

~17<sup>TH</sup> November 2003~

Good evening. (*greetings*)

As we come together this time I embrace each one into the love and light which is with you at all times. (*thanks expressed*) As you are approaching another of your earthly years, I would like to put before you a question for you all to answer: There is something my dear friends that each one of you has grown to learn in this past year of your time. I wonder if you can tell each other what that is. Would anyone wish to begin this conversation this time?

Sarah: Did you say, 'what each one has learned this past year?'

**Yes, about each individual self.**

Lilian: Yes. Do you mean from your teachings or just in our everyday life something that we might have learned?

**It comes from your living, but also from the words I have spoken to you.**

Lilian: For myself, I can remember you said I would learn tolerance and I can see that and remember what you said which helps as well. Thank you for that.

**But that is an individual lesson for you. What I wish you to think about is what each one of you has gained in this past year.**

Graham: I think as a group we're beginning to look upon problems more from a spiritual point of view and we are looking for spiritual explanations more than we have in the past.

Margaret: I have learned a lot of patience.

**Yes. So if I say to you my dear friends that each one of you and those also who are not present, each one of you has learned self-discipline. You would agree? (*affirmations*) Now I pose the question to you: In what way do you feel this self-discipline has taken shape within your own lives?**

Sarah: Not so quick to judge anymore so I hold back in my negative thoughts. **(Yes.)**

Margaret: Thinking of others and not yourself. **(Yes.)**

Paul: I think it is in the arena of thoughts: carefully monitoring your own thoughts and trying to gain more control over them. **(Yes.)**

Sara: Knowing when we need to go within. Knowing when it's important to control our thoughts. I think we have greater awareness of when they're not good, when the thoughts are going not so well.

But in that recognition you have done well, but do you see my dear friends how your self-discipline radiates throughout your living? In many aspects of your life this self-discipline shows itself to you in the way that you speak to others, as you say in recognition of thoughts that should be changed—all of these things in many, many areas of your lives; and remembers how different each one of your lives are, but still this self-discipline has been gained. I would say to you my dear friends that that is a step forward, which you should all be most grateful for, because those who come close to you have helped you to achieve this state of being.

(*thanks expressed*) **Would you like to discuss any more about your own self-discipline with each other, or are you all perfectly happy to recognize that this is the achievement that has come to you?**

Lilian: It is easy to see, for myself, where I have made a mistake.

Sarah: It also helps when you are speaking to others and you can see them perhaps going off on the wrong tack—if you say something and make them aware as well of the different view point, that is very encouraging.

**Yes, always I have told you if you can touch but one other human being, then you have done well, and I can say to you my dear friends that each one of you have touched many people, many, many people, not only individually, but by the words that you have spread to others.**

Graham: It brings a lot of pleasure to talk about these matters as well. It makes you feel as though you have something to contribute, whereas before you wouldn't have known what to say or wouldn't have been able to work out things in the same way that we can now. **(Yes.)** And that I do get a lot of satisfaction from, since I feel I can say something from my greater understanding that can help somebody.

**You have always contributed. Remember that even those who do not walk this pathway of light are still progressing, but it is the awareness that you speak of—when you are aware of the goodness that surrounds you, then it reflects back to you within your own lives. It is a mirror image of what you give.**

Sara: I've learned a lot about the power of gratitude this year and I've noticed when I am thankful for more than obviously that does reflect—I have noticed that.

**Yes, my dear friend, I have waited for those words from you for some time, because I would say this to you that of all of those within this room you are the one who has realized the benefits of gratitude, as you put it. All of you give thanks, but for you this has been the biggest step forward. Do you have any questions this time?**

Graham: I was going to ask a question about retrospective prayer. I was reading a book about the Irish famine two centuries ago and we don't really understand *time*. I was wondering that if awful things have happened in the past, whether a prayer for those people in this age would help people in previous ages or whether the prayer that we have already given has already gone through and the situation would have been improved by that?

**Yes, I understand your question. Of course you cannot alter *time* as you know it upon this Earth, but those people who have suffered because of times past, would benefit from prayer now. You know full well there are many within our world who still suffer from the effects of earthly life, so in that way the answer is both yes and no. You cannot alter what has gone, but you can help those people who still exist from that time. Do you understand?**

Graham: I didn't know what you were going to say—that's a wonderful answer. I understand what you're saying, yes, so I will continue to try to do that. **(Yes.)**

Sarah: For those who've gone on further who are not obviously still suffering, because they realize they need not suffer any more, **(Yes.)** the prayers really wouldn't make much difference to them? **There is no need to give the prayers for them, because they have the self-knowledge and they will have moved forward in whatever way is best for them and of course once you have become more accepting, then those from our world are able to help more. But of course, all prayer as you call it, and after all prayer is but thought, is always registered and used in the correct way for those in need. So, even if you are not aware of what your prayer is achieving, you must understand that those thoughts are being utilized for the very best purpose that there is.**

Lilian: A story that was in our news this last week: a group of people on one of our tropical islands on this planet and a group of people from this country—quite a few years ago, one of the

ancestors of a missionary had gone to the island, the island people had killed and eaten this man, but now the ancestors of those people got together to say sorry and meet one another. Would that help the people who had gone on into Spirit?

**It would help only those who give the prayers. You cannot erase what another has done. You must accept responsibility for your own lives. This you all know and understand. You cannot, how shall we say, you cannot be responsible for what others have created or what others have done. You can help with your prayers, as I have just said, but you cannot change what has passed; and those who created the situation are the only ones who can change it. You understand?**

Lilian: Yes I do—just that the ancestors thought that if they said sorry for past deeds, it would help them.

**It would help them, because in what they are doing is done for good. So, the thinking behind the deed is good for *them*. You understand? If you are not clear my dear friends let us speak of this more, because although your prayers and your thoughts go for good, there is only so much help that you can give to a Spirit who is in need. The Spirit must recognize for himself what past deeds need to be seen and understood, before that pattern can be changed. You understand?**

Sarah: I do understand, but if when something bad has happened or not perhaps as it should be...

**May I stop you my dear friend?**

Sarah: Yes please.

**Let me just kindly remind you that you are prejudging a situation.**

Sarah: I know what you are going to say, yes! What I'm trying to say is: you're saying that the situation cannot be changed—you can change a situation when the Spirit has recognized what's been done, then that can be changed, but surely, what has been done, has been *done*.

**It cannot be changed what has happened in the past. All that can be changed is the thinking of the people involved.**

Sarah: Ah, right, yes okay.

**Is that clearer?**

Sarah: Yes, thank you.

**Always my dear friends, this is the difficulty of life that humankind is all too quick to condemn and to judge others. I do not say sorry to you for**

**reminding you frequently about judging others, because you never can see the full picture of that life. You cannot make judgement upon another, unless—and here I will use one of your earthly expressions, ‘you walk in that person’s shoes’. Are there any more questions?**

Sarah: I was thinking about the air Spirits and flower Spirits and all the rest of them. Why is it that they actually need to be seen, because if they are Spirit beings, why do we need to see them? Is that just we’re getting into the right vibration that we can see them? **(Yes.)** And if that is the case, there must be other energies that are about that we also can’t see that we could see if we were in the right vibration. Is that right?

**What my dear friend do you suppose that I am?**

Sarah: You are energy.

**And can you see me?**

Sarah: No.

**No. Let me go to the beginning of your questions and there are more than one. Those light beings that you speak of have no need to be seen, but the people of this Earth oftentimes desire to see and oftentimes those who have no knowledge see these light beings, because, as you say, they are tuned into that world of light at that particular time of existence; in the same way there are many within your world who see and hear those from our world whilst the majority of human beings do not. There are many factors involved here: It is whether the light beings *wish* to be seen, it is whether the human being is in the right energy field and, thirdly, what would be the purpose of the seeing. Do you understand? **(Yes.)** Does it make it a little clear for you? **(Yes.)** The light beings have no need to be seen—they just exist, they are, they are Spirit. It is up to humankind whether they desire or wish to see them, but as you well know, that would be almost impossible unless that energy of the human being was raised enough for this to happen. I would like you my dear friend if you would, to concentrate a little about the question that you have just asked of me. I think in your quiet moments, fuller answer will come to you.**

Sarah: I think I was thinking that you said that everything was energy, **(It is.)** and therefore Spirit was energy and therefore I was thinking that the other things that there must be to see, because it is all energy.

**Can you see your electricity?**

Sarah: Not the electricity as such, but you sometimes see blue lights from electricity.

**Yes, but mankind for thousands of years was unaware of electricity. So do you see what I am trying to tell you, that all of energy has always existed, it is mankind’s awareness which is changing.**

Sarah: Yes that’s what I was thinking—there must be more things that we could see—perhaps it’s more be aware of than see.

**When your awareness is raised, indeed you can see and feel much, much more, but that my friend is down to each individual. How much they desire, how *far* they want to progress in their awareness. And after all, I could come to you for many, many of your earthly years and still you would be at the same stage of development. Without your participation, I could not make you become more aware. So, do you see that the responsibility lies within each one of you? *(affirmations)* How much you wish to see, to become aware of, is entirely belonging to you and your freewill.**

Paul: We have to take the steps.

**Yes. I can encourage you, I can try to uplift you, I can speak many words to you, but I cannot make you more aware than you wish to be.**

Sara: And we have noticed this when we are parenting too. We can encourage our children **(Yes.)** and we can show them the way but they make the decision.

**Yes. Even as a young child you can see that freewill abounds. Yes, you are quite right. But what happens as the child grows older and comes to adulthood, they lose that intense quality of investigation. That is what happens with *most* people, that the eagerness of the small child slowly diminishes, until other aspects of living overtake that freedom of thinking that unspoilt energy which all small children possess. Do you understand what I am trying to say to you? *(affirmations)***

Paul: Is it almost like when they reach adulthood they begin to think: ‘well, maybe I’ve explored everything now—there’s not that much else’—when in fact there’s much, much more.

**Unfortunately, the materialistic side of life begins to show itself and unfortunately for many, many people that is a way that takes you downhill, rather than up to an awareness, a growth of awareness. Unless within that child there is a strong link with Spirit, most children**

**go on through, how can I say, influences of everyday life, to become less spiritual, which saddens us from our side of life, but at this moment in time of the Earth's evolution, that is the way of life; but slowly, slowly it will change.**

Sarah: So some poor people, perhaps nomads or whatever, that is possibly why they retain more of their spirituality, because they have not been influenced by all of the commercial side of life.

**Yes, they still understand that by going within they have many answers to their lives. You are quite correct in that assumption. I will leave you this time my dear friends. I hope that you will ponder my words this time, as I know you always do, but again it is something to recapture and to think about. Think of yourselves as that individual energy which belongs to a group energy, but if you wish to become more aware, then take your responsibility seriously. The more that you put yourselves forward, the more help we can give you from our side of life. I will leave you with our dear lady (*Lilian*) and let you *feel* or *see* or *sense* those or whatever is around you. Until we come together once more, I leave you with my love. (*thanks and farewells*) We sat quietly for some time, before Eileen brought clairvoyant warm messages for Sara and Paul from their Granddad.**