

~20<sup>th</sup> September 1999~

Good evening. (*General welcomes*)

This time before I speak with you, I want you to know that I surround each one of you with great love. There are some here this time who are in much need of it. Therefore my dear friends, accept what we bring to you, feel that love and upliftment from within. (*general thanks*) I would like to continue on some matters of which we spoke last time. I know that you have pondered about my words, but this time I would like you to try to understand a little bit more about what you are. I will as always, keep my words simple for you, in order that your understanding be greater. We spoke last time about emotions and how these affect your living. What I wish for you to understand this time, is more of your understanding of what Spirit is. After all, you know my dear friends that you are Spirit clothed in these physical beings, which at time causes you much grief. But I wish you to think this time about the Spirit aspect of yourself, which is clothed in these earthly bodies this time. What is Spirit after all, but energy—divine energy. You know and understand this well. We have to talk a little about energy once more to begin to understand. Can anyone here tell me their interpretation of what energy is?

Sallie: It's a form of life.

Yes, but it is much more; it is a form of life, but it is much more than that, but I thank you for your answer. Does anyone else have an answer for me?

Lilian: Is it an energy that is all-knowing?

All energy is all-knowing. It is within and without.

George: It is love and movement and progress.

Yes, the gentleman has the correct word. Energy is movement. That is why—and I will keep this simple for you: without movement energy becomes static. That is why when clothed in these earthly bodies, so many problems arise, because your energies become static, which in turn manifests itself through into the physical being. Do you understand me so far? (*general agreement*) Does anyone not understand?

Lilian: No, I think we all understand.

That is why when we have places such as this room, so many people enter and find that wonderful feeling of upliftment, of light, of love. It is because the energy is ever moving, partly

because of those who come from our world, but also your contribution to the spiritual work. So the energy within these places becomes purer. Do you understand this? (*general agreement*) Do you have any questions so far?

Sallie: If the energy becomes static while it's clothed in physical form, there are different ways of manipulating it though isn't there? And making or helping it move while it's contained?

You speak wise words, my dear friend. This lady has more knowledge than she uses. The understanding is there, but she does not fully utilize it. But, yes of course, as we said last time, the power lies *within*. The Spirit has the capability of using energy correctly, to prevent that static build-up, if I may use that earthly term. That is why the physical body has illnesses when energies become, how you would say, *stuck*. Is that the correct term?

Sallie: Blocked.

Blocked, that is a much better phrase, thank you. So can you see my dear friends that the Spirit, being all energy, all movement, has the power over all things if used correctly? (*general agreement*) Can you see the comparison now between Spirit and the physical being? (*general agreement*) Can you see that physical problems which occur, can then be turned and used wisely for spiritual growth and movement? (*general agreement*) Spirit is ever moving—it has to, it cannot become still. Do you all understand this? (*general agreement*) Therefore now you know that Spirit is another word for *movement*, always *movement*. Can you now begin to understand my dear friends the power that lies within each one of you? Can you begin to see the wider issue of your lives?

Lilian: Yes.

Sallie: Why should it be that we are taught the opposite? We are taught to suppress everything. Is it a political control thing? We are taught such rubbish here, aren't we?

Well, if that is your feeling, then that is your understanding. Can you accept this? What your understanding may be, may differ from another's viewpoint. (Yes.) That is where, my dear friend, your own freewill, your own awareness comes into play. Can you understand this? (*pause*) No, she cannot. She thinks deeply, but it also confuses her. Let me say this to you: When Spirit is clothed within this earth, when the Spirit accepts this body, this lifetime, it also

accepts many limitations. That is part of the soul's growth. It matters not what limitations, what hardships, what troubles come before you; what matters my dear friend is how you cope with them. That is the important question. No one expects you to lead a perfect life, because life upon this planet cannot be perfect at this stage of its evolution. But what I will say to you is this: That constantly you must seek your true self, that spiritual aspect which you know, and you know this innately, because it is all-knowing knowledge. You *have to* find it to understand and to seek a life which is trouble-free. Can you accept this? *(general agreement)* You cannot do more than your very best. Therefore there will always be limitations placed upon you. There will always be conditions upon this planet, which you will find upsetting, but that is because you *are* physical beings. But what we discussed last time was the fact that no matter how distressing life becomes, you have the power in the moment to change your lives. You and you alone have that power, and this my dear friends is an important teaching for your all. So I say to you all, take these words I have given you this time, coupled with those words given to you last time; put them together and we will have further discussions and questions about it. Are you happy my dear friends with my words this time? *(general agreement)*

Sarah: So when we look inside ourselves it gets our energy moving and when we attract other people it gets their energy moving and this brings the peace and tranquillity amongst us. Is that right?

I would say to you this: Before you become concerned about another energy, focus upon your own. And only when you understand fully your true self, your true Spirit or energy or movement—call it what you will, these after all are only words—when your own energy is as *pure* as you can accomplish, only then can you take on the energy, the movement of other people. This is a deep matter, you must take one step at a time in your understanding. What I have said to you this time my dear friends, are simple words with deep, deep meaning, and this is what I would wish you to ponder upon this time. I will leave you now, knowing that my words will stay with you until such time we have the opportunity to discuss them further. I will

leave you now, be it still in that ever moving Light of Love. *(general thanks and farewells)*

*Another then came through Eileen. She explained that she had been an unhappy young girl whilst on Earth, who had been very badly facially deformed on one side. She told us how much she had hated the people around her who had tormented her, particularly her pretty twin sister. She does not hate anyone now and she was sent to us to tell us that she now understands. She said that we should know that when she returned to Spirit life, she suddenly saw what her own hatred had created. Her hatred did little to the others to whom it was directed, but what she saw was a twisted figure which was her. Slowly she came to the realization that she had caused her own distress, because she had allowed all that hate and anger to distress her. The lesson we have to learn is to: 'be careful with our thinking.' She hopes that we never speak an unkind word to any child, as they are very precious, because the damage created is like a boomerang—it has a way of bouncing back.*

*If you wish to listen, here is the website audio link:*  
[http://www.salumetandfriends.org/resources/1999\\_09\\_20-girlwhohadhate-twistedface.output.mp3](http://www.salumetandfriends.org/resources/1999_09_20-girlwhohadhate-twistedface.output.mp3)