

~20th February 2006~

As is our normal routine, names were given for healing at the start of the session, before Salumet or any others speak.

Good evening. *(General greetings)*

I am happy to be with you once more.

Lilian: We are very happy to have you with us.

Before I continue this time, I would like to ask you my dear friends, how many of you are aware of the change of energy within this room this time?

Some of us could feel this difference and we made our various comments and it was described as a 'good' energy.

It is because we have with us this time two much younger energies, (two teenagers) and it has made some difference to the overall energy within this room. So, I am most pleased that the awareness of this has been good for some of you. Which brings me to say a welcome to our latest visitor to this meeting. (Ashlea Martin) As I continue this time I wish to speak to you my dear friends, to speak to you once more about healing thoughts, but also to elaborate just a little on what you already know. It is most apt that I speak to you this time when so many thoughts have been given for those who are ill and are distressed. So many times we are asked from your world: 'Can you please explain how the power of the spirit is utilized for the purpose of healing?' And as our acquaintance my dear friends, has been one of much knowledge, you are now aware of the *power* of thinking, you are now aware that your thoughts become reality, but how then are those thoughts used in *our world*? That is what I would like to talk about this evening. Thought sent by people upon this Earth, come to us in one instant—this you know—and that thought becomes reality, it becomes a vibration, which can then be utilized, not only for healing but for many other things. What is spirit power? Spirit power is the very LIFE FORCE; it is infinite, it is malleable and therefore with those words you see that it can then be used in many ways. We have within our world scientists and chemists, as you would call them here on Earth, who take this spirit power and they characterize this power, this energy, and it is used in many permutations and then it is finalized for use, to be used through the instrument or channel for healing. So you see

my dear friends that, that one thought goes through a process of change. The aspects of the power are used in the same way as the many aspects of each individual are used in these meetings. Do you understand my words? Or if you have any questions I will take them now.

George: I think my understanding is that the healing thoughts that emanate from us here, pass into spirit where they are changed—and I'm not forgetting that these are living thoughts, **(Yes.)** and those living thoughts having changed, they are then returned to the target person. Does that describe the process?

They are through the instrument of healing to the person who is in need so that this power might touch the spirit of the individual. That is the process of healing work. So, it is not just one random thought, there are many processes that are used.

Sarah: I know there is no time in spirit, but this is quite an instantaneous...

Already the thought is used, because we are aware of what is about to be said. We are a little ahead of you as human beings. All we wait for is that connective vibration from you and the process of using *spirit power* or *Life force* or *Love*, whatever you wish to term it, is used immediately. That is not to say that it is felt by the individuals concerned in that moment of time, because as you know, for healing to work, the spirit has to be *touched*.

Sarah: So does it actually go one step further still? You said that you are one step ahead of us with the thought that we are going to give out. Do you actually sometimes impress us to make this thought? **(No.)**

George: Should we think of this healing process in a collective sense rather than an individual sense? **No. You can if you wish, but it does not change the outcome from our side of life.**

Lilian: So if we can't remember the name of the person who needs the healing, but the thought is sent anyway, how does that work? Is that thought discarded or is it able to be used anyway?

No, we would never discard a healing thought that is sent with love; only those thoughts that have no power behind them—everyday thinking as I have told you previously. But a healing thought sent with love is never disregarded. Collective thought, as I have told you previously, has a power of its own, but all of these thoughts

are collected so do not concern yourself with active thinking about how it should be done. Just give of the love and the help for those who are in need.

George: Yes, I was really thinking, does it work in a collective sense as seen from spirit? Do thoughts get combined and circulated where needed or is it on a more individual basis? It matters not—all thoughts are collected. It matters not whether it comes from, as you have said and as happens within this room, ‘collective thought’, or whether it is ‘individual thought’—all of these thoughts have their own reality and that is what will be utilized, will be changed. Aspects of that power are being altered and changed to suit the situations needed for each individual sickness or illness or whatever problem is being asked for help for. Is that helpful to you?

George: Yes, thank you.

But it gives you food for thought. We have spoken much about the power of thought, but now I wish you to *realize* that there is much more involved, that the work within our world is on-going and does not stop on *reception* of any healing thought or for that matter any thought that is for help—and I have to say, any thoughts that you send for yourselves.

George: Yes, that certainly gives us much to think about.

It shows you, does it not, that spirit-power is indeed infinite, that it is changeable and it can be felt, indeed in a very strong way by all individuals upon this Earth plane.

Graham: I was wondering if I could ask a question on behalf of these two younger ones who are with us this evening? (**Of course.**) They had an experience a few days ago which seems to have touched both of them. During their skiing holiday, Natalie here got lost and she ended up in a place where she was very lonely and afraid and she asked for help and she felt as though someone was with her. My daughter here (*Ashlea*) was also part of that drama and she played her role in it. They both feel as though things happened which they both described themselves as miracles, and I was wondering if there was anything you could say about that experience to them?

Of course I am happy to speak with these young energies. We know of course that the one you call Natalie has already made connection with us here within this room. Once that connection is

made, it cannot be severed. As every individual who has entered this room knows, when you make a connection with our world, you are in fact uniting with your own spirit, and therefore at all times you are closer to our world, and when instances of fear or whatever emotion lies within, then those who stand close to you will come close to help you. What these young people do not fully understand is that they are *never alone*. It is entirely up to every individual to allow us in our world to come close to you. But sometimes, because of the strong emotions and the ties to the material world, it blocks our efforts to *help*. But what should happen now is that these young people learn and get to know themselves, and when that happens then their spirit is opened up to us in *our world*, and that connection will always remain with them.

Graham: Thank you for that answer.

George: Yes, I’m sure they will both note that well.

Yes. There is a good energy between them; it could be utilized if they so desired, but they have a lot of material living to do. But if they could only recognize their true selves as spirit, then life for them—I will not say will be easy, that is not for me to say, but their lives will be enriched in many ways, and I am sure it has demonstrated to them that they are *never alone*. It should be a comforting thought for them to know that you do not always need the human touch to feel comforted.

Graham: Thank you, that’s very interesting.

Natalie/Ashlea: Yes!

Graham: My daughter was a little nervous about coming and she has been apprehensive for a while, but I’m so pleased now that she has made the step.

Yes. This young one could do much with the pen, but I will leave that with you and perhaps words of wisdom will be listened to and perhaps if she so desires at a later stage that she might find a connection close to her. It is not for us to tell each of you what you should do. You know that has never been my purpose, but I also wish to encourage and uplift anyone who wishes to receive help from spirit.

Have we more questions before I leave you?

Sarah: Yes. I was telling my daughter that you said the last thought you have before you go to bed should be a positive one. She said that that

first night that I told her that, she said that she definitely went to bed with a positive thought and then she had nightmares! So she wondered why that should have been.

Because one positive thought is not enough. She has many negative thoughts, which the spirit has to deal with. You know that the material body and the spirit are interwoven and one has a very strong effect upon the other; because you retire with one positive thought, will not automatically erase any negative thoughts throughout that day. What I have tried to teach you is that this must be an accumulation of good thoughts, and *then* when you retire to the sleep-state, that last thought then is like the catalyst that takes you forward into spirit. I hope that is helpful for her.

Sarah: Yes, that is very helpful. I shall pass that message on to her. Thank you very much.

It is not that you need just one positive thought; it is something you should try to achieve at all times.

Lilian: It is something we really need to work hard at, isn't it?

Yes, and I have to say that my words on that subject have been easily forgotten with some of you, therefore it is apt that this is a timely reminder for everyone.

**Now, I hope that you will consider my words carefully this time and to realize that this is a further step in your knowledge. I ask only my dear friends that you continue to give of your love, your time, your energy and of course that you give this knowledge to others in order that it may help them in their everyday lives; and of course for yourselves in your own spiritual unfoldment. I will take my leave of you, I bathe you in spiritual love, and for the rest of this evening I will work quietly with this one (*Eileen*).
(Thanks and farewells)**

George's notes: Natalie skis well, but on this occasion she got stuck in a narrow ravine in deep snow, that had cracking ice and water beneath! She got separated from the group and was out-of-sight. Rescue came 5-hours later and happily she was none the worse. It is worth noting that in addition to spiritual connection, the mobile phone also played its part in this.