

~15th JULY 2002~

Good evening. (*greetings*)

Lilian: A very warm welcome to you once again. We have a visitor tonight (*James – a friend of Paul's*) which I am sure you would have known about.

Of the many visitors that have come to us here, this one is the most relaxed. We give our love to him. My dear friends, this time I feel that there is some upliftment needed for some of you; this I give to you before you leave this room. I would like to ask the gentleman what he seeks from this meeting?

James: One question I have. How can I differentiate between imagination and pure meditation?

Yes, always my dear friend this is the difficulty encountered by all who inhabit the human form. What I would say to you is this: the still, quiet voice that comes from within you will repeat itself in such a way as not to be ignored. Imagination, as you term it, is just another form of the thought energy, but what I think you mean is 'how do you know that when in deep meditation, as you call it, can you be assured that you are linked to your own soul.' Is this what you mean? (Yes.) Yes. This knowledge comes with practice and with time. There will come the point when you know that it is not your own imagination, as you call it, but in fact you have reached that point of awareness when you seek the comfort and the knowledge of your own being. I would say to you this: practise, give love, ask for help and it will be given to you, that your understanding becomes greater and in this way you will achieve that satisfaction of knowing that when you go within, you are indeed in touch with your own soul. It is as simple as that my dear friend. Does that satisfy you? (Yes, thank you.) You doubt what you feel? Yes I know, but you must push doubts to one side, because when you allow the energy of doubt and fear to raise its head, then you are blocking that union which you seek. Do you understand? (Yes.) I cannot offer you more than to say it is only time which will help you, time and practice, and meditation will come easily to you. You have eyes to see, you have spiritual eyes to see. Have you not seen, my dear friend, and doubted what you have seen?

James: I don't quite understand.

You have seen with physical eyes things that you have doubted. (Yes.) Yes. Yes. You must free yourself from all doubt and then more can be achieved if you so desire. As my dear friends within this room know too well, *all* can be achieved. Each one of you is a source of energy and *power*. You are indeed energy to the highest degree, but it is the human form and the human thinking that brings fears and doubts into your minds. As much as we talk about fear and doubt, humankind seems destined to always find fear in many aspects of his living, but my dear friends I say to you, what is there to fear when you have the knowledge which you have been given? You are power points of energy who can achieve whatever you so desire. You are from the Source of all things, therefore all things are available to you, but each one of you *has* the responsibility to work for those things. If you allow *fear* and *doubt* to creep into your thinking energy, then that is what you will attract, because as you know, like always attracts like. Therefore if you have deep fears and doubts, then that is what you will attract to you. Again I will say for the benefit of our young gentleman, that thought is the most powerful thing that you possess. Thought is creative energy, which in your hand my dear friend, is governed by your own freewill. But as my dear friends within this room know, I have told them on many occasions that if thought is creative energy, then the use of that thought has to be for *good*, and in that way, only good will come to you. Do you understand what I say my dear friend? I know this is new to you; I am trying to keep my words simple for you in order that you can understand.

Lilian: Do you understand James? (Yes.) He has read some of your words through the transcripts. **Yes, but although the eye can read, it is not as powerful as the spoken word and that is why he has come to us.**

Lilian: This always amazes me.

Yes. Have you any other questions my dear friend?

James: I have a question about knowledge: **(Yes.)** The acquisition of knowledge, the use of knowledge. It is quite complicated—I am not too sure of my own question—but how much time should we dedicate our lives to various types of knowledge. Which are the most important ones to concentrate on whilst we are here? Is it

relationship knowledge, social knowledge, intellectual knowledge?

All that you are trying to achieve in this lifetime is what you have brought with you this time. It is part of the sum total of your *all being*, shall we say. When you come to this lifetime you choose your parents, you choose the conditions of your life and also you are given freewill; this you know. In having freewill you have the choice in life to work the tapestry of that life. Therefore my answer to your question is that whatever you choose as the most important areas of your life, so be it. That is the important part of living at that particular time. That is why you were given freewill, in order that you choose the way of living, in order that you choose and prioritise what is important to you for your own soul's growth, because each individual has that inner knowledge: that which is best for him, that which is helping him in this lifetime. None of you can know exactly what this lifetime would mean to the soul, but I can say to you, the soul does know what is best for you in any lifetime. So it is not up to anyone to tell you which is the most important area of any lifetime. You should instinctively know and if you are puzzled, if you are unsure, then that is a question for you to ask in your own meditation, because the answers lie within. It would be too simple for me, and of course I know how your life pattern is going, but it would be unwise for me to guide you in such a manner that you would not learn the lessons of this lifetime. Do you understand? (Yes.) You are here for a purpose, you are here to live your life to the best of the abilities you have, you are here to be in touch with your own soul; and that is the purpose of meditation that that inner quiet voice can guide you in whatever way you are travelling. Is that helpful to you?

James: Yes, thank you.

I think my dear friends that this time I will not add any new subjects; I think our friend has quite sufficient to think about this time. So, I will say to you, I will leave you quietly and allow others to speak. Before you leave the room, each one of you should feel a little more uplifted. (thanks and farewells)

A lovely bubbly one came through Eileen with message for Paul from his grandmother (Connie) who was keeping a close tender eye and felt he was the 'bees knees'. (a favourite expression of

hers!) The message was about new directions: **'It's the right path, the one he's been thinking of recently. Don't be taken in by anyone else, listen to your own self, follow your heart, and you won't go wrong.'** (Paul had been thinking about travelling again earlier that day—he was touched/joyful to have this connection with dear 'granny' again)

One followed through Sue, who came to share a little of their story of how they bettered themselves once in Spirit realm, taking the opportunities, after spending a lifetime working in the drains/sewers of London.

Finally, Les our dear old circle leader attempted to come through Eileen, but wasn't able to speak on this occasion.