

~23RD September 2002~

Good evening. *(greetings)*

I am happy to join with you this time. There would seem to be an air of anticipation about this meeting. I would like to say to you this time my dear friends words which I have spoken to you before, but we feel it is necessary to reiterate those words and they are these: There are so many negative thoughts coming from your world at this time. I have spoken of this on many occasions, but at the present moment in your time there is a welling of emotions, which need to be controlled. I will say to you again my dear friends, there is absolutely no reason for you to be fearful about this planet. Too many thoughts of destruction, too many thoughts of negativity coming from too many people. I have said before, and I say it to you again most strongly, do not fear for your existence or for this planet. The energy used on these ways of thinking is wasted. Your thoughts, my dear friends, when they are positive and good, help to create a stronger unison in mankind. I cannot repeat too often that those of you who have knowledge, those of you who are trying to use positive thoughts, have a great responsibility to the rest of your fellow men. I do not say this to impose on you any greater responsibility than what you feel at this time, but what I would like you to see from my words, is that you must compound those positive thoughts. Therefore I say to you, dispel any fears that may be at the back of your thinking and bring forward that positive energy, that goodness from within the heart-mind; and by now my dear friends you should hope understand when I say the 'heart mind' what I am speaking of. Have you any questions before I continue? *(pause)* No? I will never cease to be amazed my dear friends that outside of this room there are so many questions, *(chuckles)* but when we gather together, all would seem to be silent! I will continue then with some other words that I wish to speak to you about this time. It follows from the fear which surrounds your planet again at this present time. All too often the thoughts come to us about the suffering of mankind. *Why do certain individuals suffer? Why do nations suffer?* The words I wish to express on this are quite simple, and I would like you to listen carefully to what I tell you: **Any individual who**

suffers pain, illness in any form, is contributing to your world. I hesitate here to allow those words to sink into your thinking. How can that be? I will tell you. The resolute and peaceful way in which individuals come to accept pain and emotional stress or any kind of illness, is walking in the footsteps of those greater ones who understood that in dealing with these conditions it is helping to raise the vibrations for all of the world, because in accepting these conditions the Spirit begins to shine forth, and in doing so in even just one individual, the vibrations of your planet is raised. Do you understand what I am trying to tell you?

Lilian: Yes. Does that go for all illnesses and disabilities?

It matters not what the obstruction of life is, it is the way in which each individual deals with it, even to the minutest degree. But in every 'illness', let us use the word roughly for now, man learns that there is more to existence than at first he thought. He becomes resolute in his way of dealing with any illness, he becomes more peaceful in the way that he looks at the world—and I am speaking spiritually again of course, because I hear you say, 'but not everyone accepts their illness or disability or their disharmony in life' —but I say to you that it is a learning process for the Spirit, and when the Spirit is learning thus, then the vibration is raised. It not always something you are aware of, but I can assure you it happens in most cases. Are there any questions on this? *(pause)* Silence again!

Lilian: I was just thinking that there certainly are some individuals—I was watching a young lady on the television; I don't know what had happened to her, but she was learning to walk with artificial limbs and her courage was quite something.

So her light would shine forth as an example to others and she would not be able to do this if she was not resolute in her endeavours. There is a 'strongness' within the individual that comes forth in time of illness and distress, which is not apparent beforehand.

Lilian: If I could be so bold, I think I can see it in you Graham; you remain very cheerful.

Graham: Yes, I do feel cheerful. I have read about the accounts of other people that have endured various illnesses and disabilities, and one thing that I've read a lot of times is they do feel they do

become more spiritual in coping with their new circumstances and start to grow to like themselves more through coping.

Yes and may I say why? Because you realize that each one of you is responsible in some part for your own illnesses. I know my dear friends that this has always been difficult for you to accept, but whether it is a condition brought from another time, or whether it be a condition that has manifested in one lifetime, it matters not. What matters is that you accept responsibility for those conditions, and in the recognition comes forth that peace of mind that allows you to deal with the situation. That is what it is all about. But I know my dear friends I am repeating words which I have spoken to you previously, but I do not apologize for the repetition of these words, because I *feel*, and especially so as I have said at the present time, that is necessary to be reminded of these things. I would ask of you this time my dear friends that your thought goes out to the whole of your planet, that your thoughts extend beyond your planet to the cosmos, that your thoughts extend even further to all of Creation, in order that these vibrations reach out for the good of all. This is no small task for you; indeed it is an enormous responsibility, a responsibility that only each individual can seek. Each individual must take responsibility for the thoughts that are given out, but what I would say to you my dear friends, that responsibility is great, and remember that control of your thinking is a great step forward. And although I know each one of you in your own individual ways has tried, has given help to many, what I must say to you is that there is so much more you can give, first and foremost to yourselves, because do not assume that by giving out to others you must neglect yourselves. What purpose is there in that if you do not feed the Spirit that you are? I will say this to you also before I leave you, that each individual, each individual's own responsibility must always be for the good of his fellow man. I hope my dear friends that my words this evening will give you some more to think of, something more to discuss amongst yourselves, and do not forget that there is always available to you information and the help that you need. All that that you need to do is to ask, call to me and I will be

there, but also know that there are those who stand always close to you, whose only desire is to uplift and to help you every step of your existence, and to them I say give thanks. I will leave you now my dear friends in the knowledge that all around you is of such a bright light. I would wish for you that you leave this room feeling even more uplifted and more love. My love grows ever stronger for you. (*thanks and farewells*)

One followed through Sarah, saying there were many who stood close in Spirit, bringing much love. We were instructed to: 'Take time, take strength and above all, take much thought for fellow man.'

Finally one through Eileen relayed a message to Sara from Roberto, one of her students from Italy, who was now in Spirit.

(There is no recording/transcript available for 30th September. Unfortunately the recorder must have failed on this occasion.)