

~8<sup>th</sup> JULY 2002~

Good evening. (*greetings*)

This time my dear friends I would like to say to you how much did you discover last time we met? Before I continue onto more words with you, I feel that still you need time of reflection to go within. Did any of you feel some connection last time when I asked you to observe the observer? (*some affirmations*) I know that you discussed it between yourselves, but I would like to hear with your own words what you have achieved or what you feel you have or have not achieved.

Sara: It gave more a sensation of detachment from the body and not so caught up, it helped to separate from the usual mind pattern and I felt as if I was above my head rather than the usual place.

**So your awareness from physical being was separate?**

Sara: It felt separate from my body to me. (Yes.) It felt as if I was above my head and although I was still aware of my normal body, it helped me to separate from the internal dialogue. I felt more peace.

Lilian: Did you say the same, Sarah?

Sarah: No, I felt that I was slightly put to one side and the observer had almost come in its place. I felt that almost I *was* the observer, but I was also put to one side. It was a much stronger energy than me.

**Yes, so your awareness also was separated? (Yes.) You would agree on that? (Yes.) Yes, that is a step forward for all of you. When the awareness becomes separate from the usual way of meditating, it shows each of you that you still exist, but still have the awareness of the physical being, even if that physical being seems to be, as the last lady has said, put to one side. I would this time, my dear friends, like you to travel on another inward journey. This will be the last one for some time, because we have new things to discuss, but I have told you that it is most important for each individual to grow, to come to recognize what it is that you are about. It is fine that we meet, that you listen to my words—for that I am ever grateful to you—but also it is important for each of you my dear friends, that not only do you learn from my words, but that at such times as these, you learn to develop and allow that Spirit within to grow**

stronger. We have discussed your everyday situations and how difficult each one of you finds it to have quiet times; that is why it is important that when we come together that that combined energy be utilized for your own good. Would you not agree? (*affirmations*) I think, if I may say so, that you find it easier. (*affirmations*) Yes. Therefore, if you are agreed my friends, we will use this time, and it will be the last time for a while that you will have this individual time, to *feel* and to *recognize*, not only that inner being, but also those who stand close to you and come and support you at all times. But, as you know each individual is developing at their own pace. Therefore I would suggest for this time that as you go inward, that you focus your energy, your *mind's eye* on that *great golden light* that belongs to you all, and within that beautiful light let us see what you can *see*, what you can *feel* and what you can achieve this time. I again will work with this instrument throughout the evening. I ask only that if you speak amongst yourselves, discuss what you feel, that your voices remain quite subdued, in order that this instrument not be too disturbed. (Yes.) I will leave the evening with you my dear lady (*Lilian*) and let us hope that each one of you leaves this room this time completely uplifted and perhaps *excited*, if I may say, by what you see and feel. We will help you all that we can.

Lilian: Thank you and we will see what comes. (*We sat quietly as instructed for about 10-15 minutes before we discussed what we had experienced.*)

Sara: I am just getting pictures to do with George.

Paul: I am getting pictures as well. I am not sure what the pictures are yet and what they mean.

Margaret: I have got such a feeling of contentment and happiness.

George: I was seeking the golden light, I seemed to get a fragmented golden pattern, a sort of smooth light, a bitty pattern, a goldie pattern. It seems to be mixed in with a few childhood memories, but I managed to get back to the gold again.

Lilian: I just felt peaceful, meditative, relaxed.

Sarah: It started off with a sunflower and I was one of the petals. I felt that the rest of the group were part of these petals as well and all of a sudden we were absorbed into the centre of the sunflower, and then the middle of the sunflower

opened up and it seemed like it was there trying to get *everyone* to go into the middle of the sunflower. (*we continued to discuss our feelings, before closing as usual*)