

~21<sup>ST</sup> July 2003~

Good evening. (*greetings*)

As I come to you this time I feel the wonderful peace and energy which all of you have brought in to the room this time. Much is being given to you this evening by those who come close to you. I hope my dear friends you are able to absorb that love which fills the room this time. I would ask you to feel that energy and love which is here. Can you all feel it? (*affirmations*) It is a little more stronger than normally would be here.

Lilian: It is very peaceful.

Sara: I felt it as soon as it began and it felt very warm to me and peaceful and gentle and warm. **Yes. You will all be absorbed into it and help given to each one of you in the particular way that is needed by you individually.** (*thanks expressed*) As I come to you each time, I am always most interested to find each time how different your energies are, how your light changes each time we meet and I would say to you this evening you have surpassed all that has gone before. And as we speak of being absorbed by the love and the peace and the gentleness as the lady describes it, it brings us to what we discussed last time. (*short pause*) **And even more silence!** (*chuckles*) **Would anyone like to discuss it with me this time?**

George: This is how we see ourselves as affecting the world? **(Yes.)** As I see it, we affect the world to begin with, in several physical ways: the way we pass on knowledge, the way we interact with people and the way we disport ourselves, set an examples and we react in various spiritual ways by connecting with a collective consciousness, by thinking our thoughts, by being a shining light to some degree. I see us as affecting the world in those several ways which are part physical and part spiritual.

**Yes, I am happy to hear those words, but might I suggest that rather than use the word 'we' that you use the word 'I' and try to find how your own energy has been utilized in this lifetime?**

George: Yes, and I neglected to use the word 'love'—loving people: that's very important.

**Yes, it is indeed most important, because without the love energy, all else is insignificant. You understand that all my dear friends?**

(*affirmations*) **Yes, it is I might say and call 'the ultimate energy that we possess'. But it is not**

**always used wisely and it is important that each one of you recognizes the power that you each as individuals have when you use the love energy that you possess, but even more so when it is used for spiritual purposes. Would you wish to elaborate my dear friend on your own energy?**

George: My own energy is, as I see it, striving to reach out and to bond with people, to express my love, to express knowledge and passing that on to the best of my ability.

**Yes. We will leave it there and I will make comments when each of you have spoken. Would anyone wish to speak?**

Sara: I feel that in this lifetime my energy has been a lot to do with communication and I think I am trying to refine my communication. And it seems that what I learn I then try to pass on to others. My spiritual process, like my own personal one, I then sometimes share that with other people. And communication in art forms as well: with music I try to write songs that contain messages which are to do with my process as well. So I think I am learning and teaching as well this lifetime.

**Yes. Good. Anyone else please?**

Paul: I don't think I can be too specific about mine, but I think I've got a generally calming, peaceful energy, but I don't really know very specifically at this stage how I affect the world. **(Yes, thank you.)**

Graham: I think that I have affected the world through teaching, I've done a lot of school teaching in my life and I've learnt a lot from that, particularly in the last few years. In learning compassion more—I hope I am learning compassion—I'm trying to see other people's point of view. I'm hoping that I'm giving that out and influencing other people in that way as well. I'm trying to avoid the sort of reactions that I used to give and to sit back and think well, what is the reason behind this? Why do these things happen? Why do people behave the way they do? And in trying to understand and share ideas about these matters with other people, I hope that I am influencing the world in a positive way there. I certainly feel as though I'm getting better at mastering impatience—I think I have been an impatient person in my disposition and again I am improving in that respect and hoping that I can help other people in the same way.

**Yes. It is always important that you transmute energies, yes, thank you.**

Sarah: I feel that I am changing quite a lot at the moment, but I think that my change to helping other people, to passing my love on to other people was at the time when I had the children. I began to understand people a little bit better and I think now, with your teaching, I am understanding people better. I think my energy is going to become more and more—I feel passing on your words that you've given us is a very important part of my existence now and I feel that my energies are going quite a lot into that now, and in that way it should help the world just by passing on your words. **(Yes, thank you.)**

Lilian: I think for myself, I probably started to help in a small way through meeting Les and his wife and then you started to come with your teaching, so I've been able to talk to other people about it—some of it accepted, some not, but I hope that is the way that perhaps I have been able to help the people on the planet.

**Yes, thank you.**

Margaret: I just feel that having come to this group, I have learnt an awful lot of patience and understanding of other people's problems and I try to help wherever I can. When there's a problem and I just feel happy all the time, which is rather nice.

**Yes, and so you see once again my dear friends how each individual has their own ways to go forward in life and yet you are speaking about the same kind of energy. As spiritually you are unfolding, the realization is coming to you through your own quiet times and with my few words I have given to you, you begin to realize that you are more than just a physical and a spiritual being. The gentleman correctly said not only does he feel that he gives of himself, but also he receives; that too you must recognize, because in giving, you are receiving. We have spoken that like attracts like and as you give, you will receive; this you all know and understand full well. But what you are my dear friend is energy, which continues to expand, not only in places like this where you gather, but as you recognize to all those people and places that you have passed on your knowledge—and so the energy of your words grow. And as you do so, the love energy within you expands. But remember, you are like waves of energy that reaches out to our world where always there is**

**connection. Therefore as you give out, you are received and it is given back to you ten-fold. And as this happens you can imagine all of your universe is flooded with the love energy. That is your contribution not only to your planet, but to the whole of the cosmos. No matter what your purpose is this lifetime, you must remember it is the love energy which is important. As the lady (*Sarah*) said last time, the smile, the nod of the head, the shake of the hand, the kindness within the eyes—all of these are love energies. So my dear friends, visualize how many times in your lifetime that these small things have occurred and only then will you begin to have some idea of how much you have contributed. You have knowledge now because that has been your choice, but there have been times in all of your lives when the knowledge was not there, but still the love energy within you grew and was nurtured, not only by yourselves but by those who influence you. So do you begin to see the pattern of your lives? (*affirmations*) Never are you one unit. As you collect here, you are united, but you are united with all of us in our world, all of those people who have known you in times gone by; still the energy and love connection remains. Now do you begin to form a larger picture of what you are about? (*affirmations*)**

Graham: Yes, we carry a collective responsibility in this respect, all mankind. **(Yes.)** It's nice when you can smile to a stranger or give way to somebody in a car or something, and get a positive reaction back; it makes you feel very good. It makes you want to do it again and again. **Yes, but do not forget the times when you have helped those strangers who could not smile back to you. In those times of trouble when humankind was in the depths of despair—and each one of you has encountered dark times in your lives, because that also is a purpose in your lives. Remember that all things are positive and negative: you cannot separate them. So now I hope I have explained a little more as to the positive energies that you all exude, and it is not only to do with this knowledge that you have attained this time.**

George: And when knowledge of this energy is more widely known, the world has to become a better place.

**Yes, and slowly, slowly that side of thinking, that side of knowledge is becoming more widespread**

**within your world, but this you know my dear friends; I do not have to put it into words for you.**

Sarah: Salumet, our energies are expanding...what about the people who are miserable, who are perhaps not doing the things they ought to do? The energy that they have created would stay static?

**Yes—no, never static, but restricted. Never static, energy can never be static. But yes, those people who are in the depths of despair and who need the love energy to lift them, yes, their energy is restricted for that time that they are within that darkness of light.**

George: There are so many people on prescribed drugs and medication which does have the effect of making them depressed—this is a physical thing, but it seems to make many people depressed.

**Yes, and after all you cannot separate the Spirit and the physical whilst you are in this world. Each has an effect upon the other.**

George: Yes. This artificial way of accidentally making people depressed seems very sad and something of our times.

**Yes, but your world finds it all too easy to deal with people in this way. They are not looking within. They are not seeing the whole picture and it is too simple to say that you must take these chemicals, which are not natural to the human being, but sometimes necessary.**

George: Yes, it is our fault that we tend to treat symptoms with chemicals instead of getting down to the root cause.

**Yes, and always there is a reason why the soul is in the state that it is in. I have told you on many, many occasions that each one of you are responsible for this housing of the Spirit, this framework which covers the Spirit, and always people find this most difficult to accept. But, as you well know my dear friends, the power of your thought can change mountains, but this knowledge is not widespread amongst your physicians. It is available to them, but they choose on the most part to ignore it. There are those leaders within your medical profession, who are leading the way, who are showing that mankind is more than a physical body. It takes time, but slowly we are seeing changes and so it must be. But you my friends who have knowledge, who know all truth if you wish to seek for it, those of you who feel the love and**

**support of Spirit as you enter this meeting place, you have the knowledge to be completely well and whole as a spiritual being. It is a great responsibility I know, but it is your choice.**

Sarah: The thing with choice, you can pass the message onto people who are ill to perhaps use their power of thought to heal themselves, to help themselves, but they won't listen, so...

**Yes, there is nothing you can do. You can offer comfort, you can offer your words of help and advice, but because of their freewill it will determine to how they act upon your words. But you have done what you must in giving of your energy and you can do no more. I know it gladdens your heart when you have a response to what you give, but what you cannot see my dear friend is the energy of light which is given off by you at these times. None of you can see your spiritual light. Perhaps in time to come you may become more aware within this room, but I have to say, there is beauty in your light and I speak for all of you. I am not saying you are perfect human beings, but I am saying that your Spirit does shine forth. It gives you a little more to consider and think about I hope: to see yourself as pure energy and how that energy interacts with all who come your way and with those you cannot see. Please do not forget them, because they are a big part of your unfoldment. I hope you understand my words this time. *(affirmations)* I feel this time, because of the serenity around you, that I take my leave and that perhaps you go on a quiet meditative journey. If one of you would like to take you, then I feel it would be beneficial for you all to go on a journey to meet those close who guard and protect and love you always; to go on a journey to the inner temple of your Spirit and see who will meet you within. Would someone like to do this? *(Sara agreed to do it)* Until we meet next time my dear friends know that my energy encircles you all. *(thanks and farewells—Sara then took us on a meditative journey)***