

Good evening.

All: Good evening.

As I join with you this time I am happy to see so many of you come together. As you know my dear friends, when I depart from your presence and return to my rightful home, I come to you much refreshed and uplifted.

George: It is certainly wonderful to have you back again and we all give you a very warm welcome. You need not express that in words—I know my dear friends. It is good to be amongst you and although time means nothing in our world, to you it may seem quite some time, but I have been aware of you all my dear friends in your everyday lives. And I would like to begin this start of your new earthly year by just saying that this year there will be much talk amongst politicians in this world on a national and a global expression to incite more peace within mankind. So I would say to you, this is what I would call a most important year, just in as much as these people are speaking on a deeper level. So, that I hope has started this one of your earthly years on a much more promising note.

*All were happy to hear this news.*

George: That is very good news.

It is a start—it is not a result, but it is important that mankind understands each other. I have many things with which we will discuss together, but not this evening because we have others who wish to come this time and I will be happy to work silently with this instrument. So I will say to you my dear friends for this first coming together of this New Year, I will answer any questions and then allow the others to come, but next time I would like to discuss with you a specific subject. So if you are happy, that is what we will try to do this time.

Lilian: Thank you. If I could ask just a quick question—we did a rescue last week and this person was obviously in a dark place, but showed signs of wanting to come out into the light—being channelled through Eileen. After we had finished the rescue, she said about this peculiar noise that she had in her ears and we both wondered what this was?

Yes, I understand your question. Let me just say this to you, that when a spirit is so involved and in darkness deep within, they become isolated; they are isolated from all others and they are

isolated from those of us who can help them in our world. Therefore they become like a single unit with only their own darkness and expectations. The noise that the instrument was experiencing was part of that spirit's darkness; it was part of that spirit's expectations of what they imagined they should be having. That might sound strange to you, but when you come to our world, you will automatically gravitate to how you have lived your lives and what you bring with you. And, much as I dislike saying it to you, there are many who come to our world bathed in darkness. Until such time as they recognize within that they no longer wish to be that way, only then can the love which we give to them in our world be felt and only then will we, if necessary, return them to you for help. But the noise is not a common factor; it was only part of that individual's darkness.

Lilian: I see yes—she had certainly never experienced anything like it before.

Yes, it can be distressing to those who are not aware of these areas of darkness in our world, but I have to tell you my dear friends that it exists. It is what you on earth call 'hell'—it is your own hell, not anything created by us, but it is created by the individual. I hope that helps you.

Lilian: Thank you.

Rod: Self-imposed wound...

Self-imposed, yes, by the way they have lived their lives and are not ready to accept, because all of you are responsible for your own actions, your own thoughts—and every thought, as you now know my dear friends, creates a reality. So of course I hope it makes you think just a little more—that is why I oft times tell you never to judge, because in judging you in some way are creating some negativity. Do you understand?

Lilian: Yes, I hope we were able to help this person because he wouldn't speak.

They would not have brought the spirit to you if you could not have helped in some way. It is only when they recognize that spark of light of love that we are able to step in and help them more, and as you know, sometimes we have to bring them back to you who do rescue work, because they are still attached to these earthly planes, much closer to you than to us. That is why it is necessary for rescues to take place.

George: There was another rescue, also with no speech and two names were given—Holly and

Jessica, and I think we know that two little girls died in traumatic circumstance—this was reported in modern terms. We felt that it was simply an unlocking from trauma, we felt that was the purpose of the unspoken rescue. Are you able to help us with that?

**I know my dear friends because of your love and the kindness that you feel towards other that you feel that explanations are necessary, but there are so many who need help and it is not possible always to give explanation as to why they are helped in certain ways. But of course because of the dramatic way in which they came to us, there is still with them that thought of brutality, which is easier released again by those of you in this world who know and understand and are willing to help. But yes, I can say to you, they would not have been returned as children through any medium in the normal way, because we have to, if you like, assess each individual situation as regards they way that we might help them best. But yes you are correct, and much help has been given to those two. And again you know and understand that names are not always necessary. Whoever we bring to you for any kind of rescue work—names, places dates, these are unimportant facts—what is important is that the soul feels the love which is within this room, the love that will send them forward into the love of those in my world who will continue with that help. So as much as I understand your curiosity to know a little more, and I will try to help you, I would like you to realize that it is unimportant.**

George: I'm sure that helps in our understanding to know that.

**Yes, only those who can be helped by you, or mostly I would say, not everyone accepts the help and still remain in some mist of uncertainty, but mostly those who come, go forward. It is a most important part of spiritual work that this is done. I know within your world there is still some controversy about rescue work, but I would say only this to you my dear friends, that for every individual that is helped, your own spiritual growth is such that it is magnified two-fold each time you help an individual. So, not only are you helping others, you are in fact helping yourselves and for this we will be always grateful to those on the earth plane who continue to do this most important work.**

**Have we more questions this time?**

Rod: I was going to say, I feel that there are probably not enough of these people who do the rescues around. We are pretty thin on the ground, aren't we?

**I believe you may not know that sometimes when a rescue takes place, it is not only one individual being helped but many, many, even hundreds of people who are there to be helped; except in the cases where we have just spoken, where the soul is so deeply immersed in their own darkness—*they* are individual rescues, they are the difficult ones that those who help would find—they would find those individuals quite a task. That is why we must choose carefully those who are willing to do this work.**

Lilian: There was an article in one of our daily papers two or three weeks ago, very well written about rescues—so well written.

**Yes, it has been known about for a long time, but even those you call spiritual people, will deny that this is a good thing to do. It is and it *does* stem from fear, which of course we fully understand. That is why it is so helpful when we find groups such as this one, where every individual can help in their own individual way. It is not only the instrument when the spirit comes through that individual, but it is every member of this group that is helping—we are using their energies even if they are not aware of it. So you see, it is a group healing.**

Rod: That's great to know.

George: I gather that following the Tsunami in Indonesia, many have been helped in that they were given direction. That is nice to hear and I gather there was some awareness of what was referred to as ghosts. **(Yes.)** People have worked in that area and I think many who did not know the direction to go have been helped there.

**Of course, what you must realize my dear friends is that when we have so many come home to us in so many numbers, then we are prepared and the help is available. When people pass suddenly, as you have described, they are not individuals who belong in darkness, but they are lost, they are confused and it is easier to reach them; but when we speak of individuals such as the one the lady has mentioned, that is an entirely different situation. But you do know this. There are many souls who are lost and confused. All they need is a little guidance.**

George: Yes, it is like in the Indonesian situation, all they need is a traffic warden to direct them!

**Yes. I like that—a traffic warden; thank you.**

*Chuckles*

Rod: We do not like them very much, but...

**You do not like them?**

Rod: They do a good job...

Sara: We are afraid of them!

*Laughter.*

**But I like it, I like the expression.**

Rod: All those people out in Bagdad, I think something like a hundred have been killed today. It seems to go on daily. I just worry about their spirits—but now that you have said that, perhaps they're helped and they go through rather easily, I hope so anyway.

**I would just like to say my dear friends that the majority of people in your world will pass easily, will recognize loved ones who will be waiting for them. It is only those individuals who have wasted a lifetime in such negative ways—in what you would term 'evil ways', but I would prefer to say misguided ways—but nevertheless have committed deeds against mankind which places them in places of darkness within their own being; but the majority of people have nothing to fear.**

Rod: That makes a big difference, thank you.

Paul: Have you got time for another question?

**Yes my dear friend if you so desire.**

Paul: Sometimes I read of people we call Shaman doing rescues and just occasionally, they are quite unusual because they call it 'soul retrieval' or 'spirit retrieval'—I am not quite sure, but sometimes the process involves—they describe it where someone's spiritual soul has been 'taken' by another person, a misguided Shaman or someone that's somehow managed to...I think they sometimes say they use a gourd or something to steal someone's soul.

**Yes, I understand. There are many descriptions, there are many people in your world who claim many things. I will tell you from my own knowledge what I feel and it is *kind of* not accepting responsibility. It is easy to say that someone has had the soul stolen from them and many explanations can be given for this deed and that is what some—I will not say all, because many Shamans are doing very good work; but you have to accept that there are so many creeds, so many religions, so many ideas within your world, that sometimes it is most**

**confusing. No one soul can be stolen, because you are responsible for every deed, every word, every action that belongs to *you*. You can be influenced by another but they cannot steal your soul—that is yours—that cannot be altered in past times, in present times or in future times. Do you understand?**

Paul: Yes, I think so.

**It is a form of thinking that they have developed. It is their way of trying to help, which of course must also be understood—they are doing it for good reasons but they are at times a little misguided.**

Paul: And perhaps sometimes the one that *thinks* their soul has been stolen, they've got a belief that that *can* happen, so it is a little bit of wishful fulfilment.

**The power of the thought—again I return to that phrase: the *power of thinking*. I would say to you my dear friends, in every aspect of your lives, stop and think about thought, about why people do deeds, why people think the way they do—they are influencing themselves with the power of their own thinking. Do you understand?**

Paul: Yes. It makes total sense that no one person can have so much power over someone else to be able to do that.

**They may influence but they cannot steal.**

Sara: And people give their own power away, allowing themselves to believe things which are not true.

**Yes, it is all to do with thought—yes. It is most powerful and when I first came to you my dear friends I told you that I thought the power of your thinking is the most powerful tool that you will ever possess. And it applies to all things in your lives. I hope that has helped to clarify it for you.**

Paul: It certainly has, yes—thank you very much. **I feel now that I will take my leave of you and allow those others to come; but as always, I leave you my dear friends with much love, I ask that each one of you be uplifted in your daily lives, that each one of you recognizes from within that power that you possess, that love that you possess and above all, *the knowing of who you are*. And with those words, I will leave you.**

Lilian: Thank you, it's been lovely to have your words again.

*General thanks*

