

~8th November 1999~

Good evening. (*general welcomes*)

Forgive the delay this time. I wish to say to you this time my dear friends, that we offer welcome to the new guest this time. This one has oftentimes had restless heart, therefore if you are agreeable my dear friends, we will give this time to your questions. I feel that it will help the gentleman who comes to us this time. So, shall we have your questions please?

Sallie: There is a woman who I have known for a period of time who has expressed an interest in coming along here. I didn't know what to say to her, because we have only been formed as this group for a short period of time and Lilian thought it would be best if I asked you whether that would be okay.

Yes, we did speak upon this matter and I did express a desire to hear your voice. The lady is welcome to join us, but I will then tell you whether I feel she is suitable for constant—how can I put it to you—if she will be suitable.

Sallie: I would appreciate that, because I have no way of knowing—

Yes, you are kind of, how would you say, in a quandary over this one.

Sallie: Yes and it's not very polite for me to say that to her.

No, therefore I am happy to accept her here and we will make the decision if she is bonding with the others within this meeting.

Sallie: Thank you, I'll give her a call later on this week and tell her that.

Lilian: So if we invite her along as a guest for one evening.

Yes, I would prefer to speak with the lady, yes.

Lilian: Colin, do you have any questions?

Colin: I know you have been asked this question before, but if as I am led to believe, that nobody goes before their time and suicide is a transgression of natural law, (Yes.) then how does that fit into the equation that nobody goes before their time?

Because, my dear friend, what you are overlooking is the matter of freewill. Each soul which comes to this planet is endowed with their freewill. Each has a course to follow as you have stated, but mankind is not always so out-looking as far as truth and knowledge go. Therefore they do have—and I will say this to you strongly, each one has within them the

power of their own living. So I would say to you this, my dear friend, that man alone has the power over human existence. If he wishes to destroy his time upon this planet, then he has to face the consequences of those actions.

Colin: Putting aside suicide, (Yes.) are there any other circumstances whereupon somebody went before their time, not through their own choice—I mean obviously how you live your life *is* your own choice, (Yes.) but apart from suicide—I don't really know how else to explain it.

Yes, there are occasions of course when mankind has destroyed another of your kind before their time is up. We have had recently—and you would not be aware of this, my dear friend, of a gentleman of many years, who ran this group on many, many years and was in full knowledge of Laws of Spirit, but because of the Power of Thought, he actually passed to this life before his time was up. You must remember, and I will state it once more and without apology to my dear friends here, the power of your THOUGHT is the most powerful *thing*, the most powerful thing that you possess.

Therefore, the Power of Thought can create for you, many situations in life which are not beneficial to you. Do you understand, my dear friend? (Yes.) Therefore, people have power over people, as you are well aware from the, what you call, catastrophes of your world. Mankind goes against his own kind. Therefore there are many, many times, when people come to us before their chosen time has arrived.

Colin: Thank you. Can you be sure then—an example, say of a plane crash, when a large group of people are killed. How do you sort out in your own mind whether all those people were brought together in one instance, because it was *their time*?

Well, how are you to know? (Exactly.) Yes, I would say to you my dear friend, you are creating within yourself many questions, which you will never truly fully understand the answers to, until you do join us in our world. It is as I have taught, or tried to teach my dear friends here: who are you to know what is good, what is bad, what is wrong, what is right, without the wider knowledge of that Spirit that is the true *you*. You have to look within for all of these answers. *You* will never have an answer to these many questions, which will be clear-cut. It

is not so simple; I have stressed this on many occasions. Are you happy with my answer?

Colin: I thank you for your answer, but I just like to know, you know?

Yes, you are ever seeking, ever searching. You truly are, my dear friend, a nomad of Spirit. Always you will seek, always you will search, but the time must come when you *accept* and *know* and *understand* that all cannot be revealed to you, whilst you are clothed within these human garbs.

Colin: I understand that.

Yes, so I would suggest kindly to you that perhaps you learn to accept a little more and not to question so.

Colin: Okay. Sometimes you need to ask, because you don't know which questions you *will* find the answers to and those you will not unless you look.

Yes, I do not say 'do not seek,' there is a difference. You must always seek, you must always seek *within*; the answers to all of your existence lies within each one of you.

Sallie: Salumet? (Yes.) Also there isn't one answer to anything, is there? There are so many different answers to so many situations, there's never just one answer to anything.

You are growing wise. Your reply encourages me to see how much you have grown. You will *never ever* know—have I not taught you that all life is ever moving, ever changing, never static?

(general agreement) **So you cannot have any one situation that has only one answer, after all your perception may be entirely different from another of the same situation. You must always remember, you are endowed with this freewill. I know sometimes many of you feel that this freewill is nothing but, how you would term 'trouble,' but it has been given to you for a purpose and that purpose is that you learn to grow, to allow your awareness to grow, that you make the right choices in this lifetime. So, although these choices and this freewill at times seems troublesome, remember that the purpose behind it is a good one.**

Lilian: Any more questions?

Colin: I have one more. At the moment in this incarnation I am learning in a human being's body in a physical body. To gain *all* that knowledge that is there in order to go back to the Source, what other things must I do—I mean we have plant life, we have mineral life, we have animal life—to

obtain the knowledge of the Source? Would I not need to experience those forms of life at some stage?

You *are* experiencing those forms of life. You, my dear friend, as each one of you are, are the *whole* of all of the elements that belong to this world and to the Cosmos. Every human being is a small part of the *Greater Cause*. After all, what does a human being consist of? You consist and need all of the elements around you, you need the air to breathe, as does animal and plant life and all sources upon this world; you need water, you need earth, you need fire and, you see, my dear friend, all of these things are contained within. Therefore, to find the understanding, to seek and to search, you must go inwards if you are to become focussed on that *Divine Energy* from which you come. *All* is within you; if only you human beings would realize this, so many of life's problems would disappear. You do not need to separate yourself from plant life, from animal forms, from the air you breathe, from the water you drink, because you see, you all come from the one *Source*, therefore you all have the same elements of energy. Do you understand what I say, what I am trying to explain to you? *(general agreement)* Each one of you is individual and yet, as the others within this group know, you all need each other, you all *intertwine*, because you all come from the one Source. Therefore my dear friend, I say to you, look not outwards, but look *within*; there lies all your answers of this lifetime, not only this lifetime, but the many which have gone before. All knowledge is within you. Use it wisely. (Thank you.)

Lilian: Can I ask you about the food that we eat? It's quite obvious that more and more people are becoming vegetarian. Is that in any way helpful to the spiritual self?

I believe when first I came to you, this was one question put to me. If you can remember, I will state briefly for you what I replied then. My answer to you was this: That it would be best to refrain from giving animals for food, but it depends on the purpose of why you would wish to eat their flesh. In itself, it is not wrong, but for your spiritually, I will explain this once more. To have true compassion, you must have compassion for all things upon this planet. Again we come to freewill and your purpose for eating the flesh of an animal. If that purpose is to

sustain life, if you thank that animal for the flesh it supplies, then you have in part helped yourself to that state of being, which helps you to gain more knowledge of the animal kingdom. Do you understand?

Lilian: Yes. Unfortunately, I don't think we remember that enough.

I would say to you, in this world of yours today, there is too much suffering when it comes to the farming of animals for food.

Lilian: Yes, but people are beginning to realize that, I *hope*.

As awareness grows, so too does the knowledge that the animals have as much right if not as much or more as the human beings who tread this planet. That would apply not only to the larger animals, whether they be domesticated or in the open spaces, but to all forms of life.

Without respect for all things, you cannot grow; and remember too, that when you come back home to this side of life, you will see all that you have thought, all deeds that you have done and you, and you alone, will be responsible for those deeds. So my ultimate answer to you is that it would be best to refrain from the eating of flesh, but again it depends on the reason why you do this. Again there is no *one* clear-cut answer and there is in your world much dispute about this subject, but be careful not to judge, because in judging unwisely you create another problem. So remember my dear friends, judge not, because until your awareness is such, you could be making a mistake about another human being. Therefore I say to you, judge only yourself if you must, and I say to you this: that in doing just that you also can be making an error of judgement. Do you understand? (*general agreement*)

Lilian: In your earlier coming to talk to us, you referred to a group of people on this planet who are space travellers who are highly intelligent and so on, which was not known by people today. Watching a programme on television, there is a group of people who are looking for proof of such people who you have told us about.

Yes, have I not told you that all new teaching that I bring to you, will around your world be confirmed by many? (Yes.) I also told you when first I came that many discoveries are still unfound, but as time goes along there is much that will be discovered. Many concepts and ideas within your world, have been, shall I say,

***falsely* put to many people. The Truth is about to unfold in the many, many years to come. I told you also that this time the many Masters who have come to your world this time, have every intention of making sure that only Truth be known. There have been too many contradictions in your world.**

Sarah: The medium that you are using Salumet, was talking to me before the meeting and she said that she had a very strong feeling that colicky babies, had a sort of resentment of coming back. Is that correct what she thinks?

I would not agree entirely with the lady, but in part yes, she could be correct. You know of course that the choice belongs to the soul, when it wishes to reincarnate into the human form, but also you have been told that some souls, although they know and understand that they need to reincarnate for the purpose of the soul's growth or for another reason—and there are many reasons as you know—some still feel that to have to return to the human form is not quite what they would desire, but they know that it is best for them. Therefore in returning to the human form, because of this feeling of—not resentment that is not a word to be used, but the feeling of *holding back*; it can create within the new life form many problems, which would take some time to subside. So in part the lady is correct, but not entirely.

Sarah: Thank you very much— (*pause*)
Well, you are all very quiet this time.

Mark: I have just thought of one question actually. You mentioned that there are many reasons why a soul reincarnates, apart from their own personal growth. **(Yes.)** I can think of one other reason that the teachers come down to teach us, I suppose, but what would be the other reasons?

The other reasons, there are many, many reasons why the soul decides to reincarnate. You know that in the many times there are connection with, for example, people who have a close contact to you in this lifetime, you may have been closely connected to in past times. It might be your purpose, for example, to join a loved one on this mission, if you wish to call it that—this mission of learning. To be supportive of another also enables the soul to grow, because it is done with love, without selfishness. There are many, many reasons. Yes, you must be aware that it is not solely for the purpose of an

individual growth. In the same way as upon this earth, you grow from giving love and help and suffer to another—that is the biggest growth. After all, have I not just told you that everything is within you. All growth is *there*, all you have to do is seek for it. But in giving love to a child, to a friend, to a partner, then indeed you are giving much of yourself.

Sara: Is this where the greatest, deepest fulfilment and contentment comes from, giving of ourselves to others?

What is this—if you cannot give love, you have *nothing*.

Sara: Yes, so the greatest purpose (Yes.) of being here is to serve others.

Unselfish love can only help you to grow. After all that is the purpose of life. Not only your own individual growth, but to help others, not only human form, but your planet. After all, the evolution of this planet is important within the scheme of all life. You must be aware of the wider issues *always*. Try to free yourself from this chain of thought, which binds you to *one* thinking, one part of the soul. After all, have I not told you that this lifetime belongs to one aspect of the soul only? So you must always seek that *higher* and *wider* awareness.

Sallie: And also, if as Sara was saying, that one of the greatest things we can do is to *give* to all aspects of creation around us, we are actually giving to ourselves as well, aren't we, because if we are all connected up, whatever we are giving out is being return to us in an extraneous circle. **Of course, that is why I teach you that energy is ever-moving. If you could but see yourselves on this scale, on this energy scale of always giving, then indeed your Light would shine brighter, brighter, wider within this scheme of life. You have to remember that, as part of that *Divine Energy* from which we all come, you are but very small within this scheme of life. All of you upon this planet are here to learn. Each one of you is given the opportunity many, many times. You are each given the help, the upliftment and the encouragement, but you, as the individual aspect of the soul, must also play your part. This planet, as I have told you, is very young in terms of its evolution. Therefore, the souls that are here in these human forms, have great responsibility for the welfare of not only yourselves, but the planet as a whole. Can you understand how important this is? (Yes.) That is**

what you must seek for, not only your own individual growth, but that you become part of each other, that you radiate that knowledge and love which you gain to all corners of this world, this planet, in order that this planet *also* radiates out with love. We are touching on deep matters again, but for now we will leave it there. I would like you this time to think about this planet and its position within the Cosmos. Feel it become part of the *greater whole* if you can, and to do that you must go *deep* within. I would ask, my dear friends, this time that you ponder upon my words and we return to this topic once more. **Would the young gentleman like to ask me any more questions before I leave you this time?**

Colin: Yes I would, just one more. You say to go within. I think most people here probably meditate, but is there a more positive way of tuning in spiritually?

You mean is there a better way to find yourself than to meditate? (Yes.) No. What is meditation? It is *prayer*; but it is prayer which is seeking that within. It is not external, it is a prayer of trying to know yourself. Therefore, in meditation you are allowing the human aspect of you as you know yourself now to be forgotten and the soul to come forward. You go deep within that spiritual light, that spiritual knowledge, which has the answer to all questions. Therefore I say to you, to meditate is the answer to all things, all things spiritual.

Colin: Would you be able to advise on a more suitable way for me to be able to relax and keep an open mind?

Yes, you my dear friend as I have said earlier, are a nomad—you are ever seeking, ever searching. You have in common I think with our dear lady known to us as Sallie, a very active mind. You have to allow the mind to become still and to become quiet. And to achieve this you must allow yourself to accept that meditation comes from practise of offering yourself to the *Divine Energy within*. There is no quick, no easy way. You have to allow yourself the quiet times of meditation, of prayer. You can of course call upon those who stand close to you to *help* you, to still that mind; but I would say to you my dear friend, in your meditation time I feel for you personally that the *outdoors* would allow you reflection time to create a peaceful mind.

Colin: Yes, I think I have proved that to myself, thank you.

Yes, you need the open space, you need that reflective time for yourself, then you can come together with others and allow yourself meditation time with others; but I feel for you at this time, it is difficult. Although you have much knowledge, have known much, but within you are still rather searching too much. Therefore, find yourself that freedom, that reflective spot for you—you will recognize—and I feel that soon you will know of somewhere where you instantly feel at home in order that you may sit quietly there; I think this will come to you shortly. There is much you can do, there is much you can give, but I feel for you my dear friend there are many questions and answers that you must provide for yourself. That is the best source of information—*yourself*. Do you understand?

Colin: I do, thank you very much.

Now, my dear friends, I thank you for your welcome this time. I hope you will think upon my words and I wish for you that those words will invite you to continue in your thinking. I leave you now in the knowledge that I am always with you. (*general thanks and farewells*)