~14TH January 2002~

Good evening. *(General greetings)*
Although we have been apart, we have been close to you in Spirit. I begin slowly this time so adjustments can be made. Last time I spoke to you I asked what you had gained in the past year of your time. This time my dear friends we will ask once more, now you have had time to consider fully what achievements you have gained spiritually. Then I will speak with you individually to tell you what indeed you have gained and how much you have grown.
Lilian: So shall we go round individually?
I will leave that to you my dear friend.
Lilian: I would just like to say that the person you are using, I did ask her before we came in and she said that she felt closer to Spirit this year than before—so that was Eileen.
I am aware.
Lilian: Yes, I guessed you would be. **(Yes.)**
Sarah: The same as before really. I feel it much easier not to judge people, to perhaps try and understand a different way of looking at things so that I don't get angry. Sometimes I do judge a little bit, but I try to bite my tongue and think, no, I shouldn't be thinking this way. I generally find it easier to understand people, to try and look at things in a more spiritual way. From that point of view I think perhaps I am understanding Spirit a little more than before.
Yes, I would agree with you, but what you have achieved is strength of heart. You have given way and learned how to deal with what you call emotion. What you are indeed learning is to be compassionate without all the emotional garbage which belongs to human kind. We see your light get stronger and stronger but you still have nagging doubts which you are now beginning to judge for yourself and realize that you must accept some things even without the answer there in front of you and this, my friend, is what you are achieving.
George: I feel that I have learned much from your teaching and that to bring peace and love to all people, because, for one reason, we are all one. I think I have extended the feeling of spiritual humility and I think this links to the realization that each one of us is so small—one iota of soul, and the soul being but one in a sea of souls; and yet we are all one—the full realization that we are linked and such a very small part. I think that this sort of realization has become much greater.
Yes. You my dear friend have pondered, wondered, been in awe for so many years, but, yes, you are correct when you say the realization of what being truly spiritual means, has indeed touched you in this past year of your time. You need to look with eyes from within, to find truth, to find the meaning of all life, and this my friend you have begun to take steps upon the ladder. You will never be a great communicator in the sense that each one of you understand, but that inner knowledge is what you have and what you hold dear, and your pathway my friend is to do just as you have been doing—to spread the word through your speech and through your writing.
George: Yes, I feel this quite strongly. Thank you.
Paul: I think I am feeling more comfortable with myself now and I think there is a direction beginning to open up. I still don't know what that direction is really, but I feel there is a momentum building.
Yes. You look too hard—you look too hard rather than to allow that Spirit to be gathered and to be utilized in the way that it can. You of gentle soul have more understanding than you realize. You tread a pathway this time where your spirituality begins to come forth into the physical being. You have spent many lifetimes isolated in lonely thought, but in this lifetime you must go forward, you must make communication with those who stand close by you, in order that you see the purpose of your pathway. But you have grown much my dear friend, even if you are not fully aware of it.
Paul: Thank you, that's very clear.
Jan: I believe that I spent the year getting to know *me* and my Spirit first. I have looked inwardly a lot more than I think I have ever done before, and I've found looking inwardly and getting to know myself helped me understand and have an empathy towards other people, stronger than I have ever felt before. So that is what I think I have learned this year.

Yes, you have quietened the busy mind that belongs to physical living. At last you know that to be in stillness and quietness can reap many rewards and for you, my dear friend, this is an achievement that the Spirit has grown, has gone forward and will continue to do so provided that freewill continues to desire it to do so. As always, you know freewill is dominant within human life and all I would say to you my dear friend is that, as long as the desire remains, there is no reason that you should not continue to grow. But one small word to you before I leave, and it is this: that still there is with you too many—what is the term you use—*handcuffs* from past times. I would if I may suggest that you focus and try to work upon this if you are to fully develop those spiritual senses. (Thank you.)

Sara: I feel a much deeper fulfilment in many areas of my life now and I know that there is still a long way to go, but I feel that this year has been an important year, and I can't say in which particular way I have grown, but the sense of joy and fulfilment which is often there tells me that I have grown.

Yes, and that is your achievement that you have that knowledge, you have that *feeling* of knowing. That belongs to the Spirit and not to the physical existence. You have said the words that I would have said to you, that it is a *spiritual* knowledge that you cannot place your finger upon, but you know that something has happened. (Yes.) **You also too are learning that you need more than yourself for life to help you to grow. You need the conditions which surround you at this present time to make you stronger.**

Sara: Yes, I understand. You mean to draw the help from others, **(Yes.)** instead of offering to accept from them.

Yes. It is available to all, but do not forget that the human living is also part of the spiritual growth. You cannot separate the two and this applies to each one of you, not only to our dear lady friend.

Sara: Yes, so what you are saying is the conditions we find ourselves in are necessary, even though we may not like them always, they're necessary for us to grow.

Yes, always I have said to you, it is the times of trouble and stress and war which is when you grow more spiritually. So do not look upon these times of darkness in your lives as anything to be avoided, but rather to give thanks that you have been given the opportunity.

Sara: And it is true too if we don't resist them, they don't usually persist.

Yes, exactly. Yes, your understanding of this is good.

Margaret: I don't really know how to put this, but I feel so contented with my life now. This last year has been a year where I have appreciated my friends more and understanding my Spiritual life and I am so happy within myself. I sometimes think I shouldn't be, but I *am* happy. I don't know whether that is the right thing to say.

Yes. What is happening is that the Spirit is reflected in the physical living and that happiness that you feel is the Spirit shining forth. Remember, how the Spirit is will be reflected into physical living in one way or another. So continue to grow in your own way. After all, each one of you has your own pathway to follow and if I bring a seed of comfort to you to help you on your way, then indeed my task also is being achieved. (Thank you.)

(Lilian then asked Sue if she wished to speak, but she was deep in trance.)

Do not disturb her if she is being utilized. I know how she has grown. And although her physical living is at times much too *busy*, shall we say, still is she growing stronger with more knowledge and I am sure that she will tell you when she can that she has experience more spiritually at this time than ever before. You can confirm it with her.

Lilian: For myself, I have realized, especially the last few months, of the lessons that we're here to learn. Emotion does get in my way I feel perhaps too much. If I could stand back from things a little more, it may help. Yes, the learning for me I think is still going on.

Yes, again I would say to you that you have grown much since you have been doing this task, shall we say—your light grows brighter, which is—you are correct when you speak of emotions controlling you at certain times. But again, you are human as all of you are, but the secret is that you must control the emotional body in order for the Spirit to go forward. This is not a criticism, nor is it a judgement, but is said, my dear friend, to help you and when times are indeed stressed, as they are in all of your lives at some point, then I say to you: go to the quiet space within and you will be uplifted, guided and helped in order that you can deal with any situation and go forward. (Yes.)

I would like to say this to you my friends: You may wonder why I have asked you all what you have gained in this past year of your lives. You would say, but surely they would know how we have grown? But of course we know, but we have found when working with you humankind that to voice what you feel, to experience amongst one another is food for thought to all the others. It is an exercise in speaking forth on your own growth.

Sara: Can I ask a question? **(Yes.)** Regarding tears in crying, would you say it is healthy to ease the pressure sometimes? It is something I have always wondered, because not everybody cries, not all women cry for example. Do you think it is healthy if it is quiet and it is alone and you are relieving stress?

It is neither healthy nor unhealthy, you must go by each individual. Some individuals have more emotional capacity. I am not saying whether that is good or bad, or better or worse—it is the nature of the individual. If tears release tension, then I say what harm can it do? It is of course, emotional and belongs to the physical, but you know the Spirit also *feels* and that belongs to the spiritual. There is a difference and perhaps I may suggest that that is something you may wish to ponder upon and ask for guidance and help in receiving the answer. In that way you are growing and you are also developing and helping further knowledge of what you feel. Do you understand?

Sara: Thank you, yes, I think what you are saying is probably that with greater detachment, **(Yes.)** it becomes less necessary, **(Yes.)** because then there wouldn't be over-sensitivity—

Yes, if the Spirit was to the fore, then there would be no reason for the tears.

Sara: I understand yes that makes sense.

But what I would say to you all this time—and I will not speak for too much longer—is this: that the past year of your earthly lives and the years ahead are most important ones, not only for you who have knowledge and understanding, but for all of the planet Earth. There are many of us, as I have told you previously, who have come to help this planet, but what I say to you my dear friends is this: there is the potential upon this planet at this time in its evolution, for spiritual growth for all people. This cannot be denied. At this time of development there has to be progress and it is happening *now.* So I say to you my dear friends, take this opportunity, take it whilst it is there, in order that you can gain and grow to the best of your abilities. There are many who surround you to help you upon your way. There are many who surround the planet to support and to uplift. There are those beings, such as I who talk to you now, who come to many to give knowledge and advice. So I say to you my dear friends, think carefully on these words this time and do not let the opportunity pass you by. It is up to each and every one of you, because I tell you again that the help is at hand if you wish to use it. I will end this time by asking that we meet again, that we come close to each other at these times and we give thanks for that opportunity. We ask that we come closer to that *Source* of knowledge and love, which is part of us all.

(General thanks and farewells)

~21st January 2002~

Good evening. *(General greetings)*

Lilian: Just a few tonight.

As always I am happy to speak with those who wish to listen.

Lilian: Yes, thank you very much—

Last time we discussed what you felt you had learned from last year. I hope that my words given to you have enabled you to think more clearly about what you have achieved. I told you also that this is a time of your planet's evolution when many things are changing, that many from our world come to you to give to you truth and wisdom, upliftment and guidance. All of this you know. What I wish to try to achieve in the coming months, is for you all—those who are not present also—to try to assimilate all the truth which I have brought to you. These coming months are the time of great importance to you individually. This is the year when each one of you has the opportunity to grow, to grow more fully in knowledge and wisdom and truth. What is the purpose of all of these truths? It is to bring to your world much that is needed at this time, but it is brought to you in order that each individual person can expand their awareness, and in so doing, spread that truth wide across all of this planet. And you know my dear friends, there are many ways of achieving this. We have spoken on many things and still there is much

for me to bring to you, but I would say to you that I have brought to your thinking many things previously unknown to you. But you now must utilize all of this knowledge. It is important my friends that your spiritual awareness grows, because in raising your own consciousness, the light is shining brighter, it is travelling further and many seeds will be sown. I wish you to realize that this is the purpose behind all of my teaching, that these words do not remain only with you, but that you go forward and allow others to see by example what you now know. Each one of you on your own pathway is travelling forward, is travelling true to what you have come forward for. We would wish that each one of you finds your light, finds your own wisdom and finds the truth that I have brought to you. You find that all of these things brought together will have an effect upon you in the coming months that you may not be fully aware of at this time, but will bring to you much that you need, not only in your personal living, but in your spiritual achievement. There is so much good which surrounds you all and I have to say that still you are unaware of the greatness of this light. So, in these coming months it is our wish and our desire that we take hold more fully of the truth which has been brought to you, that it be used for your own developments. I hope these words are what you wish to hear, (Yes—) **but ultimately still there remains with you your freewill, but I can tell you that all the help that you desire in trying to achieve greater awareness, is there for you. I could not on many occasions tell so many that this is so, but to you my friends you have shown your dedication and your worth and it should be rewarded with the help that you desire.** *(General thanks)* **But I say to you again it all falls back to you. We cannot interfere, we can only uplift and guide you. But if you ask of us, you will receive. It is no good to have only this time together in this room of light, you *have to* become individual lights in your own right, in order that you can go forward. I will try to bring to you what I can at these meetings in order that the help be made available to you. So therefore in the coming months we will *'re-run'*, if you like, the truths already given, we will elaborate, we will search out any misconceptions or any doubts that you may have. We will become stronger, we will become a force so strong together that the light will be obvious to you all. I will not say more this time but we will leave the rest of this time to each one to sit quietly, to go inwardly and to find those who are so close. You have to allow yourselves to raise that consciousness, to purify the spirit-side of yourselves in order for those who are close to come even closer. I leave this with you.**

Lilian: Thank you very much.

George: Could I just say that your teaching has also confirmed so many sketchy ideas that have been in our minds and this has been pure joy to have our dim ideas confirmed and made much stronger.

Yes. That has been my task to illuminate that which has been in darkness. If I have achieved this for you on many aspects of what has been known, then my heart is full. I thank you for those words my dear friend, because it brings joy to all who come and stand close by you, to hear that you have felt the truth.

George: Yes, we certainly have.

Lilian: It's turned our lives around.

There is so much more that I can give to you, but as I have said, the next coming of your months is almost a gift to you my friends, in order that you are given the opportunity to grow. Of course there will be new teaching, I will endeavour to bring it to you, but as I have said there is the basis already given to you that you might grow strong, that you might grow wise, that you may grow easily.

And as I leave you this time, let us ask that the light of the cosmos, the light of all that is good and perfect shine within each one of you.

(General thanks and farewells)

~4th February 2002~

Good evening. *(General greetings)*

It is good to be here with you my dear friends.

Lilian: It is nice to be together again. We do have very bad weather at the moment so a few of them have not been able to make it.

They are with us in Spirit. Let us begin this time by giving thanks for all that we are given. Let us be aware of the great love of this union. Let us know how much we have achieved in the name of love. Because we are few in number this time, I say to you my dear friends, do you have questions for me?
George: Yes, perhaps I could go right back to the beginning. Your mission was to raise awareness and to help prevent mankind from destroying himself. I have recently read about White Eagle in Spirit and the White Brotherhood and of Arthur Conon Doyle who passed to Spirit in 1930, and around that time they also had a mission to raise awareness and to help prevent mankind from destroying himself. In view of this delightfully parallel and similar mission, I wondered if you would care to make any comment about White Eagle and the White Brotherhood?
Yes, I am aware of all of these soul energies and have I not told you my friend that many of us from our world have congregated in order to help human beings reach awareness of what he is about to do, what has to be prevented and so forth?
George: You have told us, indeed.
White Eagle is a name known to many, many people throughout your world. He has given many talks to those close to him. Those people have indeed given his words to many. White Eagle belongs to a group of beings who have given themselves the mission of assisting and helping through communication with others. He is guided by the angelic group, as many more are. You may be aware of some other names, but as you know my dear friend, names are not important. But I would say to you that *White Eagle* and *Silver Birch*—another name well known in your world—are composed of the same energy. There are many, many of them. These energies came to this planet to achieve something which we have all striven for, for many, many of your earthly years. This mission first was conceived, not just a few of your earthly years ago, but in many thousands of your years ago, because, you understand that *time* means nothing in our world. But the progress of this planet Earth had to be viewed in advance, before mankind could destroy himself. I am happy that you have taken some of White Eagle's words, because he—I will not say *'was'* , because he still exists as energy and is still teaching upon this planet—not as White Eagle, but in many other guises. Do you understand what I say to you?
George: Yes and I would say it's most refreshing to find such wonderful agreement between details of his teaching and your teaching to us.
But that is how it should be. There should be no difference in truth. As I have told you in past times, when there is disagreement, you must look to lesser degrees of form of energy who are not, shall we say, not 'changing' the truth, but can only give you as much as they know. Always keep this in mind when you read your books or you listen to different channels in your world. Where there is disparity of words and actions, it is only that they do not hold the wider scheme of existence in the same way as those energies that call themselves White Eagle and Silver Birch; they were energies of teaching that come from the Source, therefore their words and mine should agree.
George: Yes, they certainly agree wonderfully.
There are many teachers, and did I not also tell you my dear friends that all that I would give to you would in some way around this planet be clarified or repeated or given to others in order that the truth overflows among you humankind?
George: Yes, and one of your more difficult teachings to us, I felt, was about the Angels of Darkness and Angels and Light, but the White Eagle teaching includes a section on those Angels, and it's particularly nice that I found such wonderful agreement.
I will repeat once more: Truth cannot be changed. It is as simple as that and who is there but those who come close and come from the Source who have the full knowledge of teaching. Many, and I would like to refrain from using the word 'lesser', but I cannot find a more apt description for you, but these beings would not be to 'lesser' communicators known; they would not understand the energies involved. Do you understand? (Yes.) **Have you more questions, please?**
Sarah: I don't actually know much about this White Eagle, but did he come through at any time on this planet as an Indian, *(Native American Indians)* because it seems that quite a lot of the communicators we have coming through were in this life Indians? Is there any reason for that or is it just that they happen to come back to us?

That is two questions. Let me try to answer them for you. The one you speak of as White Eagle is known to those who were close and used by him as of Indian origin. It is as we all do for the sake of communication, we need to give to you human beings some form of identity. I have told you that names are not important. When beings of light come to this planet, they are energy form, they are shapeless, they do not have form as you would know it, but for the sake of communication they use the energy of the human mind to make a form. I hope this is not too complicated for you?
Sarah: No, I understand that.
Because the human mind looks for explanation, we have to present ourselves in some kind of form either by name or some vision that you can clasp hold of. So, White Eagle shows himself as he does to those he uses. There has been in those Indian nations, one who would be called *White Eagle*, not once but many times, but what I wish to say to you my dear friend, is that the energy known as *White Eagle* was not one who trod this Earth.
Lilian: Would that go for Silver Birch as well?
Yes, but this is where it may be confusing to you. To have acceptance, to have form, you must remember this: many times those energies have been given form by drawings, paintings and so forth. Remember that the thought form is so powerful that it would be created in the communicator's mind and also that of what you would call on this planet *psychic artists.* We are returning to the power of thought form. Do you see what I am trying to tell you? (Yes.)
Lilian: Yes, I believe there are drawings of Silver Birch, but I am not sure.
Indeed there must be, but what I tell you is that these teachers, these *energies* that inhabit these forms for the sake of communication, are *beings of light* who have not walked this planet, but who have devoted and given of their time to teach.
Lilian: Such as yourself?
Yes, when first I came I told you that I was a conglomeration of beings. This is something we have not yet fully discussed, but in time we will; so too are all teachers of any type of powerful stature that appear in your world. No matter what you are told of these people—let us say White Eagle, because that was the name given to me: That being would have projected himself for the benefit of the communicator. Does it make sense to you? *general affirmations* **I am explaining to you on a higher level of energy that would not be fully understood by those with lesser knowledge.**
Sarah: Something else actually has come into my mind about these Indians that come through to us. Eileen, your medium, one day she saw an Indian and, when the Indian turned round, she saw her own face. As I have said, we have had several Indians through so I understand what you have said, but does that have any relevance?
Yes, before I answer that, let me say and answer the second part of your question. The Indian nation whilst on this planet—not only the Indian nation but all nations that have gone which have been extinguished from this planet—had a great spirituality about them. They respected the laws of life, they were close to their own spiritual guides and the very nature of their living entitled them to be great souls when they returned home. That is why you find that many of them will return to help those less fortunate than themselves, because whilst upon this planet, they had already grown to such a degree that it is an obvious step forward for them to return and help others. It is as simple as that; they wish their knowledge to be returned to the place that they have left.
Now let me speak about the lady I am using. She did indeed see and I believe was much surprised by that vision of her own face. I have to tell you that the face was superimposed for her benefit, because at that time we did not feel that she would readily have accepted that it was *her* from a past time. You can give her those words, because I know at that time she was taken aback to see that someone so alien in form had the look of her own facial features, but it was to help her to realize, and I now know that she has fully accepted many things, but at that time she was not ready for it. Does that help you?
Sarah: Do I understand that she was a Red Indian once herself? **(Yes.)** Yes, thank you very much, she will be interested to hear that.
My dear friends, let me say this to you: I say it not often, but I do thank you for these periods of question times. It gives me the opportunity to go over many of the points that we have spoken of, but it also gives you, my dear friends, the opportunity to reiterate those points which you are not fully clear on. So you

see, we help each other as always, or I hope I help you. *(affirmations and thanks)* **I believe I have told you that this, your coming earthly year should be a time of great advancement for each one of you and during this coming time, there will be the opportunity for each one of you to go on a journey inwards, and I will tell you now that next time I will send to you someone who will take you on that journey to find for yourselves, that thought, that knowledge, that inner being, that inner guidance which is there for you. You probably will all experience something different, but that is part of your own growth and we would not wish it otherwise. So, I will leave you now and give you time for your own thoughts and I will speak with you again, not next time, because next time it is your turn to work with yourselves, and we will discuss what you have discovered.** *(General thanks and farewells)*

~17th February 2002~

Good evening. *(General greetings)*
As I begin this time I ask that you feel the energy that passes between you. Do you realize the unity which this bond brings to you?
Lilian: I think we all do.
I trust that our communicator last time gave food for thought. *(affirmations—last week we were taken on a meditative journey—unfortunately this was not recorded)* **I hope that each one of you found within yourselves that which left behind the physical being and helped you to realize that inner you. I know some of you have pondered this and yet others who have been too occupied with living to think much about it. But I hope that each one of you can reflect and say that you gained some insight.**
Lilian: Yes, especially Sara.
I have told you my dear friends that this year of your earthly living will, in great part, be devoted to each individual growth, and an evening that you had last time is just an example of what we will bring to you, the purpose being that you can leave behind the physical overcoats and be more aware of those who come to guide you. Each one of you should have met your own guidance last time. What I say to you now is that it is your own responsibility to make that bond stronger, to make that awareness greater, to make that union a good and sound one. I can help you, but I cannot make you do these things. This is where responsibility comes into play, that each one of you, individuals as you are, must take full responsibility for your own growth. I do not mean to sound like I am chiding you, but instead I wish to encourage you.
Lilian: Yes, we appreciate that.
I would like this time just to reiterate words that have been said previously. There is so much confusion in your world at this time, so much fear. You, my friends, must conquer your own fears, but what I wish to say to you about the planet as a whole is that it *is* progressing, it *is* evolving, it *is* working out to the plan of all existence. Therefore I say to you and all of you who come across people with fear in their hearts, your words to them must be of encouragement, of upliftment and of far-seeing; but firstly you must tune yourselves as pure instruments. Do you understand? (Yes.) **This world is going forward, there are many times ahead when there will be fear, where there will be anger, where there will be many passings; but those of you who know and understand the truth, must help those who live in darkness and fear, because eventually you *will* move forward. And remember time is irrelevant to us in our world, but to you time seems to hang heavily. So remember what I say, that you have nothing to fear. I think for this time that I will answer questions for you and next time I come to you I will bring you some further knowledge.** (Thank you.)
George: Yes, you told us some time ago about new energies that would be discovered and there is a machine that has been discovered that is called a *'Random Event Generator'*, which seems to pick up energy from the collective unconscious and has recorded peaks for events such as the funeral of Diana, the funeral of Mother Teresa and the tragedy of September 11th, and it shows a peak for a mass peace meditation. So, I think our science is picking up and measuring the energy of the collective unconscious and I think this is leading to one of the energy discoveries that you talked of some time ago. Would I be right in thinking that?

I thank you for your question. Yes, I have told you, your scientists are being impressed and so they are. I also wish to say this to you: many, many words are used in descriptive language about energy. This is not new energy as you know it, because it has always been. What is new is the understanding of mankind. I did tell you that machinery in all forms would take part in any kind of communication with us, and this applies to what I have always taught you that Thought is the most powerful energy in existence. This is what these machines are now picking up. It is not new, it is only new to the scientists who hold great store by facts and figures, do they not?

George: Yes, what is new is that science *has* discovered the energies.

Yes, but they are being impressed.

George: There is one query I would like to put to you: in recording the energy fluctuation associated with that event of September 11th, the energy peak began to rise three hours before the event. Would that be due to those in Spirit wanting to influence people concerned and people nearby to that event? Would it be their energy that was being picked up three hours before it happened physically?

Yes, what you must understand is that these energies exist whether you, mankind are aware of them or not—but I understand your question and I thank you for it. We, in our world, are constantly influencing many, many people. When there is either negative or positive—we shall use your earthly words for these terms—when there is a great surge of energy, then it *has* to be shown and that influence comes more strongly from our world at these particular time.

George: Yes, thank you. I thought it must be that.

Yes, it applies to both energies. As I said, we will use positive and negative energy for your understanding. It is a little more complex than that, but for you to understand it, that is how I will put it to you. Remember what I have told you, there is nothing which happens upon this Earth plane that we are not aware of. What I think perhaps you would find interesting, when these 'energy surges', shall we call them for your understanding, they gather in what you call the 'astral planes' and have the ability to grow and become reality.

George: Yes, so it would be those in the astral planes that are endeavouring to influence.

Yes, but of course remember that those in the astral planes are also being influenced from higher vibrations. It is a complex subject, but I hoped those simple words have helped you to come to an understanding.

George: Yes thank you that dies clarify.

Lilian then asked sitters if they had questions.

Paul: No questions at the moment thanks.

Mark: I am okay thank you.

I would like to say, go back to the first gentleman. *(Paul)* **I do not normally speak personally to you, but you are most tired my dear friend, spiritually most tired. You need to refresh that Spirit. You need to go inwards and ask for help. I will try to offer it to you, but you have to be prepared to accept. Do you understand?** *(there was some confusion as to whether it was Mark or Paul)* **The one known to you as Paul. He is not aware of it, but I wish to give him some upliftment.**

Paul: Ah, thank you, thanks.

Jan: I can't speak as eloquently as George does, but my question is on a similar level. I sometimes sense anguish or fear that I think I am being shown in certain circumstances. Like, for example, when I am walking my dogs, I will suddenly have a feeling that around the corner there will be a dog that we are not going to gel with very well, and nine times I am right, even before I have physically seen the dog. Is this the energy also that you speak of that I am picking up prior to that event?

This is your own guidance. It is slightly different, but you could compare it to what we are talking about of course. All happening is energy, but what you my dear friend are experiencing is this: it is your own inner *guidance* which is telling you in advance what is about to happen. It is no different than those who can see into time, looking forward. You must always listen to that guidance, because as you have recognized, it is always right for you.

Jan: Yes it is. I just needed confirmation that I was right in picking those things up, thank you.

Yes, but all of life is energy, remember this. You see yourselves as solid human beings but of course you are not, you are but heavy vibration which creates form.

Jan: I have also experienced the positive side of that energy, whereby if I think in a positive manner—I'll say an example again: there *will* be a parking space on the second floor in a busy car park, and there *is*. **(Yes.)** I can visualize that space and there will be that space there.
Have I not told you many, many times that your thoughts create reality? (Yes.) **If the thought is true, if it is for good purpose, if there is no *fear* surrounding the thought, then it is positive energy and of course your use of it shows you how much you are growing.** (Thank you.)
Sara: Lately we have had the smell of tobacco smoke in our house and the sound of music from keyboards unexpectedly are in our house. Can you explain, it is possibly friendly visitors from Spirit? Could you confirm?
Yes, I do not normally give personal details, but I have asked for questions and I will answer this time. You have within your household children and their energy is a source for those who are attracted to them. You have no need of fear within your home circumstances, but I would say you have a youngster there who indeed has the ability to see and sense.
Sara: So one of them would be aware of the presence?
A boy child—but do not fear, there is no harm meant to you.
Sara: We feel it is positive and often it brings us upliftment and amusement.
Yes, that is the energy brought to you, because of the energy of your children. It is their pure energy which is attracting more, more good energy.
Sara: That's good, thank you. It does depend how we are ourselves as to what we can attract.
Of course, as I have said to the lady before you, your thoughts become reality. You must always, all of you, remember this. If you find it disturbing, you have the ability to ask them to move onwards. (Thank you.)
Lilian: We have a tendency to forget about our thoughts.
That is why I am here to constantly remind you.
Lilian: Yes, we need it. Margaret?
Margaret: Nothing really except that I have asked for help for Agnes and that is the most important thing in my mind at the moment. Thank you if you could help her in some way.
She will be given the help that is best for her. (Thank you so much.)
Jan: Salumet, my son Richard would like to come and sit on Monday evening if that is at all possible with yourself?
I would be happy to speak with this one yes, provided, as I have said before, the others are happy to do so.
George: I wonder if you could help us again with some definitions. We have talked about the terms—one of your expressions was 'far soul integrations' and we have talked about 'Source', and a term that a lot of people use is *'Christ Light'*. I think all these things are much the same thing, but would you care to say if there are any differences between those expressions? My own feeling about the term *'Christ Light'* is that it expresses the domain from which teaching masters come to us but would you like to say something about those things?
Yes, I understand your question and thank you. Yes, I, as I speak to you, would prefer to use the word, if I had to make a choice, of *'Source'*, because it indicates the beginning of all things. Do you understand? (Yes.) **I think your word, and again I have to say to you: they are only words. In describing a source, you have to understand that in the minds of you human beings, because you find it difficult without words, that there has to be some use for that which is greater than yourselves, and because 'source' is a word recognizable to you all, I feel it is an apt one and it indicates the beginning of all things. Would you agree?** (Yes.) **Christ Light or Christ Consciousness, as we have heard it described, comes from the master who you have called Jesus The Christ—that is how the expression came to be known. It means a supreme consciousness, Christ the Light, because when Jesus The Christ walked on this Earth, as he still does in many forms I hasten to add and I have discussed this with you—his purity of light shone to many, many, many people; and I feel that to call Christ Light or Christ Consciousness is to call upon that which has been experienced upon this planet. But it is words only. Do you understand?** *(Affirmations)* **I would say to you my dear friends that you must find the words which feel right within your hearts, the words which you find to be most suitable to your own awareness and experience. Again I say to you, they are**

but *words.* You know that in the past I have used the words *'going home'*. To me that is the epitome of all that is, because the word *'home'* to you human beings means a purity, love and all things good. (Yes.) **So, I would say to you, that would be a word that *I* would use. There are many expressions in your world. There is the *'Universal Consciousness'* to which I have referred, there is the *'Godhead'* used by many. There are so many used in your world, but I say to you my dear friends, it matters not what the words are, but what you feel within, because no matter what the words relay to you, each one of you is bound on the same journey, on the same journey *'home'*. Has that been helpful to you?**
George: Yes, wonderful, yes it has helped a lot. Thank you very much.
I will take my leave of you now my dear friends. Again, it has been wonderful to blend with you, to feel the love that you exude and I hope that as you leave this room of light this time, each one of you feels that love and upliftment which I leave for you all. *(General thanks and farewells)*

~25th February 2002~

Good evening. *(General greetings)*
Lilian: Welcome to you again.
Thank you. I hope that our question time when last we met proved of interest to you. *(Affirmations)* **This is a time of growth for each one of you. This I have told you and throughout this coming earthly year I will continue to remind you. This time, my dear friends, I would like you to consider what part you play in your own spiritual growth at this time of your own evolution. Would anyone like to say what they feel?**
Lilian: I think more listening to the inner self. **(Yes.)**
George: I think I shall endeavour to reach more people with the message through distributing the book and I shall endeavour to do more writing, and I feel there is also some natural inner growth happening in relation to family and young children and bonding with people more. There is also a growth in awareness and understanding things and thinking through some of the problems of understanding spirituality. Those are my feelings.
Yes I understand your words. What do you suppose your position now relates to the spiritual aspects of living, not only on this Earth plane, but in far-reaching planes of Spirit and the cosmos? Can you find your own purpose or are you still afraid of seeking out that inner truth?
George: Yes, I have hesitated in speaking out sometimes in the past, but I think I am getting beyond that; I think conditions are becoming easier. The deafness is still a little problem in communicating.
Yes, but do not worry about physical conditions, we are helping you with this. What I would like you, my dear friends, now that we have reached this point of understanding, is to look outwards to find the connection, not between the physical and the spiritual, but between the spiritual and the rest of creation. This is the step which we hope you can take in these coming months, but to succeed in this way you have to have some kind of understanding of your inner being. I know each one of you tries so hard in expanding your awareness, I know each one seeks that inner voice, but now has come the time for that understanding and awareness to seek further. Do you understand what I am saying to you?
George: Yes I think I've got that. I shall have to think about that some more.
Is that not the purpose of my coming to you, that you are able to seek further and understand fully your spiritual nature? (Yes.) **Is anyone not fully aware of what I speak?**
Sarah: I understand what you are saying, but in order to make the step—
Yes, I understand that sometimes my words may seem confusing to you, because I know my dear friends that since our acquaintance, you have, each one of you, grown so much. You have come to an understanding, or at least the *beginning* of an understanding, to recognize within yourselves that *Spirit* which all of you are, but until few of your earthly years ago lay dormant. *(Affirmations)* **My dear friends I will say to you that you have gained much in such a short time, but we need to go *forward*, we need to let you think for yourselves, we need you to expand your awareness, and of course I can help you, but I do not wish to do the work for you. Do you understand?** *(Affirmations)* **After all, it is part of your life's pattern that you should accomplish these things for yourselves. But I will say to you my dear friends that**

up to this point in time, you should be pleased with the outcome of your work. I do not say these words to you lightly, but as I have said to you on many occasions, you do not see how brightly your light shines.
Lilian: It's nice to have the encouragement from you. Like children in school, we need encouraging.
But my dear friends remember what I have told you, *all* knowledge lies within; you need only to look inwards to find it. So often we hear people say, *'but how can we achieve it?'* And of course each one of you knows the answer: that is to go inwards in your meditative state and to find that inner voice and also those who come close to you. May I ask the question of anyone else, where do you feel you are in the scope of all existence?
Sara: I feel that I have reached a point where I feel I can communicate who I really am to more and more people, and I want to do that, and to speak as I believe and I am trying to put this into my music as well. I would like to communicate on a more expansive level that way. I feel more comfortable than I have ever felt and I don't have enough quiet time, but I want to improve that and tune in more to nature and that part of life as well as people.
Yes, until you can leave behind the physicality of living, until you can recognize that oneness with all things, until you can recognize that that inner you, that knowing of yourself can be made clear to all; until such time you cannot grow. But you have been told that music for you is most important, and I will say it to you once more: not only is the music important for your own Spirit, but the sound and the words of music expands to all consciousness. Did you understand that this is so?
Sara: So when I sing or play music it's heard by others too? **(Of course.)** It goes further than I think?
Much more so. You must remove yourself from thinking only in physical terms. Remember what I have told you, that all thought, all movement, all sound is energy and energy is not static; so by playing beautiful sounds you are in touch with that higher order of creation.
Sara: Thank you, that's very important to know.
Lilian: Would listening to the birds and the wind in the trees have the same effect?
All sounds of what you term *nature* can only be harmonious to your being. Have you not my dear friends when listening to the song of the birds of the air, have you not become part of that song? *(Affirmations)*
Yes, this is the point I am trying to make to you, that you have to go beyond what you understand physically. You need to be in closer touch with all of creation.
Jan: I have very recently experienced I think what you are saying. I think you are aware that my quiet times are walking in the forest with my dogs and I have felt overwhelmingly part of those woods. The other day a deer ran in front of me and I stood in wonderment at this deer and all of a sudden I became that deer and that I had a vision that I had been or that I was part of this creature running in front of me. I can't get enough of this particular wood: every stick I see, every stone I pick up, it's been a wonderful feeling, even watching the food chain—I found myself thanking the little mouse that had just fed the weasel.
Yes, because you have become as one with all things. When you reach that point of unity, then the understanding of your status within the energy of all Creation becomes clearer.
Jan: It's a wonderful feeling—
And you can have that sense of oneness with all things, not only in your quiet moments, but in every waking moment of your earthly life. It is something to be achieved by all of you, but again I say the responsibility lies with you all. I can help you, I can try to impress you, but I *cannot* make you understand that inner feeling which each one of you possesses, unless you are willing to give of it. Do you understand? *(Affirmations)* **Does anyone wish to speak, with me?**
Lilian: We have a visitor, *(Pat)* shall I ask her if she has any experiences?
If she wishes, I am happy to speak with her.
Pat: Just that I feel that I must give more time to my spiritual work. I lead a busy life anyway, but I need more time to be quiet and still **(Yes.)** and in that way to find the inner peace that I need.
Yes, you know full well my dear friend, because there are many who come to you, but you have an uneasiness at times about you and this is because you do not listen enough to that inner quiet voice. You do listen at times, but then physical life overtakes that quiet voice and the worries of earthly living take over. But you know and you understand that these quiet times are all important for your growth. All answers come to you in quiet times. But I would say to you my dear friend, there is much good you can do, and I would say to you that there is a pathway which will open up for you, not at this time but one

that you have not considered, but will open up to you in the future and you will find much peace and much comfort from it. (Thank you.)
Now my dear friends before I leave you this time, I would like you to consider, and again I can only leave it to your own good judgement and whether you give time to it, but I would like each one of you before we meet next time to think of the energy amongst you, to see when apart how strong that energy bond can be. Try to visualize the energy which starts from each one of you, which conjoins each one of you and which in these meetings uplifts you. Next time I will ask each one what they have achieved in this visualization. I will ask you to explain how the energy defined itself to you. Is that clear my dear friends? *(Affirmations)* **Already I feel your doubts, but do not be afraid, you are capable of much. Feel the energy which supports you all and see what you can find. You may be surprised. I will leave you this time.**
Lilian: We look forward to meeting next week.
Yes. I will leave you this time, there is much for you to consider. *(General thanks and farewells)*

~4th March 2002~

Good evening. *(General greetings)*
My dear friends there a stillness and a quietness amongst you all this time which is good to behold. So often I have joined with you to find so many disturbances, so many low in Spirit, but this time it is good to feel the peace which surrounds you all. I, of course, am speaking about a spiritual peace. Last time we spoke, I asked you my dear friends if you would, in your quiet time, think about the energy which exists amongst yourselves. Do you remember? *(Affirmations)* **As I asked this of you, my purpose was that each one of you develop a new knowledge of what that energy is. I have told you that this year much of the time will be devoted to your own growth. Therefore this is not light-hearted by any means, it is a form of learning which I hope you will find pleasurable. Therefore, may I ask each one of you what you have attained from sitting quietly to find out what the energy bond between you feels like?**
Sarah: Yes. It was light and it moved in sort of circular waves. Each time I had a slightly different feeling, but the predominant feeling was the light, the light movement.
I will not respond until each has spoken.
George: I found that in my quietness—it is very difficult to describe, I had more of an *'away'* feeling. It's almost like slipping away from reality into a light mist. Sometimes I lose consciousness altogether, but I have been aware of this slipping away from reality a little more lately. I also fancy I'm thinking a little more deeply about some things and there may be a connection here, I am not sure. That about sums it up.
Mark: I can't describe anything visually, but for me it is a sort of sound. I get a sound and it's very peaceful and *'other worldly'* sort of feeling. Quite difficult to describe, but I feel more around my head and ears. To me it feels a bit like a sound, not to do with everyday life sort of sound. One night I had a really good, nice sleep and I woke up feeling really very relaxed and I wondered if it had anything to do with trying a bit harder to focus on that.
Margaret: I found that for some unknown reason that when I sat down in my easy chair, I just went off to sleep, but I seemed to be on another planet, such a peaceful planet that when I woke up I couldn't believe that I had been there. It was just so peaceful, it was unbelievable.
Lilian: For myself, I sat and thought of my friends in the room. It was basically a blending together although they weren't here, it was just me, but the energy seemed to blend us together although we were apart, if that makes sense.
Yes, I thank you for your words and your experiences. Of course it would not be right that you all would feel and have the same experience, because each one is at a different level of learning; but your descriptions are fine. I am happy that you gave of your time to try these things. Can you see with even the words used here, how close you are in describing your own energy, because my dear friends, each description belongs to you individually. You are joined, but still you are apart. That seems to be a contradiction but it is not. Let me say a little about the energy which brings you all together. You know full well that an aspect of yourselves can be in another place even though the physical body may still be here. You understand this my friends? *(Affirmations)* **So too can energy between two people stretch forever. If you take the finest thread but the strongest thread, with an elasticity so strong that it can**

reach onto all areas of your world, then you may begin to understand how energy works. It is fruitful that each one of you finds for yourselves individual concepts of what energy feels like, and first and foremost you have to feel it on the physical level. In saying that my dear friends, if you agree perhaps we can try that now. *(Affirmations)* **I would ask that each one of you place the physical hands together, rubs them together and places one hand close to the next person's hand, then we will see what you are feeling.** *(Pause)* **Can we say what is being felt, please?**
Lilian: I can feel the energy. *(tingling? Recording unclear)*
Mark: To me it's like a waving wand.
Yes, what do the other gentlemen feel? Do not struggle with it, just say what you feel.
Paul: To me it's not warm or cold, a little bit like a magnet.
Sarah: I have the sensation of a magnet. **(Yes.)**
George: Yes, that is what I imagine a magnetic field to feel like.
Yes. So all of you can feel this physical experience, yes? *(Affirmations)* **Good. Keep that feeling in mind please. Now let us try something a little different. Are you happy my friends to do this?** *(Affirmations)* **It is for your own growth. I am trying to help you to broaden your thinking and your acceptance of what you can feel. I would ask that in turn you focus on one other person in the room and I would like you to try to feel the energy between each one of you from the area of your solar plexus. Do you understand?** *(Affirmations)* **I ask only that you do not focus on the instrument that I am using. Would you like to begin this please? And please say what is being felt. Would you like to begin with the gentleman?** *(pause—Lilian asks the group what they are feeling)*
Margaret: I feel a lot of energy.
Sarah: A slight heaviness. **(Yes.)** A sort of tightness.
Does anyone else feel anything?
Lilian: A beam of light.
Thank you, thank you.
Paul: Yes, I have got a brightness.
Do you feel a connection between yourself and the person you are focussed on?
George: Yes, there is something. I find it very difficult to describe.
Yes, I know. That is why we will take this slowly.
Margaret: A burning. **(Yes.)**
Lilian: Again a blending together.
George: A sort of fixation in the sense of being fixed. **(Yes, good, good.)**
Sarah: I am getting the same sort of feeling when someone is coming through me, a sort of filling up feeling.
Good. Gentlemen, anymore?
Paul: Just sort of surrounded in light now.
Now, my dear friends—
George: Yes—**(Yes?)**
George: I have a light experience, yes.
Good. You are beginning to experience yourself as energy. For this next thing, what I would like you to attempt is this: Each one of you must lose the *physical* being, you must feel yourself as a beam of energy. Are you prepared for this? *(Affirmations)* **It may be difficult but focus on this beam of energy. You *are*, each one of you *energy*. Can you feel yourselves engulfed by this energy?**
Lilian: Yes.
All of you? *(Affirmations)*
George: I feel the physical energies around me to be less strong.
Yes, good, that is as it should be. For this we need two people, but in order to complete this task they will need to stand, one each end of the room. What I would like you then to do is to walk slowly towards each other, still focussed on energy. There will be a point where you have to stop. Would you like to try this please *(Affirmations)* **and tell me what you feel.**
Sarah: So we will have to have our eyes open to do that?
Yes. Take it in turns with each other. What do you feel as you begin? *(Paul and Mark)*

Mark: Lighter at the top than at the feet.

Do you feel an exchange of energy? Do you feel a barrier to this energy? What are you feeling?
Paul: I feel a sort of *fullness*, a filling up feeling.
Are you blending or are you separate? What do you feel?
Paul: Half and half really, not completely blended.
But some parts blended, that is good.
Mark: It feels very nice I must say.
I ask you to remember that feeling, but remember it passing from each one of you within the room. The others like to try now, please.
Lilian: Would it be of similar energy that I feel if I am healing which the lady that you are using and myself would give each other healing, and I feel a sort of blending then.
Yes, but the blending then is slightly different. You are blending with those who are using you. This is slightly different, but of course it is still energy and a raising of the consciousness. What are we feeling, please?
Sarah: A sort of build-up.
Focus on the solar plexus please.
George: A magnetic-like feeling.
A pulling towards the other person, yes?
Sarah: A sort of drifting slightly over that way.
George: A tingling in the hands. **(Yes.)** A tingling in the extremities—the top of the head and the hands.
(Good.)
Sarah: It feels like there are two whole top parts. Not light, not dark, just—I can only describe it as still movement. **(Yes.)**
George: It sounds a bit like the magnetic field description. It sounds like there is something there but it is so difficult to describe because it isn't physical.
Yes. Keep hold of the feeling, please. Good—can we try the others please.
Margaret: My hands are very tingly. *(recording unclear)*
Lilian: I feel as if I don't want to talk. Tingling in the fingers.
You can feel the exchange of energy between you, can you? Hold on to the feeling. Please sit down now.
Lilian: I had a feeling I could have stayed there quite some time.
Now my dear friends I will return to my original question of this evening. What now do you feel between you?
Margaret: Closeness.
Lilian: Blending. Love for one another. **(Yes.)** A feeling of being quite happy to stay with that feeling.
A unity of Spirit. Would you agree?
Lilian: Yes.
At any given moment in your lives you should be able to reach out and touch this feeling of unity—this font of energy. No matter how far apart, you have the ability my dear friends in your quiet moments to come together in a bond of love and, after all, energy should be love. Your awareness now should be more open to what we call *spiritual energy*, but what you have experienced this time is that spiritual energy transmuted down to the physical level. Do you understand my dear friends? (Yes.) **Are you sure?**
Lilian: I understand what you are saying. It is a little difficult to take it in completely.
Sarah: It is only a taster of what we could achieve. **(Yes.)**
George: Does '*transmuted down to the physical level*' mean that we can feel it; **(Yes.)** if it were not we would not feel it?
Yes. Therefore, if you can *feel* the energy at this physical level, imagine my dear friends what you could achieve if you allow the Spirit to come forward and take you on that love energy into other realms. Can you now see my dear friends the importance of your quiet moments *(Affirmations)* **and how you need them to expand and to grow and for the awareness to come to the front of your thinking?**
Sarah: With this little taster we have had I think I can begin to see why Eileen, your channel, doesn't want to come back sometimes onto the physical level.

Yes, when you attain that blending—and you are correct it is a blending—then you are unaware of any physical happening around you; you are encompassed with pure love, you feel safe and secure and you *know* that life continues without the heaviness of the physical body. I hope my dear friends that the time spent this evening has been helpful to you. *(affirmations and thanks)* **Of course, as always, your freewill will operate in your daily lives, but I will say to you as I have said so many times before, it is entirely up to each individual whether they wish to grow. The opportunities are there; there are so many in our world who stand close to you, not only those you call helpers and guides, but those angelic beings whose pathway is to be of service to mankind. But it is the law of all existence that you must *ask* and this my dear friends I leave with you. I will take my leave of you and know always that my love surrounds you.** *(General thanks and farewells)*

~18TH March 2002~

Good evening. *(greetings)*
It is good to be with you once more.
Lilian: It's nice to have you with us again. We are short in numbers, with colds and bad weather.
Yes. Because we are few in numbers, I will speak with you about a topic that has been spoken of previously, but I would like, my dear friends, for you to think about it a little more deeply. You know, my dear friends, that each one of you came to this lifetime by your choice, by choosing your parents of this earth plane. You understand? *(Affirmations)* **Are you aware that not only did you choose the parents that you came to, but also the date and the time that you would be born? Not only that, not only did you choose parents that would give you the opportunity for your life's paths, but also that you influenced those people in calling you your birth names. Does this surprise you, because it is not widely understood or known?**
George: I was just thinking about our previous days in the monastery in the previous life, and it would seem then that our dear friend Leslie who presided here for so many years, would have chosen to come here a little earlier than the rest of us and pave the way, so to speak?
Not necessarily so. He would have a life path to follow as each of you do. There would have been knowledge beforehand that these meetings would take place, but not necessarily that he should come before you.
Margaret: I can only say that I chose very wisely, because both my parents were wonderful.
Yes, but let me just say to you my dear friends why you would try to influence a name? After all I suppose you would feel that to be quite insignificant, but it is not.
Sara: The name has a vibration **(Yes.)** and a meaning.
The names that you choose have indeed a vibration, very much so, which is in keeping with your task in this life, but so often you will say: but I do not like my name.
Lilian: Yes, very often.
Yes. Let me tell you my dear friends, the reason that people dislike the name that *they* have chosen, is because they do not like the life tasks that they have chosen. People also, I hear you say, change their names at will, and of course this is so, but you will find my dear friends that this will occur when their life pattern is changing also. So what I would like to say to you is this: think about each of your parents; look to see what you have gained from them. Let me say that their shortcomings would be a focus for your own knowledge. Do you understand? *(some affirmations)* **Are you sure?**
Lilian: So when we become aware of their shortcomings…
It is a life lesson that you would work upon. It may be that you need to learn *tolerance,* if one parent is quite un-giving in their attitude. There are many, many things you would learn from your parents—that is why you chose them, not because they were people perhaps that you liked, but because they would give you the opportunity to grow spiritually.
Lilian: Would the parents themselves have known of the connection with the child that they were going to have?

Yes, before, yes. Obviously unless their knowledge remained with them, they would be unaware. After all a child is a physical being as far as parents go. Very few parents bring a child to this world in a spiritual manner. Would you agree?
Lilian: Yes I would.
So I would like you my dear friends, because this is a year of individual growth, I would like you to look deeply within, I would like you to understand why you are in this place at this time and what reason brought you here.
Sara: I think it also explains why souls in families can be so different. I have often wondered about that because in my family the characters are very different. We have the spiritual quest for knowledge in common—this bond, but our characters are quite different—likes and dislikes.
Because you have different life lessons to learn—that is why. (Yes.) **Although you have agreed to join together, it also explains why in physical terms families do not always enjoy each other.** *(Chuckles)* **It is a learning process for each one of them. So I say to you, whatever problems you encounter my dear friends, thank that almighty Source of all knowledge in giving you the opportunity to grow. Do not look upon your life pathway with *struggle*, with *regret*, but with *happiness* and *light*. In that way your feet will go forward and not be static in one place. Do you understand where I am going with this my dear friends?** *(Affirmations)*
Sara: Yes, it explains a lot what you have just said. So many things I can appreciate more easily.
In your understanding, then your awareness is clarified. Yes. I would like you also on the days of your birth to sit quietly and see what you feel, what experience you gain from it, because there is always something to be gained. What I am trying to tell you my dear friends is that each moment of your existence is for a reason and although it is not necessary to know exactly what your life plan is, it helps in your awareness if you can go inward and see each step clearly. If within your Spirit you feel that life is moving in the right direction spiritually, then let me say assuredly you *are* on the right pathway.
Lilian: Can I ask a question about my mother? **(Yes.)** You once said to me that she was frightened of dying—and yes, I could see that—but have I in any way helped her to overcome this fear?
My dear friend, the help that you have provided will not be known to you whilst you are clothed in this body. Indeed you have helped, but she will not recognize this help until she returns home. She speaks to you and yet still she is afraid, but I can tell you that there are many who are there to help. So I would say to you, you have done what you can, your words do sink into her thinking, even if she denies that. (Yes.) **But be assured that that knowledge is going within and the help will be with her when she comes to our world. You may be surprise that when the time comes there will be words of gratitude for you. Do not be surprised. Is there anyone else who would like to speak?**
Margaret: Yes, I would. I have a sister who walked out of home about 30 years ago and changed her name. I often wonder whether she is still alive. I don't know how I am going to get in touch with her.
There are ways of finding out and may I say to you, it has long been coming this seeking. Yes. I would say only this to you my dear friend that there are ways; if you wish to seek, you will find. I would say to you it *is* something that you have time to do and I suggest to you that it would be a healing of your own Spirit. But we will help you when we can. (Thank you very much.)
Lilian: Sarah, you are very quiet.
Sarah: I was only just thinking of Emily with her troubles, but I am very aware that the troubles she has got are not only perhaps helping her, but are there maybe to teach me a lesson too.
You are being taught my dear friend that in this lifetime you cannot live another's life for them. You have to allow this one to become strong in her own way. I know that as human beings with all the problems of emotional ties which you find so difficult to overcome—do you not remember my dear friends when I have said to you that the emotions must be quietened? (Yes.) **—this is a life lesson for you at this particular time. You cannot help another in the physical sense. They must go through their own life's pattern. And remember also that sometimes the more problems there are, the stronger the Spirit at the end of them. Remember also that it could be a pattern that she herself has chosen.**
Sarah: Yes, would it be helpful for her to hear your words or not?
I do not feel that she would accept these words at this time. She of course can listen to them if you desire, but do not be surprised if she rejects them.

Sarah: No—she doesn't listen to anybody's words actually.
Do not be too harsh on her. When you are young in earthly years, many things seem to overcome you. What you call problems become rather huge in the eyes of young people. What they need is support, and may I say to you all, because it applies not only to young people but to people of all ages, that healing begins with the ears. Does that make sense to you? (Mm.) **To be able to listen is in itself a healing aid. I will say this to you my dear friend that as time continues she will turn to you for support, more so than she does at this present time. She has turned inwards has she not?**
Sarah: She has, yes.
But it is something that only she and those who guide her can overcome. Continue to give your thoughts to those who surround her and it is not beyond you to seek help from her own higher self. Do you understand? (Um.) **No.**
Sarah: Not quite—the last bit you said: seek help from her own higher self?
Do not speak to the child as a physical being, but speak to her *higher* being. You are capable of it and it would be an exercise for you. (Thank you very much.)
Sara: Does the same apply to me with my little boy? Could I speak to his higher being?
All of you have the capabilities to speak too. After all the higher self is only the Spirit part of the being, and you of course understand what that means. What, and I will say this with caution, what you must refrain from with any other individual, is that you do not try to interfere. Send out love, offer help, ask for help from their own higher self, but tread carefully. Again, it is an emotional trait which draws you to those close to you, but remember that you come together, whether it be husband, wife, parents, children, grandparents, whoever—all of you incarnated in this lifetime, not to be a group so much as to grow individually and to meet and pass each other on life's way. Try to keep this in mind and your understanding of each other will be greater.
Sara: We can give each other more space to grow.
More understanding, more love. Always thoughts of love will overpower any negativity that exists between. I am not saying that this is easy, my dear friends, it is not, but it is a life lesson. I believe I can say that each individual who takes a physical garb, suffers from these emotions at some time or another. I hope my words have helped a little this time, *(affirmations and thanks)* **but I do ask and impeach you that you do look more closely at the reason why you chose to be here.**
George: Could I just go back to your suggestion of sitting quietly on the birthday. Is that because that particular day is special in relation to cosmic connection?
Of course it has to be, does it not? You are not a single item. You are not just a being: you are Spirit, you are soul, you are all things; and yes to sit on the day that you incarnated into the body should give you a special feeling of being part of the whole. I do not wish to say more, because I would like you to experience for yourselves what that feeling is. There is a deep significance to it.
Sara: Can I ask a question about birthdays? If you have the same birth date as someone else, does it imply a similarity or parallel in terms of life pattern?
Yes, much has been spoken about this in what you term Astrology. It is but a small part of the whole of existence, but I would say this to you, that people who share the same birth date usually come to this Earth for particular purposes and therefore there would be a connection, even if their life pattern is different. For example, let me say that perhaps some come to this lifetime to be spiritual teachers or healers, then you would find that a great many of them would share a birth date or a birth time within a few weeks. Yes, that does happen, it does happen.
Sara: I was reading about birth dates in a book by Diana Cooper **(Yes.)** and she mentioned that the vowels in the name are important and have significance. I wonder, could you confirm if that's true?
It is only that letters and words that you use. After all I am sure that each one of you knows people who use what you call *chants* and *noises* to raise their own awareness. That is because each letter has a sound that is unique to that letter. And you will find in names that these vibrations, because after all that is what it is, it is a different level of vibration which relates to the Spirit being—and that is why you impress parents to choose the name that you wish to ride upon. Is that helpful to you? (Yes—) **If you take your own name and try to say those letters with love, you should find that you vibrate with love in saying those letters. Do you understand?** (Yes.) **It is all to do with vibration and energy. After all, you**

know full well that each one of you is an energy pattern, but it is time my dear friends that you understand yourselves a little more fully. I will leave you now this time and I will leave it with you my dear friend *(Lilian)* **to continue in whichever way you so wish, either by speaking quietly in discussion or meditation. I will leave it with you. As always, I encompass you all in my love.** *(General thanks and farewells)*

One followed through Sarah, stating that the communication between this group and those in Spirit Realm is changing. Thanks to our own personal growth, the level of communication has risen. The communicator stressed that we were helping not just this physical world, but the world of Spirit also: ***We know that you have been taught that the power of your thought is the greatest gift that you have been given, but you may not be aware, that your help in this group to those in the Spirit world is ever-growing. You are all helping those in our world, to a far greater extent than ever before. You may not be aware that you are all doing this. Those of us in the Spirit world, who join with you each meeting, are able to take a little from each of you, and pass that to those in need in the Spirit world. Not only do those who come to you for help gain much and are able to go back and go forward, but those who are unable to come through, also gain much from you. This is one of the reasons that this group is being assisted to go onto a slightly different level. This way we can take from you that which is needed to help so many in our world. For this we are most grateful to you and my reason this time for coming through, is to give thanks to you, for all the help that you are giving.***

Lilian: That's nice. We are so grateful for all the knowledge that is given to us, so if we are able to be of some help back, it's wonderful.

This as you have also been told before is a two-way affair. And now I will retire and let others come through.

A further one came through Sarah to lighten the atmosphere. Sara then took us on a meditative journey before we closed.

~25th March 2002~

The evening began with one through Eileen saying that Salumet would be coming next time. They also mentioned Leslie, stating: ***'Old friend would like to come through, but not yet.'*** *Another followed though Sarah, mentioning that they were now able to use Sarah as a medium for 'deeper communications' than in the past, thanks to her progress. Another followed through Eileen, asking us to feel the energy which flows between us, prior to Sara taking us on a meditative journey.*

~15th April 2002~

Good evening. *(greetings)*

I thank you for your welcome this time. There is among us one whose energy is new to this group. *(Richard)* **Let me begin by saying that this one is searching, is looking for something which he does not totally understand. I will say this to him that what you seek, my dear young friend, is what you know, but in the passage of time have lost. You feel at times a loneliness, an isolation which you cannot fully explain. Is this not so?** (Yes.) **Yes. What you are seeking my dear friend is the knowledge which you possessed before you came to this lifetime, because—and the others know that I do not often speak on any personal note, but I will say this to you, that your past lifetime was so full of happiness and laughter and spiritual knowledge that this lifetime for you seems almost like a punishment, but of course it is not as you my dear friends know and understand, because each lifetime brings to you new knowledge, new understanding, more spiritual growth. And as the one who sits with you and whom you call mother, she also has played a part in a previous existence. I tell you now my dear young friend, that connection has brought you both to this room in this lifetime.**

Jan: We are not surprised, are we?
Richard: No.
Lilian: There are no coincidences.
Jan: We have felt this between us.
Yes but I will tell you only that in previous time your connection was on a more level basis, shall I say, that you were as brother and sister. The young gentleman does not understand why at times he feels this inner loneliness, but he must, as you do, each one of you, find the time to go inward and to find himself, because only in going inward will he truly come to know his true self. It matters not what the outward clothing presents, that is not the true and real you. Do you understand my dear friend?
Richard: Yes, thank you.
Because he is new to the workings of this group, and I know you have looked at literature, but I would say to you, have you any questions for me? I will be happy to answer them for you.
Richard: I can't think of anything.
Do not be concerned; we will leave it there for this time. There will be other opportunities and I will help him in his sleep state in order that things will become clearer for him.
Now my dear friends this time I will speak to you a little about a subject which we have ventured upon but which there is still much to discuss. I think you know what I am speaking of.
Lilian: Would it be the names?
No, we will come to those another time because all of you have not had sufficient time to go over what I have said to you. You need a little longer to find out for yourselves what you have discovered. I wish to speak this time about what I call *'the most powerful thing that you possess'.*
Lilian: Our thoughts.
Your thoughts. Ah, do I see at last that you also recognize this to be true? *(Affirmations)* **It will also help the young gentleman because it is something that he too can understand. We have discussed how important thought is in all of your lives, we have discovered how powerful thought is in your lives, we have discussed the form of energy which thought creates, we have discussed thoughts in terms of receiving and giving. Now I hear you say, *'but what is left?'* I will tell you: thought is all things, thought is the energy which each one of you holds as your own. I am here this time to tell you that all of existence is thought. We have not discussed fully this energy pattern called thought. Thought maintains all life, all existence. Can you close your eyes my dear friends and find the energy patterns within yourself that is created from your thought? Can you do that now? Tell me what you feel, not what you see.** *(Pause)* **Remember that you are individual in human form, you are also individual in your thought patterns. When you are ready we will speak together to find out what you feel. If it is too difficult for you, just to tell me your feelings, then you can explain what you see, but I would rather that you tell me what you are feeling.** *(Pause)* **Shall we begin?** *(Pause)*
Lilian: Could I say that we are happy to be together again, and we will go round the room.
Sarah: I feel a warmth, a spaciousness but I also feel that there is a circular movement not only within me but around me.
Are you that movement?
Sarah: I think I am.
Yes, good, that is what I wanted to hear.
Paul: I don't really know about the feeling of it, but I have just got a picture of a plaited, entwined rope, or something. **(Yes.)**
Sara: In this situation I feel very relaxed and open, because there is no interference mentally from anyone in this room, we are all one. **(Yes.)** So I can be as I naturally would be when alone, the same, so my thoughts feel gentle and loving and warm. I feel just flowing energy. **(Yes, good.)**
Jan: As my heart beats, there is a vibration in my head and with that vibration was coming a feeling of protectiveness. I had also visions, especially of Middle Eastern cities at the moment.
Yes, you are using your love energy. Thank you.
Richard: The only thing I got was I felt overwhelmed, a fast feeling.
Yes, this is what I would expect because he does not have the experience of knowing quietness and peace. Thank you.

Margaret: I feel that I am being helped and I feel that the power that is being given to me is giving me strength to go on. **(Yes, thank you.)**
George: It is a feeling that I have had before. In a sense—perhaps I can begin by saying it is like being in a vast engineering works except it is not mechanical, it is just gentle noise and throbbing. It's just feelings I have. It's like I'm in a vast and interesting hall and I am just relaxed and looking around.
Yes. Do you see my dear friends that although your explanations are different, each one feels part of the feeling? (Yes.) **Can you see the correlation between you all?** (Yes.) **This is what you must understand. When you have unity of thought, imagine the power which it can create. You are within a room of peace, of unity, of upliftment. Each one of you has feelings of being *part* of, except for the young gentleman who is in the fast lane of life at this moment, but he will learn to slow down and control his thinking. I have told you often my dear friends the power in your thinking. What you now need to know is how to control your thoughts and thinking. That is the secret of living, of good health, of joy, of love, of great happiness and understanding. You must maintain control of thought. Let us discard the word *'thought'* for a moment and what you are doing is controlling *energy.* Do you agree?**
(Affirmations) **For this time my dear friends I would like you to think about your thoughts, the use of them, the energy which is created by them and what your thought feels like each time it is used. You have a great responsibility, all of you, in using thought. I hope that this time has given you a little more to think about, and we will come to it in more detail as time continues. For this time my dear friends I will leave you, unless anyone wishes to ask any questions.**
Sara: I have been reading author called Doreen Virtue and I just wondered if you could comment on her work. Do you feel it is beneficial and true?
I would say this to you my dear friends. There are many people in your world who write many words and I would say that only but a few write these words for gain and profit. What I will say to you is this: that people who put pen to paper on the whole believe that their experiences are true. It is not for me to tell you what you must believe because that is part of your learning and your pathway. It is not for me to say, *'do not believe this, but believe that'*. After all do you remember when first I came, I told you if there is anything that I tell you that you cannot accept, then you must reject it. This I would say also about the literature in your world. Read, accept it if you can; after all what is written down is the experience of that one person. It is difficult to accept, is it not, sometimes? You must be discerning in your reading as you must be in all aspects of living. I do not come my dear friend to say, *'do not do this, do not do that'.* You understand?
Sara: Yes I do.
It would be too easy for me to say, *'go in this direction, do this, say that'.* That is not my purpose. But I will say to you, continue to read as much as you desire and sort what you feel to be true within your own heart and you will not go wrong. (Thank you.)
Jan: Can I just share with everybody what I heard on our television a couple of months ago? A well known American television personality, Oprah—she has a very good little friend who is little boy who is a poet in a wheelchair, and the doctors said to him that the sore on the back of his head would not heal medically; so he asked Oprah if she would ask all her viewers, the millions around the world, to pray for him. Within a very short space of time, the sore healed. So that's evidence for medium of television, using everybody's power of thought, for asking everybody to think about that little boy—and his sore healed and medical profession were absolutely amazed.
But we are not!
Jan: I wasn't. I sat there thinking, okay this is marvellous—the fact that it could reach millions of people, **(Yes.)** the evidence of the power of thought.
And not only power of thought but the power of *seeing* for oneself.
Jan: That's what I wanted to share; not that I was surprised, **(Yes.)** but how powerful that thought obviously was for that little boy.
LIlian: It is talked about quite a bit—*thought* at this moment.
Paul: They are trying to do it with David Beckham's foot, aren't they? *(Affirmations)*
Yes, you see, it is as I have told you my dear friends, that all of these things will become known; but again it *has to* be recognized individually first and each little ripple becomes a gentle wave and the

gentle wave gets bigger, gets bigger, gets bigger. That is how you must think of your thoughts. And remember it is not only the energy of thought on this planet, but it has a ripple effect on all of the cosmos. Remember this also.
Lilian: Can I just say one thing? You said to us, several months back, that new discoveries would be made in our seas. **(Yes.)** I don't know if this is any connection, but a city that has obviously has gone under the sea —taken by the sea, has come to light. I wondered if that was one of the discoveries?
I have told you in the past that your seas hold much information not at this present time known. So, yes, new discoveries in all fields of living will come. Thank you.
Jan: If all thought was of a negative nature—and thank heavens it isn't, what effect would that have on the cosmos?
That is a question not needed to be asked, because *all* thought could never be negative.
Jan: Because of the need for balance—
Yes, so it is a question that you need not even think of. It only creates puzzlement within your mind. After all you must think positively.
Sarah: Salumet, I was thinking about you saying thought is everything; when our spirits blend, **(Yes.)** there has to be a blending of thought as well. **(Yes.)** Thought and the Spirit have to be—I am trying to work out the relationship, which must be very close.
Yes, thought belongs to Spirit. Thinking with the human brain belongs to the human body, but remember that thought is energy which is Spirit and of course the blending of Spirit is the blending of thought. Try not to separate the two.
Sarah: That's what I was thinking, they have to be very close.
Yes, you cannot separate the two. The confusion comes when people think that thought is the thinking of the brain. There is a difference and this you must always keep in mind. Again my dear friends, always think on the spiritual level and the answers will become more clear to you. (Thank you.)
George: I have always been impressed with the phrase *'in the beginning was the word'*, the 'word' I take as '*thought'.*
Yes, in the beginning, when was the beginning? It always has been. I think those words were meant for the beginning of this planet, of human kind. I think those words were written with humankind in mind, because only humankind would understand *'word'*. Do you see what I mean? Do you understand? (Yes—) **No, I feel you do not but perhaps that is something also that you can think about.**
George: Yes, I had thought of it as a more cosmic meaning, but yes, you have made the point that it is more in keeping with this planet.
Yes, but it shows, does it not my dear friend, how much your own thinking has expanded? Yes, you do not respond to that but I tell you that your thinking has grown.
George: Yes, could I ask something about Spirit in general? I have had that on my mind lately. One can think of Spirit as a vast collection of past lives which instantly enmesh to produce a future as we see it. Therefore—
Let me stop you there my dear friend. A collection of past lives, yes; but it is but one aspect of Spirit which creates the future.
George: Yes, I left out soul structure.
Yes, yes—forgive me for interrupting you but that needed to be clarified.
George: Yes, thank you. So this leads to our earthly thinking of past, present and future being instantly present in Spirit so that a linear time system would be entirely inappropriate **(Yes.)** to describe what is happening or what has happened.
Linear time can only relate to the planet Earth. You cannot relate linear time to the cosmos, to Spirit, because it does not exist as such. *You* should understand this only too well my dear friend, so it would be futile for me to discuss this with you.
George: And our physical future lags behind the future that is already present in Spirit.
Yes, of course because thought creates what happens and thought belongs to Spirit.
George: What I wanted to ask from there was: is there then a feedback from the physical planet into Spirit, which extends or modifies that future that is there in any way?

Yes of course, the freewill of humankind. Firstly let me say this to you: There is no feedback as such because all is known, that is the first point—all is known so it is not necessary for feedback in that sense. But I would say that what is shown as the future in the present time of course can be altered by physical thoughts, by freewill, by many aspects of living; and then of course it does become changed—*'changed'* is rather a strange word to use because you know energy is ever-moving, it is never static. Therefore this *change* is quite acceptable.

George: Yes, I imagine it is a small change **(Yes.)** in relation to the whole.

As part of the whole is it but as nothing. It is just part of the progress of energy—of life.

George: So when we say the future is already there in Spirit, it might be better to say it is *essentially* there?

The *essence* I would like to say is there, but it is *changeable*, created by the thinking of the human being to whose energy it is attached. Does that make sense to you? (Yes; thank you.)

Sarah: I think of the future as being an earthly thing, because we live in time, but in Spirit there is no time —

Yes, as I explained to the gentleman, there is no linear time.

Sarah: Yes, sorry, I forgot you said there was no linear time, yes, thank you.

Unfortunately, this is always the problem with humankind that you cannot see beyond the human form, the human way of thinking. It is only when you return to Spirit that you allow those quiet moments that you did earlier this evening when you became energy patterns, that you understand that your time is but an *instant.* It is difficult for you to understand Time. We appreciate it in our world and always we try to explain it simply for you, but it is almost impossible for you to accept, I feel, in a way that is easy for you.

George: I think with your teaching we are becoming a little more aware than we were at first. *(Affirmations)*

I thank you for those words my dear friend. It is simple when we have such as yourselves who are dedicated to learning and to the betterment of mankind. It makes my task so fulfilling to know that you accept my words—I do not say readily, I hope that you think about them carefully, but that ultimately you accept them as truth and for this I am eternally grateful to you.

Lilian: Our gratitude goes to you as well. *(Affirmations)*

Sarah: I don't know about the others but sometimes when things are difficult to realize at the moment, when you say them, I accept them and then later on they just fall into place.

Yes. Can I say that perhaps that is the influence of *my* thinking. I try to help each one of you in the way that you *think,* in a spiritual manner, not in a human way.

I will take this opportunity now to thank you my dear friends for listening to me with such dedication and with such quietude.

George: I think one of our expressions is: 'that is our pleasure'. *(Affirmations)*

I thank you, you are most kind and I wish you all to know that when you leave this room this time, there are many who will go with you who will again uplift you, come close to you and influence you in your daily living. Until next time my dear friends, I leave you now. *(General thanks and farewells)*

~22nd April 2002~

Good evening. *(greetings)*

Before I speak with you this time I ask that you feel the bond which joins you all. I would like you if you can, to feel the energy become much stronger within this room. *(Pause)* **Can you feel the difference now?**

Lilian: Although my eyes are shut, there is a swirling in front, a light swirling.

Can the others feel the change of energy please? Try to feel it if you can.

Margaret: In my hands and my arms.

George: I have a heady feeling which I think is energy.

Sarah: I have almost a lifting feeling.

What about the other gentlemen. Are you feeling it also?

Paul: I think so, but it is difficult to find the words.
Yes. Let me continue then my dear friends. I hope that last time gave you some more to think about. We spoke, did we not, about *energy*, the term which we call *thought?* You have been utilizing that energy this time when you give thoughts for those in need; this you understand. Before I continue, does anyone need to question about what we spoke last time? *(no questions)*
Lilian: As I see it, thought is everything.
Yes. Have you *felt* it as everything?
Lilian: I can't say I have felt anything.
That is what we will continue with this time. You understand *thought* and how powerful it can be. You use thought many, many times throughout your living, but mostly you are aware *(unaware?)* **of the unconscious thoughts which are sent out at all times from each one of you. I have told you my dear friends that it is most important that you take full control of your thinking, and I believe that the majority of you have tried to do so, although I hasten to add that you are bound to fall at times, only because you are humankind, and humankind at this present time of evolution cannot be perfect. That is why we come to help you so many times, not only in these small gatherings, but as you know we try to influence all leaders in your world—not only your world, but in other worlds. I do not apologize for once more saying to you that it is the most powerful thing that you possess. As Spirit continues, so does thought—it goes hand-in-hand as you would say on this Earth. You cannot have one without the other, in fact it coexists as one energy.**
Paul: How would you say the difference is? I was beginning to think that Spirit and thought were the same thing.
Yes, you are correct, but remember that the Spirit is evolving at all times. Thought has always existed as energy. We are coming to complicated matters now, but I will try to explain it simply for you. The problem lies because you have a human brain and the human brain perceives thought to be separate from the Spirit; but all energy which exists is but one energy but on different and various levels. Are you following me thus? *(silence)* **You seem confused. I know it is a difficult topic but let us take it slowly, slowly until your understanding is such that it becomes much clearer. With the human brain you think of thought as something which is emitted from the human brain—the thinking of the human being. You understand this?** *(Affirmations)* **But what *thought* is, *true* thought belongs to Spirit, not to the human brain. Of course there is a form of thinking, that is why humankind has been given a brain, so that the thoughts of the Spirit may be '*changed*', if you like, and transmitted through that thinking brain—but that is not the thought of which I speak. Call it '*intellect*' if you like, call it '*thinking*' if you like, but they are separate from what we are calling *thought*. Is this clear or are we confused?**
Paul: That's clear.
George: Yes, I think the brain thinking is more of a mechanical construction, **(Yes—)** whilst the spiritual thought is more of an evolutionary item?
Part of the evolution of the human kind of Spirit, yes.
Lilian: Would it more intuition?
No, intuition comes to you from the thought pattern. You have to separate the—let me put it to you this way: Imagine the human brain as a series of mechanical—what shall we say 'instances' that work automatically within the human frame—I use these words only to simplify it for you. But thought is the all-existing energy that belongs to the Spirit. Thought cannot be destroyed because it *is* Spirit. But where the confusion comes I think is that you think of yourself as Spirit and, of course that is so, but what is Spirit if it is not energy? Is it becoming clearer now? (Yes.) **Are you sure, because I would rather stop until it is clear in your own thinking.**
George: Yes, I think we have three words: Thought, Energy and Vibration. Would I be right in thinking that they all go together, they are all relevant?
They all coexist, but of course, as you know, vibration can be used at different frequencies. The energy to which it belongs is but one energy—it is a creative energy. Thought, I would say to you, is *all* energy, but when you start to think of thought and intuition coming to the human brain, then it has to be used on a different frequency range. Is this too complicated for you my dear friends, because I feel as if you do not quite understand yet? It is a confusing subject, but you have to remove yourselves from the way

that you normally think, but you are restricted because of the human brain and all thought and thinking has to function through this human brain; that is the problem. Again I would say to you, try to perceive it on a spiritual level and then and only then will it seem to become just a little clearer.

George: Yes, this may not be quite right thinking, but I'm beginning to think of the spiritual thought more as a living, growing, fluid thing, while the brain output is much more of a mechanical, **(Yes.)** non-fluid nature.

Yes. When the lady speaks of intuition, of course that is the human brain picking up the spiritual thought—the spiritual energy; but it has to be transmuted in some way and because of humankind having freewill, it is often placed to one side. But that is why you are here. But my purpose in speaking about thought, is to help you to understand the wider issue of energy and until you can leave behind the human thinking and allow yourself to be that spiritual energy which you are, then we will always have some difficulties. But my dear gentleman friend has explained it quite succinctly I feel for your understanding. Perhaps we should leave it here for now and I will endeavour to clarify these words in order that they become more acceptable to you. It is a difficult subject, but I felt perhaps it was time to introduce you to wider thinking.

Mark: I can see that it is helpful to know the difference between the rather crude and limited workings of the human mind/brain and the purer thoughts that come through. I can see it is helpful to think about that.

Yes, in your thinking will come understanding and it is entirely open to each one of you that you think clearly and long about my words, because only then will the Spirit be free to experience what we call true spiritual thought or spiritual energy, whichever you would prefer—but thought is energy. Perhaps it would be kinder to you if we would discard the word 'thought' and speak only of the different vibrational energies that exist. Always we find the human words to be most cumbersome in understanding. It is always a problem for us to try to help you to understand more easily the workings of your own selves. After all the humankind/the human body is but a mechanical vehicle which is used but for a very short time. But it is for your own *good* shall I say, that you recognize that you are far more than this mechanical vehicle.

Sarah: I remember when you first came, Salumet, you said to us when we are in Spirit that all communication is done by thought, and I am finding it helpful imagining myself to be back in Spirit, completely away from this Earth and then to imagine how I am going to communicate, and then that is spiritual thought, not physical thought.

Yes. It is a barrier for you, these human forms, but with—I will use the word again, 'thought' you can recognize your own being, your own form of energy, your own vibrational energy and use it successfully.

George: There is one other question which might connect here: we talked recently about the random event generator machine which seems to detect collective consciousness thought—it seems to detect the energy. Would that detect just the spiritual output or would that also include brain output? Would that help clarify things?

I would say to you my dear friend that anything which tries to capture energy cannot always be *pure*. Therefore I would say to you that not only would *spiritual energy* but also *negative energy* would be picked up. Do you understand?

George: Ah yes, and the negative energy would connect with the human brain output. **(Yes.)** Thank you that does help clarify.

Mark: The negative energy is also very powerful, isn't it?

All energy has its own intensity. Yes, you are correct.

Mark: When you feel that someone is angry with you, it is a very powerful—

It is tangible, would you not say? (Yes.) **That is the intensity of the energy. Would you give this instrument some water.** *(pause while Lilian gets a cup of water)* **Is there anything else you would like to discuss?**

Lilian: Are you still not ready for the names?

No, I will return to those. I feel that this *'energy talk'* was more important, while it remains fresh in your mind. Although it was informative for you to know about the names, it is not a teaching as such. It mainly was for pleasure and understanding for yourselves.

Graham: Does the process of meditation help you heal the *spiritual thought* as opposed to the *brain thinking?* Does it help you to separate the two, to understand which you are embarking upon?
Yes. True meditation my dear friend excludes the human brain. If you are in what you call meditation in the proper sense, then all human thinking should be quiet.
Graham: This must be a good thing to do for us.
Of course because then comes forth the Spirit, that true part of you, you understand? (Yes.) **That is why we always encourage you to have quiet times, not only for your benefit, but so that those in our world can come closer, because what happens to you is that your energy is *quickened* and ours *lowered*, in order that the two can communicate. But that is where you will find your *true self*, in the state of deep, deep meditation; not the meditation of the light kind, because the human thinking is still rather close. The meditation I speak of is the one where you do not exist in the sense of feeling. Do you understand?** (Yes.) **Where the human form no longer belongs to you, but only that energy is left which we call Spirit. That is true meditation my dear friend.**
Graham: When we try to achieve this, you shouldn't strain for it or reach for it, but just to calm yourself from within.
All you can do is to call on us for help if need be. You do need quiet space, you do need to develop a quietness within yourselves which comes only from practise. Most people find that everyday thoughts intrude; it is only with practise that these can be dispelled. (Thank you.) **Ask for help to still your mind when it is difficult. Are there more questions?**
George: Perhaps this is more general, but your raising of our awareness through our teaching, would I be right in thinking that this keeps prophecy on course rather than changes any prophecy?
Yes, I understand what you say. All I will say to you my dear friend is this: that energy does not stand still, that prophecies made can also be changed, because energy is not static. But what I would say to you is this my dear friend: That what you are thinking of at this present time is quite right, that the prophecies made are on a direct line of evolution. But I want you to understand that what is said today, because of freewill without all of the planets, can change; you must always remember this. Many prophecies have been made that have not come to fruition, and again, there have been many that have. What I want you my dear friends to understand is something a little wider than what is given. We have broached this subject before when I told you that what belongs to what you call *'the future'* can be changed. Do you remember? *(Affirmations)* **I hope your knowledge of these things is greater now than then and that you understand that many, many prophecies which have been forecast have been correct at the time of saying, but do not be disappointed when these are not fulfilled, because again with the energy of thinking, all energy is transmutable. Does that answer your question my dear friend?**
George: Yes thank you very much.
I would just like to say my dear friends before I do leave you this time, I wish that each one of you could see the colours of your own thinking within this room. I am sure you would be truly amazed, because each one of you is so different—your energy patterns—and yet you belong together in that union of thought and energy which first brought you here and which belonged to you in previous times. But when you understand energy thought more clearly, you will understand what I am saying to you now. There is unison and yet each one of you is apart. My love for you my dear friends grows more each time we meet. *(Thanks expressed)*
George: I think that is wonderful. When we read through the transcript we shall feel more in tune with what has been said. I think this quite often happens, we hear it from you and then we read through the transcript **(Yes.)** and that reinforces.
Yes, I feel so often that my words to you are repetitive but I do this for good reason.
Mark: That's our fault, isn't it?
I would not say *fault* my dear friend, but you are of course quite young in understanding. All of you have much to learn and again I am grateful for the time which you have given to me in love; and with these parting words I will leave you. *(General thanks and farewells)*

~29TH April 2002~

Good evening. *(greetings)*
I have spoken to you my dear friends a little about energy. I hope it has given you much to consider. I would like to say to you just a little more that at this time of the Earth planet's evolution much what we shall call *'light energy'* is coming to this planet. You know that energy has always been and always will be, but at times it becomes necessary, that *light energy* be directed to many different planets. I can tell you my dear friends that at this time in your planet's evolution it has become part of the scheme of all life that the inhabitants of this planet become much more aware consciously of all that has until this time remained within the unconscious mind. It is necessary that mankind upon this planet awakens to all that is deep within, not only concerning this lifetime, but to go deep and to become aware of all that he has been. I told you when first I came, that there were many who came to help and to uplift and to influence, but what I am saying to you now is that within the scheme of life, *light energy* is being used much more for the purpose of awareness within your planet. Whether your understanding is great enough—that is an individual question for you—but all I would say my dear friends is this unconscious awakening is beginning to take place. That is why there are many such as myself who come to help, to uplift and to teach, to help you in your understanding. You know and you understand that light and dark energy belongs to the same energy, but *light energy* must always succeed if mankind is to become conscious of the Spirit within. You understand this? (Yes.) **What I can tell you my dear friends that soon all of you and those in your world will become aware, either by word of mouth, or through your media, of new forms of communication. I told you some time ago I believe that this would happen and the process is now in place.**
George: Could I ask is this a spiritual form of communication? Is this like telepathy?
Yes, there are many forms, but many new forms have been introduced—I almost said '*created',* but that would be a false way of putting it—it is new only to you on this planet, but until there can be communication mind-to-mind, then there will always be much difficulty. Mankind now is beginning to awaken to all of this communication. You already know that many have communicated through your machinery. You are aware, I am sure, it is taking place throughout your world and as the awareness grows, then we can do more. Do you understand my friends? *(Affirmations)* **This earthly planet has reached a point in its evolution where it is of course a teaching planet, but it will become one of awareness, one of great and deeper thinking. I have told you my dear friends that the fear on this planet is almost tangible. There are so many what you call 'disasters', but which you now know to be part of the scheme of life; but it is now necessary that mankind begins to feel for himself. You notice that I do not say 'think' but *'feel'.* And that sense comes from our world; it is understood more in our world, because what you *feel* is what you *are*. Do you understand?** *(Affirmations)* **Are you sure?**
Lilian: Would it be we can feel within ourselves when things are right and when things are wrong? Is it that sort of feeling?
When your what you term *intuition* comes to the fore, that is the Spirit speaking to you.
George: I think in a way you are telling us that our perception knows no bounds.
Yes. It is better to *feel* than to try to curb those feelings with the thinking of your human brains, because that my dear friends is what happens—that the brain and the way mankind has evolved interferes with that inner sense of feeling. You know this only too well within this room, but there are many, many thousands in your world who do have your perception of what Spirit is about. They are the ones we must try to reach. If this planet is to evolve from one of learning, then we must take these steps forward, not only from all of you my dear friends who do so much, who listen to my words and in your own different ways pass on this knowledge. You have, my dear friends, done much good work between you in giving forth the truth. I do not say that all who have been spoken to have accepted those words, but I can tell you that therein lies that seed which is needed for the development of the Spirit. There are too many within your world who are lost; they have lost themselves and that is why we come to you at this point. I have felt it necessary my dear friends to repeat this time many of the things I have told you previously, because your planet at this time needs upliftment, needs much love—not only the Earth planet, but many more within this, your universe; and this is something we will talk much about at a future time—where this planet sits among your universe and what relation it has to those other planets. You know of course that one cannot exist without the other. It is a pattern of existence which follows

that great energy which has created all things and although I tell you that much help is needed, I say also it is the plan of life.
Lilian: The *light energy* that you've spoken of , in time if people came from other planets to visit and we were more aware of this *light energy* and spirituality, this would help us to accept them, wouldn't it?
Yes, because mainly they are light beings, but you would need to have the awareness to recognize it. You are quite correct in that assumption.
Lilian: We would need to have the awareness to recognise—
—Their light energy. They are beings of light themselves, many who come to your world.
Lilian: So we could actually see them if—
There are many amongst you in your world—call them teachers, call them people whose light shines out to many—they are the beings of light in your world, they are the beings of light to come, whose whole purpose is to help the people on this planet.
Lilian: Yes, I think we could think of one or two, but—
One or two—there are many, many at this present time. It need not only be those who are well known to you. There are many in your world at this present time who lead what you would term an ordinary life, but whose light shines so brightly that people are influenced by it. So do not always assume that they are people of great knowledge, or who are known to many, many people. Of course there are those who exist in that state, but there are also many, many more who wish to come to this planet to be an ordinary person amongst you, but whose light is too strong not to be recognized. Do you understand what I tell you?
Lilian: Yes I do.
George: Yes, would it be true to say that in past times there had been these light people in regions in the east, in the Himalayas, more so than in the west, but now we have a situation where they are much more widely spread.
Yes, of course. It involves all of your planet, not sections of it. It is important now that the whole of your planet is able to digest knowledge and truth and this is what we are about. It will not happen in one day, one week, one month, one year—it is part of the growth of the planet—but I can say to you my dear friends that it will come sooner than you could ever realize.
George: That's good news.
Slowly, slowly I have said to you often, and this applies also to the gaining of knowledge and awareness. Do you have any questions for me? *(Lilian then asked Paul if he had a question)*
Paul: Not at the moment unless we were going to talk about the name vibrations, but maybe you want to save that for another time.
I will return to that, I have not forgotten. I just feel that at this present time that to know a little of the energy and what is happening is what you need for now. Remember, time means little and I will return to many things. You have no questions which I have spoken about this time?
George: Can I go back to the beginning when you were talking about white light. I took this to be a spiritual light and I think it is now clear that it relates to beings who are visiting and these will raise our energies and vibrations so that we rise above our physical selves. Is that a way of putting it?
Yes, that would seem accurate for your understanding. You understand when I use the words *'white'* and *'light'* and *'dark'*, again I am governed by your human words. The difficulty always in explanation, in trying to explain simply to you just what these energies mean. *'White'* in your human understanding stands for goodness, does it not? (Yes.) **Therefore it seems sensible to my way of speaking, to use the words that you can understand easily. Therefore *'white energy'* or *'white light'* —words are really quite irrelevant to me, but I use them only for your understanding. So therefore *'white light'* or *'white energy'* signifies purity, an energy which is so pure that it only transmits beauty and love and light.**
George: Yes, thank you, that is wonderfully clear. I just wanted to clarify that point, because there are a number of scientific people who in the first place will think of sunlight and I knew you were not thinking of that.
No, you again must think on a spiritual level. Always my dear friends think on a spiritual level and all will become clear. If you try to think in human terms, then all will become cloudy and confused. Thank you.
Lilian: I don't think we have any more questions. Again I think we need to think over what you have said.

Yes, it may be a good opportunity this time as I leave you that you allow the feeling of *light energy* to enter within, to allow that Spirit to come forth, to sit quietly and to see what you feel. You may experience some form of energy around the top of your heads or you may feel something entirely different, but I would suggest my dear friends, as I leave you this time to see what you *feel*. I will leave it to you my dear friend *(Lilian)* **to take charge of each individual as they feel this energy come to them. If anyone should feel a little discomfort, then please do ask for it to be removed. Remember that *light energy* is really pure; it comes in love, but it is an energy that you cannot dismiss. So, my friends, I leave you this time once more with my love, once more with the knowledge that we will meet again and also that as each meeting ends, your own *light energy* grows.** *(General thanks and farewells)*

~13th May 2002~

Good evening. *(greetings)*
This time my dear friends can you feel the unity between you? Each one of you is now aware of your own growth when it is in relation to other people. By joining together like this, the bond strengthens; I think you would agree? *(Affirmations)* **I want you to think not only of the unity between all of you within this room, but to think of where you are placed within the planet and all of the cosmos. What are you feeling when I say those words?**
George: Very small and very big at the same time.
That is a very good response my dear friend. We will talk a little about this blending, not only with yourselves, but with all of existence, but firstly I want to say to you my dear friends this: Each one of you has come to this Earth plane with many qualities. You know of course that all good qualities within mankind belong to Spirit. What I would like you to consider this time my dear friends is which quality that you have brought to this lifetime do you think has grown most? This will not be a simple question for you, indeed you may have to think about it quite deeply before you can answer. I want each of you to participate in this discussion in order that you all understand not only individual qualities, but the qualities of Spirit which you possess as a whole. Hopefully my dear friends you should see a pattern emerge.
Lilian: The pattern between ourselves?
Yes. I will give you a moment to think, then perhaps individually you can say what you *feel.* This is an exercise for you all in understanding, in knowing each other's qualities and in so doing beginning to understand yourselves. So, when you are ready, let us begin and we will all listen, not only with the physical brain, but with the mind, which of course belongs to Spirit, and with that thinking should come more understanding.
George: Yes, the first question about growth, the simple answer is that I feel I have grown in love more than anything, because that does embrace all, but growth in understanding things runs a close second. As regards the bond between us all, it is something that I can *feel* and something which is very comfortable, but I find it very difficult to define further than that.
Lilian: Comfortable with one another, very much.
Margaret: That's how I feel. I can't explain it, but when I come here I am a different person. With all your guidance that you've given me in the past and I just feel that if I didn't come I shouldn't be able to go on.
And which quality do you feel my dear friend has grown most with you?
Margaret: The understanding of other people.
Understanding; yes, well already we can see that with only two people using words, that *understanding* is already a connection. Would the others agree that this is so? *(Affirmations)*
Lilian: Thanks to your teaching, I must say. Before we judge someone, we think about it as well.
So, are we saying that each one of you finds that understanding has become greater in all areas of your lives? *(Affirmations)* **So already we have unity for *understanding.* May I say to you, why do you feel that this one quality should be uppermost for all of you?**
Sara: Because in understanding ourselves better, we can immediately understand other people if we want to. **(Yes.)** I think that the reason we are comfortable with each other here is because you have encouraged us as a group to increase our understanding and remove our judgement of others, so within this circle,

through the course of time, we have become open with each other about our struggles in life and, with your encouragement, we have been able to try not to judge each other; and when you have that situation, you can then apply that to the rest of the world if you wish and if you can train yourself to think twice with other people also.

Those are important words *'if you wish'*—yes, enters again that freewill. Yes, it is easy to feel the unity amongst a group of like-minded people; where the greatest achievement is attained is when understanding reaches out to those in life that you find to be most difficult. Only then will you have true understanding with love. It is in the difficult moments and with people that you do not instantly—are drawn to—that is when the quality of understanding is greatest. I am sure that each one of you has encountered people upon this planet who seem to exude kindness to all people, a kindness and a generosity of Spirit which comes naturally to them. That truly is spiritual understanding, because in having no judgement of another what you are saying is that you have grown to such a degree that there is no need to judge. So, I feel that at least all of you in having this bond of understanding, you can see how, as a group of people, you have the ability to grow together. It is important my dear friends that you know this, because in the knowing comes greater understanding, greater love, greater fulfilment. And after all, as the lady has said, it is imperative that you understand yourselves fully, before you can truly understand another being. Are there more qualities that anyone would speak of?

Lilian: Mark?

Let us hear from the young gentleman.

Paul: I think this understanding in terms of judging others, having everyone as—I feel I have got the knowledge now that *everyone is equal*, no-one is any better than anyone else on the Earth.

So, equality for you is an important issue.

Paul: Yes, I think it is one I hadn't understood.

No, but you must realize that equality belongs not only to humankind, but to all kingdoms: animal kingdom, vegetable kingdom, all of creation.

Paul: I have a feeling that animals are no less important than humans.

Why do you have a feeling? It is but truth, that although their purpose upon their planet may be different from your own, it is nonetheless as important. So that the animal kingdom is evolving in its own *right.* Mankind, I am afraid, sometimes feels that the human being is far superior. Let us dispel that now. That brings us back to the word you have used *'equality'.*

Paul: That is what I have felt for a long time. Cutting down a tree *feels* like committing a murder sometimes maybe, because it extends to animals, trees and all life I suppose. **(Yes.)** Nothing is better.

This is a good road to travel and I would say to you it *is* a lesson in this lifetime which you have found, because I would say to you my dear friend, it is not always a quality that you have possessed in past time. So, I would say to you, *'well done'* in recognizing what it is you need to learn.

Paul: Thank you.

What about the gentleman, please.

Lilian: Mark?

Mark: I suppose I have learnt that everything's important, really.

Important or less important?

Mark: Everything's more important.

In what way my dear friend?

Mark: It's difficult to say.

It is words I know, but I would like you to fully understand the meaning of what you are saying. All of life is more important?

Mark: Yes, it feels more important, all of life, people, the way of viewing things.

So in a sense are you not saying what the other gentleman says, that all of life is equality?

Mark: Not the same thing, no. It *is*, but I was looking at it in a slightly different way, I think, that all of life has become much more meaningful.

Ah, *meaningful.* That is a better description.

Mark: And in gaining its meaning, yes I suppose the result is then that you have respect for more of life.

So what quality do you feel has grown within yourself?

Mark: Respect for it, maybe.
Respect for life. But may I be so bold as to say to you that people who are devoid of spiritual knowledge also have a great interest in life. Do you see what I mean? It is not necessarily a good quality that so many people should worship living in that manner. It only becomes good when love and understanding *join with* that love of life. Do I make sense to you my dear friend?
Lilian: Yes, forgetting the spiritual side of things.
I feel he is confused.
Mark: Can you respect life, if you've forgotten the spiritual side of things?
Yes, because people cling to living when they believe in nothing else.
Mark: When I talk about life—this is words again—I'm talking about life as every aspect of life.
Existence, yes.
Mark: Not just—
I know. I hope I am not confusing you, but I am trying to point out to you the difference between the qualities of life. You understand? (Yes.) **Of course I know that your love of life is different from many others, because of your awareness and your understanding, but I wanted to point forth the point that love of life is not always necessarily a good quality. Can you see the difference?**
Mark: Yes, if we are using a narrow view of life.
Yes. For example let me try to explain: If you have two men and you have a situation where help is needed, one of the men will give generously all of his time, effort and love to help. Another may offer money, because he has much, but he does it for his own gratification. But on the surface both would seem to be most generous, but can you see there is a difference? (Yes.) **And that is the point I was trying to place before you, but of course your love of life and all things is admirable. Do the others find the connection here with the gentleman's words?**
Lilian: Yes I can see where Mark is coming from.
Do the others view this also, that their love for life is intensified? *(Affirmations)* **So again we have that bond and that unity.**
George: Yes, as you made the point, it goes together with our understanding.
Yes, yes but although each of you are using different words, always we come back to that strength, that bond between you. Again I say to you, each one of you is different and yet you are all connected. Can you see as we go along how strong those words are? *(Affirmations)* **Now, what about the ladies?**
Jan: Well, growth-wise I personally feel that it's taken me 42 years to actually believe that I have started to understand why I am here and that is liberating, and I hope I can open that up to other people, but for the time being it's why I am related to the lady on my right *(Lilian),* why I married my husband, why I have my children and why I chose my parents. So again that all comes down to *understanding* and I know I have a long way to go, but with that understanding obviously comes a greater love for them. I think I then receive greater love and I feel I receive—the love was always there, but I feel it in a different way, if that makes sense. **(Yes.)**
Lilian: More of a caring, would you say?
Jan: Yes, the love that you receive, you can't see it, but perhaps you give off a different light **(Yes.)** or an energy that other people bounce back on from.
What you give, you receive in some form, but may I say to you my dear friend, as you have brought up a period of time, *'42 years you say'*, that is but a *blink*, I believe you would say. *(Chuckles)*
Jan: I appreciate that but it was just my comical way of explaining that, as you are probably aware, for many, many years I struggled with who I was, **(Yes.)** how I should behave and I believe now that I am at the beginning of how I want to carry on.
And also, you have gained in as much as in the physical sense you have much more, how do you say, '*sense of humour'* about life. You did not always have this.
Jan: No, I was very much the other way to be honest.
Yes, so in that sense also, laughter and happiness spreads its wings to many people. (Yes.) **Yes, and again as you have said, it is basically a greater understanding of all things.**
Jan: Yes. If I look at, take for example my parents and I was speaking to the lady on your right today, and I have a greater understanding of why they are like they are, or I am trying to, and I know I can't change

their path, and I used to think I could and I now know I can't and I can just *accept* that that's how they are. Do you understand what I am trying to say?

I believe all of us can accept what you are saying. I think your words will—

Lilian: We have all been there.

Yes. For many that understanding is there. But you will never achieve perfection my dear friends. In growing in the way that you have, and quickly I might say, you cannot do more. You can only join together, listen to each other, listen to my words and those of others and try to make sense of what this lifetime is about. You will never be perfect whilst in these physical garbs, but I can say to you, if only you could see the light that shines from each one of you, I know you would be amazed, because also with understanding my dear friends comes humility and this is a quality again that each one of you has attained. Think about that also. Can we hear the other lady please?

Lilian: Yes, I sat here thinking how more I am aware of the beauty of things. Just before my friends came, my adopted cat sat on my lap and I was just thinking how beautiful, the fur and the whole cat, and the leaves on the tree, and the beauty in things I have noticed much more.

Yes, because you are using your Spirit eyes; that is the beauty you behold. And again it relates to all the others in having a greater understanding. (Yes.)

Jan: I think it is very difficult to sum up in one short statement how you felt or how you've grown. I think each one of us, like you said Salumet, no matter which one speaks, we can all relate to the unity amongst us. There may be many voices but in fact there is one voice.

Yes, and that is what I wanted you my dear friends to realize this time that this bond, this unity, this awareness can never be destroyed; that as you grow whether you be together or apart, it is a bond, an energy, which has grown and become stronger and, as you know, energy can never be destroyed. So, build on it my dear friends and, as I say, life for you I cannot promise will always be easy, but life for you holds new concepts, new visions, new ideals which all of you can take aboard. I hope that before I leave you, that you will feel the love energy which I extend to each one of you. I hope that you will *feel* that within this next week of your time upon this planet, that you feel the strength and beauty of our love for you. Perhaps next time we will discuss if what you *feel* has any connection with any of the others.

Sara: Salumet, could I just mention two more words? **(Of course.)** I think I have felt much more energy, so more *dynamic*, that's another thing which I have changed **(Yes.)** and *balance* as well, because the balance of giving to others and giving to myself I *feel* is better. **(Yes.)** So it is good to study others, but obviously there needs to be a balance in studying oneself too.

Yes, until you know and understand the self, you will never—well perhaps that is not the correct word—you would find it more difficult to help others. You, of course, need to be balanced in body, mind and Spirit if you are to maintain a healthy outlook on living. You need that aspect of yourself to be strong as well as developing the spiritual self, but of course the two always go hand-in-hand. Would you agree?

Sara: Yes I would. And I think the other quality I've developed, apart from compassion which comes through understanding, **(Yes.)** is *strength,* because I think when I was younger I was sensitive, but more sensitive in my youth to perhaps dislikes from others. Now, with understanding, I feel strong, because dislikes may be there, but they do not have the impact.

Yes. What you were feeling was the emotional side of your nature, rather than the spiritual aspect, so of course, you can remain sensitive in the spiritual sense, but you *can* forgive others for unkind things more easily, because the Spirit is stronger and as you have said, the understanding is greater.

Sara: Yes, that is right.

Therefore, I say again to all of you, think about the words each one of you has spoken and think of the unity and bonds between you.

George: Could I just say that one other factor in our unity is that we have come together for *seeking* and we have had the benefit of this wonderful and patient teaching from Source which you give us. Thank you for that. *(Affirmations)*

I need no thanks my dear friend as I have said to you on occasion, it is much love from you that brings me to you. Without that bond and love between you, I could not be here; remember this also. And you also give to me much love, much help and understanding and I cannot tell you in words what you have given back to me and those from my world.

Lilian: Could I just ask a question on something that happened to my mother. It may be nothing spiritual but maybe. She had fallen asleep and when she came to she was looking towards the window and she thought that I was peering in the window; and I wasn't, in fact I think I was with my grandchildren at that moment. She was so sure that I was looking in the window that she then waited for me to come into her house. Could that have been a part of me or was that just a coincidence of her dreams?
It is no coincidence. It is the fact that she has taken a step closer to our world, that her spiritual eyes are more aware of those who are usually unseen. Of course, it was an aspect of yourself, otherwise she would not have been able to see, but it is because she has stepped a little closer. As you step closer to our world, all things spiritual become more heightened.
Lilian: I know she saw her sister, who has been gone for a while, very close. Again she came from sleep.
Yes, this is the state when all things that you call spiritual will take place. But do not be concerned, she did indeed see the aspect of you.
Lilian: Yes, I did wonder.
But it is only that the spiritual eyes are more aware. (Thank you.) **I must leave you this time. As I have said, my love remains with you and I am sure that you will feel in these coming days much upliftment in your lives.** *(General thanks and farewells)*

~27th May 2002~

Good evening. *(greetings)*
As we begin this time, let us give thanks for the love and security which we feel within this room. We give thanks my dear friends this time, because there is at this time much fear which emanates from your world. In the past year of your time there have been not only changes within your world, but subtle changes in the heavens, the planets of which you could not be aware. I want you to know my dear friends that the fear which holds so many in this world in its grasp, will shortly dissipate into a climate of less fear and more hope. I have told you that there is nothing for you to fear, but it does not stop the many, many people within your world from being afraid of life, because they do not have the knowledge which you possess. There has been in the past months, many old fears which have surfaced to create distress among many of your fellow men, but again I say to you , *'fear not'*. There has been influence, much work done from our world to influence those men of power to see their own spiritual growth in order that that Spirit stands forward and creates new harmony, new hope amongst their people. I know each one of you understands that in each nation of your world there are inherited difficulties, which need to be overcome. You are aware my dear friends I know that again there are distressing areas where people need help, where people cannot live in harmony and love, but are against each other. There are natural disasters and there have been many in the past. But remember my previous words, that all of these happenings have a purpose, a purpose which you may not understand, but which I can assure you the outcome will be much better; it will be much better for all concerned. I have told you that it will take much time before mankind realizes that the importance of living is LOVE, but it is love towards all other human beings, it is *understanding* of each other, it is being able to *live together* in *peace* and *harmony* without necessity for *greed.* Forgive me my dear friends if I have repeated these words once more, but at this time in your living, I *feel* it is necessary for these words to be said once more. Remember to send your loving thoughts to *all* of mankind. Would anyone like to ask questions?
Sarah: Yes, Salumet, in the beginning you said there were subtle changes in your world, in other planets—I can't remember the exact words you used. Were those changes effected to compensate for the problems that we have got here, or were they just happening anyway and that assists in the problems?
The subtle changes I spoke of amongst the planets are a natural progression of the planets. You cannot have compensation of other planets for one planet; *all* must grow together, *all* must change together. Those of you in your world who would understand the movement and changes of the planets within your solar system will understand better what I say. Does that answer your question?
Sarah: Yes it does, but how has that affected us? It is just a natural growth? It has no consequence with the troubles we have got here?

It is the evolution of your own planet which is creating the problems here. It is that simple, but in many minds it is not simple but *tragic.* But remember that even all of the planets have a karmic effect at times. Do you understand? (Yes, thank you.) **Do we have more questions?**

George: The part that we would not understand, I believe that would relate to karmic return and I think that the karma that would be concerned, concerns those on the planet as well as those in Spirit. Would that be correct?

Yes. Karma relates to all living things, on this planet, on other planets and within our own world. You cannot change your karmic debts. You must accept them and they must be worked through, but you cannot ignore them. It applies not only to all living things, but as I have told you, to all of the planets, to all of the universe, to all of existence.

George: Yes, hence it is beyond our understanding!

I afraid so at this present time, but that does not mean that you cannot dwell upon it and perhaps gain for yourself a little more understanding.

George: And the problems and the fear that we experience at the moment, it seems to go with the nations and groups of people. In our own society there is much concern with crime and with greed, and across the world at the India/Pakistan border there is military confrontation and many in the world will have concern about that. Is this the sort of fear and concern which you had in mind?

Yes, of course, and I would expand it a little further, in as much as to say that all nations within your world today have problems of one kind or another, but these '*problems*', as you like to call them, will be worked through. Mankind and the world is becoming much smaller in as much as that communication is greater and understanding is there for the asking. You understand what I say? *(Affirmations)* **Remember, and I say my dear friend you have used the word *'thought'* and that, my friends, is the most powerful weapon that you have. It comes not only from our word but from within each one of you. Each individual has the power to change much, but again I say to you, it is within your hands to do so. Do we have more questions please?**

Jan: This is not a question, but it is a feeling that I have had recently. I obviously can't see and feel the rest of the planet but—

Let me stop you there. You cannot feel and see the rest of the planet? Why not?

Jan: Can I finish what I was saying **(Yes.)** and then maybe it will make more sense? **(Yes.)** I have been picking up a, for want of a better word, '*feeling*' that at the moment the world around me is in like a healing process. The nature around me seems to have balanced this at the moment and things seem to be growing better than in the last couple of years and I just get a sense that this ever-turning planet of ours has a—I don't know how to describe it. I'm just sensing a healing at the moment in nature.

Can I say this to you my dear friend. Your perception and awareness has grown much and this, I know, you will agree with. (Yes.) **Because your own perception and awareness has grown, that Spirit shines forth from within. Therefore your perception of all that exists around and about you, takes on a different hue. Do you see what I say to you?** (Yes.) **Let me say for example, if you are completely engrossed in your own world, in your own problems, does not the rest and the people around also seem to be so? You see only what is distressing and what is not so good, shall we say.** *(affirmation)* **Therefore, what you are experiencing my dear friend is that love and healing energy which exudes from within *you.* Do you understand or do you need more explanation?**

Jan: I can feel the love that you speak of and I am aware of the changes deep within me, **(Yes.)** but I have a problem some of the time knowing how to react to that spiritually, because sometimes it can take me back and I am not quite sure where I should be going with that feeling or thought.

Then you must be *still; y*ou must be still and allow those answers to come to you as they surely will. What is happening in your life if you look into one of your mirrors, what do you see? It is an image of *you*, it is a reflection of *you* and that is what is happening. Remember what I have told you, that as you grow, as you take these steps on this pathway, life does not always become easier, but sometimes seems to be more confusing and more difficult. You can understand this now?

Jan: Yes I can, I couldn't before and now I can with increased regularity.

Yes, but take heart, because it should tell you that indeed you are taking a step forward.

Jan: That's comforting, yes—I know this, I know this within myself.

Yes, but again we have interference from the physical thinking. (Yes.) **Always this is the problem with you my friends. It is always difficult to put to one side the thoughts that come to the physical brain, but as you grow you begin to recognize it, do you not?** (Yes.) **Or if you do not, then you should, because each of you now has the knowledge to understand how you must go forward. So, be still when you are confused and ask that the answer be given for you.**

Jan: When you first started talking to me, you were about to stop me and ask me why I thought I couldn't see the rest of the planet. Can you explain?

Yes, I will continue what I was about to say, that all of you, each one of you, when you speak of feeling and sensing, those are attributes of Spirit and each of you has the power to *see* and *feel* and *sense* and become part of all things, but again it is your responsibility to attain these things. It is not that you cannot, it is that you have not tried or do not wish to. Do you see what I say?

Jan: Yes, I do and obviously my words were chosen not quite correctly. In my opening statement—I can see what you mean, I should be looking further **(Yes.)** and not just at *my* surroundings, but if I can sense that, I will sense further and further.

Not only sense but become *part of*. Yes, you have, to a smaller degree had that sensation of all-belonging.

Jan: Yes I have.

Yes, so you understand a little of what I speak of. (Yes.) **Again, you see my dear friends it is fear, it is a form of fear that you doubt yourselves; but it is a human condition that each one of you are well aware of, but I say to you, *be still* and you will find the answers always.** (Thank you very much.)

George: I have a different type of question. I heard this week that scientists have discovered what is termed a 'zero point field' which is seen as an energy source or a type of energy which stretches through the entire cosmos. This could have quite deep implications for planet Earth and I just wondered if this was one of the energy discoveries that you referred to sometime back.

Yes, I have held back my words to you, because did I not tell you that there would be many discoveries on this planet that were unknown at the time of my speaking to you? (You did.) **There will be many, many more discoveries, not only on this planet, but beyond, and those who study the planets will also discover many more things which will be helpful to mankind.**

George: Could I enquire if this discovery has been made before by past great civilizations?

Yes, a simple *yes* will suffice for now. We may, at another time, discuss with you, because I know you have a mind which is active and curious and is ever-turning. Therefore we will discuss just how much knowledge man had and that knowledge has disappeared from mankind's—what shall we say—*understanding*. But yes, this is not new as far as mankind is concerned, it is just little known of.

George: Yes, I appreciate your words, thank you very much for that.

I think for this time as I leave you, that it may be appropriate as I have discussed with our dear lady friend, that to *feel* and *sense* is something that should be worthwhile to you all. Therefore I say my dear friend, let us devote some time to quietly sensing what is around us. I will leave it with you my dear friend *(Lilian)* that you either quietly discuss it as you go along and allow each to speak, or you do it as you wish.

Lilian: Yes, we will sit quietly for a little while.

I will take my leave knowing always that you are surrounded by my love, that I come to each one of you in times of need to try to uplift you, to help you and to support you. *(General thanks and farewells)*

~3rd June 2002~

Good evening. *(greetings)*

The delay in speaking to you this time my dear friends has had a purpose of which I will inform you now. Those who stand close to you all have asked permission that they may see you all in this situation as a group of people, but what they look at is the Spirit and not the human form. Why should they wish to do this, I hear you ask. Because my dear friends as you come together as a group of spiritual beings, then you are exposed for all to see. There are those in our world who also need to gain knowledge from such

activities. They will take back with them some degree of knowledge from each one of you. I hope that some of you at least have been aware of their presence here. Have any of you felt their presence?
Sarah: I felt not exactly a single presence, but I did feel different around me tonight.
Sara: Now that it has been mentioned, I think I did feel the same on reflection.
Of course there would be no great degree of change, but as you know, subtle differences are more likely to occur, because as you understand, your awareness is not total, is not complete as spiritual beings. Still you are hindered by the human thinking, but it is good that at least some of you have felt this difference. I feel my dear friends that this evening should be devoted to any questions that you may have for me. So if you have questions, let me see if I can help you.
George: We have talked about the various, or some of the Source teachings before and there was one from the Source known as the 'Divine Pymander', a teaching to Thoth of Egypt. His teaching divided everything into three headings: God and eternity as one, the cosmos with its duality of material part and spiritual part as another, and man with his duality as a third. And he then goes on to say that *time* was born of the cosmos and its processes. I think this is in line with other teachings, but perhaps a slightly different way of looking at it. Would you have any comment on *time* being born of the cosmos?
Of course you understand my dear friend how difficult this topic of *time* is. We have spoken briefly before about *time* and your understanding of *time*, but what you must understand that *time* belonging to eternity, the cosmos or all of existence is a totally different factor in comparison to *time* as mankind understands.
George: Yes, he was talking about eternity as being timeless.
Yes, this you know and understand; I have told you this previously. But of course when we speak of eternity we speak of energy which has been transmuted and is ever growing, is ever moving; therefore *time* becomes encapsulated within all of these things. Are you following me? Do you understand? (Yes.) **It exists only in so much as that energy is ever-growing and ever-moving. Therefore, again, I would say '*time*' is a word created by mankind to explain the existence of eternity. You understand?** (Yes.) **It is a manmade word to try to explain what is unexplainable to humankind.**
George: Yes, the difference of eternity and the processes of the cosmos. **(Yes.)** Yes, I follow you.
Yes, I would say to you also that the explanation which you have given to me has been explained by mankind in many different ways, in many religions and may I make an example of your own Christian religion where there is the Trinity. Again there is the three-fold figure and in many religions throughout your world, these Trinities have been used in various way. But I would say to you my dear friend that all of these emanate from what was originally the *truth* from the beginning of time when mankind began to reason and to think for himself, then there had to be explanation for all of the natural wonders and thoughts which entered thinking. Is that helpful to you?
George: Yes, thank you. Yes, the Trinity is something that seems very important to theology and not terribly well understood. **(No.)** Is there anything further you would like to talk to us about regarding Trinity?
I would say only this to you, that as far as we are concerned in our world, there is no need for explanation of Trinities or any other such numbers. I state simply to you my dear friends that all things and all *truth* have no numbers, have no *existence* of their own, that truth and *love* and all of *Creation* is but of one unit, which comes from the Source of all life. Again I would say to you that no matter what mankind says, no matter what prophets predict, that the truth is mankind will always find a way of explaining in order that he might, in his own small way, try to understand that which he cannot understand. Mankind will always be limited in his understand.
George: And this is perhaps where faith becomes important in some of our religions; the inability to understand.
Yes, because mankind is not capable of full understanding, then he needs to create for himself some form of belief, in order that he might clarify within his own thinking all that appears before him. There are not many within this world who have a great deal of knowledge to do with all of existence. That is why voices such as myself and others come to enlighten all of you in order that you see that it matters not what words have been written, that mankind must look with, must *feel* and *sense* what is real and what is the *truth*. Many, many words, many pictures, many articles of faith dwell in your world.

George: So conscience and intuition therefore become very important.
They are your tools of knowledge; it is as simple as that. If you wish to find truth, look within, then you cannot be wrong, because the knowledge which comes to you comes from a line of existence, which belongs to the Spirit. Do you understand?
George: Yes thank you, that does help to clarify.
You have within you *all knowledge*. It is important that each of you use it if you are to *succeed*, if you are to succeed in your spiritual growth. All knowledge is open to you, but again I say to you my dear friends you are limited by your human brain. No matter how intellectual you may be, that is not the way of finding *truth*. You understand? *(Affirmations)* **I hope that is helpful to you.** (Yes, thank you.)
Lilian: Would you take a question. We will understand if you say no. It's about Graham's health?
I would like to hear the gentleman's voice.
Graham: Yes, I have had some difficulties with my walking again. It did get better for about a year and just lately I have gone off again and it is something that I find very curious and I don't understand it, and I was wondering if there is anything you could say to help me understand?
Yes, you want me to tell you what you must do?
Graham: Yes, if that is possible.
It is possible, but it is not wise. After all, each of you are here to learn from whatever lives you have chosen. I did give you some advice and I would say that it still applies. You may not have found what you are looking for yet, but I would say this to you, that you do need to give yourself more time as I have said previously, of *going within*. Because you see what you call your own subconscious mind holds all of the answers for you. I could of course tell you what to do, but that would not be helpful. This is something you must work through and I know and I understand fully that all of life's problems are frustrating and cause anguish to you all, but I would say to you my dear friend that you are growing because of it. And I know these words do not come easily to you, because so often we hear in our world, *'why me?'* and I would say, *'why not you?'* I hope you do not feel my words to be harsh, because I do not mean them to be so.
Graham: No, I don't feel your words are harsh and thank you very much for what you have said.
But I will say is, continue to search because the answer is there for you.
Graham: Thank you for that, yes. I will keep searching and I will try to find more time.
Yes, you need—I know in daily living that each one of you finds that time presses heavy upon you, but only, if only, you could realize that that time spent in developing the Spirit is time for your own *good*, your own *growth*, your own *development*. It also allows those from our world to come even closer to you, as they have done this evening.
George: Could I just ask, the searching that you talk of, is that searching within?
Within. All knowledge is within, but you have to free your thinking before you can go within. There are many ways to do this and I suggest that each one finds their own way, their own *key*, in order that they find that place within the Spirit where all knowledge is available to you. It can be done and it is part of life's journey that you should endeavour to do so. It would be much too simple for me to make life, my dear friends, free from all strife and worry, free from the problems of everyday living, but what would you achieve?
Lilian: We wouldn't achieve anything.
I could lift you, help you, cherish you and love you all. It is difficult for us who watch over you to see each one of you struggle, but it is part of our endeavour that we stand aside and allow that spiritual growth to take place.
Lilian: Yes we need reminding of that sometimes so that we can go forward with courage.
Graham: It is encouraging to think that these difficulties actually do help our growth **(Yes.)** and I certainly do take a lot of comfort from that. I do feel as if I am beginning to look at life differently now and I can certainly see other people's point of view better—things that I wouldn't have noticed before.
Yes, it is an awakening of the Spirit. That is what happens and most individuals start off by small things in their lives. They begin to notice that they, as you have said, are more aware of others than themselves. That love grows within the heart and they are able to be more tolerant of their fellow man. I

am sure each one of you within this room has had that metamorphosis, where you have grown, where you have felt that life has expanded for you, but what you cannot know my dear friends is how you have grown in Spirit. That knowledge belongs to our world, and you may be aware of upliftment, of consciousness, but you cannot *see* that purity of light which shines from each one of you; and I have to say my dear friends it is that aspect of your being which is important to us all. And I do assure you, no matter what difficulty life throws to you, you will shine through in Spirit. I hope these words bring comfort to you all in your struggles and I know each one of you have your own testing times. They may be different from each other, but to you individually they are a lesson in life which is difficult to cope with. But you cannot grow without struggle, and remember what I have told you, that the more you grow, the more struggle there is. It may be different for each one, but it is there. I hope my words have been useful to you. *(affirmations and thanks)* **If you would like whilst my energy remains, if the gentleman would receive healing using this instrument, I will direct some healing for him. I would ask only that he be placed in the centre of the group and each one of you direct your loving thoughts from the heart towards him. You may find that I will leave you as this takes place, so remember my friends, that my love is always with you. Look within and the answers are there.** *(General thanks and farewells)*

~24th June 2002~

Good evening. *(greetings)*
This time I would like to speak with you my dear friends a little about what you truly understand yourselves to be. You know and understand that these physical bodies are but clothing for the Spirit, but how do you each perceive that spiritual being to be? This evening when I have finished speaking with you, I would like you to go on a journey inwards, and to you my dear friends I will put this question: *'Who and what are you?'* But the journey within, which I wish you to take will be slightly different from anything you have undertaken previously. Each one of you is aware of the feeling of meditation, of peace and upliftment, and some of you clairvoyance, but what I wish you to try this time is to observe the observer of these things. Do you understand my dear friends what I say?
Lilian: The observer being someone from Spirit?
Within yourself. Let me give you an example. When you are aware of a picture or a person or whatever, you are looking with spiritual eyes, are you not? (Yes.) **What I wish you to do is to look even more deeply. You are the observer of these things, but I want you to *observe the observer* and see what you come up with. You may find this interesting; it is another exercise in your development my dear friends. And after all, we are devoting much time in this your earthly year, to helping each one of you to grow; that has been the purpose of this time. What I will say to you my dear friends, we have spoken briefly about what you call the beginning of time, we have discussed that you are Spirit, we have discussed many things about what we term '*energy*', and we have come to the conclusion that we are but a small part of the Creative Force. You would agree?** *(Affirmations)* **But I ask you now, how do you interpret that spark of Creative Force? I am putting to you difficult questions this time, but my intention is that each one of you gives time to finding out what is the true nature of your being. Do you understand my dear friends? If you have questions, let me have them now before you embark upon your inner journeys.**
George: I would say I have always considered myself something of an observer, even from childhood and in those days I looked at the grown up people around me and they seemed to be *real people* and I felt rather like an actor. So, going back to the spark, I think during the course of living, that spark must have changed quite a lot. Does that make sense?
I understand your words. Of course, throughout your earthly lives there will always be change and knowledge. There will be an innate knowledge that lies within you, which you perhaps you are not aware of. But yes I understand what you say, but the observer I speak of is within the spiritual being and not the physical. You understand this? *(Affirmations)* **You will find that the two are completely separate.**
Sara: So he would be observing himself observing—to see with spiritual eyes, he would be observing himself observing?

Each one of you will observe the observer within yourselves. It sounds complicated and I do not expect you to have some kind of revelation, but I would suspect that each one of you becomes clearer in the way that you perceive spiritual eyes. Do you understand? (Yes.) **I sense a little apprehension.**
Lilian: We were talking the other evening and you mentioned *'feeling'* , for myself I feel when something is right and something is wrong. That's a spiritual thing?
Yes, of course, it has to be from Spirit.
Margaret: Just feeling contented with one's life, that's what I have learnt.
Yes, remember what I have taught you that whatever the spiritual aspect of you feels, then that feeling will, as well as the power of your thought, become reality. So the contentment within your physical life is achieved, because there is a knowingness within the Spirit. Does that make sense to you? (Yes.) **Now I will leave you. I will work quietly with this instrument whilst I leave you all to go on your inward journeys, and I will leave you my dear friend** *(Lilian)* **to begin any discussion that is to hand.**
Lilian: Yes, thank you and there will be no more speaking from you?
No, I will remain with this instrument and work quietly with her, but I would say my dear friends, do not be afraid to speak of what you feel and what you observe, but the purpose of this exercise is to see if you can observe the observer within. *(we sat quietly as instructed for about 10-15 minutes)*
Lilian: Is anybody ready to say what they felt?
Sarah: I can. I felt that I was slightly put to a side and that the observer was then coming through me with me slightly to the side, so when I wasn't actually seeing anything, the roles would be reversed. So I was sort of changing places almost.
George: I don't know. I have been going in and out of consciousness. I found it difficult to settle into any particular scrutiny. I need to think about it a little more.
Paul: I got the impression that the inner me was basically seeking truth all the time and that it liked balance.
Sara: I felt that it wasn't something I could do constantly. I could concentrate on and off on the idea of the observer observing. In some way I felt it was my higher self, it was my higher self, and I felt a sort of energy about the observer that was observing me, but when it was observing me I became more aware of my physical self as rather like a distracted child that wants to go here and wants to go there, very much the idea of a child really. But the higher self, the observer, was very impartial and constantly very loving and always there and that's what we tap into to find our words, to find a peace and a balance. It was a good exercise because it made me much more conscious of what we do in meditation, because I could feel the difference very strongly between my physical observer and the spiritual observer.
Lilian: I felt that the observer was part of me with the feelings. Then I thought, you remember he said about belonging to *universal* shall we say, I felt love came into it, which I think I have experienced just slightly a couple of times, that's all. Yes, it's the unity with everything. For me it would be more the feelings, he is part of my feeling, I say 'he', you know.
George: Feelings is a key word. Not so much an observer as feelings about feelings which makes it so difficult to summarize.
Sarah: I felt a sort surrounding, it enveloped me, the observer part.
Margaret: I feel comfortable in myself. I don't know whether I should be, but I just feel that everything just lately has been going pretty well my way.
Lilian: It has got to be the feelings. I suppose when we 'come to the end of the road', you know what I mean, it would be when we feel peace with everything, part of everything. It will make us think, won't it?
(the tape ran out at this point)

~8th July 2002~

Good evening. *(greetings)*
This time my dear friends I would like to say to you how much did you discover last time we met? Before I continue onto more words with you, I feel that still you need time of reflection to go within. Did any of you feel some connection last time when I asked you to observe the observer? *(some affirmations)* **I**

know that you discussed it between yourselves, but I would like to hear with your own words what you have achieved or what you feel you have or have not achieved.
Sara: It gave more a sensation of detachment from the body and not so caught up, it helped to separate from the usual mind pattern and I felt as if I was above my head rather than the usual place.
So your awareness from physical being was separate?
Sara: It felt separate from my body to me. **(Yes.)** It felt as if I was above my head and although I was still aware of my normal body, it helped me to separate from the internal dialogue. I felt more peace.
Lilian: Did you say the same, Sarah?
Sarah: No, I felt that I was slightly put to one side and the observer had almost come in its place. I felt that almost I *was* the observer, but I was also put to one side. It was a much stronger energy than me.
Yes, so your awareness also was separated? (Yes.) **You would agree on that?** (Yes.) **Yes, that is a step forward for all of you. When the awareness becomes separate from the usual way of meditating, it shows each of you that you still exist, but still have the awareness of the physical being, even if that physical being seems to be, as the last lady has said, put to one side. I would this time, my dear friends, like you to travel on another inward journey. This will be the last one for some time, because we have new things to discuss, but I have told you that it is most important for each individual to grow, to come to recognize what it is that you are about. It is fine that we meet, that you listen to my words—for that I am ever grateful to you—but also it is important for each of you my dear friends, that not only do you learn from my words, but that at such times as these, you learn to develop and allow that Spirit within to grow stronger. We have discussed your everyday situations and how difficult each one of you finds it to have quiet times; that is why it is important that when we come together that that combined energy be utilized for your own good. Would you not agree?** *(Affirmations)* **I think, if I may say so, that you find it easier.** *(Affirmations)* **Yes. Therefore, if you are agreed my friends, we will use this time, and it will be the last time for a while that you will have this individual time, to *feel* and to *recognize*, not only that inner being, but also those who stand close to you and come and support you at all times. But, as you know each individual is developing at their own pace. Therefore I would suggest for this time that as you go inward, that you focus your energy, your *mind's eye* on that *great golden light* that belongs to you all, and within that beautiful light let us see what you can *see*, what you can *feel* and what you can achieve this time. I again will work with this instrument throughout the evening. I ask only that if you speak amongst yourselves, discuss what you feel, that your voices remain quite subdued, in order that this instrument not be too disturbed.** (Yes.) **I will leave the evening with you my dear lady** *(Lilian)* **and let us hope that each one of you leaves this room this time completely uplifted and perhaps *excited*, if I may say, by what you see and feel. We will help you all that we can.**
Lilian: Thank you and we will see what comes.
(We sat quietly as instructed for about 10-15 minutes before we discussed what we had experienced.)
Sara: I am just getting pictures to do with George.
Paul: I am getting pictures as well. I am not sure what the pictures are yet and what they mean.
Margaret: I have got such a feeling of contentment and happiness.
George: I was seeking the golden light, I seemed to get a fragmented golden pattern, a sort of smooth light, a bitty pattern, a goldie pattern. It seems to be mixed in with a few childhood memories, but I managed to get back to the gold again.
Lilian: I just felt peaceful, meditative, relaxed.
Sarah: It started off with a sunflower and I was one of the petals. I felt that the rest of the group were part of these petals as well and all of a sudden we were absorbed into the centre of the sunflower, and then the middle of the sunflower opened up and it seemed like it was there trying to get *everyone* to go into the middle of the sunflower. *(we continued to discuss our feelings, before closing as usual)*

~15th July 2002~

Good evening. *(greetings)*
Lilian: A very warm welcome to you once again. We have a visitor tonight *(James – a friend of Paul's)* which I am sure you would have known about.

Of the many visitors that have come to us here, this one is the most relaxed. We give our love to him. My dear friends, this time I feel that there is some upliftment needed for some of you; this I give to you before you leave this room. I would like to ask the gentleman what he seeks from this meeting?

James: One question I have. How can I differentiate between imagination and pure meditation?

Yes, always my dear friend this is the difficulty encountered by all who inhabit the human form. What I would say to you is this: the still, quiet voice that comes from within you will repeat itself in such a way as not to be ignored. Imagination, as you term it, is just another form of the thought energy, but what I think you mean is *'how do you know that when in deep meditation,* as you call it, *can you be assured that you are linked to your own soul.'* Is this what you mean? (Yes.) **Yes. This knowledge comes with practice and with time. There will come the point when you know that it is not your own imagination, as you call it, but in fact you have reached that point of awareness when you seek the comfort and the knowledge of your own being. I would say to you this: practise, give love, ask for help and it will be given to you, that your understanding becomes greater and in this way you will achieve that satisfaction of knowing that when you go within, you are indeed in touch with your own soul. It is as simple as that my dear friend. Does that satisfy you?** (Yes, thank you.) **You doubt what you feel? Yes I know, but you must push doubts to one side, because when you allow the energy of doubt and fear to raise its head, then you are blocking that union which you seek. Do you understand?** (Yes.) **I cannot offer you more than to say it is only time which will help you, time and practice, and meditation will come easily to you. You have eyes to see, you have spiritual eyes to see. Have you not seen, my dear friend, and doubted what you have seen?**

James: I don't quite understand.

You have seen with physical eyes things that you have doubted. (Yes.) **Yes. Yes. You must free yourself from all doubt and then more can be achieved if you so desire. As my dear friends within this room know too well, *all* can be achieved. Each one of you is a source of energy and *power*. You are indeed energy to the highest degree, but it is the human form and the human thinking that brings fears and doubts into your minds. As much as we talk about fear and doubt, humankind seems destined to always find fear in many aspects of his living, but my dear friends I say to you, what is there to fear when you have the knowledge which you have been given? You are power points of energy who can achieve whatever you so desire. You are from the Source of all things, therefore all things are available to you, but each one of you *has* the responsibility to work for those things. If you allow *fear* and *doubt* to creep into your thinking energy, then that is what you will attract, because as you know, like always attracts like. Therefore if you have deep fears and doubts, then that is what you will attract to you. Again I will say for the benefit of our young gentleman, that thought is the most powerful thing that you possess. Thought is creative energy, which in your hand my dear friend, is governed by your own freewill. But as my dear friends within this room know, I have told them on many occasions that if thought is creative energy, then the use of that thought has to be for *good*, and in that way, only good will come to you. Do you understand what I say my dear friend? I know this is new to you; I am trying to keep my words simple for you in order that you can understand.**

Lilian: Do you understand James? (Yes.) He has read some of your words through the transcripts.

Yes, but although the eye can read, it is not as powerful as the spoken word and that is why he has come to us.

Lilian: This always amazes me.

Yes. Have you any other questions my dear friend?

James: I have a question about knowledge: **(Yes.)** The acquisition of knowledge, the use of knowledge. It is quite complicated—I am not too sure of my own question—but how much time should we dedicate our lives to various types of knowledge. Which are the most important ones to concentrate on whilst we are here? Is it relationship knowledge, social knowledge, intellectual knowledge?

All that you are trying to achieve in this lifetime is what you have brought with you this time. It is part of the sum total of your *all being*, shall we say. When you come to this lifetime you choose your parents, you choose the conditions of your life and also you are given freewill; this you know. In having freewill you have the choice in life to work the tapestry of that life. Therefore my answer to your question is that whatever you choose as the most important areas of your life, so be it. That is the important part of

living at that particular time. That is why you were given freewill, in order that you choose the way of living, in order that you choose and prioritise what is important to you for your own soul's growth, because each individual has that inner knowledge: that which is best for him, that which is helping him in this lifetime. None of you can know exactly what this lifetime would mean to the soul, but I can say to you, the soul does know what is best for you in any lifetime. So it is not up to anyone to tell you which is the most important area of any lifetime. You should instinctively know and if you are puzzled, if you are unsure, then that is a question for you to ask in your own meditation, because the answers lie within. It would be too simple for me, and of course I know how your life pattern is going, but it would be unwise for me to guide you in such a manner that you would not learn the lessons of this lifetime. Do you understand? (Yes.) **You are here for a purpose, you are here to live your life to the best of the abilities you have, you are here to be in touch with your own soul; and that is the purpose of meditation that that inner quiet voice can guide you in whatever way you are travelling. Is that helpful to you?**
James: Yes, thank you.
I think my dear friends that this time I will not add any new subjects; I think our friend has quite sufficient to think about this time. So, I will say to you, I will leave you quietly and allow others to speak. Before you leave the room, each one of you should feel a little more uplifted. *(General thanks and farewells)*

A lovely bubbly one came through Eileen with message for Paul from his grandmother (Connie) who was keeping a close tender eye and felt he was the 'bees knees'. (a favourite expression of hers!) The message was about new directions: ***'It's the right path, the one he's been thinking of recently. Don't be taken in by anyone else, listen to your own self, follow your heart, and you won't go wrong.'*** *(Paul had been thinking about travelling again earlier that day—he was touched/joyful to have this connection with dear 'granny' again)*
One followed through Sue, who came to share a little of their story of how they bettered themselves once in Spirit realm, taking the opportunities, after spending a lifetime working in the drains/sewers of London. Finally, Les our dear old circle leader attempted to come through Eileen, but wasn't able to speak on this occasion.

~22nd July 2002~

Good evening. *(greetings)*
There is with you a great heaviness this time.
Lilian: Yes, do you mean physical heaviness?
A heaviness with Spirit, but I will work through it my dear friends. *(Thanks)* **It would be difficult for you to understand the conditions of which I speak, but it would be in comparison to finding your way through earthly fog. This time my dear friends I would like to speak with you about spiritual and personal law. We have made past references to each of these things, but what I wish to discuss with you this time is the connection between both. Would anyone like to differentiate between the two?**
Paul: Is spiritual law to do with like the one I think of sometimes is: we are allowed to *influence*, but not *interfere* with another person; to do with the freewill?
Yes, and by what comparison would you make with the personal law?
Lilian: I don't think we have an answer.
Paul: I can't think.
You know, my dear friends, that all that you do in this physical life is influenced by your own spiritual values, that which you bring with you to this lifetime and of course as the young gentleman has said, your freewill plays a most important part in how you react to that influence. But I wish to, this time, simplify what we call spiritual laws. I will use only three words my dear friends. Spiritual law always has been, will never change and the words that you would recognize as spiritual laws are these: first and foremost we have *Love*, that all powerful, shall we call it a condition—we have love. Next we have *Humility*, and last but certainly not least we have *Truth.* No matter how you interpret these words, it always returns to the same thing. Some might call it goodness, but that encompasses all three words,

does it not? *(Affirmations)* **But *love, humility, truth* also play an important part in your own personal laws. Personal laws are more difficult to explain to you only in so much as each of you are individuals, therefore your personal laws have to be individualized to each one of you. Here we come to the freewill that plays a great part in the lives of you human beings, but because of the great difference in individuals, what one person may call 'good', another might disagree; that is where the freewill has rein over the human being. But when *love, humility* and *truth* are introduced into your *physical* lives, then you see that the spiritual laws are integrated into your living.** *(Affirmations)* **No matter how individualized and different human beings are, when *love, humility* and *truth* are part of your living, there is nothing that is different. Can you see what I am trying to tell you?**

Sara: Yes, what you are saying is that if we live with love, humility and truth, there is no reason why we can't connect with another who is perhaps thinking in a different way. We can connect with these spiritual qualities to anybody.

Yes, there should be no division of thinking. If *love, humility* and *truth* are strong within the human being, then those spiritual laws are taking place. There is no separation. This is why I wish to speak this time about spiritual law and personal law, because when the awareness has grown within mankind, there can be no separation of laws.

George: So, within a perfect world, there is just one set of rules?

No, not even in a perfect world. Even within this imperfect world spiritual laws are happening within each individual person, but what I am saying to you is that you *cannot* live your lifetime without the influence in some way, in some small part without the spiritual laws *seeping* into your lives. It is only the recognition of such that is missing.

George: Yes, are you also saying that so long as there is the freewill factor, there must be some modification of the spiritual laws?

There need be no modification as long as the spiritual laws exist, mankind has the ability to call upon these attributes, shall we call them, to make their lives much stronger, much better for all concerned. Let me give you some example in your present day living. On your planet at this time there are many disturbances where the spiritual laws are not in operation. We have areas in your world where many people are without grain or crumb to eat, water to drink. Why is this? You might say there is Karmic law at work, but my dear friends I would say this to you: That if the spiritual law were to take place within these areas, then all these troubles would disappear. Let me remind you of those laws: *love, humility, truth.* If *love, humility* and *truth* were given to those in need then all problems could be solved. Can you see the connection? *(Affirmations)* **You cannot separate spiritual and personal laws. It is important that you understand this my dear friends, because there are too many in your world who would try to separate them. I want you to know and understand that without the operation of spiritual law, all of this planet would be in chaos and we know that is not so. Would you agree with me?** *(Affirmations)*

George: And I think some of us have been very concerned about what one might call political freewill in concentrating on arms and munitions instead of concentrating on how under-privileged people should be looked after.

Yes. It is abuse of the spiritual law, I agree with you, but we are working, as I have told you many times before, that we are influencing where we can those leaders in your world in order that *love, humility* and *truth* can become beacons rather than something you have to try to *gain*. These spiritual laws are natural to you, after all you are Spirit and that is what we are trying to influence. There is no *one* human being upon this planet who at some moment in their living has not experienced *love*, has not experience *humility* in some way and has not faced up to spiritual *truth*. No one can deny these laws, but having freewill is a component of the human being which has really much to answer for. But my message to you this time my dear friends is that you try to see the connection between your own personal laws and each individual dictates their own law, their own form of *love*, their own type of *humility* and form their own *truth*. But I wish you to know, and I say this to you my dear friends sincerely, that each individual within this room shows to me and those in my world how much you work with spiritual law. For this we are ever grateful to you and I would say that your own personal laws have taken—to use the words you would understand—have taken a back seat. Do you understand? *(affirmations and thanks)* **I feel this time that you have much that you can think about; spiritual law will never change. When you come *home* to**

our world, these laws may alter to some degree, because the vibration of your living changes, but the essence of these laws are always there. I would like you to think carefully about my words this time. If you have any questions for me next time on what I have said, I will be only too pleased to answer them for you, but I would like to leave you this time in giving thanks to that great *Love*. I would like you to *feel* that word *'Love'.* We give thanks for all that we have been given. I, too, my dear friends come to you with great *humility* and I say to you that I try only to bring you spiritual *truth*. I will take my leave this time and once more I say to you, when you are most in need, do not be afraid to call upon me and those who stand so close to you. Always I leave you with great love.
Sarah: You're a great strength to us Salumet. *(General thanks and farewells)*

~12th August 2002~

Good evening. *(greetings)*
Lilian: We have two visitors this evening from another part of our planet, Australia. It's quite an unexpected visit. *(Steve and Meredith—two friends of Sara's)*
It is good to see that new energies are so harmonious with your own.
Lilian: Yes, I felt that too.
Therefore we give them a warm welcome to this room and it is good my dear friends that we have all gathered here this time. I would say this to you my dear friends, that for a little while we should discuss what our discussion was last time we met, because in that way our visitors will be able to participate. Do you agree? *(Affirmations)* **Let us just refresh your memories about what we discussed. We were discussing spiritual laws, you remember I believe, and I asked that you think carefully about my words. Do any of you wish to ask any questions before we continue?**
George: We talked of spiritual law and how our freewill modifies, and I would think that the modification is to a greater or lesser extent and it occurred to me that what one might call political freewill, or what one might see as a collective freewill, is seen as particularly dangerous on the planet at the moment. The difficulty is that the political attitude does not always reflect the attitude or the will of all the people. There are many who object when nations become obstreperous. Would you wish to say anything further about the collective freewill attitude displayed at a national level?
Yes, I understand what you are saying, but remember this, that the freewill given to each one of you in the physical condition, is *part* of the spiritual law and that part of the spiritual law which is known to you as freewill has to be allowed to take place, whether for the betterment or the less well-intended good of all people; it *is* still part of the spiritual law which cannot be changed. That is the first point I wish to make to you. Mankind was endowed with freewill for a very good reason: that it enabled him to seek out his own spiritual unfoldment; that mankind be allowed to make decisions whether for good or what you call 'bad', but nevertheless it remains part of the spiritual law. When you endeavour to speak of freewill being used by many, then of course you have, as you well know, the power of the thought, which we have spoken of on many occasions. No matter what you feel my dear friends about good and evil, there *has to* be both, whether you agree or understand or whatever you feel about it, because without one there cannot be the other in the physical domain. Therefore I would suggest to you that you try to clarify your own thinking in seeing collective thinking as part of the spiritual law of this planet. Of course there will always be occasions when you humankind consider many deeds to be wrong, but again I wish to remind you that you are not aware of the larger picture.
George: Yes, and the individual freewill would relate in various ways to the collective freewill?
Of course, you cannot separate them. How do you become a collective freewill if you do not have the individual freewill? You see one cannot exist without the other.
George: Yes, and if there are two groups, can I put it like that, of collective freewill, then if they interact, that is part of the grand process of working out.
Yes, you must always look to the fuller scheme of things. This is always the problem with humankind that you are limited by your understanding, but as always my dear friend, try to view these things with your own spiritual eye and understanding will be greater. *(Thanks)*

What I would like to say to you this time, my dear friends, let us take *'Love'* which is, as you fully understand, a spiritual law. It cannot change, it is spiritual law, but the way in which mankind uses love is very different in all areas of your planet. What I would like to say to each one of you, how do you interpret the spiritual law of love into your own physical lives? Can you see the connection between spiritual love and love as you understand it on this planet?

Lilian: Would it help us if we forgot the emotional love which we think of, like falling in love with someone, and thought is it the *caring* for people our fellow people?

Yes, would anyone like to try to define what spiritual love would be? Perhaps each one would like to speak and we can include our friends from afar.

Margaret: Kindness and understanding.

Kindness and understanding, yes. I will hear all of your answers before I reply.

George: I would say spiritual love is an affinity, a bonding and at the same time it is selfless. **(Yes.)** It seems to involve a denial of self, a denial of ego perhaps.

Sara: I think trying to walk in somebody else's shoes. For me it's trying to see how they view life the way they do, try to understand why they view life the way they do, if it is different from us, because it's easy to love somebody, to show them love when they have an affinity with us, but when they don't we have to try a little bit harder to understand and look a little deeper.

Lilian: Think of them as a Spirit maybe.

Sara: Yes, and appreciate that they have walked a different pathway from ourselves to think a different way. **(Yes.)**

Steve: A great many things have already been said. Love has to be accepting of a person, where you might not understand, it is part of this other person that you love and therefore you go, that's acceptable and that can be taken too, because we are each different. And love also has to include mankind to the selflessness that was mentioned earlier. You care for the welfare and well-being of the people which you love and you hope they can continue to go forward to whatever it is that they regard as being needed, because again there as some parts of the people that I love that I do not fully understand, but they are part of them so I accept it. **(Yes.)**

Jan: Well, a lot of it's already been said, but I think acceptance, tolerance and feeling, like George said, an affinity with everything and everybody. I certainly felt since I've been listening to Salumet that I am just a wee little drop—and an affinity with everything. I think that feeling of love empowers you to be truthful. **(Yes.)**

Lilian: And to try harder.

Jan: And non-judgemental. Love is non-judgemental, it is unconditional.

Sarah: For me is it an all-encompassing *warmth*, it's such a *good* thing, it's always warm. It's a high energy, infinite, all-encompassing warmth.

Paul: I think with spiritual love, it has already been said about, it extending to everything, to people, plants, everything. A stepping back and seeing it all, all the beauty in it all. Going beyond the—you might see it all as struggle and chaos at first but when you step back you'll see it all as some process, or sort of a beautiful struggle.

Yes, let me say this to you that listening to your words this time, I can say that you have grown much, you have over time begun to understand a little of love. I would say that so much said here this time is correct, but now let me say what spiritual love is. You have spoken of understanding, of unconditional love, of so many other things. Spiritual love knows no ego, spiritual love, as the lady says, is a warmth, is an infinite feeling which encompasses you all. Some of you have spoken of love in a very personal manner. Spiritual love is an energy which has always been and always will be and when each one of you comes to physical life you bring with you an iota of that love energy. Love, after all, is a physical word, but it is used for your own understanding. Spiritual love is *being*, is *expansion*, is *growing*, is *energy*. I would like you to try once more my dear friends to look with spiritual eyes and to consider what this word *'Love'* really means. Most of the time you consider love to be the interaction between people, between animals and humans, between wildlife and humans. Spiritual love encompasses all things; spiritual love encompasses not only this planet but all of existence. So, again my dear friends I would like you to try to understand my words a little more, to look inwards, to forget the ego, to forget the

connection with anything other than your own being. Only then will you begin to understand a little of spiritual love. Does this make sense to you? Have you questions?
Steve: I have one question. Is it possible to love without having something to love?
That is my point. You have to understand that love must be without connection between people or things or even planets. Love is bigger than all of that. Love is an energy that absorbs the being. You will not fully understand what love is until such time as you have reached the point of existence where the ego has disappeared and only pure energy exists, but that does not prevent us my dear friend from trying to explain it to you in order that in your understanding you can make your physical lives a little more comfortable. So the answer is: yes you do not need that. Is that helpful to you?
Steve: Thank you, yes.
You can think about love, but let us go forward to another law—spiritual law, which is humility. Does anyone have any viewpoints on this? *(Pause)* **No?**
Jan: I think if a lot of us did, we would be bringing far too much of the personal feelings and the physical being.
That is what I was hoping to hear. Yes, it applies in the same way as the spiritual law of love does. All spiritual laws have to leave behind the personal, physical thinking. You have to go within, you have to allow your own energy to become free; only then will your awareness grow to such an extent that all of these questions that I ask of you can begin to make sense. How often have I said that you must go within to find all of the answers that all human beings tend to ask, not only of themselves, but of us here in the world of Spirit. I have told you that all things are possible, all knowledge is at hand if you so desire, and again this is where your freewill comes into play, that it is entirely up to each individual to seek out their own spiritual awareness and in so doing in becoming aware of your own inner being, then that light shines forth to many others. And again that returns us to the collective thoughts of many, for the power of thought can change much within your world. But all of these things that we speak of, needs to be considered in your deep, quiet moments of connection and communication. I hope my dear friends that I have given you a little more to think about, that your understanding is great enough to know that not all things, not all questions or doubts are so easily answered. I know you understand this and it is up to you as individual to grow at your own individual rate. And I am happy to tell you that if only you could see your own lights, which I have to say, shines brightly, because sometimes in returning to this world it is like coming through a mist, and you are each one of you known by your light and that light my dear friends is Love. I will allow you time to consider what has been said. Perhaps it would be apt this time to give of some time to going within and see if you come to any other conclusion other than those that you have given this time. You may be surprised at what is given to you. I will leave you now my dear friends; I leave you knowing that I encompass each one of you within my love.
Jan: Salumet, I can't help this, but I have been shown to give every and each one of us a feather, including yourself, which is white. I don't know why I am thinking that but I have to shout it out.
That's fine, fine. You must give what is given to you. (Thank you.)
May love always stay with you, each one of you, may each one be uplifted, may each one of you be given the knowledge that is needed for you at each time and stage in your lives, which will help you in your awareness and your spiritual growth.
And with those words my dear friends I will leave you.
Lilian: Just before you go, we have two visitors which would like to come. One is my grand-daughter, Cheryl and Sara?
Sara: And somebody called Susan O'Hanlum.
I would say this to you, that I am happy for them to join with us, but not at the same time. But yes, we will be pleased to welcome them. *(General thanks and farewells)*
There followed one through Sue who had been before—a former Native American Indian, known to us as Moon Feather. Encouraging us in our spiritual work and suggesting we call on him if needed: ***Moon Feather will always hear you. Strength is what Moon Feather can give; strength in times of trouble.*** *(General thanks and farewells)*

~19TH August 2002~

Good evening. *(greetings)*
The silence this time has been intentional. We have been observing you individually this time and allowing the stillness and quietness to have an impact upon you all. We, my dear friends, have spoken much, many words to help you, to encourage you to become aware for your own selves. Many words have been spoken to try to bring to you truth and enlightenment and to help each of you on your pathways of truth. What I wish to say to you this time is about what you, as Spirit within the human form, should be thinking, or trying to endeavour to *be* what you are. Too often my dear friends we hear you say that to follow the spiritual pathway, you must be pure and good. What I wish to say to you, it is much better for you to be genuine and honest to yourselves. It is too simple to have that smile upon your face, when within your thought there is much negativity. Therefore I say to you: honesty with yourself is much better, because only when you fully understand yourself and your thoughts, can you then help others. We have spoken much about the power of thought and prayer, but tonight I wish to say to you that to help your fellow man, understand *yourselves* first. And although the power of your prayer is good, whilst you tread this earthly path, I would suggest that action to help another is a better pathway for you. I repeat, do not judge another human being. I have to tell you my dear friends that if you have shortcomings, then this is an area where most of you fall down, but again it is because you are living within the human form. You find it difficult to leave behind the emotions of humankind, but to go forward my dear friends you must do this. You must leave behind emotions, you must leave behind criticism of your fellow man, you must become that honest being who knows himself well, and only then can we go forward. Have you any questions at this point about what we are saying to you?
George: I think it is all very clear.
Lilian: And we do fall very short.
I do not say these things to criticize you, that is not my purpose, but my dear friends you have reached a point in your awareness and in your seeking, when the next step forward for you lies not with my words to you, although they will continue, but it is our endeavour that each one of you also grows and goes forward in order that more can be given to you. Do you understand what I say? *(Affirmations)* **I will not say more this time other to ask of you once more to think about the two words I have given to you: *honesty* and to be *genuine* to yourself. Consider these words and next time we will go forward with them.**
Sarah: I think sometimes when we are not honest with ourselves we do know it, we feel guilty.
(Affirmations)
You may feel guilty in the physical sense of the word, but what you are doing is denying the Spirit. You are almost hiding your heads in the sand, to use one of your earthly expressions. What you do, you are denying yourself. Therefore, think carefully about what you *feel* and *understand* about the meaning of these two words. You may be surprised my dear friends with the answers each one of you comes up with. It may surprise you, it may shock you, but what you should find is that you are looking at yourselves truthfully, perhaps for the first time. This is a great step forward for you my dear friends.
George: Yes, I think this is an interesting balance, the balance between selflessness and self. One ideal is to become selfless in the interest of helping others to excess, but we need to keep self-identity in order to make our way forward in the world, so this can be seen as a rather interesting and delicate balance between self and selflessness.
Yes. It is a power-struggle within oneself, if you like. Yes, we will discuss this a little more next time, but yes, my dear friend, you have grasped a little of what I am trying to say. Think deeply and you may be surprised with what you find, because I can tell you that each one of you has a self image which is perhaps not always the true self, and this applies to all of you. Therefore, I would say only, look deep within and find that *genuine, honest self,* and we will see how much you have grown next time.
I will leave you now, leave you in the knowledge that our help is always available to you, not always in the way that you might perceive it to be, but always we work for your best interests my dear friends in order that you can go forward, in order that these truths be told, in order that these words can be given to others, and that each comes together in the knowledge that truth must prevail; and it does. May that

light which is within you all grow ever brighter, and until we come together once more, I will leave you as ever encompassed with my love. *(General thanks and farewells)*

~2nd September 2002~

Good evening. *(greetings)*
Before we begin this time let me give welcome to the young lady. *(Cheryl)* **Before we continue may I say would the young lady uncross her legs please in order for the energy to flow because, as I speak to you, she is given some help.**
Lilian: She probably finds it a little bit strange—**(Yes.)** I know we have talked to her about it—probably a little nervous.
She will be fine, otherwise we would not have let her come to us. Last time when you gathered together I did not come but that was for a very good reason. As I told you on my previous visit, each one of you has been observed closely because the time has come my dear friends for each one of you to move a little further along your individual pathways. I left you last time my dear friends with a question: that each one of you return to your homes and to consider my words. You remember? I think it would be appropriate this time if we discussed this matter. The young lady will not find it too difficult to listen to. I am sure her earth mother will help her if she has any questions after this meeting. Do you remember what I asked you my dear friends?
Lilian: Yes, I think we all remember.
Shall we begin and I will answer any questions that you may have for me. Who would like to begin?
Lilian: Shall we begin with you, George?
George: I have a feeling there was more than one question asked of us. We were asked to seek within and see if we could find out about our inner self. I've tried this; I feel that deep down there is a kind of yielding, soul, who likes to go along with the flow of things, but I think I need to go deeper and work some more with this to get a better feel of the soul within.
Yes, shall we have comments from all before I say anything to you.
Jan: I read/went over the transcripts on my own again, which was very pleasant, and while I was reading it I became aware of the feeling of being *centred*, of being more part of myself—of *a* self and I believe that was the inner truth that you were talking about. I felt part of—how can I put this, it's so difficult—a nucleus, I'm at the centre of a nucleus, that's how I felt. It's so difficult to describe, but I believe I've started to turn inwards and I've started to listen to that inner truth a little bit more, but I know where my weaknesses and failings are and that's what I've been battling with.
Margaret: I felt the same. I've had a lot of thought that I should be doing more, sort of thinking about myself, but how do you go about it? That's what I'd like ...
Lilian: I think we have all had slight difficulties …
Margaret: In sorting our minds out.
Sarah: I confess to not giving as much time to it as I should have done, but I have felt is that Spirit itself is pure and genuine and if I follow what my Spirit is telling me, the genuineness and the honesty does come out; it's when my *head* tells me to do something else that I go wrong. And I am beginning to feel very much more *relaxed* about everything and I do feel that I am being led in a right direction. Things are beginning to change for me and I definitely feel that is coming from within. And I think if I can relax—that is the word, and not get up tight about everything, things seem to just *flow* and I think they flow in the direction that I should be going. That's what I am beginning to feel; let things happen, don't try and make things happen and that's where I feel the Spirit is leading me on.
Yes, thank you.
Lilian: I found it quite a difficult one although reading your words again I thought it should be simple, but it wasn't as simple as I thought. I thought there has to be a dark side to us and a light side. So perhaps you could help us along a bit?
Yes. Thank you for your comments. Of course each one of you has the realization that to answer my questions you need to go inwards. After all we are dealing with human words. What is genuine? Another word for genuine is *real,* and what is *real*? Not that human part of you, but the Spirit within which is

reflected into human existence. And yes, your understanding of finding what is genuine comes from deep within. If you are to have reality, then you must allow the Spirit to speak, you must allow it to *feel*, you must allow Spirit to *express itself* through human form. Would you agree my dear friends? *(general agreement)* **Then and only then will your form of existence upon this Earth begin to take shape in the way that it is meant to be. Truth again is a word must maligned in your world, after all you too often say, one person's truth is not another's. So what in fact does truth mean? Truth is an individual word, which belongs to each individual soul and only that soul which manifests into Spirit and through into human form can know what truth is. Truth can only materialize when the Spirit is genuine to itself and expresses those attributes whilst in human form. Let me pause there for a moment. Do you understand what I tell you?** *(quiet affirmations)* **Are you sure because you seem to falter in your replies?**

Margaret: It is difficult to take it all in.

Yes. Again, I have to pose a question to you. If you realize that you need to dwell further upon these words and that you need to go inward, then you have to *see* and *feel* and *experience* what is genuine and what is truth, because if you do not my dear friends, the lives that you lead are *shallow*, are *not truthful* are not *true reality* in the sense that you *have* accepted the *ego self* instead of the *true self*. I do not wish to make this too complicated for you, but what I would wish for you is that each one of you in your quiet times goes further still inward, until, as one has said, you reach that *nucleus* of Spirit, when all else becomes as nothing and only that core of existence reaches out to you. That is what you must try to achieve if you are to find the answer to my questions.

George: I think one thing you are saying is the truth is fundamental to the soul and to the soul's progress. I know we sometimes get confused with, to use the word 'ought', what one *ought* to feel, *ought* to do. This is a common form of our simple confusion, I think, but I think you're saying the real truth is deep down, much more fundamental and links to our very soul essence.

Yes, it is all-knowing. It does not come with human thought, but it should exude from the heart of the human being. There should be not any pre-conceived thought of what is right or what is truth. As you say, it is within and it should happen quite openly with love, without thinking too much about it. Do you understand? *(Affirmations)* **Truth is individual. As I say, one man's *truth* is not for another, therefore how can you use one word to describe what is right for humankind? You cannot.**

George: So truth is spontaneous to each individual?

Yes, yes. That is not to say that one man's truth is always right if it manifests in human form, because then you see the power of thought has changed and altered what is a natural truth. It is humankind's freewill as always, which alters *genuine* and *truth.* Do you understand my dear friends? It is not as simple as it may seem, but it is a step forward in your pathway, which you must endeavour to understand, and if I may put it to you simply: it means going deeper within. All answers lie within, as I have told you on many previous occasions; that is where all of your questions will be answered. Mankind creates his own problems, but what I wish for you my dear friends is that that Spirit within comes forward and manifests itself through human form, in order for that pure light to shine. I am sure there have been many times in your existence when you have met someone without even exchange of any words, where you feel that they truly are a beacon of goodness. They do not need words, they do not need to do any deed, but ultimately you can see with your own human eyes the goodness that emanates from them. Is that not true my dear friends? *(Affirmations)* **There in those individuals, you are seeing truth and genuine people. I hope you have a little more to think about, that it has helped to simplify it a little for you. As always when we are dealing with human words we have difficulty, because words do not always express what is in fact reality. I am sure you would agree. Are there any questions for me this time?**

Jan: I have got a question, but I don't necessarily have the right words for it. I feel while I'm sat here, like I have said to you before, about feeling that there is a nucleus and I'm connected to the nucleus, but it's as if I am wearing lots of different overcoats and layers. And it is being able to surface through those layers. There are so many choices upon us in the physical world, but although you can listen to yourself and you may think that that's correct for me, that is how or why or I've said that *because*, without too much question. There are so many physical attributes bombarded upon us every day, that it's almost difficult sometimes to listen to that voice. It is there, that voice is there all the time, I know it's there all the time

and it is speaking to you constantly. It's often, *'is that choice I've made the correct one?*' Because of these overcoats, and that's the only way I can describe it, they are overcoats and they sometimes become very heavy, don't they in a physical sense.
May I say something to you. I understand what you are saying. (Thank you.) **Yes, your description of overcoats is helpful to the others, but what in fact you are encountering are layers of past lives.**
Jan: I did wonder if that's what I was feeling.
Yes. Therefore when you feel burdened—we will use the word overcoat because that is how you have described it—what you are feeling is the influence of past times, but because of your everyday living and the pace of your living, and all of you I am sure would say *'we do not have enough hours in our day.'* That my dear friends is something that humankind has made as some kind of an excuse for not allowing that quiet time. Yes, you are aware of that inner voice all of the time if you listen, but it is only when you are *still* and all of the day's upheavals can be *stilled*, will you truly hear the voice of instruction. It is quite simple and it is each one of you who have the responsibility to give time to the *reality* which is *Spirit.*
You understand my dear friends?
Lilian: Yes, so past lives influence us all the time?
Of course, you are but one part in this existence. Of course you must be influenced by what has gone before, although I have to say, most people are unaware of this. But when the lady speaks of her overcoats, do not feel them to be a burden, rather look upon them as overcoats there to help you. Do you understand? (Yes.) **Is that helpful to the lady?**
Jan: Yes, but can Salumet explain to me why I suddenly feel like I do sat here now—it's not a personal thing, it's a spiritual thing—where am I now? Where have you taken me to now, because I've had this feeling lots of times before?
Why are you surprised?
Jan: *(whispered)* I suppose I didn't expect it this evening.
But why are you surprised? My dear child, each one of you moves on a pathway individual to you. *You* have taken a pathway which has not always been easy, but I will say this to you, there is a time now in your life when I would say to you, you have reached a crossroads. It is up to you my dear friend to decide whether you go forward, whether you remain where you are, or whether you deviate from the pathway. I my dear friend cannot help you in this decision, because each one of you has been endowed with freewill as you well know. But my dear friend I tell you this, if you are prepared to move onward, those who stand close to you, and they are close to you this time, are only too willing to help you and uplift you and to take you further on your pathway. Accept what you feel, allow it to happen and be thankful for all that you are given. Do you understand my words?
Jan: Yes I do.
Lilian: I remember you once saying that eventually we won't need freewill, and I am sat here thinking *'thank goodness'* and the pathway is straight ...
Freewill always exists while you are in human form. It is part of the existence of humankind.
Lilian: Yes, I meant when we are in Spirit and have grown.
Yes but for some time you are allowed to think and feel as you desire, so freewill may be slightly altered, but it exists for some time, but in different form.
Sarah: Salumet, you said we were all of us ready to move on one more step, and Jan has reached a crossroads and I feel I have reached a crossroads too. Have we all reached a crossroads as we are all ready to go on to this next step?
There are always steps, but when I use the word 'crossroads' I am speaking in your language. At this present time my dear friend, the lady who we call Jan, is at a crossroads of moving forward. You my dear friend are at another step, not at a crossroads; you have moved forward through your crossroads. (Thank you.) **Each one of you are individual in your pathways, but all of you must seek to follow a straight pathway ahead.**
Lilian: That's a difficult one.
Not so my dear friends, it is not as difficult as you may think.
Lilian: Not if we listen to the inner voice.

Not if you listen to that guidance. Be true to yourself, be genuine. There is no need for purity and goodness, or at least that false face of purity and goodness. You must be true to yourselves, then you will go forward. If only you could see how complicated each one of you makes your lives, you would be amazed. We come close, we try to help and uplift you, we influence your thoughts as much as we can without any form of interference, but ultimately each step of your pathway is taken by you. Sometimes that road seems hard, sometimes you fall, but always you are uplifted and helped, because my dear friends, once the contact is made, we will never let you go, provided you are willing and wish and desire to go forward. There is always someone by your side as well as that inner being to help you. Remember this, and life will not always be easy for you, but at least you will have the capability of knowing that whatever life brings to you, you can still go forward. I do not promise you a smooth pathway, I do not promise you all good things of life, because, as you know full well, all of living is composed of opposites, and to appreciate one, you have to appreciate the other; but this you know. I hope I have given you something to think about this time.

Lilian: As always!

Have you more questions?

George: I am just trying to put individual truth into some kind of perspective, but would it follow from our soul connections that there would be a fair degree of similarity between individual truths and one would not expect individual truths to vary greatly from one person to another?

No, of course not. When I say truth is individual, perhaps it would be best for me to say, individual in as much as your *development*, spiritual development has taken place. Yes of course there is an element or similarity which belongs to all of you—of course there has to be, because although individually you are Spirit, you are still sparks of the same existence. Do you understand?

George: Yes, and as individual pathways progress, I guess that there would eventually become more of a uniformity between individual truths.

Yes and as groups as this who meet on a regular basis, of course your truths are very similar. Although you are individual in your pathways, what you seek is the same thing, therefore you would each one of you have similar truths. Do you understand? *(Affirmations)* **Yes, I may have confused you when I said each individual has their own truth; that is so, but I think it may have mislead you a little. Let me say, for example, that your truth may not be the same truth as someone who has committed some atrocity in their earthly life …** *(tape/cassette ran out and some words were missed whilst the tape was being turned over)* **... different level of existence and of knowledge.**

George: So individual truth does relate to progression?

Of course.

Lilian: Sorry for the interruption.

Yes. I would just like to say my dear friends that I hope this time I have given you some new food for thought.

George: You have indeed.

That is my intention for a while at least, because it is important that each of you progress, not only to receive my words, but to help you to come to the understanding of those words. I could speak many, many thousands of words and still your understanding would be poor, therefore I feel it is important that we have these times of individual progression in the use of my words. Do you agree? *(Affirmations)*
Would our young guest wish to ask anything of me?

Cheryl: It's not relevant to what you are talking about, but I am going through quite a hard time at the moment **(Yes.)** and I just want to know if spiritually there is some help out there, if I am receiving some help, because I'm feeling very alone at the moment.

Yes. As I have said, life is not always easy, or so humankind would assume, but let me say this to you my dear friend, that those times of trouble and strife and difficulties in your life, are times of learning for Spirit, and it is only when you come to accept that you are more than a physical body, will life begin to make more sense to you. But you are young, you see the world in a much different light, from those of us who have travelled far, but I would say to you, you do receive help, but again the practice of quiet times of meditation is what you need to help you. That, as I have said, is your responsibility, because the overcoats that you wear is a fleeting thing. To look after the Spirit within is what should be ultimate in

your thinking at this time. The one that is your earthly mother, should be able to help and explain to you a little more of what I say. I will say to you that your pathway will change, but not just yet. There is much that you can achieve and will achieve if you so desire. Is that helpful to you?
Cheryl: Yes, thank you.
Lilian: Yes, thank you very much.
As always my dear friends I have been overjoyed to be with you. I hope my words have helped you in some way to gain more knowledge to know yourselves. I leave you in the knowledge of being ever close to you. *(General thanks and farewells)*
There then followed one through Sarah with a message for Eileen and also Jan, with a message for Cheryl.

~9TH September 2002~

Good evening. *(greetings)*
This time my dear friends there is amongst you a quietness and stillness which is good to see. This time we would like to take you a little further along the subject of which we have spoken last time. I know each one of you had some difficulty in seeing the true self and this time my dear friends I would like to help you to go a little deeper. I would like you to think about yourselves as all of existence. I would like you to think of yourselves with a *nucleus*, which is within the heart centre. Do you think that you can achieve this? *(Affirmations)* **I ask you then my dear friends not to think about the mind which belongs to the thinking, but to go within and find the mind which is within the *heart.* When I speak of the heart, I am not speaking of the physical organ, or even the etheric counterpart, but to go even more deeply to that spiritual aspect of the heart. Do you understand my dear friends what I am asking you to do?**
Margaret: Not really.
You have a heart my dear friend, you know this. There also is an etheric counterpart of the physical heart—you must understand this, because that is what exists when you come to our world—but even more so there is the spiritual aspect of the heart-mind and that is what you must try to seek, if you are to become aware of truth, of knowledge ...
George: And a kind of dialogue can develop in this I believe.
Yes, that is what you must attempt to do.
George: Yes, I think I have just the beginnings of this.
I can confirm that for you. (Thank you.) **This my dear friends is not an easy thing to achieve, but if you wish to continue on the spiritual pathway, this is what you must try to achieve. Each time in your quiet moments, put aside the brain-mind thoughts and go the heart-mind. Do you understand?** *(Affirmations)*
You will need time to go within; whilst you are doing this, I will be working with this instrument. I will this time be trying to superimpose upon the physical features that of another. It might be that it is seen by some of you when you come from your deep meditation, but that will be what I am trying to achieve. When you feel ready to speak, I will leave it to our dear lady friend to speak quietly with you all, until such time as I begin to speak to you and we can discuss what you have achieved. Are you happy my dear friends to do this? *(Affirmations)* **I will leave it with you my dear lady and I will return towards the end of our meeting and speak with you.** *(pause, while we began our task)*
Margaret: I can see a pink cloud going across the sky, very pretty, and I feel happy.
George: Yes, earlier today I had a sort of beginnings of dialogue which began with a sort of apology for not talking in this way earlier, and it seemed to be pointed out that I had a communication with the centre earlier but in a slightly different way and I said that it would be good to do this again, and I was left with a wonderful, joyful feeling and it seemed to come from within. This time I was tempted to ask questions about stone circles and I seemed to get a response which I—it wasn't my thinking—it was about a *'then and now'* aspect of stone circles. They were rather different then at the time of construction, than they are now in their relation to the Earth's energy. They related to the Earth's energy in a particular way then, but not quite the same now. It went a bit further than that, but that's how it worked out.
Jan: I had the same feeling as I did last week. This pulsating feeling I had last week and a feeling of being attached to an umbilical cord.

Sara: A feeling of lightness and peace and I felt the heart energies twisted around and I think that it blends with the mind energy; it seems as though ...?
Sarah: I had this—I don't know what it was, was outside then inside, outside, inside and then it and I was all becoming one. I felt there was somebody with me as well, an angel type of person.
Lilian: *(addressing Salumet)* Would you like to hear what people have experienced?
I wish to say only this to you: Each one of you should have been aware of an inner truth not previously given to you. The heart-mind gives to you only those truths that have always existed. The heart-mind focuses on that energy within, which can give to you all that you desire. I hope each one of you has achieved a sense of what the heart-energy is about and that it gives to you the ability to become as one with all things. If you have any questions, I will answer them for you before I leave you this time.
Jan: The pulsating feeling that I experienced last week and again today, I believe is the heart-energy. I also experienced today being attached by an umbilical cord to what I can only describe as the core of something. I don't know how to describe that core.
It is the core of your soul.
Jan: And I saw it as an enormous rock formation.
You are my dear child *(the tape ran out and had to be turned over)*
Jan: I think I am beginning to see.
It is a humbling experience for you my dear child.
Jan: Very, and for that I am very grateful.
No, you should be extremely happy.
Jan: There was that feeling with it.
But also there comes with it …
Jan: Difficulties.
Difficulties, yes.
Jan: I experienced that as well.
But that is part of your journey.
Jan: I did begin to go on a journey.
Yes, and you can continue your journey at any time.
Jan: When you speak to me Salumet, I become very, very hot, as last week, and my head grows and this pulsating feeling becomes me. That's all I am now, is a pulsation, that's it. **(Yes.)** And a voice, and that's it.
Yes, but you must try to direct the heat, the energy from the head.
Jan: Where should I direct it?
To the heart-mind
Jan: So back inside? **(Yes.)** Yes, I can see that, yes it's now turning inwards. Thank you, I can do that.
You can achieve it.
Jan: I also met myself.
You have always known your true self, but what you have done is confronted that truth that has always existed.
Jan: Thank you very much and my loves goes with you.
George: Would I be right in thinking that this soul connection can simply be a joy and it could also be a means of accessing knowledge?
You can achieve all that you desire by communicating with that deep within heart-mind energy.
Sara: Does it have a colour when the energies blend?
All energy has colours my dear friend. You will find that any colour given to you is appropriate for your own individual stage of development. Does that help you? (Yes.) **Yes, of course energy contains all colours, believe we have touched on this before, and that all colours have all aspects of other colours within it. Are there any more questions this time? Were any of you aware of the change within this instrument?**
Lilian: I could see the light around the face.
Jan: The features kept disappearing for me, completely.
Yes, that is good, that is when we are working to superimpose upon the features. With those words then my dear friends, I will leave you as ever bathed in the love energy from our world, but in saying that, you

are capable of enclosing yourselves in these physical garments with your own energy and love. Perhaps it is something you might wish to try. All of you deserve what you have earned and you can achieve it by going inwards. I hope this time has shown you all that by giving of yourselves, you then become as nothing in this world. I leave you now. *(General thanks and farewells)*

~16TH September 2002~

Good evening. *(greetings)*
I hope my dear friends that you can feel the love surrounding you at this time. There are those who have gathered for you this time who wish to bring to you some peace of mind, because that seems to be what is lacking in you this time.
Lilian: Yes, thank you. I have felt for myself happier sitting here.
Yes, I feel this time we should devote it, because of the return of our young lady friend, to answering some questions that you all may have for me. I will endeavour to keep those answers simple so that the young lady friend may understand a little more. I also give a warm greeting to our gentleman friend who, I have to say, is still struggling at the moment. *(Graham)* **I will speak a little with him. Do we have some questions then this time?**
Graham: Something you said some weeks ago Salumet about negative thinking, and it's important to control our thinking, and I have been thinking about that and it's amazing how often you do think negatively about things. I keep catching myself doing it and try to correct myself. I was wondering what's the best way to approach this negative thinking?
Yes, before I comment for you, you are perfectly correct, when you say the human thinking has so many doubts, so many fears, so much negativity. What I wish to say to you my dear friend is this: I have told you I cannot live life for you, I cannot take from you problems that you may have, because that is for you to find and to erase from your living, because as you well know, it is for your own spiritual growth. You know and you understand this. (Yes.) **When we speak of negative thinking, what I wish to say may help you in your endeavours. You have approached many avenues in an attempt to be well. What I will say is this: that illness within the physical being always is cause and effect, that eventually *'thinking wrongly'*, shall we say, to use simple words, must have an effect upon the physical being. You my friend have brought from another lifetime karmic debts—this I believe you are aware of also—but what you don't understand is that it is the thinking which is, to use one of your words, *'jailed'*.** (Yes!) **You cannot set free the thinking from past time. You have been trying to be positive, but subconsciously your mind is locked in what has happened previously. I will say this to you my dear friend that in this lifetime with the problems you have with your legs, it is a fear of going forward. Because your lifetime last time curtailed your living, that way of thinking has become stuck within your physical thinking this time. You need to unlock your mind to allow the physical being to go forward. Do you not see my dear friend that you are expecting a shortened lifetime this time and that is why you cannot go forward? Does this make sense to you?**
Graham: Yes, you've given me something to think about.
I cannot give you more, because I cannot take it from you, therefore what I would like you to do is what I have been trying to teach the rest of this group, that you must go within the heart-mind. Read my words and perhaps you will understand it more fully. All I can say about your negative thoughts is that you must constantly take control and transmute those negative thoughts into positive ones; but give love to yourself from the heart-mind. You can achieve it, but I will not say the road is easy, but the opportunities are there.
Graham: Thank you, that's given me a lot to think about, thank you very much.
Have we more questions?
George: Perhaps I could ask a question about our competitive nature. I think competition is something that is part of the evolution and the competitive instinct seems to be still with us. Recently the nations of the world came together to play football and one might say it is much better to compete on the field of sport than the battlefield and indeed perhaps the conversion of our competitive nature in this way to the

field of sport, perhaps this presents a way forward away from wars. Do you have words for us about our competitive nature?

Yes. Thank you for your question. Of course you realise that what you speak of is the nature of physical man and not the nature of the Spirit being. Man came upon this Earth, he had this what you call competitiveness, because he needed to *survive* and of course as mankind has evolved, as you say, his Spirit of competitiveness has grown to such a degree, that mankind now is rather confused by these feelings. What I would say to you is this: Rather than using that energy for sport or war, why does not mankind use this energy for the betterment of other people? That is not to say mankind should not have leisure times. There is nothing wrong with being competitive, I am not saying that, but in using this *energy*—let us call it *energy*—mankind could use it much more wisely. After all, what is the thought, but *energy* and you have the thought before you have the action. You would agree?

George: Yes, so it would be good for us to transmute a part of that energy to better purpose.

Yes, but of course if you asked me, of course it is much better that mankind uses this energy for sport, rather than to do harm amongst their fellow man.

George: Yes, it did occur to me that our sporting activity is becoming more and more and seems to be quite a considerable preoccupation on the planet at the moment.

Yes. What we must be careful and aware of is that this energy, this *mass* energy, cannot erupt into something that is not good for mankind. You must be aware of this, therefore I say to you that mankind in general would be much better suited to using all energies in helping one another, rather than for the gratification of their own beings. Do you understand?

George: Yes, that is a very nice message, thank you.

I don't wish to seem as if I am against all of mankind having some kind of fun, because that is part of the human nature also. It was given to you that you may have laughter and joy in your lives, but I would say to you that laughter and joy is much greater when it comes from helping others. (Yes.) **Have we more questions please?**

Lilian: Probably Cheryl will find this interesting. When we first met this evening, Cheryl was telling us that some people that she works with that are mentally handicapped, and one in particular when taken shopping would say to people, *"I love you, I love you".* You once told us that to come back in those broken bodies, they are often very old souls. Would they be more full of a spiritual love and more easily aware of it than we are?

I understand, yes. Of course many who come to these bodies know full well and they are of course very old souls, because to choose these conditional of life is not easy, and you will find that many old souls choose these conditions for their own growth. They are not always aware of the spiritual love which shines forth from them, but of course you are correct, it does shine from many of them without their knowledge. So often these people have a love that shines for all, although their physical conditions make living in this lifetime quite difficult. There is much for carers and people who know of these people—it gives them the opportunity to learn and understand a little more of another human being. (Thank you.)

Jan: I have a question regarding past lives and in particular fears and phobias from past lives, which with the knowledge that I now have/know and I believe I am right that some of those phobias and fears follow us. My question is, whether when I pass over and my Spirit chooses to come again, whether those fears will carry on?

I understand your question my dear friend. We have discussed this before, but I will say briefly to you, that is why it is most important for you in the lifetime that exists, that you face up to any fears/phobias that have come from past times now, because if you return to our world, you take them with you. What happens then, as I have said previously, you will return again and again with those same conditions. You may have a different life, but those conditions will stay with you. Therefore, if you *feel* that there is a situation—and let me say that all conditions are brought from past lives—this is sometimes a misconception of human beings. Sometimes problems occur in this lifetime, but as you have asked about past lives, I would say it is imperative for your own growth that these fears be addressed.

Jan: Yes. In particular there have been fears in my lifetime that I didn't understand for so many of my years and it is only in the last year that I've realised that I lived those fears previously and it is my obligation at the stage I am now to work through those for the past lives. In particular I have a feeling that I've been in

battle before and in particular I feel connected to a certain ship and I am not sure how I'm going to work through those for future lives.
I will say to you, as I have said to the gentleman, all things are possible if you are willing, if you have those spiritual eyes to see that you work through the *heart-mind.* That is the way forward for all problems and that is what I have been trying to teach you in these past few weeks. I hope and I know some have and some haven't been attempting to work with this.
Jan: I think that's why I raised these questions, because I know that I have been consciously working through these.
Yes. I would say my dear friend that you continue on this pathway and much will be shown to you. It is that those spiritual eyes have opened to the truth, that you recognize now that these fears that hold you back in this lifetime, you have the opportunity to erase them from your life.
Jan: Thank you. I feel positive that that's what I will do and what I want to do. Yes, thank you.
Have we more question?
Lilian: Any questions Sarah?
Sarah: Not for me thank you.
I will just say to the lady *(Sarah)* that she has grown, but at this present time there is a slowing down of what she is achieving.
Sarah: Yes, I haven't been working enough, I know that.
No, I do not wish to speak unkindly, but you must get back to what is important in life, but I will say to you, there is much happiness ahead for you, but you must not neglect your own spiritual growth, you must not sacrifice that for any physical happiness which awaits you.
Sarah: I know that I haven't been doing enough and I feel very guilty about it.
No, no, do not feel guilt, that is an emotion which is useless.
Sarah: But I am aware that I am not doing enough.
Yes. Have the awareness, but leave the emotion behind.
Sarah: Yes, thank you. I'm glad you've said those words.
Would the young lady wish to ask any questions?
Cheryl: Yeah. Like talking about people—not just disabled people—I have an attraction to those kind of people and I want to know why someone like me would have an attraction to someone like that.
May I put a question to you my dear young friend? Why not?
Cheryl: What I am trying to ask you is why I am attracted to them?
Because that is part of the pathway of life which you chose before you came to this lifetime. You know a little of this work, you do not yet fully understand the implications of living, but I would say to you that it is the spiritual self which is attracted to helping those most in need. That is part of your life's journey. I would say it is not the full picture of your life, but there is a part of your living which must be devoted to helping others. It is also partly a karmic debt which you owe. Your understanding will grow and I am sure our dear lady friend will explain a little more to you. (Thank you.)
Jan: Regarding Cheryl, it's strange that she should have joined the group—no it's not strange, that's ridiculous, there's no such thing as strange, it is meant to be—but at the time that you were talking about truth and seeking truth, Cheryl answered that so profoundly for me, because she was doing a work, employed in something that made her very unhappy, but everybody else around her thought it would be a marvellous opportunity, but she realized that was not the pathway she was meant to be on and the pathway she felt she should have been on was the one she left. Now she's on track on again with looking after people and I felt that was an overwhelming sense that that was given to me as an example of *truth*. Cheryl found the *truth* in one respect. I may be romanticising, but it just seemed very appropriate at the time.
I think it would be most apt for me to say to you all at this stage, that every human being comes to this lifetime—we will speak of this lifetime, because all of you are here, endowed with that freewill, that *self* will, to go through this situation in life here as best that you can. All of you take faltering steps at times, you become confused, you do not always listen to that inner voice, so sometimes you deviate from the pathway ahead, but it matters not, it is an experience of living, which after all, if you stop and think carefully, if you then go back onto the true pathway, what have you achieved? You have achieved the

power of your own thinking. Do you see? *(Affirmations)* **If you think of it as a *positive* experience, then there is nothing wrong with going a little wayward from your path. There are very few people in life, who follow a true pathway.**
Jan: But if they *learn* from that, then …
Yes, that is what is important. So it becomes a positive experience rather than a negative. Only when 'the thinking' thinks of these things as negative are you beginning to have a little problem. But that is why I have taught you that the power of your thinking is so important, that you have the power to do whatever you need to do, and each one of you knows, whether you have the awareness of it or not, what is right and true for you. Is that helpful?
Jan: Yes, it is indeed, thank you.
I will take just one more question and then I will leave you to allow that inner peace to come to you and to allow the rest of the evening to form as it will.
Lilian: Thank you. If I could just ask one about the instrument you are using. She has a fear of thunderstorms. Would that be something to do with a past life? I hope she doesn't mind me asking, I'm sure she doesn't, but she really is quite frightened of thunderstorms.
Yes. Because I have spoken personally to others, I will say this time that this fear originates from *this* lifetime. My dear friend I wish to thank you for your devoted time once more. These times together have grown much. I have watched you grow, I have watched the dedication you give and I say to you that your lights grow ever brighter.
Lilian: Thank you. Yes, we do feel a bit dim at times, but it's a pleasure to do this work I must say.
I leave you always with my love. *(General thanks and farewells)*

~23RD September 2002~

Good evening. *(greetings)*
I am happy to join with you this time. There would seem to be an air of anticipation about this meeting. I would like to say to you this time my dear friends words which I have spoken to you before, but we feel it is necessary to reiterate those words and they are these: There are so many negative thoughts coming from your world at this time. I have spoken of this on many occasions, but at the present moment in your time there is a welling of emotions, which need to be controlled. I will say to you again my dear friends, there is absolutely no reason for you to be fearful about this planet. Too many thoughts of destruction, too many thoughts of negativity coming from too many people. I have said before, and I say it to you again most strongly, do not fear for your existence or for this planet. The energy used on these ways of thinking is wasted. Your thoughts, my dear friends, when they are positive and good, help to create a stronger unison in mankind. I cannot repeat too often that those of you who have knowledge, those of you who are trying to use positive thoughts, have a great responsibility to the rest of your fellow men. I do not say this to impose on you any greater responsibility than what you feel at this time, but what I would like you to see from my words, is that you must compound those positive thoughts. Therefore I say to you, dispel any fears that may be at the back of your thinking and bring forward that positive energy, that goodness from within the heart-mind; and by now my dear friends you should hope understand when I say the 'heart mind' what I am speaking of. Have you any questions before I continue? *(Pause)* **No? I will never cease to be amazed my dear friends that outside of this room there are so many questions,** *(Chuckles)* **but when we gather together, all would seem to be silent! I will continue then with some other words that I wish to speak to you about this time. It follows from the fear which surrounds your planet again at this present time. All too often the thoughts come to us about the suffering of mankind. *Why do certain individuals suffer? Why do nations suffer?* The words I wish to express on this are quite simple, and I would like you to listen carefully to what I tell you: Any individual who suffers pain, illness in any form, is contributing to your world. I hesitate here to allow those words to sink into your thinking. How can that be? I will tell you. The resolute and peaceful way in which individuals come to accept pain and emotional stress or any kind of illness, is walking in the footsteps of those greater ones who understood that in dealing with these conditions it is helping to raise the vibrations for all of the world, because in accepting these conditions the Spirit begins to shine**

forth, and in doing so in even just one individual, the vibrations of your planet is raised. Do you understand what I am trying to tell you?
Lilian: Yes. Does that go for all illnesses and disabilities?
It matters not what the obstruction of life is, it is the way in which each individual deals with it, even to the minutest degree. But in every 'illness', let us use the word roughly for now, man learns that there is more to existence that at first he thought. He becomes resolute in his way of dealing with any illness, he becomes more peaceful in the way that he looks at the world—and I am speaking spiritually again of course, because I hear you say, 'but not everyone accepts their illness or disability or their disharmony in life' —but I say to you that it is a learning process for the Spirit, and when the Spirit is learning thus, then the vibration is raised. It not always something you are aware of, but I can assure you it happens in most cases. Are there any questions on this? *(Pause)* **Silence again!**
Lilian: I was just thinking that there certainly are some individuals—I was watching a young lady on the television; I don't know what had happened to her, but she was learning to walk with artificial limbs and her courage was quite something.
So her light would shine forth as an example to others and she would not be able to do this if she was not resolute in her endeavours. There is a 'strongness' within the individual that comes forth in time of illness and distress, which is not apparent beforehand.
Lilian: If I could be so bold, I think I can see it in you Graham; you remain very cheerful.
Graham: Yes, I do feel cheerful. I have read about the accounts of other people that have endured various illnesses and disabilities, and one thing that I've read a lot of times is they do feel they do become more spiritual in coping with their new circumstances and start to grow to like themselves more through coping.
Yes and may I say why? Because you realize that each one of you is responsible in some part for your own illnesses. I know my dear friends that this has always been difficult for you to accept, but whether it is a condition brought from another time, or whether it be a condition that has manifested in one lifetime, it matters not. What matters is that you accept responsibility for those conditions, and in the recognition comes forth that peace of mind that allows you to deal with the situation. That is what it is all about. But I know my dear friends I am repeating words which I have spoken to you previously, but I do not apologize for the repetition of these words, because I *feel*, and especially so as I have said at the present time, that is necessary to be reminded of these things. I would ask of you this time my dear friends that your thought goes out to the whole of your planet, that your thoughts extend beyond your planet to the cosmos, that your thoughts extend even further to all of Creation, in order that these vibrations reach out for the good of all. This is no small task for you; indeed it is an enormous responsibility, a responsibility that only each individual can seek. Each individual must take responsibility for the thoughts that are given out, but what I would say to you my dear friends, that responsibility is great, and remember that control of your thinking is a great step forward. And although I know each one of you in your own individual ways has tried, has given help to many, what I must say to you is that there is so much more you can give, first and foremost to yourselves, because do not assume that by giving out to others you must neglect yourselves. What purpose is there in that if you do not feed the Spirit that you are? I will say this to you also before I leave you, that each individual, each individual's own responsibility must always be for the good of his fellow man. I hope my dear friends that my words this evening will give you some more to think of, something more to discuss amongst yourselves, and do not forget that there is always available to you information and the help that you need. All that that you need to do is to ask, call to me and I will be there, but also know that there are those who stand always close to you, whose only desire is to uplift and to help you every step of your existence, and to them I say give thanks. I will leave you now my dear friends in the knowledge that all around you is of such a bright light. I would wish for you that you leave this room feeling even more uplifted and more love. My love grows ever stronger for you. *(General thanks and farewells)*
*One followed through Sarah, saying there were many who stood close in Spirit, bringing much love. We were instructed to: '**Take time, take strength and above all, take much thought for fellow man.'***
Finally one through Eileen relayed a message to Sara from Roberto, one of her students from Italy, who was now in Spirit.
(There is no recording/transcript available for 30th September. Unfortunately the recorder must have failed

on this occasion.)

~7th October 2002~

Good evening. *(greetings)*
The last time we met I said that we would discuss some matters that our dear lady friend put before me.
Lilian: Thank you very much.
Your question last time was about the form which I show to you—that I have told you that I came in the many aspects. Was that your question? *(Affirmations)* **Let me say this to you my dear friends—again, we have to remember that my words to you, are limited by my own vocabulary—I told you that there are many aspects to the soul, but when I speak of coming to you in many aspects, I *mean* that you cannot conceive *me* in any shape or form; that is incontrovertible. It cannot be that I show myself to you in a manner that would prove to you who I am. You understand this I know.** *(Affirmations)* **But before I continue, what I wish to say is this: I am a creation of the Creator. This you know and accept.** (Yes.) **But I am no more my dear friends than any of you. I may be a little more evolved, but there is nothing which I do or *can* do that you also cannot do; after all, you too are created by the Great Creator. But when I come to you I come in many ways. Last time I told you I was the whisper in your ear. I am the voice which speaks to you now through this instrument. I am your highest thought. I am that upliftment that you feel in times of doubt. I am the *truth* which you give forth to other people. Are you beginning to understand what I am saying to you?** *(Affirmations)* **You cannot look to me as a shape or form which you can understand, because that would be not impossible but not likely.**
George: When you say that we are able to do as you. That I imagine would be in the extreme fullness of time. **(Yes.)** *(a few chuckles broke out at this thought)*
What I wish you to know is that we are all aspects of Creation. You must realize my dear friends that I am no different from you; only that I speak to you from our world. I speak to you with a voice which you recognize. I bring to you love to the highest degree, but you also my dear friends possess this. And you may not always recognize these qualities within yourselves, but I assure you my dear friends, that you also are part of all Creation. Therefore how can you be imperfect? That is not part of *truth* or law. Do you understand?
George: Yes, and we can be imperfect through our freewill and being lodged in these material overcoats.
For only whilst in these clothes can you be imperfect; but Spirit is perfect. You understand? Therefore when I come to you in these forms it is useful for you to know that I, being a little more *evolved* shall we say, and again I am using Earthly words for your understanding, but when I come close to you, it is in the form of *spiritual* attributes, not those of this Earth. Has this been a little helpful to you?
Lilian: Yes. Thank you very much.
Have you any questions at this point?
Lilian: I was just wondering as you were talking, I suddenly felt quite a sort of joyful feeling and I wondered why that would be? I know, '*why not*' but is there an answer why I have this feeling?
Because you have recognized within yourself some of those spiritual truths. It is as simple as that. That with the vibration of this voice that I am using, you can feel the love which comes to you at this time.
Lilian: Yes. That's true.
One thing I would say to you my dear friends is this: that when you trouble over all of these questions, and I have to say you human beings have so many, I would say this to you: look inward, look to the inward truth and always *there* you will find your answers. I cannot repeat this often enough for you, but it is such a simple thing to do, but with your freewill, we cannot *make* you do these things; we can only encourage and try to uplift that part of you which allows you to recognize the true souls that you are.
George: Curiously enough, today I was thinking about a question about methods of delivery of the Source teaching, bearing in mind that Jesus incarnated, as have others, and you come to us as you do, and I think you have covered part of the answer that I had in mind as a question, **(Yes.)** in telling us about your ways.
Yes also—you see my dear friend, I am always aware of what is about and around you in your daily living. This is not an easy thing to discuss with you at this time, but it is possible that I am with you all at

all times and on many occasions. Therefore do not be surprised sometimes that what I speak about is relevant to one or other people within this group.

Sara: Yes we have noticed often that you've helped us with our problems. *(Chuckles)*

Yes, sometimes you see my dear friends, that you do not always listen to me, with the quiet *whisper*. Therefore sometimes it is necessary that you hear it with the spoken word. *(Affirmations)* **I of course would be happier if I could make you hear with the quiet whisper, because then I know you are achieving what you should be. But provided I have a voice to use, I will always endeavor to hear each one of you.**

George: We are grateful for that. *(Affirmations)*

Are there any more questions?

Sara: Yes, I wondered if you could talk about the subject of young children and discipline, because in our world at the moment there is so much controversy surrounding smacking of children, that many people are fearful, as I have myself, I have been fearful of this. When I talk to people it seems to me that many people are still doing it in reality. Can you comment on this and enlighten us?

I will of course make comment for you. I will repeat words I have said before and that is, that as much as we have much vision, more than you do here on this planet, we are not allowed to interfere. And there *is* much to be said for the way that your beautiful children are handled in this world. What I would say to you is each child comes to you as a gift and after all, they are part too of Creation. They come to you with all the elements of spiritual truth and knowledge, but also they come to you clothed in these physical conditions. I would say to you this—and you must accept or decline it, in whichever manner you see fit—but *I* believe children of your world rally to words of love and not to the striking with whatever instrument or *hand* in the form of discipline. Children come to you on a wave of love and if there is any form of friction, I would say to you, then it is something to be worked through. Are you understanding my words?

Sara: Yes definitely. Thank you.

If there is conflict with a child, look to the purpose of the conflict; see why that conflict occurred? Do not assume that the child has come to—how can I put it to you in earthly terms—that the child is there as a source of aggravation. *(Chuckles)* **I know that you human beings find it to be so, but if you look to the spiritual aspect of all life, there will be a purpose. But I will say that children always will respond to love.**

Sara: Yes, thank you

And do remember this, that small children are closer to our world than yours.

Sara: Yes. Thank you for that. That's really helps me a lot, because with my little boy, the advice I have had even from the people at the school is to be very, very firm and it is difficult. When I told the lady that I didn't like smacking, she looked with disapproval at me and this confused me more.

This child is most sensitive. (Yes.) **I would say to you—and I cannot interfere of course—but this child is more sensitive than usual for children of this age. Give him love and he will respond to it.**

Sara: Yes. Thank you so much.

Too much discipline for this child will have an adverse reaction. Therefore look inward to how you feel and you will find your answers.

Sara: Thank you so much. I did need something, because I'm surrounded by people who think differently.

May I just say something? (Yes.) **And it is not something that I normally do, but this child has great respect for the father figure, although it is not always apparent. But take note that every word that this father figure says is taken in and digested. Therefore may I say that a great influence can be placed upon the child through the father figure. I know it is a great responsibility and children in your world are not always given the love that they deserve, but see them not as children, but as spiritual beings who have come to this planet for a purpose.**

Sara: Yes, so really we should be quite gentle and loving with this one.

He is most sensitive yes. He will respond more to love, and patience. And this is a big lesson for you both. If you think of it in this way, you also are learning from this experience.

Sara: Yes. Thank you. And my other question was following that, when children *do* have difficult early years, I was presuming that it must be because it's a growth opportunity for the family, or for the parents as well as the child.

I have said before that sometimes, especially in *very* young children, that sometimes their—what is termed in your world as 'bad behaviour', is sometimes the realisation of not wanting to be in the physical world—that sometimes their memories remain with us here and they are dissatisfied with being trapped within the physical bodies. And sometimes these very, very young children are unhappy little souls who have to make adjustment to your world.
Sara: And it takes longer for some.
Yes. Yes, it is not always what you would call in your world 'black or white'. I believe that is a phrase you would understand. *(affirmation)*
Sara: Sometimes I have felt I know things, but I can't speak about them with people in charge of my little boy. I just have to work quietly in my own way **(Yes.)** and hope that the evidence will...
Give out your heart to these people and they may change. It is possible to work quietly and change the way that people think. Do not feel harshly towards them, they have no knowledge usually and they are doing what they feel to be right. But give love to this one.
Sara: Yes, and maybe we can quietly influence others who care for him, with this thinking too, which may help other children.
With your help and love there will be a rebound effect to those around him. Always that happens, but I would say your responsibility to him is much greater than any reaction he has to those who teach—especially from the father. Even your silence, my dear friend, has a great influence on him, because he watches you closely and if you watch him when he is not aware, you will see how closely he is in tune with you. *(Sara and Graham express their thanks)* **And he too can influence you; remember this is not a one way situation.**
Sara: He says wise words often.
Yes , very sensitive this little soul. I hope that has helped you. *(Affirmations)* **I would have to say—and this comes from our world, that there is never a reason to strike any child. You may have many views, you may have people who feel themselves to be wise, but in our world we cannot condone any form of discipline that allows a child to be struck by another human being.**
Lilian: That would probably go for the animal kingdom as well?
We know much and people are much more aware of the need to treat the animal kingdom with much more respect. Yes, mankind is much more aware of the animals, who after all, are part of Creation and have every right to inhabit this planet with you. *(Affirmations)* **But I am sure all of these things that I say to you this time is well within your own knowledge, but sometimes we have to remind you.**
Sara: Yes, and also I have been influenced by others lately and by listening to other people and I'd become a little confused. So I'm very happy to know that that is the spiritual way, because it's what I *did* believe.
You must always go inward to find your own truth. After all, you are the one who must take responsibility for your thinking and your actions.
Sara: Yes, that's true.
And you have such spiritual knowledge and to deny them, is only doing yourself an injustice.
Sara: Yes. I think also we were a little fearful, because of the teachers pressurizing and perhaps we lost our way a little...
Yes. They mean well, but they are a little misguided, but I am sure that most of them do it for the welfare, they consider, of the children. But I would say they are just a little misguided, but send your love to them also that they may change their way of thinking. It can be done, and it is something that all of you should endeavor to do for those people in your world who have no knowledge, or at least *deny* their knowledge in spiritual values.
George: Could you clarify a point about fairies? They don't have wings, but they do have an energy beam from the upper body. There is so much written about this, my question is: would those energy beams interact in any way with the general aether so that it would help them in their balance or movement?
Yes. These beings of course, belong to the aether, how else could they exist? They are not physical beings, therefore they belong to the aetherical realms. The wings that you speak of and are seen by many people, is in fact energy, but they also have the ability to create whatever they wish. They are able to change form because they do not belong to this Earthly realm. The energy from these beings comes from our world. But yes, wings as you imagine them are attached to the body, but fairies that you speak

of are just a mass of energy, which is created in a form not normally seen by human beings. They are creatures of light, much lighter vibration than the human form.
George: Yes, so those beams would be merely part of them and would not interact in any way?
It belongs to the aether, the energy of which can be drawn and used by them when they come to the Earthly realms. You have to remember that energy has many forms. You know that there is density of energy, which is known to you in physical life. The fairies that you call, belong to our world, therefore their energy is much lighter, but they can draw from the spiritual realms, lighter energy to re-create the denser energy. Do you understand?
George: Yes, I think I follow.
Are you sure? You must remember that these energy beings are not of the same density as you.
George: No, I think I appreciate that they would not be affected by gravity in any way.
It is like saying: *am I affected by the density of the human instrument?* The answer is: *no*. Is that a little clearer for you?
George: Yes. Thank you.
If it is not, please say; I would rather clarify it for you now.
George: It is just that there has been so much written about fairies with wings that I wanted to clarify why people who had some way of seeing them, how they could have mistaken the energy beams for wings.
It is just the form, it is the way that the fairies wish to be seen. (Yes.) **Do not forget that they have the ability to change form if they so desire, but that is the way they wish to appear to others.**
George: Ah, so they might *wish* others to see them like this.
Yes; but it is all energy.
George: Yes, thank you.
And of course, you have the ability to see them if you so desire. Do not forget this. If there is a failure of seeing them, it lies with you, because they are around and about all of the time.
George: Yes, what a lovely thought.
Not a thought; it is there for all to see! It is not a thought.
George: Yes. I stand corrected, thank you.
Yes. I think this time, I will leave you and leave you I hope with a little more understanding of the nature of the way that I stand close to you.
Lilian: Yes. We are very grateful to you for that.
Perhaps our lady friend would like to finish the evening, seeing as your numbers are small, in a guided meditation. And perhaps my dear friends, you might have the ability to see some of these *fairies* that you speak of, but you must allow yourselves to be able to go inward and feel their energy. I will leave you my dear friend, as to how you finish this evening. *(General thanks and farewells)*
(Sara's guided meditation then took us through woodland glades and favoured domains of the little folk. Another then followed through Eileen, reiterating the need for stillness/quiet time)

~14th October 2002 ~

Good evening. *(greetings)*
I hope that our discussion last time gave you some insight into the part I play when I come to you.
Lilian: Yes, it was interesting.
This time my dear friends, I wish to ask you all one question. It may not be as simple as you think, but what I wish to ask of you my dear friends, is this: I want you to look from outside of yourselves and ask the question: *'Who am I?'* I want you to focus on this question and also to find out what spiritual gifts you have brought to this lifetime and how those spiritual gifts have brought you together this time and in which way they bond you together. It may seem a simple question my dear friends, but I assure you, you will find it quite difficult.
Lilian: Yes, I think I am already.
I will give you time to look to this question and for you all to discuss amongst yourselves what answers you come to. I will remain with this instrument whilst you work quietly, but before we leave, we hope to bring to you someone who will speak a little with you and we hope that the dear lady who is sitting next

to me, will be able to bring them forward. *(Sue)* **I will be most interested to see what you think of yourselves.** *(some sitters chuckled)* **I will comment next time, so please, please be lucid in your thinking and the expression of your words. I will try to help you to have clear vision, clear thinking for this meeting.**
Lilian: And we shall hear from you next week?
You may rest assured I will be here with you. I have given you what I am to you, now you must recognise what you are to *yourselves*. My love as always stays with you.
Lilian: And our love goes with you. We will sit quietly for a moment or two and see what we come up with.
We sat quietly for several minutes before Lilian spoke again. These were the main statements made:
George: We are each of us sparks of Divinity, so we each have to see ourselves as an individual spark and each spark represents a different soul, because it is rare for two aspects of the same soul to be on Earth together. We have similar energies, so perhaps the soul-bodies are closely connected in some way. This is conjecture, but it is clear we have similar energies and that energy is part of our bonding. And we have a particular affinity for each other, because although we have similar energies we have different abilities. In a sense we rely on each other for those different abilities.
Lilian: Yes, that's true.
George: I think much hinges on the fact that we are similar energies, the other factor that would probably add on to that is our most recent past life that some of us at least spent together and I would imagine that also contributes to the similarity of energy between us.
Lilian: And probably all of us have a love of nature.
Sara: I think if you're really spiritual, you will love nature.
Lilian: Also a love of animals. I often wonder why I like animals so much.
George: I think especially at particular times in my life I have been aware of a deep-down power, which has been a guiding influence. I have a feeling of strength from this, with the idea that the soul-strength is much more than the physical body.
Lilian: Well we must each of us be on the same par spiritually, because if we've been together in past lifetimes and we've been told we shall be together again, so we must be pretty much on the same level, mustn't we, spiritually.
Graham: I think you have to be in order to share experience, to talk to people, to accept what they say and for them to understand what you're saying. And we all accept what Salumet says.
George: And of course, we have to see Salumet as a great coordinator. That is of course very important too.
Sara: And we all have an enthusiasm for this learning—a passion for the learning, which makes us come every week.
George: Yes, we are all seeking, that's a shared fact.
Graham: My condition is several-fold more than is perhaps common, but I think that when you get a condition such as I've got at the moment, and a lot of people at some stage in their life do have illness, it does make you think a lot more and it's made me think a lot more about past lives and where you are and where you are moving towards. It really opens your eyes in many ways and you start to see things that you haven't seen before. In a way I see the condition as something of an awakening.
Lilian: Yes. How about you Jan?
Jan: Well, I asked the question—as he asked it—go outside and ask yourself the question in your mind—and I've been receiving clairvoyantly I suppose, lots and lots of faces one after the other almost like in a mist. I presume they are me—parts of me—and also I have been given strings of light, a little bit like neon lights, as one fades the next one lights up and so the next one lights up. And those beads of light—I think I'm interpreting—there are millions of them I'm being shown, so they are other souls; it's as if I've passed through them, do you know what I mean? They are people that I have connected with.
Lilian: They belong to our energies.
Jan: Yes, they are little beads of energy obviously and I'm being shown that some are negative and some are positive and you obviously need that negative and positive to make a positive energy flow. And the negative energies are those that I haven't bonded with—they are not on the same spiritual level, as those of us in this room—and this may have been said a moment ago, because I am not quite with you if you

know what I mean. I can speak to you but I am not able to feel my body at the moment. They enable me to see this more and more aren't they, as the weeks go on. I'm being taken further and further now. I'm not sure how I can still speak to you; I can't feel anything else around. Each one of us in this room is joined in a circle. I'm being shown at this precise moment in time each one is joined in a circle, within a circle, within a circle. I'm interpreting that first circle is where we are now and we meet again in the second circle and again in the third and in the fourth as we progress. I am being shown it going outwards. So, where we are now, as husbands, wives, mothers, sisters and brothers—that's not who we are. We know that, don't we? *(affirmation)* And again I am being shown an overcoat, which I described a little while ago—I'm also being shown snails—a snail has a shell. He goes inside the shell and comes—you'll have to interpret this…
Lilian: Well we must grow new overcoats…
Jan: I can now see other faces that are each one of you. I'm not seeing me, but each and every one of you. So I'm meeting *you*. And now we're back to the neon little lights. *(Jan began to 'return' at this point as she again became aware of her body)*
George: Can you say roughly how many others are in the room with us?
Jan: The room is very, very full. I feel almost claustrophobic with them. The walls seem to come in tremendously small. I would say there are a good 200-300 people in the room at this time. There's standing room only at the moment!
George: What I can see clairvoyantly is vague, but yes I agree, I would equate the vague patterns that I am seeing with hundreds.
Lilian: Which could be other aspects of ourselves?
Jan: They are. That's what they're showing us is that they are not other spirits, they're facets of our selves. They are part of our soul, in this room with us now.
Lilian: It makes you feel quite emotional.
Graham: I reminds me of what Salumet said about facets of a diamond.
Jan: When Salumet came through tonight, I haven't witnessed it before, but he came through with an enormous blue light that went bang! …all round Eileen. Then after he came through, I went off on my travels if you know what I mean, but that's when the strands of blue light, then it turned to blue and red, that were shown to me. So the question I think: *'Who am I?'* …I think George described what I was seeing: We are just a linkage in a chain of energy. That's how I can see it. Does that make sense George? *(affirmation)*
Sara: In terms of evolution, where we've come, I was thinking humanly as well, we're vast really, we're part of everything, part of everyone really. The further we move on, the more we grow in spiritual strength and wisdom, the more we would feel a part of everyone really.
George: Salumet is always saying that the situation is much more complicated and beyond our ability to describe.
Jan: The other part of this question was that we have to answer is: What spiritual qualities have we brought to this lifetime? That I think is very individual. This is going to sound really silly, but I think I have always been aware of a *light* that surrounds me, but wasn't sure before, what it was and how it was to be used I suppose. What I mean by 'light around me' is: certain people were attracted, certain personalities, certain types were attracted to me.
George: Do you find person walking on the other side of the street suddenly look across?
Jan: Yes they do. It's taken this—shall we call in 'work'—we came into this world with a light that shines brighter than we can see.
Graham: We all bring with us love and it is the most natural thing in the world to love people and objects and animals and everything.
Sara: I think I was put here definitely to communicate. As a young child I was quite shy, but as time went on, I was able to communicate, but now I think I communicate on lots of different levels. An important part is supporting people in their spiritual growth, whilst growing myself and talking to people around here in whatever way I can, either through the voice or through music or whatever. I think that is what I'm here for.

Jan next brought Cheryl into the discussion, who declared herself to be a bit self-centred. Others pointed out that they were also at her young age and that she is also extremely compassionate. This dialogue was cut short by a visitor through Sue:

I do not wish to interrupt your most interesting discussion. I have heard many conversations from many, many, many peoples of your side of life and let me say, I am always surprised at what I hear. Sometimes the depth of knowledge I hear from certain groups such as yourselves, stuns me. I am most gratified to know that the teachings that the Masters bring, have such an influence on you all. We are most gratified and if even a fraction of what you are told in the early days, takes root, seeds itself in your minds and blossoms as the years progress. I hope that does not sound too flippant, but it is my way of explaining to you how we are watching you grow. Do you comprehend my meaning? *(Affirmations)* ***Do you understand that the knowledge, the knowledge that you have absorbed, is like the flowering of the cherry trees every year. Can you understand that?*** *(Affirmations)* ***They lie dormant in your winter times. Then the little buds burst forth in your spring times. Then you are awash with the fragrant blossom. That is like the knowledge, which suddenly seems to burst forth in your consciousness and you absorb this knowledge, and you hold onto what is relevant. Then like the blossom on the tree, that knowledge serves a purpose and you shed previous thoughts, previous connotations—things that perhaps once were important to you and you suddenly realise that they have not the significance that you thought they had, and you let them drop like the blossoms. Is that a fair description of your thought patterns?*** *(Affirmations)* **Some of the things that seemed vital to you in your youth or vital to you only—shall we say yesterday—*suddenly are stripped away and you think: 'I don't need that. Let it go.' Yes?*** *(Affirmations)* ***Yes, good. I am not meaning to put words or thoughts into your mouth; I listen to you and I watch you and I absorb your thoughts and it seems to me that as the time progresses, you are stripping more and more of your earthly thoughts and getting closer and closer to spiritual meaning. Yes?*** *(Affirmations)* ***Good! It is good that you are agreeing, because you must always move forward. And we know that some of the teachings leave you perplexed, am I right?***

George: Yes, we have to think about them sometimes.

Yes, that is what I mean. I do not mean you are perplexed in you don't know what is being said to you, but it makes you open your mind does it not? It makes you question? *(Affirmations)* ***Which is a very good thing; I am sure the Master that comes to you has said to you in the past: Always question, never just accept. Yes?*** *(affirmation)* ***You must question. No one is going to think any the less of you if you say: Please can you elaborate on that theme, whatever it may be. We do not want you just to accept what we say. That is not what teaching is—in your schools when you are children, as you grow and you go to universities and to your higher forms of education, I am sure all of you have at some time wanted to debate an item with your tutor s. Am I right?*** *(Affirmations)* ***You have wanted to say: Excuse me, but I cannot quite agree with that, may we discuss it further—have you not?***

George: Yes, and this leads a better more fundamental understanding.

Of course. But we are watching each of your years come and go and we are seeing the branches of knowledge grow firmer and heavier and more laden with the blossom of knowledge and teachings and from that blossom, come the most amazing scents of love. Did you know that love has a perfume? That is something else for you to put into your store cupboard of knowledge. Love has its own rich perfume. Every sense has a perfume.

Sara: Is it true then that people can exude a sweetness or a sourness, which that almost be...

Tangible yes. (Yes.) ***You know that love comes in a form of light—you have been told the light shines from this meeting have you not?*** *(Affirmations)* ***It lights a beacon. It is not just a light, it is a scent, a wonderful perfume which mingles with the light and can be sensed in our world, just as hatred has its own scent. I will not call it perfume, because it is not perfume, do you understand me?*** *(Affirmations)* ***Fear also has its own scent. Again I will not call it perfume. Every one of your senses exudes an aroma. I would like you to think about that in your coming days. Give out LOVE, not hate. Hate will cause a scent, which can make people recoil from you—not physically—you do not see people step back and think: Oh dear, what a smell!*** *(giggles)* ***No, they recoil mentally and that itself is part of the Spirit—the mind. Think upon it dear people. Try to love, try to exude a perfume that you are, shall we say, very taken with. Imagine the love is one of your most favourite smells. Can you do that? It will help you.*** *(affirmations and thanks)*

Graham: Yes, perfume is something beautiful.
Lilian: Delicate, like a flower.
Indeed. I will also say to you that even your most beautiful perfumes on this world cannot compare with the spiritual perfume of love. It is like something you have never encountered. But dear people, dear friends, when your time comes to pass into our realms, I wish from the bottom of my soul that one of the first things you encounter when you join us is the perfume of love. You deserve it, each and every one of you and the more you strive in your earthly life to bring love and harmony to yourself and to others around you, the closer you will become to the spiritual smell of all-powerful and all-bright and all-shiny LOVE.
George: Something to look forward to.
Yes, that is something that you can accept from me. *(Affirmations)* ***No, I don't wish you to accept it without thought, but believe me when I say to you: It is fact.***
Sara: It makes sense to me, because when people are fearful or sick or ill, there is almost a smell and it's something that you see as well. ***(Yes.)*** So it makes sense. The skin is clear and bright, it affects the body when someone is loving and happy; the skin looks brighter and the eyes look brighter and everything glows.
Glows!—that is a word, very, very good word; observant young lady.
Sara: Children often have the sweet aura, when they're happy.
Young children, in all innocence, can detect the perfume of love, but very quickly, very quickly they lose that sense. You have all encountered it in your very early life. Sometimes you may think you are recapturing it, but you don't understand what it is. I am sure at some stage in your lives you have—
(The tape ended there, but it was actually very near to the close of session. Our visitor was thanked for the wonderful analogy of the cherry blossom and knowledge given. They indicated that there would be further visits and when asked, gave the name Ramon.)

~21st October 2002~

Good evening. *(greetings)*
There is with you this time a heaviness with some of you. I would like to enclose you all in the love that I bring to you this time. I also wish to say to this instrument, apologies for disturbance within the throat area. *(Thanks)* **I have been trying to work more closely with this one in order for the voice to be stronger, but as always it takes time for adjustments to take place. But it is now time that I should be capable of coming to you a little more quickly, more easily, with more comfort. And although the instrument is usually unaware of any discomfort within the physical being, it is within our power to see that the instrument remains comfortable throughout.**
Lilian: Good.
I will dispel this heaviness which I feel, before I begin to speak with you.
Lilian: I'm sure we'll be very grateful for that.
(brief pause) **Perhaps it is a little trepidation as you wait to find what I will ask of you this time.** *(Chuckles)* **Many, many were interested in your remarks last time. Remember when I asked you who you truly were. Your replies were indeed uplifting to us, because it showed us how much and how far you have come. But now I have to tell you that we need to go one step further for your understanding of who you are. The gentleman who sits close by, our dear friend who thinks much and uses the pen much, gave us very good description of who he thought all of you were, and yes, each one of you knows and understands that you *are* divine sparks of existence. You all of you know and understand this, but my question of who you truly are needed some little thinking, would you not agree?**
Lilian: I must confess, I still don't know.
Let me say just a little to you: Although you are as one before you come to many different lifetimes, you belong to that Great Creative Force from which we all come, but when you return to any *lifetime*, you take it upon yourselves to become individualised—to become 'I AM'. When you are clothed in the physical bodies, the 'I AM' becomes a physical being and the most important part of the physical being is

the 'I', is the ego, because when that becomes the most important part of your living, you are losing those spiritual attributes which belong to you. This you know and understand.
George: This is the ego 'I'? **(Yes.)**
Lilian: That's interesting, because the instrument you are using when she was meditating she was picking up the words 'I AM'.
Yes. Was she confused? I will try to help her.
Lilian: Just a little. She wondered what it meant.
Let me continue please. *(Pause)* **I am what I have always been.** *(Pause)* **You wonder why I hesitate. It is to allow you my dear friends, to think about those words. When I say I AM what I have always been, how does this apply to each one of you? That is the question you need to ask. I AM here and now. I AM a voice. I AM many things. I AM LOVE—and understanding. But I AM in the physical being, *many* things—not only with spiritual attributes, but with the duality of those attributes. Do you understand my dear friends what I am saying to you?** *(Affirmations)* **If you are unsure, let us discuss it as we go.**
George: The Bible phrase comes to mind: I am that I am, which conveys to me the very essence of being.
Yes. Yes, for once I would agree *(Chuckles)* **with the words written within that religious book. Yes, so when you say, my dear friends: I AM, it does not apply only to this lifetime.**
Jan: Therefore I am constant, is that right?
I AM constant, I AM ever-moving, I AM. There are many phrases that can be used with I AM, but what I asked you last time was to find the true and real I AM; the I AM that has always been. You my dear friend, started to go on a journey, which takes you some small way into that being. But may I suggest to you all, that to find the true I AM, you need to go even further. I will leave it there for now, because once again I will give you the opportunity to again look at the I AM. I will say now about the other part of my question to you, which was: What spiritual gifts do you *feel* you have brought to this lifetime? And again, the conversation was varied. Each one of you discussed attributes that you felt you had brought with you. May I say my dear friends—and I want you to listen closely—that each one of you has brought with you *all* spiritual gifts. It is not unusual to any one person, but it is with *all* who return to physical life. It is *theirs*, because it always has been. You are saying: what is spiritual gifts?
Lilian: When you say it like that it's suddenly very simple. For myself I was wracking my brains to think well what did I bring? They were there all the time.
They *are* there always, in all time, not just in this one lifetime, but in all lifetimes. What you bring my dear friends is that deep inner knowledge, that deep inner power, which you all possess. You bring love, understanding, all of the attributes which you here on this Earth would call 'good'. But as I have said, you also bring to physical living, because of the *physical* way of *life,* the duality of these gifts. With love you have hate, if you have riches you have need, and I need not continue because this is no word lesson, but you understand what I mean. *(Affirmations)* **Therefore those gifts you bring, which are *yours*, must be used wisely, to face whatever pathway you have chosen. The attribute of *healing*, for example, is one that our dear gentleman friend** *(Graham)* **is at this moment learning to correct his physical condition. That is one example. In others it may be patience that needs to be used. In others it may be the love and wisdom which you give to children. There are so many ways that your spiritual gifts can be used. Have you any questions for me at this point?**
George: The spiritual Source that we reach towards for our guidance, would it be correct to say that that is unchanging, or perhaps it is steadily refining all the time?
That is the purpose of *life* my dear friends, that you strive towards these natural gifts—to the Spirit—you strive always to regain what you know to be true, in the same way that any plant will strive to have its flowers or its fruit. That is the purpose of its existence. And so too mankind continues to strive, because until he uses these gifts in the proper manner, he will always feel unsettled and ill at ease. And that is why so many of your illnesses take place. It *is* ill-ease. Do you understand what I am trying to tell you my dear friends? *(Affirmations)*
George: Yes, I'm just trying to work out if what we bring with us is it always much the same, or is it refining as the result of many incarnations?

Yes. Of course it must be refined in a way for you to continue with physical life, but you know and understand that there are many aspects to the soul and that refinement takes place each time another aspect of the soul returns to physical living.

George: Yes, and does that refinement permeate through the whole soul system?

Of course, you cannot leave one part or aspect of the soul; all is connected, and of course anything that materialises with an aspect of the soul in physical life, must have some effect, because after all everything has cause and effect; it must also affect that soul. You understand?

George: Yes, thank you.

Graham: Can ill-ease be brought with us when we enter our lifetime?

Ill-ease can stay with you for many, many lifetimes. Only when the spiritual gift of recognition, recognises this, will this ill-ease disappear. It is the recognition that is important. But all of you my dear friends must know that deep inner power that you possess; that is the spiritual gift that you bring to any lifetime. I want you to think about this deeply, because it is no light matter.

Sara: We cannot really be balanced and healthy in our expression, unless we are assessing our spiritual gifts. **(Yes.)** Not just assessing them, but really using them in our daily living.

Yes, this is what I am trying to explain to you. Each one of you has the inner knowledge and power to be used. But what happens when mankind returns to the physical body? The 'I am' the ego takes over and the spiritual gifts are lost. Much too much time is spent in the *duality* of these things. Mankind is fighting with himself, at all times struggling, when what he needs to do is to use that deep inner power. After all, perhaps it would be wrong to call it a 'gift' it is always there, in *every* lifetime. It belongs to each one of you; it belongs to the soul structure from whence you came. You need to think long and hard about this. I feel the time is right for you my dear friends to go deeper within. And each one of you I know has done much, has grown much, but there is still so much you can achieve, not only within this meeting room when we all come together, but with every thought, every word, every deed; be certain that it comes with the love of Spirit, and in that way you build for yourselves that perfect harmonious life which you all struggle to attain. It is within your grasp. I can only help you with my words. I cannot change your lives, but in trying to help you to understand our wishes for you that not only do you give outward love to others, but you learn to love yourselves. After all, how many times have you been told: If you do not love yourself, how can you anyone else?

Jan: Salumet does the same apply to the animal kingdom?

The animal kingdom is on a different vibration from humankind. Their purpose here is one with humankind, but their vibration is different I have to say. It comes from a different source of energy, but that is not to say they do not require respect from humankind, because they too have been created as we too have. But of course, animals have their own gifts. You can see that can you not, in your domestic animals who show you much love and faithfulness. *(Affirmations)*

Jan: The reason I was asking that is I was thinking about the constant Spirit that was mentioned. The 2 domestic pets I have currently, I just sense that I've known them before as other pets.

Yes, you will not separate the animal from the humankind where there is a love bond. That is what you must remember. It is the love bond which cannot be broken. We have discussed before that the animal kingdom returns to a group soul, unlike humankind, it is a different energy. But those animals who come to your world and acknowledge love and give of themselves, have created an energy of love which can never be broken. So do you understand that as you too can return to other lifetimes, so too do the souls of these animals who have so much love for you.

Jan: That's exactly what I thought. That's what I sensed.

Why should it not be, when the love bond is so strong? But only the animals who have the strong link can this happen; the others they return to the pool energy.

Jan: They are clothed differently and physically look different, but to me they are exactly the same.

Are you not clothed differently from times before?

Jan: Yes, but it's something I hadn't been awakened to before. I have been aware for some time that the 2 that I currently have, I've had before.

Yes, do not be surprised by any link that is bound by love.

Jan: It's extremely humbling and a privileged feeling, it really is. It's just an awakening, isn't it? When we were talking about the attributes we felt we'd brought with us to this lifetime I understood completely what you were saying, but there is this awareness this time. I don't know, I might have had it in previous lifetimes, but it's an overwhelming feeling of awareness.

Yes. It is something hopefully that you *gain* from the soul when you return to our world; that the knowledge is increased just a little, that you can utilise the spiritual gifts more fully when you return to each respective lifetime. After all, it is a learning process, not only for you, but for those you have known before and the animals also that you have known before. You have to recognise my dear friends, that the real you has existed forever and what you see here and now, as the gentleman so rightly told you last time, is but a divine spark of Creation. Whether you shine brighter in one lifetime or you grow duller is your responsibility; and it is a responsibility, let me assure you my dear friends of that; and even more so when you realise the information which you are given sets you onto the pathway of more knowledge and the responsibility grows greater.

Jan: I am being shown faces and different costumes again.

Accept them my dear friend.

Jan: Like last week—so that's different aspects of myself isn't it?

Yes. When you go inwards, acknowledge that you recognise that spark of being, because that is what you are; that is what we *all* are.

George: Yes. When we do go inwards and make contact with our gift, I couldn't help thinking while you were talking, that when you come to us as you do, it's a little bit like getting an extra portion. *(Laughter)*

Well, I am amused that I am seen as an extra portion! I have never been called that before. *(more laughter)* **But I thank you my dear friend for that. It makes me feel fuller.** *(more laughs)* **Yes, I am glad to see that humour exists in your lives, because laughter, my dear friends, is something that you should all encourage daily. Perhaps I shall be *known* as an *'extra portion'*.** *(more laugher)* **Have you any more questions before I leave you?**

Lilian: I was just thinking, if patience is a spiritual gift, if I remember *that*, it will certainly help me at the present time.

Yes, I know my dear friends that you will never achieve perfection whilst in these bodies, but what I have said to you is that you must strive towards it. You can do no more, but in having the knowledge, it may help you to strive a little more. *(Affirmations)* **I will leave you this time. Again, I hope that you will go inwards and find that true being; the gentle loving beings that you all are. Make no mistake my dear friends, you are beautiful beings, but you have many difficulties, each one of you, whether past or what you call future, to overcome; but nevertheless that should not hold you back in striving to find peace in your own lives and in helping others in theirs. I will leave you feeling lighter and surrounded with the love which I bring to you.** *(General thanks and farewells)*

~28TH October 2002~ *(not Salumet)*

No Salumet this week, but another speaker came through Eileen, talking about their work in Spirit realms, dealing with narrow-minded people. The recorder was switched on just after preliminaries and we were explaining this:

I do understand that memory here can be a little bad.

Lilian: Dim?

I am so pleased you used the word and not I.

George: I think it is more for spreading the word to others and also to the group members who would normally be here.

I see, so your memory is perfect?

George: No! *(much laughter)*

Lilian: It's for us here as well.

Yes. Of course I am jesting. Not always am I appreciated for my humour, but I mean well.

George We do appreciate humour. This is something that we have learnt over the years: It's nice to know that humour exists on the Earth as well as in Spirit.

Oh well, if anything we are more humorous, because we don't have Earthly difficulties. Therefore why should we not be more humorous? In fact it brings upliftment and love to you, and when we are sure then we too can smile and be happy.

Lilian: It always brings upliftment when we sit together and during the visit from those in Spirit, it always brings upliftment.

It would be devastating would it not if it had the other effect?

Lilian: Well we wouldn't do it would we? *(Laughter)*

I am afraid that those other people who say that you work for the other side would be assured in their condemnation and thoughts about this work if you were to find it depressed. *(Laughter)*

Lilian: So is this your first visit to our group?

It is the first time that I have spoken with you, but not the first visit. Of course you know that many stand around you and there are always those of us who you would call 'keepers' or 'friends' or 'helpers'—you use whatever term you wish; but no, we have been before.

Lilian: And you also come and listen when Salumet comes, do you?

Not always. I also have other people and other places to work with, but often, yes, I am here and I listen and I too take those teachings to those in our world who are still looking for truth. And believe me, there are still those who are still seeking truth.

George: And you have very good memory and you don't need a tape recorder.

Well I bless you sir for recognising my good point. *(Chuckles)* ***I of course am what you might call a teacher here on this Earth. I teach those in our world who are new to our world and they need help with that, because after all they do not easily accept. They may accept that they are no longer in the physical world, but they still have difficulty in many of our aspects of living. You can understand that can't you?***

Lilian: Yes I can. So I imagine if some very religious person in a particular religion would find it difficult to accept something different.

Yes, and the energy pattern can be quite disturbing, but they work through eventually. There always comes a time for new thought. No one stands still, no one remains with those ideologies forever. They grow to recognise for themselves that if they are to understand and to have correct-minded people with them, they have to move forward. And that is what I endeavour to do.

Lilian: Yes, it's moving all the time.

George: Yes unfortunately, certain religions have sometimes got so rigid and not quite in focus and I imagine this can lead to difficulties of understanding and flexibility and openness.

I understand perfectly, because I was the same. That is why I now teach people, because I have that understanding of how they feel and how they think and it is now my task, if I may call it a task, to help them.

George: And yet there is also much good in the formal religions.

Yes, there are many in this world that decry religion, but I am not one of them. I am of the mind that if it helps them on, if it helps them to become better human beings, then so be it. As long as they are open-minded enough to accept as it is, to accept that what they feel and what they understand is more to behold now. You understand?

George: Yes. I like to think of the formal religions as a kind of springboard.

Yes! And that's how I feel. I can see we will be good friends! *(laughs)* ***My memory is perfect and yours will be. But let me say, if you wish to go forward do not be afraid to let go of all those old ideas my dears. This is what I try to teach them.***

Lilian: I think our religions are becoming more tolerant of one another.

I think that it is not that they are becoming more tolerant, but they have no choice, because people are thinking, or beginning to think for themselves. People are aware now of spiritual attributes which have not been met before. Your world at this time is a changing world; I wish I could show you for yourselves. Your world is changing all the time, much better. I know you are going to say: But why is there so much trouble? Of course there always will be. But what is happening is a new spiritual awakening, and it is happening with your very young people.

Lilian: Yes, that's true.
George: Yes and more and more books are being published about New Age and Spirituality.
Yes, just look into titles I have to say. But I am for anything that makes people think for themselves. I am with anything that makes people aware of their own spirituality. I am with anything, any written word or spoken word that helps another to look within. And the only way to do that is to be very open-minded—and I sit here with very open-minded people.
George: Yes, and did you have Earth life before you…
Yes of course I did. I am afraid I am not one of these higher beings—I wish I was—I still have a long way to go too.
George: I was going to continue my question and ask you if you were also a teacher on Earth?
Well no. I had no mastery of teaching then, but I am a teacher now, because I have the understanding of the deep-rooted feelings that people have, of the narrow-minded way of going about one pathway. That is why I became a teacher, because of the recognition of where I had gone wrong, I saw the opportunity of helping others. And what better way of teaching others than to have that understanding yourself.
George: And so you set out on this path whilst in Spirit?
Well of course. I had to, but it takes time, it takes understanding, it takes teaching from others; then realisation comes to you. I would say of this that it is good for me and others. And I am still working this other pathway. Do you understand?
Lilian: Yes, we do.
George: Yes and you have a very nice clear voice, so I would think elocution comes into this.
You are a man of many words I can see, I like a little praise. Why not? I understand and thank you very much for those words.
Lilian: Graham, did you want to ask a question?
Graham: Yes, the teaching in Spirit realm and children who die when they are still very young. Are they taught in schools in the same way as they are here, or is the teaching done on more of a personal level, one-to-one?
I am not a teacher of young children, let me make that clear. But yes children do have teachers. They are taught of life upon the Earth as it would have been for them, but the difference is that they grow spiritually hand-in-hand with the teachings that they would have had. So their knowledge is wide, but they are taught by those people who have always desired to teach and help children. In the same way I now teach those people with narrow-minded views of religion and the pathway that they should have taken.
Graham: Yes and are there schools that they have?
Of course there are schools, but not in the sense that you would understand them. We call them schools for the benefit of you here, because that is your understanding. But of course they have schooling if they are still young, but schooling in the way of spiritual matters, schooling in all the teachings that there have ever been. And do not forget that they are Spirit first and foremost, so those teachings are of the utmost importance. But yes, children do grow up in our world.
Graham: Yes...interesting. Do they go through the same personality changes as they grow older?
No that is a difference. The personality is not there as it was here on the Earth. The personality remains only in so much as what they have gained from physical living. If a child comes to us with the Earthly age of two years say, then that personality has been stamped upon the child in those two years. That is what they bring back. But the personality would not grow in the same Earthly manner. Do you understand?
Graham: But there *is* personality in Spirit land? Those who come through are all very different?
Well of course, we all come at different ages. But you come with the age you had upon the Earth. A child of two will have very little knowledge of the Earth life. An old gentleman of ninety would have a much better degree of understanding of physical life and therefore that personality has been stamped for so much longer.
Graham: Yes. Who is mostly responsible for the stamping of the personality of the child? Is it the parents or the circumstances under which that child is born?
Of course the parents with their responsibility to the child will have some influence. But small children can remain very close to our world. Therefore their spiritual personality is very strong.

Graham: Thank you for that. It is very interesting. We have three children and they are so very different, and personality is something we think about and we wonder.
Think of them as beautiful gifts to you.
Graham: Yes, we certainly do. We really do.
Yes. Can I put something to you?
Graham: Yes, of course.
(You were a child once? Tape unclear) **Remember that and it will give you a little more understanding for all children.**
Graham: Yes. Sometimes I have flash-back memories when I play with them and I remember all the things that I used to really enjoy doing.
And what are the things you used to do/feel?
Graham: Yes, the excitement and the passion…
The passion! That is a wonderful word. Passion! Passion for living, passion for life. That I would agree, that is what you must remember and it will help you with your own children.
Graham: I can remember being thrilled about things—a trip to the beach or something that was coming up.
Although they are Earthly experiences, all feelings when you are children come from Spirit. It is the feeling of love and excitement. If you watch a child and they are happy, they exude this beauty of living. Unfortunately, and I say this truly, it is the parents that *(suppress?)* ***this. So remember the child in yourselves as parents and you will not go far wrong. And now I've really burnt my bridges!*** *(laughs)* ***I must be careful, I have this little trait.***
Lilian/Graham: That's interesting.
George: I have another thing on my mind.
Just one sir? I'm sure you have more than one?
George: Well yes, but we have unfortunately, associated with religions, but away from religions themselves, there have been militant groups that indulge in terrorism and they cause many deaths; not *really* in the name of religion, but they *think* it is, or they use a religious title for their movement. In your teaching, do these people who come over, present a problem to you?
They can do. They can do, because you see they have become so engrossed in their way of thinking that they cannot see what is right and what is wrong. Those terms 'right' and 'wrong' are very black and white, and you know I am sure that the teachings you have been given are that black and white is not always just what it should be. Those people come to us with these fixed ideas and sometimes it takes—shall we say, many, many of your Earthly years for them to realise that what they have done has not always been the right pathway. But I do have to say—and I do hope that you can accept this in the way I am telling you—that those people believe that what they do, in their hearts is right. *(Affirmations)* ***So there has to be an element of understanding for them.***
George: Yes, I appreciate that.
There has to be a degree of help for them. They are not always the wicked people that you perhaps in your world see them, because they genuinely believe that what they are doing is best.
George: Yes, I do appreciate that.
And it is our task to show them the other way they could have chosen. We have to show them a wider picture, and it is then up to them to accept our teaching. It is then up to them to accept that the spiritual way of life is to allow all people the freedom of thinking, the freedom of choice. That is what they need to learn.
George: Yes. It strikes me that is the more difficult part of your teaching.
I could say much—I make light of the teaching. It is difficult work at times. It is not just a small growth if you can take one person and make him see the light. It takes much work. It takes much love and understanding, and yes—patience. But that is something that in this world there is *(not?)* ***a great abundance of. But perhaps I can leave you with this thought about people who you might say: commit atrocity. I believe that is an expression widely used in this world.*** (Yes.) ***Do not think of people who commit these acts as terrible people. See these people as lost souls...***
George: Who need praying for…

…to help themselves, help with their understanding, hope that they too will feel life so strongly that they could not harm another human being. That is what we are teaching them, that every single individual should not utter a single word or a deed against another human being, with either malice or hatred, but with gentleness and with love.
George: Yes. That's very good to hear.
Something to think of when you feel strongly—I do not say anger, because I know you very good people have a very great understanding, because of the teaching you've had, that you must not make judgement on others, but still you do don't you? *(Affirmations)* ***I know you do. But I am not here to criticise.***
George: Sometimes we call it analysis.
Well, that is a good word is it not, 'analysis'.
George: Well perhaps it is not quite as strong as *judgemental...*
Well only you know which one you really mean. *(Chuckles)* ***But I would suggest to you that you think deeply before you utter any words against another person.*** (Yes.) ***That is my teaching to you: think carefully at all times.***
Lilian: We do need reminding of that from time to time.
Yes you do if I may say so—and I say that with love. *(General thanks and farewells)*

~4TH November 2002~

Good evening. *(greetings)*
I bring to you this time much that is needed for you. There are those around and about you who have been blending with your individual energy patterns. I will explain to you my dear friends why this should be so. Can you feel a blending of energy between you?
Lilian: Between us? I hadn't thought of our Spirit friends blending with us, I must confess, although blending together, yes.
Yes. I will say little this time, but I will discuss with you the blending of your own energies with those who stand close, and how that blending of Spirit takes shape. There is much for you to learn about energy and always I have told you we must go slowly with this subject. After all, it is not something which is easily accepted, because it can only be felt and not seen. Therefore we have so many in your world who doubt us when we speak of blending energy; in fact I would say they have difficulty sometimes in accepting that pure energy exists. I want to tell you my dear friends, although we are small in number, I want you to know that here with you in this meeting place, there are many from my world who stand close, not those who wish to communicate, but those beings of light whose purpose it is to raise the energy vibration of your world. I have to tell you dear friends that these beings of light, the purpose of their existence is to raise the Earth vibration at this particular time in your evolution, because, you remember what I have said to you, that your world is making progress, it is evolving as it *should* at this particular time, but without the help of these light beings, I would be afraid for your existence. Therefore my dear friends, to have these beings of energy come to these meeting places, I would suggest to you is quite something. But I don't only want you to accept my words, I wish you to feel the difference in the energy that is within and around you.
George: When we first began to sit, I sensed there was an energy *building* from that moment.
Yes. Did anyone else feel this?
Sara: Yes, I did.
Good. What about our gentleman friend?
Graham: I always feel an upliftment when I come into this group. I come in sometimes feeling the effect of the week, but by the end of the meeting I always feel very uplifted, I feel like almost a totally different person. It's a wonderful feeling.
But this time my friends, there is an extra energy with you. Try to allow it to blend with your being.
Sara: It makes me feel very relaxed.
Yes, you should almost, I would say, feel light, lighter than you would normally, but if you do not, just please do accept my words that they are here with you. There is much work for us all to do, there is

work to be achieved in your world in the coming of your years, not only in *your* years, but in those of your children and your extended families. Life upon this planet will eventually become more spiritual in nature. I would my friends—and this is not a teaching, but it is a fact which will occur, and because of your dedication to our work I will tell you that there is much that will be uncovered or 'discovered', as you earthly being say, in the coming of your next two years. Many things will be uncovered that mankind will use to advantage. Remember these words my friends, when they come to your attention as they surely will, not only upon your Earth, but in the expanse of all existence there will be found new planets, new stars. Of course they are not new, they have always been there, but the widening of mankind's vision is becoming much greater. Your scientific worlds are opening pathways, it is almost as though their eyes have been opened in many respects. So also in your medical world will there be much uncovered and that is because my dear friends, we have been working closely for some great length of your earthly time, with those who wish to help mankind. I am telling you this my dear friends as a thank you for all that you do.

Lilian: We thank you for all that you bring us.

I know we are small in numbers this time, but I know that my words will go to the others who are not with you at this time

George: Yes, they will receive transcripts.

Yes. Now my dear friends I think for this time if you have any questions for me, I will be only too pleased to answer them for you, but may I say that for the purpose of these beings of light who join with us this time, I ask perhaps that you devote a little time to absorbing their energy, *(Affirmations)* **and as usual I know you will discuss what you feel. Are there any questions my dear friends?**

George: Yes, I would like to refer back to a question that was asked of you several years ago about homosexuality and as part of your wording on that, I think you said that it is *possible* for a Spirit to be *transgendered*, if I could used that word, such that the Spirit or psyche, is of one gender and the physical body would be of the other gender. I think you said it was on account of the Spirit being too *eager* to incarnate.

Yes. It is always the problem and you must remember that there are those in our world—and let me remind you firstly that when those who come to our world are anxious to return and will not be *guided* or will be *patient* enough—they will use their freewill which they still have—they will take *any* opportunity. That is why on your Earth you have people who produce children who really do not want them; it is a combination of the Spirit being rather too eager to reincarnate.

George: Thank you for confirming that. I know of three people who are in this category and they seem to have an internal conflict.

Yes. I would say always, because if you look spiritually to these people, that is why their lives sometimes seem to have this conflict. Not *all*, I would not say, but many.

George: I notice that some are driven to the extreme of taking hormones and involving surgery to convert their body to the other gender.

Let us not forget that gender belongs to the physical world.

George: Yes, but it is in some way matched by the Spirit coming into the physical?

Yes. The Spirit is eager to return and creates many problems.

George: I was wondering if you have any thought on using medical facilities to alter the physical body? And I would assume that as the Spirit is more fundamental, it is not possible to alter that?

Well, mankind can do much to alter the physical makeup of man or woman, or these souls who are confused. There is nothing to stop mankind using medical advancements, but the fact remains that the Spirit within does not change. It is a complex issue which cannot be spoken of lightly, because there are too many issues at hand here; it is not a simple statement that I can give to you.

George: These people seem to strive to express as their Spirit self.

Yes, the Spirit within is the one who is striving to come forward, but because it has not been, shall we say considered fully, because they have not chosen the lifetime *wisely*—can I put it that way for you—then all of these complications arise. But I hear you say: *But if you choose your lifetime, why should there be these complications? Have they chosen this way?* Not always. Remember that Spirit beings *have* freewill, as you have those children in your world who are guided, but will always still go their own way,

because of your freewill. But that is something not to be decried, because it is a learning process for the Spirit, and although they may come back to our world with regret, it has been a lesson for them, which I would say they probably would not make again, because of the life lessons which they have encountered.

George: Yes, I can understand that. And I have read some words by the Dalai Lama which I think agree with what you have said. I think the Dalai Lama was saying that the Spirit at the time of conception, enters the egg by one route in respect of female, and a different route in respect of male.

It is a complicated subject and not one that everyone can accept eagerly, but we say this to you my dear friends: that the Spirit within knows in our world what is 'right' and what you call 'wrong', although those two words for me are rather contradictory to the Spirit itself. But what I would say is this: that no matter which way Spirit reincarnates into any body, that Spirit is responsible for what has happened and those two people who have joined together to give the Spirit the opportunity to reincarnate, also have some responsibility. I will my dear friends go more deeply into this matter on another occasion, but it is not as simple as you would at first see.

George: Well thank you very much for clarifying that for us.

I hope it helps in your understanding.

George: Yes it does, thank you, because as you will appreciate there are all kinds of different views that people have.

Yes, and this is always the problem that the human being always wants an explanation which is either black or white, when in fact when you speak of the Spirit world, there I would say, lies the fault of humankind in trying to decide what is right and what is wrong. It is confusing and this is something that all of us who come to you have to try to dispel, because there has been many, many, many of your years when information given to you has been misinterpreted, or mankind has decided that *he* is best at knowing the right answer. And that is our purpose in coming to teach you and to help you to understand and to open your minds more fully to what is happening. As always my dear friends, look at all of these issues, any of your problems from the spiritual standpoint and you will have a much better view, you will receive a much better answer to your question.

Sara: Certainly when you appreciate the complexity of things, we appreciate that we cannot judge, because it is very involved.

Yes, always it returns, does it not, to my simple teachings *'never to make judgement upon another',* because how can you know the circumstances of that Spirit. All too often Earth people are quick to judge, are *harsh* in their judgment, whereas the Spirit eyes should see the wider picture, and even if the understanding is not there, at least give the heart a chance to *feel* and accept another's life. It is not always easy I know, but that is the way forward. Are there more questions or shall we sit quietly?

George: It might be just a good time to bring up one question which relates to white beings. There may be a simple answer. I've often thought about the writings of Homer in ancient Greece. He wrote about a time when the gods participated in human affairs. I just wondered if he got his inspiration from knowledge of angels and light beings, or was there a time those few thousand years ago when there was a situation similar to today, where we have light beings amongst us?

There has been never one time when light beings have been more intense in their purpose than any other. What I would say is this: that the light beings have always been around this planet, as they have on others. When I speak of the light beings, I am speaking of those beings who have never lived a human life. You understand? And as you speak my dear friend, of course you have to realize that from the beginning of this birth of this planet, there have been those who have stood by to help and give upliftment and knowledge. Those writings you speak of have indeed been inspired, but there have been many times throughout the existence of this Earth plane, when many have been inspired, not only your great and well-known people, writers—those with knowledge, but the simple person on this Earth. All of you are inspired in some way, but each one of you uses that inspiration in the best way that they can.

George: And I imagine that some light beings would be looking after the planetary system **(Yes—from the beginning.)** and others would be inspiring mankind?

Always, always—you begin to know and understand when these great writings that you discover and begin to understand, you think to yourself: 'Where have they come from?' But when you have the knowledge that you have now, you begin to realize that mankind is never alone; never alone.
George: That is very nice to know, thank you.
You could compare yourself in a smaller way to those who write words of inspiration, because that is what you have tried to achieve in the work that you do. Would you not agree?
George: Yes, thank you very much for that.
I think now my dear friends is the time to allow that energy to be felt, because I can tell you that the whole of this meeting place is enclosed with a light, which you will not always have the opportunity of having. So allow yourselves to go inward and let us see what you can achieve. I will leave you quietly, always of course in the knowledge that I come to you only with truth, with love and always with the upliftment that you all seek. *(General thanks and farewells)*

~11TH November 2002~

Good evening. *(greetings)*
There is amongst you my dear friends a heaviness of Spirit. The burdens of life weigh heavily upon some of you. I have brought to you this time those who forever seek to help and uplift you; they stand close. *Feel* their presence and know that their task is to help lighten that heavy load.
Lilian: We thank them for that.
We welcome home our absent friends, but I am sure they know and realize that we have been with them. (Thank you.) **In times of distress, in times of disappointment, in times of being unsure, these times are those when you must find yourselves. I have spoken with you about this many times in your past months, but I will say it to you once more my dear friends: in times of trouble, that is when you come to truly know yourselves. Therefore, I ask of you that you try to do this each day of your living, not only when we come together, but each day that dawns I would ask that you connect with us to allow the Spirit to be free, to allow the Spirit more knowledge, in order that that knowledge be used wisely in your everyday lives. I feel this time my dear friends that I must give you the opportunity to ask of me what you will, but I feel this time a great heaviness which surrounds you. Have you questions this time?**
Jan: The lady to your left *(Lilian)* and I went to Mark Brandish, a medium, on Saturday and I was really grateful when he came to me, he said that he could see coloured lights all around me, but it wasn't my aura. Could you explain those lights to me? I have interpreted that those are the lights that are visible from us. Would I be correct?
I understand what you say. Let me say this to you, that as you sit here now, each individual is showered in many colours. I have explained a little to you about colour, but not a lot. Colour as seen by those who give you words from our world, have developed sufficiently to see not only the auric field, but those who stand close by you. I will say to you this, my dear friend: that you were bathed in those colours for your own upliftment at a time of some distress. They were there to help you and uplift you and still they remain with you. The person who could see them around you, had the ability to know these spirits by their lights. You, my dear friend, have had many from our world join you, not only in your waking moments, but as you so aptly told your colleagues, in your sleep-state. They will remain with you for some time to come, not because you are in emotional trouble, but because at times of grief or distress, those beings come closer to each one of you, whether you are aware of them or not.
Jan: I've been very aware and it's been lovely and I really grateful that I am able to know that.
Do not assume that these beings are all of your family members, they are not. They are your protectors, your friends, your teachers. That is why they are seen in many colours. Do you understand?
Jan: Yes I do now thank you.
Sara: Often when I'm feeling particularly distressed about something or a situation, I often find I hear a sudden noise or I become aware that possibly a Spirit is in the room with me. I don't know if I am right in assuming this, but a piece of furniture or something will move suddenly in a way that I can't see how it could have moved, except by some other means. Am I right in assuming—today something moved in the

house and I didn't know if it was my negative mental state that might have caused it to happen or if I was in the presence of a helping Spirit.

I would say this to you my dear friend, that at your spiritual growth it would be most unlikely that any negative feelings from you would create such happenings. All of you who have come here for any length of time are protected. It would only happen if that negativity remained for any long period of time, in which case it allows that negative thought to become reality—and you know also that like attracts like. So firstly I say to you that you are protected but, what I also wish to say to you is this: that each one of you is developing in their own unique way. Not all of you see or feel the same. When those from our world come close for whatever reason, they have to, if they cannot influence you through the Spirit, they influence through the emotions or sometimes physical happening. They will select which is best for each individual. If you cannot see with clear vision, they will speak to you with the spiritual ear, you may hear or you not, dependent upon you own capabilities. But yes, that would be those who come close to you to make you understand that they hear and know what is happening in your daily lives.

Sara: I felt it was to comfort and reassure.

I would tell you this—and I do not often give these things as you know—but there is a lady who has been with you from your birth and who seeks to encourage you and she has been responsible for many of these movements. Please do not be afraid, but it is her way of letting you know that she is there to comfort you.

Sara: That's wonderful. I am very grateful actually and that does explain a lot. And I will try to go within when I become aware of her presence…

You do have the gift of clear vision, but it has yet to be unlocked, but it is there for you to used if you so desire.

Sara: Yes I would like to yes. Yes, I'll meditate more now.

Lilian: Any questions Sarah?

Sarah: No questions thank you.

Lilian: George? (Yes...)

May I be so rude as to interrupt our gentleman friend? I wish to say to the lady who has said *'no'* a few words. She has gained much in experience these past weeks of her time, but with the knowledge and experience there has been created a few little doubts. Yes?

Sarah: I wasn't aware of any doubts, I don't think.

Yes, there is within a doubt. What I would say to you is this: accept what comes to you with love and understanding and whatever happens must happen. I say therefore to you my dear friend, take each experience and handle it with love.

Sarah: Thank you, yes I will bear that in mind.

Now, gentleman friend please.

George: Thank you. You talked to us recently about beings of light that walk the planet at the present time that come from other worlds. I was just wondering if you would clarify, are these beings who have gone through the usual incarnation process and have Earth bodies? Would this be so but the difference would be that they would have a different from usual soul connection? And I think you said the spiritual light beamed from them.

Yes, you are correct in what you say. There are beings of light which live in your world and the only way they can live in your world is to don the cloak of human flesh. They do have a different soul connection, because beings of light their task is to look after this planet. When they incarnate to human form, their light can never be dismissed, diminished or extinguished. Their light shines forth like a beacon, their light shines forth with such brightness that no one can doubt that they are beings of love and light and goodness. There are many in your world in this present day; their task is to protect this planet Earth, their task is to show and direct love where it is needed, their task is to show humankind the way forward. Is that helpful to you?

George: Yes, that's wonderful, thank you. So, at a glance, they would appear as ordinary Earth beings, but at a second look there would be this light from them.

Yes. *You* will know them if you should meet.

George: I see, I follow now. So, before coming to this planet they would have light form elsewhere. **(Yes.)** Yes, that makes it clear. Yes, we are very, very fortunate to have such beings with us, obviously.
Lilian: So even in physical form, if we met them we would be aware of the light, would we?
Their spiritual energy and light would not be mistaken. You all have heard of these beings of light whose goodness and love extend throughout your planet.
Lilian: Yes, I can think of one. I didn't meet this person, but it would have been interesting to.
Are there more questions please?
Graham: I was going to ask a question about schools. With the changes that are occurring in schools at the moment, there is some negativity amongst the teaching profession that children these days are harder to teach, because of indiscipline and often children want to do their own thing and not necessarily follow the lesson plan. But one of the changes that has occurred in the teaching profession is that teachers these days I think are gentler and more caring and I think that the classroom atmosphere is probably more compassionate than it used to be. Yet despite these things, the children are very difficult to teach, because of the way they obstruct the lessons. I was wondering what we are doing wrong as teachers?
Firstly let me say my dear friend that there is no fault with those who teach. The basic fault in your world today is materialism. Your children of this world, in this age, in this time lack for nothing except spiritual gifts. Very few of your children in your schools fully understand their true nature. They have been raised in a world full of what they consider to be their right—these gifts of material things; and so do I have to say, all parents of these children, who feel that you are giving them everything that you can. The most important thing that you can give a child is love and understanding and to stop thinking of them as just children. They are people. They may be younger, they may be under your safeguard, but they are individual. There is coming a time in your world, when materialism will fall, when people will realize that the gifts of love and giving are more important. So do not feel that those teachers have fault—that is not the right approach. I would say as a teaching person, that you must look at each child individually, you must take them to your *heart*, you must look for those spiritual gifts that are there and you must help them to develop as *people*. I know when you have a number of children that this is not always possible, but if you use your spiritual eyes, you will see what gifts they have, what gifts that need to be developed.
Graham: Yes there are new things coming in, like I think they call it PSE, where we do have an opportunity to teach spiritual messages. I think that these are very important. It's coming more and more I think **(Yes.)** and it is an opportunity to connect a bit more in a spiritual way. I found that that was very useful and valuable.
When the Spirit is touched—of course you must live in the physical world, of course you need these material things, but what you do not need is the love of material things. There is nothing wrong in having material goods, but it is the love of them which is the downfall of your young children in your world. Do you understand the difference? *(Affirmations)*
Graham: Children seem to get very competitive over what they have.
Yes. You should nurture their love of giving, their love of *liking* all others—I will not say *love* for these very young people, because love for them means something entirely different, but children have a natural instinct and children want to be loved more than any other thing. Therefore the responsibility I would say of your schools upon this Earth, is to help to nurture these children, bring out their spiritual gifts and their capabilities of living in this most material world.
Graham: That is very interesting, thank you for that. I agree with what you are saying.
There will always be those who will disagree, there will always be those in your world who have harsh words—words of discipline. Look to your animal kingdom. Which animal treated harshly or with love responds to the human touch—and therein lies your answer. I do not say this is an easy task, because in your world today there is much that has gone in the wrong direction, but that is no reason to be afraid for the future, because as I have told you my dear friends, there is change. That is why, as the gentleman has already discussed these light beings upon this Earth, because they will not allow this planet to be destroyed. So I say, take these words as a message of hope to you all. *(Thanks expressed)*
I feel that for this time I have spoken enough. Next time I hope to bring you some more teaching, but I say to you my dear friends, if you need the time for questions, then do not be afraid to ask, because my

task here as you know is to help and encourage you also. So as you leave this room tonight, I know that the heaviness which was with you when you came will be a little lighter. *(General thanks)*
George: So we must try to get away form too much emotional involvement and obviously live more within Spirit.
The emotional body creates many problems in your world. It is something that you must truly try to control. But I leave now my dear friends deep and safe in my love. *(General thanks and farewells)*
There then followed a few brief clairvoyance through Eileen before closing.

~9th December 2002~

Good evening. *(greetings)*
This time my dear friends I would like to say to you all that as you near another of your earthly years, I would like you to look back—and that is not a strange request as always I tell you to look forward, but in looking back over these past months I am sure you will recognize how much self-knowledge and self-empowerment that each of you has gained. It may take you a little time to realize and understand those words, but I would like you to think about it carefully, to think of the choices that have been placed before you on many occasions and the choices that you as individuals have made. Think deeply my dear friends and only then will you realize how much you have capitalized on the knowledge that you have gained here.
George: Yes, I have the feeling that as that knowledge becomes more complete we become better in a position to spread that knowledge to others.
That you do my dear friends, but what you must also understand is what that knowledge has done for you as an individual, as a spiritual being. You must fully understand where that self-empowerment comes from, and it comes from the very fact that your self-awareness has grown so much. Only in understanding yourselves can you then help others, but what I wish you to do is to look in hindsight at what you as individuals have achieved. Each one of you in your own individual style are always helping others, but my question to you my dear friends: *'do you understand why?'* That is something for you to go inwards to find. I have spoken many words in these past months about your own self-development, about meditative states, about your own seeking. I hope now that as you approach the end of this earthly year, that you are able to recognize full well all that you have achieved. Can any of you tell me what you have achieved? *(Pause)* **Please put your human modesty to one side—allow those true selves to come forth.**
Margaret: I've found that I'm more contented with my life and I try to help other people as much as I can.
Yes. You my dear friend I have been uplifting, because in these last few months you have been a little depleted of spiritual energy.
Margaret: That is true.
Yes, but we are with you always. (Thank you very much.)
Graham: I feel as if I have gained the confidence to actually go ahead and make decisions. Sometimes decisions are hard to make and there is a lot of self-doubt, but I think that the knowledge that I've had has to some extent enabled me to see a wider picture perhaps and enabled me to go about thinking about making decisions which are going to have to be made in the future and I am very grateful for that knowledge. I think that I would have floundered at times without it. It's been very comforting. It is like having a side companion having this knowledge.
Yes my dear friend, of all within this room, you have been one who I would say has achieved the most. I do not say that lightly, because, as you all know, this earthly year for you physically has not been an easy one and I think I say truly to you, that had you still had full health your thinking and your decision making would have been entirely different. Therefore what you must ponder upon is the outcome of these health problems that you now have. You have been told that you have the power within yourself to become healthy, and to be healthy—and this applies to all—to be healthy you must have a healthy mind, you must have a healthy disposition to all aspects of life. So you, my dear friend, are weathering the storm very well and I say to you, continue on this spiritual journey and it only can become easier.

And I don't mean by that that all physical problems in life will suddenly disappear. It is only in times of stress that the Spirit shines.

Graham: I like to think about my life as almost like becoming a meditation as you go through the day, think many things and try to apply them and as I said it is a tremendous companion and I like to try and think about my life as being a meditation in a way. In quiet times I go cycling, because it gives me an opportunity to think and it is very, very useful and I can understand what you mean about quiet times.

Yes. In your quiet times then Spirit comes forth; the true self appears. In those quiet times those who are close by you have the opportunity to help you, to uplift you, to guide you. That is why during these past months, that I have repeated many times about meditation. I have stressed also that we cannot make you meditate, we cannot force you to take quiet moments; that responsibility lies with each one of you. But I know as you also do know that in seeking these quite times, then the self-awareness and self-empowerment becomes so much stronger.

Sarah: I find like George, I find it quite difficult at times to *not* chip in and say something when people are talking, because I find that I'm thinking quite differently to the way that they are and I do try and say my little bit. Sometimes I have to keep my mouth shut as it is obviously not being taken, but very often I find that people do listen. It's made my life a lot easier to live. I find problems that I would have had before; I don't think I do have so much now, because I am thinking in a different way. I know I haven't done the meditation that maybe I should have done, but nonetheless I do *feel* much more confident in the work—yes just my faith with you.

Yes. I hope my dear friend that it is a little more than *faith*, that it is a knowledge that you have gained individually, by the way you live this earthly life. Yes you are a much stronger person than when first you came to this group. We know you do not always appreciate how much you have grown and it is difficult for us at times to tell you, because until now you are unaware of each other's light. But the time can come, with the love and dedication which you have, for those spiritual gifts to become manifold and to be expressed by each one of you. But it needs patience, it needs dedication and above all it needs *you* to offer yourselves to be used. After all my dear friends you are all sowers of seed and as you have said my dear friend, you can only but utter those words. It is up to those who receive those words, whether or not they allow those seeds to flourish, or whether they allow those words of wisdom to die. But that is not your responsibility, you have done your work when you have given of those words. So I would say to you my dear friends, continue, because your words are healing to many ears, your words to others uplift them, you are words to others: feed them. And as I have said to you many times, each one of you works in your own individual way.

Lilian: I think for myself, as Sarah has just said really goes for me. I have let more people read the transcripts of your words which are rather nice and I know they're interested, so that's good.

Again my dear friend, life for you is not always easy, but you have a generous heart, although sometimes you are harsh on yourself. Let me tell you that any doubts you may have are unfounded. Your work for Spirit is commended. You, by your way of living life is an example to others. I hear you chuckle and think to yourself, *'but I am no saint'.*

Lilian: True. *(Chuckles)*

We, my dear friends are not searching for angels—they already exist. You people upon this earthly planet, were never meant to be perfect, that is why you are here. So do not chide yourself, do not be so harsh upon yourself, because in your earthly years, you have given much, much love. And I know you would be one to say: *'but I have not done anything that other people have not'*, but there I will correct you, because my dear friend, whatever you have done has always been with an open heart. I have to tell you, you are much loved in this, *our* world. I will not speak longer this time. It has been good to join with you again my dear friends, but as always at this time of your earthly year I have to take my leave of you for a little while. I will return to that place where I belong. I will return to you, as I hope also you will, much refreshed and ready to give you more of our teaching. *(Thanks expressed)* **If there is any question that must be asked, I will be happy to answer it now before I leave you.**

Lilian: Have you any words for your own instrument to tell her before the year is finished?

Only that we are grateful for the privilege of being able to use the instrument, also that her earthly year has held many problems also, but we have no concerns. She has reached a stage of acceptance and we cannot ask more of you than that.

Lilian: Yes and we are all very grateful to her as well.

I would say this to you that perhaps you will tell her that what she felt is indeed correct. I am sure she will understand my words. Are there any questions please?

George: A gentleman asked a question of me which I said I would pass on: On learning about the work of *light escorts*, he was intrigued know, in his words, '*who overshadows the light escorts?*' By that I think he is seeking information on the chain of command above the light escorts. Can you help us with that?

Yes, I understand the question. There is much spoken of and many words are used. I understand when you use the words *'light escorts'.* To many they mean the light escorts from other planets. Am I correct in my thinking?

George: I know he was concerned with the light escorts who oversee at the time of physical death, the passage from this planet.

I see. I understand your question. This is always the problem when we have earthly words which are used to describe *our* world. Those who are present at the passage of the human being to our world, those workers you mean? (Yes.) **Yes. Those workers can be many. There are of course degrees of workers in the light. It begins with people who have inhabited your world, inhabited *other* worlds and then they graduate to the beings of light who have never existed on any planet. You have to see that there are many and not one explanation. All of these beings of light are there to help those souls who return home to our world. It of course depends on the passage and the person and the time, and of course these light beings *are* overshadowed by those light beings from our world who look out for them in the same way as you have Spirit beings who come to your world, but there always is a regime of order—there *has* to be, nothing happens haphazardly, all is organized. And I would say and I do believe that what your friend means is *'who is the governing power?'* And I would say that that the governing power is that all superior universal being from which we all come. That is the simple answer. If he wants more explanation, I will return to it when I come back to you.** (Thank you.) **I need really I believe to know exactly which light beings he is speaking of. After all, those beings from our world are *all* light beings. We need to have a little more definition for me to answer your question fully and I will be happy to do so for you.**

George: Thank you, I shall pass that on.

Now my dear friends, as I take my leave from you, know that although we are apart for a few weeks of your time that always I am still here. *(General thanks and farewells)*

One through Sarah followed with information concerning the next few meetings over the Christmas period, where the group may be used to help bring more happiness to those in need.