

~April 23rd 2001~

Good evening. (*general welcomes*)

Lilian: Nice to be together again.

It is indeed good that so many have gathered this time. Always I feel your love and your welcome; for this I am most grateful.

Lilian: Yes, we are grateful for the love you bring us and the upliftment.

Yes, upliftment is something needed in some of your lives at this present time. Before I continue with new knowledge, I would like, my dear friends, to ask each one of you, what you have learned for yourselves in this these past few months. We have spoken of many new things, much new knowledge and for this time I ask that each one of you speak of what you have achieved, in order that the others may know, because my dear friends, each one of you has grown in your own way, in your own time, at your own individual evolutionary rate.

Therefore, if you are happy this time to speak, then I will be happy my dear friends to comment to you individually. (*each sitter in the circle then made individual comments*)

Mark: It is difficult to say really. What you have given me is something that I wouldn't have even thought about, I wouldn't have even considered them. They give me a kind of *hope*, I suppose, because it makes me feel that there is a much bigger picture and I think it has given me more *confidence* in my position in my life—more purpose?

Yes, you would say that your knowledge has expanded spiritually? (Yeah.) **Yes, you my dear friend, until now, have taken each step slowly, but you will find that in this year of your earthly time, your knowledge will be such that you will be surprised by your own thinking. Thank you for your comments.**

Lilian: I know it is difficult for Izumi. (*Japanese guest*)

Yes, it is too much. I know how she has grown, so we will say only that she has gained experience from these meetings.

Lilian: That's amazing really.

No, it is not amazing. We are speaking to her on a spiritual level and it is on that level that we speak.

Graham: Before I say anything, may I give thanks, say thank you. I would like to give thanks to those people on our side and the people on your side,

for helping me with my health problems. It feels as though of late, that I have got a lot better and the tremendous upliftment and joy that has given me. (*Graham had been struggling with 'Dystonia'—a so-called neuro-degenerative disease—but he has since made a miraculous recovery!*)

May I stop you there my dear friend. Where is your own self thanks? Who has achieved this? Of course you have been helped by many, but ultimately you, yourself, are responsible for your health. (Yes.) So I would say to you my dear friend, give thanks to you. Do you understand what I say to you?

Graham: Yes I do—I will do that. It is difficult to know where to begin with what I feel I have achieved. It has enabled me to understand the position of the human race, where we fit into the grand scheme of things, it has enabled me to look at things from a very different point of view than I would ever have dreamed of, before I started coming to these meetings. I have been able to have spiritual thoughts, tried to think of things in a spiritual way, to have conversations with my wife, who also comes to this group, (*Sara*) about things that would never have been possible before and I find possibly ever more so in my life, as I move forward I am thinking all the time about things, almost constantly through the day. I try to think of things in a slightly different way than I have before, bearing in mind the things that we have been taught and I feel as though it has given me a lot of power and strength, which otherwise would have been lacking and more insight and understanding and compassion to those around me.

Yes, you have picked up much since you have joined us. May I say to you my dear friend that the one you call 'wife' has indeed been a special gift for you in this lifetime. That lady has much spiritual knowledge, even though she constantly seeks, she is what we would call a Spirit of much compassion and love. To this she has brought to you, but also to many others that have been acquainted with her. I would say to you that in this learning process, the biggest lesson for you my dear friend, has been the compassion and the understanding of others' problems. Yes, would you agree?

Graham: Yes, I would.

Yes, thank you for your comments.

George: At a personal level I think I have learned more humility, patience, sensitivity, appreciation of young children. I am feeling closer to Spirit at a different level. I feel I am reaching out to more people, through the book which is now being marketed in a small way, with the help of local newspaper accounts. And there are more plans for reaching out to more people, through what is written in the book and I see that as part of my work for the coming year or two. Yes, that is about it.

Yes, I would like to say this to you my dear friend: You always have been sensitive, but you needed to grow just a little more, in order that that sensitivity be utilised in the proper manner. This you have done, you are following in the correct footsteps of your life plan. You are most intelligent in the intellectual sense, but we give thanks do we not, to those friends of yours in our world, who are constantly with you, enabling you to go forward as you say, in those written words, which need to find a wider audience. We thank you my dear friend for this. We give many thanks to those of you who allow us to come close enough, in order that spiritual work may be given to many, many others; to those who are sceptical, to those who have knowledge, to *all* manner of peoples who are seeking. This is what your written word will do, it will enable many to have within their grasp the words of spiritual knowledge. I would like to thank you my dear friend for all that you have achieved. Thank you for your comments.

Sarah: I am finding it very easy now, to pass on the word when I get the opportunity. I used to find it a little awkward and sometimes it is not easy to express exactly what I mean, but I find it increasingly easy to slip in something about Spirit when I am talking to people. And the other thing I have found, since this operation I have had, it has helped me enormously to sit back and think. Whereas I have always been so busy rushing around I have had time to sit back and think and realise too in my moments of thinking, that maybe I would have been better not to have had the operation, to think that it has helped others around me to grow, whereas they would not have had the opportunity had I not had the operation. So yes, I am seeing things in very different light, to how I did a while ago.

Yes, may I say to you my dear friend, that always in your seeking and in your searching, you have

been, if I may say, one who has tended to rush a little too quickly. This time of quietness that you speak of, is an intended quietness for you. It has enabled you as you have said, to give time to the quieter thinking time of Spirit, which is quite different from the quiet time of the physical being. Would you agree?

Sarah: I would indeed, yes.

There is much for all of you to learn, but I would say to you my dear friend, you have made great strides in your spiritual unfoldment. This does not happen in a short time, but takes all of your years of living, and these words my friend, applies to all in this room. For all of your years of living, you will continue to grow, to accept knowledge, to be much better human beings, to go forward, as I have said before, to become emissaries of Spirit in order that others may know what truth is. This, my dear friend, is what you have been achieving in this past year of your living. Thank you for your comments.

Margaret: I have two '*thank you's*' to say.

Sometime ago, I think it was a few years ago, my grandson is dyslexic and you said to have patience. Well, patience is all right, but you have got to be cross with him sometimes. Anyhow, we found a very, very good school and he is now 11 and he is such a wonderful boy and he is so kind and I think it was when you said to me to pray for him and wish him well, and I did and he has come out wonderful. The other thing is that my daughter suffered last year with cancer and I asked for help and she is coming through wonderfully and I would like to thank you very, very much for that.

Yes, I would say to you my dear friend, that the *power of thought*—and I do not apologise for repeating these words—that the *power of thought* is the most powerful thing you will ever have. To use that power of thought in a positive manner for good of another human being, enriches your own life. Not only do those people that those positive thoughts are aimed towards, not only are they helped, but you my dear friend, also benefit from that positive thought. I would say however that this positive thinking must be used on a wider scale, to be used for *all peoples*, not only for those who are close and whom you love.

Margaret: I do pray for other people.

Yes, but the most important people you can give thoughts for, are those who are most in need, not only in your world, but also in ours. For this dear lady, we thank you and I would say that you have learned well, how to use your thoughts for help. We hear them and we hold them and I take this opportunity to *thank you*. Thank you for your comments.

(Thank you.)

Lilian: Well I do like to read the transcripts of your teachings over and over and I am still amazed at some of the things you have told us. I hope it has made me a better person, more understanding, patient—I do try hard and I'm sure it has made me a kinder person.

Yes, I will speak with you my dear friend and I will use your own words: *You are amazing!* You my dear friend are what we would call a most generous and simple soul. Life is not always easy, for all of you, you have your moments of distress, of illness and life in general seems difficult, but my dear lady, we wish to thank you, for giving the opportunity for all our other friends within this room to come together, because without people like you who are willing to serve Spirit, to help to spread the truth, we could not use you in the way that we have. You, my dear friend, should be thankful for all that comes to you, but we too, are thankful for your dedication to the work of Spirit. These thanks are not given lightly, because as I have said to you, without you, we could not continue this kind of work. I must say my dear friends, and to all of you I speak, since I have come to you, I have seen how the lights around you have grown brighter, I have watched each one of you with your doubts and then to see those doubts disappear. I have seen each one of you when you have spread the word of truth to others, I have seen how you light up, when the acceptance of truth comes to those who you know have been in the darkness of not knowing. I say to you my dear friends, there is much to achieve and I will say there is much good to come to all of you and there is much for us to achieve within this room. But once more I must say to you, *'slowly, slowly'* and again I will use the word *'patience'*, which I know to you earthly beings, is a word that is not always used properly, but it is a word which my dear friend—*(pause)*—Forgive me my dear friends, but I feel

for this time that I must withdraw from you. I ask that you continue in the good work that you do and that next time we meet, I will speak with you on some new truth, which I hope you will find most interesting. *(thanks and farewells)*