

~4th October 1999~

Good evening. *(General greetings)*

I have to say to you this time that I was attracted by your speaking before entering this room. All I wish to say at this time is that the lady *(Sarah)* who had difficulty in understanding must try to remove all restrictions of physical thinking.

Sarah: Yes—thank you.

Until you are able to achieve in some part you will always find difficulties in understanding so much. I will return to this for her to give you some deeper meaning and understanding.

(Thanks expressed) Because of the small number this time I will not speak with you too long, but will say that next time we meet I wish to bring to you some new knowledge—new knowledge for your understanding.

Lilian: Yes, we look forward to that.

For this time others will speak and I say to you my dear friends, if this time you *feel*, you *sense*, you *see* anything which you have not experienced before, will you please tell the lady quietly, because I wish to work with this instrument for the rest of the time, but we will be trying to achieve much. You understand?

(affirmation) Therefore I will leave you this time. Each one of you has an important task this evening, even if you are unconscious of it. Therefore I will withdraw and allow others to come to you—but please, please, let the lady know, or if you my dear lady sees, feels or senses anything unusual, please to tell the others. *(affirmation)* My love as always surrounds you. *(Thanks and farewells)*

We sat quietly and tried to do as instructed.

After a while one came through Sue with advice for Sarah to take care of her arm.