

~2<sup>nd</sup> SEPTEMBER 2002~

Good evening. (*greetings*)

**Before we begin this time let me give welcome to the young lady. (*Cheryl*) Before we continue may I say would the young lady uncross her legs please in order for the energy to flow because, as I speak to you, she is given some help.**

Lilian: She probably finds it a little bit strange— (**Yes.**) I know we have talked to her about it— probably a little nervous.

**She will be fine, otherwise we would not have let her come to us. Last time when you gathered together I did not come but that was for a very good reason. As I told you on my previous visit, each one of you has been observed closely because the time has come my dear friends for each one of you to move a little further along your individual pathways. I left you last time my dear friends with a question: that each one of you return to your homes and to consider my words. You remember? I think it would be appropriate this time if we discussed this matter. The young lady will not find it too difficult to listen to. I am sure her earth mother will help her if she has any questions after this meeting. Do you remember what I asked you my dear friends?**

Lilian: Yes, I think we all remember.

**Shall we begin and I will answer any questions that you may have for me. Who would like to begin?**

Lilian: Shall we begin with you, George?

George: I have a feeling there was more than one question asked of us. We were asked to seek within and see if we could find out about our inner self. I've tried this; I feel that deep down there is a kind of yielding, soul, who likes to go along with the flow of things, but I think I need to go deeper and work some more with this to get a better feel of the soul within.

**Yes, shall we have comments from all before I say anything to you.**

Jan: I read/went over the transcripts on my own again, which was very pleasant, and while I was reading it I became aware of the feeling of being *centred*, of being more part of myself—of *a* self and I believe that was the inner truth that you were talking about. I felt part of—how can I put this, it's so difficult—a nucleus, I'm at the centre of a nucleus, that's how I felt. It's so difficult to describe, but I believe I've started to turn inwards

and I've started to listen to that inner truth a little bit more, but I know where my weaknesses and failings are and that's what I've been battling with.

Margaret: I felt the same. I've had a lot of thought that I should be doing more, sort of thinking about myself, but how do you go about it? That's what I'd like ...

Lilian: I think we have all had slight difficulties ...

Margaret: In sorting our minds out.

Sarah: I confess to not giving as much time to it as I should have done, but I have felt is that Spirit itself is pure and genuine and if I follow what my Spirit is telling me, the genuineness and the honesty does come out; it's when my *head* tells me to do something else that I go wrong. And I am beginning to feel very much more *relaxed* about everything and I do feel that I am being led in a right direction. Things are beginning to change for me and I definitely feel that is coming from within. And I think if I can relax—that is the word, and not get up tight about everything, things seem to just *flow* and I think they flow in the direction that I should be going. That's what I am beginning to feel; let things happen, don't try and make things happen and that's where I feel the Spirit is leading me on.

**Yes, thank you.**

Lilian: I found it quite a difficult one although reading your words again I thought it should be simple, but it wasn't as simple as I thought. I thought there has to be a dark side to us and a light side. So perhaps you could help us along a bit?

**Yes. Thank you for your comments. Of course each one of you has the realization that to answer my questions you need to go inwards. After all we are dealing with human words. What is genuine? Another word for genuine is *real*, and what is *real*? Not that human part of you, but the Spirit within which is reflected into human existence. And yes, your understanding of finding what is genuine comes from deep within. If you are to have reality, then you must allow the Spirit to speak, you must allow it to *feel*, you must allow Spirit to *express itself* through human form. Would you agree my dear friends? (*general agreement*) Then and only then will your form of existence upon this Earth begin to take shape in the way that it is meant to be. Truth again is a word must maligned in your world, after all you too**

often say, one person's truth is not another's. So what in fact does truth mean? Truth is an individual word, which belongs to each individual soul and only that soul which manifests into Spirit and through into human form can know what truth is. Truth can only materialize when the Spirit is genuine to itself and expresses those attributes whilst in human form. Let me pause there for a moment. Do you understand what I tell you? (*quiet affirmations*) Are you sure because you seem to falter in your replies?

Margaret: It is difficult to take it all in.

Yes. Again, I have to pose a question to you. If you realize that you need to dwell further upon these words and that you need to go inward, then you have to *see* and *feel* and *experience* what is genuine and what is truth, because if you do not my dear friends, the lives that you lead are *shallow*, are *not truthful* are not *true reality* in the sense that you *have* accepted the *ego self* instead of the *true self*. I do not wish to make this too complicated for you, but what I would wish for you is that each one of you in your quiet times goes further still inward, until, as one has said, you reach that *nucleus* of Spirit, when all else becomes as nothing and only that core of existence reaches out to you. That is what you must try to achieve if you are to find the answer to my questions.

George: I think one thing you are saying is the truth is fundamental to the soul and to the soul's progress. I know we sometimes get confused with, to use the word 'ought', what one *ought* to feel, *ought* to do. This is a common form of our simple confusion, I think, but I think you're saying the real truth is deep down, much more fundamental and links to our very soul essence.

**Yes, it is all-knowing. It does not come with human thought, but it should exude from the heart of the human being. There should be not any pre-conceived thought of what is right or what is truth. As you say, it is within and it should happen quite openly with love, without thinking too much about it. Do you understand?** (*affirmations*) **Truth is individual. As I say, one man's truth is not for another, therefore how can you use one word to describe what is right for humankind? You cannot.**

George: So truth is spontaneous to each individual?

Yes, yes. That is not to say that one man's truth is always right if it manifests in human form, because then you see the power of thought has changed and altered what is a natural truth. It is humankind's freewill as always, which alters *genuine* and *truth*. Do you understand my dear friends? It is not as simple as it may seem, but it is a step forward in your pathway, which you must endeavour to understand, and if I may put it to you simply: it means going deeper within. All answers lie within, as I have told you on many previous occasions; that is where all of your questions will be answered. Mankind creates his own problems, but what I wish for you my dear friends is that that Spirit within comes forward and manifests itself through human form, in order for that pure light to shine. I am sure there have been many times in your existence when you have met someone without even exchange of any words, where you feel that they truly are a beacon of goodness. They do not need words, they do not need to do any deed, but ultimately you can see with your own human eyes the goodness that emanates from them. Is that not true my dear friends? (*affirmations*) There in those individuals, you are seeing truth and genuine people. I hope you have a little more to think about, that it has helped to simplify it a little for you. As always when we are dealing with human words we have difficulty, because words do not always express what is in fact reality. I am sure you would agree. Are there any questions for me this time?

Jan: I have got a question, but I don't necessarily have the right words for it. I feel while I'm sat here, like I have said to you before, about feeling that there is a nucleus and I'm connected to the nucleus, but it's as if I am wearing lots of different overcoats and layers. And it is being able to surface through those layers. There are so many choices upon us in the physical world, but although you can listen to yourself and you may think that that's correct for me, that is how or why or I've said that *because*, without too much question. There are so many physical attributes bombarded upon us every day, that it's almost difficult sometimes to listen to that voice. It is there, that voice is there all the time, I know it's there all the time and it is speaking to you constantly. It's often, '*is that choice I've made the correct one?*' Because of these overcoats, and

that's the only way I can describe it, they are overcoats and they sometimes become very heavy, don't they in a physical sense.

**May I say something to you. I understand what you are saying. (Thank you.) Yes, your description of overcoats is helpful to the others, but what in fact you are encountering are layers of past lives.**

Jan: I did wonder if that's what I was feeling.

**Yes. Therefore when you feel burdened—we will use the word overcoat because that is how you have described it—what you are feeling is the influence of past times, but because of your everyday living and the pace of your living, and all of you I am sure would say 'we do not have enough hours in our day.' That my dear friends is something that humankind has made as some kind of an excuse for not allowing that quiet time. Yes, you are aware of that inner voice all of the time if you listen, but it is only when you are *still* and all of the day's upheavals can be *stilled*, will you truly hear the voice of instruction. It is quite simple and it is each one of you who have the responsibility to give time to the *reality* which is *Spirit*. You understand my dear friends?**

Lilian: Yes, so past lives influence us all the time? **Of course, you are but one part in this existence. Of course you must be influenced by what has gone before, although I have to say, most people are unaware of this. But when the lady speaks of her overcoats, do not feel them to be a burden, rather look upon them as overcoats there to help you. Do you understand? (Yes.) Is that helpful to the lady?**

Jan: Yes, but can Salumet explain to me why I suddenly feel like I do sat here now—it's not a personal thing, it's a spiritual thing—where am I now? Where have you taken me to now, because I've had this feeling lots of times before?

**Why are you surprised?**

Jan: (*whispered*) I suppose I didn't expect it this evening.

**But why are you surprised? My dear child, each one of you moves on a pathway individual to you. You have taken a pathway which has not always been easy, but I will say this to you, there is a time now in your life when I would say to you, you have reached a crossroads. It is up to you my dear friend to decide whether you go forward, whether you remain where you are, or whether you deviate from the pathway. I my**

**dear friend cannot help you in this decision, because each one of you has been endowed with freewill as you well know. But my dear friend I tell you this, if you are prepared to move onward, those who stand close to you, and they are close to you this time, are only too willing to help you and uplift you and to take you further on your pathway. Accept what you feel, allow it to happen and be thankful for all that you are given. Do you understand my words?**

Jan: Yes I do.

Lilian: I remember you once saying that eventually we won't need freewill, and I am sat here thinking '*thank goodness*' and the pathway is straight ...

**Freewill always exists while you are in human form. It is part of the existence of humankind.**

Lilian: Yes, I meant when we are in Spirit and have grown.

**Yes but for some time you are allowed to think and feel as you desire, so freewill may be slightly altered, but it exists for some time, but in different form.**

Sarah: Salumet, you said we were all of us ready to move on one more step, and Jan has reached a crossroads and I feel I have reached a crossroads too. Have we all reached a crossroads as we are all ready to go on to this next step?

**There are always steps, but when I use the word 'crossroads' I am speaking in your language. At this present time my dear friend, the lady who we call Jan, is at a crossroads of moving forward. You my dear friend are at another step, not at a crossroads; you have moved forward through your crossroads. (Thank you.) Each one of you are individual in your pathways, but all of you must seek to follow a straight pathway ahead.**

Lilian: That's a difficult one.

**Not so my dear friends, it is not as difficult as you may think.**

Lilian: Not if we listen to the inner voice.

**Not if you listen to that guidance. Be true to yourself, be genuine. There is no need for purity and goodness, or at least that false face of purity and goodness. You must be true to yourselves, then you will go forward. If only you could see how complicated each one of you makes your lives, you would be amazed. We come close, we try to help and uplift you, we influence your thoughts as much as we can without any form of interference, but ultimately each step of your pathway is taken by you. Sometimes that road**

seems hard, sometimes you fall, but always you are uplifted and helped, because my dear friends, once the contact is made, we will never let you go, provided you are willing and wish and desire to go forward. There is always someone by your side as well as that inner being to help you. Remember this, and life will not always be easy for you, but at least you will have the capability of knowing that whatever life brings to you, you can still go forward. I do not promise you a smooth pathway, I do not promise you all good things of life, because, as you know full well, all of living is composed of opposites, and to appreciate one, you have to appreciate the other; but this you know. I hope I have given you something to think about this time.

Lilian: As always!

**Have you more questions?**

George: I am just trying to put individual truth into some kind of perspective, but would it follow from our soul connections that there would be a fair degree of similarity between individual truths and one would not expect individual truths to vary greatly from one person to another?

**No, of course not. When I say truth is individual, perhaps it would be best for me to say, individual in as much as your *development*, spiritual development has taken place. Yes of course there is an element or similarity which belongs to all of you—of course there has to be, because although individually you are Spirit, you are still sparks of the same existence. Do you understand?**

George: Yes, and as individual pathways progress, I guess that there would eventually become more of a uniformity between individual truths.

**Yes and as groups as this who meet on a regular basis, of course your truths are very similar. Although you are individual in your pathways, what you seek is the same thing, therefore you would each one of you have similar truths. Do you understand? (*affirmations*) Yes, I may have confused you when I said each individual has their own truth; that is so, but I think it may have mislead you a little. Let me say, for example, that your truth may not be the same truth as someone who has committed some atrocity in their earthly life ... (*tape/cassette ran out and some words were missed whilst the tape was being turned over*) ... different level of existence and of knowledge.**

George: So individual truth does relate to progression?

**Of course.**

Lilian: Sorry for the interruption.

**Yes. I would just like to say my dear friends that I hope this time I have given you some new food for thought.**

George: You have indeed.

**That is my intention for a while at least, because it is important that each of you progress, not only to receive my words, but to help you to come to the understanding of those words. I could speak many, many thousands of words and still your understanding would be poor, therefore I feel it is important that we have these times of individual progression in the use of my words. Do you agree? (*affirmations*) Would our young guest wish to ask anything of me?**

Cheryl: It's not relevant to what you are talking about, but I am going through quite a hard time at the moment (**Yes.**) and I just want to know if spiritually there is some help out there, if I am receiving some help, because I'm feeling very alone at the moment.

**Yes. As I have said, life is not always easy, or so humankind would assume, but let me say this to you my dear friend, that those times of trouble and strife and difficulties in your life, are times of learning for Spirit, and it is only when you come to accept that you are more than a physical body, will life begin to make more sense to you. But you are young, you see the world in a much different light, from those of us who have travelled far, but I would say to you, you do receive help, but again the practice of quiet times of meditation is what you need to help you. That, as I have said, is your responsibility, because the overcoats that you wear is a fleeting thing. To look after the Spirit within is what should be ultimate in your thinking at this time. The one that is your earthly mother, should be able to help and explain to you a little more of what I say. I will say to you that your pathway will change, but not just yet. There is much that you can achieve and will achieve if you so desire. Is that helpful to you?**

Cheryl: Yes, thank you.

Lilian: Yes, thank you very much.

**As always my dear friends I have been overjoyed to be with you. I hope my words have helped you in some way to gain more knowledge to**

**know yourselves. I leave you in the knowledge  
of being ever close to you. (thanks and farewells)**  
*There then followed one through Sarah with a  
message for Eileen and also Jan, with a message  
for Cheryl.*