

~24th July 2000~

Good evening. (*general welcomes*)

As we join together this time, *feel* the surge of Love which touches each one of you. My dear friends, do you have questions for me this time?

Mark: They talk about *body clocks* waking you up at the right time in the morning, but I wondered if sometimes you were given a nudge from Spirit to wake up at the right time if you had to get up very early at a different time from the usual. Sometimes I find I have only just woken up in time to catch a ferry or something very early in the morning and it seemed to be uncanny.

Why should this seem so, my dear friend, after all in your what you term 'dream state' you have the freedom of Spirit which is more knowledgeable and aware of your own physical body's requirements. You, of course, would give out the thought before retiring to your bed and that thought state would be known by your Spirit. That is why these things occur. It is not always a *nudge* as you say from another, but your own internal knowledge.

Mark: That is not a physical phenomena?

It is the Spirit that more expansive knowledge and would know what the thought and thinking would be. Does this not make sense to you?

(*affirmations*)

Mark: Yes it does. The thing that I was slightly unsure of was we have been told that our physical time is not present in Spirit, so I wondered about whether it could be done—it was that part that I found a bit confusing.

Yes, remember that the physical being is only the result of the spiritual thinking. It is the Spirit that is all-knowing, which is wise and which can achieve many things for you. Therefore, *time* as you know means nothing to the Spirit and you know full well my dear friend that when the Spirit returns to our world in part of your sleep state time, the knowledge would be known and therefore when the Spirit rejoins the *physical* overcoat, *that* knowledge then becomes the reality. Do not always assume, my dear friend, that external influences are taking place.

Remember that you have full control.

Mark: So the Spirit after it has gone into Spirit world, it just knows when to return to the physical being and then the physical being wakes up at that time.

Yes, it is simple, but you seem to make it more complex by your thinking. (*chuckles*) Yes, I do not wish to confuse you, but yes you are speaking of the simple knowledge that the Spirit holds. You could if you so desired try these things on a regular basis and be aware of the thought that is being sent before you retire for your sleep state, and you will find that your Spirit will accept the thought and then create the reality. Is that helpful to you?

Mark: Yes it is, thank you.

Graham: I was reading through your teachings to last November when my wife was here and the discussion at the time was about loving thoughts towards those people who seem to, by their actions, hurt us. It was said that when you feel you cannot communicate by letter or by voice, perhaps the best way is to send loving thoughts. You replied that loving thoughts are always good and that no harm can ever come if you project loving thoughts. But you said something that I was hoping you would clarify: a warning that you must not interfere with the thought towards the other person and I wondered what that meant.

Yes, you my dear friend have been with us for only a short period of time. The basis of my teaching to all of you has been the Power of Thought. This teaching is on-going and we have returned to it on many occasions. The most powerful thing you possess is your thought. Thoughts are dealt with in many ways and we could spend this evening and many other evenings discussing this topic. What you are wishing to know I believe is that you must also be in full control of your thinking. It is easy to give out good thoughts, but you must be careful that there is no intrusion upon the thinking of another. Are you with me thus far?

Graham: No, could you explain that bit again please about the intrusion.

Each one has the responsibility for their own thinking. You understand? (Yes.) Those who wish harm, those who give out vibration of wrong thinking can do much damage to the Spirit. Therefore my instructions to you all has always been that those who wish you harm should always be given only loving thoughts from you. You understand that? (Yes.) Because, let me tell you, what you think will always return to you. But what you must also know and what you must also try to understand is that you cannot interfere in another's thinking. This is where the

confusion lies is it not? (Yes.) Yes, because of the power of the thinking, you can with another human being have stronger thought vibration than theirs. There is variations in the power of thinking, therefore if you have the knowledge of sending thought, then you must also be careful that you do not interfere in the thinking of another. Is it clear to you now because you cannot interfere in another's life or another's thinking.

Graham: Yes, thank you very much, I was looking at it the wrong way round.

Yes, I feel you have become confused. Again to us it is a simple thing, but to you human beings all of these topics become confused and therefore rather complicated. What I have tried to teach all of you is that with the power of your own thinking you can achieve all things, but in attaining that power of thinking, you must also realize the responsibility you hold towards the thinking towards another human being. That responsibility is a great one and one which you should think about and use wisely. I feel the gentleman needs to asks more.

Graham: I would like to think about what you said (Yes.) and, if I am not sure, I will ask again.

Yes I will always give you my dear friends many opportunities to clarify my words.

Graham: It takes a little while to get on board. I feel as if I am doing a bit of catching up at the moment. But it is very enjoyable and I have enjoyed reading your teachings.

Yes, I hope that the words as you read them more often, and after all that is the reason behind the written words and the spoken words, that all of you, my dear friends, can look back upon what I try to teach and if there is a problem, then I hope that you can come to me in all sincerity and love in order that my simple words can become even more clearer to you. Again, I do not wish to be seeming unkind but humankind have very short spans of memory. Again this is something that can be cultivated for your own good.

Sarah: I just wanted to follow on from what Mark said. When we go to sleep, does the Spirit automatically leave us or does it sometimes stay or is there any hard and fast rule or not?

No, the Spirit *will* return at some point in your sleep state to our world to be spiritually rejuvenated. It is entirely left to the Spirit body when this occurs. Some who have the

equipment shall I say, to leave the body easily, like to the leave it for most of the sleep state, but others will return to us without knowledge and without remembrance of that occurrence. There is no specific time or hard and fast rules for this.

Sarah: If the Spirit is not within the body and the body is woken suddenly, would the Spirit be aware that the body is going to be woken suddenly?

Yes, remember as I have said to our dear friend the gentleman, that Spirit has an expansion of knowledge which is not available to the physical. The Spirit is all-knowing, or rather all-knowing as far as the physical is concerned, not all-knowing in as much as all *knowledge*, but all-knowing for the particular time of that living of the physical being. You understand?

Sarah: Yes, thank you. My son was watching a television programme last night and it was about an American during the cold war trying to spy on the Russians. They tried to do it with telepathy with someone standing outside a building and trying to get information. Now not only could this American home in on this building that this person was standing in front of, but he could actually go inside the building. We were talking earlier about out-of-body experiences. Is this an out-of-body experience? How would he get the information from the inside of the building, when the other person was only standing outside the building?

Yes, again I return to *short memory*—we have in past time discussed this very thing. But yes there is and are a few human beings who have the capability of greater knowledge shall be say, but only from practise of using the Spirit rather than the physical. It is perhaps what you might term 'mind power'. Again we have touched upon a subject which we have not fully entered into in any great degree, but we can do on another occasion if you so desire. Yes, if you would like to look back over my words rather than use time here and now, you will find my answer. But if you so desire, let me know and we will discuss this a little further. (Thank you.)

Lilian: I was talking to someone the other day about the Spirit leaving the body at the time of death. As I understood it, it was immediate as the body dies, so the Spirit leaves. She had the idea that it took three days of our time.

The Spirit leaves the physical body only when there is a severance of the cord. The Spirit can leave the body, which in your world can be said to be dead, but until that cord is broken, the Spirit remains close to the body and on some occasions this can take seconds, this may take minutes and even days. On most occasions I can tell you that when the time of what you call death, the Spirit is freed almost immediately, but again, you are both correct.

Lilian: You know that our old friend had two circles. It was in the other circle that this query came up. That is interesting.

Yes, remember my dear friends that you should never be so closed-minded that you cannot accept other viewpoints from other people, because there oftentimes includes many things from Spirit which are correct. So do not always assume that other people are wrong. If you have doubts, then please to ask questions of me. After all I am sure that each one of you here have heard many cases of someone who has been pronounced deceased, and returned to life. (Yes.) So, the physical pronouncement of death is not always the actual moment of severance of the cord. Is this clear to you? (Yes.)

Mark: Would it be partly the power of thought of the person?

Yes, not only the person, but the power of thought from those close by. And again we return to interfering thoughts. Do you now see some connection? (affirmations)

Lilian: So if in a particular religion it was said that it would take three days, so the thoughts from the people surrounding the body, would that affect it?

They can but they pull back the Spirit and try to keep them, but when the time is right, there is nothing or no one who can stop that return home.

Sarah: So, if that is the case, if people are brought back to life as it were, is that not their time to go then, otherwise they would have gone?

Yes, it is as simple as that. It is lack of knowledge of you human beings in understanding the process of what you term 'dying', but nothing or no-one can hold you here when your time has come. No person, no thought, no healing, nothing at all will keep you upon this planet if it is truly your time to return home to us.

Lilian: Thank you. Last week we did a rescue through Sarah and she did find it quite difficult to

shake off the effects of this rescue. Is there anything more we can do to help her or anything that she could do?

No, you have done all that you can. The lady you speak of will find that with a little more experience, that she can take more control of those who come to her. She must remember that these souls come under conditions of control, but we also need the control factor of her own mind. It will come with time, but let me reassure you my dear friends that there is nothing to be concerned about. It may take a little longer than you anticipated but always the lady will return free from any encumbrance or any left over feeling from those communicators.

(Thank you.)

Well, my dear friends, as ever I hope you have been completely satisfied with my answers. I know as time continues these question and answer times will enable you to become a little more enlightened. That is our purpose, that is why we wish to help. There are many things to be achieved here, but again I reiterate to you that we must go slowly and it must show you I believe how many times I answer your questions over and over that that is the reason we must proceed slowly, in order that each point, each question that you have is fully answered and understood. Do you all agree? (affirmations)

Mark: My baby, Robyn, quite often wakes up in the night and I was wondering whether she was asking her Spirit to wake herself up. Usually we just bring her into our bed, because we are too tired to wait for her to go to sleep and then put her back in the cot. I just wondered what the process was there?

Yes, I understand. Of course children in your world are to most people just babies who are here to learn, but of course you know and understand them as spiritual beings who have chosen to come, yes. But what you must also understand is that although they have chosen to come, these spirits in the small physical child's body are sometimes unhappy, because they still have remembrance of the spiritual life. There are some babies in your world who will be restless for quite some time of their young living. It may even continue with some for years, until the Spirit realizes that they have come here for the purpose they have chosen. So you see, it is slightly difference from what we have spoken of previously. It is a different subject altogether.

Mark: It's a kind of adjustment phase.

It is adjustment, it is a restlessness, it is in some children anger. That may sound strange to you, but the Spirit is angry that they have to be confined within these human confines. Can you understand? (affirmations) So I would continue with what you are doing and even if you can to speak with your thoughts to pacify and console the child—welcome the child to this world and offer your help to her. It can be done. So, it is something perhaps for you to think about this time. (Thank you.)

Lilian: Would that work in the case of my youngest grandson. He is definitely not into school at this moment. There were tears this morning—true his mother is not very well and I had to take him—but could it also help in this case with thoughts?

All thought must help. What you must not do is blame everything onto the spiritual being. Remember that each one has come to this world for the learning process and, as a child, they will behave as children. The condition within their own little living, can alter any child. Although the Spirit is always in control to some degree, the *physical* child must work within those conditions to which they have come. So, I would say that the child you speak of is making only adjustments to the conditions of living which are there in front of him. I would say to you this my dear friends, that be careful that you do not always make every action that is before you in your living—do not always assume that it is of a spiritual nature. Although you are Spirit, you are also a physical being with physical problems to overcome. Can you see what I am telling you?

Lilian: Yes I can, because he is happy enough until we get to the school gates.

Yes, it is a lesson for him to learn and overcome, that is all.

Sarah: You said that we may be surprised to hear that the Spirit was cross, was angry. If the Spirit knows all about the physical, why would the Spirit be angry, because the Spirit has chosen to come back and I know that it is confined to that, but it must *know* that it is being confined.

But no, it does not. Have I not told you my dear friend that all memories are erased, but in some children that memory remains. So that Spirit being within the child's body can remember the freedom and the love of the Spirit realms. So, therefore, although they have chosen to come,

there is—perhaps anger is too strong a word for you—but there is unease, there is discomfort, there is a longing to return *home*. It a *longing* perhaps—forgive me for the misuse of the word.

Mark: But it can be physically expressed as anger.

Yes, it would be interpreted by the parents or whoever is associated with the child as an angry child, because it is expressing itself in the only way that it knows how. Is that clear to you?

(Yes.) Always, this is the problem I find my dear friends to find appropriate physical words to describe to you feelings from Spirit.

Sarah: You do very well though.

Are there more questions or is there enough to think about? (pause) May I suggest my dear friends that you think upon the words this time and take each one slowly. Perhaps to know and understand, quickly and quietly in your own time, and then, before we continue on more questions, you can return to those we have discussed if need be. I think that for this time my dear friends, I will withdraw. I will leave you in the hands of this dear lady. You can if you so desire discuss quietly between yourselves all those points we have discussed this time. I ask only that the words not be too loud in order that this instrument can return quietly. (thanks and farewells)