

~25TH July 2005~

Good evening. (*general greetings*)

As I join with you this time I feel there is some depletion of your energies, therefore we will try to uplift you before the end of this meeting.

(thanks expressed) I also wish to extend our greetings to the young man who we have waited sometime to say welcome to.

Ben: Thank you. (*Sarah's son Ben, visiting from Australia*)

I will give you the opportunity to ask any questions that you have, but firstly let me say this to you: you are almost a contradiction in yourself. You are reserved and yet you are outgoing. You find that people are attracted to you in many ways, but there is with you a trend of impulsiveness, which would benefit you to temper a little. I am sure you understand what I say. It is always difficult to gauge one's personality, but within this young man there lies a pathway, which would open to him should he so desire. But as with all people, the desire needs to be there; the freewill has to be respected. But I say to you my dear friend that gifts of the Spirit are waiting for you if you so desire. Now, as always when we have visitors, I will take questions from you. Does anyone wish to ask any questions?

Lilian: Have you got any questions Ben?

Ben: Not at this stage, thank you.

Lilian: George?

George: Yes. I think you invited us to think on mind projection—on that subject, and it does occur to me that on thinking about the spiritual world and the physical world, a key difference perhaps, if I could put it that way, is that the physical world has rotation within it running through and through—from the smallest particle, to the atoms, to the planets, to the suns, to the galaxies—all rotate. This may be part of what gives rise to the physical properties of mass, gravity, space, time and various energy fields. Now, that is the *physical* world, and the spiritual world has none of these properties, yet connects to the physical. Where mind projection is concerned, I think the astral planes are important, and one can mind-project from planet to planet via the astral planes, which are like staging posts between the planets and what I might refer to as 'Spirit proper' or 'formless Spirit.

So mind projection utilizes Spirit, with the good offices of those in the astral planes. So mind projection is from physical beings to physical beings, but involves Spirit and those in the astral planes, and so *there is* no effect of space or time, so that the communications are instantaneous.

And I would ask: is that a fair picture of how things are, involving mind projection?

Yes, I understand your question and let me say I admire the complexity of your words. (*chuckles*)

If I may simplify it for you further. Whether you speak of the physical or the spiritual, you are speaking of 'energy'. (Yes.) Physical energy is much denser—that is so, whilst spiritual energy is much more refined, and yes, the mind projection from the human is part of the spiritual connection which is needed. But in your mind, the way you have described your words, you are thinking along the correct lines, but I would prefer to say that refined energy *conjoins* with denser energy at certain points, which therefore makes it appropriate for mind projection to work between *beings*, and not—I do not say, *human beings*—there are many forms of beings who are not of Spirit. But the connection is simplicity itself: it is the joining of refined spiritual energy, joining with that denser energy, which comes from the human beings own thinking. If you try to make these things more complex by your human thinking, you will come unstuck, because there is no simple answer for you. But your explanation I much admire.

George: Thank you! I'm searching for a reason for one world having a set of physical properties, while the other world has not, **(Yes.)** and perhaps this is unnecessary thinking...

Yes, it is extraneous thinking. It is just denser energy—the same energy of all life, but much more refined energy, combined with denser energy is utilized for the purpose of mind projection. It is as simple as that.

George: So the denser energy automatically has the physical properties?

Yes—yes. Does it not seem more simple now?

George: It certainly does seem more simple, yes, thank you!

I hope that helps you. We are speaking of a difficult topic here, when we are speaking again of energy. Always this has been a difficulty, when we come to explanations.

George: Yes, and going on from there, from mind projection between *beings*, would that mean it also happens between beings who are *not* on physical planets?

There are many forms of life my dear friends, some of which we have spoken of, and as you have become aware in recent times from our visitor, shall we say, who is projecting his mind, because, from where he comes, it is so much easier for them to do, because they have developed that sense of projection. I am afraid mankind as he is at this moment in time, is but a child in this activity.

George: Yes, I'm sure we all accept that!

But that is not to say they cannot be taught and that is what we are trying to attempt with you all, my dear friends.

Lilian: Anyone else a question?

Graham: Again on the subject of mind projection, in trying to visualize it in my mind, I realise how difficult it is to do. Probably some people are better at this than myself. So before I try to influence the scales in the experiment I was describing last time, what I am trying to do is to practise the visualisation of objects in my mind during meditation, and I assume that if I continue to practice with this I will actually get better and better, eventually visualising things in my mind, which means that later on I will be able to focus better than I can at the moment.

Yes, of course you need to develop the spiritual aspect of your being if you are to focus with the thinking brain of humankind, then you will always find it to be more difficult. You have to be in a state of raised consciousness, (Yes.) which means leaving behind the physical thinking and just *being*.

Graham: With a totally quiet mind.

With a quiet mind if possible. (Yes.) But as you well know, this takes practice, as does all things. You would not expect to do anything in your world without practice and also it applies to many of the spiritual attributes that they also must be practised often. You understand? (affirmations) But yes, please continue in the way that you are and you will reap the results if you stay true to it.

Graham: Yes, so that's something to look forward to. Thank you.

I would gently remind all of you, that many things are possible if you have that deep spiritual desire. It is entirely up to each

individual, how they develop in their way; it is part of their own freewill and their own responsibility, in whatever way they choose to develop.

Now, I feel this time that we will allow some others to come.

Lilian: Thank you.

And I look forward to our next meeting together. (affirmations) And I know that as you leave this meeting place this time, you will feel much more upliftment within your individual lives. (general thanks expressed)

There then followed a rescue, before closing.