

~8TH November 2004~

The usual cassette recording had developed a fault so there was some disruption at the beginning of the meeting, getting another machine set up:

Good evening. (*greetings*)

As I come to you this time I am touched by your consideration in trying to capture my words on your machines; it has occurred to me just how base your equipment is still on this planet, but nevertheless my gratitude goes out to all of you.

Lilian: The other machine which is not working belongs to Paul.

We would not wish to call him back from that which is educational for him. (Yes.) This time my dear friends, I wish to speak with you about emotions, which in your world at this particular time—emotions are running high and all too often we hear about good or evil. My purpose this time is to remind you all of my teaching, that there are only two emotions within your world which are of importance: that is 'love' and 'fear'. And when you humans speak of evil, let me remind you that 'evil' as you call it is based in fear. It is a little awareness of what is truth in the sense of knowing that Great Creative Force. In this I am not speaking of religion, but of that deep personal awareness which is within every individual: that is what is lacking at this time in your world. I wish to say to you again, there is no need for fear, because in allowing fear to enter your hearts, you are opening up to that non-awareness of all that is good. I wish just to remind you gently, that to live in love, to be aware of all that is good, brings you closer to that part of existence which we know to be truth. Do you understand my words this time? (*affirmations*) I ask of you my dear friends to once again think of your brothers in this world who need your help, to send thoughts of love to all of those areas within your world who are spiritually in darkness. You are, as I have said many times, beacons of light, as are many within your world, and the light of the Spirit cannot be extinguished. Therefore I say to you my dear friends, use that love which you have to help your fellow man. I know that I ask these things of you on many occasions, but it does not hurt I feel to gently remind you occasionally of these things. Do you have any questions for me this time?

George: I was just thinking one of the words in our language is 'disappointment' and this perhaps is one of our emotions. We sometimes see our governments doing the opposite to what we feel would be good, and we are disappointed that it doesn't happen. I just tell myself that I think it's going to take a little while longer. Have you anything to say about disappointment?

Yes. Let me say this to you my dear friend.

Disappointment is within yourself. You cannot judge other people on their actions, because you do not know what is within their hearts. But what you can do is to send love to all of those people who you *feel* are not aware of the goodness which surrounds you. We too, in our world at times, I will not say are disappointed—that is a word belonging to your Earth, but those in our world sometimes feel that our love is not touching those in your world. So, in some sense I suppose we have the same emotion, but on a slightly different level.

George: Yes, that's interesting, thank you.

Sometimes those who work in our world and who have not reached a state of unity within themselves, can also feel that their work is not going as quickly as they would wish. But the difference between our world and yours is that we accept more readily that these things will happen, but in your world you feel that in some way you have let yourselves down.

George: Yes, it often takes us a little longer to accept.

Yes. What I would say to you, is dwell only in feelings of love and the emotions that you feel that come from the love source, will eventually work their *magic* in your world. But again I have to say my dear friends that *patience* is not something you human beings are good at.

(*affirmations*)

Sarah: I suppose that in our world we cannot see the full picture and that's why we get impatient, (**Yes.**) whereas in your world you do see the full picture and know that it going to happen.

You must *know* you have to know within your hearts that what you say and do will occur. Any doubts, any fears will create more negativity. This you know also, but it is something I do have to remind you of. So forgive me if it seems that I am always repeating those same words to you.

Sarah: It's good you do, because quite often I need to think more on them and I'm pleased to hear them again.

Yes, and time as you know it here is not as it is in our world, but at this moment in time there is so much talk about good and evil, I suggest you focus on the good. Good and evil is love and fear. Are there more questions?

Lilian: The visitor we had from another planet the other week, they are very much aware on that planet of their spiritual side, are they? Much more aware than perhaps we are here?

I know of whom you speak and yes, the particular individual who came to you is much more aware spiritually, yes.

Lilian: So, in the past you've told us that at some time in the life of this planet we were space travellers. Is that how you travel—travel with the mind? Did we travel in the same way?

You must remember that to space travel does not take you far from this planet. It does mean travel throughout all of the universes that exist.

Yes, this planet did have space travellers in times past, but the traveller that we speak of now was of course travelling with the Spirit—the mind; there is a difference. In the same way as your spacecraft travel now, so too was there craft that left this planet in times past. You understand?

Lilian: Yes, it's interesting.

George: Our recent friend, it seems his travelling is in the nature of 'mind projection'.

Yes, it is different. (Yes.) He could not possibly travel in a way you would understand if it was not by the mind.

Sarah: Has this traveller any connection with Paul or did he just choose him to use as a channel?

The gentleman used as a channel was chosen by the visitor from another place. That was entirely his choice.

Sarah: They are not connected in any way?

No, no. It was just that the channel has been primed for some time in order for this to occur.

George: I imagine that suitability of energies comes into it?

Yes, and it does not happen just like that, although I know sometimes as you sit within this room you feel that communication is an instant thing—it does not happen that way; there is much work on both sides.

Sarah: So even with the rescues, have the rescues already been worked on for some time?

No the *channel* has been worked on for some time, not the rescues. The channel and those in our world who will bring those rescues, have

united on many occasions, in order that rescues may take place.

George: A further question I'd like to ask is about the work of the Japanese gentleman, Masaru Emoto, and his work on the configuration of water and how it is affected by our thoughts.

(Yes.) You mentioned the planetary etheric being altered at some stage and I was wondering if that altered etheric acts in a similar way?

Will you rephrase that question to me, please?

George: The planetary etheric, which has undergone a change, **(Yes.)** would that have an effect on earthly things? Would it for example configure in any way the rain that falls, or would it behave like a thought input into...

Yes, I understand. You understand that the etheric part of your whole being is *engaged*, if you like—perhaps that is a good word to use—that the physical and the spiritual energy is engaged together, and one cannot work without the other, therefore is influenced by each other—in the same way is the etheric energy of the planet. In the same way as thought becomes reality, so too is the effect of the etheric on the planet used as waves of energy to alter all that is around. So, therefore, my answer to your question is: **Yes that change within the etheric body can have an effect on the physical planet. It can influence in many directions.**

George: Yes, it just occurred to me that it might be acting in a similar way.

Yes, it is very similar.

George: Thank you, that's interesting

Yes, you always have that interaction between the two. You cannot separate them and speak of them as separate things, because all things are interlinked. Therefore, as you have the wave in your seas which affects the further part of the water, so it works from the etheric energy down through the physical. You understand?

George: Yes, thank you! I've another question: It is about our language really. We understand and accept what you've told us about soul and how it is part of a larger soul or system...

May I interrupt? I would wish to say that the Spirit belongs to the Soul. The soul is the all-encompassing being. There are different parts of Spirit, not Soul. Soul is the all-encompassing, yes.

George: What I was going on to was there seem to be a number of other terms which are derived from our science and our thinking, which all

sound rather similar. And from our further study of kinesiology, there is the expression 'attractor energy field' which is described as being part of a larger attractor energy field, which is also part of a much larger attractor energy field extending across the universe. **(Yes.)** And there is David Bohm's 'implicate order' underpinning the physical order of things and there's Carl Jung's term 'collective consciousness'. These all seem to be somewhat similar and I get the impression that our science is striving from various sides, but perhaps not quite getting there. Would you care to comment on that?

Yes. Your science at this time of your evolution is indeed making progress. When first I came to you, I told you that much influence was being placed not only upon your world leaders, but also your scientists. Science is beginning to realize that what has been said for much of your earthly time is indeed correct, but having logical minds, they insist that they must have proof as you full well know. But they are beginning to understand that what they cannot see *does* exist and those in our world are at this time giving much influence to them, so their understanding is greater. And we are not far away from *some* of your scientists within this planet who are willing to stand forward and to say that life does exist on another energy level. And they will—I will not say 'be happy to say that', because it will put forward new ideas that have for so long been denied. But yes, many of your scientists know about 'soul-connection energies' that have not been discussed before and many other things, which come from our world. They will stand tall and tell the truth as it is. But many names are given to these energies and I would like just to say to you this: that it matters not what words are used, what names are given, but if you stand still and imagine reverberation of sound that goes further and further out into your atmosphere, then you begin to get the idea of what it is about. Think of the echo. How long does the echo continue? Yes—think about it. Has that helped you?

George: Indeed, thank you for clarifying what was becoming a confusing area. And we must get out of the habit of wanting to devise physical proof for spiritual things.

You never will have all proof, but there will be events and happenings which they will find hard to deny.

George: And when all the pieces of spiritual information all fit together beautifully, like a huge jigsaw puzzle, then that in itself is a proof I believe.

Yes. Truth cannot be denied—it *has* been denied for too long and many have denied what they know to be true, but the time will come when spirituality of man cannot be denied. It is growing within your world, although you *feel*, as I have said to you when I came, that so much talk of good and evil exists in your world, but there are so many voices now that come out and speak of the truth and that is what we are inspiring to do from our world.

George: Yes, that is a joy to see and hear.

Yes, again have I not told you that truth would be given through many mediums and it is beginning to happen. Now my dear friends I will leave you this time and allow another to speak and I hope that you will find it to be of interest to you.

Lilian: Thank you. It has been a very enjoyable evening. (*affirmations*)

I am always happy my dear friend to try and enlighten you in the most simplest of ways, in order that our words are acceptable to you and that you can go forward in your own thinking. Until we come together once more, I will leave you ever clothed in the light of love.

Note: This change in the etheric is referred to in the teaching of 10 March 1997, an extract of which is in Appendix III of *A Smudge in Time*. *One through Sarah followed, giving further information that so many were helping from Spirit, to encourage those on Earth to move a little closer to truth. World leaders were also being influenced more at this time to bring them nearer to truth than they are at present. It was explained that they could not interfere, but help was certainly being given in every way possible. A 'Pool of Love' had been created around the world, which would help to pacify the anger of some. This was not interfering, but was merely a tool to help it was explained. There were of course many still angry and sending out many negative thoughts, but as much was done as possible to reduce the effects of the rebounded thoughts—again not to interfere, but as a help where possible.*