

~21ST March 2005~

Good evening. (*general greetings*)

As I join with you this time, are you aware my dear friends of all those who come with me this time?

Lilian: No, I must confess I'm not.

Graham: I did feel very tired but now I feel as if I have lots of energy now.

Yes, thank you.

Sara: I think I feel more alert, too.

Yes. We are pleased that some of you can now begin to feel a change of energy that comes within this room. It always has been, but it is your own awareness that has grown. When last we came together, we discussed, did we not, about your reactions to the simple tasks that I set for you.

George: Yes, we had our discussion.

Yes. Have you since thought about what you have learned from that discussion?

George: I find difficulty with two I know who are of nervous disposition and do not socialise at all well. On going within I felt there was a fear of the outside world that could be helped with unspoken love. That was my learning.

I can tell you that all of you faced something that you had not previously thought about. The diversity between you was obvious to all I am sure. And again, my dear friends, it only reinforces how individual each one of you are. Now, as I have told you previously, much of this coming year will be for individual development. Therefore I set you one more task before we continue onto new ground and it is this my dear friends: how would you react both physically and spiritually if you were confronted by a Spirit of superior strength and motive? Do you understand?

George: I think we are encountering yourself quite regularly, Salumet! (*chuckles*)

Yes, your humour grows my dear friend, yes, but let me say that myself must be excluded. Do not forget that I encompass you all; I do not come face to face with you individually in that manner, but I am speaking more of an earthly being.

Sara: I would imagine we would feel inspired to greater thought and...

Let me just say this to you my dear friend that superiority can also be negative.

Sara: Ah, it depends on the people...

Therefore I will leave this with you all to try to see what outcome you bring to it.

George: And of course we know you come to us in love and that love encompasses...

It does of course. I hope you are happy with this task and then we will move forward to your world.

Paul: Someone with superior strength and motive...

Sara: Physical and spiritual...

Yes. And you will of course, instantaneously feel this when you encounter this that each one of you has, at some point in your living.

Sara: But it depends upon the feelings within?

That it why it is an *exercise* for you. I look forward to the replies. I hope as we go through these little excursions of growth, shall we say, that each one of you is beginning to feel that individually that you are much greater beings, because in looking inwards you are allowing that Spirit to come forward more and more into your physical living; that is why it is important.

Sarah: It is when you see the reactions to other people in various situations and you wouldn't react in the same way that you know you have grown.

Yes and that is what all of us are trying to achieve. You cannot stand still, you have to grow, you have to expand that consciousness to greater things, but it is good that you all understand that you come from different angles and yet you respond the same. Have you any questions you wish to ask of me?

George: There are two friends who would like to come along and sit in with the group for the experience, one of whom I feel obliged to refer to yourself on account of her youth; my grand-daughter, Natalie I would describe as a robust 15½ year-old who meditates and has read transcripts and we talk about this work. She is expressing an interest and would like to sit with us, but I felt I should mention her, because of her 15½ years. Is that too young in her case?

Sometimes I have spoken and said that someone is not quite—it matters not, the number of years; it relies upon the growth of the Spirit.

Therefore I say to you, if each one is happy, then I am happy to sit with this person of young years. Let me say this to you, she is not young in Spirit. If the others are happy—after all, it is not only I who has to give permission but it is also

each one of you in order that this group remains compatible—I would be happy to sit with this one.

George: Thank you for that.

Sara: On that subject, could I ask permission to bring Ashley; she is 18?

She is a young soul who is growing much and, yes, I see no reason why she, too, should not join.

George: And Natalie and Ashley get along extremely well together!

(There then followed a personal question, which has been edited out.)

George: There is another question. You have spoken to us before about marriage and I have always felt myself that marriage is purely a state of two minds and it really doesn't matter about pieces of paper, certificates and things. There are within our society connections to the church and to the state and these are highlighted at the present time by the forthcoming marriage of our Prince Charles and Camilla Parker-Bowles. Theirs is a proposed marriage that has its connections to the state and church and it is a highly controversial matter within the realm and I was just wondering if you could help clarify by giving us your views on those connections in this particular matter that is very topical.

Yes, of course, each individual abides by the laws of their lands and that is part of earthly living that each one takes part and believes in the laws of the land. From a spiritual standpoint, the meeting of two hearts and minds will always unite people together and this happens in your world, whether it be male and female, two males or two females; you all know and recognize that these bonds take place. From the spiritual view, where there is love there can be no wrong, therefore if two individuals feel that their hearts and their minds can be unified, then they will surmount all problems facing them for this union to take place. You speak of a prince in your world, but to us he is one being. The lady is one being—two Spirits who wish to join with their hearts and minds whilst on this Earth. Therefore from our standpoint my dear friend, love will surpass all other emotions.

George: Including state connections no doubt!

All physical obstacles will not stop that reunion.

Sara: And in any case, forgiveness is important. **Forgiveness?**

Sara: The reason why some of the approval is being withdrawn is related to the past that is not relevant now.

If only all people could rise above their physical thinking and look upon each event as a spiritual event, then the attitudes in all of your planet would be so much different. We know and understand but the majority of your population is yet to reach that point of understanding. Therefore, no matter what, these two people if they truly feel great love for one another, will come together and if it is their chosen pathway, then doubly so. I hope that answers your question.

George: Thank you, it's so refreshing to have a proper answer to that question compared to the newspaper headlines that leave much to be desired.

Sarah: This too, is a somewhat personal question. My sister-in-law has seen Spirits—I don't have a problem with that—I understand that, but she also sees and has done on several occasions, spiders on the ceiling. They are very real, as real as the Spirit beings she has seen. Can you help me with that, because I didn't know what to say to her when she mentioned it?

Why, my dear friend, do you find difficulty in accepting that?

Sarah: No, I don't have difficulty in accepting the spiders, but it seems a very strange thing for her to see—big spiders.

All life is energy, all energy continues, therefore not only do you see the Spirit of people, but of animals, of spiders, of trains, of cars, whatever. Once that avenue is opened up you can see much. Anything that has ever existed in a physical embodiment can then be seen spiritually.

Sarah: Would she have had any connection with these spiders in a previous life? **(No.)** So it doesn't have any...

The energy or the residue or the existence of the spider would be enough.

Sarah: So it is not trying to tell her anything? **(No.)**

Lilian: It is about my grandson who came as a visitor. He hears voices in his head that are there quite a lot. I did suggest that maybe they went to a good medium, that he switch off, and so on, but is there any advice I can give him?

All I can tell you is, yes, you could teach him how to ground himself and how to be in control of his

thinking. He is opening up, but without the knowledge of how to deal with it.

Lilian: Would he be aware that he is offering himself up?

No, he is naturally opening up and is quite afraid of what he hears. You must teach him how to switch off and ground and protect himself. You, my dear friend are quite capable of doing this for him, or if our dear friends gathered here should wish to ask for healing help, that is another way.

George: Another question arises out of that: There has been quite a lot in the media about taking cannabis. One criticism about taking cannabis to excess is that it produces voices in the head. Is this a matter of the drug bringing the Spirit forward?

That is not Spirit, that is hallucination—that is the difference. Any chemical that distorts the mind and body is not Spirit, it is physical damage. You understand?

George: So the voices would arise out of physical damage...

Yes, in the same way as you have people in your world who are mentally disturbed, it is a problem with the body, not the Spirit. Always I feel it is difficult for people on your planet to understand the difference, but let me say my dear friends, there are indeed many difficulties in your world. That is why we always tell you to find out for yourselves whether something comes from Spirit or whether it is part of the physical makeup. You must always be conscious of these things.

Lilian: So, the voices in the head, would they come from Spirit? Is it Spirits that are around near to the Earth?

You are an open channel, you can see much if you are open, but there must be discipline. If you were to leave this room without closure and the love that surrounds you, you would also be constantly hearing and seeing with no control.

Sara: I feel that my vision is getting much clearer and I have got strong feelings about people that then without much delay get confirmed. Is it because I am getting help at the moment?

Because your awareness has grown so, at this particular time you have the opportunity to grow much, therefore accept what you are being given.

Sara: I am being given...

Yes, you are helped. There are many who stand behind you, but the more you accept the more you will be given.

Sara: I am very grateful, but I would like to have confirmation, because it's something I have noticed recently.

All of you, each one of you here now, should find in this coming year some new development in your spiritual growth. That is what we are aiming for.

Sarah: For quite a long time when I feel someone is with me or anything to do with Spirit, I feel behind my eyes a sort of stretching, almost a kind of ache behind my eyes. What would that be?

It is just the incoming of energy that those who are with you bring. It affects many people in different ways and that may be the way that you are receiving Spirit. That is why each one of you is unique. You receive Spirit in many different ways with many different feelings; that is why it is important that you judge carefully whether it is Spirit or whether it is physical. I cannot stress enough my dear friends this fact. And now I will leave you this time, because there are others who would wish to speak. I will remain and be quiet with this one, but until we come together again, I wish you well on your quest. (*general thanks and farewells*)