

~30th July 2001~

Good evening. (general greetings)

This time I will begin by asking you if my words to you last time have been considered.

Lilian: I'm sure we have all considered them and especially Sara, who is not with us tonight.

Your healing thoughts have been gathered my dear friends and it brings me to what I would like to say to you this time. I have told you of happenings which will occur on your planet in time to come. But what I wish to tell you my dear friends, is that within the next 10 years of your earthly time, many advances will be made within your medical professions. These can only be good for mankind. But what I also wish you to know is that until mankind recognises Spirit within, there will always be unrest within the human frame. The time will come, but as yet that is not soon, but the time *will* come when mankind will find within himself the **perfect body, if he so desires. There will in time to come be many more healthier people, because the Spirit will come forward and knowledge will become greater. The information from our world to those within your medical professions will be greater. I am sure my dear friends that you are not unaware of the change of attitude towards what you call I believe, '*complimentary therapies*'. (affirmations) This of course is not new. This planet has always been provided with the cures to many of mankind's unrest and disease. It is only that in your time, much of it has been forgotten. But as in all things, a new awakening has begun to change many attitudes and ways of thinking. But as I have said, mankind has to realise that physical living should no longer be the power struggle that it is within your planet at this present time. Until each individual finds that Spirit within, until that recognition is greater, then mankind will always struggle with the many aspects of human existence. Do you have questions for me this time?**

George: I was just thinking that there are 2 types of struggle. There is the political struggle, which connects with our wars and there is a sort of domestic struggle, because I think we have all made lives a little too complicated for ourselves within the family structure and people get a bit confused and overwhelmed sometimes. Perhaps

this is again due to losing our spiritual centre. Is this a way to look at it that there are at least 2 areas of struggle: the large political struggles and the smaller struggles and confusions within the family?

Yes, I of course do agree with you my dear friend. We have spoken of times of the struggle between your governments upon this planet. I have told you that always we are trying to influence those who are in power and that is still so. More difficult is what you call *family struggles*, because what we find in our world, is that we cannot interfere too much in the lives of individuals. But I would like to add to your list of struggle and that my dear friends, is the all-important one, the *individual struggle*. Of course your physical living involves communication and existence with human beings. Of course this is how it should be, because without the love of your fellow man, there would be no point of physical existence, because you are here to learn to co-exist and to love each other unconditionally—this you know. But the *individual struggle* my dear friend, may I say, is the all-important one, because until each individual realises their own potential shall we say—I am not sure if that word is the correct one, but that is a word I we use.

George: Yes, that is the one that would connect with the life path.

Yes, thank you. Then I would say until the individual is content and knows the Spirit within, you cannot be in a position to make others happy. Does that make sense to you?

(affirmations) Therefore I would say to you this: **First and foremost, you must look within. Only then can you look around to the family structures, which have been created, only then will you begin to understand each individual within that group and only then can you understand the wider issue of political unrest within your world. I hope that is helpful to you. Are there more questions please?**

Graham: I am sure this question has been asked before, because there is a lot of discussion about it in medical circles and it is the subject of *genetics* and the issue of interference of genetic makeup and altering life itself. Are there any perspectives you could give on that please?

Yes, we have discussed this before, but what I will say to you in simple terms my dear friend, is this: That *all* information comes from our world, but what you must always remember, is that mankind is endowed with freewill. Whether they use or abuse is entirely up to them, although we try to influence from our world. But we cannot interfere with the process of freewill; this is always the problem. All we can do is to try to *touch* the soul, the Spirit of each individual person, that they will automatically know what is right and what is not so good. But always because of your freewill, there will always be instances of abuse. We have given in past times the problem of nuclear weapons and the knowledge that was given and which should have been used for the good of all, but was in fact misused. It is always down to mankind's freewill. (Thank you very much.)

Paul: I would like to ask a question. It is about the work of Carlos Casteneda. Reading his books, it is very inspirational the way he shows the potentials that seem to be hidden for people and then his particular group, their aim seems to be to die a different way from normal people, whereby they cross over without —I'm not sure exactly—they call it crossing over I think, into the '*third attention*'. I wondered how different that kind of death is, where they appear to instantly skip into a Spirit world?

Yes. There is no secret about this my dear friend, but firstly let me say, always you will be drawn to many different aspects of living, because that is the Spirit's way of finding truth and knowledge. And because each one of you is so individual, you will become interested in various aspects of what you call *spirituality*. What I would say to you my dear friend is this: There are those in your world who have the capability of slipping from this life to ours. To those people it is a natural process. To others, there is shall we say, an '*ego trip*' to try to develop these powers. I would say about this group of people that you speak of, that they are in fact no different from those in your world who commit what you call *suicide*.

Paul: I can't understand the connection there. **Because they are attempting to come to a dimension to which they do not belong. It is an analogy, do you understand?**

Paul: Yes I can see that.

It is an interference, perhaps that is a better word. Is that clearer for you?

Paul: A case of learning to run before they can walk?

Yes, perhaps they is wiser words for your understanding. I would not say it is wrong in the sense of suicide, but it is something they should be aware of, that if they are not careful, they can go from one dimension to another too quickly, and in fact, they can expel their physical living far too soon. Do you understand?

Paul: Yes I think so.

George: I think this is something that Don Juan and the Yaqui Indians have developed and pursued. I think I am correct in—

Paul: It's not really a *Yaqui* Indian thing actually. (*Don Juan was Yaqui, but the teachings did not come from that culture*)

No, it is different. The Indian races are quite proper in what they are doing, or what *some* of them attempt to do. What the gentleman is speaking of, is moving from different space dimensions, am I correct? (Yes.) Yes, there is a difference. This is something we have not spoken of as yet, and until we do, your understanding will not be great, but I will come back to this. You are speaking of different dimensions of time are you not?

Paul: I guess time comes into it.

It certainly does.

George: I think in the book it just mentions different dimensions—

To travel to another dimension my dear friends, time has to be involved. You cannot have one without the other. Is that a little clearer for you? (Yes.) But I assure you I will return to this for you, in order that everyone within the room understands what you are speaking of.

Paul: I just wondered then whether you would say perhaps his group and the group that went before him were perhaps *rushing things* then? **I would suggest perhaps, but we cannot say they are wrong, because to them they were doing what they felt is right, so we must be careful in our judgement, but if you have to have my reply, I would say that they need to be a little careful in what they are going into. Is that helpful for you?**

Paul: Yes it is, thank you.

But we will discuss this at another time.

If you are happy, what I would like to do is to allow each one of you to come close to those

who stand close by you this time. Open your minds, open your hearts and you should be aware each one of you, of who is standing close by. Try not to focus too hard, but just allow yourselves to be open. Perhaps individually you can say who or what is there, or if you do not sense who is with you, perhaps you can tell our dear lady what you are feeling.

Lilian: Just before you go, 2 requests for visitors. One from Mark's brother David, and my daughter Dawn, if and when she was able to come.

Yes, she is not new to this, we will accept her.

Yes, as to the gentleman, he is taking another pathway, but we will welcome him. Always I will say to you my dear friends, that unless any of the people within this room has objections, then I am happy to receive them. As I leave you, know always that I too, am always will you.

(thanks and farewells)

Leslie Bone who passed on 2 years previously, then came through Eileen:

Hello my dear, surely you haven't forgotten me yet? I can't get the voice right. (pause) Hello Lilian.

Lilian: Hello.

You don't know me, do you?

Lilian: Does it help if I put my hand there?

No—it's Leslie, Lilian.

Lilian: Hello Les! *(chuckles)* Sorry, you know me! You're very, very welcome.

I'm very emotional.

Lilian: How are you getting on, need we ask?

Met Roy, (Lilian's husband now in Spirit) had a good chat.

Lilian: Good! Give our love to Ruth, Roy, Graham, there are so many.

So many you would not believe.

Lilian: There are lots of reunions for you. You are busy no doubt. ***(Very.)*** Are you? It doesn't surprise us.

Breathing difficult this time. Bring the dratted conditions back. (people who return often temporarily bring back the previous health conditions)

Lilian: Yes, that must be a real nuisance. ***(Yes.)*** I understand you visited the other group as well, the Wednesday group as we call them. We know that you visit and probably come and listen to Salumet's words.

(moving head to view others) ***Hello everybody.***

(general greetings) ***I tried really hard to get the voice, but I can't do it, so please accept me for***

who I am. I have taken quite a long time to come to you, but I promised I would and I am here.

Lilian: I guessed you would make it one day, we hoped.

Sarah: Your voice wasn't far off Leslie. I recognised you when you came through, I thought it was you.

I was trying to make an impression on Eileen's face, but it's a bit smaller than mine was and it's not easy.

Sarah: Well, I had my eyes closed so I couldn't see you.

I wouldn't have expected anything else, my dear. If they were open, I would have wanted to know why. (chuckles) Anyway, I'm here to let you know that everything's fine. I follow everything you do and let me say that you are doing a grand job.

Lilian: All thanks to you that we're on the right track.

We'll have none of that Lilian! (chuckles) You know very well it's not the people but the work. (Yes.) That's what's important and I told you it would carry on, didn't I? (Yes.) Well I have to tell you that my time came to an abrupt end as you all know and it was my own stupid fault, but there again you know me well, and I had to keep my eye on what was going on. But never mind, it's what I wanted and it's what I got. But I did have a surprise. It was my father who met me and it was a lovely surprise I have to tell you. Of course it wasn't long before I met everybody else and I can assure you it was an emotional meeting. I can only tell you my dear friends, that everything you imagine it is, is better than what you imagine. I cannot begin to explain just how wonderful this place is. I wish I could, but I can't at this present time. I am hoping that as time goes on, I can perfect the voice for the recognition, and that I can superimpose my face upon—(the tape came to an end and was turned over)—Thank you so much for all that you gave, all the dedication and the time that you gave to our meetings. I can't begin to tell you all of the people that you've helped and all I want to end by saying is that I am supremely happy and I have to go, because I can feel myself beginning to fill. (tears?) I will be back, hopefully with recognition for you. And so much work to be done. God bless you all my friends. (thanks and farewells)

Paul: I can see a white flower. *(near Eileen)* I don't know what type of flower. A little bit like a

daffodil, but it's not, it's not a white daffodil.

There is a red flamey bit in the middle.

Eileen: Oh I feel quite emotional, I'm sorry. He was all right until the end. I could feel my face being twisted all over the place and I thought, what on Earth is coming! I wasn't sure who it was and then I could feel like I was—you know he breathed very heavily—and I could feel it on my lungs and I thought, somebody's got breathing troubles. Then the face went again and I thought, who is it? When Lilian spoke, I felt annoyed that the sound wasn't what I wanted, if I can put it to you that way. I felt that he wanted it to be different.

(we then discussed excitedly the visit of our former leader, over a cuppa)