

~1st November 1999~

Good evening. (*general welcomes*)

Lilian: I am afraid we are very few in numbers this evening.

This time it matters not my dear friends how many there are; this I have told you on many occasions. But this time, because so many are not here I will not give you new information and instead I feel it would be beneficial to you all if I answered some questions for you. I know there are many thoughts that have come to you over many, many months of your time. Therefore this time my dear friends, let me hear your voices in order that I may be of help to you.

Mark: There is a chap who asked me last week if he could join the group and you said before that a lot of people would want to come who would not perhaps be the right vibrations for the group and I just want to check with you if it would be right for me to ask him to come along?

Yes, I understand your question. There is no reason why this one should not join us. So, if the dear lady is willing, then I am happy to accept.

Lilian: I think one of our other friends has got someone in mind as well, but I will let her ask you I think.

Yes, I would prefer to hear the voice that intends to ask, please. I do not mean this unkindly to you, but it helps if I can hear the question from the one who asks, you understand?

Lilian: Yes. Any questions Doreen?

Doreen: Yes I do. I recently came into contact with a lady who was of a different nationality to myself and we therefore could not communicate except by a smile and, at the end, with the holding of hands, and for some unknown reason, I felt a desperate sadness when I departed from this lady. I was in another country at the time and I might be asking rather a lot here, but I wondered if you throw any light on the reason for such a strong emotion for someone I knew nothing of.

Yes, I would say this to you my dear friend: why are you surprised? (*chuckles*) Yes, always, always you are surprised. You *do* doubt at times the sensitivity within you. This, if I might say kindly, is a little failing on your part.

Doreen: Probably quite a big one at times!

No, no, but you are a most sensitive person to all of these communicable vibrations. The lady you speak of —hold please. (*pause*) Have you

been told my dear friend of any of your past existence?

Doreen: I believe that I was part of a brotherhood of monks at one time.

Yes, but you have been part of much, much more. You my dear friend have, let me say this to you: been part of *travelling souls* at one time. I am not here to give each one of you personal experience of different lives. These dear friends who you sit amongst this time, know this well. I have provided them with one lifetime when they came together, but on this occasion, I will say this to you, that you have been a traveller in one particular lifetime, which has given you the sensitivity to others that you meet. This sensitivity has come forward to you in this lifetime. I do not want you to feel saddened by the experience. It is a knowledge you have within you, but because of your *earthly disposition* shall we say kindly, you tend to impose upon yourself many restrictions. Do you understand what I tell you?

Doreen: Yes I do indeed.

It is not necessary for me to tell you and I know you *feel* do you not, that this sadness was created by something you would term '*sad*' in your life—but that is not true. The sadness is within *yourself*, not sadness from another. Do you understand?

Doreen: Yes I think so. I was sad that I could not communicate with her and I felt at a loss.

But it has given you the opportunity to know and *understand* that communication needs no words.

Doreen: No the communication I think was in the smile and in the touch of the hands.

Yes, yes, but what you need to learn, if I may say so, is that communication when used in spiritual terms needs no words, no touch, no look.

Doreen: It is a touching of the souls.

Yes, it is a spiritual meeting which has created the sadness. It is a recognition of past times, when there have been many partings. Do you understand?

Doreen: Thank you very much indeed—Yes I do, that has made it much clearer. I am very grateful to you, thank you.

Lilian: I don't know if you are able to explain. I was reading earlier before we came in here and we were talking about perception of our planet and so on. People on other planets, do they have

free will as we do, or are they more spiritually aware and don't need the free will?

Yes, the awareness is given to every individual soul. Firstly let me say this to you: This planet, this world that you inhabit, is a planet of learning, is a planet of opposites. That is why mainly, human beings in their task of evolving were given free will. But of course occupants of *all* of the cosmos possess freewill, but because of their higher consciousness it is not always necessary in the same way that you upon this planet need to use your free will. Do you understand? (Yes.) Without freewill, you people upon this planet would be confused, would be spiritually inept. I do not wish this to sound disrespectful—you know that is never my purpose, but this planet is so young. This planet is so very young that all souls who come to inhabit it, come to learn. That is what you must always remember about this earthly planet.

Lilian: So is there a time when perhaps we have been to this earth however many times is necessary and we have learnt all that we can learn spiritually, people who have been on the earth are we ever born on another planet?
You can be, but why do you need to be? Again we are going to return to the Power of Thought. When you have reached such a stage as full awareness where you no longer need to return to this school of learning, then of course you have the opportunity to grow, to become more spiritually adept. In those situations therefore, you would have the opportunity to be recreated on another planet, but not for the purpose of learning as you do here, it would be for experience of spiritual growth, never to return to relearn those lessons that you have left behind so many times before. That is why you return time after time after time. The power of your freewill creates the action, which brings the reaction or *karma* as is so often used upon this world. Do you understand? (Yes.) Therefore the opportunity lies before you to be upon other planets, if that is your desire—but the desire is a spiritual one, whereas those who reincarnate upon this earth, do not always fully enjoy the task to begin with; that is the difference. Do you understand, if you do not, then please let me elaborate for you?

Lilian: Yes it you would please.

Often I have told you that you are *many* parts, *many* aspects to the soul, but it would not be

the aspect of the soul which would wish to return to this planet, it would be a *higher* aspect of the soul which would wish to visit other planets of greater awareness. Does that make sense? (Yes.) I am touching on new fields of knowledge here, which I don't want to enter into this time, but I hope it helps you to understand a little more how the soul works.

Sarah: All the while we are searching to better our soul, do we ever reach the perfection we are seeking? Do we ever reach our goal or is it always ever changing?

Yes, I have answered this question for you before, that because all life, all energy is ever moving it can never become static. Therefore there must always be *seeking* towards that *point*, that *point of energy* from whence we all became, when we began our '*lives*,' if you wish to describe it in that way. The energy patterns are always there for us to seek and many, many of us have reached a point of Light and knowledge, but none that I know of could possibly tell you that they had reached a point, where there was no more movement, no more action, no more energy. That question belongs sometime far within your future. The knowledge is there, after all, have I told you not that *everything is, has been and will be*? (Yes.) **Many, many times—but also I have told you that energy is everywhere.**

Sarah: Yes, thank you very much.

Doreen: Could I ask another question?

Lilian: Please do.

Doreen: We have been told many times that because of all the troubles in this world, our friends on the other side were trying very hard to help with the troubles that are going on; I am talking about all the major disasters in worlds where there are a lot of refugees, a lot of really big trouble spots. I am just wondering whether they are having any success in trying to alleviate all the suffering that is going on throughout the world. I think it's a terribly difficult task.

Yes, again I think my dear friend, because you have not been within these meetings often, you would not realize that this subject has already been touched upon.

Doreen: Sorry for repeating—

Not at all—when first I came to you I said that I had waited many, many long times. I also said that there were many of us within my world, who came, not only here, but all over your world

to help in order that the truth this time would be accepted. Our influence, I have to tell you, is slow, but I believe if you look throughout your world, you would find that spiritual consciousness, awareness is slowly being raised. That what you would call your traditional religions all over this world, are being questioned by—I say your words, *ordinary peoples*. When that asking began, that was the beginning of change within your world. There will always and I have said this to my dear friends before—there will always be natural disasters, because this planet also belongs to a cosmos, whereby this planet has its own evolutionary place within the cosmos. So, there will always be natural disasters, there will always be—again I use your terms, *karma* of this earth to be reckoned with. But I will say this to you and I have said it many times before, we cannot this time fail in our task to help you *people* upon this planet to *recognize* that *spirituality* within each one of you. Therefore my answer to you my dear friend is that ‘yes,’ we are making progress in that direction.

Doreen: That’s very reassuring, thank you very much indeed for your answer.

Margaret: Could I say something please? (Yes.) Thank you very much about giving me advice about what I do with my body when I die. I have spoken to my family and they have agreed to abide by my wishes. It has made me feel so happy that I feel a bit guilty about it.

Yes, again here we have the introduction of guilt and fears. Why do you feel this way? It is the ultimate gift you give to mankind before you return home. To be able to consider, to think *clearly* upon your life—let me say this to you my dear friend, that in your deep thinking you, in effect, have freed yourself from these earthly chains. That may seem to you rather a large statement, but you, out of so many within this room, so many who have come, so many who have left—you my dear friend are one who has grown much. This I say to you with great humility and love. You have reached that point, when you can offer to humankind those last remains which can help others. Therefore I say to you, now that you have made your decisions, accept it with love and you will be free.

Margaret: Thank you very much.

Now my dear friends, I think for this time that I will leave you. I will say to you all that each one

of you abides within my thinking, within my love, within my protection. Therefore, as I leave you this time, allow yourselves to feel those who come close to you once more. (*general thanks and farewells*)

One followed through Eileen, to say that Doreen would be used. The expected guest began speaking through Doreen shortly after:

Good evening to you my friend. Well that put me firmly in my place, did it not?! This is not my usual place for speaking and I did not want to intrude, but now I know that I was meant to come here. It is very nice and it is nice to be with new peoples. I wonder if you would be happy to try a little something with me tonight. I do not know what you would normally expect, but I would like to see if we can create a little picture for you. I would ask you please to sit and concentrate just for few moments towards the centre of the room and I would like you to tell me what you see. You may sit with your eyes open or with them closed. I would like all of you to partake in this please if it is possible.

Everyone did as they were requested and the following comments were made:

Eileen: I have a picture of fir trees with snow on them and I am not sure whether it’s a snowman or something like that, but it’s got a very smiley face which makes me want to laugh.

Very good my friend! You should not necessarily see the same picture. This is, if you like, to help with your awareness. Does anybody else see a picture? Do not worry yourselves if it does not come. If it is something that you are not used to doing, it might not be so quickly observed. Can anybody hear anything?

Lilian: I can’t hear anything, but I am aware of laughter.

Eileen: I can hear the sound of almost like a dripping tap. It is going drip, drip, drip.

You are very close.

Sarah: I thought I heard the sea.

Eileen: I think it is a waterfall.

Thank you my friend. Can anyone else hear the waterfall? Water is a giver of life; it is a great source of power. There is much natural power within your world as I am sure you are aware.

Lilian: This is why we are drawn to water, is it? ***That would be one of the reasons, my friend, the same as you are drawn toward the green of the***

trees and the fields. Do you not remember when you have been to an area where there is much greenery, forests and such that you come away feeling more at peace with yourself, you feel revitalized? That is nature at its most wonderful; it gives so much and asks so little in return.

There is much in your world that you call grey that you cannot take great spiritual comfort from and nature is the most giving.

The recorder stops just a little before the conversation finishes, but fortunately the main points had already been made.