

~2nd July 2001~

Good evening. (*general greetings*)

I would like to begin this time, by saying—(*long pause*)—forgive me, my dear friends, adjustments are being made this time, but I will say to you all, that there are many who wish to thank you, for your healing thoughts this time. I only wish that you could see your own colour vibrations, which have reached out to our world, in your healing thoughts. This is something we must discuss, because although we have touched upon colour and healing energy, we have not explored this to its fullest. Therefore, my dear friends, I will discuss fully with you next time about that. (Thank you.) Because it is a little more difficult this time, I will work quietly with this one. It may be, my dear friends, that you may become aware of some light formation around this instrument this time, as I work to take greater control. If you do, then please discuss it quietly, but there will be another to speak with you through another instrument. As always, know that we are all united in our spiritual awareness. (*general thanks*)

Lilian: Thank you. We'll look forward to the next time.

One then followed through Sue:

It is kind of you to greet me, I was not expecting to use instrument for voice. I have come, how would you say, as protector for the lady who sits beside me. I am here to oversee the work, do you understand me?

Lilian: I see, yes.

But I am happy to speak to you for a short time, if you wish it. (Yes please.) Would you be interested to hear what my purpose is this time?

Lilian: Yes. Is this the first time that you've come?

No. No, I am how would you say, 'normally about,' when the dear lady is taken. But it is rare, in fact I have never spoken here before.

May I say to you it is an honour for me. I have spoken in other circles and meetings in your world, when my work was of a different kind. So yes, I am used to using the box. And I'm used to having the strange feeling, you understand? It is a strange feeling, to be back using the physical. Now my purpose here. Although the lady is perfectly, perfectly safe, you do understand that you have no worries there, have you please? Say them if you have. (No.) You have no worries, that is good. I can assure you that the lady is as

safe as if she was sat here herself, quite normally. Although she is perfectly safe, we do have to take great care of the 'space' where she was, do you understand what I say to you? (Yes.) Although you are seeing your dear lady friend, as you saw her some few moments ago, it is not the same. Do you understand me? (Yes.) There is on our side, a 'void', because we have removed the lady to another place. Do you understand me? Please stop me if you do not understand. But it is vital, it is vital that when we return the lady—no not the lady, the Spirit of the lady; when we return it to the physical, that the void has not been violated. Is that a word you understand? (Yes.) It is vital that there are no others, who have stepped into her physical shoes, do you understand? (Yes.) Because although we are in Spirit, please do not think that there are not others, that would not try to do this. They are always under control, but when something like this occurs, and it has occurred, though very rarely, it can be a problem; not a problem for the Spirit that is returning, because all we do is keep them to the side for a little time. This lady's Spirit is armour-plated, if you like, there is nothing that can touch it. But we have to remove someone who has stepped into her shoes; not this lady, it has never happened here. But I say to you, it has happened on the very rare occasions. Therefore this 'void' has to be protected, and that is my work. I am able to speak to you now, because I am not alone here, there are others who are doing the same work and my presence will not be missed, for a short time. Do you understand? Have you any questions?

Lilian: If someone does slip into the medium's shoes, it can be put right, can it?

Of course. It is, how would you say, a small irritation, but one that could be a bigger problem, if it was not well guarded.

Lilian: With help from both sides? From us here in the physical?

If—yes, if it happened, then yes we would be asking for your help also. It is a little complicated to explain, because if it happens, we would ask for your help individually, at the time. It would be—let me put it in a way you would understand—a battle of wills, yes? (Yes.) But good will always overcome bad, you realise that, because it is just a matter of surrounding the Spirit that has stepped into the wrong place

and with the power of thought, removing them to another place. No harm comes to them. Sometimes—in fact nearly always, it is more mischievous than an evil intent, you understand? But I have to say—and I’m sure you are well aware from all the teachings you have been given—there are Spirits that need control, if you understand. So, have I explained myself, my work that I have been doing—have I explained it fully enough for you to comprehend?

(affirmations) But I must reiterate, it is not any problem at all, to your dear lady friend and to our dear lady friend. There is no question of, how can I say for you to understand, two spirits in the same body. That cannot happen, that cannot, cannot happen. We just keep the lady, or whom so ever it may be, to one side, until the problem is dealt with. And when all is safe and secure once more, then we slowly bring the lady back into her physical being. She is unaware of any problem, any delay, because as you know, she is unaware of having left her physical body. So that is something else I hope, that is of interest to you and will give you discussions in your own time. But I must make quite clear, it is NOT a serious problem. Every one of you here, regardless of the work you do, your meditations are always well guarded. Nothing, nothing is left to chance, you understand me? (Yes.) It is as I said before, like an armour-plating around you—any bad arrows are just dropped away, like a fortress, you understand? (Yes.) It is a fortress of great love and there is nothing that can penetrate love, I’m sure you have been told.

(affirmations) Loving thoughts, the power of loving thoughts, is the greatest, greatest protector of all time, not just in our world of course, but in your physical beings. So as I leave you, I just say to you, as I know you have been told many times, please try to avoid the negative thoughts. Yes, always think of positive thoughts, always send out love, which you would expect in return. Yes, yes.

Lilian: Yes, I’m sure we do all try our best. *Oh, no one is perfect, dear lady, not in your world and certainly not in our world. There is always room for improvement. Anyone who says to you that they never ever stray from the path of loving thoughts, well we have to take it with a little pinch of salt. Yes, I have my little joke, but you understand me?*

Lilian: Yes, we don’t suddenly become saints?

Is there such a thing? I’m not so sure. Some people are close to it, I will not deny that. But I have to say, not in your world. Dear friends, I thank you for your time and hope I gave you some food for thought.

(general thanks) I leave you now, with my love and the love of all those you cannot see, but that are in this room with you.

Lilian: Yes our love goes to them and to you as well. Thank you.

One last thing dear lady. Take care of yourself. Please try to rest a little more than you have been doing of late.

Lilian: Right, I’ll try.

Yes, I know you will try, but please try just a little harder.

Lilian: I need reminding sometimes. Thank you. *Look over your shoulder from time to time and maybe someone there will remind you to do just that. (There followed a ‘rescue’ through Jan, before we closed.)*