

~13<sup>th</sup> November 2000~

Good evening. (*general welcomes*)

Thank you my dear friends for the love which you bring to us this time. I feel amongst you jubilation and some despondency. Throughout this time we will work with each one of you individually, in order that each one is uplifted in the way which is necessary to them. I know some of you have pondered the words I gave to you about the slowing down of nature in your surroundings and my suggestions to you that you try to accomplish something similar. Have any of you questions for me regarding what we have spoken about?

Lilian: I have certainly thought about it and thought what a sensible idea.

**But do you fully understand why?**

Lilian: Not really. Does anyone understand why?

Mark: Only superficial things like the weather is colder, there is less sunlight and we get less energy from there. It looks like there is less vibrancy in nature: the leaves are dropping from the trees and rotting and we haven't got quite such vibrant green around and colours from flowers, so there is a bit less upliftment from scenery perhaps.

**Yes and do you remember my words about why this happens that in disintegrating it is the step towards rejuvenation? Can any of you see this process from a spiritual viewpoint.**

Sara: Yes, I see it in our lives and I see it in the lives of others that the old has to fall away for the new growth to come through. I see it in nature and I see it in the changes in our lives.

**Yes. Can you also see the purpose of why I should ask you to find that common bond between yourselves and what you term *nature*?**

**Yes, you have the understanding of the physical means and the physical ageing of the body, but cannot you see the correlation between human and nature, in as much as each is part of the other? Can any one of you begin to understand?**

Mark: I see now that you begin to make a renewed effort in spring to come out of the slumber of winter together with the flowers pushing up, I can see the parallel there. And then you feel in a summer flow almost, your energy is higher and you feel lighter and you do feel more vibrant in a way.

Yes, and why should this be, but only that the Spirit has been uplifted and rested. But again because mankind has freewill, he is sometimes afraid to let go and slow down in order that the Spirit be rekindled may I say. What I wish you to understand my dear friend, is this from the spiritual viewpoint: *Physical* aspect you fully understand, but what I would wish for you is that now you begin to *see* yourselves, to elevate yourselves above all things physical and become part of what you term *nature*. Only in this way will your understanding grow, will your understanding be such that you become part of the whole. Do you understand? I do not feel that you do, but perhaps if it is a little difficult, I will return to this topic at another stage.

Sarah: It is a *blending* of us and nature isn't it? **Yes! You may well say I understand, I know what it is about, but until you come to the state of *blending* as you say, you will not fully understand *how* nature truly works within your own world. After all, are you not part of this human nature? Why then does humankind find it so difficult to become of the whole? This my dear friends is what I would ask you now at this stage of your awareness, to take on board and to consider, each one of you in your own individual way, to discover what you can *give* and what you can *receive*. This is a spiritual task for you all my dear friends and as we come to this time of slowing down within your world, I ask you to take hold of your thinking and discover for yourselves what you are about at this special time of raised consciousness.**

George: I have read about people in the Buddhist philosophy who would sit beneath a tree and think about a plant or a bud and they would almost become that bud. Their consciousness would seem to take on the consciousness of the plant.

That is precisely what I would wish for you all to achieve. When awareness is such, then you *are* part of the tree, you have the understanding of the tree, of the flower, of the bud. It takes much of your time, of your thinking, of your understanding to reach these stages of development, but my dear friends you *have* that power within yourselves, but only you have that within you to do these things. I can try to encourage, to uplift and to help you, but if you do not use that freewill, then you become static in your growth and this we do not wish for you.

**Think carefully my dear friends. I have been leading you up to this moment if you like, by speaking to you about the nature beings. There was a purpose for those discussions in order that each one of you could become a little more aware about of who and what you are.**

Lilian: So it would help us to be in the quiet places where there are trees and water, would it?

**Of course any time spent in quietness can only enhance your awareness. It is the way forward for humankind, until they reach such a state as the gentleman has just discussed. It is but practise, dedication and understanding. Does anyone have questions, please?**

Lilian: I went for a walk the other day with the water, trees and the air, and I was thinking of these creatures, but I didn't see any I must say, but I was aware that they must be there.

**Yes, any awareness can only be good for the Spirit, but it is all too easy sometimes when we have discussed these many things for each one of you to return to your earthly lives and forget what has been spoken to you. Forgive me my dear friends if I continue to remind you, but can you see that all of these creations and nature beings and yourself belong to one energy? (Yes.)**

**All that is needed is for the knowledge and the understanding and the utilization of that understanding to help you forward in your own growth. You understand? I think we will leave it here for this time, but I have promised you that I will speak to you about Angels, but I feel that perhaps until our new year in your world, that will be the time to speak further about this topic. I would like you my dear friends to consider what we have spoken about at this time. So, if you have any questions about anything other than what we have discussed, I am willing to answer them for you.**

Sarah: When you said that we humans made the Earth because we needed it, when it was made was it perfect and then have we gone astray or was it slightly imperfect in the beginning and we are trying to make it perfect. I don't quite understand.

**Yes, let me say this to you, that universal laws are always perfect in their planning—that is the first thing you must understand. But of course you know that this planet is an imperfect world, and so it was meant to be, because those Spirits who come to the lifetimes upon this planet, do so for growth—that is why. But the plan for this**

**planet was perfect. So, yes, the answer is both perfect and imperfect. Does that make sense to you?**

Sarah: Yes, the plan was perfect, but in actual fact it did not turn out to be perfect.

**Yes—no, no, no, no, no, your understanding is wrong. Natural law is always perfect, but this planet was provided for humankind with all its imperfections in order for the Spirit to grow. That is why mankind was given freewill in order that it be used to create perfection. Do you understand? (Yes.) But remember all universal law is perfect.**

Sarah: So the animals that are on the Earth, they are also here to learn, but they seem to be more perfect than we are. Is that correct?

**Do you know this?**

Sarah: No, but I just feel that their life is more ordered—I do see some things in nature with the animals that perhaps I don't think is very good, for example, some monkeys eat other monkeys, but generally they seem to be more ordered and they don't seem to have such a nasty streak in them as some of us, perhaps.

**Yes, mankind has always been puzzled by the happenings within this planet—that is not for them to judge. All has been planned and of course mankind over time has lost his spiritual attributes to a great degree and has created upon this planet much that should not have happened. These things have happened because mankind has freewill. The animal kingdom in all its stages also is evolving. This is a planet for evolving, this is a planet of learning, this is a planet that because of man's thinking, has become one of much disruption and disease, regrets and all other human failings. That is not to say that the universal plan for this planet was wrong, only that humankind has abused those laws. But all works well. Mankind has to learn and *is* learning at a very fast rate, that he is responsible for the upkeep of this earthly planet—that knowledge is becoming more widely known. But yes, it is an imperfect place, but I would say to you this my dear friend, it is not for you to judge. As I have said to you so often, you do not see the wider scheme of life. I know that it is difficult to understand, but so often my dear friends you torture yourselves with many things that you cannot change. And let me reiterate for you that the best you can do is to send your thoughts for good; in that way**

**not only are you growing, but you are helping all of mankind. Is that helpful to you? (affirmations)**

Graham: Is it possible to encourage plants and trees to grow by communicating or attempting to communicate with them. We used to have a cherry tree in our garden and our neighbour, who was a dear old lady, used to communicate and talk to that tree every day; she felt she had a relationship with that tree and the tree grew better as a result of this. Is this true?

**Why—you are continuing with what we have been discussing. That dear lady, as you call her, had an awareness that the tree would blossom from the love that she gave to it. If she were to go one step further she would be part of the tree and the tree would blossom as she herself would. It is an exchange of energy and love. So therefore, of course plants, animals and all of vegetable life respond to love. That is your key word for all of living, Love.**

Graham: Yes, very interesting to hear you say that, thank you.

Sara: A lady I know who is advanced in years was surprised and delighted to find that she had a Spirit friend talking to her and helping her in practical ways. Is this quite unusual?

**Let me say this to you, that as we have discussed before, children are aware of what you call *spiritual friends*, as are all mediums and those who give of their selves and their time. In some individuals who get to what you call *earthly elderly age*, they are reaching out to Spirit life, if you like. They are closer to our world than they are at times to this Earth. Therefore the opportunity is open to those who stand close by and who probably have been with her for many of her earthly years, but she would have been unaware of them. I would say to you that this lady has now reached the stage where her awareness is open, where her vision is clearer and therefore contact is easier. I would say to you that she is now probably closer to our world than your own. Is that helpful to you? (Yes, thank you.)**

Lilian: Paul, do you have any questions about your travels?

Paul: No, not at the moment, thanks.

**He needs no questions. He knows we travel with him. (Thank you.)**

Sarah: You were talking about our medical advances and there was a programme on the TV recently talking about such advances. There was a

programme about the Icelandic people who can trace their ancestors right back to the Vikings. Many suffer from cancer and they can trace back generations showing the deformed gene they all have. You said to us that we create the diseases we have in past lives or in our own life. If people come back with a defective gene, do we trigger off the problem with the disease whilst we are here by what we are doing now and can these people avert getting cancer even though they have a deformed gene by the way they are living today?

**Yes, I understand your question. Yes, let me say this to you: In situations as you have discussed, these are of course *karmic debts*; you all understand that term I know. But of course you know that the power of thought that is given to each one of you when you come into this incarnation, is entirely your own responsibility. Therefore I would say this to you, that although this group of people have come to this lifetime with what you call a *deformed gene* and I would call a *spiritual debt*, people *have* the ability to change their lives and rid themselves of spiritual debt. That would explain why not every single one of them would trigger off the disease. The way they live their life will dictate whether that disease becomes ripe and vigorous, or whether it can be changed. Let me say to you my dear friends, that each one of you has the ability to change the very cells within your body. It is not easy I know, but you have the power each one of you, to change it.**

Sarah: And would that mean that if we come with a spiritual debt we can rid the soul of that debt in this lifetime?

**Of course, but again it belongs to *you* and to *you* alone, but with the help of the many you call *healers*, who are here to help and to advise you and to bring to you that touch of spiritual light, which is needed for you to dispel that spiritual debt.**

Sarah: So that would be probably one of the reasons why they would come back, to rid themselves of that spiritual debt?

**Yes, as a people they would have chosen that life. Is that helpful?**

Sarah: Yes, thank you very much.

**I think for this time my dear friends, there is much for you to consider. I thank you for inviting me into your lives. I hope that I have given you some new food for thought, as you say.**

*(affirmations and thanks)* I leave you now my dear friends in the knowledge that each one of you will leave here feeling a little more uplifted and I hope with a little more purpose in your lives, a little more understanding of all that surrounds you. *(thanks and farewells)*