

~11th July 2005~

Good evening. *(general greetings)*

I will for this time remain for just a short time.

Lilian: Yes...

This evening is intended for some self-development for each one of you. We would ask that each one calls upon their own guidance, and that if conditions are right this time, you should become more aware than you have been at any stage of your development.

George: That will be very welcome.

I have been aware of the thoughts of one among you who has been feeling afraid. I wish to say: all thoughts which come to me, I will endeavour to help in any way that I can. I wish to reinforce these words to you. If I may suggest to you that our dear lady (Sara) takes you on a short journey in order for you to go deep within yourselves in preparation for those who stand beside you. *(thanks expressed)* I will leave it with you, and for the rest of this time, I will be working quietly with this instrument. It may be that your help will be required in the stages of returning.

Lilian: Yes, thank you.

Next, Sara took us through a meditative journey as suggested, followed by one with a wonderfully gentle voice through Eileen:

My name is Selena.

Lilian: Welcome to you.

I come to you, only to say, should you be fearful, should you be troubled, please hold out your hands to us, because we stand close by. We are here only to help you, to give you love and to help in your living. *(thanks expressed)*

Paul: Are you a guide?

I am most honoured to be a helper of the angels. *(surprise and delight expressed)* I am most honoured when I am given opportunities such as this, to speak with people of your own kind. We hear your thoughts, we are aware of all your emotions and when instructed, we come so close to you, and we take every opportunity to stand by you and to help to change those fears, and to help you to see more of the beautiful spiritual light, which is yours for the asking. *(thanks expressed)*

George: Very nice to know.

Sarah: We are very honoured that you visit us.

I would, like before I go, just like to say to you all, how wonderful the lights are that surround

each one of you. If only you could see how clear and bright they are at this time, I am sure you would be truly amazed. Because I have to say, not all groups such as yourselves have so many beautiful aspects of light. *(thanks expressed)* Again, I will say thank you and goodbye, but not forever. I will be around you...*(thanks expressed)* Thanks to those for whom I work, who have given me this beautiful opportunity.

Lilian: I'm sure we are all very grateful.

Paul: We'll look forward to 'feeling' you.

George: If you have the opportunity to return again, we shall be most pleased.

Thank you, and now I must take my leave. *(general thanks and farewells)*

One followed through Sarah, giving feedback on what we had been trying to do earlier:

I have been waiting for a while, and I thought perhaps this was not quite appropriate this evening. But I have now come to tell you, just a short word to say to you. The ones who have been standing with you this evening have asked me just to let you know how pleased they are to have made contact with you, and they hope that you will continue with your thoughts to them, when you go to sleep tonight, because they will still be around you and would be happy to impress upon you, some other thoughts, if you would be open to it. So please, they would be most grateful to be able to help you a little further. *(thanks expressed)*

And that is all I have to say to you, and I will leave so that you can close down now. *(general thanks and farewells)*

Note: Sara's meditative journey 'In the pink' can be listened to on the website:

<http://www.salumetandfriends.org/16.html>