

~28<sup>th</sup> February 2005~

Good evening. *(general greetings)*

Firstly, let me say to you welcome back to our dear friend. *(Paul)* He returns to us as a student of truth, not as sheep to the flock. I am sure he will express himself to you and tell you of his many journeys, both physically and spiritually. As we come together this time, I feel amongst you a restlessness—a restlessness which is not always apparent. But for this time I ask that you feel that spiritual light enter from the top of your heads. It will bring you peace, it will bring you calm. I will not speak much to you this time, partly to save any discomfort to this instrument, *(Eileen had a sore throat)* but also in order that you may speak individually of the task that I set for you last time. I will stay with you to listen to your replies and next time we meet I will speak to you of what you have discovered.

Lilian: That will be interesting because I found that quite difficult.

Yes. It was meant to be a difficult task for you. But what I wish for you this time, my dear friends, is that each one of you once more takes on board what the others have experienced. You should as each one speaks, be aware of their Spirit coming to the fore. But I do not wish to say more, because I do not wish to place words into your mouths. Therefore my dear friends we will continue this time, and listen to each one of you.

George: Before we proceed, perhaps I could just apologise for not recognising the name of 'Nahashiwah' when she came through to us recently. On checking the records, it was ten years almost to the day, when that old friend came through, and it was explained to us on that occasion that she was a past life aspect of Eileen your instrument, and I imagine that was the same Nahashiwah—I do apologise for not recognising the name right away.

Your kindness in apologising is accepted, but there is no need. After all, you have been influenced to remember.

George: Yes. **(Yes.)** I felt aware of the influence. Yes, so therefore it is good that you have retraced our words so many of your years ago, although as you know, ten years in our world is but a blink of the eye. **(Yes.)** But I do understand the human failing of memory. Now, I will listen intently to each one of you. And I will leave it

with our dear lady friend to take charge of the rest of this evening. Discussion amongst yourselves would be appropriate, providing there is no sudden loud noise. But I will be here until the end of this session. *(thanks expressed)* I look forward as always to our coming together again.

Lilian: We feel the same.

Yes. I know and feel the love that surrounds each one of you. *(general thanks and farewells)* There followed our discussion in fairly muted tones. We had been set the task of thinking of those we do not particularly like or identify with as friends—to go within ourselves in love and see what we find.