

~24TH January 2005~

Prayers were sent out at the beginning for those involved in the Sumatra–Andaman earthquake and the subsequent Boxing Day tsunami:

Good evening. (general greetings)

I wish to say to you my dear friends how pleased I am that we have come together again this time. I was aware of much happiness when first we came together and it has enabled me to join with you quite quickly this time, because as you understand, great joy and happiness raises the vibrations which are necessary within this room. It is unfortunate I would say that you do not laugh as a race so much more. Even in your darkest moments, laughter will always raise the Spirit. Each one of you has achieved much in this past year of your time. That was our intention, if you remember, that each one of you should grow as individuals. I can say to you that each one of you has in some way moved forward, but that is not to say that you can leave it as it is, because there is so much more for you to achieve. I will always try to help and guide you in any way that we can, but as I told you, the responsibility of your own spiritual unfoldment largely remains with you as individuals. There is much that I hope to bring to you in the way of knowledge in this your coming year, but also there will be occasions for this individual development within this group. I hope my dear friends that by now you feel the great unity which exists between you, because awareness is part of growth; without the awareness going forward would mean little as individuals. Therefore, it is essential that each one of you is much more aware in this coming year.

George: I think we are very happy with that. I feel the awareness seems to have given rise to insights that we might not otherwise have had. Yes and it will allow you to understand more fully what it is that I bring to you. I know that you have been pleased with the information brought to you, especially I have noted that each of you has been wondering about mind projection, and for this group that is a way forward when it can be fully accepted.

George: Yes. It is something to really look forward to and we have heard that Paul will be with us again next month.

He has been chosen as a channel if he will but allow it, but we are hopeful that he has the self-

awareness to allow this type of communication to take place. He has been given this quiet time to ponder about what has occurred, but we have many avenues to travel yet. I feel the eagerness and the anticipation that each of you brings and of course must be tempered just a little for the time being. But, nevertheless, I am sure that I can say to you with much love that there will be many occasions when your desire for knowledge will be there. But we have so much time—we must never rush this kind of knowledge. It is for you to absorb, this knowledge that you are given, in order my dear friends that you may teach others, that you may teach others step by step in the same way that I have endeavoured to bring to you knowledge. It does not matter that words are repeated many times. If you but help one human being on their journey, you have done much my dear friends and I do feel at this time that our thanks must be shown to our dear gentleman friend (*George*) who has endeavoured to bring to your world many of the words which we have spoken to you.

George: The second proof copy of the book is now with us and I hope that many copies will be sold through the appropriate channels and I expect we shall give a number away as well.

You cannot keep the truth; the truth must always out in some form or another.

George: I can think of a number of outlets for the book and the book teachings and I imagine there may well be some guidance in spreading/placing the work?

Rest assured my dear friend that you have not come this far without some help.

George: I am sure that the guidance will continue in that direction.

We will always help you, be assured of that. As you know my dear friends the work in our world at this time has been great in dealing with many souls who have come to us. I would this time like just to say to you a few words about this. Of course loving thoughts are being given to those in need in our world and in yours, but what I would like to say to you here is that when so many souls come to our world so quickly, thoughts have been given out as to how they can all be dealt with. Let me say this to you: as so many come to our world together, so they are encompassed with love first and foremost, until such time as the Spirit recognizes that they have come and they are free. So many in your world

feel that each individual needs to be helped as one Spirit, as one entity, when in fact the work in our world includes hundreds at a time. I will not explain in detail at this particular moment, but only to let you know that not one Spirit is left on their own without some form of help.

George: That is good to know, also that it is possible to work on a batch basis. I understand that the number of those in this disaster amounts to in excess of 170,000 and that is a very large number. *(later revised to almost 300,000 as work continues)*

It is hard for you, I know, to understand, but what I do wish you to understand is that all are helped in many ways. Also let me just say to you, now that you have mentioned numbers. Numbers mean little when it is part of your planet's evolution, but you must again my dear friends look to the picture as seen from my world—you have to, otherwise it overtakes you in emotions.

George: I wonder if 'planetary evolution' might sometimes be a simplification for us? And would that phenomenon known as global dimming, arising from particulate pollution, that reduces sun energy by about 20%—would this contribute to buckling of the Earth's crust and promote evolutionary disaster?

As part of your planet and the way in which each of you is responsible for how you live your lives, then, yes. Of course, I must reply that the very existence of human beings, from the way that the planet has been treated, must of course leave you with some responsibility. But of course the planet would evolve whether human life existed or not. Remember what I told you some time ago, my dear friends, that there is light and there is dark and neither can exist without the other, therefore any happening upon your planet or disturbance of the effect upon your planet has to be relevant. Therefore it is not only the responsibility of you human beings, but you *are* part of the existence of this planet and in the meantime evolution *will* still take place. You cannot exist apart. So I do not want you to feel that mankind's deeds have been responsible for this part of evolution—it is a gradual process which takes place.

George: What I find difficult to come to terms with is that we have very good scientists who understand earthquakes and tsunamis and there was the time to give warnings to some coastal

regions, but none was given. Perhaps this underlines the principle that knowledge by itself is not enough, that knowledge and understanding must be used for the common good?

Mankind will always try to master the elements of the planets—mankind will try and on many occasions will succeed. But mankind does not have that knowledge of the bigger picture of life that can intervene at a time when what happens *is meant to be*. Do you understand?

George: Yes, I think we appreciate that the wider picture is sometimes simply meant to be.

You will always *(voice stronger)* my dear friend have problems if you try to make man far above that stronger picture of all existence. We need to discuss more for your understanding.

George: I think I understand that we can help ourselves in a small way, but we cannot turn back the bigger picture which is unfolding.

Yes. Those who survived—it was not their time. But my dear friends, always, always try—and this is most difficult for you, to look beyond your understanding.

Graham: The events have shown how much we actually love each other and there has been a tremendous outpouring of aid towards that part of the world; groups of people who formally did not get on, have helped each other.

As we discussed about wars in your world, there is always light and dark, which coexists and always you must view life upon this planet in that way. I think my dear friends that for the rest of our time it would be of benefit for you all if our dear lady friend *(Sara)* will take you on a spiritual journey and leave your hearts filled with peace and love. As always I will be close to you.

Sara's inspired journey showed us the huge expanse of starry heavens that left me with the feeling that it was a continuation of the teaching and an encouragement to think beyond the Earthly scene, to imbibe the WIDER PICTURE.