

~20th March 2000~

Good evening. (*general welcomes*)

This time I would like to extend the welcome back to our dear lady who has been absent from us for some time. I have been with her many, many times and I wish to say this to you, my dear lady: Your heart will become lighter. Keep close your own counsel and give of yourself to those who stand nearby. I hope, my dear friends, that the visit last time by one from our world was of use to you all. (*affirmations*) I would like to speak to you a little this time about what was said to you about rescue work whenever the time is appropriate. Within our world at this present time we have seen many come to us who are distressed and in much need of help. There is as you all know a lack of communicators with our world who are prepared to give of themselves for such work, even amongst the spiritually instructed, there is a fear of this type of work. Therefore, for some time to come, when the opportunity is there, we will use you. But what I have to say to you this time my dear friends is this: I was close to you last time and in fact was most interested in your discussion after your meeting. Many of us were listening to you and what I would wish to say to you this time is how much you have grown. It was most interesting for me especially to recognize how much each one of you, so different in your own individual ways, how you can discuss and collate information in a constructive manner, in a spiritual manner, because each opinion comes from Spirit, the thinking of Spirit, from deep within you, which allows each one of you to offer opinions and to be glad of it that each one can offer an entirely different opinion without feeling that each opinion has been outcast. This indicates to us my dear friends how much spiritual strength there is within this small group of people. For this, my dear friends, I thank you wholeheartedly, because, do you realize, not only are you emissaries of Spirit in the physical form, but your thoughts, your hopes, your desires are known to those in our world who also are seeking knowledge and help. I think you probably are little aware of my last statement. When the light of Spirit shines forth as it does from you now, there is much joy in my world for

those who have been close to you who see the transformation from ignorance to knowledge and how brightly that light shines in our world for all to see. This, my dear friends, is something I wish I could show to you, but of course you know that is not possible until you come to my side of life.

Lilian: That is encouraging.

You should be encouraged; I feel most hopeful for each one of you. You have gained so much and all by your own endeavours. We can come to you, we can join you, instruct you, teach you, but we cannot give forth that spiritual light unless you are ready to receive and you are ready to give forth from yourselves. And in that one simple conversation last time, when you spoke of forgiveness in your world and your different opinions upon it, we could see from each one of you that deep, spiritual light emitting. I say to my dear friends, have happiness within your hearts for what you have achieved. I know you do not want credit, after all that is not what we are about. I have taught you much about thinking and humility and blending of Spirit, but sometimes because of the human element of which you belong, it is appropriate that you—how do you say, ‘pat yourselves upon your backs.’

I felt this time that these words were necessary for you. Now I say to you my dear friends that what I would like to do this time is to bring to you one from our side of life who will give you some more information about conditions and the way of life in our world. The lady who is near (*Sue*) is the one who will be used. Please allow a little time for the communication. I leave you always my dear friends and especially the dear lady—I give her upliftment and much love, because she is in need of both— but know that I am with you always and I do hear what you say to me. And remember that your thoughts are always heard. I will take my leave of you this time and know as always you are surrounded by my love. (*general thanks and farewells*)

The one through Sue was unable to communicate with us this time. There were many apologies for this.