

~6th August 2001~

Good evening. *(general greetings)*

As we come together this time, I have marveled at the Spirit within each one of you. I am happy my dear friends to see how you have grown in such a short space of time. Each one of you knows by now that you are not just an empty vessel, that each one of you should be an interactive part of all that exists. Of course you have your own minds, but you should be attuned to the Universal Mind. How many of you can say that this is so? *(pause)* Not yet, my dear friends! In the past months of this, your earthly year, I have tried to uplift and encourage you in stillness and quietness, in order that your Spirit may develop. This, of course, it not without purpose, because to be emissaries of Spirit you have to be attuned to us quite closely. You are not only channels for speaking of knowledge, but you are channels for those of us in our world who also need help in their own development. To this purpose my dear friends I ask that this evening be given as a thank you, not only to yourselves, but to those who come close to you, that you will allow this time for communication with those who wish to use you. You are knowledgeable enough my dear friends, to know that in your own individual style, you will be used in whatever capacity is suitable for you. But what we can achieve in these group meetings is to unite with love, to allow those who come to you, that extra energy which is needed for communication. If you are not aware of how you have grown in these last months, then do not despair, because I assure you my dear friends that it is great. We have spoken of colour, we have spoken of the Elementals which surround you in your world, we have spoken of much love and harmony within your world. But that is what I wish you to achieve my dear friends, harmony within yourselves, but also to transmute that harmony and to become the wider love of the universe. It is not beyond you; I do believe that your understanding has reached a point when all things are possible, that your hearts and your minds are open to all that we can bring to you. It would be easy to give you much phenomenon, but what purpose would it serve you individually? Rather we would that you—each one of you as Spirit, develop that

whilst upon this Earth plane, to such a degree that you no longer question the communications and those who stand close to you, because, yes my dear friends, there are still fears, there are doubts, whether you wish to admit to them or not. But I say this to you, each one of you within this room is guided, is loved, is protected. So, my dear friends, for this time, I will leave you with our dear lady friend. I ask you to open your hearts to those who are with you, and let me assure you there are *many*. It is a gift to each one of you, please accept it with love and allow that spirit within to come forward. Next time I come to you, I hope to elaborate on some of the topics which I have brought to you recently, but for this time my dear friends, take pleasure in those communicators who are with you in this room. The dear lady will allow time for you to go into your quietness and will come to each one of you, and please my dear friends do not be afraid to acknowledge what you see, or feel, or sense.

(general thanks and farewells)

One followed through Sarah:

Why have you all forgotten this wonderful place? The place I am talking about is quite unlike your room here. The place I am talking about is the space between your world and ours. This space is available to all of you at all times. You need only prepare yourselves for a short while and you can enter this space. This space will make all your thoughts come together. It is a space that is available for humans and Spirit alike. This is space where the two can communicate at all times. Try to imagine when you are in your quiet time, that you are arriving in this space and you will all find it much easier to communicate with the Spirit world. We are trying to communicate with you all and this area is the most available for us all.