

13th August 2007

Good evening.

All: Good evening.

As I join with you this time, I am gladdened by those healing thoughts once more and I would just like to say to you this time my dear friends a little more about your thoughts. We have said quite a lot about the process of thinking and how powerful your thoughts are and we have brought to you the opportunity to experience thought transference, which I know you find a little difficult. So, firstly my dear friends, I would say to you, to look inwardly to yourselves, to take responsibility for those thoughts that are with you at all times of your existence. It would be beneficial to you all, I feel, if you could focus more clearly on a daily basis of each thought that comes to you, to say to yourselves *'why did that thought come to me?'* and *'what thought have I given out today that has benefited another human being?'* And we all know that when you come together here within this room, then those thoughts do become more focussed in order to help others. I now ask you my dear friends to return the focus upon yourselves each and every day of your earthly existence, because once you have mastered the control of your own thoughts, then it becomes easier for you to transfer those thoughts to other people. Do you understand?

Lilian: Yes.

It is a great responsibility that you place upon yourselves when you take responsibility for each and every thought, but I have always told you how powerful your thoughts can be. But now is the time that you need to refocus inwardly to your own thinking and if you make great practise of this on a daily basis you will be amazed at how quickly and in tune you become with the control of thought. Have you any questions?

Rod: Are you saying that you would be inspired by spirit when you go within?

We can help, but the responsibility lies with each one.

Rod: I see, okay.

You and you alone, are responsible for your thoughts.

Lilian: I can see how very worthwhile that would be.

Yes.

Jan: So it is a case of practise every day—practise makes perfect, because we've got to recondition, haven't we? **(yes)** It's programming our brain to think in a different pattern.

Yes. It is not so much the brain as the spiritual mind, but of course the more you attempt to control, the easier it will become; and when you have full control of those thoughts, then you become as one with spirit.

Jan: I almost want to say 'free'—it would be like a freedom.

Yes.

Sara: You can always share your thoughts with other people provided that you are not angry...

(yes) So, if the thoughts are balanced, if you feel balanced and you are calm, you can speak about something that perhaps has made you unhappy without causing offence. So that is a freedom.

Yes. It is a freedom of your spirit that you are in control. Of course, the brain comes into that part of thinking, but ultimately it is the spiritual aspect which should take control and when you are able to dismiss any inappropriate thought, then you begin to realize that you are the master of your own world. You understand?

Sara: Yes.

But, as I have said, within this room it is easy with the energy around you to be able to focus, to be able to give healing good thoughts, but when you are in your everyday, earthly lives and you are surrounded by much fear, disappointment and all negativities, it is a little more difficult. But you have the power to rise above and to take control of your own lives. So, at this stage my dear friends, I feel it would be appropriate, but of course as always it is entirely up to you, each one of you, to decide whether you progress or not.

Jan: You've been reminding us, Salumet, about this for some time now and ...

Yes, I must sound, like you say, a broken record—yes.

Chuckles

Jan: No, not at all, but you have been telling us for some time to bring our spirit lives to the fore.

Yes. You have spent some time listening to my words and for this I am most grateful, but also my purpose for you my dear friends is to see that each one of you progresses as much as you can or are willing to do.

General thanks

George: So you have set before us an exercise in experience and centring (**yes**) within ourselves.

Rod: This is new to me—thank you very much.

Lilian: So if we are out with someone and they say something, and I thought, ‘ooh that was a bit annoying’... just let it wash over you?

You must not allow other’s thoughts to intrude upon that peaceful aura that you may have.

Rod: It is very difficult when you’re talking to somebody and they come out with something you know is *terribly* wrong, they talk about something...

But how do you know it is terribly wrong?

Rod: It *is*, and you feel terrible, but you are unable to tell them—perhaps you’re not in the right place to be able to tell them and it hurts.

My dear friend you are young as yet in the ways of spirit. You would send love to the person you feel is doing wrong, but in actual fact the problem lies within you—and I know that statement you will find difficult to accept at this moment in time, but I am sure that the others can tell you that you must not judge another.

Rod: Ah yes, you’ve said that.

Yes. It is difficult, I know.

Sara: But sometimes it’s easier to withdraw a little (**yes**) if they’re beginning to give you uncomfortable feelings. Sometimes it’s easier for *you* to withdraw—then you don’t need to feel ...

That is where control of your thinking comes into play.

Rod: That helps a lot, thank you very much.

You cannot change another’s thoughts, but you can your own.

George: Quite often conversations are physical and possibly intellectual and in that situation I find it always tempting to *introduce* a connection to spirit. It isn’t always easy, but I find it’s something I feel needs *doing*, if I can put it that way.

May I say to you my dear friends that I find the interaction between two human beings whose thoughts are not in unison to be most interesting.

Hearty laughter

If only we could take them and place them separately, that would be a much happier situation, but as always, you have the power within you to be in full control and to take full responsibility for your thoughts.

Lilian: So is it also a good idea to each morning, ask for help with the thoughts?

I would suggest, yes of course, you may ask for help, but again I say to you, you have the power and of course practise does help. You all, I have to say, have inappropriate thoughts at times, not intentionally, but because you do not know how to take control of those thoughts.

Jan: But I remember you once telling us that if you’ve realized afterwards that theyre inappropriate and those feelings and thoughts are a (*protective*) shell for us, then that’s part of the learning process, because you have to accept—you have to have those feelings that those thoughts are inappropriate or wrong, to go forward.

Yes, it is the first stage, recognition of the thought, of course. If you do not recognize the thought, you deny its existence. Yes, of course.

Jan: I think this is an appropriate point to ask this question. It’s not from myself, it’s from Richard—you know Richard, he is my son. (**yes**) He telephoned me on Saturday night with an extremely interesting concept and he asked me to ask you. As you know, from an early age he has been bombarded with voices (**yes**) and he wants to know—I forgot to bring my piece of paper, I’m sorry—he has learnt to shut out those voices at an inappropriate time in his busy life, (**good**) but when he concentrates, they are very, very clear. He would like to know if the conversations he is hearing are aimed at him or whether he just picks up conversation from spirit around him wherever he may be. (**yes**) Do you understand? Have I put that clearly?

Yes, I understand. If he is focussed at a particular time, what he hears will be those around him who wish to help. When he is amongst others, or inappropriate times as you call it, he is picking up on any energies which will be in and around. But when he is quiet and focussed, they will take that opportunity to try to help and also to focus his thinking to the spirit world.

Jan: Right—I haven’t heard of anybody else having those experiences so I found it quite...

Yes they do.

Jan: Yes, I’m sure they do, but I haven’t spoken to anybody else who’s had them, so all I could say is, ‘Wow Richard!’ And he said that he can hear whether it’s a gentleman or a lady, he actually hears the voice in his ears.

Yes, it is because he has now accepted that spirit is close to him always, but now he is taking

control and not allowing them at every inappropriate moment to intrude upon his life.

Jan: I'm very proud of him that he's been able to do that because for a very long time it was as if his physical state was always in like a nervous breakdown sort of state (**yes**) because he couldn't shut them out.

Because he was controlled by fear. (yes) As you know and as I have spoken often, either love or fear will dictate your lives. But he is doing well. Yes.

Jan: Thank you. I can tell him exactly that, that in his quiet moments they're actually trying—he is communicating with spirit, with him and when he's in a busy environment like a shopping centre when he hears them, he is picking up...

But those who are trying to help will then take control with him and help him and nurture him in the ways of spirit so that he will know when and what to do with these other intrusive voices. It is just being able to ground oneself at those times, and again it is practise and it is knowing that nothing can happen to him, whilst he is connected with our world.

Jan: I think that's precisely what has happened to him—the fear has now lifted.

It is that. Yes, yes. He can only go forward now.

Jan: And now he's excited rather than fearful. **Yes.**

Sarah: There are other people who say they've heard voices and they commit crimes and they say it was voices in the head. Is this the same sort of thing—they're fearful and they're letting negative spirits come in?

Yes. Negativity will attract those close to this Earth plane who, as you know, not all people have the greatest purpose of goodness and they will be attracted to fear and negativity within others.

Jan: And you covered the subject of schizophrenia some months back with us and the cause...

Yes.

George: So it will be true to say perhaps that in an atmosphere of love and quiet time, one cannot go wrong really?

If your thoughts are pure, if your intentions are pure, then you will always be protected, but when you allow a window of fear or negativity, then you are opening up to more of the same. That is why it is important for each and every one of you to let go of fear.

Sara: Is this what we call clairaudience?

Yes.

Sara: Is it possible that our son will develop in this way, clairaudiently, because he does have problems concentrating sometimes at school and I know that he sometimes gets nervous at night time of noises or sensing. I sometimes think he is perhaps sensing or seeing things but not understanding.

Yes, he is sensitive, but he is more likely to see than to hear.

Sara: Clairvoyantly?

Yes.

Sara: Thank you.

Lilian: So when someone sleepwalks and they do strange things, they've even been known to kill someone—is that a thought they've carried with them before they go to sleep?

No, that is to do with an irregularity within the brain structure during the time of sleep. It is not connected to spirit in any great way. Of course there are cases when people can be influenced in their sleep state, but that is not the natural way.

Lilian: I see—it's to do with the brain and nothing to do with the thought.

Yes.

Rod: 'Love and fear' is something that you need to keep in your mind I think, because yesterday I had an awful fear come over me...

Yes. But you have survived it.

Much amusement

Rod: And I thought, 'hey, hang on a bit, this is something you were talking about and I've got to get rid of that', and I threw it up there and grabbed hold of the love, and that *did* help.

Yes. So you see, you have proof for yourself that control of the thought works.

Jan: You're an example of that (*Rod*)—well done!

Rod: It was a big help. So those two words, you've got to keep—they've got to be there, haven't they really, to be aware of...

Yes. Try not to focus on the word 'fear' because just...

Jan: The word makes you fearful.

Yes—(the word) can trigger off thoughts of fear. So be aware that it is a condition of earthly living, but not one that you will bow to.

Rod: It's a wonderful thing to be able to preach to people, if you can put it over in a nice way; friends you can—I've found that you can do this with friends and they readily take it on board, which is nice.

I would say to you my dear friend, the best way to live your life is by example. You do not always need words for others, because they will pick up on any goodness, any joy, any happiness that you exude.

Graham: I find that smiling helps. I feel despite you're annoyance towards somebody, if you smile it is difficult to remain annoyed while you're smiling—it goes right through you.

Yes. And it is apparent to so many people around that that one smile, that one genuine smile has the power to create that ripple of happiness in the same way as anger or fear or hatred has...

Jan: Laughter does the same.

...And laughter...

Rod: I was on my bike having a ride this morning and I met a lady coming along with a pushchair and she gave me a lovely smile and it lifted me and I was able to peddle up the next hill like a young kid.

Chuckles

Yes.

Graham: I think that smiling dissipates other people's fear. If they're concerned or nervous about something and you smile to them, you can see them relax—it dissipates their fear.

Jan: That's why the dentist smiles a lot. You go to the dentist, he smiles.

Laughter

Graham: Mine has a face mask on, but the eyes give the smile away...

Laughter

Can you see now within this room that talking of joy and happiness that you are all beginning to laugh and smile? (Affirmations) You understand the ripple effect that it has. So, my dear friends I will leave these words with you this time. I will always be interested to see how these words are put into action in this next coming week of your earthly lives.

Lilian: Yes, I'm sure we will try. Just before you go, there's a lady who has come over from New Zealand to visit her parents opposite, if there's an opportunity—she obviously interested and knows about what we do and has shown an interested. Is it okay if she comes? I feel it probably is.

Yes, I would be happy for her to come.

Lilian: Thank you. It is the time—she may not have the time.

Yes, I am happy for her to join with us. Now my dear friends as I leave you, I hope I leave you with that smile upon your lips ...

Chuckles

... and as I leave you I will continue for some short time to work with the instrument (Eileen) and I will ask our dear lady friend (Sara) to take you on a short, uplifting journey this time, if she is agreeable ...

Sara: Yes, that's fine.

... And then we will continue.

Thanks from all

Sara's guided meditation: It's the end of the day. You are sitting by the water and a boat ... a little rowing boat, and you get in this little rowing boat. You are on your own, just you. And you climb into the boat and the boat starts to move off ... it's a little magic boat and it's got a mind of its own, and it will take you on a little journey around the bay. It starts off slowly and as you sit in the boat you trail your hand in the water, and then you notice the ripples in the water ... and the water feels cool, and as you look into it you can see the darker depths below. You are drifting slowly still, and you are reflecting a little on the day and you are reflecting on how wonderful and how blessed your life is and has been ... and on all the wonderful little opportunities that you had in the day, to show your love to other people ... and for others to show their love for you. And you feel excited by the possibilities that lie ahead, and knowing that there is so much for you to do ... and fortunate that you don't ever have to wonder what to do with your day. And you know also that the pathway that you follow is leading you to greater and greater riches and you feel much excitement within you about the future and the present. And the warm sunset glow matches the warm glow within you, and you feel there is so much coming to you that is good. And you know also that all of the answers lie within you and all the wisdom that you need to access the better part of every day is there for you, and that it's possible to have it all. The magic boat is still moving around the bay and your hand is still playing on the water by the side of the boat, and you look still into the deeper waters and see how far you have come and how far you still have to go. And as your mind goes higher on your journey, it's still and describes the lower evermore. And so the compassion within you grows ever and deeper because your mind is no longer separated from

your heart. So you do not view your fellow human beings with detachment ... yes it's detachment but not a separate entity. So, when you look into the water and you see the ripples spreading outwards, it's almost like your heart and the energy within your heart is forever spreading outwards to encompass yet more and more of your world and the world at large beyond it. As you look at the sun again, you almost become the sunset. You become one with the sunset and one with the water. And as you merge into these feelings, the magic boat has brought you back again to the shore and your journey is complete ... and you are complete ... and whole ... and strong ... and ready for another day.