

~4th December 2000~

Good evening. (*general welcomes*)

This time let us begin by giving thanks to that Divine Energy for this union. For this coming together this time we ask for upliftment in our daily living in order that we continue with the work and words which are given to each one of you. I feel my dear friends, that each one of you in your own way is in need of some upliftment at this time. So I say to you that, as you leave us this time, you will feel the benefit of our combined love. (*general thanks*) We are approaching the season of goodwill within your world and I have spoken to you recently of the slowing down process, which affects all of your planet, especially in parts of the planet which you call your winter times. I have explained to you that these times are of importance to you all in order that there can be rejuvenation of the Spirit within all things. I say to you my dear friends, the time is approaching when I also must take leave from you for just a short time, in order that we may also find upliftment and rejuvenation of Spirit.

Lilian: Yes we understand.

We too gather within our world at these festival times and we do have the same counter-parts as in your world, in order that each of us can return to our own place, in order to record and to learn and to discuss what we have achieved and what we have not. Therefore, it is not a time of just withdrawing from you; there is a purpose. I will say this to you my dear friends: I will come to you one more time before I withdraw for a few of your meetings.

Lilian: Yes, we do understand.

I know you understand that communication with you entails many complicated issues—much lowering of consciousness and vibration. It is good that those of us who communicate with you upon this Earth on a regular basis, it is important that we return at least in part to that vibration to which we belong.

Again, because we are few in number, perhaps we will *give* of this time to discussion.

Sara: Can I ask about bullying with children. Sometimes I am not sure what to advise children when they are being bullied. Is it good to tell them to send loving thoughts for one thing. Can you advise?

Yes, my dear friend, let me say this to you. Always you are a little afraid of physical happenings within your world—that is because you are most sensitive and the more you become *aware* of our world and all that it holds, the more sensitive you become to the happenings in the physical realms. When you speak of loving thoughts, I hope that I have taught each one of you that loving thoughts are part of your makeup, are part of your creation. Therefore to teach children these things should not require much thinking. Every child from the age of understanding should be taught about the power of their thinking. They too can create for themselves much good or much sadness within their lives by the way of their thinking. But let me also say this to you my dear friend, you cannot protect your children from *life*. They must experience *all* of those experiences of life, in order for them to grow. And although as parents you find it difficult to stand back, you must do so. Unless you see any danger to that child, you must allow the child to evolve in his or her own ways. I know this is difficult to accept, but it is a failing on the part of the human being. Remember what I have told you: you cannot interfere in another's life. You can guide, you can help, you can uplift and most of all you can *encourage* and you can *listen*.

Sara: Yes, thank you, that answers the question. But encouragement to give of oneself should be encouraged, especially in the thinking. You know full well my dear friend, that all powerful thoughts never fall by the wayside. This applies to the youngest of children, until such times you depart from this world. I would say to you, if you wish to help this child that you speak of, then you must encourage her not to be strong physically, not to be hurtful with words, because that is not the correct pathway, but to become stronger from within, to begin to know from inside their own strength and, after all, even children have that knowledge from within of what is right for them.

Sara: Yes, I think she is strong in Spirit, because I think she has a very strong sense of what is right, but she suffers sometimes.

Nothing that is achieved cannot be achieved without some suffering. I hope each one of you understands this, that to achieve greatness of Spirit, you must have suffered to some degree along life's pathway. I hope you understand this

my dear friends. (*affirmations*) So I say only to listen quietly, to help her if she asks you, but to give her the knowledge that she is strong from *within*. When that knowledge is gained, then it is seen from the physical aspect and she will be known by her light and her strength. She is capable of understanding.

Sara: Yes, thank you very much, that has clarified what I felt—

Be guided always, not only towards children, but in everyday living, be guided from within and you will find the way and the correct answers to your questions.

Mark: I read in a newspaper about an experienced pilot who was flying in an area known as the Bermuda Triangle and apparently he looked out of his window and he was not where he was meant to be—he was miles off course and he looked at his computer readings and they showed that he was flying at something like 2,200 feet and somehow he had got over a mountain range that was 3,000 feet high. I think the suggestion was that he had entered this special zone and he had somehow entered a field where the normal laws of physics that govern this planet—gravity and various things, had apparently disappeared and he had appeared in another area. I wonder if you could shed light on that?

Yes, there are in this earthly planet many areas where mankind would say it goes against the grain of understanding. This applies not only to this planet, but to many, many, many others. We enter into the realm of *time*, my dear friend, the subject which I have thus far discussed little with you, because I have always felt that your understanding is not great enough as of yet. I would say to you that yes, there is a *time 'warp'*, I believe you would say, in many areas of this planet. Yes, I am aware, as are many others, that these experiences are baffling to many.

Mark: If you were looking at that plane as it entered that zone, whether the plane to your eyes, would just disappear.

To your eyes it would disappear, because it has entered another dimension of *time*. To our eyes it is a natural occurrence, it happens at all times. It is the ignorance of mankind about the times zones and the dimension of time.

Mark: And in an instant that plane suddenly is somewhere else?

Yes, it is another dimension of time, it is not unusual from our side of life. The understanding is not always understood by many here, but it is a time dimension not as yet fully understood by people upon the planet.

Mark: And I would guess that those 'zones', whatever you call them—the people who know and the energies that know how to use them can do their space travel and get to all kinds of places just like that.

Yes, the understanding of time dimension is a difficult one for you, but yes, as I have said, there are many areas in your world which hold these dimensions of time. It is not unusual, after all, how do you suppose the future is seen if it is not the entering of another time dimension? It is a little the same I would say to you, but slightly used differently by those who have the awareness and consciousness of seeing what is ahead. After all it has happened if you can see the future. Do you agree? (*affirmations*) It is just travelling to another dimension, whether it be with the spiritual mind, or whether physically travelling as you have said, into the time dimension which is encompassed within your planet. There are many, many of them, but as of yet little is known about them.

Mark: I understand that quite a lot of people have got lost in them, (**Yes.**) so I would guess that they are not on their life path, that they weren't meant to be there and I wonder what happens to them?

You should not make assumptions my dear friend. Who are you to say that it was *not* their life path? You cannot say it was something that was not meant to happen; perhaps for them that was their exit from this way of life. It does not mean my dear friends, that you go into another time dimension and disappear forever. There are many in this world who would be able to tell you that they have entered another time zone and have returned to tell the tale. Therefore I say to you my dear friend, do not make assumptions, do not judge. Is that helpful to you? (Yes.**) The experience of time travel, time zones and time dimensions—call it what you will, is a very difficult subject for us in our world to try to explain to you, because your understanding as of yet is not great enough, but it is something that causes great interest within your world and many are being inspired to**

understand and to take aboard all of the knowledge that is being offered to them.

Sarah: My mother once saw something that she saw happen in the morning, but in fact the occurrence did not take place until the afternoon. So she had actually entered a different time zone.

(Yes.) So could she enter this zone at any time if she were so able to? Why should she just have that one situation? Was she in an area with a different time zone or is she capable of doing it herself with a little more knowledge?

Yes, there is a difference between entering a time zone physically as the pilot that the gentleman spoke about, and entering a time dimension through the *mind*—that is the Spirit coming to the fore. Not only can you move forward, but you can go *backwards* in time.

There are many who could tell you of this type of situation. Many people are afraid to speak of these things, because they are ridiculed many times, or they are afraid that their own sanity is at stake, but in cases such as you speak my dear friend, that is the mind of the Spirit, which at any particular time can be to the forefront of consciousness, that is all. (Thank you.)

Lilian: Last week, through the other medium, Sue, someone came through and said that this group that meets here on a Monday and the group that she's met in Reading would be connected somehow. I wonder if you could tell us how they could be connected. It was the group that Peter came from.

I am not aware of connection between these two groups. Let me say if the communicator felt some connection between these two groups, so be it, but I say to you my dear friend, I do not see the connection in any way spiritually, other than an interest in what each other does.

Lilian: I must say I didn't feel there was going to be a connection.