

~14<sup>th</sup> May 2001~

Good evening. (*general greetings*)

Firstly let me extend a welcome back to our dear friend.

Paul: Thank you.

I hope, my dear friends, that this time you have felt peace surrounding you, because we feel that there is some need of it. Your healing thoughts too have been received and will be dealt with. This, my dear friends, leads me to the discussion which we will have this time. It is about *thought* once more—that very important thing in your lives. We have spoken briefly about Angels of Thought, have we not? (Yes.) I would like to tell you my dear friends, a little about their work. There are many workers in our world, whose task it is to deal with the many thoughts which emanate from all people. I have told you in past time, about those people who intercept thought which is negative to another. Do you remember? (*affirmations*) Yes, I have also spoken recently about Angels of Thought. They are beings who are in control of all workers of Thoughts. But I wish to tell you this time my dear friends, about those Angels of Thought who work within our world, who help many people. Their work in our world, includes work within what we call hospitals—that is your earthly word for those places of healing within our world. I believe we have spoken briefly about the many colours, about the openness of these healing places. But what we have not discussed, is the work of those beings within these healing places, who are there to help *all* who are in need. The Angels of Thought, my dear friends, have worked and take control if I may use that word, in these healing places. They are responsible for the thoughts, which emanate from the people who are within these places of healing, because remember, when you depart from this earthly plane, when you are unaware of your passing, when you are in one of our healing hospitals, still the Spirit is *thinking*. Do you understand? (Yes.) The Spirit is unaware, but is still able to think, much in the same way as when clothed in the physical body, the Spirit is still active. This, when in Spirit, is just another dimension of the spiritual body. Do you understand? (Yes.) I will go slowly, because it is a new aspect of our teaching. If you do not understand what I say, please stop (*me*) now, and we will discuss it.

Lilian: Does everyone understand? (*pause*)

**You seem a little confused.**

Sarah: There is just one thing Salumet. You said the Spirit carries on thinking although it is not aware that it has died. Surely it does know that the human has died. Is that what you meant?

**No. When the physical garb is left behind, if there has been a traumatic passing, if there has been great illness, then they are not aware of their passing. The etheric body is, how shall I say, is affected by the physical passing also. The etheric body is in a state of existence closest to the physical. So the etheric body is the one which will need spiritual healing in our places of healing. Do you understand? (Yes.) But within the etheric body, there lies many others—many stages of existence. Do you understand? In the same way as the Spirit is separate from the physical, so also is the Spirit separated from the etheric body. You have many bodies within the Spirit body. Do you all understand this? (*some affirmations*)**

Lilian: No, that's a bit puzzling to me. Anyone else understand?

Sarah: I understand that there are two: there is the physical and then there is the etheric—**You have the emotional bodies, you have the many other types of spiritual essence. Do you understand? (Yes.) Until you understand that my dear friends, I cannot go on with the explanation.**

Lilian: So similar to the physical body, the emotions, all that goes with us here.

**Remember, there is just one part of Spirit. You are made of many, many finer bodies. That is why you pass from one plane of existence to another. You leave behind that part of the Spirit which is no longer necessary and you become lighter and lighter and lighter, until you become that that pure energy, which I have touched upon on another occasion. Do you understand my dear friends? (*affirmations*)**

Sarah: So, once you get into Spirit, the etheric body is changing, the Spirit body is changing more...

**Yes, it cannot stay still. Do you understand?**

Sarah: Yes, but the human body to the etheric body, there aren't any stages there?

**No, that is the closest to the physical state of existence, you understand? Therefore the Angels of Healing, are making contact with the finer essence, shall we say, of the Spirit, in order**

to help it understand the conditions which it finds itself in. These Angels of Thought, possess the ability to heal with thought and colour and many, many more ways of spiritual thinking, which are much too complex at this stage of your development to understand. But their task, as you can well imagine, is a more important one.

Lilian: And quite difficult at times?

It can take much time for the etheric body to awaken and realise that it has returned home—yes of course. Much depends on what has been learned on this earthly plane, you understand? (Yes.)

Lilian: So when ‘rescues’ as we call them, happen, does that help the Angels of Thought in their work?

The Angles of Thought will not be really used for that kind of work. There are many, many other beings who are involved in what you call ‘rescue work’; the difference being is that these people who come for *rescue*, do believe that they are still physical beings. It is being worked upon at a different level in those cases. So the workers for *rescue* from our world, are much more aware of earthly conditions and so forth. The Angels of Thought are hierarchy of thoughts, who are dealing with the Spirit and not the etheric body as such. You see, they operate on a higher level of existence. Do you understand my friends?

(*affirmations*) This is a little complicated for you. I do feel perhaps at this point, that you do need time to soak this small piece of information and gather it together in your thoughts and perhaps we can discuss it further on another occasion, because it is important that you take this slowly.

Lilian: Would everyone that leaves this planet, would they have to go through this process, or would some of us maybe not need it?

No, no, only those who have had traumatic passings to our world, would need healing in that way. Most people pass to our world of Spirit, accepting and knowing what has happened to them. It is only those, as I have said, passed under difficult conditions, who require healing.

Sarah: I was just slightly confused about the people who still believe they were in *our* physical world and those people who were going for healing. So the people who still think they are in the physical world, they haven't necessarily had a traumatic passing?

Yes, it could just be their time to go.

Sarah: right, because I was slightly confused about the difference between the people...

If I may interrupt you my dear friend—if you could imagine someone who has been very ill for many of your earthly years. This has to affect the etheric body also, because illness is passed through to the physical from the etheric and emotional bodies and even more spiritual bodies. This is a little understood thing within your world and a little understood thing amongst those in your world who call themselves *healers*. They do not fully understand all that is necessary to create a *physical* healing, because you see, this dis-ease of the physical body, begins in *Spirit*—as all things do—and manifests itself through to the physical body. Do you understand?

(*affirmations*)

Paul: When you say it begins in Spirit, does it begin with *thoughts*?

Yes, of course. Thought is the most powerful thing. It is thought and mainly wrong thought, which starts off many of your earthly diseases.

Sarah: Sometimes we have brought diseases with us from a previous life, haven't we?

But still they have manifested from the original thought. Yes of course, you are correct, you can bring them with you and that is *why* it is advisable—and advisable only for that case—to find out what is holding you back in this lifetime.

Lilian: It's a pity there's not more awareness of it in everyone.

Yes, but you see, whatever you think, eventually passes through the spiritual body and manifests into the physical. I feel it is something not fully understood, that as human beings you have this feeling that the physical is the only body which creates disease, but of course, the mind belongs to the Spirit, does it not? (*affirmations*)

Therefore think along those lines my dear friend and perhaps it may become a little clearer to you.

Paul: Would you say the diseased person has to change their *beliefs* and then their thoughts will change?

They do not change beliefs, but they have to change their *way of thinking*. It is the thought *pattern* which is at fault. Let us take an example and perhaps you will begin to understand a little. Let us for example say we have a person who is highly critical not only of others, but of

themselves. And have I not told you that you have love for yourself, before you can extend it to others? (Yes.) So let us take this emotion of being over critical. People of that thought pattern, usually have the type of disease in your world, of the body becoming gnarled—I am trying to get the condition—yes you call it *arthritis* in your world. That is because the thinking becomes reality and that criticism begins to twist and become embittered and shows itself into the physical body. Therefore the way to dissolve that type of dis-ease, is to learn to love, not only your fellow man, but yourself. Can you see the pattern? (Yes.) If you try to follow this line of thinking, I feel it will be a little easier for you. It is the power of thinking.

Sarah: So children who come over with arthritis, they have brought it from a previous life?

Yes, yes. That is probably—I do not say all—but that is probably why they have returned to this lifetime, to undo that pattern of thought. It is a *powerful* thing I say to you. It is something each one of you should consider most seriously, because you *can* change what you think. And have I not told you in the past my dear friends, that if you constantly find fault in another, then look inwards to yourself—therein lies the fault. I feel from you that for this time I have said enough. I would like you to dwell upon my words my dear friends, because *thinking* is so important to the kind of living that you do and the power that it *has* over all other people that you meet.

Lilian: So with the right kind of thinking and the thoughts, our physical bodies could stand us in good stead for as long as we are here?

Yes and you would have the ability to help others as do the Angels of Healing in our world. After all, that is what they are doing with the power of *their* thought.

Lilian: So, although the body gets frail, which I guess is natural, that it can keep you...

Of course, it is part of your physical evolution. You cannot live here forever. You have to return *home*, but your purpose here is to learn all of those things, which are only for your own soul's growth, that you may return *home* and say that you have learned something; that is your purpose of living. But your purpose of living is not only for yourself, but for your interaction with all other people who come into contact with you. You have great responsibility my dear

friends. When you meet with others, you do not fully understand or grasp the effect that you have upon others in your world. That responsibility is a great one. Do you have any questions before I leave you this time?

George: I think we are beginning to grasp the connections between physical ailments and Spirit and I was reading something recently about buildings in the latter days of Atlantis, which were described as *between a hospital and a temple*, (Yes.) where spiritual connections with healing of physical matters were looked into. This came out of past readings of one Edgar Casey. (Yes.) I think he was probably a very genuine individual, but the idea of something between a hospital and temple, for the purpose of healing, rather stuck in my mind and seems to connect with what you are telling us now.

Yes, I can say to you, this gentleman was a *man of vision*, but I have to say to you my dear friend, that these ancient people, have, or had, a much closer unity with Spirit. Their knowledge was so much greater than it is today. Therefore their knowledge would have been such that they would have understood spiritual matters much more deeply.

George: Yes I can see that.

Yes, they were much more aware of the spiritual aspect of man, and of course, healing and places of healing, would have been influenced from our world. Yes, thank you. (*Lilian then asked if anyone had more questions*)

May I say just a few words to the young gentleman, that he has felt closer to his own Spirit on his latest journey. (Yes!) Yes I think you would agree.

Paul: Yes. (Yes.) It was a very uplifting journey. (Yes.)

Sarah: Could I just ask one more? Going back to these Spirits who have just passed over, we do have *rescues* with people who have been handicapped all their lives and by the time they leave here, after the *rescue*, they feel they have lost any problems they had. Surely these people would have suffered spiritually as well?

Not in the same traumatic way. They would have lived their lives on this planet, as handicapped, as you say, people, but let me say, most of these badly handicapped, as you would call them, are usually old souls, who would be much aware when they returned home, of their existence shall we say. So their handicaps would

no longer be with them. The people I speak of, are people who generally would have no knowledge of Spirit, who have been ill for many of your years and the spiritual light has diminished to such a degree, because of the illness of the physical body, because you cannot separate the two, while it is enclosed with physical garb. Do you understand? (Yes.) You cannot make the connection I feel. The etheric body suffers with the physical, therefore when it is released to our world, still it is confused and the Spirit needs to be healed. It is the Spirit which is being healed, not the physical body.

Sarah: I remember you saying to us once that the Spirit was aware of *all*. When you said if we want to wake up early in the morning and then we suddenly wake up, and you said that it was the Spirit who had woken us up, because it is aware. How much is the Spirit aware and not aware? So, in this case the Spirit isn't aware that it has been traumatised, as it were.

**I think you may be confusing Spirit and soul. We have discussed that it is the soul, which has many aspects. You have many Spirit bodies, but the soul is the unit to which you return, the soul is all-knowing. (Ah.) I think you are a little confused, but you understand now. (Yes, thank you.) It is the soul, which is what you are working towards. That is the all-knowing part of us all. Is that helpful to you? (Yes.) Are there any more questions before I leave you?**

Lilian: I was just thinking that there is so much to learn.

**That is why it is important that we go slowly, that you ask questions while we are discussing it, so that your understanding becomes clearer. And as you piece together all of this knowledge, then you will see the wider scheme of life and how life goes on in our world. There are many planes of existence within our world and it is important that you understand a little of how it works. There are too many confusing theories that go around your world, which confuses people. So it is better that whilst you have the opportunity, you ask about anything you are not clear about.**

George: Perhaps I am over-simplifying, but one perhaps could say that long illness can drag down the Spirit, can diminish the spiritual light. (Yes.) But this can be recovered, with the attention of those in the hospitals.

Yes, it can be diminished, but of course cannot be extinguished; perhaps that is a way to put it to you. It may be drained of energy for some time, but it will come to full glory, if you like, with the help of those loving beings, who surround it at all times.

Sarah: So the loving beings, as you call them, whilst these people are in these hospitals, really what they are trying to do is to get their thought patterns right?

**Yes, that is the importance of the Angels of Thought. That is their task, that whilst they remain in these hospitals, not only is the Spirit strengthened, but the thought patterns are helped to be changed. They cannot change them for them, but they can help and encourage. Do you understand? (Yes.) I will leave it there for you now my friends. As always I stay close by each one of you. I am aware of *all* that is going on with your lives. I will always be close by.**

*(thanks and farewells)*