

~13th September 1999~

Good evening. *(General welcomes)*

I would like to say this time that there is some unsettlement. Therefore I am trying my dear friends, to make the situation a little more harmonious this time.

Lilian: We are sorry about that.

There is no reason for you to express regret, thank you. I would to extend my love to the lady who came some time ago and is now returning to us. *(Sara)* I wish to say to you this time my dear friends how each one of you struggles so in your lives. You struggle so with emotional ties instead of allowing that spiritual knowledge to come forth. This is something we have discussed many times, but still I feel you have not fully grasped the meaning of spiritual freedom. Does anyone have a question about this topic please, because I feel that each one of you in your own individual way, struggles with this knowledge.

Lilian: This is not a question but I do agree with you and for myself I must try harder. **(Yes.)**

Margaret: I should try harder too.

Sara: Yes, snap.

Yes, can you understand that it is a power struggle of emotion? When you are encompassed by life's difficulties, what can you do? You should go to quietness and allow Spirit to come forward. Then all physical problems should disappear quietly to where they belong. Still each one of you finds difficulty in dealing with this knowledge.

Sallie: What is it that drives us to attract this particular disaster or upset, because we do don't we, we attract things to us.

Yes, it is a power struggle. We must understand firstly that in being Spirit we have only the finest attributes, but when you are clothed within these physical garments, then physical thinking, feelings, emotions are partly in control. What you must try to achieve my dear friends, is that although Spirit and physical life must run hand-in-hand, as you may say, you must allow that spiritual knowledge to guide your physical living, because without this guidance, always the physical emotions will overrun your thinking. You must have the balance in physical life. This is the problem I feel with you all, you do not allow that true self, that all-knowing knowledge to come forward, because within each one of you is the knowledge of what is best for you.

Sara: Is it unnecessary to feel hurt by someone else's behaviour in an ideal situation? Is it unnecessary? Is it something we create?

Yes, let me say this to you: the only one who can hurt you is yourself. What happens is this, that when you feel hurt or injured by another person, you are allowing the emotional body to take control of your thinking. This is what I try to say to you. No one upon this earthly plane can cause you harm, unless you allow them to. Each one of you has the power to protect yourself, whether it be physically or emotionally. When you understand these words, you can truly be Spirit upon this earth; you can be free from all harm, free from all hurt, freed from all physical ailments—you in fact become as close to Spirit as you can. Therefore, my dear friends, I say this to you: ponder my words this time, come to know yourself, after all that is why you came to this earthly plane, that you might come to know yourselves, that you might join with those you have chosen to be with in order that you can create this harmonious way of life. *(said emphatically)* Each one of you has that power in this moment. Do you understand my words? *(general agreement)* Does anyone not understand this?

Sara: Can I just clarify something? Presumably we must discriminate first in order to protect ourselves, or are you saying that there really is no person that we cannot get along with?

I say that spiritually you will be attracted to many and likely to want to stay free from others. This is your spiritual light. There is no need for you to discriminate as you say—discrimination is a *physical* attribute, it does not belong to Spirit. In all your decisions upon this earth, think spiritually and not physically. This is the concept that you each find so difficult.

Lilian: And we forget.

Yes, that is the problem that you forget what I tell you. In each situation in your lives, it matters not what that situation is, if you were to sit quietly and find that *spiritual* answer, there would remain no problem. Can you understand? *(general agreement)* Does the lady across the room understand?

Sallie: I understand, but I ponder a little about it, because if we choose to come here and we choose to meet up with people in order to understand ourselves and our own spiritual growth and to interact with people whilst also

trying to help each other—I suppose it is just trying to balance the physical with the spiritual. Sometimes it is as if you have to let yourself be very open and give the opportunity, which can result in choosing to feel hurt—we choose our own feelings. **(Yes.)** But there's something inside of me that says: if I am not open to that then I am blocking my natural self anyway or my spiritual self. Do you sort of know what I mean?

If you open your self to another person that is your free will first and foremost. There is nothing to say that you must do this for every person you come into contact with—that is your judgement, there is nothing wrong with that. What I try to say to you is: if you are emotionally hurt by another person, you must look within yourself—you have allowed the hurt to take place; not that the other person has deliberately tried to offend or to hurt. Can you see the difference, (general agreement) because there is a difference between someone deliberately trying to hurt and you being emotionally hurt without intent being there. This is what you must try to understand. I do not say my dear friends that this is easy—it is not, but it is something I wish you to work upon. It can only help with your own spiritual growth.

George: Would it be true to say that if the Spirit within has sufficient influence upon the physical mind, then one would not be deeply hurt anyway?

Yes, exactly my friend. That is what you have to cultivate. You do not have to try—all knowledge lies within you, all you have to do is allow it to come to the surface. If there is emotional hurt or distress, then I say again to you all, *look within yourselves*. This is not meant to be a judgement upon yourselves—do not think upon it that way, but rather that it is a lesson which you all need to learn, to use that spiritual knowledge within to greater use. Yes? (general agreement)

Lilian: And that would go for guilty feelings? If we listened to the Spirit side, we probably wouldn't need to feel guilty about some things—they wouldn't happen, if we listened first to our spiritual side?

This applies to all emotions, yes of course. When you have learned to allow Spirit to come forward, then you will find that life brings you fewer distress and upset emotions, but as I have said, the power lies within yourselves.

Sarah: You said to Sallie about not deliberately trying to hurt, but if someone does deliberately try to hurt you physically or mentally, is that because we have allowed them in somehow and what we should do is just forgive them?

I would say that there is much, what you call *evil*, but that as I have said before is not a word I like, because you do not fully understand the whole picture. You cannot know what is within another's thinking. Therefore have I not said to you before: *never judge another man?* (general agreement) Therefore there can be much reasoning behind that type of action towards another. It is not for you to judge, to analyse or to know better. I would say to you, if someone does do you wrong, it is only that you have allowed your spiritual defences to be lowered—but to send love to that being who I might say to you is in spiritual distress. I know the physical world will say: *these people are evil*, but who are you to judge? So my friends, again I say, be careful with your thinking.

Sara: So we must try to understand that there must be reasons for the behaviour, if it is behaviour which we find difficult to understand? **(Yes.)** We must know that there is something that we don't know.

You must first and foremost make no judgement upon a fellow human being, whether you think the action is—and I use your words again: *evil* or *distressful*, you must not make that judgement, because you do not have the full picture.

Sallie: Am I correct to think that it is okay to say to oneself, that I find that behaviour unpleasant? **(Yes.)** It is not judging the person it's the action, isn't it?

Yes, there is nothing wrong in saying this, of course not. We do not wish to say that everything that happens upon your earthly plane is right, we do say this—of course it is not. There is much distress in this world. But yes, you must not judge another human being or the actions which they take; that is the important thing. Yes, my dear friend, you are correct in your thinking. You do not condone evil acts, but do not judge the person if you do not understand or know them spiritually. I know this is difficult for you, but I can tell you that until you come and return home to our world, you will never fully understand the ways of the human beings in this world. But the more we have people like yourselves, who are working

towards giving Light, giving Love, and remember my words of some time ago, it is easy to love those you like, it is not so easy to love those who seem to cause you distress. But which do you think would be better? Do you understand what I say? *(general agreement)*

George: I think we sometimes understand it better at a personal level than at a political level. I am thinking about the bombings in Russia that are happening at the moment. **(Yes.)** I find it more difficult to understand—

Yes, I would say to you, as the lady has said: you do not condone the actions of others, but do not pass judgement, because you do not understand what is happening spiritually within that region. Remember my dear friends that there is more than the workings of Spirit with the people, but karmic effects of regions upon this world. Do you understand? *(general agreement)* So, you see the wider issues are not always available to you.

George: Yes, I feel it must be a more complex spiritual pattern in the case of these large events. **Yes, the whole of your planet is troubled by many of these things. That is why so many of us have come at this time, to try to change the pattern of thinking within this human race. It *can* be achieved, it *will* be achieved, but as you know it takes much work, much dedication and much help from people such as yourselves, who are dedicated to this work.**

George: It's wonderful to hear that and it's wonderful that you are able to come to us like this.

I will say only this to you this time, because I would like to work quietly with this one, *(Eileen)* that I ask each one of you to sit quietly, to think about my words this time and perhaps you can discuss amongst yourselves quietly what you are feeling. We will try to influence your thoughts. I leave you now my dear friends, in the knowledge that as is always, I will be with you when I am needed. *(general thanks and farewells)*

A very gentle one followed through Eileen, probably one of a number of Sisters, who visited occasionally:

I have been asked to join you this time to end this meeting and to say we have been most interested in what you have been discussing. I myself spent many, many hours dwelling upon

my shortcomings while I was in your world. I have to tell you dear ones, that I left your world still with many shortcomings. So I say to you, try not to be too hard upon yourselves when you fail, but I would like to say to you this: as long as you continue to try, you cannot do more. I am not aware of anyone who has left your world in a perfect state. So perhaps these words will enable you to try just a little harder, because indeed it would be wonderful to receive more people who had at least spent some time seeking their true selves. I thank you for your graciousness, your time and your tolerance of my words. Thank you and may God bless you all.