

~4th March 2002~

Good evening. (*general greetings*)

My dear friends there a stillness and a quietness amongst you all this time which is good to behold. So often I have joined with you to find so many disturbances, so many low in Spirit, but this time it is good to feel the peace which surrounds you all. I, of course, am speaking about a spiritual peace. Last time we spoke, I asked you my dear friends if you would, in your quiet time, think about the energy which exists amongst yourselves. Do you remember?

(*affirmations*) **As I asked this of you, my purpose was that each one of you develop a new knowledge of what that energy is. I have told you that this year much of the time will be devoted to your own growth. Therefore this is not light-hearted by any means, it is a form of learning which I hope you will find pleasurable. Therefore, may I ask each one of you what you have attained from sitting quietly to find out what the energy bond between you feels like?**

Sarah: Yes. It was light and it moved in sort of circular waves. Each time I had a slightly different feeling, but the predominant feeling was the light, the light movement.

I will not respond until each has spoken.

George: I found that in my quietness—it is very difficult to describe, I had more of an ‘away’ feeling. It’s almost like slipping away from reality into a light mist. Sometimes I lose consciousness altogether, but I have been aware of this slipping away from reality a little more lately. I also fancy I’m thinking a little more deeply about some things and there may be a connection here, I am not sure. That about sums it up.

Mark: I can’t describe anything visually, but for me it is a sort of sound. I get a sound and it’s very peaceful and ‘other worldly’ sort of feeling. Quite difficult to describe, but I feel more around my head and ears. To me it feels a bit like a sound, not to do with everyday life sort of sound. One night I had a really good, nice sleep and I woke up feeling really very relaxed and I wondered if it had anything to do with trying a bit harder to focus on that.

Margaret: I found that for some unknown reason that when I sat down in my easy chair, I just went off to sleep, but I seemed to be on another planet, such a peaceful planet that when I woke

up I couldn’t believe that I had been there. It was just so peaceful, it was unbelievable.

Lilian: For myself, I sat and thought of my friends in the room. It was basically a blending together although they weren’t here, it was just me, but the energy seemed to blend us together although we were apart, if that makes sense.

Yes, I thank you for your words and your experiences. Of course it would not be right that you all would feel and have the same experience, because each one is at a different level of learning; but your descriptions are fine. I am happy that you gave of your time to try these things. Can you see with even the words used here, how close you are in describing your own energy, because my dear friends, each description belongs to you individually. You are joined, but still you are apart. That seems to be a contradiction but it is not. Let me say a little about the energy which brings you all together. You know full well that an aspect of yourselves can be in another place even though the physical body may still be here. You understand this my friends? (*affirmations*) So too can energy

between two people stretch forever. If you take the finest thread but the strongest thread, with an elasticity so strong that it can reach onto all areas of your world, then you may begin to understand how energy works. It is fruitful that each one of you finds for yourselves individual concepts of what energy feels like, and first and foremost you have to feel it on the physical level. In saying that my dear friends, if you agree perhaps we can try that now. (*affirmations*) I would ask that each one of you place the physical hands together, rubs them together and places one hand close to the next person’s hand, then we will see what you are feeling. (*pause*) Can we say what is being felt, please?

Lilian: I can feel the energy. (*tingling? Recording unclear*)

Mark: To me it’s like a waving wand.

Yes, what do the other gentlemen feel? Do not struggle with it, just say what you feel.

Paul: To me it’s not warm or cold, a little bit like a magnet.

Sarah: I have the sensation of a magnet. (**Yes.**)

George: Yes, that is what I imagine a magnetic field to feel like.

Yes. So all of you can feel this physical experience, yes? (*affirmations*) Good. Keep that feeling in mind please. Now let us try something

a little different. Are you happy my friends to do this? (*affirmations*) It is for your own growth. I am trying to help you to broaden your thinking and your acceptance of what you can feel. I would ask that in turn you focus on one other person in the room and I would like you to try to feel the energy between each one of you from the area of your solar plexus. Do you understand? (*affirmations*) I ask only that you do not focus on the instrument that I am using. Would you like to begin this please? And please say what is being felt. Would you like to begin with the gentleman? (*pause—Lilian asks the group what they are feeling*)

Margaret: I feel a lot of energy.

Sarah: A slight heaviness. (**Yes.**) A sort of tightness.

Does anyone else feel anything?

Lilian: A beam of light.

Thank you, thank you.

Paul: Yes, I have got a brightness.

Do you feel a connection between yourself and the person you are focussed on?

George: Yes, there is something. I find it very difficult to describe.

Yes, I know. That is why we will take this slowly.

Margaret: A burning. (**Yes.**)

Lilian: Again a blending together.

George: A sort of fixation in the sense of being fixed. (**Yes, good, good.**)

Sarah: I am getting the same sort of feeling when someone is coming through me, a sort of filling up feeling.

Good. Gentlemen, anymore?

Paul: Just sort of surrounded in light now.

Now, my dear friends—

George: Yes—(**Yes?**)

George: I have a light experience, yes.

Good. You are beginning to experience yourself as energy. For this next thing, what I would like you to attempt is this: Each one of you must lose the *physical* being, you must feel yourself as a beam of energy. Are you prepared for this? (*affirmations*) It may be difficult but focus on this beam of energy. You *are*, each one of you *energy*. Can you feel yourselves engulfed by this energy?

Lilian: Yes.

All of you? (*affirmations*)

George: I feel the physical energies around me to be less strong.

Yes, good, that is as it should be. For this we need two people, but in order to complete this task they will need to stand, one each end of the room. What I would like you then to do is to walk slowly towards each other, still focussed on energy. There will be a point where you have to stop. Would you like to try this please (*affirmations*) and tell me what you feel.

Sarah: So we will have to have our eyes open to do that?

Yes. Take it in turns with each other. What do you feel as you begin? (*Paul and Mark*)

Mark: Lighter at the top than at the feet.

Do you feel an exchange of energy? Do you feel a barrier to this energy? What are you feeling?

Paul: I feel a sort of *fullness*, a filling up feeling.

Are you blending or are you separate? What do you feel?

Paul: Half and half really, not completely blended.

But some parts blended, that is good.

Mark: It feels very nice I must say.

I ask you to remember that feeling, but remember it passing from each one of you within the room. The others like to try now, please.

Lilian: Would it be of similar energy that I feel if I am healing which the lady that you are using and myself would give each other healing, and I feel a sort of blending then.

Yes, but the blending then is slightly different.

You are blending with those who are using you.

This is slightly different, but of course it is still energy and a raising of the consciousness. What are we feeling, please?

Sarah: A sort of build-up.

Focus on the solar plexus please.

George: A magnetic-like feeling.

A pulling towards the other person, yes?

Sarah: A sort of drifting slightly over that way.

George: A tingling in the hands. (**Yes.**) A tingling in the extremities—the top of the head and the hands. (**Good.**)

Sarah: It feels like there are two whole top parts. Not light, not dark, just—I can only describe it as still movement. (**Yes.**)

George: It sounds a bit like the magnetic field description. It sounds like there is something there but it is so difficult to describe because it isn't physical.

Yes. Keep hold of the feeling, please. Good—can we try the others please.

Margaret: My hands are very tingly. (*recording unclear*)

Lilian: I feel as if I don't want to talk. Tingling in the fingers.

You can feel the exchange of energy between you, can you? Hold on to the feeling. Please sit down now.

Lilian: I had a feeling I could have stayed there quite some time.

Now my dear friends I will return to my original question of this evening. What now do you feel between you?

Margaret: Closeness.

Lilian: Blending. Love for one another. (Yes.) A feeling of being quite happy to stay with that feeling.

A unity of Spirit. Would you agree?

Lilian: Yes.

At any given moment in your lives you should be able to reach out and touch this feeling of unity—this font of energy. No matter how far apart, you have the ability my dear friends in your quiet moments to come together in a bond of love and, after all, energy should be love.

Your awareness now should be more open to what we call *spiritual energy*, but what you have experienced this time is that spiritual energy transmuted down to the physical level. Do you understand my dear friends? (Yes.) Are you sure?

Lilian: I understand what you are saying. It is a little difficult to take it in completely.

Sarah: It is only a taster of what we could achieve. (Yes.)

George: Does '*transmuted down to the physical level*' mean that we can feel it; (Yes.) if it were not we would not feel it?

Yes. Therefore, if you can *feel* the energy at this physical level, imagine my dear friends what you could achieve if you allow the Spirit to come forward and take you on that love energy into other realms. Can you now see my dear friends the importance of your quiet moments (*affirmations*) and how you need them to expand and to grow and for the awareness to come to the front of your thinking?

Sarah: With this little taster we have had I think I can begin to see why Eileen, your channel, doesn't want to come back sometimes onto the physical level.

Yes, when you attain that blending—and you are correct it is a blending—then you are unaware

of any physical happening around you; you are encompassed with pure love, you feel safe and secure and you *know* that life continues without the heaviness of the physical body. I hope my dear friends that the time spent this evening has been helpful to you. (*affirmations and thanks*) Of course, as always, your freewill will operate in your daily lives, but I will say to you as I have said so many times before, it is entirely up to each individual whether they wish to grow. The opportunities are there; there are so many in our world who stand close to you, not only those you call helpers and guides, but those angelic beings whose pathway is to be of service to mankind. But it is the law of all existence that you must *ask* and this my dear friends I leave with you. I will take my leave of you and know always that my love surrounds you. (*thanks and farewells*)