

~21st May 2001~

Good evening. (*general welcomes*)

It is good that you give out healing thoughts to those in your world, who are in need. May we say to you my dear friends, that when these thoughts are given, that you give an *address* for these people, because as you may well understand, there are many, many people in your earthly plane, with the same name.

Lilian: So the name then followed by the address. It helps. Of course, we can find out, but it is helpful to us if we have the right person in the original thought pattern.

Lilian: Yes, we'll do that.

My dear friends, I have been aware of much thinking from you since last we met, but this time I intent to stay only a short time with you in speech. I will of course remain to work with this instrument, but what I wish to say to you this time, is this: there will be an evening of personal development for each one of you. I feel my dear friends, that these intervals of self-expression and self-knowing, are for your own spiritual growth, as well as the knowledge which I bring to you. Therefore I will leave it with the dear lady (*Lilian*) to speak with each one of you, and I urge you please to give what you see, or what you feel, or what you sense. And do not be afraid to say, because anything unusual would be from our world this time. I wish to say to you my dear friends, I ask of you before we meet next time, that each one of you, because of your dedication and work, that it is time for your own initiation of spiritual growth. Therefore I ask of each of you, to devote one half hour of your daily time, in sitting quietly and you will become aware, each one of you, or your individual *Guardian Angels*. This will be my gift to each one of you, but of course it is dependent upon your willingness to do so and to sit quietly. We will begin next time, by speaking of what you see. Your Guardian Angel remember, is the one who came with you on your Earth journey and the one who remains with you throughout your earthly lives. Not all people are able to meet with their Guardian Angel, therefore I give this gift to you, with all of my thanks and my love. But you must do it each day, you must give one half hour of your daily time. You have the ability. All I will say to you is this my dear

friends: do not seek too hard, allow your heart to be open and all will come to you.

Now, I will continue to work with this instrument and I ask each one of you to allow those close to come to you, to help you with your individual development. You will feel upliftment this time, before you leave this room. As always my love goes with you. (*thanks and farewells*)