

**~19<sup>TH</sup> AUGUST 2002~**

Good evening. (*greetings*)

The silence this time has been intentional. We have been observing you individually this time and allowing the stillness and quietness to have an impact upon you all. We, my dear friends, have spoken much, many words to help you, to encourage you to become aware for your own selves. Many words have been spoken to try to bring to you truth and enlightenment and to help each of you on your pathways of truth. What I wish to say to you this time is about what you, as Spirit within the human form, should be thinking, or trying to endeavour to *be* what you are. Too often my dear friends we hear you say that to follow the spiritual pathway, you must be pure and good. What I wish to say to you, it is much better for you to be genuine and honest to yourselves. It is too simple to have that smile upon your face, when within your thought there is much negativity. Therefore I say to you: honesty with yourself is much better, because only when you fully understand yourself and your thoughts, can you then help others. We have spoken much about the power of thought and prayer, but tonight I wish to say to you that to help your fellow man, understand *yourselves* first. And although the power of your prayer is good, whilst you tread this earthly path, I would suggest that action to help another is a better pathway for you. I repeat, do not judge another human being. I have to tell you my dear friends that if you have shortcomings, then this is an area where most of you fall down, but again it is because you are living within the human form. You find it difficult to leave behind the emotions of humankind, but to go forward my dear friends you must do this. You must leave behind emotions, you must leave behind criticism of your fellow man, you must become that honest being who knows himself well, and only then can we go forward. Have you any questions at this point about what we are saying to you?

George: I think it is all very clear.

Lilian: And we do fall very short.

I do not say these things to criticize you, that is not my purpose, but my dear friends you have reached a point in your awareness and in your seeking, when the next step forward for you lies not with my words to you, although they will continue, but it is our endeavour that each one

of you also grows and goes forward in order that more can be given to you. Do you understand what I say? (*affirmations*) I will not say more this time other to ask of you once more to think about the two words I have given to you: *honesty* and to be *genuine* to yourself. Consider these words and next time we will go forward with them.

Sarah: I think sometimes when we are not honest with ourselves we do know it, we feel guilty. (*affirmations*)

You may feel guilty in the physical sense of the word, but what you are doing is denying the Spirit. You are almost hiding your heads in the sand, to use one of your earthly expressions. What you do, you are denying yourself. Therefore, think carefully about what you *feel* and *understand* about the meaning of these two words. You may be surprised my dear friends with the answers each one of you comes up with. It may surprise you, it may shock you, but what you should find is that you are looking at yourselves truthfully, perhaps for the first time. This is a great step forward for you my dear friends.

George: Yes, I think this is an interesting balance, the balance between selflessness and self. One ideal is to become selfless in the interest of helping others to excess, but we need to keep self-identity in order to make our way forward in the world, so this can be seen as a rather interesting and delicate balance between self and selflessness.

Yes. It is a power-struggle within oneself, if you like. Yes, we will discuss this a little more next time, but yes, my dear friend, you have grasped a little of what I am trying to say. Think deeply and you may be surprised with what you find, because I can tell you that each one of you has a self image which is perhaps not always the true self, and this applies to all of you. Therefore, I would say only, look deep within and find that *genuine, honest self*, and we will see how much you have grown next time.

I will leave you now, leave you in the knowledge that our help is always available to you, not always in the way that you might perceive it to be, but always we work for your best interests my dear friends in order that you can go forward, in order that these truths be told, in order that these words can be given to others, and that each comes together in the knowledge

**that truth must prevail; and it does. May that  
light which is within you all grow ever brighter,  
and until we come together once more, I will  
leave you as ever encompassed with my love.**  
*(thanks and farewells)*