

~24th JUNE 2002~

Good evening. (*greetings*)

This time I would like to speak with you my dear friends a little about what you truly understand yourselves to be. You know and understand that these physical bodies are but clothing for the Spirit, but how do you each perceive that spiritual being to be? This evening when I have finished speaking with you, I would like you to go on a journey inwards, and to you my dear friends I will put this question: *'Who and what are you?'* But the journey within, which I wish you to take will be slightly different from anything you have undertaken previously. Each one of you is aware of the feeling of meditation, of peace and upliftment, and some of you clairvoyance, but what I wish you to try this time is to observe the observer of these things. Do you understand my dear friends what I say?

Lilian: The observer being someone from Spirit? Within yourself. Let me give you an example. When you are aware of a picture or a person or whatever, you are looking with spiritual eyes, are you not? (Yes.) What I wish you to do is to look even more deeply. You are the observer of these things, but I want you to *observe the observer* and see what you come up with. You may find this interesting; it is another exercise in your development my dear friends. And after all, we are devoting much time in this your earthly year, to helping each one of you to grow; that has been the purpose of this time. What I will say to you my dear friends, we have spoken briefly about what you call the beginning of time, we have discussed that you are Spirit, we have discussed many things about what we term *'energy'*, and we have come to the conclusion that we are but a small part of the Creative Force. You would agree? (*affirmations*) But I ask you now, how do you interpret that spark of Creative Force? I am putting to you difficult questions this time, but my intention is that each one of you gives time to finding out what is the true nature of your being. Do you understand my dear friends? If you have questions, let me have them now before you embark upon your inner journeys.

George: I would say I have always considered myself something of an observer, even from childhood and in those days I looked at the grown up people around me and they seemed to be *real*

people and I felt rather like an actor. So, going back to the spark, I think during the course of living, that spark must have changed quite a lot. Does that make sense?

I understand your words. Of course, throughout your earthly lives there will always be change and knowledge. There will be an innate knowledge that lies within you, which you perhaps you are not aware of. But yes I understand what you say, but the observer I speak of is within the spiritual being and not the physical. You understand this? (*affirmations*) You will find that the two are completely separate.

Sara: So he would be observing himself observing—to see with spiritual eyes, he would be observing himself observing?

Each one of you will observe the observer within yourselves. It sounds complicated and I do not expect you to have some kind of revelation, but I would suspect that each one of you becomes clearer in the way that you perceive spiritual eyes. Do you understand? (Yes.) I sense a little apprehension.

Lilian: We were talking the other evening and you mentioned *'feeling'*, for myself I feel when something is right and something is wrong. That's a spiritual thing?

Yes, of course, it has to be from Spirit.

Margaret: Just feeling contented with one's life, that's what I have learnt.

Yes, remember what I have taught you that whatever the spiritual aspect of you feels, then that feeling will, as well as the power of your thought, become reality. So the contentment within your physical life is achieved, because there is a knowingness within the Spirit. Does that make sense to you? (Yes.) Now I will leave you. I will work quietly with this instrument whilst I leave you all to go on your inward journeys, and I will leave you my dear friend (*Lilian*) to begin any discussion that is to hand.

Lilian: Yes, thank you and there will be no more speaking from you?

No, I will remain with this instrument and work quietly with her, but I would say my dear friends, do not be afraid to speak of what you feel and what you observe, but the purpose of this exercise is to see if you can observe the observer within. (*we sat quietly as instructed for about 10-15 minutes*)

Lilian: Is anybody ready to say what they felt?

Sarah: I can. I felt that I was slightly put to a side and that the observer was then coming through me with me slightly to the side, so when I wasn't actually seeing anything, the roles would be reversed. So I was sort of changing places almost.

George: I don't know. I have been going in and out of consciousness. I found it difficult to settle into any particular scrutiny. I need to think about it a little more.

Paul: I got the impression that the inner me was basically seeking truth all the time and that it liked balance.

Sara: I felt that it wasn't something I could do constantly. I could concentrate on and off on the idea of the observer observing. In some way I felt it was my higher self, it was my higher self, and I felt a sort of energy about the observer that was observing me, but when it was observing me I became more aware of my physical self as rather like a distracted child that wants to go here and wants to go there, very much the idea of a child really. But the higher self, the observer, was very impartial and constantly very loving and always there and that's what we tap into to find our words, to find a peace and a balance. It was a good exercise because it made me much more conscious of what we do in meditation, because I could feel the difference very strongly between my physical observer and the spiritual observer.

Lilian: I felt that the observer was part of me with the feelings. Then I thought, you remember he said about belonging to *universal* shall we say, I felt love came into it, which I think I have experienced just slightly a couple of times, that's all. Yes, it's the unity with everything. For me it would be more the feelings, he is part of my feeling, I say 'he', you know.

George: Feelings is a key word. Not so much an observer as feelings about feelings which makes it so difficult to summarize.

Sarah: I felt a sort surrounding, it enveloped me, the observer part.

Margaret: I feel comfortable in myself. I don't know whether I should be, but I just feel that everything just lately has been going pretty well my way.

Lilian: It has got to be the feelings. I suppose when we 'come to the end of the road', you know what I mean, it would be when we feel peace with everything, part of everything. It will make us think, won't it?

(the tape ran out at this point)