

~15th November 1999~

Good evening. (*general welcomes*)

This time I would say to you that many divine blessings be sent to those individuals who are not present here this time. I have, my dear friends, been aware of many thoughts and questions from some of you. I would say this to you: that you will receive the answers to those questions in time. Because we are few in numbers once more, I will speak with you again for a short time and then we will devote some time to each one's own individual development. So, my dear friends, if you have questions for me let me try to help.

Sarah: Only one or two aspects of us come onto this Earth as human beings. If one part has done wrong and is back in Spirit World, is it possible for another part to come here to learn whilst that other part is back in Spirit world?

Of course. You might confuse yourself if you begin to individualize each aspect of the soul. I know this is probably the easiest way for you in your understanding. Although there are many aspects to the soul, until each aspect is joined in what you call *Spirit*, the knowledge of the other who takes the human form is separated from all knowledge of the rest of the soul. Try not to see the different aspects of the soul as individual—they are not; it is a whole which at certain times becomes separated. We are speaking of deep matters when we speak of the soul, because the understanding upon this earthly planet is such that you see only one aspect which is in human form. But do you not realize that all aspects of the soul, as you say, *are* within the human form, but to a minute degree. (Yes.) The whole aspect of the soul remains in the subconscious of the human being. Do you understand or are we becoming too complicated for you?

Sarah: I think I understand, thank you.

It is not what you would term black or white. These answers I give sometimes may seem vague, but that is only because your understanding would not be capable of receiving the information—not at this moment in time anyway.

Lilian: Once we are back in the Spirit world, we do understand, do we?

Yes, a much wider awareness, of course and the conjoining of all aspects is of course quite

natural. There is nothing separate or individual about that union.

Sarah: But when one part that has not done so well here—

May I be so rude as to interrupt your question? (Yes—) May I say this to you: You cannot judge whether a soul has done right or wrong, we have discussed this topic I believe on numerous occasions. So do not fall into the trap of trying to say what the soul has done right or wrong. You do not have that knowledge or the understanding or the awareness to make such a critical judgement. So be careful in your thinking.

Sarah: Yes, I wasn't actually pin-pointing anybody, but I thought that I understood that, if by chance you had not done as you had intended to here, **(Yes.)** you went into a lower level, as it were, into darkness over on the other side until you could get out. You haven't then rejoined your Spirit? **(No.)** How does that work?

No, well, you must not consider that all aspects of the soul are at the same stage of evolution. We really are on deep matters here. Of course the part of the soul which has come to this Earth to learn, if that soul remains free of any teaching, of any learning, then of course when they return *home* they must take the station which they *deserve*. And of course, you are right, the aspect of the soul which remains, shall we say, 'unlearned'—is that the correct term? (Yes—) They would not return immediately to the whole aspects of the soul, but that does not mean that they are ever *lost*. But yes, I see your meaning now, *yes* that one aspect of the soul would have to regain its status, if you like, before it can grow and join other aspects of the soul.

Sarah: So it would have to come back here again? **Not necessarily, we have spoken on this too. It is not always compulsory to return in human form, but most souls when they return to our world know what they must do for their own spiritual growth.**

Lilian: Do they?

Of course. Yes, they are given advice, they are *helped* to come to the realization of what is best for them. But that is not to say that they are always keen to come back. (*chuckles*) We have spoken briefly again, but they do know whilst they are in Spirit form what they must do. I would say very few wish to return to the human

form, but we have said before there are many reasons why you would wish to come to this planet of learning, and of course, we must *give our respect*, if you can accept that phrase, to those who come under some degree of—how shall we say, I think you would use, *'pressure,'* pressure, yes. I don't feel that is an apt description, but it is one I think you might understand.

Sallie: Encouragement? They are *encouraged* to come back.

Encouragement, I thank you. Has that helped you in your question?

Sarah: It has yes, thank you.

Lilian: Sallie, any questions?

Sallie: It was something that Sarah mentioned and I can't see it in the same way: Talking about *levels of darkness*, I don't see that it can be like that, because we are, as I see it through your teaching, that we are responsible for our own judgements and we make our own judgements on our own behaviour, **(Yes.)** and we have our friends like yourself who will encourage us to look at what we can do. **(Yes.)** But these places of darkness, they are self-imposed aren't they?

Of course—yes, you are the judge. Your actions in this world will determine your placement in the Spirit realms. Of course, no one places you in places of 'darkness'—that is what you have sought for yourselves; it is self-inflicted, but many of the teachings that have been given to you human beings over many aeons of time, have described these places of what you term 'darkness,' not very well. They have been termed—shall we take an example of your Christian teaching, being called 'hell.' Yes, I think you are familiar with this term, and of course, there is no *burning fire* as that religion would teach you, but of course there is the hell of your *own* doing. But you are fully responsible for all places that you find yourself, but you are never left alone.

Sallie: We talk about forgiveness and understanding— **(Yes.)** —if that's the case, even if we have made grave errors of judgement in our behaviour whilst we are here, **(Yes.)** I can't see why it is necessary for us to put ourselves in places where we would go through mental torture—punishing ourselves—

I know what you are trying to say, but what you must remember, try to forget as I have told the lady about individualizing the soul. The soul is

energy. What happens is that the soul who has led a lifetime of what you would call *'wrongdoing,'* is in fact extinguishing the light energy until *all* becomes darkness. Try, my dear friend, to see this on the wider scheme of things. We are on difficult grounds, I know. If you try to see the soul as human, you will never fully understand; try to see it as light and dark. All is energy, that is why in times past, I have tried to explain the wrongdoings of others and why they poach upon innocence. It is in spiritual terms the seeking of the Light. Always try to seek the *spiritual* answer. Look within; try not to make for yourselves these complicated issues.

Sallie: I know you are right and I suppose it is just a human failure, but I could not bear the thought of—

Yes, I understand what you say and yes, if you look at it in that way then you would never, you would never, ever be able to forgive in that sense.

Sarah: But you know yourself when you go over then you immediately see what it is that you should have done, so, as you say, *you* put yourself in that position yourself, because you know that is not what you intended to do.

Yes some souls, but those that are lost within the mists of their own wrongdoing, are not aware at the time of coming to our side of life, because they are in effect, *lost*. You should have some understanding, after all because you have done what you like to call *'rescue work'* with those on our side of life. (Yes.) Therefore your knowledge knows that not all crossing is easy and instantly recognizable to the soul or others.

Sarah: Does that mean that all the rescues that come through that have got lost in the mist, have all done wrong?

No, no, you cannot class together all lost souls under the one umbrella of *wrongdoing*. Some are lost because they do not believe that there is existence after the human form. So, be careful in making judgement there.

Sarah: Yes, it hadn't actually dawned on me that, but when you said they were lost in the mist, I just put the two and two together—

Sallie: I suppose it's similar to people here on this Earth level. Some of us feel lost in the mists here, don't we?

And may I kindly say that that also is your own responsibility. Is that helpful to you? (*general agreement*)

Sara: Even if by the time we leave this Earth, we have evolved much spiritually, do we still have to relive every moment of ignorance—all of the ignorant things we have perhaps done in our lives, even if we may think we have tried to correct some of them. Do we relive everything in our earthly life when we come over to your side?

Yes, all is made clear to you—

Sara: What a shame! (*chuckles*)

Yes you cannot just see the good moments.

Sara: I don't mean just the good, but I wonder if *everything*, I mean the *whole* life.

Every second of your existence will be shown to you. (Oh!) Many things that would, at this time, seem very insignificant to you, all of these things become magnified. But do not despair, because most souls return to our world and realize how much good that they have done. When we speak of darker realms, I want you to know that it is the minority. Don't be afraid—do not place upon yourselves fear or guilt—we do not wish you to do that. Most human beings have more *good* than *wrong* within them. And after all it is the gestures that you are unaware of which spiritually are the greatest. You seem surprised?

Sara: So it isn't always a very harrowing or painful experience to relive the earthly life—to look again?

I would not say painful, but to most I would say there are some surprises. (I'm sure!) Yes, but all of this happens very quickly and quite soon after you come to our world.

Lilian: So, if there's something we're really, really, sorry about at that particular time, we can put it right, can we?

Of course, the opportunity—can I say this to you, that the *recognition* is the greatest part of the *putting right*. (I see—) In recognizing that your actions or your words are wrong, you have gone most of the way in correcting. But can I just say this to you, that if you *know* you have done something—and you *do* know, you intuitively know when you have—and I would say this to you before I continue, that the worst thing you can do is to hurt another human being, not only with actions, but with words and above *all* with your thoughts. I would say this to you, my dear friends—and this is important for you to know: If you can put right a wrong, then do so while you are upon this planet. And, I will repeat myself: it *can* be done with the power of your

***thought*. It is much better for the soul if you do that whilst in the human form.**

Sara: If you have a situation where you would like to communicate love and peace to another person, but you really don't know if they are receptive to the written or spoken words, then is it best to just send thoughts?

Again, you are trying to judge. If you know that you need to send loving thoughts, then by all means do so. The only thing I would say to you is you must *never* interfere with your thought onto another.

Sara: But you can send your love—

But if it is loving thoughts, of course you can.

Loving thoughts are always good.

Sara: Yes, because occasionally there may be a situation where it may be more comfortable for me to send loving thoughts, than perhaps do it in a physical way—or it's easier perhaps?

Yes, this is a misconception that to put right something you know you have created that you need to create action; this is not right. The power of your thought—after all, what happens is that the spiritual aspect of yourself is in contact with the spiritual aspect of the other person. It is nothing to do with the human form. That is why it is much better to put right anything you feel you have done to hurt another. Use your loving thoughts to put all right.

Sara: That's very nice to know, because in many ways it's easier sometimes to use the mind.

If you use that thinking it is easier, then you will not create what you are attempting. Has that helped you? Sara: Yes it has.

Now I feel that for this time, my dear friends, I have spoken enough. There are many here this time. Please allow yourselves to open to their influence and see how you can be helped individually. I leave you; as always know that I am always with you. (*general thanks and farewells*)