

~25th February 2002~

Good evening. (*general greetings*)

Lilian: Welcome to you again.

Thank you. I hope that our question time when last we met proved of interest to you.

(*affirmations*) **This is a time of growth for each one of you. This I have told you and throughout this coming earthly year I will continue to remind you. This time, my dear friends, I would like you to consider what part you play in your own spiritual growth at this time of your own evolution. Would anyone like to say what they feel?**

Lilian: I think more listening to the inner self.

(Yes.)

George: I think I shall endeavour to reach more people with the message through distributing the book and I shall endeavour to do more writing, and I feel there is also some natural inner growth happening in relation to family and young children and bonding with people more. There is also a growth in awareness and understanding things and thinking through some of the problems of understanding spirituality. Those are my feelings.

Yes I understand your words. What do you suppose your position now relates to the spiritual aspects of living, not only on this Earth plane, but in far-reaching planes of Spirit and the cosmos? Can you find your own purpose or are you still afraid of seeking out that inner truth?

George: Yes, I have hesitated in speaking out sometimes in the past, but I think I am getting beyond that; I think conditions are becoming easier. The deafness is still a little problem in communicating.

Yes, but do not worry about physical conditions, we are helping you with this. What I would like you, my dear friends, now that we have reached this point of understanding, is to look outwards to find the connection, not between the physical and the spiritual, but between the spiritual and the rest of creation. This is the step which we hope you can take in these coming months, but to succeed in this way you have to have some kind of understanding of your inner being. I know each one of you tries so hard in expanding your awareness, I know each one seeks that inner voice, but now has come the time for that

understanding and awareness to seek further.

Do you understand what I am saying to you?

George: Yes I think I've got that. I shall have to think about that some more.

Is that not the purpose of my coming to you, that you are able to seek further and understand fully your spiritual nature? (Yes.) Is anyone not fully aware of what I speak?

Sarah: I understand what you are saying, but in order to make the step—

Yes, I understand that sometimes my words may seem confusing to you, because I know my dear friends that since our acquaintance, you have, each one of you, grown so much. You have come to an understanding, or at least the *beginning* of an understanding, to recognize within yourselves that *Spirit* which all of you are, but until few of your earthly years ago lay dormant.

(*affirmations*) **My dear friends I will say to you that you have gained much in such a short time, but we need to go *forward*, we need to let you think for yourselves, we need you to expand your awareness, and of course I can help you, but I do not wish to do the work for you. Do you understand? (*affirmations*) After all, it is part of your life's pattern that you should accomplish these things for yourselves. But I will say to you my dear friends that up to this point in time, you should be pleased with the outcome of your work. I do not say these words to you lightly, but as I have said to you on many occasions, you do not see how brightly your light shines.**

Lilian: It's nice to have the encouragement from you. Like children in school, we need encouraging.

But my dear friends remember what I have told you, *all* knowledge lies within; you need only to look inwards to find it. So often we hear people say, '*but how can we achieve it?*' And of course each one of you knows the answer: that is to go inwards in your meditative state and to find that inner voice and also those who come close to you. May I ask the question of anyone else, where do you feel you are in the scope of all existence?

Sara: I feel that I have reached a point where I feel I can communicate who I really am to more and more people, and I want to do that, and to speak as I believe and I am trying to put this into my music as well. I would like to communicate on a more expansive level that way. I feel more comfortable than I have ever felt and I don't have

enough quiet time, but I want to improve that and tune in more to nature and that part of life as well as people.

Yes, until you can leave behind the physicality of living, until you can recognize that oneness with all things, until you can recognize that that inner you, that knowing of yourself can be made clear to all; until such time you cannot grow. But you have been told that music for you is most important, and I will say it to you once more: not only is the music important for your own Spirit, but the sound and the words of music expands to all consciousness. Did you understand that this is so?

Sara: So when I sing or play music it's heard by others too? **(Of course.)** It goes further than I think?

Much more so. You must remove yourself from thinking only in physical terms. Remember what I have told you, that all thought, all movement, all sound is energy and energy is not static; so by playing beautiful sounds you are in touch with that higher order of creation.

Sara: Thank you, that's very important to know.

Lilian: Would listening to the birds and the wind in the trees have the same effect?

All sounds of what you term *nature* can only be harmonious to your being. Have you not my dear friends when listening to the song of the birds of the air, have you not become part of that song? *(affirmations)* Yes, this is the point I am trying to make to you, that you have to go beyond what you understand physically. You need to be in closer touch with all of creation.

Jan: I have very recently experienced I think what you are saying. I think you are aware that my quiet times are walking in the forest with my dogs and I have felt overwhelmingly part of those woods. The other day a deer ran in front of me and I stood in wonderment at this deer and all of a sudden I became that deer and that I had a vision that I had been or that I was part of this creature running in front of me. I can't get enough of this particular wood: every stick I see, every stone I pick up, it's been a wonderful feeling, even watching the food chain—I found myself thanking the little mouse that had just fed the weasel.

Yes, because you have become as one with all things. When you reach that point of unity, then the understanding of your status within the energy of all Creation becomes clearer.

Jan: It's a wonderful feeling—

And you can have that sense of oneness with all things, not only in your quiet moments, but in every waking moment of your earthly life. It is something to be achieved by all of you, but again I say the responsibility lies with you all. I can help you, I can try to impress you, but I *cannot* make you understand that inner feeling which each one of you possesses, unless you are willing to give of it. Do you understand?

(affirmations) Does anyone wish to speak, with me?

Lilian: We have a visitor, *(Pat)* shall I ask her if she has any experiences?

If she wishes, I am happy to speak with her.

Pat: Just that I feel that I must give more time to my spiritual work. I lead a busy life anyway, but I need more time to be quiet and still **(Yes.)** and in that way to find the inner peace that I need.

Yes, you know full well my dear friend, because there are many who come to you, but you have an uneasiness at times about you and this is because you do not listen enough to that inner quiet voice. You do listen at times, but then physical life overtakes that quiet voice and the worries of earthly living take over. But you know and you understand that these quiet times are all important for your growth. All answers come to you in quiet times. But I would say to you my dear friend, there is much good you can do, and I would say to you that there is a pathway which will open up for you, not at this time but one that you have not considered, but will open up to you in the future and you will find much peace and much comfort from it. (Thank you.)

Now my dear friends before I leave you this time, I would like you to consider, and again I can only leave it to your own good judgement and whether you give time to it, but I would like each one of you before we meet next time to think of the energy amongst you, to see when apart how strong that energy bond can be. Try to visualize the energy which starts from each one of you, which conjoins each one of you and which in these meetings uplifts you. Next time I will ask each one what they have achieved in this visualization. I will ask you to explain how the energy defined itself to you. Is that clear my dear friends? *(affirmations)* Already I feel your doubts, but do not be afraid, you are capable of much. Feel the energy which supports you all

and see what you can find. You may be surprised. I will leave you this time.

Lilian: We look forward to meeting next week.

Yes. I will leave you this time, there is much for you to consider. *(thanks and farewells)*