

~27th September 2004~

Good evening. (*greetings*)

As we begin this time, can you my dear friends feel the harmony which connects each of you within this room? (*affirmations*) It would be appropriate that at the beginning of each meeting that your awareness becomes more alive to what is happening amongst you. It will help each one of you in your individual development if you were to partake in this simple exercise.

Lilian: Yes, we will do that each time we sit—together I mean.

Even when you are not joined together as in this room, you can feel the connection to one another, if you so desire. Each one of you, as I have told you before, have many spiritual capabilities, but it is entirely open to each of you whether you develop these gifts or not. I can tell you that you are capable of many things, but if you do not use these things to your best advantage, there is nothing that we can do to change you. You understand my dear friends? (*affirmations*)

Lilian: Our freewill again. (Yes.)

Sara: We have to put the work in ourselves. Yes, I believe there is a saying in your world that anything of great value needs to be *worked for*, and I would suggest that that is quite an apt saying for you.

George: Yes, it's up to each and everyone to rise to the challenge.

Yes. The abilities are there to be used, and remember that you must ask for our help. We always stand by you, but we will not interfere. It is just a gentle reminder my dear friends of what you can and should achieve.

George: It's nice to have that encouragement, thank you.

What we do not wish to do is to seem to bring to you instruction of what you must do, because the best development comes from within. There is *so much* love within this room this evening, I do hope that you can sense and feel what is round and about you. It is not always so, but this time there is much that is being given to you as well as your input to us. It always is a two-way—I almost said 'challenge', but that is not strictly true.

Lilian: We thank our friends for their love.

Yes, it is time for you to think about those words and for each of you to decide which of those spiritual gifts you *will* use for much better use than you already have. If only I could show you your colours and your light, then you would have a much wider picture.

George: I think we already consider ourselves very fortunate to be having so much connection, which seems to be increasing all the time. We do appreciate all who contribute.

We are always humbled by your words my dear friend, but may I remind you that without your dedication these meetings could not take place. You are emissaries of Spirit, this you know, but what I wish to bring to you now after our acquaintance of some time, is that now the time is ripe for each one of you to develop as individuals; but that decision is *yours*—but the help is there, the help is available to you. We will discuss a little, but I would like this time a little of the time available to work once again with this instrument and as always when I am working quietly, I will leave you all in the capable hands of our dear lady friend. (*Lilian*) So, this time, have we some discussion?

Lilian: Would you like us to go back to your last talk about 'thought'?

I have been waiting for you to bring it to the surface. Yes, whatever you wish to discuss, I am willing to answer and to listen.

Lilian: Well, yes, I'd say for myself, thoughts that rebounded back on myself, I could probably think of quite a few instances, where I'd had maybe not very good thoughts about someone and then felt quite miserable myself. So, I imagine that would be the thought affecting me, would it?

The very fact that you have come to that conclusion, shows that your thinking time has been devoted to something that instinctively you know to have been unkind. That is a good point, but we will hear what the others have to say before I make final comment.

George: I haven't any very firm ideas about this, but I think we were talking about what happens to the thoughts that, shall we say are not 'targeted'. I'm still not clear in my mind how those are finally processed. I'm very happy that the good thoughts have good effect generally as regards their targets and as regards the person thinking those good thoughts, and I think there's a general aura of the world becoming a better

place as the result of thinking good thoughts—and the reverse can possibly happen.

May I interrupt you briefly? The opposite may not *possibly* happen, it *does*! Energy is positive and negative remember—so there is no *possibility*, it *does* happen.

George: Yes. So, as individuals we've the choice to feed good energy into the system or to feed bad energy into the system.

That indeed my dear friend is your responsibility and indeed it is a responsibility that needs to be *recognized*.

Lilian: What about you, Sarah?

Sarah: I haven't quite been with it, but in my life I've done things that I'm not desperately proud of, but I don't know how much that's been from rebounded thought and how much it's just a case of growing up, feeling guilty and trying to make good. Maybe the guilty feelings have been impressed upon me and made me do good, but I don't know if it was the rebounded thoughts that made me do things that perhaps I wouldn't do now—I don't know. But certainly since you've told us that we should never judge and we shouldn't have bad thoughts, I've tried not to and if any that have crept in, I've tried to quash them. So, from this point onwards, I hope I'm going on a better course than perhaps I've done in the past.

And with that understanding and that *recognition*, you should find that throughout the continuation of your physical living that less rebounded thought will have an effect on your life, but it is the recognition and the acceptance of responsibility which will make the difference.

George: Yes, we can have a mixture of thoughts in relation to 'bad' news received, and one comes to your teaching that one should not judge in that case. And that thought seems to be a wonderful salve for not being drawn into the trap of bad thinking. **(Yes.)**

Sara: And interpreting news as bad news, **(Yes.)** because it isn't always. We think it is and then often later we look back and realize that it wasn't necessarily, but we interpreted it as 'bad' news. **Yes my dear friend, it is indeed your interpretation of what is 'bad' and as I have told you often throughout our acquaintance, that you do not see the fuller scheme of life, you do not know or understand the workings of one Spirit, or are able to *judge* the happenings that go on within your world. It is not an easy thing for mankind to be able to detach from criticism;**

it is part of the human form, but I say to you, it is *possible*. Again, with recognition and acceptance of responsibility, it *can* take place, and in so doing you also become better human beings. The vessels which you *are*, begin to shine forth that light from within, and *that* is our purpose here on your planet, that each and every individual first shines forth with that light of great love and understanding. I cannot stress this to you *all* strongly enough.

Sara: In work situations it's quite common to feel more of an affinity with one or two members, but on days when I've consciously projected love towards *all* of my colleagues and maybe students as well, I have experienced a really elevated feeling of walking in love and light, and it's tremendous. I don't always remember to do it, but when I have done it, I know that it's possible to receive back good feelings from everybody, whether or not I normally experience such a natural affinity.

You are experiencing rebounded thought. You have said and explained the question which I have put to you all. If that thought is of love, you will feel the benefit of those rebounded thoughts, and in the same way that those thoughts of negative energy are discharged, so they will come back to you in some form—that is rebounded thought. Think carefully each time you send those energy thoughts out into the aether: *Think* carefully.

Paul: That's clarified it very much. I just had the thought it would have been wonderful to have been aware of this when I was at *school*. All these thoughts—I couldn't detach then, but detaching is one of the important keys I guess.

The important issue here is not what has gone by in time. The problems begin when you realize that negative energy exists and still you allow it to happen. You *are* human, but now my dear friends you also have knowledge of Spirit. Therefore your responsibility towards yourselves and all of humankind is much greater. That is what you must take on board and think about and dispel those negative thoughts at their source.

George: Could I say that there has been some disappointing news about Sai Baba, who has been revered as an avatar by many. The news was that his behaviour was disappointing to many, but I think the answer there is that he *is* human as well and simply we should not judge the matter. I

think that connects with something we were saying earlier, but I think it is an example of where we simply should not judge, even if one hears something disappointing of one who has been revered as an avatar. Have you any comment there?

I am happy to make comment. You speak of one whose name has become well known in your world—we have spoken of this individual before, and yes, you do not have the wider picture. All of you my dear friends possess the gifts of Spirit, because, after all, you *are* Spirit. There *are* individuals in your world whose gifts are much greater, but being within the human frame presents many problems for some. I might, I feel, mention but a few: That is, the *ego*, which belongs to the human form, *materialism*, which belongs to the human form, *false adulation*, which belongs to the human form. But what you are not discussing is the amount of love that was given and shown towards this one human being that helped to change the lives of many. So, therefore again we are looking at the positive and negative of a situation, and yes, my answer to you all is: do not judge. The only one who is being fooled, is that one individual, who when he returns to our world, will face himself. But there has been a sea of love for many years that has built, wrongly you may say, but again that is judgement, but if you could see that pool of love, then you would have a different picture. Is that helpful to you?

George: Yes, I was asked to ask the question of you and I'm sure that will clarify. Thank you.

Sarah: On the flip side of that, you have said to us that we shouldn't take a person's life, so those people who are taking the lives of others, you cannot help but think that that's wrong and *they* are creating a lot of negative, bad thought in those actions—apart from the fact that they are doing something that they shouldn't do. There are a lot of people who are thinking badly towards them, because of that. **(Yes.)** It's very difficult not to think—you give them love, but it is very difficult not to think that they—I mean, I feel that they are doing wrong, because you said that no lives should be taken, so that's a difficult one. **But that is not for you to judge. You have not reached the point of forgiveness if you can make a statement that you have. That is not for you to make any kind of judgement. You do not know what lies within the hearts and minds of any**

individuals; you do not know the conditions which surround such things. But of course it is never right in the sense that we understand, of taking another's life. But again, I stress to you: *that is not for us to judge. So always you must with your thoughts change them from one...*

Sara: Isn't it unrealistic of us to expect perfection from anyone who walks this Earth?

Yes, this planet can never be perfection, as you know it at this time.

Sara: This is one thing I often say to people who are critical of spiritual pathways. I just say, why do you expect perfection from any one pathway or anyone who is advocating something—we don't have to.

You are here as individuals to learn of that great word 'Love'.

Sarah: I do know that you've also said to us, I always bear in mind when things like killings happen, that you've said to us that if you believe strongly that what you're doing is right, then how wrong is it?

You can never make judgement on a wide scale—that brings many difficulties, but each individual who comes to our world, has to face all decisions that have been made by them. They have to see that Spirit as it truly is. Only then will there be *recognition* of what has been done in love and what has been done with negative energy. That is what in traditional religions is called the *Judgement Day*.

Sara: We have an expression: don't throw out the baby with the bathwater.

I am not aware of that one.

Sara: Don't throw away what is good with what is not good.

Yes, I accept the meaning of the saying, but that is a new saying for me. Thank you, I will keep that. (chuckles)

Sara: It's actually ludicrous really to take one error and say that a person's life is worthless or meaningless.

Again, that is making judgement, is it not? (Yes.) Yes. Are there more questions or shall we leave you with our dear lady friend to see what continues for this evening, whilst I continue to work with this instrument? (affirmations) I know my dear friends that when you leave here this evening there will be a feeling of great upliftment, because the love within this room this evening is of such a degree as I have not felt before. (thanks and farewells—and a special

thanks from Margaret for all the prayers that had helped her through a difficult patch)

There followed one through Eileen, and it was believed afterwards that this may well have been Joseph Merrick, which was later confirmed by Salumet. Communication was slow at first, but is fine after a short while:

Not church...

Lilian: Your instrument did have a bit of a troubling cough, which is probably not helping. **...using voice...I been given opportunity to come to you—to come to you with all this disfigurements. I am being helped to come to you with a helper, but had to make this transition this time. Can you hear me?**

(affirmations) **I have been told this one will be looked after. If her voice or head is uncomfortable, she is to get some healing.**

(affirmations) **I want to say thank you for allowing me to come with such terrible disfigurement.** (sitters stressed that it was a pleasure to have them)

Lilian: You do know that you don't have this disfigurement now in Spirit?

Yes, but it necessary one time—this time—and I had permission to use this one. I don't know who allowed it, but I am eternally grateful.

Lilian: She's a very kind soul, (Eileen) she won't mind.

I was responsible for her voice.

Lilian: I see. When you go back, you will be able to move forward, will you?

I am going to help people like me, to come to people like you. (thanks expressed)

Lilian: We will give disabled people our thoughts when we sit quietly.

I hope my condition have not distressed you too much.

Sarah: Not at all, we are pleased that you came to us. (affirmations)

Lilian: We'll make sure the lady you're using is fine when you've gone back to Spirit.

I've been told she'll be well looked after, but just in case, because it can't be comfortable for her.

Lilian: I see. Can you tell us your name?

I was called Joseph, but I was referred to as 'it' sometimes.

Sarah: That wasn't nice.

But I'm not concerned about that now. I've got to go now, but I just feel that a big step has been taken for lots of people. (appreciation expressed)

Lilian: We're glad you came and said hello to us. **Yes, I don't know your names do I, but it feels nice here.**

Lilian: Thank you. come again.

I will never come back again like this. It served a purpose this time.

Sarah: But you don't need to.

No, and it's most uncomfortable.

Lilian: I'm sorry.

It's alright.

Lilian: Well, we will say goodbye and thank you for coming.

Sarah: And let you get rid of that body again. **Yes, I don't need it any more.** (affirmations)