

2ND February 2004

Good evening. (*greetings*)

I am happy to join with you once more my dear friends. There is much that we must discuss in the coming time, but also I would like you to understand that your individual awareness and development are of the utmost in this your coming year. No matter what your earthly condition, each one of you will find that you grow not only in awareness of our world, but of awareness of those people who are around you in your daily lives. This awareness does not belong solely to yourselves; the awareness of our world is taking place amongst you human beings at long last and I wish to say to you my dear friends that this awareness will be enriched not only by self-knowledge, but by the evidence given from our world. By the end of this your earthly year, each one of you will be aware of your own inner strengths, and as individuals you will know in which way that strength has helped you. There is much upliftment for you in this earthly year, but remember that self-will will no doubt be in evidence on many occasions, but the opportunity lies before each one of you that you may become more enlightened as human beings—as Spirit beings. You will find that the Spirit being within will surface and help to create within each one of you a strength, which you have not encountered before. Your planet as a whole in this coming year is reaching out for more knowledge and it is being give—make no mistake about that. There are many who are with you now who are willing to give of themselves in order that mankind at last can begin on the spiritual journey of knowledge. I can hear you say, ‘but how can this be so when there are so many problems in our world?’ But if you look at your world honestly you will see that individual knowledge has grown so much in the past twenty of your years. I am sure you are aware of this. (*affirmations*)

George: Yes, we’ve always been very much a mixture but within that mixture I think we see some very good people.

Yes, and do not dismiss my dear friend the part that each one of you plays in giving of the truth. It is most important for *you* as individuals to carry on the search for knowledge and truth, but the connection to you is strong. But you must be

there for those individuals who fall by the wayside, who deny the knowledge they have gained and are spiritually lost. That is part of your purpose for this coming year. And my words to you my dear friends are that you have that inner strength, you now have more knowledge and you *are* much stronger individuals than you will ever understand. I say to you again, as I have done on several occasions that you cannot see your own light, but let me assure you that it shines brightly.

George: It’s nice to know. We are certainly well aware that the steadily increasing knowledge, that it has been increasing steadily over the past ten years, and I’m sure we are very much aware of that.

Yes, you *are* aware, but this year of your time will bring even greater awareness to you. Each one of you has your own mountain to climb and I do not say to you that you are near to the top of the mountain, but what I do say to you my dear friends is that the effort that you make, that the knowledge you have attained, already sees you standing on the top of that mountain. Do you understand what I am saying to you?

Lilian: Yes, thank you for those words.

You have a long way to go, but as far as your awareness and effort go, you have climbed mountains. Are there any questions this time?

George: Yes, I’m sure there are! Perhaps this one connects. It has been said from time to time that an induced fever can heal disease. I’ve been thinking about that and it’s possibly similar to what happens in a sweat lodge, in that a high temperature works against the physical nature of the body, so that the Spirit can come more to the fore and I imagine healing can then take place more easily when the Spirit is to the fore. Would you agree with that?

I understand your question, and yes, I would say this to you: in the state of fever, as in *all* cases of shock to the physical body, the Spirit indeed does come to the fore, but rather I would say that the Spirit stands to one side. Therefore the Spirit is aware of the physical problems more readily and in such circumstances healing can therefore take place much *more* than if the Spirit was encompassed within the body. Do you understand?

George: Yes, I thought it must be something like that. It’s nice to know.

You could relate *fear* with fever, or you may relate it to some kind of shock or accident, which sends the Spirit from the body. Do you understand what I am saying?

George: Yes, I think this connects again to the Shamanic principle (Yes.) when accidents and fevers occur.

Yes, if only I could take you with me I could show you in front of your spiritual eyes just how simple it is when the Spirit stands aside from the body, how things become much clearer. Do you understand? (Yes.) The spiritual eyes are then much more in command of any situation.

George: Yes, thank you that's very nice to know. I've one more, much more specific question where illness is concerned. There's a condition known as polycystic ovary syndrome, when girls sometimes fail to release the eggs and this has the effect of upsetting hormones, they generally grow very fat and develop male hair and it's a very unpleasant condition for a young girl to have. I just felt non-release of eggs, would there be a spiritual factor that connects there? Are you able to help with that one?

I thank you for your question. I will answer it for you with one word: 'fear'. The Spirit is in fear, therefore the body takes on conditions to—remember what I have told you that the thought becomes reality, and this is what happens when there is fear that the body must react in some way. And I would say to you simply my dear friend that that particular condition is a fear of children.

George: A fear of having children?

Yes, but the fear comes from the spiritual side. It of course can be helped, as you may well know, but it is a mission for the Spirit to undertake for itself.

George: Yes, I think the only help that the doctors are able to give at the present time is to suggest taking a contraceptive pill, which seems to have the effect of regulating egg release, which takes about a year to really work I think, but perhaps this in turn connects with the alleviation of fear?

Yes, it will only help when the Spirit recognizes that there is no need for fear. So many conditions within your world are based on fear. We have spoken much about fear and I have told you that there are only two relevant words: love or fear, and fear is a creator of many, many dark things in your world. If only mankind could look inwards and truly see himself and be

honest with that spiritual part of his being, then there would be so much less fear in your world.

Sarah: When you talk about fear, you are talking about spiritual fear, but can physical fear have the same effect as spiritual fear?

It is not quite the same. Physical fear comes from the emotional body; that is the difference.

Sarah: Yes. I was just thinking about Alzheimer's disease in old people and I was wondering if that partly isn't brought on by fear.

Yes, it is a *fear* of what lies ahead.

Sarah: Yes, that is what I thought. I was actually just thinking about my mother who really wants to pass into Spirit but maybe she is afraid of that as well. I don't think the spiritual side would be afraid of passing back to Spirit, would it?

No, Spirit recognizes its home and would rejoice to join once more with all of those loved ones, but the physical part is afraid—that is the fear, the fear of what they call the unknown. That is why my dear friends your work is so important. Again I say, and I do not apologize for my words, but if you can help but one person, indeed you have done your work.

Lilian: Would my mother be a prime example of this fear and it causing her so much discomfort and pain?

If only they could recognize that they are creating their own discomfort and pain—they could release themselves to Spirit a little sooner if only they would look inwards and to let go of all fear. I feel that if you were to discuss or look into many of your earthly diseases, you would find the fear factor behind so much of it, (*affirmations*) but I am sure that if you were to approach another human being and tell them that fear was the basis of their illness, they would be amazed and probably not believe you, because their understanding is like that of a child.

George: I think fear can be pretty closely allied to stress?

And what causes stress?

George: The fear causes stress.

A form of fear.

George: At least stress is mentioned in the medical world, (Yes.) if not fear.

Yes. The medical world are now beginning to listen to what we bring to them. It is slow, but I can tell you my dear friends that great progress is being made in that direction. There are many of your doctors upon this Earth now who could

verify for you that their spiritual knowledge is much greater than they would care to admit.

Sarah: And of course going with this disease again, positive and negative thinking have a lot to play in this, doesn't it?

It has everything to do—your thoughts become reality if they are strong enough. That is why my dear friends I have always cautioned you about your thinking. You can create for yourself dark fears which then manifest into illness.

George: Could I ask a question about developing knowledge. It concerns three scientists and some curious relationships. All three have worked towards the same seeking—seeking the workings of the universe. Galileo who died in the year 1642, Isaac Newton was born later that same year and he became Professor of Mathematics at Cambridge University, and in our present time there is Stephen Hawking who was born on the anniversary of Galileo's death and has also become Professor of Mathematics at Cambridge. So they all seem curiously linked (**Yes.**) across the span of time.

Indeed they are.

George: I was wondering if there was a spiritual connection.

Yes, I was about to say to you that they are part of the same energy. Do you understand what I say to you? They are aspects of the same energy.

George: Yes, of the same soul or similar souls?
Of the same soul.

George: That then explains the curious connections.

Yes. Although they have existed at different times, they are aspects of the same soul who wish to continue with what they have started, and that has been their choice.

George: And Stephen Hawking, he seems to have achieved much despite being very much handicapped by Motor Neuron Disease.

But that has been his choice, because as each aspect has been reincarnated they have gained more knowledge and more understanding and when someone returns to this world as handicapped at that person, it is from their choice, because they are part of an old soul.

George: So they feel that the physical side of life is not so important.

It is not important, it is the spiritual aspect which they wish to express through their work and through their own demeanour.

George: Yes, it is a spiritual direction that is very much allied to new knowledge or rediscovering knowledge.

Yes and after all, has this handicapped, has it held him back in his quest for knowledge? It has not, it has—I almost said 'helped' him.

George: Yes, through lack of diversion perhaps.

Yes, yes, of course. That would be one consideration, I might say to you that would have been considered before he reincarnated into this life.

George: He does seem to be much admired for having achieved so much despite that handicap.

To overcome such difficulties with dignity and pride in their achievements can only come from a Spirit who has grown much. I hope that is helpful to you? (*affirmations*) I hope my words to you this time have brought you some cheer and some upliftment into your lives.

(affirmations) **May I suggest perhaps this time that our dear lady (*Sara*) take you through a journey of peace and tranquillity to end this session. As always, I will leave you knowing that always you are within my love and my light.**

(thanks and farewells)

Sara then took us on a meditative journey as suggested.