

**~17<sup>TH</sup> DECEMBER 2001~**

Good evening. (*general greetings*)

**I feel that now we can speak—instrument has slight irritation to throat; I will see to it. It is good to come together with you this time.**

Lilian: Yes, we've missed our meetings.

**Although all of you are not present this time, I will continue with what we spoke of last time. Do you remember my dear friends that I asked of each one of you that you consider what it is that you have achieved during this past year of your earthly time and why? (Yes.) I will listen to each one, but I will wait until such time—as well as refraining from telling you—until such time as all are present, of what indeed you have achieved. Remember, I ask what you think you have achieved, not on the physical level, but the *spiritual* level. But of course as you well know my dear friends, that whatever happens on the spiritual level, reflects itself upon the physical being. Therefore, you can relate your feeling exactly to me and I will but listen this time. Also, my dear friends, we have reached that time of your earthly year when I withdraw from you for some short time. It is necessary that I withdraw at these times in order not only to review my own work, but also to take counsel and to see what we can achieve in time to come. As always, I feel what you would call on your Earth a little saddened by the parting, but again you know that always I am nearby. (Yes.) So my dear friends, I will leave this conversation in the hands of this dear lady, (*Lilian*) whilst I quietly absorb what you have to tell me. (*Lilian then went around the group asking each to comment*)**

Mark: I was thinking along the lines—I feel *lighter* I suppose and more *in touch* with people possibly. I feel slightly less bogged down with thinking about the future and I feel a sort of contentment or resignation to my path, which feels better. I don't feel as distracted, although I don't feel I get enough quiet time either, I really need to get more quiet time to develop further; it is something that I really feel I need to work at. I'm doing it more than in recent years, but still not enough, I know that. I feel more aware of *myself* generally and my actions.

Paul: The travelling part this year springs to mind first. That seemed to get my twinkle back a little bit more. There was a lot of humour on that trip and maybe I wasn't so restricted by some of the

fears I have had, those perhaps diminished a bit and so the opportunities that perhaps have always presented themselves, *weren't* cut off—I made some of them happen a little bit more and since then I have continued and begun to just put a bit more time into the meditations. I think I sense that there are a few sort of—if there is a problem I can get to it a little bit more now in meditation—a bit more practical really. Usually the benefits are beginning to show a bit more quickly sometimes, if you go into meditation. I'm aware there's a lot more in there to untangle. I think I've been untangling a lot of my past in meditations, getting rid of a few of the old *cobwebs*.

Sarah: Like Mark, I know I don't do anywhere near enough meditation, that's first and foremost what I don't do, what I *should* do. I have also realized—you said that your thought process has a boomerang effect—so do your actions have a boomerang effect. I don't know if they are linked, but I can appreciate that. I find it a lot easier now if people have problems, to see a spiritual side to it and perhaps put in a word that very often goes down well. People react well very often to what I have said, even if it is only a few simple words. I feel life easier to cope with, with the knowledge that I've got and that's certainly helped a lot this year. Things are much easier and the knowledge I have been given I find very easy to accept and it seems on many occasions easy to pass on. You see things differently and I try not to see the negative side of things, I try to see the positive side. Whereas there is doom and gloom in various people's lives and I try to say to them to see a positive side.

Lilian: I have remembered that we have been told that it is a learning planet and the last few weeks I have certainly learned a few lessons, at least I feel I have. I have got things wrong and tried to work it out, and so on.

Margaret: I feel that I have come to understand myself a lot better, regardless of what people say to me. I do enjoy my walking, an hour a day, or sometimes longer. I thoroughly enjoy my thoughts as I walk along. And I feel I have more *patience* than I had before with people. I listen more carefully. I don't always give them the right answer—I don't know why, but I try to tell people to have more faith and to be a bit more spiritual, which they don't understand and I'm not really capable of telling them how to go about it. You

have to think for yourself, I think, on those sort of thoughts and I am just happy with my life and that is something to be thankful for. I have learned to be patient.

**Yes, of course to hear your words poses many questions. When we discuss together, when all are present, and we *will* be hearing what they too wish to say, you may be surprised my dear friends of what you have actually achieved spiritually. Oft times what you have achieved spiritually does not come to the forefront of your thinking. So I would say to you that mostly you are unaware of what has been achieved. This past year of your earthly time has been an important one, not because of any event which has occurred upon this planet, but in the scheme of existence. There is no one individual who lives within a body, who has not in this past year of your time grown in some way. You are surprised by those words. Let me say this to you my dear friends: You know that this planet you call Earth is but a small part of the whole. *(affirmations)* This past year of existence has seen a new beginning in the *karmic life* of this planet and this cannot be so if the planet's inhabitants do not also evolve. That is why I told you earlier in this year of your time, that by the end of it, each one of you would be slightly changed—and it has been so. I would ask you now my dear friends to reflect upon the words you have spoken this time. Consider them well, look deep within and you will see new beginnings. Of course you well know that each one of you, because you travel different pathways, will individually develop differently. But all I will say for this time, is that friends your achievements are something that you can be pleased about.**

Lilian: Thank you. I feel we don't always see them ourselves.

**You do not, there is so much doubt and fear and self-denial with you human beings, that sometimes when the light shines brightly, you yourselves are the very ones to dull the light. Do you understand my meaning?**

Sarah: Is it the doubt that dulls it?

**Yes. Too many doubts, too much fear, too many of life's problems that *crush you*. *(affirmations)* But now you must go forward and as some of you have said, the recognition of being stronger spiritually, is a great achievement for you. So do not doubt that which comes from within, because that inner knowledge is what you truly**

**are. Let no one place doubt within your minds as to what you can achieve. Would you be surprised my dear friends, if I was to say that *all* of you, all of you, including those who are not here with us, have in part achieved that spiritual gift of *humility*? Do not think of 'humility' in human terms, but try to relate humility in the spiritual realms. That is something also that you can ponder upon—humility—what is *spiritual* humility?**

Lilian: Is it similar to teaching physically?

**Not at all. Think carefully and long about that question I have raised with you, because my dear friends, when next I return to you, I will be looking for your answers. I repeat to you, *what is spiritual humility*?**

Lilian: Yes, we'll think about that when we sit quietly and try to come up with the right answer. **Do not allow doubt and fear to come into that equation. Now my friends, before I leave you this time:**

*I ask that you join with me in giving thanks to the all purposeful Creative Force from which we all come. We give thanks for these times of learning together, we ask that each one of us may know Truth and Light within our daily living. We ask that Love and Healing surrounds this planet of learning that it may someday become a planet of pure Light and Love.*

**I ask you my dear friends that as I leave you, that you become as one within this power force, which is within this room. *(thanks and farewells)***