

~25th June 2001~

Good evening. *(general greetings)*

Lilian: I can switch the fan off if it disturbs you? It does not, but I will try to raise the voice level for you.

Let us give thanks to the Great Creative Force for this quietness and stillness which we share this time. We ask that we be given some understanding of the unity, which you have with that Creative Force.

That brings me my dear friends, to what I would wish to say to you this time. I know that you have found meditation time in the past weeks to your benefit, would you agree? *(affirmations)* Why do you suppose that we asked you to concentrate on this meditative time? *(pause)* I will tell you. You have reached a point, my dear friends, in your individual developments, when it is important to recognise the unity, which you share, not only with each other, but the Creative Force to which we all come from. That is the purpose of your meditation. I will say only this to you, my dear friends, that it is now up to you whether you continue, or discontinue these quiet times together, with that Creative Power. But I would say to you, that should you continue, your wisdom and knowledge of energy would be great, your understanding would expand and your own spiritual knowledge would therefore come to the fore. I wish now for each one of you, my dear friends, that you begin to recognise yourselves, not in the human form, but that bundle of energy patterns, which you truly are. That is the purpose of your meditation. I will not speak to you as individuals, I will leave that with you and the freewill which you have been endowed with. But what I would say to you, is that not only would you blossom individually, but you would gain in being within this group, you would grow as one. So I ask you, my dear friends, to think upon these words, think deeply and you will have your answers.

Lilian: I'm sure we will all sit in our quiet times. I have been with you all at many stages of your living, with your many questions, with your fears and your worries, and yes, my dear friends, you do still have these fears, these worries of human living, and constantly you are knocked

backwards by them. But that is part of the soul's growth. But a question I hear quite often is:

'Why must there be so many reincarnations, and how does it work?' My dear friends, I could use few words or I could use a great many words in explanation. But what you can achieve in your meditation time, is to recognise within yourselves, the energy patterns that belong to you, at this present moment of your development. Remember you are but constant vibration—energy which is never still, and like human living, the soul is often knocked backwards and has to regain itself and go forward. Perhaps I can explain it to you a little, by making some comparison to the waves in your oceans. As the waves come forward, they are moved backwards constantly—forwards, backwards, until it gains such an impetus, that on going forward, it gains new ground. That is what the soul is trying to achieve. That is why you reincarnate into many lifetimes, in order that you can gain the momentum for the Spirit to grow and to go forward. Do you understand my dear friends, what I am saying to you?

(affirmations) Are you aware of the importance of your meditation quiet times? (Yes.) *(tentatively)*

You do not seem too sure.

Lilian: Is there any explanation for as I sit quietly, I get this very heavy feeling from the energy?

It is a recognition of the energy, which is both *you* and those who come close to you. It is as simple as that. But it is the *awareness*, my dear friend, which is important. You will experience no doubt, many sensations, whilst in the human form, but it is the *awareness* of what you *truly are*, and the unity with that great power, which is important. Once you have recognised the unity, then all things become possible. Are there any questions my dear friends?

George: In talking about the many reincarnations, we are very often I believe, talking about tens of thousands of years, perhaps hundreds of thousands of years, (Yes.) so that there are many today, who had past lives on Atlantis. Perhaps I could mention this, and misuse of power was one of the problems in the days of Atlantis, so we understand. (Yes.) Could one see our recent confrontations with the nuclear bomb, as a chance for those same souls of Atlantis, to re-work that old problem? Does that connect with what you have been saying?

Yes, those who existed at the time of which you speak, would of course have to readjust to the conditions which they have caused. After all, everything is *cause and effect*, as you know.

George: Yes, and the learning that goes with that.

Of course, any opportunity that would arise within this world, for all—I rephrase—not *all*, but many of those souls, to redress the balance of their existence. They would take the opportunity for some situation within this world, to do so. And yes, that could be one of the opportunities open to them, because mankind has abused the power, which he has been given, throughout the existence of this planet. Not only did the people of Atlantis, but many civilisations on this planet, have abused power. And I will give you one example and that was the people known to you as Egyptians, who had much knowledge also and who also abused that knowledge. There are many situations within your world, where these peoples could return, in another form, to redress the balance of their abuse. I will not say *all*, because that would not be correct. There would have been many opportunities for them, but of course, when so many are involved, then very often, they *choose* to return as a group, to redress that balance. Do you understand?

George: Yes, that's very interesting. I would imagine one of the problems of those ancient times, was slavery and I'd imagine that similarly, there was a particular slavery problem in our 17th century and onwards. Perhaps that could be seen as a chance for the same souls to rework the old problem and find a solution?

Yes, it becomes difficult when you speak of individual cases, such as you have stated, because remember that man has been evolving for many, many aeons of time. You do not always have the full picture. Those who you are speaking of, who have been enslaved, do please remember that for some at least, that would have been their choice of living. So you must not always assume that there was wrong-doing—they would have been redressing their own balance. So you must be careful in your thinking. But I hope that makes it a little clearer to you.

George: Yes, one must view the situation from all directions.

Yes, do not be fooled into thinking there is only one answer, because there is only one answer, because then you will go into deep waters and

you become bogged down with wrong ideas. Always look inwards, see these conditions from the spiritual viewpoint and the picture will always seem clearer to you. Is that helpful? (Yes, thank you.) The further we go into our teaching, the more difficult it becomes to understand. But you will find that the more you go into your meditation and your unity with the power-head, the more you will see more clearly, *understand* more clearly. In fact, that Spirit which you are, will bring forth the understanding which it already has. Do you understand? (*affirmations*)
Graham: Meditation is new to me and it's quite an interesting experience. About a week ago, I meditated one evening and I really felt I was in a different place and it was very exciting and I haven't yet managed to be as disciplined as I need to be, but it's certainly a very encouraging experience and it is something I haven't forgotten and it will be with me and I'll certainly do my best to meditate in the future.

Yes, may I say my dear friend, you say it is new to you? (Yes.) That, it is not, it is innate within you, because you see, you are Spirit and what you are doing, is allowing the true self to be exposed. So although you feel that in this lifetime it is new, it is not, it is the connection to your own soul.

Graham: Yes, thank you.

But the more that you can do this, the more will be that your understanding will grow. In fact, I may go so far as to say to all of you, my dear friends, that at some stage of your quiet moments and if you have united with your own Spirit, it can also become a little painful, because everything becomes so much clearer, that sometimes the truth is rather shocking to you. And I do not mean that to make you afraid, but it is to be helpful to you, in understanding what you truly are. Do you understand? (*affirmations*) So if this should happen to you, then you will realise, my dear friends, what is your purpose, because nothing can be hidden from you—that is what I am trying to say.

George: That brings back to me something our dear friend Leslie used to say, that we should *accept* and always be prepared to *accept* and somehow the fear goes.

Yes, if you cannot accept, you will constantly live in spiritual darkness. You will always have fear of living, you will have so many negative thoughts. But when you reach the point of

knowledge, of knowing yourself, all of these fears are dispelled, all that is negative disappears and only energy of light will touch and surround you. Do you understand?

(affirmations) There is so much to you, my dear friends. I am trying to help you, in getting to know yourselves. And in doing so, it has the effect in your physical living, of making life—not easier, in the human aspect of living, but it makes your understanding of living so much easier. Do you understand? *(affirmations)* Do we have more questions please? *(no further questions)*

I will say this to you: The purpose of your coming together in this time of living, is my dear friends, to go forward with truth, with light, with knowledge of all that you have gained from our meetings. But before you can do this properly, you have to know yourselves. It has taken many lifetimes, my dear friends, when you have met before, when you have come together. But in this lifetime, I *can* tell you, that you have agreed to be open to all that you meet, in order for the truth to be given. That is the purpose of your meeting in this lifetime. It is not for your own self-worth and development, it is that you go forward, that you take the teachings, the light, the truth, the knowledge which you have gained, and you spread it throughout this world. There are many, many people, who will be doing the same. When I first came to you, I told you that many from my world had gathered. And this I believe, my dear friends, you will see throughout your world, at this time. There are many teachings going on, which will collaborate what I have been telling you. But at this point in time, as I have told you previously, this year in your earthly lives, is a most important one. Each one of you will have trodden a different pathway, but ultimately you will spread the same words. That is why we come together, to give thanks to that Creative Force, to try to comprehend the Truth, to try to understand every human being on this planet, with love for all of your fellow man. You my dear friends, have that ability, you my dear friends have given of your time, have devoted yourselves to my words. But now it is time for those words to be given to others. That task, my dear friends, belongs to each one of you, in your own individual style, in your own individual way, to take it forward and to spread the Truth. That is

why, my dear friends, I chose to come to you, because individually you are so different, and yet you are united in Spirit. You have total commitment to your own Soul and this is what you must come to recognise. It is important my dear friends, and this is the last time that I will speak to you about meditation. You do have your freewill, but you also have that innate knowledge of why you are here. Let it come forward and use it please. May that great Creative Love enfold each one of you, in Love and Light, with wisdom and above all, *(long pause)* may each one of you feel the blessings which come from many in our world, to each one of you. I know my dear friends, that as you leave this meeting place this time, there will open out to you, a new understanding of all that is happening. I must leave you this time, but I hope that my words have given you something to think about.

Lilian: Yes and our love goes with you and all of our friends as well. *(thanks and farewells)*