try to accept my words; think upon them deeply and gradually as we continue with our teaching, the understanding will become clearer to each one of you. I will repeat as often as I can *many* points which I have said before, in order that my words become acceptable to you all. Never be afraid to repeat any question which you have queries about. (General thanks)

Sarah: Can I just bring up something in Lilian's question? If we were to go wayward whilst we were here, would we be letting down the 'team' of other parts of our soul? (No.)

Sarah: So it's only that one aspect we would be letting down?

Yes, it would be that that aspect of the soul would have to relearn the task for which it came for. Never feel that you have injured the other aspects of the soul. They are 'insulated,' if I may use that word, against any destructive forces which are created in the physical living of one part of the soul. Otherwise, do you not see much damage could be done?

Sarah: Yes I do. Do all aspects of the soul have to come into this physical world, or only some aspects of it?

No, only some; after all we are speaking of sparks of divinity and we are speaking of growth, we are speaking of many, many aspects and there has to be that core of divinity which holds together the many aspects of it. Again we are coming to deep matters and something we

will return to, but for this moment in time, I think it is enough that you accept the many aspects of the soul.

Lilian: Yes, we accept what you say, it is just difficult. (Yes.) We won't fully understand whilst we are here, will we?

You can continue to analyse to try to understand, and in so doing that knowledge can be given to you. After all, it is within you, it is within you, it is not new knowledge it is knowledge which you have to seek for. Do you understand? (General agreement)

I thank you my dear friends for those questions this time. I hope I have enlightened each one and I will leave you now. (General thanks) Know that you are clothed in divine light and love. Know also that I am so happy to join with you on these occasions.

Lilian: We're so happy to have you come.

I will leave you now to allow each one of you your own individual development. I ask you my dear friend, that you go with each one to see what they can find. And please to finish this time by focussing as I have asked you to do.

Lilian: Yes we will. Bless you.

Everyone did as Salumet asked and then focussed in the middle. Lilian felt that there was a surge of energy in the middle of the room. After some time, there was one through Eileen who said that 'she' was not supposed to talk. Lilian asked her if she was trying for transfiguration and the answer was "no, materialisation".

Afterwards Eileen said that she had never had an experience like that before. She said that her mouth opened very slightly and that she felt that the area around her solar plexus was being pulled out of her.