

~25TH October 2004~

Good evening. (greetings)

Lilian: As always, machines are fine as long as they work! (*referring to the tape recorder*)

Firstly let me say to you my dear friends I am heartened that you take so much trouble to record my words, but let me reassure you, that as you know from past times, my words are often repeated. So, do not become too concerned about any failing of your earthly instruments.

George: But we will be getting a new machine, because quite obviously it is very important material that we are recording and we wish to do it justice.

Well, again my dear friend, I thank you most sincerely for those kind words. Yes, it helps if you can show to others the words of truth and for this from my world we are eternally grateful to those of you who have the desire to spread the words of truth.

George: We do realize that we are a very big team with those in your world as well as the few here.

One cannot function without the other—remember this always. Always we are given much in the way of gratitude from those in your world, but let me repeat that without your dedication and your love of life, these events could not take place. Therefore our need of you is as great as your need for us.

George: We do appreciate your reassuring words. **I hope that each one of you felt some upliftment from last time, because it was felt that each one of you in your own way was in need of some little upliftment. (affirmations)**

George: We have our periods of being busy and that happens from time to time.

Yes. I would like to say that it would seem that at this time of your year in this country that you inhabit, so many of you have energy levels which are depleted, in the same way as your plants and trees and animals become still for the winter of your years.

Sarah: I was going to say that not having the sun makes you feel a little low.

Yes, but what I would like you to try to understand at this point in your development, is that you have full control over your energy levels. The quietness is the time for

rejuvenation, and it is important for you all, especially at this particular time of your quietening down, that you seek quietness in order for the Spirit to be uplifted and the energy patterns to maintain their levels of energy. So again I am saying to you my dear friends that I am giving responsibility back to each one of you. 'How much responsibility can one take?' I hear, but let me say—and if it seems a little harsh I do not wish it to be that way, but you are entirely responsible for your own well-being and your *physical* lives. When we can step in and help to uplift you, then of course we do. We will always try to support and help you in any way that we can, but as you know full well, we are limited in what we can do for you. We can, as I have said previously, we can guide and uplift you, but we cannot interfere with your own free wills. But I would like you to ponder on my words this time about responsibility for your own energy levels.

George: Yes, I think we do better in that regard as we learn more about energy and the energy of consciousness, and it seems to fit in well with my reading at the moment, but I feel the more we understand about energy and consciousness, the better we are able to handle it.

Yes. As consciousness expands so too must your new minute forms of energy—you also expand. The only difference is that as human beings you have a greater responsibility for that expansion of energy that you are. Do you understand?

George: Yes. So the responsibility is ever-increasing.

Yes. It does not become more simple, in fact I would say that life in the knowledge which you have becomes ever increasingly more difficult—because of the knowledge, you have the responsibility known to you. So you see, much of my time in the past months has been to guide you to ever-widening consciousness, to help you unfold spiritually, to help you to recognize that being within, that true self. After all, in that recognition of self there lies all knowledge. And that is what we are endeavouring to do with you all my friends.

George: Yes. Thank you, it's a wonderful and sobering thought.

I hope that your minds open and expand as time continues, because there is much for you to experience, provided that the love to experience comes from the heart and not from the thinking. Remember that we have spoken of this.

George: Yes there's always the danger of becoming too intellectual and too, shall I say, detached.

Yes. Now, because we are quite small in numbers, perhaps we could spend some time with any questions you wish to raise.

George: Yes, I know there are several. Several of us have read something by a Japanese gentleman, Masaru Emoto, and he has done some very interesting experiments with various different waters. He seems to have highlighted the fact that good thoughts change the energy within water—and you've told us about water having all this energy within, but the good thought and the word and good music all seem to have an effect on water, such that when moisture films are frozen—I think he would probably freeze them on glass slides, then the little snowflake ice crystal patterns have extreme beauty, but the reverse happens when water is subjected to bad thoughts and bad conditions—then there is no beauty in the crystallization, it just forms a mess. To begin with does this make sense in your thinking that the good influence has a good effect on water?

Let me say this to you. I have listened to your words quietly and what I wish to say to you is this: This has begun to reinforce all that I have taught you.

George: Yes, that is precisely my feeling. **Have I not told you my dear friends that the power of thought is the most powerful thing that you will ever possess in this human form? Firstly, that power of thought is crucial for all of mankind to survive this physical being. (short pause.) Forgive me for that lapse, but there was input from others who felt the need to speak to you. It took me just a moment to gently say that I must speak with you, because my words to you my dear friends are acceptable and may not be quite so acceptable from another person's voice. You understand? (Yes.) But many wish to speak on this subject, because the power of thought is all things; all actions-deeds start from the thought. So the simple answer to you my dear friend is that the gentleman you have named is only reinforcing what I have already taught you.**

George: At the same time he seems to be proving scientifically what has been said.

Yes, he is being influenced, he is being given help in that direction, that his word, because of his

standing, will be accepted by many who would otherwise deny such a thing.

George: Yes, well he's written a very good book and I think that must have quite an impact.

And again, it is a very fine illustration of what rebounded thought can do. You understand?

George: Yes. And what he has done in relation to water seems to connect with so many other things. There is on record a priest who has fed 'holy' water to a Canna plant and that plant has grown four times the size of other plants in that locality that did not receive holy water, or blessed water.

Why do you not my dear friends take this information and also what I have told you and use it for yourselves for the betterment of your own health: use the thought for the water that you drink, for the food that you eat. And we have spoken of the plants in the fields, in the gardens—all these things respond to thought in the same way that healing thoughts are given to those in need.

George: Yes, and it is on record that plants grow faster when nice music is played to them.

Conversely there is one type of music that has the reverse effect—it's called 'heavy metal' I believe. **It is to do with the vibrations—this we have touched upon also, but now you are seeing examples of my words. I did say when first I came to you that there would be other sources of conformation and this is what is now happening.**

Lilian: I'd like to ask a question.

May I—I am sorry to interrupt my dear friend. My dear friend who has just spoken, I do not often speak on a personal level, but I want you to be aware that at times you are becoming over-tired. (George) Please be aware that the physical body also needs rest, that the Spirit needs to be rested also and that you must always, at all times, be aware of the need of physical rest.

George: Yes thank you. I'm sure you are perfectly correct about that. I was beginning to have some feelings about that.

Yes, we know! (chuckles) Now if you would like to ask your question (directed towards Lilian).

Lilian: Yes. We were lucky enough to have a visitor from another planet and we feel very privileged, but would I be correct in thinking that other groups such as ours would have had visitors from planets just the same, in the same way? We

weren't just the only group that this has happened to?

Of course, as I have just said, there will be confirmation of all that occurs within this room. I am not the only one who has come at this time of your evolution to teach. I believe I have told you that many of us have gathered at this time, in order to come and teach the truth, the truth that at this time, as in the past it has been denied, it cannot be denied this time. If only I could tell you how much effort those of us in our world have put forward to help you human beings, you would, I am sure, be truly amazed. So, yes, whatever is being told here will be confirmed from elsewhere. There are groups such as yourselves throughout the world who are doing exactly what we are doing here.

Lilian: And are ready to accept a visitor from another planet and people like yourself.

Of course. It can only be given to those of you whose minds are open to such information. There are too many who would deny such a thing, whose minds are not open to that expansion of consciousness. After all, we have spoken for many of your earthly years now, but it is not the words that are important—although they are to many, it is that your understanding and your own developments be such that your way of life and your words are the truth and the pathways for others. It is your light that will attract others to accepting the truth. Do you understand? (affirmations)

Sarah: So would you say Salumet that all those who would be ready to accept your word, will in some way find themselves into a group?

Not always. Remember, it has taken many lifetimes for people such as we have here to come together once more. One individual who is open to truth will always find their own pathway, but those from my world who have come to teach, have taken a long time to find groups such as this who are dedicated, who are simple and open-minded—and by saying 'simple', please do not take that as you understand it in your world—when I use simple, I mean purity of Spirit. All of these attributes are not with everyone. So again, I say to you my dear friends that you may regard yourselves as *chosen*, in as much as we have waited a long time for you. (thanks expressed)

Lilian: Any questions Margaret?

Margaret: Only that after I've been here I go home very, very happy knowing that someone's looking after me. I feel honoured to be able to come to this group.

Yes, you see *there* is the simplicity of your words: that you feel *honoured*—perhaps *honoured* is not the correct word, but that you are *humbled* and that is who we wish to teach the truth to—people who are humbled in their thinking, people who can show love to their fellow man, people who can join together as you do without envy or greed of another being. All of these attributes are with you my dear friends and once more I will say that we welcome the love that you give back to us.

George: Could I mention another scientific area which I think has become very important and may well connect with Mr Emoto's work and that is Kinesiology—the healing through Kinesiology, which is muscle testing. Now at first a chemical in a small phial, which would be harmful to the body, if that is merely held close to a person who is muscle-tested, that muscle will go weak, but if the phial contains a substance that is beneficial to the body that muscle will stay strong. This is the principle of muscle testing and it's called Kinesiology, but the good thought, of course, can also induce strength in muscle and the bad thought induces weakness in the muscle testing. It struck me that this is rather similar to the influence of good and bad thoughts on water that the other gentleman was experimenting with.

Yes. I am familiar with the word that you use. This action has been known of for a long time in your world.

George: Yes, in our world I think about 30 years. **Yes—no, much longer, much longer, but let me say this to you, that every single cell within the human form is almost as individual as each human being. Each cell within the muscle responds to whatever is happening *without*, as well as the workings of the body *within*. Are you following me? (Yes.) Now, these individual cells have the ability to work *with* each other or *against* each other and that is the power of the thought that is coming to them. Again, it is to do with the thinking of the human being, whether it be muscles, whether it be skin, whether it be whatever part of the human frame you wish to mention—it has a reaction to what is *good* and what is *negative*. But of course, as you know, *positive* and *negative* are necessary for all of**

existence. But we are speaking of something different when we speak of negative *thought*. Let me say, with this type of treatment, and that is what it is called at this particular time, that the muscle tested will respond subconsciously to the thoughts of the person who is tested.

George: Yes it is a way of communicating with the body direct.

Yes and therefore that is the way the muscles will respond, but what I wish to say to you is this: that the human being instinctively knows what is good and what is bad for its own wellbeing. That knowledge lies within every cell—every atom of the physical makeup of the body. Are you beginning to follow me?

George: Yes, so one human being is rather like a huge colony.

Yes, and that physical being has the responsibility of listening to the small voice from within, and that is where the Spirit being comes to the fore. If this is ignored, then we have all kinds of problems. The body does not *listen* to what it is being told. Remember that I am simplifying all of these things for you. It is a little more complicated than my words, but I am endeavouring to tell you that ultimately all of these things stem from quietness and listening to that still, still voice from within, which is your own spiritual selves. The body instinctively should know what substances are right and which are wrong for that particular physical being.

George: Yes, so the principle involved in kinesiology is really very different from that involved in

Mr Emoto's water experiments?

Slightly—there is an element of thought as I have said to you, but it is for the human physical being, it is a matter of knowing instinctively what is good and what is bad, whereas the water reacts instantaneously to either positive or negative thought. Water is pure energy after all. The human physical being is rather more complicated in its structure. You have to remember this when you are making comparisons. I hope that has been a little helpful to you.

George: Yes. You indicate that while Kinesiology has been published in book form for the last 30 years, it has been known for much longer.

Yes. All it does is highlights the fault of the human being in recognizing what its own faults

are. The human form should recognize instantaneously what is right and what is wrong for its own wellbeing. But again this is a process which has been forgotten and which mankind needs to reintroduce into his own thinking.

George: Yes, I get the impression it is a very important area (**Yes.**) for us and the principle seems to be extending into charting the development of consciousness, (**Yes.**) which could perhaps make it, as far as our understanding goes, even more important.

Yes, I agree with you there entirely. Now I feel that for this time you have enough to think about. Again my words are being repeated, but on a different subject; but do you see my dear friends how *all* thoughts come back to the same thing?

George: Yes indeed, you've given us a very interesting evening again. (*affirmations*)

Well, I will leave you this time, of course as always with much love and support in your own lives, but let us finish this time with some self-development. I would suggest perhaps, my dear lady friend, that as you are small in numbers that perhaps each one would sit quietly and see what is given to them for another one within the room. Let us see how much they have grown in their own way in using that part of Spirit, which is *mind*. Let each of you see what can be picked up from another. Do you understand?

(*affirmations*)

Lilian: Yes. We will do as you say, see what we can pick up. Many thanks again.

I am always pleased to join with you and always I leave you with much love. (*thanks and farewells*)