

~24TH July 2006~

Just prior to the meeting, Graham had been talking about strange flight patterns of butterflies that had been observed, and this has sparked our interest.

Good evening. *(General greetings)*

I am happy to join with you once more my dear friends.

Lilian: Yes it's great to be together.

I would like to say to you this time: I was aware of your discussion about your butterflies and rainbows and I would just like to say to you that the butterfly in your world is indeed used for showing some people that there is more to life than first they thought. After all, if you think about your butterflies, have they not gone through their own metamorphosis into the second stage of their existence? *(Affirmations)* Therefore you can begin to see some connection. Yes—that is why the butterfly is used so often for these things.

Sarah: That's interesting because I remember watching a programme of some famous people who were visiting an old house in Italy and whenever a black butterfly appeared, there was an awful lot of spiritual activity within that house. It wasn't very nice spiritual activity, but it was always when the black butterfly appeared that that activity started.

Yes, but the association was with the colour.

Sarah: Ah right.

You see?

Sarah: So the black was not such a good colour.
The negative energy, yes. So remember my dear friends, be aware of all of nature's dealings with you, because within nature herself there lies many invitations for you to recognize the working of spirit. *(Affirmations)*

George: Butterflies are certainly very beautiful and a joy to be with. **(Yes.)**

Sara: Rainbows always bring joy and I think a feeling of hope as well.

And also the energy from the colours.

Remember, we have spoken of colour vibrations and this too plays its part. So I have deviated a little this time, but I felt that it would be good for you to think a little more deeply about all of these things.

Lilian: Could I just say that last year I had a caterpillar—quite a large caterpillar. I looked it up

in a book and it was an elephant hawk moth caterpillar and no way did I ever think I would be lucky enough to see the moth, because of course they come out when it is dark, but I did, in the garden not so long ago under a lilac bush. I wondered if that was coincidence or ...

It is only that your awareness is now greater to all of these things, therefore you are more aware of what is happening around you.

Lilian: I did feel very, very lucky.

Yes, of course, and that is as it should be. There are many, what you call 'wonders', my dear friends, which are everyday happenings in our world, which are given to you in ways that you can recognize. If you are not fully aware of spirit as we near you, then we show you what you can and will understand, or at least gives you the opportunity to think about these things. You understand? *(Yes.)* Therefore my dear friends always look with those spiritual eyes. There are many ways in which we can touch you.

Sara: Yes, I had seen this metamorphosis symbolism recently when my friend embarked on a moth project at school with children, and I saw how the moth for her had many meanings, because she was going through a change herself. It was very interesting.

Yes, and of course she could recognize the many changes.

Sara: She's very aware in many ways and now she's wearing butterflies all the time—and I think she is aware of how important the change has been.

It is a good analogy, do you not feel? *(Yes.)* Yes, of course.

Now my dear friends, before we embark on further talks of energy and vibration of which I have promised you, we have one more exercise for you this time. I hope that each one of you will feel the energy which *is you*, which belongs to each person; and as we continue on this short journey, I would wish you my dear friends to speak among yourselves of what you experience and for this one time, we ask after this exercise, that there be some rescue work and we are attempting to try to use as many of you as we can. Therefore my dear friends open up your hearts to those who are in need. You can be used, you must not be afraid, because you are always, always protected. When you have experienced what I am about to tell you, we will

then go on next time to what I have to say about pyramids and their energies and discussions we will have amongst us. I would like each one of you my dear friends to imagine yourselves, to use that spiritual mind to feel yourself within the vibration of a pyramid, to become that structure, to *feel* what the physical body is feeling and also to feel and understand with the spiritual mind what is happening. Do you have any questions before we proceed?

Sarah: We are going to be *within* the pyramid, not part of the pyramid?

To begin with you must feel yourself within, but I want you to become part of that energy, to express what you feel and what the mind is also experiencing. You understand what you are trying to achieve? (*Affirmations*) And as you begin to have these senses of vibrations, towards the end of your experience I would wish that each one of you joins together as one form of energy. Therefore, I leave it with you my dear friends for this time. There is much for you to achieve, so open up your hearts and your minds. I will leave it with you, my dear lady friend, (*Lilian*) and when this is complete, we will be with you for some rescue work. (*general thanks*)

There followed a period of 10-minutes silence as this exercise was pursued. We then discussed the feelings experienced. These included sensations of energy-blending, being drawn upwards and a feeling of freshness at the pinnacle of the pyramid. One of us visualised pyramid sides and a desire to rotate a little into favourable position. There was a feeling of smallness in relation to the greater expanse of energy. Mind seemed to diffuse into the greater energy shape and become part of it, all very difficult to describe. There was mention of dreaminess and following dream sequence.

Four rescues followed, through Eileen and Sarah, counselled by Lilian—and all were able to move on.

Our dear friend Leslie was always drawn to the rescue work when he presided. He too then joined us for a chat, via Eileen, explaining that he just could not stay away with 'rescue' work going on. There was typically much humour as we talked, and we mentioned the several plants that were passed on to us that continue to thrive, including 'aloes'. We referred to the aloes he'd left behind and he declared that he hadn't been issued with

any of those. And I quickly had to say: 'aloes without an aitch ... aloe variegata!' I think I can say we are often aware of Leslie's presence, but it is so good that he also has a physical word from time to time.