

~15th May 2000~

Good evening. (*general welcomes*)

It is good to be with you once more. Can you feel my dear friends the bond which is with you all this time, which passes one to another. (*some affirmations*) Yes, this time it should be feeling stronger. Can we take just a moment this time for you all to feel this unison, please. What are you feeling, my friends?

Margaret: It's power in my arms and my hands. (Yes.)

Lilian: Peaceful. (Yes.)

Sarah: I feel a lot of energy. Just now I saw a star and I felt that the pointers were us and that you were in the middle of it.

Yes, good. Anyone else, please?

George: Almost a pressure. I don't know how to describe it other than that.

Lilian: I think it is the energy. (Yes.) And it can feel heavy.

Margaret: My hands feel heavy.

Mary: It just feels like an emotional warmth.

Yes, good.

Paul: I have the feeling it was like a fire in the middle of the room and we were all getting strength from it—from the *centre*.

From the centre, good, yes.

Mark: I feel a cosiness/warmth/cosy feeling.

Yes, although each one of you has described individual feelings, I can tell you that these explanations are upliftment of Spirit and the feeling of the power which joins you from *our* side of life. It will help each one of you if, at the beginning of our joining together, you can quietly see yourselves as *one*. You may focus on the individual feeling that is suited to *you*, but what I wish you to understand is that you become as one, you understand? (*affirmations*) I wish to speak to you this time, my dear friends, a little about your spiritual growing and your spiritual understanding and awareness. I want you to fully understand that as you grow more fully spiritually and the awareness becomes stronger, you may find that at times physical living also becomes a little more difficult.

Lilian: Does it?

You sound surprised dear friend.

Lilian: Disappointed, probably!

Disappointed—No, please do not be disappointed, because what can be achieved

without striving for it? What becomes easier in life is not what is confronted, but in the manner in which you deal with it. You understand?

(*affirmations*) Perhaps you can equate it with children in your own world you gain in knowledge, but have to, shall we say, sit more difficult examinations. That is because of their growth in knowledge. Nothing stands still. Therefore, what I would like you to try to understand is that as the awareness grows, life too becomes a situation of difficulties in which you have to cope. But because of the growth of Spirit, all problems are dissolved more easily. Do you understand what I tell you? (*affirmations*) Is it clear to you? (*general agreement*) So when life presents problems to you, I do not wish you to say 'why?'—I would like you to say 'Here is my opportunity.' You must make it—I do not like to say *challenge*, that is an incorrect word to use, but it is something that you must strive to work with.

George: We have the ability to rise above the problems.

Yes, and this is because of the spiritual growth. But because your growth and awareness has increased, does not mean life should become easier. So, do not be fooled into that false hope that as you grow spiritually, life becomes easier. I hope you understand—if you do not please let us discuss it now.

Lilian: I think we all understand, don't we? (*affirmations*)

Has anyone any thoughts upon this matter which we may discuss now?

Mark: I was just thinking that as you grow spiritually it would make sense that you would be able to carry more responsibility, maybe? Responsibility in life becomes greater, yes, because of your knowledge and understanding. Your own responsibility is greater, say, than one who has little knowledge. You understand, please?

Lilian: Yes, it does make sense.

The gentleman hesitates, are you not?

Mark: Oh no, I am with you there now.

Lilian: Yes it does make sense, doesn't it? (Yes.) And with the help of you people we can see the difference. (*pause*)

Well, once more I see that each one of you is so well endowed with knowledge that we have no discussion. I am happy for you. Have we any questions at this time that you wish to discuss,

because I do not bring to you new knowledge to you this time. Let us discuss anything that you are unsure of.

Mary: I have a question but I do not know if it is relevant. It is something that I have been thinking about lately. **(Yes.)** I feel somehow that the children coming into the world now are much more spiritual than we were when I was younger and I feel that the adults around these children have a special responsibility to nurture them.

May I stop you there and say to you this: Yes, when first I came to you I said many changes would be happening in you world. There are many 'masters', as you call them, who tread this planet. In order for us to help you on this planet, there had to be, how shall we say, *many more* with knowledge in your world to encourage and to help those who had lost their way. One of the things that was decided from our side of life was that we would help to introduce more souls who would retain spiritual knowledge in order that they could help many, many others. Because when you have a child who expresses and shows spirituality in many forms, you, as human beings, tend to say, this is a *special* person. Let me say, this person is not special, they have come to this world to do work to help human kind. Yes, you are correct partly that many more souls, *older* souls from our world have entered this planet more recently in order that we can help the planet. So I say to you, my dear friend, your awareness is such that this has been noted well, but it is not to the extent that you would assume that every child is more spiritual—that is not so. But there are cases where the soul who enters the human form retains more memory, that is all. Our work must not fail this time as it has in time gone by. I told you when first I came that mankind had reached a time when knowledge and truth would come to him and there have been many ways that we in our world have joined with you to help in that task. Does that answer your question? (Yes.)

George: One of our failings is that we are not very good with the use of our own words. We get a little confused sometimes. It is good therefore if we can have definitions of words and it would help me if we could begin by defining *soul*, which I think strictly is a Spirit or an entity in Spirit and I believe a small part of that *soul* may be involved in earth life, physical life. The greater part of the

soul will always be in Spirit. Is that strictly correct for a start?

Yes, there is much confusion in your world about the use of the word Spirit and soul. Yes, the clarify this for you. Yes, to clarify this for you, you are Spirit. We come from the world of Spirit, that is words used because it simplifies what we have to do. But the Spirit that is you here and now is but a tiny iota of the soul. This is where the confusion lies, that many people feel that the soul is *one* entity within the human form.

George: I think we sometimes refer to that part of the soul which remains in Spirit as the Higher Self.

That is part of the soul.

George: Yes, the Higher Self would be the greater part of the soul?

Not the *greater* but part. Remember, I have told you that there are many *parts* to the soul and my dear friend, remember the diamond, the facets of the diamond and then you will begin to understand. One facet of the diamond is perhaps the Higher Self of the Spirit that is here now. Do you understand? (Yes.) We are moving here onto deep matters but I hope that will clarify it for you just a little. The Spirit here within the human form is but one spark or one facet or one small piece—choose your own phraseology, but it is but one small part of the whole.

George: And that small part can have several earth lives, may reincarnate several times.

Different facets, yes, yes.

George: I just wanted to clarify that that same facet of soul could have several lives.

Yes, yes, I understand. Yes of course, the one facet of the soul may return to your world many, many times. If the failure of the Spirit in the human form fails in its mission, then it will return or accept that another facet of the soul needs to return in its place for a certain length of time.

George: It could be either way.

Yes, we are onto complex issues here.

George: I think you also said that more than one facet could have earth life at the same time, but this would be very rare.

Yes, it is not—how should I say to you—*usual* in the sense you would understand, but yes, it happens, yes. But normally one facet of the soul returns to this planet at any one given time. Is

that helpful to you? Are you happy with that explanation?

George: Yes, I was just wondering if the soul which itself is moving on...(pause)

Yes, I understand.

George: I was just wondering if there was any further conglomeration of souls?

Yes. You must also understand that as I speak of soul, there are again many facets of soul, which as we move as energy is also moving, will join and expand and increase. I think this is where you are falling down in trying to understand what happens to soul. It is not Spirit returning to one soul in one time. There are many facets to the soul and the soul belongs to a much—you use the expression, 'larger soul' but it is actually a joining with divine energy. These are difficult things to explain to you. The understanding cannot there and will not be for some greater time, but try to imagine that the soul joins with the ever-moving divine energy. It becomes a much larger issue.

George: And you yourself have come to us from that further domain.

Part of me, yes. I am but one smaller issue from that divine soul, yes. It is difficult, is it not?

George: But it does help to make it clearer for me. Thank you very much.

Yes, I, as I am speaking to you now through the human form, am part of that Divinity which has come to your planet to help mankind expand its knowledge. I do not belong to the lower integrated smaller version of what you call soul—no. It is something we will speak about further on another occasion, because it is a vast subject, which I feel you are not quite ready for. And I know your physical understanding is great, but I am not sure that the others would be able to interpret it so easily. I am not being unkind to the others, please be assured, but it is a vast topic. Do we have more questions this time?

Lilian: At our last meeting the first thing was a rescue of a child and I think she was 7 years old when she passed over to Spirit, but she appeared to have spent most of her little life in a *kennel*. She would not come out of this kennel, she obviously had a tough time. She wouldn't have *chosen* this life, would she? Something must have gone wrong when she arrived?

Still, my dear friends, you have not grasped the—how can I put it to you—you have not grasped what Spirit is truly trying to achieve.

You cannot judge what that Spirit has chosen to do. It does not pick specific ways of living perhaps, but it chooses parents because the opportunities are more likely to occur for the growth of that Spirit. You should not concern yourselves about individual rescues as you say, because your work has been done. Do you understand? (Yes.) Try not my dear friends, to analyse what has happened, because you will only confuse your thinking. That soul I can tell you, did not in fact choose to be placed within that kennel, but that *child* as you say, chose to return knowing that it had a debt to pay to one of those parents and knew that the situation would arrive, where that debt could be repaid. So you must not judge; you cannot judge and if you try to you will more than likely judge wrongly. Have I not said to you, do not judge another, because you do not have the full picture. You do not know or understand what has gone before. You find it difficult in your world to understand suffering and man-made disasters. I have told you that Spirit comes for many, many reasons and this is not for you to judge. What I would suggest to you my dear friends, is that when rescues happen—and we are most grateful in our world for that type of work—you must help and then let go. Do not analyse. Is that helpful to you? (*affirmations*) I know there are many, many happenings in your world which, to the human being seems unfair, but who are you to judge? You cannot see the wider scheme of life. Who is not to say that the child you speak of grew in Spirit because of that experience? Do you understand? Although the physical happening hurts you, you have to see the wider issues. You have to focus on the Spirit and not the human happenings. After all, the Spirit survives, not the human body. And although for you humans that seems cruel—and that we understand, because you are human and you have these emotional bodies, you cannot help but feel that this must be wrong; but I can tell you that this experience has made the Spirit grow. So, do not be fearful but accept the help that was needed for the rescue work has taken place and all can only be well.

Lilian: Good. Yes, and I know of some other situations as well.

Unfortunately my dear friends you quickly forget my words to you and that is why it is important that we continue to have these question times

in order that I can remind you of what I have already given to you and because you have human failings, you will forget many things that I have already said to you. *(affirmations)* So I will take one more question this time and then I will leave you.

George: It seems to have become the fashion for us to have homes for looking after old people and it has become possible for our medical services to prolong life long after the physical body and the mental body has worn out so that a number of people are being looked after with no apparent reason for continuing in the physical life. I am sure these places are in a way ordained and they are wonderful places for exercising compassion. Have you any comments on this situation that we have developed?

Yes, well of course you know and can perhaps can remember that I have spoken about the human race and the fact that you should if all is well in the thinking, can live to a much longer age than you normally do. It all comes down to thinking. We have discussed illness and we have discussed responsibility and we have discussed the topic of doctors and medicine and the influence which comes from our world. We have spoken over these matters. Yes doctors will be able, as your evolution takes place, to be able to prolong life. Whether this is acceptable to you or not depends upon the way of your thinking. Each one of you my dear friends, could choose the time of your leaving if you so desired, if you could only but reach that state of knowledge and awareness which tells you that it is time for you to come home, without any illness of the body or any *looking after* I believe you say.

George: I believe there are many in the East who are more practised in that than we are in the West.

Yes, there are some in your world, but it is possible—I know this seems a large statement to make, but it should be possible for each one of you and the *key to healthy longevity is your thinking*. Your doctors who are inspired from our world, have responsibility for all of those people who they have in their care. Each one of you has responsibility for yourselves as Spirit and each one of you has responsibility for those you are in contact with. If you want me to express an opinion upon this matter, I would say only that perhaps to people who have grown old and weary and try to keep alive in whatever

form by the medical profession would involve someone with spiritual knowledge who could advise on spiritual matters. Do you see what I am coming to?

Sarah: I don't quite understand that Salumet. **What do you not understand dear friend?**

Sarah: You said that if someone is old and frail and the doctors are keeping them alive, what was that you said about the spiritual?

It would be much better to have someone with the spiritual knowledge and awareness to be looking after them.

Sarah: Ah, right, yes, thank you.

Because then the Spirit would have the knowledge to release itself. After all, my dear friends, you well know and understand, why do you need to hold on to these old overcoats if your time is ready to come to our world. And people do, because of your own freewill you can—because of the power of the thought, and again I return to my favourite topic with you, the power of your thought—you can create many situations which would be best left behind. Do you understand? *(affirmations)* But again because you are human, you cling to human life for all you are worth. But mankind—and there are peoples in your world who live to a much older age, much more healthily—but when the time is right, they release themselves.

George: This is perhaps the ideal.

That is what each one should strive for. It can be achieved but with much work. Thank you my dear friends, thank you for listening to me once again. *(general thanks expressed)* As always I hear your questions and cries for help for knowledge or understanding; they do not go unheeded, but again I remind you that I cannot interfere. I can encourage and uplift and influence, but I cannot interfere; but that is not to say I do not hear you. I leave you this time with all of our love and until we meet next time, know always that I am with you. *(general thanks and farewells)*