

20TH August 2007

Good evening.

All: Good evening.

As always, let us extend a welcome to our guest this night.

Lilian: I'm sure she will find some benefit from sitting with us.

She feels just a little apprehensive this time.

Lilian: Is that right, Di? Do you feel a little apprehensive?

Di: I don't know that it's for me—I don't know—I'm very honoured to be here and thank you very much.

Yes. You are most welcome. Now my dear friends I wish to say to you this time a little about what was asked of me last time by our lady friend known to you as Jan.

Lilian: Yes—she's unable to be here tonight...

Yes—about the difference between thoughts and where they come from. As I have said on past occasions, the thoughts from spirit come slowly and repeat themselves often, whereas other thoughts come quickly and seem to be more intense with urgency attached to them. The difference only comes with time and with experience, and it is something that you have all experienced in your own way I am sure.

Lilian: Yes.

Yes. I wish to say also to you that, as we have spoken before about energy expanding/spirit growing, I wish to say it is now time my dear friends that you view your other fellow human beings in a slightly different manner. Do not look on anyone, whether friend or stranger, as that physical being but to learn to look inwardly and to feel that spiritual energy come to the fore, because in using your energy to seek that higher being from within, it allows that connection and communication between two people to have the strength of love and understanding. So many of you look to another and make judgement far too quickly.

Lilian: That's very true.

And now I feel you must go forward and look more closely to those who come before you because, as I have told you, there are no mistakes when it comes to those who cross your life path. It is then up to you, my dear friends, to think of the thought which comes to mind and

to find the purpose of each meeting. Do you understand?

Affirmations

George: Yes, I think we probably all have memories of particular people who have really stood out in our lives—personal contacts. I recall my youth when I was conscripted into the army and I met an older man (*his name was George Allison*) and he was a regular soldier, in uniform. But he had such a kind heart and he was so willing to exchange views with we young national servicemen and a light seemed to shine from him. He is an older contact and, looking back, he was a very significant contact.

Yes. Therefore his love and light was extended to many people who have been impressed by him and his way of life. Therefore that memory remains with you strongly and has enabled you also to go forward with your own life.

George: Yes, I certainly have that memory—the more so because he was a Doctor Barnado's boy and the army had become his family. So he was slightly unusual as well as having a good heart. **Not so; I have told you in previous times: that is why you must never judge another human being. It matters not where they come from or what material goods they have, what is important is what is within their heart and soul—that is what life is about.**

Rod: You slapped my wrist last week when I mentioned that, but it's difficult: tonight a coloured gentleman came up to our door and wanted to buy the back of our garden and an immediate anger came over me. It takes a lot of getting used to, but I haven't got there and your words do come through—but initially I was wrong.

Do not be so hard on yourself my dear friend. You do struggle I know, to accept many words spoken here, but I am sure if you look back to the time when you first came to us, you will find much improvement within yourself.

Rod: I've been told that at home!

Laughs

Give thanks for all those blessings that you now have. And do not allow any failures, as you see them, because they are not; it is just a learning process for you.

Rod: Thank you.

So do not be so hard upon yourself.

Now, as always when we have guests, I will take the opportunity for any questions this time.

Jim: May I ask a question about the power of thought? I attempted to think about a particular subject—in fact it was three digits, three numbers, and think of everybody in this room and the idea of mind projection, and finding out whether I have the ability at the moment to succeed with this. I'm interested in what I can do to improve my performance, if I can put it that way, and I thought I would ask you if you would like to comment on how I am doing.

Your endeavours in whatever way you choose spiritually can only be beneficial for your own growth. As the gentleman previously, you sometimes try too hard to succeed when in fact you should just let things be, and when that air of calmness and acceptability is there, then you find you have greater success. But my words to you, my dear friend, is (*sic*) that you must strive for what you feel to be right for you. It matters not whether I approve or any other person around you sees your success, but that deep within yourself you know what you are doing is for the betterment of your spirit. Does that help?

Jim: Yes, it does help. I will remember what you said and I will keep trying.

Yes.

Jim: In my thinking, if I think about you, would you know that I was thinking about you.

All thoughts come to us, yes, of course.

Jim: This happens when I look at transcripts and read your teachings and often I can follow what you are saying as if I'm in this room.

Yes, well that is the benefit of being able to recall words that are placed upon paper, because, as you know, the human memory is not infallible.

Lilian: That's for sure.

Rod: It's fragile.

Jim: When we pass over to your side of this spiritual universe, what happens to our ability to memorize? Does it become better?

If you are speaking of physical memory, then it is obsolete, but spiritual thoughts of course remain with you.

Jim: I see. My memory, which I don't boast about, will improve in the next world then?

If you so desire.

Jim: I see—yes, I'm happy about that!

Lilian: Something to look forward to.

It is an existence of thought in our world, so whatever you desire, whatever thought you give out, that becomes your complete reality. You understand?

Jim: Yes, I do understand that—I feel I know what you are saying.

Yes. Sometimes my words do not always make sense to you within this room; sometimes that is why I repeat myself so often, because the human mind is liable to forget or to misunderstand what is said to it. So, it is most beneficial I feel that at times we go over the same ground of knowledge, because, as you well know, each one of you within this room is at a different level of development.

George: So would this mean that we remember spiritual information and feelings for various people, but we forget our mathematical tables? **If you wish to retain mathematical tables, you will.**

George: Thank you.

Lilian: Have you any questions, Di?

Di: Yes, I would like to ask a personal question if I may. I feel, because my mother's is very ill, I just feel that she has *already* passed over, but the body is still on this Earth. I'm due to return back to my home (*New Zealand*) next week, is there anything else I can do to help her on her journey or is the journey *her* journey?

Of course you can help as each one within this room can help another human being. You can give loving thoughts to those in our world to make her passage easier and quicker for her, but ultimately it is dependent upon her freewill, when she decides that it is time. But yes, always loving thoughts will be received and help will be given. But as you may know, that as the spirit leaves the physical body behind, there is more time in our world than is spent in yours. So it becomes for some a more gradual process, but of course, continue to help with your loving thoughts; that is all that you can do. (*Thanks*) And do not be afraid of your own emotions, because you are holding back at this time and that is based my dear friend upon your fear, your fear of losing a loved one, which is of course natural to the human being. But it would be much better if you could *deal* with those

emotions whilst she is still here. Do you understand?

Di: Yes I do, thank you.

Lilian: It's a very difficult time.

Yes. If only the people upon this Earth plane could rejoice as we do at the passing of your loved ones. We see it as a return home, to all that is real, but of course it is a slow progress for human beings to reach that state of acceptance—but it is possible and you all should strive to see passing to our world as a natural function of living, because those who pass are happy and they are greeted by all who love them, all who love them, not only family members, but those of us in spirit who have been with you for many lifetimes. But of course we know and understand that for most people that earthly and human comfort is necessary. I hope that helps you all this time.

General thanks

Now I will take my leave of you this time and allow any others to come forward. So, as always my dear friends, until next time we come together, I enclose you with my love and upliftment for all of you.

General thanks and farewells

George's Notes: Following Salumet, an advancing one joined us through Sue. This was one who spends much time in the Halls of Learning, gaining in knowledge to pass onto others. He spoke of the huge privilege to sit at the feet of the master as on this occasion. He spoke of the tremendous light and the golden glow (as seen from spirit) in his presence ... and of the sound, the vibrations, music and bells that is just beyond description in earthly terms ... it is not really like any of them. And as he leaves the room it is just amazing. 'It is a very great spirit and I cannot tell you the feeling that is left behind on our side ... wonderful, wonderful, wonderful!' In spirit, it is stated to be much more an impression of energies felt within and understood rather than just the words. This one declared it to be the first time he had sat at the feet of the master and does not know if it will happen for him again. It was an overwhelming experience. But he will return to the Halls of Learning with the benefit of the experience, and things that were a little cloudy will now be much clearer. He also declared that we are all learning every minute of the day,

whether we realise or not. Here, we have human fallibilities and have much to look forward to when we pass to the realms of light. It was a powerful message delivered with great feeling.

The evening closed with a cheery, light-hearted one via Eileen whom a few of us remembered as 'Annie'. Annie spotted several that she remembered, but most were new. She was more familiar with the group 14-15 years ago when it met in Leslie's house. She is aware that Leslie continues his work and we indicated that it would be nice if he were to drop by again—Annie too. With Salumet, Bonniol and the two further visitors, it completed a splendid evening.