

~14th April 2003~

Good evening. (*greetings*)

It is good to join with you once again my dear friends. I hope that thought has been given to what we spoke about last time. I know that each of you will have considered the words that we used. My hope this time is to listen to you to see what you have understood and what you have felt within your hearts about what we called 'commitments'. My purpose this time is to listen to you quietly whilst you discuss what you have come up with. I can say to you that as I work quietly with this one there will be one other before the end of this evening who will come to speak to you. I hope that you may find it of interest. (*affirmations*) Therefore, my dear friends, I will listen quietly to each one as you speak but I will not respond to it because I will be working quietly with this instrument. Therefore you know by doing so there is much work going on.

Lilian: Yes, could you tell me which instrument the other person will be coming through?

I feel it will be this lady here, (*Sue*) but of course whoever is able to accept and take will be the one. As always my dear friends, know that I stand close by.

Lilian: So we'll discuss quietly between ourselves. My opinion was that the 'love' one was really the most important, because if everyone was committed to love, surely it would override all the others.

George: Yes, that is one of my feelings. There is another overriding feeling that the commandments as such, if I can still use that word, were given to the Israelites who had been a people in slavery and they were a much down-trodden people, and it was a code of living to raise them from where they were. I have just got the feeling that they were not in a good situation to develop spiritually before that time, because they were in such terrible slavery. So perhaps a fairly rigid set of standards was a good way to raise their opinion at that time and in later times they have continued to be good reference. But there was a later set of values that came during the Sermon on the Mount from Jesus: I think they were the beatitudes: blessed are the meek and blessed are various people with their qualities. So perhaps the Sermon on the Mount came as a

later refinement to the commandments. I don't know if anyone has any thoughts on that?

Paul: I found them a sort of mixed bag in a way. Some of them seemed of a deep level; others, like 'thou shalt not murder', 'thou shalt not steal' seemed sort of preaching to—covering different spectrums of society. Some seem very obvious things you shouldn't do. Other things seem more moving on further.

George: Part of it is most amusing in today's world like, 'thou shalt not covet thy neighbour's wife, nor his manservant, nor his ass'.

Paul: That's still relevant today, as they all are I suppose.

George: Yes in today's world that is probably equivalent to 'thou shalt not covet thy neighbour's Aston Martin'!

Lilian: It struck me, if in everybody the overriding thing was love, it would kind of wipe out all the others.

Margaret: But don't you think it is greed too?

Sarah: I think that they are what Salumet has taught us in many things. Salumet said to us that being angry and greedy and all those things aren't good things, so that's one of the things that he has taught us that were being taught then. And I think that some of them are also trying to, for example the one with the idol, get them to be spiritual and not to be physical. So, the underlying thing is trying to get the spiritual bit to come through and of course at that time they wouldn't have understood it, so they had got to do it in a way that they *can* understand.

George: In so many state-related churches they still have idols today. (*affirmations*)

Paul: Yes that was quite a shocker reading that. It is one of the early ones.

Sarah: Yes, it's the second one, I think it is.

Lilian: They do the sign of the cross, they bow to the alter...

Sarah: The sign of the cross isn't so bad, but the actual...

George: The frequently seen 'Jesus on the Cross' is, I can't help feeling *an idol*. It is spelled out too that there be no idol in gold, no idol in silver.

Lilian: But there again you see, Salumet said there has to be good and bad to balance.

Sarah: But also, George, I was thinking of the Buddhists and in Thailand I saw the gold Buddhas. You could say that's not good but, on the other hand, the people have given what they have to

create these Buddhas. So that is a good part of it that it has been a 'giving'.

George: I am sure perception comes into it. We can see it as an idol or we can use it as a focus point.

Lilian: The best commandment/commitment that one could pass on, say to a child or to whatever, would be just say 'listen to the inner self' and we should get it. I don't know...

Sarah: I think it's difficult. When I've spoken to friends of mine and said, 'listen to your inner self'... I think we've been lucky with our teaching that it has gone gradually and we have learnt to listen to our inner self, but I think some people would find that very difficult to know where to start.

Lilian: Even before that, each and every one of us—we could imagine each and every one of us knew what was right and what was wrong.

Sarah: Yes, your conscience.

Lilian: So I suppose they just don't listen to that inner self.

George: It might be an interesting exercise to try and formulate the set of standards equivalent to today's world.

Lilian: I have a feeling that our Prime Minister would call himself a Christian.

Sarah: He's a Roman Catholic.

Lilian: Yet he was happy enough to send out soldiers to kill. I find that a bit strange.

Margaret: They are always young people who have to go out. It is so unfair.

Lilian: It's one I can't begin to understand.

George: One of the statistics that came out very sharply today, someone said in debate, that 50% of the population in Baghdad is under 14. Certainly there are a lot of children in the hospitals.

Margaret: I want to know where they get all the money from to buy the bombs and all that. Where does it come from?

Sarah: Going back to these commandments, can we remember them all?

George: Don't bare false witness.

Sarah: In other words, don't lie.

Paul: Don't envy, sort of thing. Don't take my name in vain. Does that mean, don't speak of Spirit lightly?

Sarah: I am not quite sure, actually. Could it mean not using it for false purposes? Could it mean that as well?

Paul: Or without sincerity, I wonder.

George: Yes, don't just set yourself on a pedestal for being a Christian.

Paul: That's the thing. Like 'thou shalt not murder' seems simple, but for a lot of people, meat is murder.

George: Thou shalt not commit adultery.

Sarah: But then going back to the murder thing, Paul, Salumet said to us that we should be vegetarians, but if we want to eat meat we can, so you could still say it is some sort of murder, isn't it?

Paul: I suppose it will evolve. As you develop you will perhaps read more into each commitment.

Lilian: Only eat meat if you were truly, truly hungry. I do think if you were really starving, anything would be on the menu. I could be wrong.

Sarah: Even those people who crashed in that plane, he ate the other one, didn't he?

Lilian: Yes, you know, it is easy to sit here and say don't eat meat or fish, but if I were starving what would happen?

George: Anything is on the menu except cannibalism.

Lilian: Just fade away!

Sarah: But even then, George, after that plane crash, the companion had died and he had nothing else to eat, so he ate the companion.

George: As Salumet has said, everything is possible. The adultery one is very practical I suppose and it can just make life too complicated.

Lilian: I would say that's quite a hard one especially... in all times... they're all quite hard.

Sarah: Today it doesn't seem to be a problem so much. I don't know if that was one for the times or...I suppose if you've promised something in marriage, then you have promised it.

Lilian: Even if they become priests or whatever, they still—and what would that be called?

George: Salumet said something about that too and something to the fact that marriages aren't designed forever. They're for journeying together, but it doesn't have to be forever. I think he said something like that.

Sarah: Salumet said that? (Yes.)

Paul: This other Bible we had was a really big one and for some of them it said quite a bit more. For that one that talked about 'don't make idols', it also mentions about also not even building buildings using shaped stone, because as soon as you have cut the stone, you've sort of mutilated

it. That made me think, it's better to worship nature outside like the Druids did and the American Indians. Worship trees and things like that.

George: Of course they did use uncut Saracen stones.

Lilian: But we shouldn't worship these things, we should just love them, surely?

Paul: Yeah, 'love' is a better word than 'worship', yeah.

Lilian: I must confess I didn't have a Bible. When I moved here a lot of books went out and the Bible went too, to my sister-in-law's jumble! So, ok, my mother's got a big one, but I thought I'd forget that one and I look at the children's one.

Sarah: Going back to not cutting the stones, it probably would depend whereby you were. If you were out in the snow and standing there for some time to go, that might not be very practical, so to have some sort of shelter seems appropriate.

Lilian: You meant a dwelling to meet?

Sarah: Yes, a church. I can't see there's a problem.

George: I suppose there is a difference between living and survival. A reasonable situation and building a great edifice and raising huge funds through taxation to do that. That's how the formal church began in Roman times.

Paul: I'm trying to imagine how would Jesus or Buddha or all these people (*Masters*) have gone about their daily worship/religious ideas, and I can never really see them going inside a church to meditate. I always imagine him finding a tree or a quiet area in a park or something, or a bench, or even just in his house. There is nothing wrong with a church, I suppose, but...

Sarah: It does provide a meeting place, doesn't it? At any time you wish to go and pray, just to have a building. A cathedral is perhaps a bit excessive...

George: A meeting place is logical—an all night edifice, there seems to be some question about that...

Paul: Keeping it *humble* seems to be one of the messages of the commitments...

There then followed our expected guest through Sue:

(greetings) I have not wanted to interrupt such interesting words. My time here is limited and I do not wish to interrupt, but I have something that may give you a lighter food for thought. Your discussions on commitments are quite deep

and you are having to stretch your minds, am I right? (affirmations) I am quite sure in the coming meetings the Master will give you more food for your thoughts in this matter, but the little I have come to say to you this time is on a lighter nature, not quite so woolly. (holy?) I could not even begin to teach you as the Master does; I would never even try. My purpose is not to teach you deep knowledge. Do any of you sing?

Lilian: Yes, we have one.

Sarah: I did a bit.

Lilian: There's usually another one but she is off not feeling very well this evening.

The lady here that sings, does it lighten your heart when you sing?

Sarah: Yes, yes it does if I sing the music that I enjoy, yes.

Yes. Do any of you here wish you could sing?

Paul: I try to sing sometimes. (*chuckles*)

Margaret: I can't keep the tune very long.

George: Yes, I think we all probably try to and I can appreciate there's a certain joy. It has been said I think, that song is an expression when ordinary words are not really enough.

That is a very succinct and profound thought, but your first word 'joy', yes joy. Music brings joy. You have troubled times in your world.

Lilian: Especially at this time.

Indeed, but the sound of music, of being able to express yourself in song will enable you to rise above the problems. It is a heart and soul-lifting experience: music, song and those that can do these things.

George: I imagine that includes the birds; they seem to do it rather well.

Birdsong is from Spirit. Can you appreciate that? Birdsong is a gift of Spirit. Music is a gift of Spirit. Does that make sense to you?

Paul: Yeah, I think it's too beautiful almost for it to be a manmade thing.

Lilian: Of course different people enjoy different sounds to the music or the singing.

George: Yes, I have sometimes felt that birdsong is a great gift. One can be amongst trees and the birdsong makes the world a beautiful place.

Indeed. A gift from Spirit to lift your Spirits. I am speaking very lightly. We could speak in great depth, but that is for another time. But I ask you if you can FEEL music, FEEL the vibrations, it can help you in so many ways. There is a healing colour to music. Does that make any sense to

you? Music has colour. All music, whether you consider it to be the lowliest or just a cacophony of noise, it has a healing colour.

George: Does that relate to the colours of the auras of people listening to music and how that music changes the colour of the aura?

Were you able to see auras, you would see a changing the spectrum of colour, yes you would, and more so with those that are in need of some spiritual help. I say to you, the sound of music can be far more beneficial than your potions and powders. In your world unfortunately, they are used far more than they are necessary, but we can do little about that. Certain of your powders can be like poison and we are hoping in the eons of time that these will be replaced. We are moving on now to deeper things, which it is not my purpose to speak of.

George: I have read of one who cured herself of cancer through listening to music, so that is very much in line with what you are saying.

Yes, the power of the healing colour of music.

Sarah: There is of course Evelyn Glennie, who's a percussionist, who is stone deaf and she plays with very well-known orchestras. She's excellent.

Indeed, therefore is that not proof positive that her gift comes from the spiritual side of her? Whilst she is playing, her deafness is put to one side. She is unaware of this in the physical, but it is with her Spirit ear that she plays this music.

Music is a powerful healer. I leave that information with you and hopefully it will be of benefit to you in times to come. (thanks expressed) All music, I repeat, whether it be birdsong which is from Spirit, or whether it be the native drums of your jungle area, all has the power to heal.

Paul: It's all vibration.

A very good word my friend; vibrations which show themselves in sound. When you all come to our realms, the music you will hear will be nothing like you have ever experienced in this world. We have healing areas—it is the only word I can give you—an area where music is a constant source of healing power. We send lost souls into this music and it envelops them like a soft down, and the Spirit which is troubled absorbs the vibrations of music. That is something I hope one day someone more learned than myself will be able to talk to you about in greater depth.

George: Tibetan Buddhist ceremonies have some very strange sounds, which one would hardly describe as music, but I suspect those vibrations are very subtle and may well be healing and reaching Spirit.

What you consider to be a strange sound, to another may be as the song of the mistle thrush.

Sarah: It is the same with language. Each language sounds different to each person, so that must be true with language. The voice is vibration, isn't it?

Were you to be spoken to in a language known only to the, shall we say Inca tribes, it would be a cacophony of sound, would it not? (Yes.) But to the Incas it would be melodious and understandable. You are right, it is the same with music, which is why I speak lightly now, but some music to young people in these times is most unacceptable to the elderly people of these times. But that has gone on generation after generation, but to each one they can hear wonderful music. Let each one accept their own music and let it do its will to their Spirit. We must all learn tolerance in these things, must we not?

Lilian: Definitely. It's something we could do with a little more of.

Sarah: But you also, when you hear things enough times, you get used to them and then you begin to like them just because you've heard them so many times, because it's familiar.

Think of that not as physical but spiritual. The Spirit is rejoicing in that sound, because it is bringing joy to the Spirit.

Lilian: I was just thinking of lots of sounds which we take for granted, like the buzzing of a bee or the purring of a cat, which is all very pleasant.
Those sounds, like the birdsong are musical, therefore come from Spirit. I leave you to think on that. May you hear your music through all the days of your life. (thanks expressed) Thank you for allowing me into your room. It has been a privilege. (thanks and farewells)