

~18th September 2000~

Good evening. (*general welcomes*)

Before we begin this time, I wish to say to the one known to you as Mark that we will come to him in sleep-state, because he is in need of a little upliftment at this time. Now my dear friends, my purpose this time and my happiness at joining you once more is such that I hope you feel that this evening will be just as informative as others have been, but rather than give to you this time new information, I would ask all of you, my dear friends, to participate in some answering of questions to you. We of course know your thoughts and desires, but those who stand close to you would like to know what each one of you has gained in recent times from the instruction given to you. Are you happy my dear friends to speak individually to me? (*general agreement*) I, of course, know what is within your thinking, but others need to hear the spoken word to know how you feel, to help them in their understanding. So you see, it is again two-way help. They will help you and you will help them. So if you are happy, I will ask our dear lady to begin wherever she feels it is suitable and ask each one of you what you feel you have gained and what you have learnt.

Lilian: Sarah?

Sarah: It has made me I think—I hope, less selfish. I am beginning to see that *giving* and good thoughts to everyone, how important that is and in return it is a vicious circle—not so vicious—it makes you feel happier and then in turn it makes it that much easier for you to give out good feelings towards others. I think I am beginning to see the reason for us being here, much more so than ever before. In understanding a little more about why we are here, that again makes it much easier to live, because you can see the purpose and that in turn helps, I hope, for me to go on the right path, the path that I should be treading whilst I am here. Generally I just find that the whole teaching has helped turn me around a lot. **Yes, can I say to you, my dear friend, that you indeed have learned the lesson of more tolerance. Would you agree?**

Sarah: Yes, I would.

Yes. Please to continue.

Sarah: I find these evenings—I never want to miss these evenings. I just want to get more and more knowledge and hopefully in the long run to help

everybody to help the world. That is another thing I hadn't realized how we should be part of the world and not the world here for *us*. So in every respect I think it has helped me along my way.

And of course, my dear friend, you know that when those from my world have you, we rarely let you go. (*laughter*)

Sarah: Well I am very happy in them not letting me go! And it's nice also to be so aware that they are always with us and I find that very comforting and it's nice to pass the message on to others too who are perhaps in a little need and to let them know too that they are not alone.

Yes I would perhaps say to each one of you, if you are lacking in any way, it is that your awareness of those close to you is until now still not too clear, but as your awareness and knowledge grows, this will come more easily to you. Thank you.

Lilian: Paul?

Paul: It is difficult to put it all into words, but most recently I have noticed there is bit more control with my moods and things that would have made me a bit cross or tense, don't have that same power quite now and I can see how I would have got wound up by things, but now I can step back a bit more and have a little chuckle about it now and not take it quite so seriously.

Laughter is most important within your world, otherwise all matters would become much too serious. But I would say to you this, my dear friend, you are indeed a spiritual person. In many lifetimes you have brought this to the surface of human living, but within you lies a small fear that the human side of you is not in full control. This is something you must try to learn this time, but you are succeeding.

Paul: Yes, I felt a little 'give' recently, yes.

And as time continues if you will but give time to your quiet moments, then in this lifetime you will place to one side that strong feeling of control. You understand?

Paul: I think so, I think I know what you mean, thank you.

Lilian: Graham, I know you're a newcomer, but...

Graham: Even though I have only been a member of the group a short time, I don't think I can begin to say how meeting in this circle has changed my life. Maybe I have had accelerated learning, because of all the catching up, but I really feel, and I am not exaggerating, that my life has been

turned upside in many respects. Many times I used to think, what is it all about and where are we going, and I went about my life happy, but wondering, whereas I think that a lot of those questions have now been answered. I had no idea about the afterlife and all the things that are yet to come and I do look upon life very differently now. I think I see a lot more beauty around me, a lot more love, particularly in other people. When I meet people now I think differently. I think I used to feel upset by people; their negativity and my negativity bouncing off each other and I am finding now that I am learning to control that more and I don't feel as upset by things as I used to and that is something that I really have noticed. The knowledge that you have given us recently about nature spirits and all the other teachings have, it is wonderful to spend time thinking on these matters in quiet moments and discussing them with my wife and daughter and we all feel that we are gaining a great deal out of it. We are very grateful.

Yes. You my dear friend have been a thinking, logical person and now you will begin to find that that thinking capacity can be used in the instruction of other people. That is what we strive to give to you and although your time here has been much shorter than the others, as you have said, because of your thinking capacity, you have caught up, if I may use that earthly expression, very well. It gladdens me so to hear such words from each of you, to know that yourselves feel this awareness grow from within you. Thank you.

Lilian: Mark?

Mark: I look upon these evenings as bringing me down to Earth really and it feels a bit like an umbilical cord to life. It's made me much more aware of my failings and I don't think that it makes life easier to live as such, but it makes it more understandable certainly.

Yes. Let me say this to you my dear friend: you are always like the bees in your world, busy, busy and this applies also to your thinking. We do not wish to bring you down to Earth, we wish to raise you back to our world, but yes, gradually you *do* know and understand that your quiet moments are most important to keep you grounded.

Mark: Yes, I don't get enough quiet moments certainly.

No you need to have more meditation time, but we know and understand that human life is busy, but again each one of you has the responsibility for your own spiritual growth. Each one of you here has so much potential to give to the world. We help all that we can, but without the help from you, we are limited in what we can achieve. To you, my dear friend, I say to you only this: continue as you are. Life of course we can never promise you will be easy, but if the awareness and understanding is easier, then what more can we ask of you? Thank you.

Lilian: Margaret?

Margaret: I can only say how happy I am to come here every Monday and think about you all week. I find it difficult to explain to people sometimes how I feel, but I just feel happy about my life, I don't know if that's wrong or not, but I am so contented.

Yes, you have travelled this lifetime, I may say, not always easily. Life at times has been heavy upon your shoulders, but at this stage of living you have acquired a new awareness of what life should be about. You, my dear friend, give help to many, but what I would say to you is this: That not all can accept your words and therefore you need to become a little more discerning in who you speak with.

Margaret: I am learning that.

Yes, it is something we are helping you with, but again, as all of the others, you are travelling in the right way. (Thank you.)

Lilian: George?

George: I have a strong desire to understand life and its placement in the universe and to share that understanding with others. I think this is a way forward for many. I realize that this has been helped enormously by the teachings of course. I realize that I do not stand alone; there are many connections both here on the physical Earth and with those in Spirit. I feel that I have been helped enormously by many, many people, many, many of those in Spirit, in putting together knowledge and understanding and I do this without ignoring the love principle which connects with all things and it seems to me to be the way forward for me which I have felt for quite some time now.

Yes, let me say this to you my dear friend. You are what I would call a universal being. As the other gentleman, you have a thinking mind. Your gift is of the word, both spoken and

printed. This we would not disagree upon, but what I would say to you my dear friend is this: Although your gift lies in the distribution of words, you as Spirit need to devote more time to your own expansion of growth of Spirit. To help others is admirable, but to help yourself grow is even more so. I do not say these words to make you feel as if it is pride, it is not, but in learning first within yourself, do you not see how the expanse of knowledge can be even greater, because then the words that you speak of write come from the truth of within and not the knowledge of the outside world. Do you understand my words?

George: Yes, I think I understand that. In my seeking of knowledge I have looked in various corners, can I put it that way, **(Yes.)** and I am aware that there have been teachers in the physical world, such as John Goldsmith, who upholds the principle that you have just stated, it comes from *within*.

Yes—it comes from within. What you have achieved my dear friend, is admirable and what you seek to do offers much to others, but what I say to you is *think of yourself*. Please take those words in the way that I mean them for you.

Thank you. (Thank you.)

Lilian: For myself your words have turned my life right around for the better. I think the one that perhaps I remember the most is the judgement of other people and if I feel judgmental, I do remember what you have said—we don't know the reasons and I do try hard to remember that. And for me that is perhaps the most important point.

Yes, let me say this to you my dear lady: You have been involved in this work for many of your years. It is not something you would have anticipated in earlier times but let me say this to you: although your involvement has been steady it has only really come to fruition when you realized this task which you now undertake. You of all of these people have grown so much in such a short time. Although your involvement has been longer, the speed of your development in recent times has been great. We say only to you, continue, give of your heart, your time, your mind and all will be well with you.

My dear friends, let me say this to you: It has been for those who stand close by you, a very good evening of discovery. It has taught them much and we hope that in expressing your

words to each other, you now begin to understand each other a little more, because it is only in expressing your innermost thoughts do you expose your true selves. Think about each other, exchange the love which exists within this room when each of you are gathered together. I leave you this time with all my love, with the knowledge that I stand close to each one of you, that I know your thoughts well and we have much work still to do.

Lilian: Yes, we look forward to that. Is there anything you would like to say to the lady that you are using? (*Eileen*) **No, she is aware of what we feel. If it was necessary then we would give you the information.**

May all of the love that you deserve remain with you until such time as we come together once more. (thanks and farewells)