

**~29<sup>TH</sup> OCTOBER 2001~**

Good evening. (*general greetings*)

**I will take any questions you have this time.**

George: You talked to us about *thought* recently.

It occurs to me that there is a great deal of influence on our *televisions* and in our *newspapers* and this is a great influence on the way people think. We have a term *brain-washing*. Sometimes perhaps we are too much influenced by our media and I would guess this means that we need to be careful and go within and acknowledge some areas of media news, but be circumspect—it perhaps just shows the importance of going within and not being too carried away with it. Does that make sense?

**Yes, I understand what you say my dear friend.**

**Let me say this to you: I have told you thought is the most powerful thing that humankind possesses and of course you must be careful that you do not see yourselves as victims to another's thoughts. You have the capability of directing negative thoughts which come towards you. This we have spoken of briefly, but, yes of course, those of you who fully understand the workings of the spoken word and the thoughts which are emitted outwards to all peoples, must use your own thought to protect yourselves. Do not feel my dear friends, that although you are constantly bombarded by your media on this planet, that you have to take on board all that is given out. You cannot destroy the thought patterns of others, but you can have them 'intercepted' if you like—if that is an understandable way of putting it—but of course you put it quite succinctly, when you spoke of going inwards. That, of course as you fully understand, is the way to protect yourselves from any negative thoughts, and that is why also it is important that the powerful thoughts of goodness and love must be given to those who are vulnerable, who have no knowledge, who are in darkness spiritually—that is why you must help to protect your fellow men. So, do you understand, there lies another great responsibility?**

George: Yes, thank you for your thoughts on that. Yes, that helps.

**You must not take on board the negativity of thought, but you must exude all that is goodness and light and love. This I cannot repeat to you often enough.**

Lilian: Especially at this time.

**This is but one moment in your evolution. There have been many times upon this planet, when mankind has almost become self-destroying. That is why my dear friends, it is important at this time, for people of your understanding spiritually to work closely together with those from our world, who at this time *will* succeed, although it will not be in the shorter time of your earthly time, but we *will* succeed in bringing to this planet, a form of love and peace hitherto unknown to your world. (*thanks expressed*) But as you know as human beings, always there seems to be a price to pay for anything of *good*. This of course is not necessary, but because of the way your planet has evolved, that all too often seems to be the case. So my friends, I will say to you once more, go inwards as my dear friend here has said, go inwards, know yourselves, therein lies all of your answers to the problems of this world, this planet, therein lies the answers to all of your life problems, therein lies the Source of Love—and let me tell you, when that Source of Love is reached, nothing can destroy you.**

Sarah: My son said after I told him the words you had given him the other week, he said he thought he could understand now, why our planet should not be destroyed, because it would upset the balance in the cosmos. It is not ready to go yet and it would upset the balance. I think he's on the right track.

**Yes, I have told you for one who is so young in your world, there lies words of wisdom. I will talk with him in the time to come, but on such a young person there is an old head, I believe that is one of your earthly expressions, and it so aptly says what we feel. He has an innate knowledge, which may surprise you. Although you yourself have developed greatly and yet you have not developed to the stage that this young person has already attained. So I say to you, do not be surprised by anything that he says. It may not always be correct, but there is a wisdom within, which cannot be still. (Thank you very much.)**

**I feel that for the rest of this time we will give to some self-development my dear friends, whilst I shall continue to work quietly with this one and I will ask only that there be no sudden noise. That is all that I ask of you, but open your hearts and minds to those who stand close to you. It is time my friends that you became aware of the one**

**who is ever close, and as of yet, you are not aware. Open your hearts this night and let us see what can be achieved. I thank you dear lady (Lilian) for all that you give and I will leave the rest of this time in your most capable hands.**  
*(Lilian asked one final question, concerning a new guest visiting the group, before we said our thanks and farewells)*