

~27TH January 2003~

Good evening. (*greetings*)

I will begin this time by saying to you, when you hear the words 'seek and you will find', what my dear friends, what is it that you seek to find?

Jan: Truth.

Sara: And wisdom.

Margaret: Happiness.

Lilian: And love.

Sarah: Our purpose of being here.

Each one with a different answer. I would say this to you that each one of you, whatever you may seek, *that* is what you will find; but if we take that question to a spiritual level, what then would your answers be?

Jan: Ourselves and home, going back home.

Sara: Our true selves. Our Spirit selves.

Jan: Our soul.

Lilian: Is it an unfoldment?

These are all good explanations of what you seek.

Sara: Pure love and light.

Yes, what you seek is that which will never be known to you. You seek to return to that great energy from which we all come. Unconsciously, that is what you seek. So many times in your world we hear people say: 'Who or what is this Creative Energy?' Or to use another phrase better known to you: 'Who or what is God?'

Lilian: Yes that is a very common one.

We will use that one for your understanding.

Again I say to you my dear friends, who or what is God? Have you found your answers to that question?

George: Yes, I think we have a number of possible answers. This Creative Energy is one expression, Love is another. An interesting one that was voiced in the New Zealand group that we mentioned last time, is the Space Between—that is the space between everything there is that we detect.

And also that which you do not detect. It is all things, it is all being, it is all creative, it is a creative energy which in the terms of physical speech is difficult to explain to you, but I hope my dear friends that you have reached the point in your own development that you can now stand and say, 'I know a little from whence I came.' Would I be wrong to say this to you? (*general agreements*) Would you like to continue my dear friend?

George: Yes, it occurred to me that the *space between*, although that covers an enormous amount, it does not cover quite everything. **(Yes.)** As you say, the Creative Principle is in absolutely everything, more than just the space in between, but it's good to view the space in between as being included, because scientists for so many years have regarded space as being nothing at all. **Yes. Your scientists have now realized, of course with the inspiration from our world, that all that they have placed their trust in has now been shattered, that their thinking now has to expand in order for them to accept truth.**

George: Yes, happily some are expanding in that way.

More than you would imagine, although many are still afraid to voice what they have found, but yes it is becoming much more acceptable within that sector of teaching, that all of life cannot be placed within a small box. What I would like to say to you this time my dear friends, is if you are to achieve that knowledge which you seek, then you have to become in touch with the *feelings*, not so much the thinking, or the words or the physicality of anything in this world, but you must go within and find the *feelings*, because in the *feelings* there lies all of Creation. But I hear you say, but we all feel so much so differently. Let me say, that is part of your own individual evolution, but in *feeling* you become part of that Creative Force. Do you understand? (*affirmations*) Does anyone have any comments to make?

Sara: I think it's possible to access every human feeling if you look inwards to your own. Even on a day-to-day basis you can identify many feelings **(Yes.)** and then you have access to others.

Yes, but I do not speak, my dear friend, of human feelings. I am speaking of those inward feelings that you obtain when indeed you do go inwards, because in going inwards you find all that becomes reality. I have told you on previous occasions that this life that you lead, this human form on this planet is but a dream state, it is not reality, and if you wish to seek then you must be in touch with those feelings which come from within. Is this making sense to you?

Sara: Yes, I do understand now what you meant. Yes that's the detachment that you then have that comes from going within, isn't it? **(Yes.)** You can feel detached from emotions **(Yes.)** and feelings which you have around you.

Always I feel for you that the difficulty is in separating human, physical attributes to that of the Spirit. It is something which has grown much within all of you, but as yet is still very immature. You each have much to gain by thinking deeply about those inner feelings, because when you are in touch with those, then truly you only begin to understand what life is about. Do you have any questions?

Lilian: Yes, when we say 'God', thinking say of the father figure, it's always been and always will be, is that right? There's no beginning and no end?

When you use your word 'God', it is but a name.

Lilian: Yes, I understand that.

It is a name that has been given to you. You people of the Earth of a certain denomination as in all other religions, we have spoken of this, but what mankind needs to do now is to leave behind all of these dogmas and creeds and to find what is *within*. (pause) Yes, let us continue. Have you more questions about what we are discussing? (no questions at this time)

Let me place one thing before you. As you begin your meetings here, always you ask for help for those who are sick or in need of help. Always these thoughts are taken, always they are received by those who can help, but what would you say if I said to you that the Great Creative Force needed no asking for help? How would you react to that statement?

Sarah: He knows all, he knows everything so he would know that these people needed help. (Yes.)

Sara: It would demonstrate that we had stronger faith perhaps if we didn't ask.

Yes, you have spoken wise words, because I want you to understand that in asking for *help* you are kind of *disbelieving* if I may use that word, you are disbelieving that the Creative Force can make all things happen. I do not say you are wrong, but what I want you to try to understand is that all of these things are on a much deeper level than up until now you have previously understood.

George: I think you are saying that if we go within and if we are sufficiently deeply in touch, (Yes.) then we have a certain bonding and confidence which requires no asking to be present; it just is. It is, and I would say to you this my dear friend, and of course it depends on your own freewills and what you have carefully achieved so far, but I would say this to you, that the proper form, we

shall call it *prayer*, is to give THANKS. Do you understand this?

Sara: Can I just tell you something Salumet in response to that? (Yes.) The last 3 to 4 weeks—I forget the time—I have been on a daily basis counting blessings in written form as well as thought and I have been astounded by the support and love from friends and family. It has been like a whirlwind and I couldn't help feeling there must be some link between; there seems to have been a very positive change in our lives in the last few weeks and I was relating to this thanksgiving, daily thanksgiving which I have been doing.

Yes, you have given a good example of what I am telling you. In giving *thanks* you have accepted that it can be done. In asking, what you are doing is in fact doubting. Does this make sense? (*affirmations*) I know it moves from the normal way of thinking.

Sara: It makes perfect sense to me, because I felt over the last few weeks that I have finally understood about the power of the mind, (Yes.) because I realize now that it is—I don't want to make the analogy of a computer, but it is as if we must programme our own minds and realize that we have to take great care to input them with good thoughts.

Yes. The power is within you all; that first and foremost is what you must understand, that each one, each one of you on this planet must be responsible for that power within. And you can utilize it for the benefit of others only when you understand the workings of that Great Force. I hope this has given you something to think about my dear friends. It is not as complicated as some would have you believe, in fact I would say that Truth, Love and Light are the most simplest of all things. It is only in the understanding of yourselves as Spirit, that will bring to you an even greater understanding.

Sarah: Salumet, when you said to us to ask for help whenever you need or want help, did you say that, because at that point we would not have understood?

You would not have understood what I have told you now. You see, each step along the way has been slow in order that each one of you can absorb the information in your own individual ways, but I feel now my dear friends that we have been acquainted long enough for me to give you just a little more.

Sara: Many spiritual writers at the moment are using the word 'decree'. Is that more appropriate, do you think, or is that relevant?

It is only but a word.

Sara: It's asking still, isn't it?

Yes, you know how I feel about the human form of words. It is the most difficult barrier to overcome, but yes, I would like you to go beyond that word, I would like you all to go within, to find there within the power that each one of you possesses.

Sara: Trust and faith?

Not trust and faith but *knowing*. Not trust, not faith, because those are negative words; it is an *all-knowing*. Do you all understand what I say? (*affirmations*)

George: Yes, I suppose it could be seen as a deep feeling rather than a faith.

It is *feeling* and that, my dear friend, is the word, and we have to use it as a word for your understanding, but *feeling* encompasses *all*; it encompasses your thoughts, your words, your deeds.

Jan: The way you have put it is exactly the same way as my husband the other day and I were talking—and he has never sat in the circle—he just described how he felt exactly the way as you have just done.

Yes, he is wiser than he knows.

Jan: I said that to his mother (*Lilian*). It was like having you in the room, it was amazing, it was like a light bulb moment.

Do not forget that those who do not accept this work or whatever you wish to call it, they are still Spirit. They have that inner knowledge, the same as you do, and that at moments in their lives will come forth these inspirational words for others without them truly knowing what has happened. That is why you must never judge another, you do not see their Spirit, you do not know how much they know. Do you understand what I say? (*affirmations*)

George: Yes, and I know that there is one group who, instead of asking for help for another, they consciously place the problem into God's hands. **Yes, that is the way to ask for help, because in placing the problem to that Great Creative Force, it will be dealt with. There will be no interference from your feelings and your thinking and your thoughts.**

George: So that is really a nice way to do it?

Yes, yes. As I say I would prefer to give thanks on all occasions, because in giving thanks you are saying that you know it will be done, there can be no doubts, there can be no interference and it is just an *all-knowing*. So, perhaps my dear friends when next we meet and you wish help for others, perhaps that would be the way forward, that prayers of thanks can be given. And, as our dear lady friend has expressed, she has found quite a difference in what she receives by doing and giving thanks.

Sara: It's very exciting, actually, it's very exciting. **Not only is it exciting for you, it is powerful. Think carefully my friends; it is another avenue of thought for you, but you are ready for it.**

Lilian: So what you just told us about giving thanks, could that help in any way, remembering your words, when healing is taking place?

All healing should begin with thanks. Is that what you mean?

Lilian: Yes, I just wondered if the thoughts of the healer would...

There should be *no* thoughts of the healer. The healer is but an instrument, a channel, that comes from that Great Creative Force. All that a healer offers is either their mouth, their words or their hands. The healer should have no participation and *does not* have any participation in the healing; that is between the person and God, if you like, or as I prefer: Creative Force.

George: Yes, and only Creative Force can take into account karmic considerations. **(Yes.)** Do the karmic connections to illness—I imagine they would come to an end at some point when certain things have happened. I sometimes wonder if the karmic consideration would be for a whole lifetime, or is it likely be lifted at some stage during a lifetime?

I do not like the word 'lifted', as if each individual can be exonerated; that is not how karma works. It will be released when the soul recognizes what the karmic debt is. Then, and only then—of course with the Creative Force's help and inspiration, in any one lifetime or another will the soul come to the realization that the karmic debt must be paid and released. Remember freewill; you must always remember that we have been bestowed with freewill, not only in this human form, but the soul retains freewill. Do you understand? (*affirmations*) Of course the Spirit can be helped to release karmic

debt. There can be inspiration, there can be a change of thinking, but the Spirit must release their own karmic debts.

Sarah: When people are healed through—for example when they go to Lourdes and they become well after being ill for so long, is that maybe when the Spirit has recognized what it has done wrong?

A healing that you speak of can only take place when the Spirit is touched, but having the connection with the life force, inspires the Spirit to work for good, but no healing can take place until the Spirit is touched.

Sarah: So this is why you said to us that sometimes people could be healed and sometimes they are not.

Yes. The desire alone to be healed is not enough, especially as we are speaking about karmic debt—that is something to be worked through by the Spirit alone. Always there will be help and upliftment, but a healing will not take place whilst there remains karmic debt. Is that clear for you? (affirmations)

George: Yes thank you. This is an area we have had some difficulty in understanding. Yes that does clarify, thank you.

Jan: When you use the help, when you're asking for help, it has a different effect on the physical as well as the soul, because when you say 'thank you', the word 'thank you' has a different philosophical effect. I have been asking for *help* and with that asking for help comes that almighty stress actually, because you are not quite sure where to end it: you are asking help for yourself, you are asking help for other people and to suddenly stop saying that and say 'thank you' has a totally different effect on your soul. And I think probably Salumet was so right that now was the time, and with whatever is going on in the world at this moment, rather than say we have all got to help with positive thinking, just to say 'thank you' for what is actually being done that we can't feel as yet.

We need to give thanks for what you are, for where you are, for all problems that you have and may I say to you my dear friends, we have spoken only briefly about sound, but let me say this to you: When you say 'thank you' and you mean it with all of your being, listen to the resonance of that sound. Try it now if you will and really listen to the vibration of the sound. Would anyone like to try that?

Jan: It's a deeper vibration within the body. **(Yes.)** It's much, much deeper; it's not as shallow as 'help'.

It is part of your being. I would like you, if you would, when you leave this room, when you are in your quiet moments alone, say 'thank you' and feel what is within, and perhaps next time we will discuss what each one of you has felt.

Take this into your lives, give thanks my dear friends and see how your lives will change.

George: Yes, the 'thank you', the second syllable sounds rather like the 'Aum' vibration.

It is a sound that is your very being. Feel what you say. You do not even have to say the words out loud, but this is something I will come to at a later date that words become unnecessary when you are in tune with that inner self.

Lilian: Then maybe if there's something that really we'd rather not do but know we've got to, we should say 'thank you for the privilege of doing that' would help there as well?

All thanks is never left unnoticed. I will leave you this time with those thoughts. It is something for you all to cultivate. It does not come easily to human beings, unless you have reached that point of all-knowing, of that stillness within your lives when you know all things are possible. Take my words with you, think carefully about what I have told you and I am sure before we come together next time that your thinking will have changed.

Lilian: I think you're right. I can feel it already! *(chuckle)*

I will leave you as always with much love and comfort and knowledge that we will come together again, and let me end by saying 'thank you' for allowing us to come together in this way. (thanks and farewells)