

Spirit Writing

Via

Dave Findlay

*Knowledge given by spirit
For the Aquarian Age*

See website www.spiritwriting.co.uk

My only Prayer

Beloved Father I would open this my prayer to you by sending my love to you and to all of my spiritual siblings, on every line of life and on every level of life, so that all life shall know my love.

Guide me dear Father that my life shall be a life of service to all life.

Guide me also that my unconditional love for all life shall grow stronger as each day goes past.

Teach me to love dear Father, teach me to serve, and guide me that I shall be kind and gentle in everything that I do.

Amen

FOREWORD

This is an unusual book in that it is not a story but is many little stories, most of them with a spiritual message.

It covers many situations and gives many answers to the everyday life situations which you meet in your daily round of life.

Both myself and others who have been given a copy of these sittings have found that if you have a

problem you can open this book just anywhere and very often find the answer.

These sittings are written in longhand whilst I am in light Trance and whilst I am aware of the actual words being used I never know what the content of the writing is at the end of the session when I close the writing pad. It is not until the next day when it is typed in to the computer that I understand the story. so you will understand when I say they are not my words I really mean they are not my thoughts.

Any interpretation of these sittings are yours and yours alone and if you cannot accept any part of them then that is your prerogative and is quite all right with me.

May God bless you with Love, Light, Knowledge, and Lessons

Dave Findlay

Spirit Writing Via Dave Findlay

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During my time as a Spiritualist I was on many occasions asked by spirit to take up Spirit Writing. I tried a few times, getting seemingly nowhere. At one reading around 1985 I was informed that the number of people I would help would be numbered as the number of Locust's in a large swarm. Shortly after this I was informed that my service to others would be as a pen dipped in a pool of water and the ripples flowed to the edge of the water. As you are aware this book of Sittings is available to anyone all over the world on the internet. so that they can interpret the knowledge Spirit has passed on through me.

After many years of trials and tribulations, successes and failures, meditations *par excellence*,

knowledge, knowledge, and yet more knowledge, I found myself knowing, what I am, where I come from, where I am going, and what I shall become.

Finding myself effectively separated from the Spiritualist Movement I was still receiving knowledge from spirit during my sleep. The only way I knew what was happening was that every couple of weeks I would wake up about five in the morning with a whole new subject explained to me down to the last detail, and the only way I could get back to sleep was to go and have a cup of tea in the quiet of five O'clock in the morning when it would all fit together like a Jigsaw puzzle.

After about five years of this I went to have one of my annual readings and was advised to get myself back into a circle and start writing. The following week I went to an open circle and found transport there from a friend. The spirit writing works just like it does when I give messages, i.e. what comes into my head I say, (or in this case write). This book of sittings is the result of that advice.

Meeting my friend GYRON and his band of Brothers has been a delight and I am sure there will be more Sittings stretching out into the future as the time for new knowledge has arrived in this the Aquarian Age, but only time will tell if this happens.

Many of the lessons in these Sittings have been told before and are now ignored by most people, mainly because they are told in the Christian Bible. They are still relevant to the new age thinker as well as the Orthodox way, and there are many which give a new slant to the normal way of thinking. Those of you who still accept the precepts of the modern scientist and the Clerics will find some of the contents unacceptable. To them I say 'By who's authority do you make these judgements, and I would also ask you to prove your statements'.

Love thy neighbour as thyself is the only true law which we should be striving for, for Love is the one thing which holds the Universe together.

I will take the way of my friend GYRON and send my love to YOU, and to every living being within the realms of our beloved Creator who is the Solar System we live in.

Dave Findlay

To my beloved siblings Jim, Dolly, and Berice, for all their help and assistance over the years, the result of which, (among other things), is this book.

SITTING 1

Now that you have started there are things that we must do to get things right. Firstly there will be a period of practice for a few weeks until you are ready to accept all that we give you, and then we will come to the time when it will come as second nature to you, but you will need to get into a regular system of times and duration's so that we can impress you correctly.

The Church services you have taken and the circle work you have done, and will do, will bring you to a position where you will do this as second nature.

Time will tell and the more regular practice you have the better you will become so that we will give the instructions and knowledge which you require to do the things which you have set out to do.

Our blessings on your family and do not be too hasty when you are disturbed by their objections to the work you do for us. All things will come right in the end.

Adieu with our Love

Gyron

SITTING 2

The love of my life is service. The service is the only thing which matters in this earth-life and is the only thing which should drive us in our quest for advancement.

When we look at the things that people do with their lives we sometimes wonder at the stupidity of those who, having received adequate verification of the facts, have rejected what they know to be true and carry on as though they were unaware of our presence.

They will not be helped by performing in this way, in fact they will be held back by this process.

The reason for this earth life is to learn lessons and to experience the trials and tribulations of the earth-life and this is not only the Human species who have this learning to do. All life is spiritual and all life is on the path of advancement.

Our Love to you and yours
Gyron

SITTING 3

The time is right for us to state that all is well and we shall proceed in harmony with you. Try not to worry about things as there is not much which we can do until things have settled down. Know that you are what you are and nothing can change that. What does it matter where you are in the field of progress so long as your serving your siblings. There is nothing that anyone can do so let it ride and as we said it will all come right in the end.

Accept that we are working with you and know we will be with you till the job is complete. We surround you with our love. You hesitate because you do not realise that we are really with you which makes things harder for yourself. Beloved sibling try to accept that we are here and everything will work out.

There, you see even now we are working with you so do not hesitate for these are our words and we will show you how it is done.

The time for instructions to the others has not arrived but we must have your practice, otherwise there will be nothing for us to work on when that time arrives.

Go with our love dear brother and we will continue tomorrow
GYRON

SITTING 4

There have been many things in this life which have brought you closer to the real life and it has always been the simple things which have drawn you closer to spirit. The understanding which you have of these things make it easier to give to you the moments of peace and tranquillity which have brought you through the fire and water of these tribulations. Now that we are ready to continue in this work there shall be a short time of construction in the establishment of our SITTINGS. What is it that you wish to do for us in the future. What is it that we wish to do through you.

We have said before that everything will come in time and this still remains the true pathway which you are on. We will suggest to you that a regular time will bring forth new progress in this work.

You have everything which you need to get this whole thing wound up so take our advice and set a time of day when you will work for us.

It matters not where you do it providing the time is regular. Only practice and patience will complete the cycle of progress.

SITTING 5

Dearly beloved we are gathered here today as the time is ripe once again to practice more of our writing. There will come a time in this life when all will be at rest with the production of our schemes

which will in the end be profitable to many others who will benefit from what we do. Much is said of the different things which are taught in the schools of spiritual learning and as time goes by we find the religions including the spiritual religion are drawing ever more on the creeds and dogmas which are only there so that those at the top of the tree can administer their views and levels of progress into the congregations so that the masses will only comprehend what they are needed to comprehend in accordance with the dictates of those who are in charge. It is very wrong of them to make these rules as they restrict the true lessons which are given. Each person is different and should walk their own path so that they arrive in the position where they should be. By following the dictates of their so called peers they come to a point where the lessons they should learn are nullified.

SITTING 6

Once again we shall try to get things right. It is not for the want of trying that we do not attempt to go forward in our express wishes to instruct those of you who wish to come in to a closer understanding of everything which we would give to you therefore we shall continue in our trials until all is correct. Each of our instructions which we give to you will be gathered in to classes of information until all is correct and in the end it will come right. Knowing that we are in this together is something which will draw us closer and everything will work out in the end.

Our Blessings on you and your family
GYRON

SITTING 7

Beloved brother who lightens our way when we consider what others do with their lives on earth. It is a pleasure to be with you and though you believe you have not done much for your siblings this will change. Because of your self exile from those who have walked what they believe is the true spiritual path. Much has yet to be done before you are ready to convey what you have been shown but be not down-hearted by your seeming lack of work. You are preparing to reveal what others believe to be science fiction but how many times has science fiction come true and so it will be with the wisdom you will reveal. It is not by chance that certain books have been sent to you in your service to those who would like to read the old spiritual books. Do you think that these things come to your mind without our help. No dear brother we are the instigators of your service in this way so that we could lead you to greater things. You are Clairsentient and we used this to start you on your way to another form of service which we might add you wanted so badly. The earth life in its many forms is such that people like you can be transmuted into the only thing which you wish for. Service. And so we will continue to use you as long as you live on the earth. Never doubt that the reasons you came here was to serve. You have shown by your actions and your prayers that this is what you wish most in life so just continue in love and trust in your guidance and everything will come to fruition in the end

We send our love to you and yours.
GYRON

SITTING 8

There are many things upon this earth which give everyone a false impression as to the correct

thing to do in certain circumstances. Some people have the idea that life is paramount and refuse to kill anything which moves. They then go ahead and consume plants and weed the gardens and mow the lawns without thinking anything of it. What is the difference between killing an animal for food and killing a plant for food. Does the plant not have life, is there no spirit in the plant that it is not one of your spiritual siblings.

Everything which lives has spirit and should be treated the same as other living things. It is true that eating too much meat will fill your physical and etheric bodies with certain poisons and also with certain elements arising from the way that the animals are killed but this does not mean that you should refrain from eating all flesh. It is up to the individual person whether or not they should be vegetarian or not and no one should try to dissuade another to keep to something they should not wish to do. What is right for one is not right for the other so be careful when you advise others to do certain things and be wary of anyone who gives advice which you feel is not quite right.

Our love to you and yours.

GYRON
SITTING 9

The pain that is suffered by many of our siblings is multiplied so much by the thoughtless actions of most of the people on the earth. How is it that no one seems to consider what an action will do to others when they just do not think of the results of their actions. Why is it that no one seems to consider beforehand what the outcome of any action will be.

With just a little thought everything would be so nice and friendly. So we would ask you always to think things out before you do things which will be detrimental to anyone else.

If you make a profit at another's expense then your true reward will be the anguish of the one at whose expense you made the profit.

Unthinking cruelty among others is nothing to be proud of so always think about the result of your actions before doing it and be heedful of others in your way of life.

Our love to you and yours.

GYRON
SITTING 10

There is a time and a place for everything and each system of work is promoted unto all things. There shall be nothing which is left out and nothing which is not included in the scheme of learning by those who come to the earth to grow in evolvment. Everything which you learn in this life is necessary for the evolvment of your spirituality and everything you do is done not only for yourself but for those you meet in your pathway through life on earth.

There may seem to be a lack of continuity in the things which happen to you but each and every thing which happens is to a plan of learning which will give you the basic requirements of your physical learning. It is not that you go from one thing to another by direct demand but that the things you need to learn are placed in your path and you meet up with them at a time when it suits you and the others who are linked to you. All things come in due time so that everything is done by the end of your sojourn on earth.

Two men will walk the same path and one will notice one thing and the other will notice something different. It is always the same path but each trip you notice something different and thereby gather more and more knowledge until there is nothing left to learn. Even those who walk with their eyes on the ground will still absorb knowledge and though it may seem trivial at the time what they learn will, in the future, be necessary to their wholeness. The time is ever drawing closer when you will need the knowledge which you acquire in the earth plane so do not be too eager to get on with things because by rushing along you may miss something which you will have to come back to in the future.

Patience is certainly a virtue which must be learnt before you can reach that peace which passes all understanding. The peace which allows you to stand back from yourself and perceive which way you are going. With our fondest love to you and yours.

GYRON

SITTING 11

Beloved brother we are gathered here this evening so that we can give you more instruction in the work we shall do in the future.

Now that we are settling into a routine the work can progress and all that you now need is practice. The few things that you need will now be shown to you bit by bit as you need them until at last we can really get down to the nitty gritty of this work.

As you can see we have started over the past few weeks where your writing is becoming easier and the thoughts flow stronger. This is all that stands between you and the work which has to be done so we will end this session of writing so take our love and know that things are going well.

GYRON

SITTING 12

There is a place where you can go in your meditation which is good for you. There you will meet all those who love you and we know that you love them. It is good that you meditate so that we can get you in the mood and the reality of accepting what we put into your mind so that when you start your writing you are half way there already.

The sorrowful things in your life have taught you much and the happy times have given you a lot of support to counteract the sadness. Believe us brother when we say that we are with you during your waking hours and that many things which occur are there for the purpose of your education during this earth life. The constant flow of energy is necessary so that all will be done according to your plan of life.

The peaceful times in your life are helping to settle you down to this work and we are pleased with your progress. It is also helping us to get hold of this writing which is quite difficult while you are not sure how to handle it.

Yes dear brother we are helping you so keep up the practice and it will eventually clarify into a flowing motion so do not worry about it. It is of great benefit that you have complete trust in us and makes our job so much easier to do.

Life in all its varied forms is so wonderful to watch. There is nothing better than to see a whole series of actions come together and work perfectly.

It has not really taken you long to get to grips with this new experience and we are very pleased with the results you have obtained.

We would send our love to you and yours so until tomorrow we will bid you good night

GYRON

SITTING 13

There is a time for all things to be questioned and a time for all things to be accepted with trust. When we walk our pathways through the earth life and the spiritual life we often get bogged down with trivialities and these do not help us in our quest for advancement.

All things come to us in due time and nothing is left out of our progressment. Trivial things are just as important as the larger happenings so do not think that the little things do not matter and you can

always come back to them at a later date.

Knowledge is not so important as feelings and feelings are not so important as the instinctive learning which happens as you step up a little higher on your journey of evolution. It is better to learn your lessons at a slow steady rate where you instil your inner being with the light of knowing each little detail than to rush forward and roughcast your progress.

Life in the spiritual world is very similar to life on the physical plane, at least to begin with, but as you progress things begin to change for the better and you begin to develop powers of which you have no idea that they exist whilst you are here. To tell you of them would only confuse both you and the others who may read these words. In fact there are no words which we can give you to describe the changes which take place as we all reach a higher plane of evolution. It is all very well for anyone to say that this or that will happen but these are only a part of the picture and such descriptions often lead to a complete misunderstanding of the true message which has been given.

But there is much which we can tell you and this is why we are taking our time teaching you how to accept the words which we put into your mind. We would remind you of the poem which was given to you some years ago which went

The light of my life is a beautiful light. It draws me towards it by day and by night

It builds up my strength it renews my resolve. That I may grow that I may evolve

We would remind you that you will grow and grow until you are like your creator and beyond.

May God bless you for all that you do for our mutual siblings.

GYRON

SITTING 14

Beloved brother we would come again to your sanctuary to take another step forward on our quest that we might pass on the knowledge which we wish to impart to you and those who would read this.

There are so many things to do in order that those who are at the right level will receive the instructions which they must be told about. The way of life you chose is very important to you and the way you go about it is just as important for your education in the spiritual things you must learn. Patience is one of the important lessons you must learn but it is just as important to know when the time comes to do things instantly without pausing. It would seem that what we have just said is a contradiction but we all know that patience is a virtue and so also is the power to deduce when something must be done instantly. A flower will not grow to its full potential if it does not slowly grow to its full height before forming its seed head and eventually the seed which gives its reason to exist. Conversely it will not produce its seed head if it concentrates all its energy to growing in size. The happy medium is what we must aim for so try at all times to reach that happy medium where the physical and the spiritual are equally combined and you are always on level ground.

Our love to you and yours

GYRON

SITTING 15

Once again it is time to commence our work and as we start out it is with love and devotion to all of our siblings that we say a pleasant and glorious future is unfolding before each and every one of you. Time has no importance for us and every second of your sojourn on the earth plane can be an eternity or a flash of light to you. It is all to do with your mental state and as you continue along the way there is nothing which can detract or enhance what you will experience except your own condition of mind. Take everything we say and you will find there some part which will apply to your present situation no matter what that situation may be. Everything you do and say is recorded for your benefit when you return to this the spiritual world and let us say that it will all be used by yourself in the future. We may think that this or that will make no difference to our future but take our word for it that at some time you will be glad that your earthly experiences occurred.

The world of spirit is such that even you will benefit from everything which happens here on the earth plane. The love that you send out and give to others will all be returned to you when you have cast off the body you are now in. The good deeds which you do now will all be taken into account and

help towards your progress. The things you have done which you regret doing will go towards your fulfilment of your desire to help guide and assist others so that they will wish to progress further along the path of unfoldment and evolution. Just the same as unguarded moments where you upset others will help you to guard against doing these things again as will your moments of anger. Know beloved sibling that good will eventually come from all things so do not be associated too much with the things of the past which are over and you cannot alter them. Be sorry for the hurts, yes, but do not dwell too long on them.

We send our love and blessings on you and yours dear sibling.

GYRON

SITTING 16

In the beginning was the word and the word was God. Our God who created us became the solar system and he then created us, his children, and provided us with the planets so that we could experience the physical plane. This he did as a natural consequence of his growth as a spirit. A growth which has, and always will be, continuous evolvement of the spirit. Just as his creator grew so will our creator grow until we wish to create our own children and in the fullness of time our children will wish to create their children.

Since the beginning of the first spiritual life it has been so, and this continuous growth will recur again and again for eternity.

You yourself will grow and evolve forever. In unimaginable time you will become a galaxy, and in uncountable time a universe.

The light and love of all of us is upon you and yours.

GYRON

SITTING 17

Sometimes it is better to go into a quiet period of spiritual thought, and at other times it is better to remain fully alert so that the spirit can come in on a lower level to express the baser parts of our teaching. This I know is contrary to the normal way of thinking but you will find during your future SITTINGS that the level you attain will be different as each of the instructions are given. It is of course true that the different levels of spirit will read these words so the different levels of knowledge will apply to each individual. You come to the earth plane to meet various levels of spirit which you could not reach in the normal levels of spirit. You can go down a few levels quite easily, but you have little desire to do so because you are uncomfortable at the lower levels.

You can be taken to a higher level by a spirit of that realm but if you try to go higher than the next level up then things will be too bright for you and you would not comprehend where you are.

Our love to you and yours.

GYRON

SITTING 18

Once again it is time to continue with our work of instruction to those who would follow the realms of spirit.

There is a time and a place for everything in this earth life. Sometimes there is a breakdown in the work we do because the things we have to get right will not come through in the correct manner. Sometimes there is disturbance from your side and at other times it is because of other work that we have to do on our side. At other times we just do not get together and in these times it is usually because there is some upset.

The thing is to get a stronger link between those on the physical plane and those on the spiritual plane. It is difficult to get the vibrations exactly as they should be so that there is complete harmony between us. The beauty of the work that we do is there for us to accept that everything will come to us by constant practice, so keep on keeping on until we get it right.

Our love to you and yours
GYRON

SITTING 19

Beloved brother who lightens our life with your love we have gathered here again so that we may continue in our quest for enlightenment of our siblings on the earth plane. Blessed are they who succour and defend others for they will reap their reward in the afterlife. Blessed are they who seek enlightenment for they will receive it in abundance according to their spiritual needs.

This life on the earth plane would seem to be so complex and yet when you understand the true reason for this life it stands out like a beacon that it is the simple things which make up the lessons you must learn.

The first lesson for this evening is that of cause and effect. How many times have you seen someone do something which alters another's life and very often it results in someone else changing their pathway.

How many times have you altered your path because of somebody committing an act, maybe it was one small event which altered your entire life. Many of the things that happen are events which make great and small alterations to other peoples lives and without this cause and effect there would be cause for some people to return to the earth plane so that they can again go through an experience so that they can learn a certain lesson.

The other thing we would mention this day is the act of sending out your love to those of your siblings who are unknown to you on the earth and also those who are not on or of the earth. It is all right sending your love to those whom you know but if you only leave it at that are you any different to those who do not know about spirit. Always remember that everything which has life has spirit and every spirit is a child of our Creator, so whether they are animal, vegetable, or bird, or fish, or even insect, they are your siblings and as such deserve your love.

Just because you have a developed physical brain does not mean that you are a better spirit than the other forms of life.

We are all spirit and we are all siblings.
Goodnight dear friend, our love to you and yours
GYRON

SITTING 20

Dearly beloved brother. Once again we meet so that we may practise our spirit writing and take another step towards our goal which is to give instruction to others who will benefit from it. There is much that you are learning and this will all be used in our project. Once again we would remind you that things do not happen by accident and we were the instigators of your friend asking you to put the book into the computer for her. You now have the book which you will study and thereby help us in our quest. Be assured little one that we will guide you along this path so that we and you will complete our path.

Take our love dear brother as we take yours and know that it is this love which shall prevail for all time.

GYRON

SITTING 21

When the light doth shine
 On the old green hill
 Where Jesus went back home
 I stood at the bottom
 Of the old green hill
 And wondered at his love
 The love that he gave in the evening light
 Was for all of us in the light
 And the dimmer the light the more did he love
 Just as you and I should do
 For the more that we love
 Then the more they will gain
 And the more that they gain
 The lighter they'll be
 For it is our first task
 To help those that we can
 And the more that we do
 Then the more we shall gain

SITTING 22

As we walk on our pathway it is as well that we remember that everything we do, whether we get it right or wrong, has an effect on our future. We have said before that nothing goes to waste. Each event is arranged so that good comes from each happening. You know that there are times when we take a wrong turning and for a while we will walk on the wrong path. We find that after a while we return to the pathway we should be on, and continue on as before. Some of us believe that the times spent on the wrong path has been wasted and worry because they have lost that learning time. This is never the case because whilst you have strayed from the path you should be on you come up against other situations and other events which teach you things which, though they are not on your present agenda, you still need to experience and therefore instead of missing a lesson you just replace one lesson with a different one. In the area of our beloved Creator nothing is ever wasted and nothing is ever lost.

So be not concerned when you find you have gone astray a little because nothing has been lost, and, in fact, something else has been gained

Goodnight dear brother and we send our love to you and yours.

GYRON

SITTING 23

Beloved Friend, once again it is time to continue with our work and I would take tonight's lesson as one which is important to everyone who resides on the earth plane. During your life there is always a tendency to treat everything as though there was nothing else except the earth plane. But at some time during your life there comes a realisation that there is more to this life.

Some think for a little while and then forget it, and others find that it is too much bother to start worrying about something which may or may not exist. Then again others realise that it is important to bring their spiritual thoughts together and to follow the path which they seem destined to follow. Others again seem to start their spiritual pathway almost as soon as they are born.

It seems almost as though you have no choice in the matter and that everything is set out for you from your birth. We would say to you now that yes this is the case, BUT, There is always your free will which will alter your path and, in fact, could dramatically change the things which you have set out to do. We cannot change anything which you decide to do. We can coax you but we cannot force you to take a certain step. All things considered we do the best we can to keep you on your path, but if you are determined to go a certain way then we are compelled to allow you to express your own free will.

This is why you find certain catastrophes and things like bombings happen. We do not like them any more than you do but where your free will is concerned there is nothing we can do to stop these things happening.

Goodnight dear friend. Know that our love goes with you through all eternity.

GYRON

SITTING 24

It has been said many times that the world with all its faults can be a wonderful place to be, and there is no doubt that so much happiness can be experienced whilst living on your planet. On the obverse side of the coin there is so much anguish even unto the stage where some of you cannot take any more and end your life. Many people try to understand the reason for such differences and I am afraid they worry and ponder on these matters to no avail. To answer the question they all ask would be as foolish as trying to solve an enigma.

It would be like giving someone the answers before you asked the question, and, if you were testing them for their knowledge it would serve just as much good.

If you knew why you are here on the earth plane then you might as well not be here at all for all the good it would do you.

Learn to accept that you are a Chrysalis and when you have grown enough then the answers you wish for will be revealed.

Goodnight dear brother. Our love to you and yours.

GYRON

SITTING 25

There is a song which starts 'Love is in the air' and we would bring this saying in tonight because there is so much love in the air for you and all your other siblings on the earth plane. Were it not for the love of our Creator for his children then the earth would not be here to assist all of us to evolve in this way. Were it not for the love of your siblings in spirit then you would have no guides and helpers to assist you on your earth pathways and were it not for the others who indiscreetly work in the background then you would not be able to stay in your physical bodies.

We would also draw your attention to the fact that some of you who are at present on the earth have also been guides to your siblings whilst you were in spirit between your previous incarnations.

The very fact that you love these other siblings bears testimony to the work that you do and have done in the past and in the future. This love is a part of your spiritual mind and mind is the one thing in the universe which is necessary because dear friends the universe is mind. The mind which created the universe gave you the opportunity to exist in its realms. You are growing up, slowly and surely, and you will evolve continuously, to be more and more like your creator, until, in a time span beyond your comprehension, you become like your creator is today. And all this is achieved by the love of your creator.

Our love to you and yours.

GYRON

SITTING 26

Beloved brother, We are here once again in our quest to enlighten those who wish to understand a little better the sort of life we should be leading as we walk the physical plane.

It is all right for some to say we should do this and we should do that but very often this is not the whole story. For every action there will be a re-action and quite frankly it depends on the re-actions of the various people we come into contact with which defines what we should do in a certain situation. Take for instance the tramp who needs a meal. He requires sustenance so that he may continue to live and we should give, as we can afford, to help him on his way. On the other hand there is the professional beggar who has no intention of trying to obtain work and lives solely on what he can scrounge from others. Giving to this sort of man is actually doing him a disservice as it encourages him to depend on others for his livelihood, without contributing anything himself.

During your life you will meet many of both types and there will be times when it will be difficult to tell which is which. So we would say to you to err on the cautious side. Do not leave yourself short in your charity to others

We would send our love to you and yours

GYRON

SITTING 27

Beloved Friend We would like to say that we are pleased with your progress in this our work for our siblings. Tonight we would talk of the good things in life and how we are instrumental in bringing you the happiness and joy which you experience in your daily life. When things bear down on you we are here to help and assist in raising your spirits.

The earth plane is not the happiest place to be but this is all a part of your teaching as you prepare for your unfoldment into the higher realms of spirit life. We, of course, try to make sure that the presentation of your lessons is done in such a way that the outcome of your experiences is to a satisfactory conclusion and we will say that most of the time all is well, but, be not afraid that anything will be missed as each and every lesson which is not satisfactory will be presented again.

Many of your spirit friends work for your benefit during your earth life so make your stay here as happy as you can.

With love to you and yours.

GYRON

SITTING 28

Beloved brother we would greet you with love and understanding once again as we commence our work for this evening. Much has been said of spirits work for our siblings on the earth plane but little has been explained about the work done on the various levels around the earth.

The work that you do when you go to sleep is well known to you yourself but very few people realise that much help and assistance is given by those of you on the earth plane when they go to sleep and return to the spirit levels. It is to the credit of all of you who chose to assist your siblings on the astral plane and even on the lower planes.

Those whom you assist gain much by your work and often even restart going forward again because of your efforts. Not only do they themselves restart their journey but by their help and example they cause others to do the same.

Many many spirits are back on their pathways because of the efforts of those like yourself who spend a lot of their sleep time being of service to those less fortunate or we should say less advanced than yourselves.

This is one of the beauties of spirit life. You spend your time helping others and if you have done this for no other reason than that you wish to help them then you find that you yourself have progressed in the process.

Goodnight dear brother until tomorrow

GYRON

SITTING 29

Beloved brother, we are with you once again to progress with our work a little further. To-night we would draw your attention to the work that is done by those of the orthodox religions. It is good that they spread the word of God and bring his wonders to the attention of the mass of people who wish to serve their maker and learn the lessons which can only be learnt in this way. We do not condemn those of the priesthood who genuinely believe what they preach. In fact they are doing what they are supposed to do and there is nothing wrong with that.

What we do not like to see is one who preaches one thing and practices another. We come across this so many times and it saddens us that they are so hypocritical. Men of God they are not, and will not be until they change their ways.

Our love to you and yours.

GYRON

SITTING 30

Once again it is time to start our service to our siblings and we would take the theme of service as our subject for tonight. We often hear it said that service takes many forms and this is so true. The laying on of hands, The absent healing which so many of you send out, these are one way of serving our brothers and sisters. Others which are more frequent but seldom thought of as healing are the kind words of sympathy when something has gone wrong with someone's life. Others are the kind acts which no one thinks of as service when you do these things. Thoughts of condolence also come into the ranks of service since these thoughts of ours go out into the spiritual planes and they do reach the spirits whom you think of and give upliftment to them. Sympathy for someone's troubles will help them in a spiritual way and though the body and the brain will never know your thoughts the spirit will receive your kind thoughts and will be uplifted by them.

The power of thought has been explained so many times so we will not linger on this other than to point it out as a form of service.

Other forms of service include finding a spider in the bath and gently putting it outdoors or finding a snail on the footpath and moving it to a safe place. All of these are acts of service to our siblings and all of them are recorded and noted in our book of life.

Sent with our love
GYRON

SITTING 31

As we draw close to you this evening we would think of all of those whom we know and send them our love.

We would also send our love to those whom we do not know because they are members of our great spiritual family whose Creator is the solar system that we live in.

This family of our creator is a self contained unit but it is also dependant on the other solar systems which comprise the galaxy in which we live, for, just as your siblings are all a part of the solar system, so other solar systems are siblings of the galaxy because there was a time when those spirits which comprise the solar systems were as we are now. We have said before that the time span for all this evolvment is unimaginable by you in length and this is so, but, your creator and his siblings on the same level which comprises the galaxy have been through this time span and, we might point out, they are still progressing and evolving, for, just as animals and plants evolve into adult form so do we as spirits grow and evolve until we have grown as much as we can in any specific form so we then evolve into a higher form and the cycle of growth begins again and again and again.

The big bang and continuous creation are not separate ways that the universe began, they are the start of a new galaxy and the growth of that galaxy until once again the big bang is ready to happen again.

When it happens to this galaxy there will be a new sixty odd billion new galaxy's in the universe.
 With our love to all life
 GYRON

SITTING 32

Beloved brother we are here once again and would draw your attention to the type of person who ignores the spiritual side of life. Do not condemn those who have no wish to have anything to do with spiritual matters. We know there are some who as it were dip their toe in the water and then walk away from spirit but we are not talking about them. It is those who would never ever go into a spiritualist church or have a reading that we now discuss.

The whole point of their lives is to learn the lessons which cannot be learnt if you believe in spirit. Yes my brother there are many facets to our learning curve and there are lessons to be learnt under different conditions and different aspects of earth life. The best way of helping them is to remember that you yourself have in the past or will in the future been through the same situations.

So do not think of them as being stubborn or acting with a closed mind but try to remember that they are in the position which they should be and not, as a great many think, that they are lesser beings who have not yet reached your level of progress.

Just keep in mind that most of the Masters come to the earth in the lowest of physical levels.

GYRON

SITTING 33

Beloved brother we are once again here in our quest to bring enlightenment to all who would wish to progress themselves in their understanding of the ways of spirit.

Much has been said about the act of going into the quiet of your inner self and the knowledge which you can obtain by doing this. You all know that you have a brain which is your physical mind, but how many of you know that you have a spiritual mind as well and it is this mind which you go to in your meditation. This is the part of you which instructs and guides you when you need to learn things of spiritual importance. This is also the font of all knowledge which you receive from, as it were, nowhere. This is why, when you receive knowledge from someone you will alter what you get, sometimes slightly, sometimes radically, so that it meets with your acceptance of how things are. We would point out that if ten people listen to an address during a church service then they will come away with ten different forms of that address. It is not so much the words of the address which matter but the idea's which they generate in each different mind. It all helps to prove that we are all individual souls with our individual ways and everything that happens makes us just that little bit different from everybody else.

With our love to you and yours

GYRON

SITTING 34

Beloved brother we would draw your attention this evening to the wonders of spiritual healing. We would point out that every request for healing is answered to a certain degree and though you may believe that no healing has reached the patient, be assured that your healing always reaches whoever you send it to. Even though the patient is not cured of the malady for which you have asked, we assure you

that a healing prayer is always answered.

We would draw your attention to the reason for your life on the physical plane and for the need to go through certain situations and illnesses in order that you may fulfil your pathway. Is it not better to complete the whole experience during this lifetime than to miss a part of it and have to come back later on to complete it. This is why we are not allowed to cure certain peoples ailments so that they can complete the task at hand.

Our love to you and yours
GYRON

SITTING 35

Beloved brother who walks with us in our quest we would greet you with our love. Tonight we would gather our thoughts about the kingdoms of spirit.

In reality, once you have left the physical plane, these kingdoms or levels of spiritual progression are purely the evolution of the spirit as they progress from one level to another higher level. The thoughts of the Orthodox religions that you go straight to heaven when you die is a nice but twisted explanation of the transition from the earth life to the spiritual life. One of the many reasons that you come to the physical plane is so that you can meet spirits of both higher and lower levels of spirit.

During your pathway you meet these spirits and obtain certain knowledge which is passed from spirit to spirit, from the higher to the lower levels. Those whom you meet from a lower level than yourself will gain the knowledge that you have so you see it is a two way thing. The reason for this is that you need to learn certain things which you cannot learn from the physical life and yet you need to learn them in conjunction with the things you are learning on the earth.

It works on the same principle of growing spiritually a little and physically a little so that you keep your evolution in balance and do not go too high one way or the other. Should you grow too high one way or the other you will soon be brought back to an even keel and will have to start again on your climb back up to where you were when you got out of balance.

Goodnight dearest brother until tomorrow.
GYRON

SITTING 36

As I walk through the valley of death yet will I fear no ill for thou art with me and I know that all will be well because there is nothing in this world or the next which can harm me in any way. It is nice to know that everything is going to plan as the journey continues to unfold before me.

Be assured dear children that no matter what you encounter in this life will be used to promote your spiritual advancement, and though you do not understand the why's and the where fore's of these things yet you should begin to realise that this is how it should be. Your journey through the physical plane is like your journey through school where you could not understand why you had to learn the different lessons you were taught.

So it is with spirit life but the end result will be the same and the lessons you learn here will be of use to you at a time when you no longer need to come here.

Whilst you are here you are as a young child, even though you may think you are quite advanced, so let yourself be as happy as you can be during this life and do your best to make others happy for this will help you in your times of adversity.

Do not forget that you take nothing with you when you leave the body except the love of those who love you and the good things you have done as well as the lessons you have learnt.

Once again we would leave you with our love until tomorrow.
GYRON

SITTING 37

Beloved brother it is good to be with you again. We would speak to you tonight about the aspects of spirit.

Many of you realise that each of your lives on earth is but a reflection of another aspect or side of your spiritual composition and it is nice to realise that your understanding of these different aspects are known about. There are many sides to your spirituality and we draw your attention to the most important of these.

Your loving aspect is such that as you grow so it increases and in time dominates all of your other aspects. It is important that this is so because everything in your life eventually revolves around this love of every living thing.

The depth of your love will become even greater until you wish to help your siblings more than anything else.

The self will become subdued and the ego will disappear in your quest to attain your goal until you think only of others, and when you reach this goal you will have progressed enough to begin thinking about creating your own spiritual children and you will have reached the next major change in your spiritual evolution.

GYRON

SITTING 38

Beloved friend and brother we greet you again to continue with our work and in doing so we would tell you about the times of stress during your earth life. Though we support you at all times there are times when you close yourself to our influence because of the things which happen to you.

If you can have trust in us at all times then we can draw close to you during these times and help you through these trying moments.

Keep us in mind and know that there is always something we can do to help you. You yourself have trusted us for a long time now and though you have had many trials they have always been well within your limits. This is something we would point out that you will never be asked to suffer something which is beyond your capacities.

We do not say that things are easy but we do say that you can always cope with what you are given so when you are at a low ebb remember that we are with you during these times and the thought will open you a little more to the reception of our help.

Remember that these trials are helping to build your character among other things and that nothing which happens to you is wasted.

The realisation of this itself will help you and give you strength to carry on to the end of your trial.

We would end to-night by sending our love to you and yours.

GYRON

SITTING 39

Beloved brother we would greet you again with our love and our understanding.

There are so many things we have to talk to you about, and though you never know what we will talk about you quickly pick up our thoughts when you start.

There are people on your earth who would think that you are either misguided by what we do or are a bit mad by imagining that spirit could talk to you in this way.

We have touched on these poor souls before but we would like to reiterate that they are not to be condemned for their attitude. They are not as enlightened as you and do not have the benefit of your knowledge. Nothing you could ever say to them would ever convince them that things are any different to what they believe to be true so it is no use attempting to enlighten them because they know it all.

There is also their path to consider when you deal with this sort of person and you could be doing them a disservice by trying to convince them otherwise.

The best way to deal with them is to agree with what they say and to leave it like that. By doing so you do not create feelings of antagonism against you and you part from them as friends instead of enemies.

The fact that you know differently does not matter and it is not a case of right or wrong because when they pass over they will find that they still think the same as they do now. In a little while after their transition they will begin to think differently and this will continue until they know how things really are. You yourself have experienced this whilst you have been on the earth so you can imagine how much easier it will be for them.

There are many ways to teach people and we have many experts here who serve those who need enlightenment so they will not be ignorant for long. There are of course some who will not accept what they are taught and some of them, but not many, who will take many earth years before they come round to accepting what they are told but eventually they do come round and all is well for them.

Goodnight dear friend until tomorrow.

GYRON

SITTING 40

Beloved brother it is nice to be with you again and know that you are enjoying these sessions of writing. Truly you are beginning to trust us so we will commence.

The way to help those who are ailing or in need is surely by healing and though there are different types of healing there is not one way which is better than another. Surely there are some healers who seem to work better than others but in the final analysis all healing is the same in the initial service of it, but, there are many variables which must be taken into consideration before the true quality of the healing process is realised.

If the healer doubts his ability then you would think that the healing quality would be reduced, but this is not so. If the healer believes himself to be one of the best then you would think that the healing from him would be very good. Once again this is not so. The first and indeed the main factor denoting the quality of any healing being received is the requirements of the recipient with regard to his pathway.

We know that there are some who never seem to do much as a healer and there are others who seem to cure everyone they touch but we would say now that this has very little to do with the healer himself or even his guides and helpers but this is a misnomer and it only appears to be that way. We will admit now that there is one thing which will retract from the healing which is given and that is when the patient himself, for whatever reason, rejects the healing or believes that it will not work. On these occasions there will be no improvement in the patients condition but otherwise the healing will always work according to the patients requirements.

With our love
GYRON

SITTING 41

Beloved brother once again it is time to continue with our work. To-night we would talk of the different ways in which we serve our siblings on the earth.

There are many ways in which we help you and of these the first which comes to mind is keeping you on your pathway. There are so many things which can lead you astray and one of those is your religious zeal. Many people are taught by the orthodox church in their early life that theirs is the only way and many are led on to that pathway and become entrenched in the orthodox way. This is no bad thing as the orthodox pathway is one which we all must learn. Sometimes you wish to learn the spiritual path and if you do walk the orthodox path then you must come back to the spiritual path in another life. If however we can guide you back to your true path then we do so and thereby set you on the correct course,

Another task we have is to impress you into meeting people who we know will help you by, in their own way, teaching you paths which you need to know and, though you will not walk that path, you need to know parts of it in order that you will adjust your path slightly to end up in the position which you need to be in. With so many influences around you it is quite easy to go astray a little, but you would be surprised at the many different ways we can influence the various people whom you meet and get them to do or say something which will alter your thinking so that you take the right step forward.

With love to you and yours.
GYRON

SITTING 42

Beloved brother we would greet you again with our love for tonight we would speak to you of love and some of the things it entails.

Everyone at some time in their life on earth knows the power of love. The love of a parent for their children and the love of a child for their parents. There is so much which we can do when this love is felt that if it were not there our job would be almost impossible. From the beginnings of life on earth we have used the love which is felt for others to foster and promote love of all life. We understand that many of you do not consider loving animals and plants as having any relevance to the love that you feel for other humans but gradually more and more of you are learning to love every living thing and this will continue to grow until most people realise the importance of your love for all life.

There have been many times in the past when others before you have, on a general scale, loved all life as it should be loved and those siblings of yours have now advanced so far ahead that they no longer need to come to the physical plane. That is why you have the situation where that civilisation has been allowed to run down and a new beginning has commenced with other younger spirits incarnating on to the planets so that they can start their progress to the higher spheres of spiritual life.

Love is the key to all progress and when you learn to love all life, no matter what that life may be, then you will really begin to progress.

With love to you and yours.
GYRON

SITTING 43

Beloved brother we are not with you tonight as there is so much extra work which we must do at

the moment in America.

GYRON

On Tuesday last (Now called 9/11) the world trade buildings in America were destroyed by terrorist attack with thousands of lives lost. This, I believe, is the reason for the above. The words 'in America' were added a few minutes afterwards in reply to my puzzlement as to why this happened.

Dave Findlay

SITTING 44

Beloved brother we are with you once again as our work has almost finished in the new world. We were sorry to interrupt our writing but at least we know that you understand why we had to go.

Tonight we would talk a little about free will and explain why certain things happen on the earth. You have been told many times that you have free will to take the path which you choose to. This is one of what you would call Commandments and it is imperative that we do not interfere with your choice to walk the path you wish to. When we see someone doing something which is wrong we can only try to dissuade them from going ahead with what they have set their minds to do. We are not allowed to stop them even though we know that by going ahead with their actions they will have to suffer the consequences when they return to spirit.

It does not matter that many or even one will be affected by those actions because the results of your actions are not ours to be concerned with. Anything that is done is only the concern of the person who does it and, though we are aghast at some of these actions we cannot interfere.

With your lack of knowledge of how things really are you cannot see things in their true perspective but be assured that good will always come from everything which happens, even though you cannot see the rhyme or the reason for it.

We send our love to you and yours, and our thanks for your work during your sleep state over the past few nights after this terrible catastrophe.

GYRON

SITTING 45

Beloved brother we are with you once again in love and in service so that some of our siblings may be lifted a little higher in the field of knowledge. We would talk to-night of the love which permeates the various levels of spirit. Each level of spirit receives the same levels of love and theoretically it should be felt the same throughout these levels. Unfortunately as you descend through the grosser levels the vibrations are rejected more and more by those who are disinclined to admit that the rays of love are there. They believe that it is better to keep away from love and affection because it can make them realise more and more that they should be trying to progress towards the greater light, and of course there is also the fact that the presence of the greater light makes them feel uncomfortable, which makes them feel that they will feel better if they stay closer to the darkness.

Eventually however they will come to realise that they are going nowhere as they are and will begin the long climb upwards.

The initial start is the worst part of all but having started there are others who deliberately remain on those levels who will rush to help them on their way towards the light of their creator and from then on they take the path which we have all trodden.

We send our love to you and yours and would convey to you that the acceptance you wish for from those around you will come in due time.

GYRON

SITTING 46

Beloved brother once again we greet you with our love and this evening we are going to talk about the way of the light.

Following the light is something which comes to all of us during our incarnations on the earth plane. There are many facets to our learning and one of the hardest is the way of the light.

During this time you must fine tune your application to the respect you have for your siblings and

the elementals who gather close during these times.

They are there because there is an affinity between you and them and whilst they are here with you to help and assist you, they themselves will learn to grow and even desire to draw closer to the light of their creator who in turn is helping them to evolve a little as well as helping whoever they are with.

Many of them do evolve into spirit form and become our siblings because they have learned from us how to treat everyone with love and kindness and through association with those like yourself who love all life.

Their learning is the same as a child on earth who follow the example of their parents.

So it is with those elementals who stay close to you and if you show them the example of a loving and kind person they will strive to copy your ways. Those who do not follow a loving and caring nature will, at the end of their span here, return to the general pool of life which exists within our creator and from which all life originates.

Our love to you and yours

GYRON

SITTING 47

Beloved brother we are with you once again to continue with our work and to tell you that this work will continue for a long time. Tonight we would speak to you of the power of prayer. There are a great many who do not understand prayer. Some think that everything should be given to them just because they ask for it. Others have tried it and, because their prayers were not answered every time, now believe that it doesn't work so it is no use praying. Others know that if your prayer is sincere and that you are asking for the sake of others then there is a very good chance that your prayers will be answered.

Do you know that when you pray there is always someone there to hear it, and they take your prayer and present it to others who will consider it and decide whether it will be granted or not, and also how it will be answered.

You will have heard of many prayers which were answered, but not in the way that was expected.

This is one of the things about prayer which puzzles many people. They expect their prayers to be answered as they want them to be answered. They do not think for a moment that by having their prayers answered how they wish that it will alter their pathway and probably cause them to go off the pathway which they came to earth to follow. This of course would not be in their interest and could mean another incarnation to follow the pathway that they should have walked.

So when you pray and it does not seem to be answered or is answered in an unexpected way, just try to remember that you do not get what you want in this life, but you will always get what is good for you.

GYRON

SITTING 48

Beloved brother we would greet you again with our love, knowing that it is only by our love that we can give the knowledge which those of you who understand what we are saying, need as a part of your knowledge.

It has been said many times that to grow you must educate yourself in accordance with what you wish to do. This is even more so in regard to your spiritual progress and, in fact, it is essential for all of you who are of the Aquarian age that you cast off the Pisceans teachings and go much deeper into the whole way of thinking which is being brought in to this new age. Do not for a moment think that there was anything wrong with the teachings which were given to the Pisceans for they were on a different school of thought to those who are of this age.

We do not say that the Aquarians are better than, or worse than, those of the Pisces era. We only say that they are different and this is how they should be.

During this new age we will all draw closer to the spiritual way of life in a general way and there will come a time in the not too distant future when the main religion on this earth will be service.

This service will be not only to humans but to all life and in this way will the earth become lifted to a higher realm of spirituality.

We know that there will be times when the earth will seem to be covered with darkness but dear friend, these times will pass and each dark period will help to lift the earth a little higher and a little closer to the realm of spirit.

We send our love to you and to every living thing.

GYRON

SITTING 49

Beloved Brother. We come in love and in service so that we can fulfil our obligation by teaching you the ways of spirit.

We would take you on a journey to the realms of spirit where you will find those that you love and those that you serve, for each time you help or serve one of your siblings you increase the cloud of love which you have created in the spirit worlds and thereby you grow a little more on your way to become more advanced in your evolution.

By creating this love of all life that you have you are also helping those who are not so advanced as you are and you help to lift them to a higher state. Your friends have gathered round you and we know that you can feel their presence. This in itself makes others wish to draw close so that they may join in and as we walk through the long green valley of our pathway we see the beauty of the terrain and the trees and the other plants and animals who join with us in this celebration of our love. All of your friends are with you and as they gather round there is a feeling of contentment from them that you are receiving not only what you have earned but what you deserve.

The pathway of your earthly life stretches out before you and as you go you will continue to serve until the day that you leave the earth plane and return to the spirit realms.

We enfold you in our love.

GYRON

SITTING 50

Beloved brother we are here once again in love and in service to our siblings and we would talk this evening about the way of the wanderer.

These Nomads, and there are many of you who are not nomadic in the normal sense of the word, who walk this earth life without becoming attached to the objects of the physical plane. You will normally find that these people have a sense of the true purpose of their life here and would never become attached to anyone to the extent that they would not want to leave it or them behind.

They normally love everything and everyone they meet and you will find that nothing seems to upset them and they are very forgiving of anyone who transgresses them. Quite often they are over helpful to a fault, and you will find that most of the people who meet them come away lifted in themselves.

Now the point of all this is that if you can become like these people then you will find that your life will gradually change and it will become better in every way because without the hassle of making your life a bit better on the material side you will find that it becomes better on the spiritual side. As

you reach out to others they will in turn reach out to you and all your troubles will become easier because you will realise the futility of chasing after something which is transient and will after all be left behind when you go back to spirit where you belong.

With Love From Us to you.

GYRON

SITTING 51

Beloved brother we are with you once again and we would talk to you concerning the levels of spirit. When you are created you are a being of desires. You wish to experience everything you come in contact with and this is what you do.

It is inevitable that you quickly discover the lower grosser levels of spirit and you begin to revel in the experiences which you contact and you try the various different feelings gradually sinking lower and lower into the grossness until you come to the time when you begin to find these things become tiresome to your way of thinking and feeling and so you look for other things to occupy yourself with. You then find that the only way out of your present lifestyle is to improve yourself with first a little knowledge and having obtained that you wish to extend your knowledge and your abilities. It is then that you find you must begin to work on yourself by improving your general attitude to life and your siblings and at this time you take on a new outlook concerning what you want to be. This realisation is the spur to our desire to grow and so we take our first steps upward.

Our path from then on is similar to the earth life where we meet a time of sweet contentment which is followed by a time of trouble and unhappiness. And so you rise and fall, raise yourself upward and fall over your feet, pick yourself up and walk on for a while when suddenly you realise that your experiences have caused you to grow little by little and you find yourself passing through to a higher level of existence. Your Father/Mother God is still over the horizon, but he is a little closer than he was.

So, dear brother do we progress from level to level, from crucifixion to crucifixion, or if you wish from transition to transition, knowing that with each step you are a little closer to your dream.

We enfold you in our love.

GYRON

SITTING 52

Beloved brother we are here once again and would join you in our quest to enlighten our brothers and sisters. Tonight we would talk about the little animals who live on your earth and who have the life of a hunted being who must forever be watchful of their attackers. It is surprising that they do not become nervous wrecks, but then again they do not have the human capacity to worry which, in their circumstances is a good thing. Have you ever thought what it must be like to live knowing that there are these animals who would like nothing more than to have you for dinner, and that when they are around there is nothing you can do about it except run away.

Not a pleasant thought is it, and yet when you broaden your scope you find that they are not the only ones who have similar actions and events happen to them. It is, after all, no different whether you are killed by an animal for dinner or are, say, knocked down by a car and killed.

The cause may be different but the effect is the same. You have reached the end of your incarnation so what does it matter how you pass from this life.

Think not of how anyone passes from this life for there is nothing which you can do about it. Think only that they are at peace now and that they are waiting nearby for you to join them in the near future and in any case, they are only a thought away.

Goodnight dear brother till we meet again.

GYRON

SITTING 53

Beloved brother we would thank you for your work today. We have watched your preparations with approval.

Tonight we would talk to you about the meaning of life here on earth so that you may all understand the necessity of staying here and not knowing why you are unable to realise why you cannot be told what it is really like on the spiritual planes.

It seems to you that without this knowledge you cannot comprehend what you should do. Nor does it seem right that without this knowledge you are so apt to take the wrong pathway and it is therefore not logical that this state of affairs should be allowed to continue.

Believe us dear friend that when you come back home you will find that this situation is perfectly logical and that no matter which path you have taken during this lifetime it will all have turned out to be one which you needed to follow.

Remember that you live forever and if it takes a little longer to get to the position you wish to be in then it will not really matter how long it takes.

From our point of view it is not so much a matter of how long it takes as how well you have evolved and you will of course when you come back home.

Be assured that if there is anything which you need to know during your present incarnation then this knowledge will be given to you.

Even Jesus of Nazareth did not know everything, even though he was so advanced that he could instruct us that,

“I Am’ is the light, the first born of the Father, the only SUN of God”

GYRON

SITTING 54

Beloved brother, we would greet you with our love once again and we would talk to you tonight on the way of the fathers of wisdom who come to the earth so that they can lift the peoples of the earth with a little enlightenment.

Surely you can see as you look back over the progress of this civilisation as it has marched steadily on, little by little, and ever reaching a little higher in their quest for knowledge of a spiritual kind. Never before has the common man been so educated in his desire to assist and help those who are not so fortunate as themselves. We know that many individuals and many nations still seem to be in the dark ages with their greed and lust after power but this is gradually changing and indeed has been changing for many centuries now. Our fathers of wisdom have been busy with their work and have slowly brought their teachings into focus as it was required.

There is still a lot of work to be done and no one on the earth today will see the apex of this knowledge, though some of you will have come back when that time arrives. The scale of this period of enlightenment has nothing to do with the progress of our civilisation. It does however have everything to do with our own individual enlightenment.

Even now a great many of our brothers have reached that stage where they no longer need the classroom of the physical plane.

The present guild of spirits who are attending this plane at present are plodding along at a natural rate so be not alarmed with the present state of the earth. It has seen greater catastrophes than you could imagine and has survived. It will see many more and will continue to do so until Gods children no longer require it.

Enfold all love in your life
 Enfold all life in your love
 GYRON

SITTING 55

Beloved brother we would come to you in love and service as we once again speak through you to our siblings.

Blessed are they who hunger after righteousness for they will receive their just reward when they step through the veil and are greeted by those whom they have helped during this incarnation.

There is much which can be done to help all of our brothers and sisters and it will never be forgotten that when you assist a friend or a stranger the one thing which will remain at the end of this life will be the love that you have for all life.

During our sojourn on this earth you will meet many by arrangement of spirit, not only so that you can help them, but also so that they can help you. This acceptance of help is a very important matter and though you yourself will be helped by your siblings so will those who give to you of their time and their experience and their material things, so they will receive your gratitude and even your love which will help them to progress another step forward on their path of evolution.

So you see dear friends it is not only important for you to give whenever you can but also important that you receive.

Remember the lady who gave everything she had and you will be a little closer to understanding the reason for this life.

We send our love to you and yours
 GYRON

SITTING 56

Beloved brother once again we are gathered here so that we may serve our siblings. The blessing of our beloved God be upon all who read these words for to-night we would talk to you about the shepherd and his flock. You all have your individuality and you will defend your right to it with all the power you can muster, but there is one part of you which is always present and that is the need to be a part of the tribe.

We talk of the tribe of humanity of which you are a part. Those of you who are loners and take pride in being content with your own company will at times be grateful for another's company, sometimes in time of stress and others when the need for companionship bears down on you. In times of pain and suffering and in times of great joy there is nothing quite so enjoyable as the company of others. This is all a part of your makeup and there is not one of you who can exist with the knowledge that you will never meet anyone else again. There is nothing in this life after the air we breathe and the food we eat which is more important than the company of others and we would ask you to make a point of greeting them with love and affection, even though they may return your greeting in a scurrilous way.

We would ask you to remember the following.

Greet the morning dew with gladness
 The dawn chorus with a smile
 The animals with affection
 And those who need assistance,
 Go the extra mile.
 Walk tall through every moment
 Take the hand of those in need
 And if you meet a briar patch
 Then love will kill the weeds.

GYRON

SITTING 57

Beloved brother who walks with spirit, we would send our love to you and to all of our siblings. Tonight we would talk of the rays of love which are sent out to and by all of our brothers and sisters in the great expanse of what you see in your physical plane as the solar system of our Creator.

Many of you understand that the different levels of spirit exist and that as you progress to the higher vibrations, so you proceed to the higher levels of spirit. But what are these higher levels and how do they all exist within the different levels.

Let us begin at the top of the, shall we say, Chain. Your father's Creator is actually the Galaxy in which we exist. For want of a better word shall we call him Grandfather, and Grandfather IS the Galaxy. Now he has all of his Billions of children, who are the individual Suns of the Galaxy, within himself, and they exist on a lower vibration to their Creator.

Now Grandfather is a great circle of spirituality and his children exist within this great circle, and they are also on a great circle of spirituality but at a lower level of vibration within the Galaxy. Now each sun or solar system has within itself great circles of spirituality for each of the different levels of spiritual evolution within our father. And when you get down to the physical level you also have great circles for each planet and there are also within these circles of spirituality which, to express it simply, are spirits like you and me, each one within our Creator and whilst in the body within the circle of our evolution and also each within the physical plane.

When you look at this you will think How complex this all is, and yet it is so wonderfully simple when it is truly understood.

Our Creator had a good teacher to learn from, i.e. His Creator, our Grandfather, and he will teach us by the same method of learning by your own mistakes until it is right.

This is why you have free will so that you will learn by your mistakes the right and only way to evolve into the perfect image of your Creator. This you will become, in an unimaginable time span, a perfect Father to Your spiritual children who are slowly learning to love you and their siblings.

Goodnight dearest brother. Take with us the knowledge of what you are and take our love with you always.

GYRON

SITTING 58

Beloved brother we are here with you once again to continue our task of spreading a little knowledge to those who are ready to receive it.

There are many of our siblings who come to the inhabitants of the earth so that they may go through the experiences which you who reside on the earth are going through. This in itself is one of the ways that we can learn about the things we have to learn without having to live on the earth. Many of the younger spirits will take advantage of this way of learning so that they can evolve that little bit more and not have to incarnate to do so. We all, at some time, do this and in fact some of the spirits who do not wish to evolve by incarnating on the physical plane will do this so that the experiences they need are met.

Though they come to stay with you for the endurance of a given experience, they will not draw too close as their presence, if felt by say a sensitive, would affect the result of the experience.

These visits are normally Prearranged between your higher spirits so it is not as though they are just invading yourself. They would not be allowed to do so.

We send our love to you and yours

GYRON

SITTING 59

Beloved brother we would come to you tonight to talk about the way to the heart Charkas and how you can visit it in your meditation.

The first thing you need to realise is that you are spirit, and as spirit you are not as your body is. You are circular and just like an egg in shape. Your Charka's are spread through your spiritual body and the one in the centre is the heart Chakra.

In your meditation you often walk or move to different places, so let your mind slowly sink down from the head to the chest. It takes a little practice but when you can comfortably remain over your heart Chakra then allow yourself to listen and to realise what is coming into your mind. You will find that suddenly you understand everything much better than before. New knowledge will make its presence known and your awareness of others around you will manifest itself to you.

You will begin to FEEL the love of those who are near you and you will also begin to know the explanations of things which hitherto you did not understand.

It takes a little time to settle to this but if you allow things to go at its own speed and have patience then it will happen.

Goodnight dear brother, take our love until tomorrow.

GYRON

SITTING 60

Beloved brother though we come to you in love and service there are things that you should know concerning the life that you lead on the earth and though you may think that you do not do much for your siblings we would say now that there are many on the earth and in the spirit levels who join us in sending our love and our blessings to you and those like you for the service which you give to your siblings.

You do this for us by your way of thinking and by sending out your love whenever it occurs to you to do so, and this happens much more than you realise.

We would remind you again of the power of thought. The power that creates everything in the universe, at every level of life, and at every level of understanding.

If you give out love and healing and kindness at every turn of thought then you give everything to

everyone and there is nothing greater than this.

Everyone who turns a sour thought into a compassionate thought helps not only themselves but the one or one's whom your thoughts dwell upon.

Everyone who refrains from giving a sharp reply to someone helps to lower the level of anger in this world and helps to raise the level of contentment on the earth.

Each and every one of you plays their part in raising or lowering the state of mental joy or discontentment on the earth and we would add on the spirit levels surrounding the earth plane.

Goodnight dear friend till tomorrow.

GYRON

SITTING 61

Beloved brother we would continue with our task and tonight we would talk to you about the little animals who come to the earth and spend a short time with us on the earth plane.

There is so much for them to learn and though you may think that their short life span does not allow them to learn much we would explain that this is not the case. The earth life is so complex, and yet so simple, that the lessons of these short-lived creatures are such that they can be taught all that they need in the few days or weeks or years that they are here. You may wonder how this can be and we would remind you of some of your own times when a second can seem like five minutes and an hour can go past in a flash. When your wait seems never ending and your deadline seems not long enough away yet you find time to complete the job in hand.

Time is man-made and has no real relevance to the passage of your life. It is an illusion generated by the need to organise your day in accordance with man-made rules that you will arrive where you wish to be at a certain time of day etc, etc, etc. The Church bells ring at a certain hour and you go then, but what if you worship, not at the priest's, time but at your own time. Those of our siblings who live a short time have no need of time and their lessons can be experienced over weeks or days or seconds just as your own lessons so do not think of them as lower beings with simpler lessons as yourself.

They are after all spirit as you are so how can they possibly be of a lower order.

We send our love to you and to every living being.

GYRON

SITTING 62

Beloved brother who lights our way to this service which we both administer to those who would be enlightened. We would speak tonight of the service of accepting the service of others.

Yes it is nice to receive from others, especially when we realise that what we get from others is for their benefit. We know that when this happens we are gaining of the earth's riches but we also know that those who give to us are gaining spiritually and that what they gain is much more to their good than any material gain we might receive from the gift.

So it is also gainful for others when we agree with their opinions so that there will be no conflagration between them and yourself. It matters not whether you are right or even wrong. It matters not that your point is not given because they will only go away believing that you have got it all wrong and if they are so set in their ways that everyone else is wrong then all you will do is create a barrier between the two of you and then there will be a barrier between you which will prevent you from

showing them in little ways that they could be a little bit wrong. They will stick to their ways like a paint to a brush and the opportunity to enlighten them will be lost.

Just remember sweet siblings that NONE of us on the earth, except maybe for the great masters, know the real truth and the real wisdom of our future life in spirit.

We each have our own truth. It is the apex of our understanding, and yet a year from now it will have changed. Perhaps just a little bit, but it will have changed.

Walk the earth with spirit.

Walk the earth with truth.

Walk the earth with love.

GYRON

SITTING 63

Beloved brother we come again in love and in truth to lighten your sojourn on the earth and tonight we will talk of the dark regions which surround many of our siblings.

Many of you, when you pass over with no idea of spirit try for a while to continue on the physical plane, and, when you discover that you cannot do this you become lost and disorientated to such an extent that you lose yourself in the midst of the mists of disbelief.

Depending on your type of character you can stay in this situation from a matter of a few days to a number of years. Believing as you do that you are nothing but a thought you do not believe in spirit guides which means that they cannot approach you.

Eventually something will happen to change your situation. Maybe someone comes looking for you which will of course change your outlook and you will return to your own level of spirit.

Many of you believe that when you die you just go to sleep and that is the end of it. Those of you who believe this will actually just go to sleep and remain that way until someone wakes you.

If your earth life has not been a very good one then you may find that you will have to work your way back up gradually to the less gross levels before continuing your path up through the levels of light.

Goodnight dear brother until tomorrow

GYRON

SITTING 64

Tonight dear friend we would talk of the life of the spiritualist and the work that he does for spirit.

It is very nice to help the band of spirits who come back to the earth plane so that we may assist you on your path.

There is much pleasure to be had when you receive spiritual gifts and use them to assist others in their understanding of spiritual matters etc.

Most of you will work quite happily and integrate your spiritual work with your physical tasks and everything goes well, but, sometimes we come across those who think that their sole purpose in this life is to serve spirit.

This we will say now is NOT the case. Your first duty as a spiritualist is to live your life in a manner in which you complete your journey through this life, and if you have time to aid your spiritual friends then so much the better. If however you find that spirit are taking up all of your free time then be aware that you are overdoing it and you should reduce your commitment not just for an evening a week but for two or three evenings. You have work to do and you should have time to play. If you work full time for spirit then you should make sure that you have enough rest from your work so that you live a life other than the spiritual life.

We would remind you that you are not here to work for spirit alone so give yourself some space in your life for the physical. There are those of course who are here for a special purpose and spirit will

direct them through their life but they are few and far between and in any case they also have things to do in their physical life which are not of a spiritual nature.

We would once again send our love to all of our siblings wherever they may be.

GYRON

SITTING 65

Tonight dear friend we would come to you to talk about the beauty of the Church Service.

Some of you, we know, can see those who gather whenever the service is held and that the fire of love and adoration for our beloved Creator would be depleted should they not be there. Every Church Service, even though it be held in the open air is attended by spirits of light and beauty who give of their love and power so that those of the earth will be uplifted by their worship.

Those who cannot see or hear spirit may not understand why they feel so at peace and so content whilst they are in that holy place but we who understand the power of thought realise that those conditions are generated by the many spirits who attend the services.

We of this band of brothers have, on a great many occasions, attended your earthly services over a very long period of earth time and of many denominations and we would say that at all of them we watched the prayers and the singing, the addresses and the lessons, and it was always uplifting to watch our siblings rise above the earth plane for a little while as they paid homage to their God.

Nowadays having risen to a higher level we attend the wonderful services which are held on these higher levels of spirit.

We still have those higher beings who come down to our level so that they can become helpers and Church guides just as they do on your earth plane.

Does it surprise you to find that we attend a Church on our level just as you attend church on your level.

It is one of the great pleasures we have to attend in a place of worship to our beloved Creator and we lift ourselves that little bit closer to the light of our life.

When you rise a few levels above the earth plane you will find there are no longer denominations of religions. There are also no rules of worship to contend with, there is only love and adoration of our creator. Thus we worship in our own way and those on the higher levels of light come down in service to assist us.

May the glory of our beloved Creator shine down upon you and though you cannot look upon him without blinding your eyes, you know that he is there and that he loves you.

GYRON

SITTING 66

As we walk through the fields and the gardens of this earth plane we see so many different levels of understanding that it is sometimes difficult to sort out the why's and the where fore's of each different life and level of progress we meet.

So much has been said regarding why you are here and what you are doing that we are loath to bring it up again, but there are so many of you who, lets face it, have no real understanding of this subject, that we will again broach the subject.

Your life on this plane is to give you an understanding of basic physical matters and what they involve.

You cannot really experience greed in the spiritual planes. Nor can you experience hatred. Nationalism with all its kindred feelings of superiority over others are only present on the physical plane as are feelings of the wish to be isolated from everyone else. These things are all experienced on the earth at various times and are lessons which you will learn during your various aspects of life here.

These lives will all be different and will lock together in the tapestry of your makeup as you progress. Each part taking its place so that you emerge as a whole before taking your next step up beyond the realms of the physical plane.

Goodnight dear brother until tomorrow.

GYRON

SITTING 67

There is a way mapped out before you which most of you call your pathway and it is in effect the way that your life will progress from experience to experience as you fill in the gaps of your tapestry of life. It is not a map of your life which you must rigidly follow for if it was you would be unable to express your free will and that would never do. It is more like, say, a week at work where you have certain things to do and you decide in what order they should be performed, and even if they shall be performed. This is how your life is organised, not by others telling you what you must do but by you choosing to do a certain thing such as staying in the job you now do or by changing your circumstances which will of course change your situation. These may be tiny alterations or life changing alterations.

It matters little whether they are large or small changes providing they lead you to a situation where you will meet an experience you need. Your free will is always paramount in your life. If it were not so then you would have no choice in how you wish to progress and you may as well come here as an automaton for all the good such a life would do you.

Always remember that it is always the choice of your higher self which decides how you go through this life, one way or the other.

Good night dear friend until the morrow.

GYRON

SITTING 68

There is a land of peace and plenty just around the corner which all of you will return to when the time comes for you to return home.

It is a place where you will find all that you believe will have come true. Those who believe that the only son of God sits on God's right hand will see him there as Jesus Christ, and those who believe that Jesus of Nazareth was a prophet will find their prophet. Those who have no idea about the afterlife but who do believe in an afterlife will find things very much to their liking. The Buddhists will find Buddha and the Muslims will find Mohammed.

How can this be, you ask. How can everyone's beliefs be the basis of the afterlife when everyone thinks differently. The answer dear friends is MIND. We have said before, we are saying now, and we will repeat it again and again for it is something which you will eventually come to realise that the whole universe and everything in it is made by MIND. When we say everything in the universe we include ourselves and you yourself in this statement.

Ponder beloved siblings on this subject and when you realise the truth of this, many of your questions will be answered and many of the rough patches in your life will be smoothed over. You will not have an easier life than you had before but the understanding will give you a new outlook on life and you will draw closer to that peace and contentment which comes to us all with each rung of the ladder we achieve.

With love from

GYRON

SITTING 69

It is a far far better thing that I do now than I have ever done. It is a far far better place I go to than I have ever been. These words from 'A Tale of Two Cities' express so well that which we should feel as we tread this earth path and it is so near to the way that we should conduct our life.

Why do you allow the things of the earth to upset you so, especially those of you who know that this earth-life is a temporary phase that you must go through for your education.

Did not the Master Jesus say "Give to Caesar what is Caesar's and Give to God what is God's. Give your life as well as you can to the things of the earth and give to God and his children the love and assistance that you can, and make it to all of his children whether it be fish or fowl, lion or lamb, flower or weed, bee or elephant. All are your spiritual siblings for when you pass through the veil all are spirit as your Father is spirit.

The man or woman who cares more for the things of the earth than his future life will lose all that he has as he goes through the veil and the man or woman who cares more for others than himself will take with him treasure beyond price.

Take heart dear friend and know that you will be paid for everything you do and for everything you say in this and the next life.

May our love reach out and touch all who will benefit from it.

GYRON

SITTING 70

Dearest friend we are here tonight in love and in truth to continue with our instruction by your hand.

There are times as you walk this path when you meet someone who is upset by the circumstances they are going through. They will unburden themselves to you and for the most part you will not know what to say to them. But have you noticed that as they leave you they are of a better state of mind than when you met them. This is due to the effect that they have, by talking to you, got things a little straighter in their minds. The fact that they have laid it all out to you has in fact laid it out for them and they feel better within themselves for doing so.

Sometimes you will find yourself giving them advice even though you do not know where that advice came from. Most times you will just stand and listen to them and as you leave them you wonder why you had nothing to say. In both cases you are being led by spirit to help them in the best way you can so do not be concerned that you may have said the wrong thing or that you should have said something. The very fact that you were there for them has acted as a healing process for them and as you should know Healing Always Works so be glad you were given the opportunity to help them and know that their resolve will be a little stronger as they walk away

Bless you beloved siblings for what you do for our brothers and sisters.

GYRON

SITTING 71

When you walk in the valley of death you will find, if you are spiritually minded that many of

your friends who love you will be there to greet you. If you are dying of what they call natural causes you will start to draw closer to the spirit realm some days before you pass on. During this time you will find that your closest loved ones will let you know they are around and as well as seeing them you will probably be able to talk to them as well. This is also the case for many of you who are not spiritualists but have a strong conviction of their immortality, even though they may not seem to be very religious people. On the other side of the coin you have those who are atheists with no belief in the afterlife and no belief in God. They will be met as they pass over by their friends who love them and their physical relations who have passed over in advance. In certain cases there are those who believe that when you die you just go to sleep and that is the end of it.

Some of those who think this way are so convinced of the end that, without being aware of anything they immediately gravitate down to the lowest regions of spirit and quickly become out of reach of their friends and they become lost. They remain in that situation until something happens to them so that they become aware that they are still alive. They then have to traverse the lower regions to get back to where they belong and, having done this they will then be able to proceed with their evolution.

This is one of the many reasons we send our love to all life. It could be the spark which starts them back to their own level.

We send our love to all God's children.

GYRON

SITTING 72

As you walk on a path or along the street after a shower of rain you will often see a reflection of the sky or the trees in the puddles that have formed on the ground. These reflections can sometimes look very real to you in certain circumstances.

This is, in a way, very much like your perception of life on the earth. It seems so solid and so very real and yet it is only a reflection of the real life that you will lead when you, as it were, wake up from the dream of life on the physical plane and discover the true meaning of life in the spiritual sense.

Many things have been said concerning your life as spirit, some of them even seem to be contradictory when taken out of context or as the one, only, way, that things shall be like.

What you do not realise is that there are different ways of looking at the same thing and that when you try to describe the various aspects of the spiritual life in the strict words of the human language you are trying to describe all the lives of all the different peoples and their lifestyles of the human race by describing one solitary single person.

There are many more different lifestyles in the spiritual planes than there are nationalities on earth. We do not all live the same sort of life, nor do we all live to the same set of rules, nor do we live with the same set of goals. We would impress upon you that the story of your evolution is much the same, in so far as you are constantly evolving to a higher plane. But the roads that you take to get there and the way that you wish to evolve yourself and where you, at any present moment wish to attain, are solely and revocably yours to decide for yourself.

Many of you will decide to follow the path of your Creator. To create life in the form of your children, to create your Solar System so that they may experience the physical plane and to create your Galaxy so that your children may have their children Etc. Etc. Etc.

BUT, many of you will go along other paths and this choice is yours and yours alone so do not think for an instant that we are all going to be doing the same thing as everyone else.

We are all of us different on the earth, so why should we not all be different as spirits.

We send our love to you no matter who you are.

GYRON

SITTING 73

Beloved friends we would talk to you tonight of the wonders of prayer and meditation.

Too often we hear the prayers of the people asking for this and that and it is so many times for the personal things in this life which should be goals for your attainment instead of something you would like to be given.

Dear friends do you not know that anything you get for nothing is worth just that, nothing. That

which you attain by the sweat of your brow or the strength of your arms has value and you should remember this in your prayers.

Is it not better to ask for help and assistance for others, and there is nothing wrong with asking for help in attaining things which you will use to help others.

Another way of attaining your goals is by meditation. They do not need to be long and much good work can be done in a ten minute meditation if it is done in a regular fashion. Create your own place where you can go, be it a seat in a field or a house or cottage that you can visit. You will find that friends come to visit you and you can ask their advice on a multitude of different things. If you open in prayer and ask for protection then nothing untoward should happen and if you do not like anything then you only have to open your eyes to come back to the earth again.

A great deal can be learnt in this way if you are trying to develop your spiritual gifts.

We would point out however that if you are in circle then you should follow the advice of your circle leader, and last but not least we would say do not forget to close down when you finish after your closing prayer.

We send our love to all life
GYRON

SITTING 74

At some time in your life you will experience failure and there are some of you who will constantly fail most of the things you try to do. There is much that you can learn from your failures, even if it is only how to pick yourself up and try again.

Some of you are devastated when things do not work out as you had planned and others just take it in their stride and turn straight away to something else.

The lessons that you learn from failure are so very important, as are your reactions to them, and this is why they keep recurring so that you will, eventually, react to them in a way that is calm and considerate of those who have also been affected by your failure.

If you can but learn to accept that what has happened is done and finished with and even though it may or may not have been your fault there is nothing you can do about it then the sooner you will pick up the threads of your life and start moving forward again.

Remember dear siblings that there is nothing more damaging in this life than a harsh thought. A harsh thought is like a vat of acid, corrosive, destructive, and something to keep well away from.

We all fail at times, but it is not the failure that matters but how you react to it.

We send our love to all life.
GYRON

SITTING 75

It was Jesus of Nazareth who answered the question 'What is the greatest commandment' by saying that it was 'Love thy God with all thy might' and he added that next to it was the commandment 'Love thy brother as thyself'

When you look upon the people of the earth you see those who love all life. You see those who love their neighbours. You see those who love their friends and family. And you see those who love themselves.

There are those of a religious bent who love only those of that faith and will shun and persecute their own kith and kin because they are of a different faith.

They will torture and maim and kill, IN THE NAME OF GOD and think themselves to be quite

Holy and Justified in doing what they do. The priesthood are no exception to this and even today you will find some of them who, ' In the name of God ' will aid and assist those who perpetuate these actions.

We are often sad at the actions of those who do these things. We understand that many things come about as a result of the lessons which we must learn. Just as we understand the reasons for Karma. But How, How, How can anyone do these things ' In the name of God ' .

Most of you who read these words will know only too well what we are saying, and it is to you who know the validity of these words that we speak. There are times when this subject comes up and when it does you will no doubt find a way to gently guide those of this ilk away from laying the blame of these things on to God, and placing the blame of these things where it belongs. We would stress again the word Gently because if you are adamant about these things you will get nowhere, just as you would if you asked them to change their faith.

Dear brother or sister. Know that we love you.

GYRON

SITTING 76

As you walk upon this earth there are so many things to see and do that it gets a bit overwhelming. With so many people to meet and commune with it seems to be a continuous series of events from dawn to dusk as your life progresses and the little things happen which shape your life and bring you to a closer knowledge of all things physical. You cannot understand why you are here, nor can you see the rhyme or the reason for the things which happen to you.

A great many of you spend a great deal of time attempting to answer this question and some of you reach an impasse and believe you have the answer.

Believe us dear friends when we say that none of you except a very select few have the slightest inkling of the true reason that you are here, and if you did know then you might as well not be here for all the good being here would be to you.

We wonder, with a smile, how many of you will jump up and down exclaiming 'That can't be right, we must be able to work out why we are here, otherwise there is no use of us being here at all.

That is the whole point of your not knowing. If you could see in the dark you would not stumble and if you knew the winner of the next horse race the bookies would have been put out of business a long time ago. You can alter your life and you can change your ways. You can walk an uphill path or a downhill path. You can be sweetness and kindness or a grumpy old, or young, Git. But you cannot change your course of learning or the experiences you will go through.

Be as happy as you can, and be rich in life's experiences, for that is the best that you can do for yourself.

We send our love to all life

GYRON

SITTING 77

As we walk this green and pleasant land that you live on it brings us closer to the nature of the earth and we look upon the spirits of the plant life, for that is what we as spirits see, and we rejoice that so much is being done in the education of our siblings.

You yourselves have the same feeling as you watch your earthly children mature and develop into young adults so you can appreciate how we feel.

We look upon all the different forms of life on this plane and we wonder at the beauty of such diversity. Knowing as we do that everything and everyone has been placed in the correct environment and in the correct situation for the benefit, not only of themselves, but of others.

You cannot imagine what it is like to be a tree or a fish or a bird and yet the things you have to assimilate during your time here are exactly the same no matter what you are.

It is very hard for you with your complex physical brain to understand how a tree or a bird or a fish can comprehend the things that go to build up your spirituality, but they do and when you no longer need to remain in the summerland you will understand all these things.

We have spoken before of the great circles of spirituality which grow larger and larger as you evolve to a higher and higher rate of vibration and as you grow so do you draw closer and closer to the other lines of life which live upon the earth until eventually the differences no longer exist and you become as one line of life which is of course pure spirit, almost ready and very willing to take the next step into the stage (shall we say) two of your maturity.

When you were a little child you never imagined yourself as being like your mother or father yet here you are now and so it will be when you have matured spiritually into the next stage of evolution which your Creator now enjoys.

We send our love to every living thing.

GYRON

SITTING 78

The complexities of life on the earth have no counterpart in the spirit planes, not because there are no puzzles to sort out but because there is no time limit to solving them. There is no tomorrow to be set as a schedule nor is there a limit to how long it must take. This in itself makes it simpler for all of us as we sort out the questions which we set ourselves.

The work that we do and the learning which we undertake are all something which we enjoy doing so there is no strain upon us and consequently we always enjoy our training and learning. Also there are no difficulties with off days or illness to contend with so as you can see there is much pleasure in the things that we do.

On the other hand the learning that we obtained whilst on the earth comes to good use as we apply the lessons to our progress and at the end of our learning on this stage we will look back on our time on the earth plane with appreciation of the things our lives here taught us. It is so much better to have had these experiences and to be able to apply them from personal experience rather than from second-hand knowledge.

Always remember that these lives on the earth are for very good reasons, especially when you are faced an seemingly insurmountable problem and as so keep it in mind that there are times when personal failure is success and do not be too upset with yourself. Remember the reason for your failure for that is all that matters.

We send our love to all life

GYRON

SITTING 79

Beloved friends we would come to you again in love and in service to you for today we would point out the sun and the moon and all of the other planets and satellites of this our solar system.

We would first point out that there is life on all of the physical bodies of which the solar system is composed. We would also point out that this is the only planet to have a carbon oxygen based life, therefore it is the only one to have seas of water.

This life that we talk of on the other planets is such that you could not recognise it as such until a few short years ago. Now of course man is learning slowly that he is not the only life in the universe and by the end of this twenty-first century he will know that this life exists.

The trouble with your scientists has been their strict adherence to the physical facts and the need to be able to physically prove everything before they can accept certain truths. They, as many others, will not accept evidence of life after death because, they say, it cannot be proved. And yet having said this they will steadfastly refuse to go where such personal proof can be obtained, even though there are many people who have received this personal proof.

We can only say to them. If you wish to draw water then go to the well.

We send our love to all life.

GYRON

SITTING 80

Beloved siblings we would speak to you today of your trust in those who Guide you in your spiritual work.

There are those of you who can see spirit with clairvoyance and those of you who hear us with clairaudience. In both cases you find a certain amount of trust is required from you both of spirit and in your interpretation of what you see and in saying what you hear.

There are many others who are Clairsentient who are impressed to say things which come into their head. It is rather daunting in the beginning for you to speak out because the difference between being impressed to say something and having the thought that you should say it is almost exactly alike. This is when you begin to realise that if you do not completely trust spirit to get your thoughts right then you will find that you begin to interpret what you are receiving and that would be disastrous.

The need to give off exactly what you receive is paramount to your delivery of your message which is why so many of you fail to become very good mediums. The importance of giving off exactly what you receive cannot be stressed too strongly.

How many times have you got a message which you could not understand or been given evidence which was half right and half wrong. How many times have you gotten home and, thinking about it, have suddenly realised what it was all about.

Trust in spirit and trust in yourself is a very necessary part of clairsentience and it is also a very important lesson to you yourself for without it you will find yourself not saying seemingly stupid or unrealistic things which, in many many cases are the hub of the evidence you are giving, so do not be afraid to speak out for then you will have proved yourself worthy of the position you have accepted as a medium.

The love that we give to all life
Is stronger than cables of steel
The love that we give to all life
Is softer than Eiderdown
The love that we give to all life

We give to you.
GYRON

SITTING 81

Beloved brethren the time is ripe for the spreading of the word, and the word we have to spread is of the utmost importance to you of the Aquarian Age who have started on your journey of knowledge.

Our beloved brother Jesus gave the beginning of this message when he said
“‘I Am’ is the light, the first born of the father the only Sun of God.”

Now in the days of Jesus of Nazareth God was known as ‘I Am’ as is recorded in the Christian bible and the light was not ‘The Son’ but the ‘The Sun’. If you check the sayings of others you will find that they agree with what we say so do not take our word for it.

We do not care that we have said this before and be assured that we will say so again. You are spirit with a temporary body attached to it and you are made in the image of your creator who is spirit.

It is necessary for you to understand what you are because the Aquarian age has begun and as it runs its course the people of the earth will realise their true position in the universe and will, because of their realisation, draw closer to the golden age which has been spoken of by many others in the past.

The fact that we tell you this is not sufficient for you to fully comprehend the magnitude of what we say and though we know it to be true you will have to seek this knowledge ‘Within yourself’

We have spoken to you of the heart mind, where all knowledge is stored waiting for you to unlock it. Be patient in your journey and be trustful of yourself and what you learn from your heart mind and what your spirit wishes to reveal to you and all will be well. Override your physical brain with all its constraints and walk, for a little while with your real self, and dip into the well of truth which is waiting for you.

We send our love to all life.

GYRON

SITTING 82

As you walk through this life on earth you meet many strangers and you meet many to whom you are immediately attracted to. Some of them become instant friends as others are very offish and do not really wish to know you.

The main reason for these likes and dislikes is the level of evolution that you and the one you meet are on.

Let us take someone whom you instantly make friends with. When this happens you can be assured that they are on the same level as yourself and this is the main reason for your instant attraction to them.

On the other hand you will meet those whom you can't wait to get away from because they make you feel uncomfortable and ill at ease when they are around. They are in all probability very nice people who wouldn't harm a fly yet you are uncomfortable when they are around.

The reasons for these feelings is that like attracts like and dislike repulses dislike, or to put it another way positive attracts positive and negative attracts negative.

Whilst the words likes and dislikes or positive and negative are not really correct they are the closest of the human language word we can use to express the idea of the differences we are talking about.

Let us put it this way. If you in your spirit form were to descend to a lower level say to meet an old earthly friend or to assist someone in need you would whilst you were on that level feel uncomfortable and if you were to be taken up to a higher level for any reason you would feel very inferior while you were there.

It would be the same feeling as that of the serf in the presence of his lord and master.

This is one of the many reasons you come to the earth, so that you can commune with those of both higher and lower levels of spirit and actually meet them on the same level. They cannot exist for long on your level and you cannot live on theirs so you meet on the earth so that they can learn to accept and you can learn to accept the differences in both of you. It takes many incarnations for all of us to

learn and accept these differences because they are, after all, a part of your evolution.

Have you never wondered why there are so many people on the earth who cannot abide someone who is different. There is the colour of your skin and the religion you follow and the nationality you are and the fact that you do not have as much in property and money and there are the differences in your status in the company you work for or the services rank you hold.

We must all learn to accept that these differences are as nothing in our real life as we must learn to love all life no matter how different they may be.

We send our love to all life
GYRON

SITTING 83

Tonight dear friends we would talk to you of a man who walked a solitary life. To those who knew him he was a lonely friendless man and everyone who knew him felt sorry for him because he would make no friends and yet he was friendly and helpful to everyone he met. Nothing was too much bother for him and he always had time for someone in need.

He was quite well educated and seemed to be able to turn his hand to anything and everything which came his way.

So it was that this man who seemed to have everything he wanted except the one thing which everyone else needed i.e. companionship and/or the love of someone else.

As he walked the pathway of his life there were those who would envy him and others who would pity him for his solitary ways and, for them, his unproductive life for he had no inclination to improve his status or position in life.

And so at the end of his life he stood at the foot of his grave and listened to the thoughts and words of those who had gathered to pay their last respects to him. He was sorry for them then as they stood there feeling sorry for him because he did not seem to have attained any of their accomplishments for they did not know that he had been clairvoyant and clairaudient and that from an early age he had learned to keep quiet about all his spiritual gifts and spiritual friends who had accompanied him throughout his life with love and wisdom.

We send our love to all life
GYRON

SITTING 84

Once again we are with you and tonight we would draw your attention to the ways of the elementals who do so much work for the benefit of the plant life of the earth. We also know of their work on the other worlds of our solar system for they are not restricted to this one planet as are the humans. In any case they are not originally of the earth and have only come here with their Angelic creators who come to the earth to be of service to humanity.

We know it is hard for you to understand how there can be life on the other planets, but then again you only know of a carbon oxygen existence even though there is life on your own planet which, if you

released them into the atmosphere they would die.

The Angelic beings we spoke of originated on our sister planet Venus which has an atmosphere where the sulphuric acid would quickly dissolve the flesh and bones.

All of the planets and their satellites have life, but not life that you would recognise, and where you have life you have spirit.

Every day your scientists are discovering new things and new life on this your own planet from the depths of the oceans to the peaks of the mountains in a multitude of inhospitable areas, some of them much worse than the other planets.

We as humans are not alone for we have an infinite variety of life not only on our own planet but on all the other planets of our solar system and of the solar systems of the other suns in our Galaxy and of the other Galaxies of the universe and each and every life on the physical plane is only there to provide a spirit with the opportunity of experiencing physical life.

We send our love to all life.

GYRON

SITTING 85

During your lives on this beloved earth you will meet with so many different aspects of the physical environment that there would seem to be an infinite number of variations of the pathway you can lead and this is so. The variations of the type of path and the number of different types of incidents which can and do occur are as numberless as the stars in the night sky. This is by arrangement by our creator who knows from experience just what you will need during your lives on the earth to complete your education. Many of these situations occur through the direction of your guides and helpers who, knowing what you need to experience, will guide you to the right places to gain the maximum benefit from your life here.

How many times have you met a situation during your life which has suddenly been transformed from something drastic and life-altering into something which was unimportant and in fact made no difference to your life.

How many times have you reached the goal of your life to find that someone has moved the goalposts. The problems of your life and how you resolve them are not really so important to your spiritual path but how you react to them is vital in your education, as is your resolve to pick yourself up and carry on with your life.

The beauty of a summers day
 Can be so spoiled by wind and rain
 But if your heart resolves to see
 The beauty of a flower or tree
 Your mind will rise above the clouds
 Where sun doth shine through every hour.

GYRON

SITTING 86

In the summerland of the afterlife there are many wonderful places for you to go and visit. There are schools of every subject that you can think of but they are not the same as the earth type schools with set lessons to learn because you are the one who decides what you want to learn and which particular lesson you wish to attend. It is you and your interest which dictates your lessons and your subjects.

To some of you the thought of SITTING in a classroom again would send shivers down your spine and to those who feel this way there is always the one to one tutors who take great delight in teaching people one at a time. A great many things you teach yourself by, for example, helping

others and assisting in projects which you find interesting. Discovering yourself and unfolding yourself is something which you will find very gratifying as you walk your path through the various levels of the summerland and with each step upwards that you take there will be a change of spirituality as you drift further and further from the lower grosser levels which are present close to the earth plane.

Eventually your vibrations will be too fast for you to approach the physical plane and the summerland and you will only be able to help others on these planes by enlisting others on a lower level to pass your service down to these planes.

You may not believe so now that as you progress your desire to be of service to others will blossom ever stronger in your being and will take up much of your existence and much of your thoughts.

We send our love to all life.

GYRON

SITTING 87

Where can I find my pathway, where can I find my goal,
 I have walked this earth for many a mile yet my quest is like a hole.
 I cannot see where my feet should tread for I cannot see the road.
 How can I be expected, to find my way back home.
 When there is no light to guide me, and my feet are rough and sore.
 Where can I find my pathway when my tired hands are tied,
 And the boots I wear are ever new and the coat is very scant.
 There is no path that I can see, there is no signs to help me,
 There is no future I can see and the path has made no sense.
 Where can I find my pathway, where can I find my goal,
 I will find my path where I place my feet, and my goal at the end of this life,
 And it matters not one iota, where or when or why
 It matters not that I understand, it matters not that I win.
 It matters not what I leave behind, but it matters what I take.
 So guide my footsteps Father that I earn the love of my friends.
 For I'll take then that which matters, and I'll take then the gold of my life,
 And I'll know then I've taken my pathway, and know then I've reached my goal,
 So what does it matter I cannot see, or know where I am going.

We send our love to all life.

GYRON

SITTING 88

Beloved brother we would speak to you tonight on those who have no belief in our Creator.

This life is not lived as a necessity but as a desire of your spirit to glean from this type of life that which is necessary for your evolvment. So many times do you need to return to the earth plane so that you can learn the different combinations of this existence and as you well know the seemingly coarser types of life are necessary so that you can attain the finer, more loving, existences that are a necessary part of yourself. Just as you have a darker side to your makeup so you must also develop your lighter, more loving side.

You wonder why we bring up these seemingly simple subjects instead of the deeper side of things. We would remind you dear sibling that there are many different levels of spirit upon the earth and we must cater for all of these levels as we bring understanding to our incarnate brothers. We would have you understand that all of you must go through these different lives if you are to gain a balanced unfoldment so remember when you see someone who is living a selfish and/or uncaring and greedy life that you will, or will have, lived such a life and that you should not condemn them too hastily for the way they act. Remember the words 'Judge not lest ye be Judged' and feel a little sorrow for those who will,

after all, be required to repay the Karma which they have generated during their life here. Your Creator, in his infinite wisdom, has provided for your benefit this physical plane which will teach you all that you need to assimilate in order that you will evolve, as he did, so that you will become like him. There will be nothing that you miss and there will be no shortcuts to your evolvment, but this is, after all, how it should be considering that you have forever to attain that which you desire to be. We send our love to all of the lives that he has created within him and to our beloved Creator our loving thanks for our life.

GYRON

SITTING 89

Beloved brother we who are your spiritual siblings would greet you with our love. It is many earth years since we arranged to be with you during this lifetime doing what we are doing now, spreading the word of the Aquarian age to all of you who reside on the earth at this time and to the future generations who will read our words to you.

Many things are changing upon the earth at this time and it is our privilege to be a part of that changing theme for it portrays the raising of spirituality upon the earth especially of those who are ready for the progression of the spirit within each of them.

The represiveness of the orthodox religions are being slowly swept away and their grip on the populations of the world are being loosened so that the true messages of the masters, past and present will be loosed on humanity so that all of humanity will progress both in their nature and in their actions. The other lines of life on the earth will benefit greatly from the change of humanity by virtue of the disuse of animal farming and unnatural farming of plants including forestry.

We do not wish to indicate that we disapprove of any use of these things but we do disapprove of the methods of the factory farmers, both plant and animal.

Humanity will one day learn that man cannot ignore the rules of nature forever and get away with it. Nature always wins in the end, whether it be the dams that are built or the over production of plant life.

Remember friends that you are the visitors to this planet and nature is the permanent resident.

We send our love to all life.

GYRON

SITTING 90

Beloved brother it is our pleasure tonight to speak to you of those who are soul mates on the earth plane.

Many of you understand that soul mates are spirits who are joined in love to the exclusion of all others and that you are like this both in the spirit planes and also on the earth plane

This is an easily understandable misconception because whilst you are on the earth it is actually true. In this heterosexual society that we live in it is natural for you to think in this way but in the land of spirit you are in a society which is different in so far as you can be either if you wish and you can be neither, which is the most common state, and we would point out that you come to the earth in both female and male forms.

Soul mates are bound together by their love for each other but there are others whom you love and you will grow, or have grown, to love them just as much as your earthly soul mate. The love that you have for another on the earth is based, more or less, on your physical attraction to one another and this love that you have will continue in the spirit realms, but when you have cast off the physical restrictions placed upon you then you discover that there are many more whom you love just as strongly.

The many many levels of spirit, which many of you call group souls, are together there because you are all on the same level of evolvment and as they say 'Like attracts Like' so you remain close to each other. But, we all develop at different rates and as we progress so we temporarily lose some of our siblings as they go to a higher level and we ourselves will leave behind some of our friends as we progress to a higher level.

We do not love them any less because they are not there with us, in fact we will, because we have evolved a little more, love them even more than we did.

Our beloved Creator loves all of us, his children, equally and as we progress so we will learn to love all of our siblings equally. You yourself know dear brother that to meet a soul mate on the earth does not mean that you will live the rest of your lives together. It does happen, but many times circumstances arise that prevent you from doing this and when this happens you learn vital lessons similar to those that you learn when your partner passes through the veil before or just after your intended marriage.

So many things upon this earth are sent to try us, and they do, but we in spirit have the knowledge why you need to go through them and you do not, but that does not mean to say that all of them are bad, so we would say look forward to the rest of your life here, take all of the happiness that you can and know that many of your siblings who love you are with you constantly throughout this life so that you may glean the last crumb of knowledge in this incarnation.

We send our love to every living being
GYRON

SITTING 91

As the sun rises in the morning so a new day dawns and everything comes to life and awakens from its nightly sleep which has refreshed the body and also the spirit has been refreshed by its journey back to the spirit world.

So you start a new day with its trials and tests and its Jubilation's and its Bereavements and you wonder, if you are a spiritualist, whether you are doing things as you should and are you on the right path and will you get things right.

All these things you, at some time, worry about. We say to you beloved siblings that all your worry and all your bother about things will not make the slightest difference to the outcome of your journey, nor will it help you to do better with your life. We ask you why you allow yourself to be distracted by these things which you cannot know and cannot change. It will make no difference if you bother about these things or if you do not bother. The end result will be the same and there is no way that you can alter things by worrying about them.

Treat each situation as it comes and do the best that you can, all will turn out well at the end of this life, even though it did not seem to be the right decision so far as the earth was concerned. Life is to be lived and experienced and it matters not one Iota to your spirit if you got it wrong providing you did your best. That is all that matters, that in your heart you did what you thought was right.

We send our love to all life.

GYRON

SITTING 92

Beloved brother we would welcome you tonight to our gathering so that we may proceed with our instruction.

We would talk of the necessity of the body to be kept in a reasonable condition so that you may complete your span of life. We do not advocate that you treat your body as a temple which must not be violated by the modern drugs which you may be prescribed by your doctors etc. These drugs are there so that you may ease your pain or relieve you from the symptoms of the various dis-eases which can afflict the physical body. There are some which actually cure the body instead of masking the symptoms as so many of them do. These drugs are there to be used and they should, in our opinion, be used in moderation for such relief as they will give you.

You do, after all, use the fruits of the earth to sustain your body and the fruits of the loom to clothe yourself so why can you not use the chemicals to make your life more comfortable or to help your body to recover from the various afflictions which assail you from time to time.

We understand that there are many drugs which cause side effects and we must leave it up to you whether or not you use them or not use them and suffer the ailment which afflicts you.

We would point out that from the minute you are born you breathe air which has impurities in it and there are times when mother's milk has impurities in it and you live your life and at the end of it you leave your body behind.

Why then, we ask, do you allow yourself to suffer pain and discomfort of something which you are going to discard when the sensible use of the things which will relieve you is only going to make your life easier.

The body is a spacesuit which allows you to live on the physical plane. Look after it, use it wisely, and use it as you would any other suit of clothes.

We send our love to all life.

GYRON

SITTING 93

Beloved brother as we draw close this evening we would continue with our talk about the fruits of the earth. Many of you have the idea that there are things which are taboo in the eyes of our Creator. Many of these things are the result of our brothers leading us in the way that THEY THINK we should act. Too many times have you been told not to do something when there is no real reason for you not doing it. There are those who will not consume blood, yet they eat meat which contains a certain amount of blood. Others will not eat anything which is not Kosher and others will not imbibe alcohol. So it goes on and on and so often there is no practical reason for these prohibitions other than someone has stated it should not be done. They will often wrap it up as a religious command where God has said it should not be done but when you investigate the real reasons for it you discover that it was, at that time, a sensible thing to do, but circumstances change and when they do the reason for the ban ceases to exist but the ban has become a religious thing and therefore cannot under any circumstances be altered because it was the word of God. There are so many things on the earth which we humans are not allowed to do because someone, somewhere, has forbidden it that it is a wonder that humanity has advanced at all.

Dear brother when you were born it was illegal to do what you are doing now. There are still places on the earth where mediums are not allowed to practice. We know there are those who have fears of things like spiders and frogs and mice and other things and we have sympathy for them because they cannot help their fears, but they are not bans. There are also others who are nauseated at the thought of eating certain things and again this is not a ban.

When you are told you should not do or eat something, think about it and decide for yourself if there is an acceptable reason for not doing it. God gave you free will so he has made no rules for you to follow and we would say to you now that the only rules you should follow are the rules of the land or government and the rules which you yourself have made for yourself. There are no other rules for you to follow, though there are plenty of other people who will insist that you should follow theirs.

We send our love to you and to every living thing.

GYRON

SITTING 94

Beloved brother once again we would speak to you this time of the music of the soul.

Each and every one of us has a vibration of sound within our spiritual being and, like your earthly fingerprints, they are individual to you alone. As you, (who are vibrations), vibrate within yourself so you give off these vibrations in a musical form which can be recognised by those who know you. Even though you evolve to higher levels and your vibration levels increase, still you can be recognised by those who know you. As you draw close to others they will hear the music of your vibrations and they will merge with your own vibrations much as the different notes of a chord merge into a sweet sound.

If in your meditations you hear a sweet sound then you will know that someone is approaching and by the sound of their music you will be able to ascertain what their level of evolvment is. The higher the vibrations then the sweeter the sound. There are also vibrations of scent within you which act just as the musical vibrations so you may find yourself surrounded by a beautiful scent instead of sound. You probably have heard of the dreadful smells which have been experienced when coming into contact with spirits of the lower levels. This is, of course, caused by the personal levels of vibrations of those lower levels.

We send our love to all life.

GYRON

SITTING 95

Beloved brother once again it is time to spread the word of truth to all who are ready to accept it and to those who read these words we would say that everything comes to everyone at some time during your evolution and though it does not come in a particular order or in a set way it is all presented to you

in the way that will suit you best. Sometimes things are left out quite deliberately according to the way your spirit wishes to unfold and the parts that are delayed are brought in at another time. This is all part of the plan and though it may seem to you to be illogical it is far from being disjointed and there is good reason for it. You have heard tales of those who progressed unevenly and did not keep their spiritual and physical progress in balance. They forged ahead taking no heed of the warnings they were given and landed themselves in a situation not dissimilar to a nervous breakdown. They then have to go back to the situation when they were in balance and start to climb again. It is oh so easy for any of us to press forward eagerly and happily in our desire to progress that we forget the Maxim 'Slow and Sure' and the other one which is 'Patience is a Virtue' and thereby cause ourselves much frustration in the process.

This practise on the earth just lately of having to get everything done yesterday is creeping into everyday life more and more and we say to you now that it does not work. How many jobs have you seen done twice because the first time it was rushed and a mistake was made so that it had to be done a second time.

It is the same with your spiritual and physical unfoldment so do not waste time by trying to rush forward. It is quicker to be calm and unruffled in the end.

We send our love to all life.

GYRON

SITTING 96

Beloved friend it is good to be with you again for tonight we would look at the path of truth that each of us should walk. The individual path of truth of each and every one of us should have certain basic structures enfolded within it and these should guide us in such a way that the experiences we come upon lead us to a finer, more gentle view of our way of life.

First there should be a leaning towards friendship of everyone we meet. It matters not that they are disinclined to return your friendship for they are on a different path to yourself and could, through their experiences, be distrustful of everyone. In these cases we should ensure that we are trustworthy to the last dot.

Another thing to remember is their idea of their truth is different to yourself and you must allow for this in your contact with them.

You only have to look at the different sects of the different religions to begin to realise the wide gaps which run between the different lines of truth which abound throughout the earth and having realised this you will then, if you continue to investigate it, come to realise the finely honed differences of the truths within the sects themselves.

Do you not feel confounded by these tiny and great differences. How can it be that one person accepts as truth what another accepts as blasphemy. How can it be that one person will change his way of life and his truth half way through his life and, in many cases, carry on as though it never happened.

The answer beloved siblings is so profound and yet so simple that the explanation is quite unbelievable to the common way of thinking and it is.

It matters not what you believe, it only matters that you believe.

We send our love to all life.

GYRON

SITTING 97

Beloved brother once again we are with you and would talk to you about the way of the sinner.

We have no reason to explain the different ways that you have been taught concerning the punishments that you will bring upon yourself if you commit any of the man made sins of the body.

Many of the sins that you do are not catered for in your man made versions of sin and evil. The main sin which is practised on the earth is unthinking cruelty. This comes in so many forms and includes your fellow humans and the animals and the plant life.

We do not condemn cutting down trees for their wood nor do we condemn reaping the harvest of

any of the cereals and vegetables. We do however condemn the devastation of the habitats of birds and animals, the extinction of species and the wholesale slaughter of life for the pleasure of a few thousand men. There are also the branding and tagging of animals. The unnatural practices of insemination and the deliberate cross-breeding of species which goes on.

God in his wisdom allows these things to occur in a natural way but man forces them to happen and will one day reap the disaster of his unthinking actions.

There is also man's inhumanity to others by ignoring someone's plight. Then again there are those who take pleasure in causing pain and suffering to someone who is in no position to help themselves.

There are also those who cause suffering to another by refusing to become involved and there are those who take pleasure in inflicting pain on others.

Beloved siblings we would remind all of you that you will be rewarded for everything you do or do not do and you will be rewarded for everything you say and everything you think.

We send our love to all life.

GYRON

SITTING 98

We would speak to you tonight of the beauty's of spirit and we would point out first that the sole reason for your existence is to evolve from the chrysalis, which you are, into a being of wondrous beauty.

The trouble with being incarnated is that you cannot see much further than your nose so you are unable to even imagine the wonderful things which are in store for you as you progress through the many many many levels which stretch out before you into infinity.

It is true that the religions of the world preach that you will go to heaven and forever sing praises to God. This is actually true, you will forever sing your praises to God but you will also do many other things with your life and as you expand and grow both in ability and experience your capabilities will also expand. You will increase your desires to do more and different things with your life. You are spirit and you are mind and mind is the most wonderful thing in the whole of creation. Your mind and your spirit will grow beyond your comprehension and it will never stop growing just as it will never die. Your physical mind cannot really comprehend this because you are living a finite life in your body and your body will one day die. This talk of infinity is very hard to grasp except for a small percentage of those who live on earth but this will not always be so and these words that we give now will be reiterated again and again so that the idea will be brought to the attention of those who are here now and those who will come along in the future.

May God bless all of you for what you do for our mutual siblings.

GYRON

SITTING 99

As we walk through this life there are so many things which trouble those of you who tread the earth life and all of them are solely connected to the life on the physical plane. You hear so many stories which are told by those who imagine what it is like in the afterlife and you are also told many stories by those who are in spirit. They are told in all honesty and are all quite true for the recipients of these messages, but, they are not all true for everyone who hears about them second-hand.

We have mentioned before that those who believe the afterlife will be a certain way then it will be that way for them when they pass through the veil. We would remind you again that their perception of life will slowly change until they perceive life as it really is. The reason for this is that if they were to suddenly find they were wrong it would be a great shock to them and could in certain cases undo much of their advancement during their latest life on the earth. They therefore, as we said, discover things slowly that their thoughts need adjusting. So we would ask you not to be pedantic when you meet

someone with a different view to your own. Accept what they say and their belief, even though you know it to be different. Remember dear siblings that we are all different and these seeming differences in spirit teaching are allowing for our own personal differences so that we may evolve in our own separate ways.

We send our love to all life

GYRON

SITTING 100

Beloved brother as you have walked this earth life you have learned to walk in peace with yourself. There are many of you on the earth path who never learn this peaceful time and though our brother guides try to steer all of you in this direction we fail so many times because the strength of purpose which so many of you exert in your determination to succeed that they never stop to think that the relaxation you receive during these times gives you the strength to complete your tasks in a more peaceful and satisfying way. If you can learn to walk in peace and love through your tasks then your life will be so much gentler and satisfying and the earth will be a much nicer place to be in.

We would also bring up the relationship with the other forms of life that you meet on the earth. To be gentle and loving in your thoughts and actions when you come into contact with them will help them on their way through their present life and it will also raise your own level of contentment that you have been kind and gentle to them. It is quite important that you treat all life as though they were your friends and relations, which, of course, on a spiritual basis they are.

You must also, of course, remember that some of your siblings are here to learn the experience of being an animal or plant hater so once again we would ask you to be gentle in your dealings with this kind of person. We who are on the spiritual side of the veil have every sympathy with them yet we would still ask you to indicate to them that they are wrong to act in this way, but please be gentle in the way that you do so. It is never a good thing to be harsh in your condemnation of others actions for it only stirs up harsh reactions and harsh thoughts which do neither you or them any good.

You are probably thinking by now that we are asking you to be like a saint. Beloved sibling this is exactly what we are asking and though we know that you are only human and will in all probability respond to these things in an UN-saintly way at times, we understand your feelings and would not condemn you in any way for your reactions. We would ask you only to try to follow our three rules of life which are.

Do the best that you can to love all life

Do the best that you can to serve all life

Do the best that you can to be kind and gentle in everything you do

And remember that No One is perfect.

We would send our love to our beloved Creator and to all of his children on every line of life and on every level of life.

GYRON

SITTING 101

A garden is a lovesome thing God what, is quoted many times by those who love the plants that are grown and it is a wonderful thing to watch someone who loves plants tenderly cultivating the thing which he knows will develop into the beautiful flowers which will transform the garden and make it wonderful to behold.

It is doubly pleasurable to see someone who has no idea of the closer relationship of spirit that exists between the gardener and his plants. He loves and tends them and has an affinity with them and wonders sometimes why he has this closeness with them. He does not understand why he loves them but he does. Those of us who know that every living thing has spirit also understand the love of our siblings but those who do not understand just love them for what they are, things of beauty, and it is wonderful to see this love of something which will pass from our lives in the autumn.

This is one of the ways that we are taught to unconditionally love something for no other reason than we like to look upon them.

There are so many ways for us to begin to express our awakening love that it would take many books to record them all and we would say here that you will experience all of them either on the earth or

in the spiritual planes and it matters not on which plane you have this experience, for having learnt it you will take another small step up the ladder of progress which we will all climb.

We send our love to all life.

GYRON

SITTING 102

Dearly beloved siblings we are gathered here in love and in friendship so that we may continue the way that we know best to enlighten you all in the trials and tribulations of life on the physical plane.

The first of these concerns the acceptance of these things as being the only way you can fully understand the meaning of fretfulness and pain and the necessity of understanding why these things are brought to you. During your sojourn through the levels of spirit you do not come in to fretful situations nor do you experience pain so you cannot relate to others, when they are on the physical plane, going through these things. We have mentioned before that you will desire to be of service to others and one of the ways to do this is to be a guide or helper to someone who is incarnating and you will be able to help them better if you have been through these situations yourself. This is only one of the many reasons for coming to the earth but it is quite important that you have the experience and can relate to it in your work as a guide or helper.

It is like the man who tends his sheep, and through experience can spot the one who is ailing or the ones who are determined to go their own way. All this intuition on the part of the shepherd helps him in his job and the same applies to us as we try to guide you upon the earth to go the right way.

We send our love to all life.

GYRON

SITTING 103

During your life you have heard of the spiritual people such as the North American Indians and the Aborigines of Australia who understood the spiritual aspect of nature. They were brought up with a respect for the earth and the mountains and the trees and plants and in fact everything which was a part of the whole earth and they worshiped them accordingly.

They lived as a tribal society and would work and fight together in the same way that we do today as a national society.

They loved and hated just as we do today and they solved their disputes much the same as we do. They reared their children and mourned their dead and they suffered from greed and avarice and jealousy.

So dear siblings how is it that we think of them as being savages or inferior to us modern people when they were exactly as we are now.

The fact that we have all these things like washing machines and cars and grand buildings etc. has made not the slightest difference to us. We have progressed physically and mentally to the stage where we are about to reach out for the stars and our lives are not so strenuous as in days gone by, but, we are still basically the same as those whom we now consider to be primitive.

Man has advanced so much that his forefathers would have considered themselves to be in heaven nowadays, but he is still the same basic man that he was a thousand years ago and he will continue to be the same until he learns to treat all of his siblings the same as he treats himself.

We send our love to all life.

GYRON

SITTING 104

There are times when we in spirit look upon you on the physical plane and we know by the light that you give off how far you have progressed.

In some cases we watch you grow brighter and brighter and then suddenly, because of your troubles, you grow dimmer as you go through the pains and anguish of those troubles and then we see you regain your former level of brightness and they pass and you begin once again to plod steadily on towards your present goal. It is good to see you overcome these trials and tribulations in your quest for advancement.

You yourself see only a life of ups and downs which leads you to wonder how all this can possibly be to your benefit. We would draw your attention to the young chick in the nest which, when the correct plumage grows, begins to exercise its wings and continues doing so until it can fly. So too do you exercise your spiritual wings whilst you are on the earth and when you have attained the required level of competence so too will you fly spiritually.

Our rather crude comparison was chosen because it does have a comparison which can be understood by many of you for the bird must learn to fly and you must learn to evolve and nothing else matters either to the bird or to yourself but the attainment of your goals.

We have said before that service is the only thing which matters in this life but do not forget that service to yourself is just as important as service to others.

We send our love to all life.

GYRON

SITTING 105

There was a time when the earth was young and there were no spirits incarnating upon the planet for there was fire in every region and the atmosphere was full of sulphur and brimstone, and life could not live upon the face of the earth. Gradually things settled down and the crust of the earth began to solidify and the single celled creatures appeared and life began to proliferate and develop into plants and moving creatures.

So these plants and creatures began to evolve until they have reached their present state.

So they will change and evolve further under the influence of the changing circumstances that will prevail in the future and the higher forms of physical life will appear and disappear in the ebb and flow of earth's journey.

You are probably wondering why we have brought this explanation of the progress of the physical life on earth to your attention. We would ask you now to consider the path of your own physical life. The constant change from two separate cells to your birth and the constant changes to your body from birth to maturity.

Both stories are one of growth, change, and evolution, just as your spiritual life is one of growth, change, and evolution, just as all kinds of progress is one of growth, change, and evolution and not just on one level but on every level of progress from the birth of your spirit until eternity.

We send our love to all life.

GYRON

SITTING 106

As we gather this evening we would like to talk of the rising tide of understanding which is spreading the word of spirit among the people of the earth.

There have been many past times on the earth when man has begun to realise that there is more to

life than the life on earth and we have watched the progress of the various civilisations as they progressed towards spiritual realisation.

We of course were not there to witness these things ourselves but we have been enlightened by those who were there and who have since passed into higher levels of spirit. They send their thoughts to us just as we send our thoughts to the mediums who give evidence of life after physical death. In fact their thoughts are so much clearer to us because there is no physical mind to contend with and their thoughts are therefore purer.

We watch the present occupants of earth as they grow closer to the spirituality of life and though you are still having wars and conflagrations they are only of importance to the physical side of your life.

To our side of life the most important things are not how you die, nor is it why you die, what is important is the lessons that you learn from your death.

We seem to harp on about the lessons you must learn and we do not tell you what they are but we have said before that if you knew what they were then they would be of no use to you so please try to accept that this is how things are and take everything which comes along in your stride and you will find yourself in the position of being more philosophical in your approach to these events.

We send our love to all life.

GYRON

SITTING 107

Beloved friends we would remind you that you should walk the earth with peace and love with every living thing you meet and though we understand that the way of the earth makes this impossible to attain because of the fact that you must use the things of the earth so that you can exist and therefore kill and plunder our siblings to remain alive yourself we would ask you to remember that this is the way of the earth and your use of these things actually helps our siblings by allowing many more of them to visit the earth life than would be the case if they were allowed to live their full life before they returned to spirit. If they could they would thank you, when they have passed over, for giving them the opportunity of coming here at all. The fact that they die makes no difference for everything born must die and their lives are arranged so that they learn what they need to in the short time available to them and that is all that matters to any of us.

Be not concerned with the length of their life whether it be short or long for just as you cannot judge someone's actions neither can you assess how long they should live.

Whilst you are in the body you should aim and desire to live as long as possible on this plane but it is not up to you to decide when you or something else should leave the earth plane, but on the other hand if you do not use the food etc. which the earth provides then you would starve to death and thereby not complete your own life. We do not give you easy choices, do we, but that is a fact of life and though we sympathise with your dilemmas we must not interfere with your decisions.

Remember beloved siblings that though things may be hard for you you will never be given something which you cannot cope with. It may seem so at the time but it will never be too much.

We send our love to all life.

GYRON

SITTING 108

As we walk through the lush green fields of the Summerland we look upon the multitude of plant species, all of them intermingled with each other and we marvel at the richness of their stems and branches all sturdy and strong. As we walk upon the paths and roads we find them turning towards us as we pass, acknowledging and welcoming us as is their way on this higher level of spirituality where they know that they will not be picked or eaten nor harmed in any way in this level where all of us rest

from our earthly labours and progress as we can in our spiritual endeavours and service to others in the full knowledge that this temporary stage post has been designed in such a perfect way that we want for nothing. We can, if we wish, commune with others of our ilk or we can stay a little apart from others and commune with ourselves for whatever time we wish to do so. We can enjoy any or all of the arts that we wish to in a spectatorial or a creative way or even both which is what most of us do.

Our lives, being organised by ourselves, are contented and interesting and we have unlimited access to help and advice as we progress through the various levels of the Summerland. There are times of course when we realise that there are parts of our makeup which are missing and can only be rectified by a return to the physical plane so we set in motion the desires and procedures within ourselves so that we can return to the physical plane again and for a few short years we toil and labour in the situation that we choose to work in and also in the manner in which we desire to help and serve others during our life here.

We send our love to all life.

GYRON

SITTING 109

Beloved siblings we would speak to you tonight about the importance of the little things which are so important in our lives. The big moments in your life are those things which are shared by everyone and they seem to make everyone happy but the little things which happen to you are almost always the events which alter your life in a very small way to begin with and which, on looking back, you realise that they have had a tremendous effect on your pathway.

Little things like walking down the road when you met someone you knew. You made a small comment to them and through this comment a whole new kind of service was opened out to you.

You mentioned to an army friend once that it was easy to pick up a girl. He asked you to show him how it was done and because of this you both went into town and it was to be your last night in that town. That was the night you met the girl who was to be your wife. We could go on all night relaying instances so we will leave them and continue with other things.

How many times have you heard people say that evidence of survival is never anything big and that the little things do not prove anything. The people who say these things are usually those who are convinced that mediums are con-artistes and they have never had a reading in their life. Those of us who have had readings know that the big things prove nothing to anyone but the little things like a small unimportant gift or a secret shared with no one else in the world will prove beyond any doubt that this knowledge can only come from someone who has passed on to the higher life and is evidence that they still live.

We send our love to all life.

GYRON

SITTING 110

There are those of you who walk this life on earth trying, as you put it, to walk the thin straight line deviating neither right nor left and you try not to step out of line with what you suppose to be your true path. We would ask you dear friends, 'what is your path' and more important we ask who has defined your path that you must not deviate from. We would also ask 'By whose authority do they take on the role of being your advisor in this matter,'

There is no one who lives upon this earth and there is no one in all the spiritual planes who has the authority to define your pathway upon this earth. Anyone, no matter who they are, who has taken it upon themselves to dictate to you what you should do is only telling you what they think you should do and we would advise you to consider all of the aspects, both for and against, of following that advise.

The Christian's have a saying which we would draw your attention to which is. 'The road to hell is paved with good intentions'.

We would ask you to consider this saying when you are advised to follow any set of rules which are not your own.

We would say to you that you should follow your heart when the mind is unsure. Follow your heart when in doubt.

Remember that those who tell you that they are the only way have only themselves to account for their authority.

We send our love to all life.

GYRON

SITTING 111

As we walk through our life whether it be on the earth or on the spirit levels we are often brought into contact with those whom we are able to assist in their progress and also those who are in a position to help us on our way through our learning.

There are many ways in which we can be helped and it is not always by someone of a higher level who can teach us. Many of our siblings, even those who are not so advanced as we may be, can and do teach us by their actions and examples and though they may not realise that they have been instrumental in helping us, they often show us a better way than ours.

This is one of the things which we must learn to accept. i.e. that we should never pass another's methods as inconsequential to our way of thinking or doing things for their way may, in the long run, be more beneficial to our advancement.

Everyone is different and they are all going their own different way, some of them minutely and some of them drastically different according to what they wish to achieve and this, we must remember, is how things should be. You are after all the master of your own destiny but if you can learn from others then your journey will be smoother and more productive than by just doing it your way.

Those who are dogmatic on the earth are probably, but not always, learning an important lesson but those who are dogmatic in the spirit realms are simply holding themselves back.

We send our love to all life.

GYRON

SITTING 112

Beloved Brother we gather tonight to speak to you of the benefits of healing. When you first begin to practice healing there is always a short time when you doubt your ability as a channel of healing but gradually you begin to get reports back from some of your, shall we call them, 'Patients' and you begin to realise that the gift which you hope you have is actually with you and working. You also come to realise that they will start to ask for you and keep coming back to you, and you realise that there is no doubt that your healing gift is working.

There will come a time when you realise that you do not seem to heal everyone and you wonder why, you also realise that there are some ailments which are cured in one person but not in another and again there are minor ailments which are not cured in a person whilst they are cured of a quite severe malady.

We have spoken before of the reasons for many of our illnesses so we will not repeat ourselves but we would like to point out that to many of you who are healers it is quite disconcerting to discover that someone, whom you were sure had received healing, had not seemed to gain any benefit.

Some of you seem to concentrate on your 'Failures' and will even give up healing because of them, thinking that they are not good enough.

We would say to you now beloved siblings that healing ALWAYS works and that there is no one healer who is a better healing channel than any other healer.

There are only patients whose pathway or karma says that they can or can not be healed.

We send our love to all life.

GYRON

SITTING 113

There are many things in this life which draw you closer to your Creator and there are just as many which detract you from the spiritual way. So many of you get so involved with the physical way of life that you become so entrenched in your ways that there comes a time when you have no inclination to delve into the spiritual side of your life. Many of you believe that such a life is a waste of your time here on earth and will do anything to lead you on to a religious path. We admit that there are times when the physical way should eventually give way to the spiritual way but there are a great deal of times when you should be and remain entrenched in the physical life. You are, after all, upon the earth so why should you not gain as much as you can while you are here. It is not as if you will lose anything because you will be spirit when you return to the spiritual planes and then you will be unable to learn anything physical then. The trouble with your way of thinking whilst on the earth is that you consider your present body to be a part of you which matters when in fact it is only like a suit of clothes which you will cast away when you are finished with it. So do not be concerned when a friend or relation, or anyone else for that matter steps themselves in the physical life. They are after all getting on with their learning and they will, at the right stage of their development, become spiritually minded.

We are all spirit on the spiritual spheres so please allow your siblings to be as physical as they wish on the physical sphere.

We send our love to all life.

GYRON

SITTING 114

Beloved brother we are with you once again at the dawn of a new year or Era in your journey through this present life and we would speak to you tonight of the way of salvation which we all come up against during our incarnations.

Many of you suddenly find the light and from then on take steps to order your life so that God is your main driving force. To many it lasts a little while and to others it lasts a few years, then for others it lasts for the rest of your life and becomes a driving force which has a bearing on everything you do. For most of you this is a good thing to happen and much good work is done during your at-one-ment with our Creator. There are of course others who, in their zeal, will try to convert everyone they meet to their way of thinking and this in itself is no bad thing for they are only doing what their heart tells them they should be doing and they do alter the course of some peoples lives to a more religious path. There is also to be considered the slings and arrows which are sent to these people when they meet others of a different ilk, and who are just as dogmatic as the one spreading the word. They will argue and sometimes even fight over their differences because they believe themselves to be exclusively correct in their interpretation of God's will. What can be said about those who are this way inclined. You cannot argue with them because they are right and you are wrong, and you cannot persuade them for the same reason. We can only say to you dear siblings that the way to help them is to agree with them and walk away. We would remind you that their way of thinking is just as valid as your own way of thinking and that at some time during your incarnations on the earth you yourself will have thought their way. We would also draw your attention to the saying 'Judge not lest ye be Judged'.

We send our love to all life.
GYRON

SITTING 115

As you walk the earth life you meet many kindred spirits who are on a par with you and you usually become friends with them, some as a passing friendship, some as in a neighbourly fashion, some as close friends, and others as lifetime friends. On the other side of the coin there are those whom you like to keep at a distance, and those whom you keep away from at all costs. Have you ever wondered why you have these seemingly unfounded feelings of friendship and dislike of people that you do not know. We would draw your attention once again to one of the reasons you are upon the earth plane and that is so that you can meet and mix with those spirits who are on different levels of evolution. You need to learn to accept and communicate with those who are on the various levels of spirit so that you can take them for what they are without any feelings of inferiority or rancour and learn to accept them just as you would your closest friend. You must, in fact, learn to accept them exactly as you would like them to accept you. You will find it necessary as you progress to accept everyone in the same happy manner because on the one hand you will have those on a higher level of evolution teaching you and guiding you through your own progression, and on the other hand you will wish to help and assist those of a lower level who wish to advance themselves up towards your level.

This is one of the driving forces of spirit life which affect all of us. We all of us wish to make progress in our unfoldment and we all wish to see our siblings progress in their unfoldment and the desire to assist them is quite strong and the more we progress then the stronger this feeling gets. We know that there are those on the earth who wouldn't lift a finger to help someone in trouble and they seem to do quite well for themselves, but you are on the earth plane and for the earth plane and a few levels of spirit around it you have a different set of rules and perspectives, so that you may encompass all of the aspects of the physical state, otherwise you would be unable to assist others in their progress.

A teacher without experience is no teacher at all.

We send our love to all life.
GYRON

SITTING 116

The time has come again for us to continue our service to those who seek enlightenment and tonight we would ask you to once again take the subject of service into consideration.

There are those of you who spend much of their time serving our human siblings in a great many disguises such as healing And care of the sick etc. and we applaud their actions as they aid and assist the ailing.

Those of us who are spiritually minded and who understand the vast host of spirits who inhabit the earth also send out their thoughts and give physical assistance to the other siblings who are not of the human race. There are quite a few of you who understand the importance of this kind of service for there are few occasions when the animals etc. give solace and assistance to others of their kind. It is not that they do not care, but they do not understand, and it behoves us to do what we can to help and assist them in any way we can.

We would also draw your attention to those siblings in our solar system who are not of the earth. The other planets and satellites of the solar system are actually teeming with physical life just as the earth is teeming with life and just because you cannot recognise them as being life does not mean that they are not there.

Look at the earth itself and you will find life from the Arctic to the Antarctic and in every piece of land in between whether it be lush with vegetation (which is life itself) to the middle of every desert. You will also find life on every elevation from the tips of the mountains to the deepest parts of the oceans.

As an instance let us examine your own body which has within its digestive system a thing called Anaerobic Bacteria. It flourishes in your stomach and is with you all of your life, but if you expose it to Oxygen it dies.

If you look at the giant gas Planets you will find that their atmospheres are similar to the contents of your digestive system.

We seem to have digressed from our subject but we needed to show you that our Solar system is full of life on the physical plane so that we can ask those of you who are inclined to send out thoughts of love and healing to those who live on the planets and their satellites and thereby lift them a little closer to their Creator.

We send our love to all life.

GYRON

There is a land not far away
 Where people come and go each day
 A land of light which, always bright
 Knows no dull days and has no night
 A place where you and I can see
 The road to all eternity
 A place so bright and beautiful
 That we can not describe
 The wonders of this bounteous place
 Where we can all reside
 There are no storms there is no rain
 There is no reason to be vain
 For every one from Lion to Dove
 Sends out their own eternal love
 And little ones like you and me
 Have everything we want, you see
 For we are walking on our quest
 That we may all become the best
 And as we walk throughout this land
 Receiving help from every hand
 We know one day that we shall be
 Such a place that we now see
 This in itself doth spur us on
 That we shall gain the gifts of God

GYRON

SITTING 118

Beloved brother we are here once again to talk to you about your pathway, not just of this life but of all your incarnations and the periods between your sojourns on the physical plane.

There comes a time quite early in your growth when you begin to wish for more in your life than the grosser levels of materialism which we all go through and which we all need to experience so that we

can realise within ourselves the beauty's of advancement and the wonders of those levels which are above us and, at present, beyond our reach. The slow advance continues as we lift ourselves through, level by level, until we become ready to begin our learning on the physical plane. There then begins a process of advancement where we visit different levels of civilised life and we keep on returning to different situations, both rich and poor, highly educated and ignorant, we have lives where we are vastly productive and others where we are sterile, happy lives and sad lives, caring lives and uncaring lives.

Each and every situation that we experience adds to the sum total of our inner or spiritual self and it is another step up the ladder of progress until there comes a time when, having progressed sufficiently, we grow in our desire to help others and so another stage of our enlightenment and progress begins.

There are times during our progress when we seem to stand still and others when we seem to lose our desire to keep going and it is a while before we get back on track as it were. There are even times when we seem to go backwards for a while but eventually we regain our drive for

progress and find that we have relearned some of our lessons in a better way. All of these ups and downs have the effect of refining our spirituality and are instrumental in ensuring that we have got it right. It is, after all, of little use progressing rapidly if the end result is of second grade. This is the main reason why we are presented with some lessons again, and in some cases again and again.

Another reason for being given a lesson again is to be presented with a different aspect of the same lesson so be not upset if you find yourself being presented with the same sort of problem. It is not that you have failed to learn the lesson but that you required a broader aspect of it.

We have spoken before of the failure to attain something being the lesson and we bring it up again to remind you that the attempt to do something is very often more important than the result of your attempt.

The adage 'If at first you don't succeed, try try again' is one which we recommend wholeheartedly.

We send our love to all life.

GYRON

SITTING 119

Beloved brother as we walk with you on this journey through this earth life we meet many who know nothing of the spiritual life that we live.

We also meet those who walk the spiritual path on the physical plane and we watch the different reactions that you all have to the opposing views. Some of you are intolerant and sceptical of the spiritual beliefs and we can understand their viewpoint. There are others of you who, being aware of spirit, are also intolerant of the different beliefs of the non-spiritual and of the spiritually minded.

We do not mind the non-spiritual believing that there is nothing in the afterlife, it is after all their pathway and we all live some lives of non belief, and it does not necessarily follow that they are the lives

lived before our spiritual lives. Quite often they are intermingled in the same way that your male and female lives on earth are intermingled.

There are aspects of your training which can only be learned as a male or as a female. We would draw your attention to a factor which is quite unknown and un-thought of by those who receive messages on the earth and that there are times when a spirit will give evidence to two members of a congregation where one is given as a man and the other is a woman.

The explanation for this is that the spirit has incarnated as say a man and during the life has been friend or family of one member of the congregation and has died. The spirit has then been born as a female and has been friend or family of another member of the congregation. The spirit, who loves both of them as friend or family can then contact both of them to give evidence of life after death, and no one on the earth ever has any inclination that the one spirit is contacting two separate people.

This life that you have can be so very complex, or seem to be that way, but from our side of the veil it is all so simple.

We send our love to all life.

GYRON

SITTING 120

We would speak to you tonight dear brother of the Guides and Helpers who are with you during your life on earth.

When you decide to return to the earth for another incarnation you know that you will need various Guides to assist you on your pathway. You therefore arrange with others who are willing and eager to serve you during this time. There are also others who walk with you for various periods of your time here, some come for one specific lesson whilst others will be with you for things like your steadfastness or your resolve or determination and your patience.

Each of these things are necessary for your spiritual unfoldment as you develop your various aspects in your progression to higher realms.

You also have helpers who draw close to assist in your development and who are also with you so that you can give them the chance to experience the work of guidance which they need in order that they may become Guides to others.

Though your guides come with you in a particular mode, i.e. as a monk or doorkeeper etc. during this life they are well accomplished to act in other mode's and may have been with you on other occasions in other lives, just as you may have been their Guide at some time.

Many of you have the misconception that all of your guides are spiritually advanced to your own level but we would point out that this is not always the case and that a part of your learning is acting as guides to those who are on the same level of progress as yourself. There are, of course, guides who come down to assist those on the earth plane who are on a higher level than those whom they come to assist but for the most part your guides are your companions who are on the same level as yourself.

We send our love to all life.

GYRON

SITTING 121

Beloved brother there are things in this life of ours which have no comparison with your understanding of life on the physical plane just as there are different lives and standards by which we live. When you break the law on the earth you know that you may be subject to retribution for what you have done and that you may be incarcerated or fined according to the law of the land. On our side of the veil there is no court which you can be taken to for punishment but you will, in the course of things, be punished by yourself with feelings of remorse and regret for whatever you have done and you yourself will remain unhappy about it until you have made amends for what you did. These feelings of remorse and regret are also felt by you for the things that you do whilst on the earth and again you will be unhappy about these things as well until you make amends for them. On the earth you will make some people annoyed or angry and there may even be those who have hatred of you and your actions. In the world of spirit these feelings directed towards you will be of sorrow and regret that you have let yourself down.

Always remember beloved sibling that there is no money in the spiritual realms but you WILL be paid for everything you do and for everything you say and even for everything you think whether you are on the physical or the spiritual plane.

Remorse and regret can be much more wounding than Lash or Lance.

We send our love to all life.

GYRON

SITTING 122

There is nothing in this world so wonderful as the love of two people for each other, there is the sweet sorrow of temporarily parting for a few hours and the sweet expectancy of your journey as you return to the one you love. There is the total commitment of knowing that you wish to spend the rest of your life with the one that you love above all others.

Rhyme and reason are thrown to the wind and you will take on heavy burdens so that you can be together. This type of love does not happen so very often but it is sweet and rewarding when it does. It is also quite rewarding when two people grow together slowly and gradually realise that they have grown to love each other over a number of years.

There are also those who, having committed themselves to a lifetime together, will remain together through feelings of duty or for the sake of the children or even to save themselves from losing face and they can and do have a thoroughly miserable life because of this.

There are those who think that this is quite justified, you have after all made a promise to God that you will spend the rest of your lives together if you have married, and there are those on both sides of the veil who believe in this justification. There are many others, again on both sides of the veil, who think that where there is no love there is no marriage and that you are only making yourselves and those around you miserable by staying together. We would say beloved siblings that there is no right way and there is no wrong way to resolve this situation. It is entirely your own decision whether you stay together or separate but we would add that there is no sin in admitting that you made a mistake by getting married and we would add that your first and main consideration should be that your children should be protected as much as possible from the break up. On the other hand they should not be used as pawns to keep a marriage together or to get at your partner.

You brought them in to the world and it is your responsibility to keep them physically and mentally in harmony.

We send our love to all life.

GYRON

SITTING 123

There is a time for all things as you walk this earth life and these things do not come in any order to you. We know there are those who believe that your pathway is mapped out and when you have learned one lesson then the next will be presented to you, but this is not the way of your life. There are so many variables in your life that it would be impossible to get everything to come together at the right time and both yourselves and those whom you meet are continuously changing things by exercising your free will that to keep track of your pathway would mean updating it on a daily basis. The only way you can map out a life on earth and keep to it is to do away with your free will and that would never be allowed.

From the moment of your birth until the moment of your death your free will guides you through the various situations which provide you with your lessons so do not think for a moment that your course is predetermined. We have said before and we say again that everything comes in time and that you will experience everything which you need during your many lives on the physical plane so it matters not that something is left out for you will get to it in the end.

The man who walks the narrow trail
Ignores what's to the sides
And misses all the beauty

That looking up provides.

We send our love to all life
GYRON

SITTING 124

Do you know dear friend that before you are ready to come to the earth plane you choose the name you wish to use during your incarnation. The name you choose is one which will fit the circumstances of your life and this is one of the reasons that numerologists can work out your character etc. though they may never have met you.

Sometimes, though not very often, your parents will select the wrong name for you which is why you find people who change their name because they do not like the one they were given. On the other hand there are those, like yourself, who select their spiritual name and are very happy with it.

The association between the earth name and the spiritual name is quite important in so far as it specifies the specific incarnation or aspect which you will refer to in the future.

We who are in spirit do not think about our times on the earth, just as you do not think much about your past life in this present incarnation. We are, just as you are, more concerned with what is going on at the present time to bother about the past but when we wish to recall the things of the past the memory of the name will help to recall the incident.

The memories of your life here and now would fill a book, and the memories of all of your lives would fill a library so you can imagine how the names help.

We send our love to all life.
GYRON

SITTING 125

Once again we join together in love and in truth and we would speak tonight of the rituals which people devise so that they can draw closer to their ideals in their worship of our beloved Creator. Many times we come upon the rituals of the religions and when we meet someone who is new to them we find that the emotions generated by them are beautiful to behold and experience. The display of colours and music generated at these times is truly wonderful. There are others of course who consider these rituals to be something which you do for the benefit of others who are watching.

In these cases it is the same as the insincere prayer where no upliftment is generated because of their insincerity and no one from the spiritual side of life is taking any notice. If you cannot be sincere in your prayers or your rituals then you cannot be spiritually lifted by them and no one will notice what you are doing. There are even those on the physical side who will recognise your insincerity and who will recoil from it. In the spiritual worlds we can always tell, from the Aura, when someone tells lies and the same thing applies when you repeat rituals or prayers without meaning them. Yes dear friend we can always tell because though you are on the earth we do not see your body, we only see your spirit and the Aura of your spiritual bodies, so we can tell at a glance if you are sincere or not. We can if we wish alter our perception so that we can see your body but it is the same as you meeting someone and only noticing their clothes whilst ignoring the person inside them.

We send our love to all life.
GYRON

SITTING 126

During your sojourn on the earth you meet a great many situations which can test your reactions to many things. You may come up against things like snails in the garden which are eating your plants and aphids who are sucking the sap from the plants thereby stunting its growth. The trouble is that you can easily kill them all off with poisons and chemicals and your plants will survive and flourish but, the birds and the hedgehogs will come along and eat the dead snails and will be poisoned by them, and other insects which you need in the garden will also be killed by the chemicals and in addition to this the chemicals will get into the water supply and everything which drinks or lives in the water will be affected.

The problem with which you are confronted seems to be unsolvable and whilst we would not give you a solution, if we had one, for then we would be interfering with your freewill choice, we would suggest that there are other solutions which, though not eradicating the problem will give you a bit of leeway.

One thing you can do is to plant out more than you need, another is to use natural sprays, you could find out what the snails find irresistible and plant them in a small corner somewhere. You can use garlic to deter aphids, and there are many other ways you can keep your garden pest free, or we should say almost pest free.

Once again we would seem to digress from the substance of our subject, but for good reason, by taking a different viewpoint we can very often find an alternative solution to our problems, and, though they may well not be ideal answers they are better solutions to the problem than wholesale destruction of one form of life for the sake of another form of life. So many of your problems can be solved by taking the middle way.

We send our love to all life.

GYRON

SITTING 127

Beloved brother we are with you once again in love and in truth and tonight we would talk of the fruits of our labours. We who labour on the spiritual plane are much more fortunate in our circumstances when we toil at our labour of love to those on the spiritual planes and on the physical plane. We do not, of course, actually come down to the physical plane but we do come to the etheric level in our contact with you where we can interface mentally with your physical mind thereby raising your mentality to our level.

When we begin working with you we have to work with you and on you until you become proficient in the art of communicating with your higher spiritual mind.

The more you practise the easier it becomes until you reach the level that we wish you to attain. Once you have reached this level you continue to practise even though you are working with us for the more you work with us the better the results that you obtain. You often wonder why you are unable to exercise the gifts that other mediums have attained and why you have been unable to progress to a higher level of mediumship than you have.

What you would like to do and what you can do are finely balanced by many circumstances which are governed by the outside influences of your life. You yourself should know that the objections of those close to you to your spiritual work made vast changes to the path that you took and the path that you should have taken. The words that you write should have been spoken from the platform first and written down later.

We place no blame anywhere concerning this change for we have already said that everyone has free will and if a persons free will changes someone's path then so be it. It is not the end of the world, it is not a catastrophe, it is merely a change in the way things were done, and in the end will make no difference to the end result.

We send our love to all life.

GYRON

SITTING 128

As you walk this life on earth you come upon many things which seem so trivial that you never believe them to have any relevance to your own personal progression and you put them to one side and forget about them. There are other things which occur which to your way of thinking should teach you something and yet you cannot fathom out what it should have taught you. There are other things which, because they have taught you earthly things seem to have no relevance to your spiritual progress.

For instance, you help someone in a small way and think no more about it. But unknown to you your small act of kindness alters the recipients course of life and leads them to greater things or even stops them from going down a certain path. Whether for good or bad makes no difference, for you will, after all, go down all paths in the course of your journeys. One of the things which the Pisceans taught so well was that there was only one path and that everyone had to go down that path, or else. We would applaud them for their steadfastness and determination in following that path for it was the correct way for them to be but we would point out that those who are incarnating now have a different goal to attain where religion and tolerance of others beliefs will become much more relaxed.

The residue of the present "Only one way to go" will last for a little while longer but already the Piscine era is giving way to the era of acceptance that "Your way is as good as mine" and by the end of this century things will have changed in no uncertain fashion. You will still have your religious strife for there will always be those who think their way is better and there will still be those who will kill and maim for their religion but this has always been and always will be so long as there are young spirits incarnating and progressing through the physical plane. The earth is not a place where Utopia will be attained and last forever more. It will have its peaks and troughs as it always has for you cannot go higher than the top of the mountain and you cannot go lower than the bottom of the pit.

When you are ready to go higher than the mountain top you will find yourself in a position where you do not need to go to the earth because you will already be higher than the physical plane and you will make way for those who still need to come here. We send our love to all life

GYRON

SITTING 129

Beloved friend we would draw close again with our love that we may speak to you of forgiveness

and the part which you can play in helping those whom you should forgive.

Yes we would seem to have got it wrong when we ask you to help those whom you should forgive but we hear so many times of those who should forgive but never of those who should be forgiven. The fact of their transgression against you may be either a deliberate act or an involuntary or innocent act, and it matters not to you which of these it is. Your initial reaction to their act will be shock or anger, and this we might add is a natural feeling, but your following feelings should begin to grow on you as feelings of pity as well as love and forgiveness towards them whether they are physically close or far away. We know that it is hard to feel kindly to someone who has been nasty to you but please remember that your feelings will have an effect on them and will affect their future actions to both yourselves and others.

Remember dear friends that they, like you, will be paid for everything they do when they look over their past life so if you can help them to regret what they did then your thoughts may save them from building up further Karma in the future.

If you think of all life as being your spiritual siblings then you will come to think of any transgression as being the lessons to you which they are.

We send our love to all life.

GYRON

SITTING 130

Once again it is time to talk to you and we would speak of the rest which all of you require from your physical and mental labours and also the times of rest which you should have from your spiritual endeavours. It is nice to plod on and on in your efforts to complete the task at hand and it is nice to watch the things that you do grow and evolve in the time which you have allotted to do these things. You find that many times things happen which delay you and it is at these times when we would say to you that you should pause and rest for a little while so that when you continue with your task you do so in a calm and unhurried fashion. When you do this you will find that things flow more easily and smoothly than previously and therefore more quickly. When you are working on spiritual matters you will often find yourselves slowing down at times and even coming to a stop on occasions and you wonder why this occurs. The trouble is that there are times when you come to a slight lull in your progress and, instead of taking advantage of the situation by taking a short rest you become uneasy and try to keep going at the same rate and in doing so actually work twice as hard and cause yourself to completely block your progress.

Try to relax and rest at these times and never ever push yourself for that is the quickest way to cause a breakdown in your efforts that we know of.

We send our love to all life.

GYRON

SITTING 131

If love were made from kindly thoughts and never went away
 There would be peace on earth each day for love would find the way
 If love were made from kindly acts how could we get things wrong
 For every act would draw us close into a happy throng
 If love could spread throughout the air infecting all it touched
 How wonderful would be this life of happiness and trust
 If love of all things living was everything in life
 Then we would live in paradise from birth right through our life
 But earth is not like this you know and if it was, what then,
 For we would never come here, there'd be nothing to learn
 So let us walk this earthly plain by sending love out every day
 And let us take the bricks and stones and fashion them with love alone

Into a rock where all can stand in love and truth throughout this land
GYRON

SITTING 132

As we draw close this evening we would draw your attention to the cycles of life which occur on the earth and we would consider how they affect you and the reasons for them. The seasons in their cycle allow the various forms of life to flow in a regular rhythm of birth, growth, maturity, and of course, death.

This rhythm is repeated in the course of every living thing on earth, and we might add all of the forms of life in the solar system.

Then there is the rhythm of the earth and all of the planets. They follow the same course as we do on the earth. The Sun, which is the centre of our Solar system, also has this life cycle as it goes round with the Galaxy, which also has a life cycle.

We could have just said that the whole physical plane has this life cycle but it would have meant very little to most of you.

The reason we bring this to your attention is to point out the simplicity of the creation and ongoing growth of the physical plane in order that we, who are spirit, can grow and evolve in a continuous cycle throughout our formative period when we are, spiritually, as little children and that over the future aeons of eternity we will mature into and through the life of a Galaxy and beyond.

Science fiction you might think this is but there are others from the world of spirit who have stated what we have just said.

We send our love to all life.
GYRON

SITTING 133

Beloved brother we would speak to you tonight on the sermons which you receive from the pulpits or platforms of the churches where and if you go to worship your Creator.

Many of you take very little notice of the lessons which are given on these occasions and we think it very sad that this is the case. You have made the effort to attend the service and yet you ignore the one part which, when you have thought about it, can bring you a portion of knowledge which can make a small or large difference to your way of life. The lessons you can learn from the different interpretations of these lessons are so varied that you can never be sure where they will lead you or even how they will affect you. Even if it be something which makes the tiniest difference to some part of your present knowledge. We would remind you of the saying 'Great Oaks from little Acorns grow' and we would ask you to think on these lessons before you discard them.

In its way this is true of everything which happens in your life so even if you never go to church you can still receive many lessons from the ordinary everyday events of life. Look for them, think on them, learn from them, and who knows where they may lead you.

We send our love to all life.

GYRON

SITTING 134

As the sun shines on the earth and all of the other planets of our Solar System let us consider the benevolence of our beloved Creator and all that he provides us with on this the physical plane and of course of all the other planes which he has created so that we may grow and evolve and in doing so attain that high degree of perfection which we need to attain if we are to emulate him and become just like him.

There are so many of you on the earth who cannot conceive of you ever being like this but this state of affairs is only here because of the lack of foresight of our religious leaders who believe that their God is a God with materialistic leanings who considers us, his children, to be inferior and servile to him.

The truth of the matter is that we are his beloved children and his love for us is so great that he has made no rules that we should live by which is why we have total control over everything we do. The one and only rule which our God has made is the rule which gives us free will to do anything we wish and though man, in his ignorance, will vehemently protest against this it is true just the same.

Man alone makes laws and even in their spirit form when they contact us on the earth they will tell you of laws, but our Creator in his infinite wisdom makes no laws for us to be bound by. We have said before and we say again that the physical laws of the land are the only laws which you should obey, and you must do so or face the physical consequences, but the only spiritual laws you should obey are the laws which you make for yourself, and we would add that you should not expect others to obey any laws that you make for yourself.

We send our love to all life.

GYRON

SITTING 135

As you walk through the valley of the earth plane you meet so many different levels of spirit and like everyone else you aspire to get along with them in whatever way they will let you. It is understandable that you are not drawn to some of them but if you do not allow these feelings to manifest themselves then you will normally find you get along with them. We would say now that there is nothing wrong with you having these reservations for it is natural for you to feel uncomfortable when you meet a spirit who is of a different level than yourself. It is, however, not nice if you allow your feelings to show themselves in your relationship with these people, even though they may feel the same and show their dislike for you.

It is for your benefit that you send out only love to your fellow men for then only love will be returned to you and any feelings of dislike and even hatred which are directed towards you will find no place to settle within you and these unwanted feelings will return from whence they came and you yourself will be quite unaffected by them.

This is why we say to you again that everything you say, and everything you do, and everything you think in your life whether it be in spirit or incarnate, so will you be paid accordingly.

The choice beloved sibling is yours.

We send our love to all life.

GYRON

SITTING 136

We would walk again with you dear brother for there are many who would wish for the knowledge we need to impart.

The light of our life on the spirit planes is not like the light of your sun. It is a constant light which reaches us without the need for a sun to rise and set or for a sun to be visible at all. Our light comes from our Creator and all of those higher spirits who stay within our different levels and of course we all have our own inner light which shines forth intermingling with the other lights from our siblings so that the whole is one vast glorious light.

All of this light is used in various ways to comprise the various spiritual levels, one of these levels is of course the physical plane on which a part of you now resides, and we would point out that all of the physical plane is composed of light and that your own spiritual light is used in the composition of your own physical body.

It is said that there are many wondrous things in the universe which are undreamed of on the earth but we would say to you that there are many wondrous things upon the earth which your earthly mind cannot even conceive of and the use of light is one of them.

Your use of light has, in the past century, advanced by leaps and bounds but in reality you are only scratching the surface of the subject. If you will remember that light is the one and only basic material of the universe then you might begin to realise the truth of what we say.

We send our love to all life.

GYRON

SITTING 137

There is a green hill not too far away and it is the hill which each of us must climb. There are places on the path upwards where we shall find the footage treacherous and others where the path is blocked with brambles and you have to struggle through them to get to where the path resumes and things are a bit easier. There are stretches where you can stroll quite easily and rest awhile on moss covered banks and places where you can rest in the company of others. This pathway which you travel is not known to you and unmapped in any way and though you may think at times that you can see a little way ahead you find that you take a few steps and it has all changed.

Have you ever wondered why it is always at the time when you seem to have attained your goal, you find that someone has moved the goalposts and you find you must change direction and start out again for a new goal.

It would be very nice if we could reach our journeys end at the end of each life. It would be the logical thing to do, But, logicity is only one of the lessons we must learn just as illogicality is another, so you see dear friend that the complexity of your many lives here prevents the use of logic when it is compounded with your own, and those whom you meet, exercising your individual free will.

We would, however, remind you that nothing in your life is ever wasted and everything in your life is relevant to your evolution from the time you stubbed your toe to the accident which puts you in hospital or from the child who gave you a wild flower to the life you spend with your soul mate.

We send our love to all life.

GYRON

SITTING 138

Through the ages man has had many Gods. Some of them have been vengeful and some of them have demanded sacrifices. Some of them have been gods of a particular object or of the trees or the mountains or the water etc. Very few of them have been the living God which, in reality, our Creator is.

It is quite understandable that man will think of his God as being quite like himself and as we all know man is vengeful and demands ransoms to appease his anger at wrong doers.

Even nowadays there are many who believe that God loves us as his children and yet they expect him to insist that we do things his way and then they will tell you what this way is, even though they know no one who has been told what god's way is. They will of course quote from the Christian bible and the Koran even though no one who wrote the stories in the bible ever knew Jesus. Everything they wrote was second or even third hand and they now expect you to believe that they are Gods words.

There is not a man alive who does not form his own opinion about things and having done so will believe it to be true. It will in a very short time become his truth and it will take form in his mind so that nothing will change it. We applaud him for his steadfastness in sticking to his guns as it were but we would also remind you that though argument is useless you should also stick to your guns in your own mind whilst you agree that his thoughts are true for him.

Find no fault with him for in his mind he is faultless.

We send our love to all life.

GYRON

SITTING 139

Beloved brother once again we are together and we would speak to you of love and all that means to those who are on the earth. Many people have a deep love of their relations and also of their close friends but of the rest of the world they are uninterested and care not for the things which happen to them.

Others have a love only for themselves and for the most part have a rather lonely life. They are in a way to be pitied for it is no consolation to be self made or self reliant if you have no one to share it with and there is always the latter years of their life when there is no one there in time of need.

Then there are others who have a love of all life and their lives are full of friendships and the joys of helping those whom they meet each day. Nothing is too much bother to these people and the joy that they get from others is lovely to behold.

All of the different types of people we have mentioned have the basic form of love within them and though they are all exhibiting different aspects of love it is still love, and love in its many aspects is something which we will all experience in all its forms.

If you can realise that you must learn to love yourself and that you must learn to love everyone and everything else then you will have taken a great stride forward in your evolvment and you will also come to realise that the earth is not such a bad place after all.

Hard this life might be but with love there is always room to smile.

We send our love to all life.

GYRON

SITTING 140

We are here with you once again and the love of service is our theme for we would show you how simple and easy it is to be of service to those that you meet as you walk through your life.

We have drawn your attention before to the power of the mind and to the fact that when you send love to someone then that one will receive the love that you send. Your own physical being may not recognise that they are receiving your love but the spirit will know of the love that you send and will naturally return the love that you send. The same thing will happen when you send your love to all life for your love will flow away from you just as a wavelet on water will flow out to the edge of the water.

Your wishes for someone's good health will, if sincere, act in the same way as will also your wishes for the general health and well-being of a community or for all life. The same thing applies with your prayers so that the recipients will all benefit spiritually from your kind thoughts. You too will also benefit from those prayers because they will all send back to you thoughts of kindness and love so it is a two way thing.

The fact that you do not see any physical difference makes no difference to what occurs spiritually and that is all that matters because you are spirit and only spiritual things matter to your real being.

We send our love to all life.

GYRON

SITTING 141

It is with pleasure that we draw close once again to talk of the earth and all that it entails to come here. The knowledge that you acquire in the spirit realms is such that the whole question of your learning to cope with an expanding mind is brought quite close to saturation point at times because you have no practical experience of the things you are learning. This is rectified by your visits to the earth plane where everything you come up against is a practical demonstration of the things you are learning and the things you need to know so that you can progress to other things. Some of these things you know about such as patience, which can be a lifelong lesson, and gentility. Other things are bearing up against great odds and also learning when to cut loose and go with the tide and knowing when to put your foot down and stand fast whatever the situation.

All of these things you need to experience on the physical plane, and there are many more, and learn them you must if you are to gain the practical experience you will need when you begin to develop your own physical plane.

Yes beloved sibling we would remind you that you are a chrysalis of your beloved Creator and a part of him is this physical plane that you now live upon and you will grow to be like your Creator so therefore you yourself will create your own physical plane so that your spiritual children can evolve as you are now.

In an unimaginable time span when the earth no longer exists and has been forgotten you will need the practical experiences which you are now learning on this earth so do not be fretful of the events of your life for in the end all will be well.

We send our love to all life.

GYRON

SITTING 142

As the winds blow upon the earth creating gentle breezes which kiss the skin on a hot day with its cooling effect which can be a blessing, or it can be a little stronger and make things chilly on a cold day.

It drives the clouds which bring the rains both welcome and at other times causing flooding and mayhem, then again there are the storms and hurricanes causing damage and making life miserable.

These uncontrollable aspects of nature go towards the renewing of life in all its forms on earth even though the initial impact of the action is to destroy some life.

The weather, as a part of nature, is responsible for much regeneration upon the earth and is the one thing which makes life on earth possible in so many diverse ways.

Life abounds everywhere from the bottom of the oceans to the tips of the mountains and is only there because it has adapted to the various conditions which apply to the different areas.

Life in the spirit planes does not seem to be like this at all, but, this only seems to be so because you are only able to comprehend a narrow portion of the spiritual spectrum. If you have thought about it you probably imagine yourself starting as a little dark blob of spirit who gradually grows both larger and brighter until you are a shining white spirit. Basically this is a rather crude description of spirit growth within the narrow band but what you cannot understand is the growth which occurs after you have reached the ultimate shining beacon which you think of as being the highest of the high. As you grow your vibrations increase which is why you can only exist on a narrow band at any one time and you leave behind the lower levels again and again and again through countless levels and become so rarefied that to the lower levels you do not exist except by the power of mind and it is mind that you will eventually reach with no need for any other attachments and when you have reached this stage you will have come to the end of the beginning of your life.

We send our love to all life.

GYRON

SITTING 143

As we walk with you, giving you the words of knowledge of what you are we are mindful of the way that each of us interprets what they hear or read in a different fashion and we would remind you that this is the way that things should be.

Each one of us is a separate being and we are all going on different paths, not just because we are experiencing a different aspect of ourselves but because we, even at this early stage of our lives, are heading for a different goal which we ourselves have chosen to work towards. It is one of the religions tenets that we are all going the same way but when you go beyond religion you discover that this is not so which is why we say that you should follow your own rules and not necessarily those of someone else. We bring these things up again because we cannot express them too strongly that you are a separate single entity who, in the past, present, and in the future, are developing yourself to be the individual that you wish to be.

We ask only that during your process of growth you do your best to be kind and gentle in everything you do. A simple enough thing to do you would think but upon the earth it is so easy to slip and stumble that we would say there is no one upon the earth who does not fail to be like this at all times, so do not think of yourselves as being any different to your siblings, and keep in mind that failure is also a lesson.

We send our love to all life.

GYRON

SITTING 144

As you walk through this life you meet many who have no conception of a spiritual life and if you mention it you will be met by a disbelief of life after death and/or spiritual matters. The very fact that you believe such things will make some people wary of you and they will consider you a crank for your beliefs. Many of them will ply you with questions in an attempt to prove to themselves that you are wrong. Others will do the same but in an attempt to trip you up and yet others will be interested in what you have to say so that they can consider your words in accordance with what they

themselves believe.

There is no easy way to tell whether they will react one way or the other and if you pick a religious person they could become quite agitated against you for your audacity in expressing what they believe to be heretic.

We would not, in fact we could not, find any fault with their beliefs for it is, after all, their truth, and you should never disagree with someone else's truth. Remember beloved sibling that it is futile to persuade anyone that you are correct for if you do you will meet a blank wall and will get nowhere. Keep in mind that we all have different truths and never instigate talk of a religious nature. If spirit ever wish you to give any help or advice they will do so in their own way without you starting it yourself and once started do not expand on your answers, only reply to what you are asked.

We send our love to all life.

GYRON

SITTING 145

The days that I remember thee
 Are full of joy and love you see
 For I have walked through fire and flood
 And wandered through the desert climes
 As well as swamp and mud and slime
 But through these times I've still retained
 A love for thee and those around
 The days that I remember thee
 When this my life is all at sea
 It makes no sense that I should be
 Content to plod along with thee
 For knowing you are there with me
 Builds up my strength that I may walk
 Upright E'en though this heavy yolk
 Bears heavily on me
 The days that I remember thee
 Though earthly things may die and rust
 And I must walk o'er dust and sand
 And ever wander through this land
 I know that till I reach the door
 That leads me to that spiritual shore
 You shall be with me, hand in hand

We send our love to all life.

GYRON

SITTING 146

There are those of us who, upon the earth, walk in the light, and there are others who walk in the darkness, and we would point out to you that either of these, our siblings, are in the position they should be in accordance with the pathway of their learning curve. It is not for anyone to select what others should be doing with their life, nor is anyone in a position to select what your goal in this life should be.

Before you come upon the earth you select the conditions of your life which will lead you to the best opportunity to learn the things which you wish to experience. If you manage to follow your learning curve during your incarnation then that is all to the good, but if you chance to stray onto other things then there is no real problem for what you do experience will be used to fulfil another aspect of yourself. Accordingly when this other aspect presents itself on the earth you will not need to spend so much time learning which means that you will either have a shorter life or you may choose to spend the

extra time in service to others. It is also quite possible that you may serve others for the whole of your incarnation for there are many many ways that you can serve and most of them are serving those who are discarnate. Yes dear friends we know that most of you think that your service consists of serving those on earth but the range of your service to those who are in spirit far outweighs the service that you know about. Even those who have no spiritual knowledge whilst they are on the earth have the ability and the opportunity to help others during their sleep state, which is when you go Astral travelling and can then meet and assist your siblings. We would also, at this juncture, point out that there are some forms of service which you can only perform for discarnate spirits whilst you are in a physical body and those are for the most part on the very lowest levels of spirit.

We send our love to all life.

GYRON

SITTING 147

We would speak to you tonight of the way that those in spirit guide their siblings who are incarnate for it is not very clear to many of you how we influence you. It is purely and simply done by the power of thought, i.e. we place a thought into your mind and you accept the thought as being valid to your situation at that moment and believe that you have thought of it yourself or alternatively you will think the thought and reject it as unsuitable or inappropriate.

Take as an example the way we work with mediums. The thought appears in the mediums mind that the person contacting them was of a certain height and had brown hair etc. etc. or they may even see the person in their mind but they are not really seeing the person, they are seeing the thought that spirit is sending them, whether it be as evidence of survival or as a thought which we wish you to think or a feeling we wish you to feel.

This is another reason why you are unable to understand what it is like on the spirit planes. Again we will say it would be like giving you the answers before asking the questions.

We would add however that when and if you ever find that you have left the body temporarily then what your spirit sees is a level of the spirit planes, even if it is only the Astral plane it is still spiritual reality and you do go to the Astral plane every night when your body sleeps.

We send our love to all life.

GYRON

SITTING 148

There are things which we should do on a regular basis during our life on earth, if we are a practising spiritualist, but unfortunately many of you do not treat your development with the dedication befitting the task you are trying to accomplish. The trouble with many of you is that you try much too hard and you will try to work every day instead of, as we have said, working four or possibly five days a week at the most. Take your time and allow things to develop slowly and the end result will be a much stronger and better development of the gift you are working on and consequently a better form of mediumship than if you push yourself. We would relate to you the story of the two men who, in meditation, came to a high white wall which blocked their progress. One of them tried to find a way round the wall but could find no way to go forward. For three or four days he tried to go forward and then he became impatient and forced his way through.

He found on the other side rolling fields as far as the eye could see and nothing else so he turned away from the wall and walked another way. The other man took a different view of things and each day he would walk along the wall for a short time, and, realising that patience was required, he kept coming back and walking the wall looking for an entrance. He did this for six or seven weeks and then one

day he found a gateway but the gate was closed to him. A few days later he found the gate had opened and he walked through and discovered rolling fields stretching to the horizon . He also saw a large house a few miles away so he slowly walked the path leading to the house. On arrival he walked through the door and discovered he had entered a house of wisdom where teachers and helpers conveyed him to different rooms where each room taught him a small part of the wisdom's of life. These wisdom's which are sometimes called 'The ancient Wisdom's' but are the 'Eternal Wisdom's' were bestowed upon him because he had the patience which is required before they were revealed to him. And for his patience he was taught much sooner than the other man who could not wait.

We send our love to All life.

GYRON

SITTING 149

As we walk through these valleys of the earth with all its different perspectives we often find a small peaceful place during which we can find rest from the trials of our journey. It often surprises us that in the midst of our labours there is a place where we can find peace and tranquillity for a short time. It also surprises us when we find ourselves suddenly knowing exactly what to do in certain situations when we have looked forward to an event with trepidation and sometimes alarm because we are unsure how we will cope. How many times have we done this to ourselves when with a little trust in ourselves we could have ignored the forthcoming event until it arrived and then sorted it out instead of going through it many times in our mind only to find it was not the problem we thought it would be.

We all of us also like to plan ahead but most of us plan too far ahead and then have to change things when something goes wrong.

Have you not heard of the man who had everything. He had worked all of his life arranging everything in the order which would please him and at last his whole future was catered for and he was ready to relax in a carefree and untroubled way of life for the rest of his life.

‘ That night he passed away in his sleep ‘

We send our love to all life.

GYRON

SITTING 150

The beauty that is God's domain is such that every spirit who is progressing on the spirit levels is filled with love and awe at the wonderful variety of everything. Not only is there the beauty of the colours but there is also the beauty of the variety's of spirit life.

The variety of the flowers is such that most of them are unable to live on the physical plane for some of them are so delicate that the climatic changes which you experience would destroy them before they had time to propagate and produce the seeds necessary for their continuous cycle of regeneration.

It is also true that some variations of the animal life which dwell on the spirit levels cannot survive on the earth plane and we would include the other planets and their satellites in this statement.

Sometimes you find on your earth certain species which develop for a short period and then become extinct because of factors which they cannot cope with. You will still find their species on the spirit planes and these species, having been established on the planets, will be taken up by those spirits who have no wish to venture on to the physical plane but who do wish to have the experience of having a body which will give them they may progress in the way they wish to.

The variety of life on the spiritual planes are infinite, as are the varieties of everyone's intended goals so be not surprised at the different animals and plants you may meet when you draw close to the spirit realms.

We send our love to all life.

GYRON

SITTING 151

There are many levels of spirit residing on the physical plane and each one is committed to a course of learning in accordance with their needs as evolving spirits. One of these is the development of the skills of service to others which we need to include within ourselves if we are to get things right.

The types of service are infinite and we must, if we are to get a balanced view of the subject, learn them from the giving of service to the receiving of service so that all types are understood.

The real beauty of service is realised when it comes to the point when it is given without thought and naturally, with no thought as to why you have given it or even what difference it will make to you.

We have spoken to you of unthinking cruelty and we would point out that unthinking service is the opposite end of the scale for it can only come from love of all your siblings.

We send our love to all life.

GYRON

SITTING 152

The time has come in this the new Aquarian Age when we should begin to alter our vision of life for we are no longer restricted by the tenets of the materialism which has been so dominant over the past 2000 years and we would say that your vision of the earth and its relationship with the rest of the universe should have advanced by leaps and bounds so that you now should have begun to understand what a small insignificant dot your planet is. Even if you take it in comparison to the size of the Solar System it is no more than a grain of sand and yet to you who are living upon it it is your whole universe.

Unless you are privileged enough to be able to go into meditation then this life on the earth plane will be all that you have until you leave it, but in meditation you can go to realms of peace and realms of glory, you can meet anyone you wish and you can feel the love that they have for you and even embrace them at your will.

Such is the power of the mind that you can expand your knowledge and develop many gifts if you are so inclined. You can also find peace and tranquillity in the midst of the chaotic rat race which for many is the earthly norm.

When you come to realise that the simple truths of living are all that you need to know then you will have gained all that you need to know and will live that peace and tranquillity amidst the rush and tear of modern life.

We send our love to all life.

GYRON

SITTING 153

There are many things which we will tell you so that, while you are incarnate, you may understand a little better the way that you should go, not only of the physical way of life but of the spiritual way.

The practise of knowingly sending your love to every life which you meet whilst upon the earth is something which you must cultivate to the extent where you do it unthinkingly and constantly. If you can but understand that every life you meet upon the earth originates from a spiritual form then you have made a start in recognising what you are. And if you can also realise that all of the spirits are of the same origin and are of the same constitution then you have taken another step forward in realisation. The main and final step you need to take in understanding what you really are comes with the realisation that the physical body which each spirit takes up bears no relation to the spiritual level of the one who has taken up that body. Man, who thinks of himself as being a higher form than the animals or plants is deluding himself by this thinking and will eventually come to realise that his physical brain is only a tool which spirit use to raise the level of civilisation to higher and higher levels so that the spirit may progress to higher and higher lessons. Intelligent man invents nothing on his own. The basic principles are always passed to him by spirit, not for the benefit of man, but for the benefit of incarnating spirits who are on the earth at that time.

Remember beloved siblings that life on the earth is nothing more than a school and that the greatest prize which you can earn here is your love for others and their love for you.

We send our love to all life.

GYRON

SITTING 154

Beloved brother we would greet you with our love as you, having returned from your respite, commence another session of writing.

Tonight we would talk to you of the tree of life which is the experiences of your existence in this the early stages of your spiritual life.

The small sprouting seed which spends most of its time growing in the darkness as it sends forth its feelers in its search for advancement so that it may reach the light and, having reached it, changes its purposeful direction to one of continuous division and diversion of twigs and branches in order that it may produce more and yet more light gathering leaves in order that it may grow more and more in its development and evolution.

This is the life of all spiritual life. Just as it is the life of all physical life and the sooner you come to realise this fact of life the sooner you will begin to take on the knowledge and understanding which comes with knowing what you are and the real purpose of your visit to this the physical plane.

We send our love to all life.

GYRON

SITTING 155

As we draw close tonight we are filled with the wonder of all that we see in this your Sanctuary. The Guides and helpers who attend and the Angelic beings who bring their special form of light and power to the proceedings and also the lights of those who draw close because of their interest in the work that we do brings to this, your special place, a many coloured glow of spiritual light. The interest of many of our siblings is generated by the fact that you have the ability to accept the thoughts that we send to you.

The ideas which we unfold in these writings which give an un-physical type explanation of your future spiritual life is refreshing in so far as it enables us to give a much clearer view of what you are and what you will become.

There are very few of your type upon the earth at this present time but this will not be so for much

longer as your words, which come from us, will be spread throughout the planet and will spread this knowledge for many generations of this, the Aquarian Age.

We do not work for bread alone
 Nor for our own fulfilment
 We do not work for just our friends
 Nor just for those we know.
 We work for all our siblings
 No matter who they are
 We work for every level of life
 Which means we work for YOU.

We send our love to all life.
 GYRON

SITTING 156

As we walk this physical life we come to many places where we need to decide which way to go and it is, at times, imperative that we choose the right path. There are no signposts at these junctions nor are there many indications to show us which road to take. Many of us fret and worry about our decisions in case we will take a wrong turning.

We would ask you to look back on your life and count up the times you think you made a wrong decision which did not teach you something which did not, eventually, lead to something important.

How many times have you made a right decision in your life only to find that the way you choose to go was full of pitfalls and snags, of mountains to be climbed and cliffs to be overcome.

Beloved friends we would point out to you that all of your tribulations, be they big or small, are set before you so that you may be strengthened in your character and in your resolve and in your love and devotion etc. etc. etc.

Life is to be lived in accordance with the rules of the land and also with the rules which you make for yourself. There is no other way to go if you are to fulfil your obligation to yourself during your life on this earth.

We send our love to all life.
 GYRON

SITTING 157

There are many times during your path on earth when you must learn to trust others whom you know and to accept what they say and do without the security of knowing that they will not fail you. Then there are times when you must accept that what they say is correct even when you yourself have no knowledge of the subject at hand. Sometimes you find, to your cost, that they are wrong and at others you find that your trust in them was justified.

There are times when you must trust your own judgement and once again sometimes you are right and at others you are wrong. When things go well you chalk up your successes and when they go wrong you try to fathom out what went wrong and try to ensure that the same thing will not recur and shy away from taking such risks in the future.

We would point out at this stage that to try something out and to fail at it is not something to be ashamed of.

We would also draw your attention to the fact that should you not try to make a success of any project which has a reasonable chance of success then you will fail to a greater degree than if you do nothing about it.

We would remind you again that failure is sometimes the lesson, therefore failure to attempt it would be the real failure in this case.

We send our love to all life.

GYRON

SITTING 158

Beloved sibling as we draw close to send you our words we take pleasure that you have changed your lifestyle. We would talk to you tonight of the many necessary ways that you need to walk so that you experience all aspects of the different subjects that are placed before you. To many of you what we have just said seems to be so complex and time consuming and yet it is all so simple and ordinary when you, at last, are able to understand what it is you are trying to achieve. There are, of course, some of you who cannot envisage a life which is not logically correct, just as there are others who are convinced that life is not laid out before us in any way.

To be frank both of the above applies to our life on earth for if you could not change your life then where would free will come into it and if you did not have a path to follow then how could you ever learn what you needed to know.

Both views are necessary in this earth life just as much as is the middle way which builds no fences and makes no restrictions.

We send our love to all life

GYRON

SITTING 159

It has been said many times that there is a seed-time and a harvest-time and there is a time to be born and a time to die. We would express it as a time of beginning and a time of ending.

The time of beginning is always a time of hope and a surging forward to a new life and a new set of goals with of course a new awakening both of knowledge and of powers and abilities.

As your new being begins to vibrate at a higher rate so you gradually become aware of these powers and abilities and so you take on new responsibilities to yourself and to others in your quest to complete another stage of evolvment.

Remember beloved siblings that the completion of one stage is followed by the start of another.

We send our love to all life

GYRON

SITTING 160

Another spring has commenced in your part of the earth and it is wonderful to behold the growth of everything as the sap rises in the plants and the growth of the embryo's within the wombs as the new yearly cycle of life proliferates through the seasons.

The earth in all its glory has nothing to compare with the assembling of the multitude of spirits as they gather for their new birth upon the physical plane. The preparation of each spirit is almost at an end and the final adjustments to the start of each lifestyle is made as the arrival of conception draws close

and the new earth life is brought into being.

The preparation of your body is worked out well before your parents have been chosen so that everything will happen, so far as your body is concerned, whether your life span will be of a few days of pregnancy or of a century of years. We have said before and will probably say again that there is a time to be born and a time to die and whilst this is true the time that we speak of is not your earthly time but the time when the genetic code will be correct and also that the correct combination of earthly circumstances slot together exactly to your requirements. That is your time to be born.

The time of your death is also not of your earthly time. It is the time when you will have reaped all of the things which you set out to experience and in addition to this there are times when, during your life, you will wish to attain a certain level of service to others and this you will be permitted to do.

We send our love to all life.

GYRON

SITTING 161

Beloved sibling once again we draw close and talk to you about the real meaning of brotherhood which should prevail among you throughout the whole of humanity but which is divided by the continents and by the countries and by the districts and by the town yea and even by the family groups.

How is it we ask that fathers and mothers and sons and daughters can be at loggerheads with each other for years and years, never saying a word to their own kith and kin because of some trivial imagined slight or of something which was overlooked.

You would think that we who have a thinking brain would have more sense than to allow such petty things to happen but we do not. You allow your kith and kin to become and remain divided. You imagine that those of other towns and districts are different to you and tend to steer clear of them.

And you wonder why there are wars.

We send our love to all life

GYRON

SITTING 162

Beloved brother we are here again in our quest that those of you upon the physical plane who are ready to absorb that which we wish to pass on shall, in the course of time, become aware of the glory and beauty of our beloved Creator. The beauty that is our eternal life is punctuated at each progression to a higher level by a greater understanding of the meaning of life. The great circles of spirituality grow larger as the vibrations increase and the gentle throbbing of the interactive life of each circle or sphere is wonderful to appreciate

We would use an earthly saying now that "It takes your breath away" to have such experiences and we would point out again that it is these momentary times of upliftment that are of the bricks of a wall or of a stitch in the tapestry of your life insofar as they make up the whole wall or garment in your life.

We send our love to all life.

GYRON

SITTING 163

As we walk our pathways upon this earth we find so many ways to help our siblings with little acts of kindness and guidance. There are also times when we help and advise others simply by following our rules of life such as when we hold back from doing something so that another may proceed in an unimpeded fashion. There are many times during your life when these little acts of kindness towards others have quite an effect on those you meet, and not only to those whom your act is intended for your example can and does change and alter another persons outlook on life.

We have spoken before of the little things which happen to us which change our way of life in both very small and very large ways and it would surprise you if you could see and understand the effect, indeed the far reaching effect, of some of your actions, especially so when your act sets up a domino

effect on those around you when scores of others can be affected. Think not that you do not matter on this earth for everything that you do and say and think has great purpose.

We send our love to all life.

GYRON

SITTING 164

Beloved brother we would talk tonight of the constant change which goes on within your body's as you adapt to the different conditions which apply during your various incarnations.

You yourself would notice nothing of these changes because you do not change during your life as the changes we speak of are taking place from one generation to the next.

The effects of a better diet and lifestyle will, over a few generations, change the general health and even posture of our bodies so that the general lifestyle changes for the better.

Eventually the earth will change and with it your bodies. Whether in a slow climatic change or by a sudden catastrophic event you cannot foretell.

What we can tell you is that no matter when these changes come about they will give those who live on the earth a new set of circumstances to contend with which will bring the spirits closer to the time when they need the earth no longer and that is, after all, why you come here in the first place.

GYRON

SITTING 165

Beloved siblings we would walk with you for a short time so that we may impart a little understanding into your lives for we would have you know that the way of progress is not one where you go to the holy places so that you can glorify our Creator by song and prayers as you stand there before everyone declaring the wonders of the earth and sky.

The joining together when singing a hymn and the recitation of a prayer can be very uplifting when expressed in the correct manner, but how many times do we find that most of those in the congregation are only reciting the words in an unthinking manner so that they might as well be reciting the twelve times table for all the good they are doing. Have you no conception of the many reasons for holding a service to God. Do you honestly believe that the only ones there are the congregation. Believe us when we say that there are a host of spiritual guide as and helpers who attend each and every service no matter which denomination is holding the service. There are also those in spirit who found a church service to their liking and still regularly attend the earthly services. In addition to the spirits who are following the human line of evolution there are also a great many of the animal line who attend the earth services so that they may experience this form of worship as well as the forms of worship on the various levels of spiritual worship held in the spiritual churches.

We send our love to all life.

GYRON

SITTING 166

As we gather tonight we would send our love to those who stay near those who are incarnating on the physical plane. These of our siblings who draw close to us sometimes for a little while and sometimes for long periods which may at times be for the whole of your incarnation, but not, we would add, for you alone. Many of your helpers are here to help a number of your siblings at the same time and not necessarily for the same reason for they do not attend to you all of the time as you may only require their assistance for 10 or 15 minutes per day. At other times they will help others and will include their own advancement along their pathway. There are those of you who will be surprised at what we have just said, believing as some of you do that your guides are here to help you alone.

We would ask you dear friends,

‘Do you spend all day and every day helping others.’?

The answer of course is no as you have your own life to live. Which is the same answer your guides would give if you asked them that question.

We all of us have time to help others in our daily lives just as we all have a duty to live our own life and we will repeat again that the most important service you can give is the service you give to yourself.

We send our love to all life.

GYRON

SITTING 167

As we look at the endless combination of lifestyles which are produced upon this, the physical plane, or as you would call it, ‘The Solar System’, we can only marvel at the perfection and organisation of it all. We would draw your attention to the multitude of lifestyles which you can comprehend in your limited way within the realms of your physical bodies with its physical brain.

We look on your scientists who cannot believe anything which is not proven by facts and we look upon your doctors who will reject any form of healing other than their own inadequate attempts to heal the symptoms of the disease instead of the disease itself.

We look upon your priesthood who take the writings of mere men who could not really understand the true meaning of the tale they were telling and give these writings out as the word of God.

It would seem that we do not have a very high opinion of those intellectuals upon the earth and though we know them to be wrong in most of their ways we will find no fault with their reasoning or their teachings for the simple reason that it has never been the intention of those who come to live on this plane that you should know what is right and what is wrong.

You may believe that your life here has great reason and logic but we would say that reason and logic are only two aspects of your life just as truth and emotion are another two aspects of your life and no single aspect of your life is more important than any other aspect for all of them will, in the end, be merged together into one whole which is yourself.

We send our love to all life.

GYRON

SITTING 168

Beloved brother we are gathered once again that those who are ready for enlightenment in its various forms and levels shall be given that which they need.

The time of light and fulfilment arrives for those upon the earth in a continuous manner for there are those who at any given time who are ready for advancement and those who, at the same time, are unable to comprehend their next step up the ladder of progress and, even though they receive the same information, they are at that time unable to comprehend the message which has been given.

They will, however, in the future, be able to understand the meaning of these messages.

Have you not been told in the past that there is something which you cannot accept then you should not reject it out of hand, but keep it at the back of your mind for you may, in the future, comprehend its meaning.

This is one of the reasons why you should never try to persuade someone that your way is the right way for in doing so you may cause someone to skip over a part of their progress and as you should know they will have to come back to that lesson in the future.

Remember beloved siblings that most of your lessons cannot be taught by someone. They are lessons which only you can teach yourself.

We send out love to all life

GYRON

SITTING 169

There are in this life many levels of truth and as we watch our siblings as they change their thoughts to accommodate the new tidings which come into their lives and the new teachings of the old truths which the evangelists bring as they try to convert everyone to their way of thinking.

How many times have you listened to their new message only to find that the message is, in reality, exactly the same as the one you have followed for many years.

Do you ever wonder why these carriers of the new message spring up quite regularly and, after a short time, fade into obscurity leaving only a few lifelong adherents to carry on the new way.

We quite enjoy watching the fresh new flush of brotherly love as it flows out from the meetings of the evangelists acting, as it does, like a fresh spiritual surge in much the same manner as a physical tonic will send a surge of well-being through the physical body. We also enjoy watching those of you who are affected, setting out on your bright new pathway full of bright new confidence that all is well with the world and in your life in general.

We see the bright field which you are crossing and we see in the far corner the little stile leading into the little dark wood which is the entrance to your next part of your journey which will, no doubt, have trials and tribulations which you will overcome just as you have done in the past.

We look with love and understanding and we know that all is well with your life.

We send our love to all life.

GYRON

SITTING 170

Beloved brother we are with you again and would bring you a little closer to that happy state

which is and always has been the knowledge that the love of God and all of his children are with you throughout your life.

Much has been said of spirits who draw close and try to offend you and we agree that these things can occur to the unwary and the foolish ones who allow themselves to be led astray.

They allow themselves into situations where it is obvious that they need a certain amount of protection and yet they do not seek it or even learn about it.

They would not dream of going out into the snowstorm without adequate clothing or tools and supplies, nor would they set out on a journey without the means to complete it.

Yet they will work spiritually with no thought of protecting themselves, and when they have finished they will walk away from it with no thought that they are leaving themselves spiritually wide open.

We who are discarnate see this happen time and time again. Do you not realise that when your chakras are open you shine like a beacon and can be easily spotted by those who are only too happy when they can pull a fast one on somebody.

Think of the people on the earth that you know and be aware that they will be of the same nature when they have left their body behind as they are now. Those who enjoy inflicting pain and suffering in this life will still be the same for some time after their deaths.

During your life here you employ safety protocols for your physical body, so why should you not employ spiritual safety rules.

We send our love to all life
GYRON

SITTING 171

Beloved brother there are times during this earth life when everything seems to be in complete disorder and there is no possible way that things will sort themselves out. Suddenly someone or something will intervene in an unexpected way and everything works out just fine for all concerned.

The opposite can also happen when everything is working out wonderfully well when some small thing goes wrong and you are suddenly faced with disaster.

You ponder on what has happened and you fret and worry for days or weeks or months or years and you allow these events to change the course of your life, sometimes to the detriment of yourself and also those around you to such an extent that it affects the quality of your life.

Instead of picking yourself up and starting out all over again you accept defeat and complain that life has not been good to you and leave it at that.

Beloved siblings have you not heard of the young man who started up in business for himself and it failed.

The following day he started up another business which also failed. For fifty-three times he started up a new venture and after a while it became a joke to everyone around him that he was always starting up a new business.

His fifty-fourth venture made him a millionaire.

We send our love to all life
GYRON

SITTING 172

Beloved friends we have gathered this evening to talk of the little things which, in the fullness of time, make up so much of your tapestry of life and lead to the conclusions of the great lessons which you learn and act as dotting the I's and crossing the T's and generally tidying your lessons so that they are perfectly finished.

We could say that God in his wisdom has imbued within you the desire to get things right and to

be frank we would be correct in saying this, but, there is more to this subject than the mere implementation of the desire to get things right. This inborn necessity which is within us all to attain perfection is the main driving force of our life and drives us as mercilessly as any slave driver you would find on the earth.

This is why we are so hard upon ourselves and why perfection is the only standard that we will accept.

We send our love to all life.

GYRON

SITTING 173

Beloved brother we would draw close once again and the feeling of love that enfolds us is, in reality, all that we could hope for in this our pathway of service to our siblings.

It is true that as we grow, so do our wishes for further opportunities to help and assist in every way that we can, so do our needs and wishes become a driving force which draws us further and further along the road of evolution and also of fulfilment.

The earth in all its frailties recedes further and further into the background just as your days of days of earthly schooling recedes from memory and is no more unless you wish to recall a specific event.

The whole of your life here on the earth is a progression of events which occur and pass you by, never to return except as a memory and this is how your future will always be.

You cannot stand still for more than a short period for if you are not progressing then you will shortly be regressing and we are not speaking only of the physical plane but of all levels of your life.

To stand still on the earth for a few short years is not so bad really for you will be going forward in little ways but you will also be going backwards in other ways, and learning the same thing twice is not something to be recommended

We send our love to all life.

GYRON

SITTING 174

Beloved brother we would draw close again and bring to you a message of love and understanding as well as a message of hope for you as you walk your pathway.

We who are with you on this journey have watched your education and enlightenment and your disillusionment when it has come your way. We have watched you build your castles in the air and your castles on the ground and we leave you to your own devices for the most part knowing that all of your physical attainments and catastrophes are helping your spiritual unfoldment in ways that can only be taught through the practicalities of the earth life. If you could be taught these things in other ways then you would be taught that way for there is not one of you who would come to the physical plane if it could be avoided. It is your choice alone that brings you here in your quest to attain perfection.

We send our love to all life.

GYRON

SITTING 175

Beloved Brother as we gather this eve we would draw your attention to the misguided thoughts of some who, when they speak with spirit will ask them when and where they lived whilst on the earth plane.

We often wonder if those who ask these questions do so because they can think of nothing better to ask, or do they really believe that their visitors have only ever lived once upon this earth. If so was it 10, 20, 30, or even 40 thousand years ago, and again if so how can they relate the differences in life as it was then to life as it is now.

With this ever-changing life on earth do you honestly believe that the lives which our guides and helpers had bears any relation to the life we are having now.

Can you not see that the physical plane is continually changing in order that you will be presented with those changes and that the only thing about the physical plane which is constant is the continuous changes which occur.

Did we not explain last Eve that to stand still is to go backwards.

What happens upon this earth is irrelevant to your spiritual life except in so far as it teaches you that which you need to know. Everything you experience upon earth matters to the spiritual life but the earth itself and all that occurs here is just so much chaff and dross which will, in a relatively short period of your life, retire and fade away from your life into a nothingness which matters not a bit as you tread steadily forward in to the timeless future.

We send our love to all life.

GYRON

SITTING 176

As I walk through these valleys in sunshine
 As I walk through these valleys in rain
 I recall the sad moments I've been through
 I recall the great joys in these days
 As I walk through the friendships and pleasures
 That I've known and been glad to have met
 I recall the ones who were hostile
 And those that I've shunned when we met
 As I've walked through the vale of remembrance
 And recall all the deeds that I've done
 I would ask for the help of the ones that I've crossed
 That I may give them all recompense
 As I walk through this eternal life
 Having learned of the reason I'm here
 I would reach out to all who are living
 And serve without favour or fear
 As I walk through these valleys of sunshine
 As I walk through these valleys of rain
 I feel pleasure at all of the sunshine
 I feel pleasure at all of the rain
 For there is in this life a great mission
 That everyone will in the end
 Have pleasure in knowing this living this loving
 Of everything which is Alive

SITTING 177

Beloved brother we would draw close this evening with thoughts of love for all life for there are many who are on this earth plane who do not consider the lives of the plants and the fishes and the insects as they send out their love to the other spirits.

They have, unfortunately, this mental bloc on what they consider to be spiritual beings and what is not a spiritual being.

This is a natural consequence of their upbringing combined with a consideration of their own superiority as a human being which brings them to the conclusion that they are superior to other life-forms.

We watch these superior beings as they strut around the planet making sure that everyone knows how important they are and usually enforcing their will upon all and sundry as they climb the slippery slope to the top of the tree. Whilst they will be the first to admit that they have only got what they have earned and deserve, they will think nothing of those they have maimed and killed on the way up the slope.

We meet so many of this type of person on the earth and we are so grateful that it is only a small proportion of the primate/human line of animals who take up this attitude. We, of course, bear them no ill will as we watch them grow through this stage of their evolution. We would, of course, recall what we have said before. *i.e.* that you are paid for everything you do, and say, and think, in this life and hope that their lesson is a short one.

We send our love to all life.

GYRON

SITTING 178

As you walk to the ends of the earth, finding all the different types of life which exists, each one perfectly adapted to the conditions which apply to that specific region do you not notice and wonder that some of these different bodies are so vastly different. You have life in scalding hot water and you have life in the snows of the Arctic and Antarctic. You have life at the bottom of the seas living where there are volcano's and you have the birds of the air as well as the insects and not only that you have the spores of the plants which travel not only round the earth's atmosphere but across space itself to other planets and from other planets to this one.

All that we have said here has been proved by your scientists and yet there are still some of your great minds who say that there is no life on the other planets or the other stars of the universe.

We would ask of these great minds once again. By who's authority do you make these statements.

We send our love to all life.

GYRON

SITTING 179

Beloved brother as we gather we would concentrate our love to all of those who, like yourselves, are incarnate at this time and we would ask for love and healing to be sent out to everyone on this plane who will benefit from these rays of healing and love.

You probably wonder why we bring this form of service to your attention so often and in so many different ways and we know that there are some who would accuse us of being disrespectful of our guides and helpers for we have already asked for their help, we would however point out that whenever we send out general thoughts of love or healing then everyone around will receive these thoughts and some of them at least will respond to your general thoughts and thereby strengthen and multiply them

There is also the parts of your thoughts which, not having encountered anyone beforehand, will meet up with the general flows of love and healing which permeate our Creators domain and are used to enhance everything within the realms and circles of our solar system

We send our love to all life.

GYRON

SITTING 180

Tonight dear friends as we draw close we would lift your mind to the Astral level which is where you come to each time your body goes to sleep. This toing and frowing is a necessary part of your life

on the earth for it is whilst you are on the astral plane that your spirit can, for a short period, return to normal.

During your time on the physical plane you are subject to various levels of strain and pressure which are an un-natural state to your spiritual being and so it is necessary to return to your spiritual equilibrium on a regular basis.

Many of you wonder at the necessity of going to sleep each night and you are correct when you believe that it is an opportunity for the body to regenerate and rest but believe us that the spirit must also have its time of organisation to prepare for another day of activity in the gross levels of the physical plane.

We send our love to all life.

GYRON

SITTING 181

Beloved brother we would walk with you again for a little while for we would draw your attention to the eternal pathway of the spirits who walk the earth and we would point out that though you have a thinking logical brain which can work out many problems, which can build civilisations and can reach up for the stars, which can live with compassion and love for all kinds and types of life upon this earth. Yet you cannot accept that the important things in this earth life have nothing to do with what you are on this earth or what you will become, nor does it matter how you attain your goals or even if you attain them.

We hear your cries ‘Oh Lord why do you allow these things to happen’ and we weep at your anguish and frustration but we can do nothing to help and assist you in your times of need, nor can our Creator allow himself to be swayed into helping you because it would be breaking the one and only rule that exists which is that you and everyone else has free will to act exactly as they wish. We have explained this point before and we ask you again ‘Would you rather not go through some unpleasant experience and by missing it fail to learn the message it brings and in doing so fail to become fully developed’.

We would put it another way and say. You’ll never learn to swim if you don’t get your feet wet’.

We send our love to all life.

GYRON

SITTING 182

The glory that is our visible God shines upon us as each day of our life on earth presents itself.

Time, of itself, has no meaning for a minute can feel like an hour and an hour can fly past like a minute so let us not become obsessed with this earthly device. There are times when it can be a blessing and at other times it can be a curse so we would ask you to set aside a portion of each day when you can leave behind the hours and minutes and bring them into perspective and leave behind the earthly rat race for a period and learn during that time to treat every instant as a perfect moment in time which you wish would never end. With practise you will find that these perfect moments grow longer and longer and you will eventually become so relaxed and content that they will affect all of your waking moments and bring peace and harmony to your life.

We send our love to all life.

GYRON

SITTING 183

Beloved brother we would draw your attention to the meditative mind which each and every one of us has, not only of the human species but of the other animal and plant species as well. Yes dear friend, you are spirit and spirit is mind and the animals and plants are spirit and they are also mind. How can this be we hear you ask that a plant can have a mind. We would say to you how can it be that a spirit can exist without being a mind for you need that mind to enable yourself to produce your earthly body and a body is a body whether it be animal, vegetable, or mineral. The trouble with most of humanity is

that they think that their physical brain makes them of a higher form than all other life.

We have news for you dear friends. Many of the animals you meet become your pets and though they do not have a developed brain as you have they have the inborn ability to love all that they come to know who treat them with kindness and affection and this ability alone lifts many of the animals to a much higher spiritual plane than most of your human kind.

We have said before, we will say again. The state of your mental ability, the state of your body, the position you hold or have attained during your life here, the fact that you are a king or a tramp NONE of these things bears any relation to your spirituality or spiritual progress or position.

Were not most of the Masters we know of born in the lowest earthly positions. Think on it friends that the earth is nothing more or less than a school.

We send our love to all life.

GYRON

SITTING 184

Beloved brother we would talk tonight of the many levels of spirit which come to the physical plane and the importance of your journeys here. We watch many of you as you struggle along your pathways, never sure if what you are doing is the right thing and never knowing if you are on your correct path.

As a spiritualist you think of your pathway as being the all-important reason for being here and yet you never stop and think that if you were not spiritually minded you would not know or care about a pathway, nor would you know about any previous lives, and yet you would continue learning what you must learn and all would be well with you and your progress. Beloved siblings we wonder why you keep building needless barriers for you to surmount and you blaze your trails through countryside which is hostile and boulder-strewn through your own acceptance of rules which you have heard about and thought to be relevant to your own way of life. We have pointed out before that there are some briar patches which teach you important lessons as you go through them, but the hardest way is not always the best way and only you can decide which way you should go to reap the most benefit from the lesson.

We send our love to all life.

GYRON

SITTING 185

Beloved sibling we would walk with you again in love and service for we know that everything we say to you is recorded, not so much for you yourself but for those who come after you who have not had the benefit of your style of thinking and therefore of your understanding of the things we propound. We know that we cannot speak to all levels at the same time which is why we seem to jump about to a different subject and a different level of understanding and we even tell the same story in different ways so that all of our siblings will rise a little higher towards the ultimate goal which is of course the time when you will no longer need to come to the physical plane.

When that day arrives many will be there to bless you for the work you have performed for them just as you will send your blessings to those who have helped you.

We send our love to all life.

GYRON

SITTING 186

It is with regret that we watch our siblings on the physical plane, especially the ones in human form, for whilst the plant life and the other forms are concerned with physical problems such as heat and cold, arid and flood conditions, global catastrophes such as polluted atmospheres which stunt growth.

All of these adverse conditions play an important part in the lives of all of our siblings and even though we know why you must all go through these things we are still saddened as we watch your struggles. It is, of course, irrelevant that the siblings we are helping are either human or animal or plant or bird or fish or even mineral, for we do not alter in any way from our spiritual form as we draw close to assist you. We have no need to change because unless you are Clairvoyant then you will not see us and in any case the body which you see if you are Clairvoyant will only be the projection or mental image which we send to you. The image which we see when we look at you will

not be a body, human or otherwise. It will be the true spirit form which you are and which those who see the aura can recognise. What form your physical body takes is not really our concern for we do not deal with bodies, we only deal with spirit for spirit is what we all are.

We send our love to all life.

GYRON

SITTING 187

Beloved brother we would join again in love and in service to all of our siblings. We spoke last time of the differences in the earthly bodies and the fact that all these different bodies are produced by the same spirit. We would say now that we do not wonder at your scepticism that all spirits are the same no matter which line of life they have joined.

From the beginning of your education you have been taught that humanity is a higher more advanced form of life and that your physical brain makes you much better than any other life form.

We would ask you to answer these few questions and decide for yourself how much better we are.

1. Who else is there who, with other food available, will practise cannibalism .
2. Who else is there who will fight a war with their own kind.
3. Who else is there who will practise ethnic cleansing.
4. Who else is there who will enslave their own kind.
5. Who is there who will kill and torture those of their own kind and others for pleasure alone.

Need we go on beloved siblings.

We know that the great majority of the human race is kind and loving and is aghast at the actions of others of our race but please remember that there is a thin line between the genius and the mad just as there is a thin veneer between the civilised and the savage.

We send our love to all life.

GYRON

SITTING 188

Beloved brother we would gather again so that we may spread further the truth of what we are and why we gather for it is of no use us coming to you if what we say is not communicated to those of you who are ready to accept that what we say must be understood for the time approaches when this knowledge will bring all of humanity to a higher plane of understanding.

The time of subservience to a religion with all its creeds and dogma's is drawing to a close for the truth of their rules and the power of their superiority of the priesthood is, even as we speak, diminishing and fading away.

We see all over the earth a drawing away from those who would insist that you live your life according to their rules whilst they themselves are continually found to be breaking their own rules.

They live their lives wanting for nothing whilst they insist that the poorest of the poor give what little they have so that the religion can continue to live in opulence and splendour still feeling indignation that that is all they get.

We look down upon your grand buildings and the hovels that some of your brothers live in and we wonder why you cannot see the light of reason which says you cannot see that what you do is wrong.

We send our love to all life

GYRON

SITTING 189

Beloved brother we would draw close once again in love and in service for we would talk tonight of the things which are close to our hearts.

There are many things upon the earth which we have an affection for such as family and friends and pets and animals and all of these living beings will of course be with us when we pass through the veil and return to our, shall we say, homeland. There are also objects which we have become attached to such as books we have owned and objects we have made and become attached to which will also be there with us in the place which we will call home, for everything upon the earth is reproduced in the spirit realms, and there is never a problem because two or more who wish to have the same book or object for whatever you aspire to have, so you will attain.

We would, of course, point out to you once again that owning something on the earth and having something in the spirit realms are very different things for on the earth it is yours until you die, if it is not stolen from you, but in spirit it is there for as long as you wish to think of it, but eventually you will no longer remember it and you forget it just as you will forget the earth and all it represents.

Think of the earth as a school dear friends and then think how many times you recall your schooldays on earth. Both have the same importance to your lives and are equally as relevant to your lives.

We send our love to all life.

GYRON

SITTING 190

Beloved brother we would be with you this evening with our love for yourself and for all of our siblings.

We would draw your attention once again for the continual work which goes on from the spiritual planes as we guide those upon the earth to the various lessons and experiences of your life.

Sometimes the only guidance you need is a slight nudge or thought which accomplishes our work. Many times we do not even need to give you a reminding thought, but at other times you will decide to do something or go to some other place and if you have set your mind on this one thing then we will have to make arrangements for you to meet up with the right conditions at another time.

All this will, of course, seem to be very complex and frustrating to yourselves upon the earth, but what you cannot realise is that from our point of view there is no time limit to our work and without the time factor to contend with everything becomes so much simpler.

We send our love to all life.

GYRON

SITTING 191

As we draw close this evening we look out over the physical plane and we see the different levels of spirit who reside here for these short lives.

We are aware of your different levels by the colours and brightness of your Aura's and inner spirit light and we wonder at the beauty of the brighter beings who come to the earth to help and assist their younger siblings as they struggle through the early stages of their development.

We watch them also as they walk through their short earthly lives and are glad to see them grow slowly brighter as they progress. The wonder of their journey is of course that they walk, not knowing that the journey has more purpose than they know of and that though they may have no faith or creed or even a belief in a creator they can and often do live a life of love and service to those around them which puts some of the religious people to shame. We hear so many times that if you do not follow the edicts of a religion then you are doomed and we watch those who have no religion to follow progressing faster than those who would condemn them for the only reason that those without rules do not sin against them and those who have rules are bound by them and cannot progress further.

We send our love to all life.

GYRON

SITTING 192

Dearest brother we would walk with you again. You in trust and wonder at the work that you do for your siblings, and ourselves in gratitude for allowing us to spread the word to those who are ready to accept the truth of the Aquarian Age and all that it attests and confirms from the other sources of teaching which has gradually brought to light the knowledge we give to you so that eventually all will know the truth of what we all are and where we are all going.

There are some upon this earth who, at the present time, are unable to accept our words.

There always will be people who are at this state of development and they will take our words and twist them in an attempt to deny what we say. We do not wish to prove them wrong and we applaud them for sticking to their guns and trying to lead us on their 'True, and one and only way'. Have we not already said that truth is truth no matter what that truth may be.

We would ask you all who read these words to look back on your own truth and to consider how it has changed in this one life.

Truth is eternal and will always be. Until you turn the next page.

We send our love to all life.

GYRON

SITTING 193

Beloved siblings we would send out to you our blessings, not because you have done something good and/or wonderful but because you are yourself, just because you are one of us, a child of our beloved creator and therefore you are family and we love all family no matter what stage of progress you are even though that may mean that you do not love us.

Many of you upon the earth cannot understand how we can love all life without having that love returned so let us explain here and now that there was a time when we felt exactly the same as you do now, no matter how you are feeling at this present moment, or at any other time of your life.

Know that we have been in the same position as yourselves.

Know also that you will come through any situation, no matter how dire your situation is, because your creator, who loves you, will never give you anything that you cannot cope with.

We send our love to all life.

GYRON

SITTING 194

I walk in love through every door
 I walk in love through every field
 I walk in love through every road
 Whilst waking or asleep
 I send my love to every one
 I send my love to every thing
 I send my love to every where
 And know that it is felt
 I feel the love which, sent to me
 Comes from the hearts, eternally
 I feel the love which, flowing round
 Enfolds the earth and all around
 And fills my love for thee

GYRON

SITTING 195

As we gather once more it is the cool of your evening and you sit in your garden surrounded by your siblings as they walk close and fly past at the end of a beautiful day.

The flowering plants are closing their petals and soon the night life will come out to commence their night of foraging and working according to their ilk.

As you quietly sit here, feeling our presence and writing the words we give you we note the peace

and tranquillity of your moment and we think on how wonderful it would be if we could guide all those for whom you write these words so that they could experience your peace.

There are so many things which they could learn such as the trust that you have in our guidance and the trust you have in saying the words we give you to give to others.

Oh that all of our channels would trust us to give our words without thinking about them. The standard of mediumship would then rise by leaps and bounds if there could be such trust in our channels.

The peace and tranquillity of the lives of our channels would be so much better and gentler by the very fact that the abrasive action of your doubts would be of no consequence since they would not exist.

We send our love to all life.

GYRON

SITTING 196

Once again it is our pleasure to return to your world to give enlightenment to those who are searching for a true pathway to follow

We would draw your attention to the fact that you are a spirit before, during, and after your incarnation in this present life. We would draw your attention to the fact that WE are spirit on a similar level of evolution as yourselves and that our sole purpose when we approach you is to assist you in your purpose on the physical plane.

We would again point out that we have no reason to come to you because your present body is of the human kind or any other body for that matter. Our sole concern is that you are our sibling spirit and we wish to help you in any way that we can

We know that other spirits have told you that the human species, because of their developed brain, are on a higher plane than the others of the animal kingdom.

We understand the reasons for these explanations and we have in the past assisted in presenting these things.

It was a necessary way of leading those who, thinking themselves to be more advanced and more important than the others, would never have accepted that the animal and plant species were and are an equal to and in some ways a higher level than those of the human line.

Such thoughts of the human superiority will, in this the Aquarian age, be reversed so that more and more of you will realise what you are and where you stand in the progress of this the universe.

We send our love to all life.

GYRON

SITTING 197

Beloved brother, we are with you again to assist in the quest of our siblings in their search for knowledge and enlightenment and tonight we would speak to you of Love and its vibrations in the general workings of the physical plane.

The feelings of love that we have for those around us are all a necessary part of our makeup as we progress from a lower to a higher level of development for our feelings of love actually purify and smooth the general conditions of our spiritual bodies thereby raising our vibrations as we evolve. It all has to do with the constancy of the mind and the general state of our bodies and is a way of gradual improvement to the general condition of the

A - Solar System,

B - Galaxy,

C - Universe.

Very few of you realise the importance of your own general condition, in relation to the rest of the physical and spiritual planes. Very few of you have any understanding of your past, present, and future relevance to the whole of creation for you will, in unthinkable time, be responsible for a part of that creation and the quality of that part is yours to determine alone.

We send our love to all life

GYRON

SITTING 198

There is a time when all things will come to pass and every child of our beloved Creator will experience all of these things. All things are presented to each and every one so that all of your experiences will be the same and this is as it should be.

Fortunately for all of us there is no set manner to the presentation of these things nor even in the order that they materialise. The time and circumstance of each setting is irrelevant as is the mode of presentation for you know not the hour or the minute when the freewill of yourself or someone else will alter the track you are following and thereby change the order of presentation of what you have to learn.

It all sounds so complicated when it is put down like this but we have said before and again repeat it that when you take away the time factor from the equation everything becomes so much simpler that these changes in direction have no bearing where the end result is concerned and you will no doubt agree that the end result is all that matters.

We send our love to all life
GYRON

SITTING 199

Beloved Brother, as we gather on this your evening we would wonder at the love which is generated in this sanctuary.

The pleasure of the peace and love which is generated here by the host of those who gather to serve our siblings is strong enough to be felt by yourself of the physical plane which in itself generates feelings of a higher quality than those which are normally experienced and we rejoice that all of these emotions are used in various ways to the benefit of all our siblings.

Do you realise that whenever there is a gathering of worshipful service then you will find those of the younger levels of spirit who draw close so that they may bask in the love and emotion which spills out from these places just as you yourselves on the earth will bask in the sun.

This is one of the reasons that many extras will attend sanctuaries and circles and services to our beloved Creator for the more that gather then the greater the feelings and the more that these young ones begin to wish to progress to a higher level.

We send our love to all life
GYRON

SITTING 200

Beloved brother, as we gather here again we would bring your thoughts once again to the love which permeates the different levels of spirit, each level which is brought into being by the love of our Creator and fulfils the destiny of our life which is of course to grow and evolve from the chrysalis which we are now to the Solar System and beyond which is our creator at the present time.

As a baby upon the earth your body has everything which it needs to grow into an adult human being, some of it is of course undeveloped until the time comes for it to mature, and so it is with your spirit that as you grow and evolve so will the other parts of your spirit evolve until you are a beautiful shining spirit, on every level of your existence, in your never-ending unfoldment.

We send our love to all life
GYRON

SITTING 201

As we gather this evening we would draw your attention to the need to be constant and true to the pathway which you choose to follow and to adhere to that path for so long as it is comfortable to do so. There are so many ways for you to go that it is at times quite hard to select the right one but we would advise that having once chosen a path it is better to stick with it.

There is, of course, always room for advancement and we would always advocate that allowances be made for slight improvements if you find that such measures have been made to you for the sake of improvements to your path or even to your end result.

Always allow things to flow gently towards the light at the end of the tunnel which is your goal and peace and progress will follow

We send our love to all life
GYRON

SITTING 202

Beloved Brother we would draw close to bring you tidings of great joy. The truth of your life is now to be told in simple ways so that all may understand that what they believe to be the true way of their lives, whether they be Christian, or Muslim, Buddhist, or Satanist, or even Atheist shall at the time of their transition, be fulfilled. If you expect to meet your friends and relations as they are or were then you will meet them like that. If you expect to meet them as Angels then they will be angels, or as spirit forms then so it will be. If you expect to be met by a golden coach or any other vehicle then so you will be met. The trouble with your physical mind is that if it can not be done on the Earth then you are convinced that it cannot be done in the spirit planes and so you spend your time on the Earth convinced that these restrictions apply to all life.

We would, however, point out that as time goes by on the earth and everything changes, so this spiritual passage of your life will find that you and your surroundings will gradually change and your earthly inhibitions will slowly evaporate until you are back once again to your pre-incarnation self, plus, of course, the lessons you have learned. Is there anything more you can ask for.

We send our love to all life.
GYRON

SITTING 203

Beloved brother we are gathered once again and it is good to proceed with our work with you for tonight we would think about the work which you do for the other lines of life.

You tend your gardens and fields and window boxes and you try to keep everything neat and tidy and to make the plants grow well and prettily with nice blooms and fruits and seeds. Most of the time you find everything goes well but you will find that at some time of each year things will go wrong and you often wonder why, thinking that you have done something wrong. We would point out dear brother that most of the time you have done nothing to cause the problem but that some of us on the spirit side have quite deliberately intervened with the life of the spirit or spirits of the plants to ensure that it or they will go through certain circumstances and thereby progress their spiritual lives just as you of the human species do.

Different lines of life may do different things during their lives on earth but their spiritual lessons are the same as everyone else's. They just have a different approach to them.

We send our love to all life
GYRON

SITTING 204

Beloved brother it is with pleasure that we draw close to you once again to give you thoughts of the coinage we get and give for the work which we all give and get both on your side of the veil and on our side as well. We have mentioned before that you are paid for everything that you do whether good or bad and we would point out that this payment will be given whether or not you know what has occurred. For instance, should you come to the earth with the intention of raising a family with someone and you fail to do this then you will need to come back again so that you can fulfil your obligation to your sibling and you will also have to fulfil your karmic obligations you have built up.

All these things must be worked out during your next incarnation so that you can both go your separate ways without further obligations.

In this way we can work in harmony through the stages of our development, heading always in the direction of our final destination which is, of course, the never ending story of your life.

We send our love to all life

GYRON

SITTING 205

Beloved brother we would draw close again to continue with our work and we would think of the many ways that we as spirit help our fellow spirits as we bring to you the thoughts which are good and the thoughts which are guidance to the lessons which you need to go through. We do not, at any time, send you bad thoughts for this would be counter productive to the line of learning which you must follow, but at the same time we do not send you thoughts which will deter you from taking the easy route.

You yourself must make these decisions and for us to try to influence your choice would be interfering in your freewill choice. We hear your plea when you say why could you not have warned us that to take a certain path will be to inflict yourself with heartache and indeed pain but we would point out 'Again' that to do so would interfere with your freewill choice and this we must not do at any time.

Always remember that you can change the route of your journey at any time that you wish. You can change the destination you are aiming for and we your helpers are obliged to assist you towards your present goal.

If we were to influence you in any way and you yourself were dissatisfied by our actions then our position as your friend and helper would become intolerable and much harm and self-recrimination would ensue.

We send our love to all life

GYRON

SITTING 206

Beloved brother we would gather once again to convey to you that which you need to know and today we would talk of the various bodies which you live within, all, we would add, at the same time.

These bodies, of which there are twelve at the moment, which live within your being in a constant

state of growth from the slower states of vibration to the higher, and though they are with you for a long long time, or length of evolution, they are, to be truthful, finite bodies which all pass away just as your present physical body will pass away.

However, as each one fades away so a new body will develop within yourself of an even higher rate of vibration so that you will always retain your twelve levels of vibration, even though you are unaware of the higher five levels which are progressing and developing constantly which is why the real you can exist infinitely because you are constantly growing and evolving into a higher state. We have mentioned before that when you have finished with your bodies you will have come to the end of the beginning of your life. This will occur when you have no more bodies to develop and your existing bodies progress until all twelve have reached the ultimate evolvement.

You will then, as it were, continue to grow sideways, on your infinite journey through Space and Time and M I N D.

We send our love to all life.

GYRON

From here on others have taken over guiding my hand.

SITTING 207

Now that you have settled down again it is with pleasure that we return to our Labours. You will notice certain differences as we bring in New People to begin their training for contact with the Physical Plane and those who reside upon it.

This is no new way of doing things, for as people pass on through the Veil we need to replace them so that our work is continuous.

During this work we will try many things, make many alterations to the way that we work, mainly because of your willingness to experiment with us. We know that some of the Old Faithful's will find fault with what we do but by the time we begin to use this present work of yours they will all, mostly, have returned home to our side and will no longer matter from your point of view. The writing style will also alter as the different hands take yours, as will the styles and phrases but we know that you will cope with these changes as you have done so before. We know your questions and will answer them in good time so let us just say again.

Welcome back Beloved Sibling. It is good to work with you again.

THE BAND OF BROTHERS

We send our Love to All Life

SITTING 208

When we walk through this valley of the physical plane we often wonder why everything is so dark in many places and because you have no inkling of what life really is you cannot see the full reality of this pathway. People tell you this and that and in truth they are correct for themselves and in their estimation they are the only ones who can give this knowledge for it is their only truth. What they know to be true is their light, and their passion and nothing you can say or do will alter the truth that is theirs. They first of all know that our beloved Creator has set up the rules and regulations so that we will all become the perfect followers of these rules and those who do not will be cast aside and

will suffer great hardship because of their unfaithfulness.

Those who follow them are the elite who will forever stay in the heavenly realms, looking down on those who have faltered by the wayside and have therefore lost all hope of being redeemed.

You will, in your way, feel sorry for them and many of you will work very hard so that they will come to see the light and the error of their ways.

We would say to you beloved siblings that instead of trying to alter them to believe in your ways, you should encourage them at every opportunity to remain true to their beliefs. It is very likely that in the past you yourself have lived a life very similar to their present beliefs and though you were as they are, you are now on a different level of understanding and you should be able to perceive that their way of understanding is just as valid as your own.

They may not have your knowledge but we would ask you beloved sibling, are you a font of all wisdom and if so why are you here upon this physical plane.

We would recall a time when we explained to all and sundry that Truth is Truth and is constant throughout the universe for all time.

Until you turn the next page of your life.

We send our Love to All Life
THE BAND OF BROTHERS

SITTING 209

There are a great deal of sayings upon this Earth and they relate to the various trials and prophecies that come to pass during our pathways on the Earth.

How many times do we hear of the same thing happening to one or more of us when it has happened to us. We seem surprised when they occur and every now and again we will stop and wonder why these same things happen to so many of the people we know. Why is it we wonder that so many have the same experiences which occurs in so many different ways and in so many different circumstances, some so bizarrely different that we do not recognise them as the same lesson.

The reason for so many types of the same lesson is of course that there are so many of us who come to the physical plane and who would look at others trials and know them for what they are if they were not presented in different ways.

We would remind you that the lessons you learn are infinite as are the ways of presenting them so there are infinite circumstances for presenting them to you.

What you must always remember is that you also have infinite time to learn and to evolve and infinite love to support you.

We send our love to all life
THE BAND OF BROTHERS

SITTING 210

There are many of you upon this earth who, having no idea of how things really are, will form their opinions of the way we should act and react with others during this earth life and become so convinced that their thoughts are truly how things are that they will “spread the word” to everyone and insist that you follow their teachings

There is usually nothing wrong with their edicts, even though they have not got it right, and many will follow their ways and in doing so will walk the path which was intended.

Some will of course, take a different path than the one they intended taking but this will not matter in the general direction that we have decided upon because there are so many aspects which we will develop during our lives here that we only change direction to another path which leads to the same destination.

It is a very profound statement that “All Roads Lead to Rome” so far as our education is

concerned and we can understand things much better if only we would follow this way of thinking.

When you consider that the differences in the lives of our spiritual siblings who take up the plants way of life, or the fish, or the birds, or any of the other living beings, and yet we are all learning the same basic lessons and experiences, then you realise that you do not really understand what these lessons are or what they do.

Can you honestly imagine what it is like to be a spirit with no connection whatsoever of the physical plane. A place where hate and greed do not exist.

There is no place upon this earth which draws anywhere close to this ideal.

We send our love to all life
THE BAND OF BROTHERS

SITTING 211

As we walk through this life we often find that nothing is really as we think it should be. Each and every aspect of our journey is in an ever-changing way, continually altering and changing in minute ways so that we are continually altering our views of the lifestyle and its progress. It seems that nothing remains the same and we can never be sure of things. Yesterdays values never seem to apply to the prospects and the values of our past held constants.

The trouble with our thinking is basically that we like to believe that to-days values are the same as yesterdays and that tomorrows values should be unchanged for the unseeable future.

The trouble with this way of thinking is that we fail to realise that we have progressed a little further on from yesterday and that tomorrow we will have gone forward a little more which will alter our standards a little more.

This is one of the drawbacks of the religions which always believe that the rules of their faith are God given and are unalterable in any way.

We would draw your attention to the growth of any living thing upon the earth whether it be animal, vegetable or mineral. To start with the being is a tiny crystal or seedling or baby and during its growth it progresses into a structure or plant or adult. It is constantly changing and growing until it becomes old and needs to change into a different form of life.

So too do you, a living being, progress until you need to change into a different life form so that you may grow and evolve into a higher form of life.

We send our love to all life
THE BAND OF BROTHERS

SITTING 212

During this pathway to our goal we find many contradictory events which can lead us astray and confuse our map of how things should be.

The fact that we seem to in a place where we have no control over events leads us to believe that we have no one in charge of these events who cares about the pain and misery which we go through leads us also to think that we have no one who is bothered about us, or the anguish we go through.

You cannot begin to realise that what you see and experience has any relation to how you think things are, but only what you think they should be.

What you do not realise is that you are here to experience the things which you never find in the normal level of your life.

In the normal plane of life you cannot experience pain, nor can you find things such as greed, or lust, or sadism, or bullying. You cannot covet other peoples possessions, nor can you steal or plunder.

Your realisation that these things do not exist in the spirit planes leads you to believe that your God does not care about what happens to you and allows all these things to occur

This life we have on the physical plane is like trying to complete a jigsaw puzzle but you only have half the pieces. It is the whole intention of your visit here that this should be so for if you know the

answers to the questions then the questions are irrelevant to the teachings.

We send our love to all life
THE BAND OF BROTHERS

SITTING 213

As we walk through the brambles and thorns of the physical plane we find that things are not so bad as they seem to be and that only our present perception of life is the standard of our happiness and drudgery. Two men walk the same pathway and one of them is quite happy with his lot, knowing that he has everything he needs to complete his life.

The other man is discontented with his life because he does not have this or that which he believes would make his life easier to live or he would seem to be much better than his neighbours.

Both men are equal in earnings and possessions yet one is happy and the other is discontented with his lot. We would point out that to a great many of those on the earth if you were to give them 100 times their present earnings each year, they would, within five years time, be wishing that if only they could get a little bit more then life would be so much better for them.

There are others of course who would survive even if you were to halve or even quarter their earnings. The answer is of course that it is not so much how much you earn but what you expect from this life which matters and whether you are content with having less than your neighbour .

We send our love to all life
THE BAND OF BROTHERS

SITTING 214

Walking through this life you are often surprised by the things which happen to you which come upon you unexpectedly. Many of you think to yourselves that it would be better if spirit were to give you a bit of warning when things were about to go wrong but we would say to you that if you were forewarned then you would not be surprised when the catastrophe occurred and your first lesson would be missed by the warning.

How many times has a warning of something resulted in the outcome of any matter being changed. We would remind you dear sibling that you are not here to win every time so why should you be warned when things are about to go wrong.

We send our love to all life
THE BAND OF BROTHERS

SITTING 215

Beloved brother we would talk to you this evening of the love of God and all of your siblings.

God's love is eternal for all of his children and it matters not who or where or under what conditions you are in relation to your progress or evolvement. God will love you just the same if you are newly created or if you are one of the masters who visit this earth. Our beloved Creator will, in all his glory, assist you by providing you with the means to evolve and progress no matter what level you are on, but, God only has one rule to his children and that is that he will not interfere in any way in regard to your own chosen pathway. You may, at all times, do whatever you wish.

If you come upon the earth and kill and murder your siblings, whether they be animal, vegetable, or mineral then that choice is yours and only yourself will regret your actions with regard to your evolverment or restitution to your siblings.

It has been said before and it will be said again that you get paid for everything you do whether on the physical plane or any other plane of life so you can see that by any standard of your actions you will eventually be paid for any good or bad deed which you do for the karma you create will have to be worked out eventually.

We send our love to all life
THE BAND OF BROTHERS

SITTING 216

Dearly beloved sibling I come with greetings from all of your helpers and guides for we would speak to you of the love of all spiritual life and we would give thanks for the service which each of us gives to one another.

We watch and we listen to your tribulations and your victories as we, all of us, proceed on our way through this pathway which each of us walks. It is one of the ways which we gather together all of the knowledge which is so necessary in our progression through the stages of our evolverment so that we may become more like our beloved creator who, in his wonderful benevolence has provided us with everything which we need to reach that perfect state which is our beloved Creator.

You who know and realise that our life is eternal also know that this short life which you have upon the earth is only a sideline in the true life which we all have. The truth is that there are very few of you on the earth who understand the state of which you are a part. The true life is hidden from most of those upon the earth so that they will learn in a better fashion what they need to experience for we could, if we wished, allow them all to understand what they are.

The learning process is not a straight line for you to follow, as we have said before, and though it would seem illogical to you to take your lessons and experiences in a non linear way there are many reasons why you should take them in the way that you do. This is why we say to you that if you do not understand any part of your lessons then please do not forget them but put them to the back of your mind and you may find something else which leads you to a knowledge of their meaning at a later time.

We send our love to all life
THE BAND OF BROTHERS

SITTING 217

During our visits to the earth plane we often watch our siblings who are living on the earth from the spiritual aspect. I.E. as you are in spirit.

The time that we spend with you is not the same as your time and though from your point of view you are unable to see or hear us we are there to guide you on your way. This we are able to do only by influencing your thought processes and by actual thought transference. I.E. we put the thought into your head and you think it is your own idea

In the same manner we assist you to see spirit in your mind and we can, depending on your receptivity, leave you with a quite detailed description of the person involved.

This way of contacting you is so different from the séance work which has in the past been used to give evidence and is used now in preference to séance work because it is so much simpler.

We must all remember that everything in the Universe is made by the power of the mind.

We send our love to all life
THE BAND OF BROTHERS

SITTING 218

Beloved sibling we would draw close once again so that we may speak of the love that brings us all together. There is nothing more important than the love which we have for our siblings and there is a band of love which binds us to each other as we try the different way of reaching that ever-present next level of progress in our multitude of levels of spiritual progress.

No one ever wishes to go backward in their evolution and when you have attained the level of the summerland you will find that the most important act you can ever attain is the act of serving your siblings. Other than your own evolution there is only the desire to help and assist those who are not so advanced as yourself.

In fact some of you will quite willingly delay your own progress if by doing so you can raise your siblings a little higher than their present level.

We would of course point out that those who do delay their progress will find that the effort is well worthwhile because by their actions they have gained the love and respect of those they assisted and it could well be that at another time their efforts have been rewarded by getting the assistance of those whom they helped.

This is always the way of things and though you do not help these others for any reward be assured that such reward will be forthcoming, though maybe not in a way that you would expect.

We all know that thoughts are positive things and so too is love.

The beauty of them both is that they complement each other.

We send our love to all life
THE BAND OF BROTHERS

SITTING 219

Beloved sibling once again it is time to continue with our service to those who reside on the earth plane. It is with pleasure that we train ourselves to become better channels in our quest of service.

There are many types of service and all of them are a worthy reflection of our love for each other.

Did not our beloved brother Jesus of Nazareth state this in so many different ways and did he not teach us to care for every form of life.

Our brothers who love those of the animal kingdom and consider the other forms of life to be a lower level which have been sent to the earth for our benefit are sadly mistaken but there again it is to their benefit that they think as they do for it is important for them to experience this way of thinking so that they may garner the last ounce of knowledge from their visits to the physical realms and it is after all everyone's experiences to undertake each and every lifestyle in their progress towards perfection.

A great many of us upon this planet, and, of course, the other planets, consider our creator to be the ultimate being, and of course to us, his children, he is. But of course our Creator is also evolving here and now and will continue to do so for as long as he exists, which will be forever.

If you are not advancing then you are receding and this is always so.

There is no standing still
We send our love to all life
THE BAND OF BROTHERS

SITTING 220

Beloved brother we would talk to you today of the beauty that is love of living things.

There is so much love on this earth of the things of the earth. Things which are to be left behind when the mortal coil of the earth is over but so many of you fail to recognise that this love of the earthly objects is as nothing to the living beings who reside upon the universal planes.

It is a natural thing for you to have fond memories of happy times spent with loved ones who have departed, not only from your earthly presence but also from the presence of the earth. The attachments to the objects of the earth can be quite strong if the person whom it recalls was loved very strongly but we would say that it should be realised that this attachment is only a reminder of happy times and that more lasting attachments should be made if you understand that by your thoughts you can attach yourself more to the one that you love than you can by being reminded of that person by an object which brings you closer to that person.

Recreate by all means the memories of those you love

Be drawn closer to them by the recollection of their presence.

But remember at all times that by sending your love to them, even though they are not physically present, you are connecting to them by mind and to the mind anything is possible and when you think of them they are actually here with you.

We send our love to all life
THE BAND OF BROTHERS

SITTING 221

Beloved sibling we would draw close once again for we would speak tonight of the love that we have for every life within the realms of the Universe

Whether or not they are of our Creator or another of the Galaxy we live in or even the universe in its infinite vastness, all are life within the realms of our siblings and they are a part of our chain of life which stretches through all of the domains within our knowledge. Each life, which is a Universe itself, connected by our very being and yet each of us being a separate life.

There is nothing which separates us from each other even though we are individual.

As we grow we will create our offspring and we will integrate them and nourish them within ourselves, helping them as they evolve within themselves and growing in size and stature.

Each of them grows from the tiniest seed to the greatest size and each will evolve in accordance with their own desires and in the way that they chose to do so, in accordance with the one single law

which states that you have free will and by your free will everything that you wish will come true.

Within your physical body you cannot perceive the wonders of spirit but within the realms of spirit you are your own spirit and you live according to your own desires.

We send our love to all life
THE BAND OF BROTHERS.

SITTING 222

We would start this evening with a prayer to our beloved Creator.

Beloved Father we would thank you for all of your love and all of your help and assistance in our pathway through our evolution.

We would send our love to you for it is all that we have to give.

We thank you for our existence and for our abilities to serve our siblings

There is nothing that we need to ask for because we know that you will and do provide everything that we need.

We would send our love to you and to each and every one of your children and to every one of our Grand-Creators children and our Great Grand-Creator and his children.

May love always abound throughout the Universe

AMEN

From THE BAND OF BROTHERS

SITTING 223

Upon the earth there is a time for everything. There is seed time and harvest time and a time to be born and a time to die.

Upon the spiritual planes there are no times to be considered as there are no seasons and there is no night time. There are times to gather together to praise our beloved God but these things are spontaneous gatherings for there are no holy days to be consecrated or Sundays to be considered.

Time is not measured by any minute hour or day because there is only one constant day which has no beginning, nor does it have an end.

There is only one time when you could say that a new day has dawned and that is the time when you become aware that you have evolved into the next level of existence. A time when you meet old friends who have come before you into this new level of thought. A time when you meet new friends.

We send our love to all life
THE BAND OF BROTHERS

SITTING 224

Beloved brother we are gathered here once again in this, the new year, which is a new beginning for many of our siblings in so far as their work has changed in a new direction. You will find that many times your work will gradually change over, at times, a long period and at other times the change of direction will be instant. It is sometimes like turning a sharp unexpected corner when you are left wondering what has happened.

When things like this occur you can never be sure what actually happens or even when the occurrence has stopped happening and you will wonder, at the end of the change, why you had to alter the

pathway you were taking.

Most of your life will have been like this and it usually happens at a time when you had just settled down to the slow run-of-the-mill way of life, when you could relax in your comfortable routine

We send our love to all life
THE BAND OF BROTHERS

SITTING 225

Beloved brother we would gather close again in our service to our siblings and we would include all those who are with us on our quest to raise the standard of service to those who reside on the physical plane, and also those who reside on the spiritual planes that we can assist by our connection with the earth.

We gather close to those who are in need of our support and do our utmost to guide and help them for their pathway can be stony and full of brambles as they learn to overcome the trials placed before them.

It is no small thing that leads us to the teachings which make up our tapestry of life for there is much to be gained by our labours.

Hold your head high as you walk forward into the future and when things get a bit rough remember that we are with you and hear your prayers. It is small solace, we know, to understand that these things are for your benefit but if you keep in mind that we are near you and watching over you then you will find the strength to keep plodding on until you have passed the briar patch and you will re-enter the sunshine again where you can rest for a little while to re-new your strength ready for the next part of your pathway.

Our Love is always with you now and forever more.

We send our love to all life
THE BAND OF BROTHERS

SITTING 226

Beloved brother we are with you at this time for it is time to send our blessings to your friends Jim and Dolly and David and Wanda.

They have all worked well for spirit in their different ways, Jim and Dolly with their mediumship and David and Wanda with their work spreading the word of the multitude which is the Universe.

Their knowledge is meant for those who draw close so that the Aquarian Age may begin to spread throughout the Earth.

A great number of those who have no inkling of what the Universe is have been enlightened in small and great ways by their actions during their present incarnations and we in spirit would enfold them in our Love for their great service to humanity.

Understanding of the work they have performed will not be realised by them until they join us in spirit but we would now send our love and Blessings to them with the promise that more is yet to come.

Those you have helped are as the confetti of a hundred weddings for you know not the vast numbers who have been helped by those whom you have helped and will be helped down through the Ages.

With Love to you from the Spirit Realms

SITTING 227

Beloved brother we would gather once again and talk of love for the most important thing we can attain is an unconditional love of our siblings. We repeat this theme often in these writings for the simple reason that it is the one and only emotion that draws us close together.

It is love of all life which caused us to be created and it is our unconditional love of all life that ensures our evolutionary progression forward in an ever expanding circle of life.

Were it not for our love of everything we would take so much longer to progress from the lowest level of beings to the place where we stand now and continuing into the higher levels.

Time of itself does not exist for us but the quicker we evolve then the finer we shall become and the better we shall be when we create our own children.

So always aim for the highest form of evolution so that you will become perfect as your Creator is perfect and when you have grown beyond the confines of the physical plane you will be educated to the extent that you are ready for the next step on your pathway.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 228

Beloved brother we would gather here again to send our love to all of our siblings for it is only by the love that we have for you which gives us the desire to be of assistance to all of you who reside on the physical plane. We would suggest to all who read these words that the first and foremost of all things that you develop is the love of all living things which you meet as you go through this life. You can express your love by giving service to each and every one whom you meet, even when they consider your actions to be foolish and weak. They are of course fully immersed in this physical life of theirs and have no thought for any spiritual matters and they also consider it a waste of time when people try to help them.

They are of course not to be pitied for their lack of sensitivity or emotion for they are only on a pathway which we all have to follow during some of our incarnations, so remember to never take their insults or laughs at your ways to heart or allow them to take advantage of your kindness or assistance.

Their ways are not your ways and whilst you know better, they will only show their scorn, thinking themselves to be better than yourself, which you know is untrue.

Remember, dear sibling that in another time and another aspect it could be that you are reversed in your way of thinking and treat them kindly, remembering that they are still your siblings.

We send our love to all life
THE BAND OF BROTHERS

SITTING 229

Beloved brother we would send our love to you and we would talk tonight of the physical plane and how it helps all of you in your quest for advancement.

We who join you have often found that the best students are those who know the true facts of the spiritual levels and how they affect you as they reach down to bring you the necessary conditions which lead to the lessons which you desire to experience.

Your own thoughts of the makeup of the Universe are very close to how things are. You realise the necessity of these experiences and the true reason for your being here on the physical plane.

You understand the links between the parenthood of your Creator and the reason for your Creators love for each and every one of his children. We know also that you understand the relationship for our Creator and *his* Creator and again for your Creators Creator's Creator for the desire for more children is strong within all of us.

Having created this new life it is a natural progression that your children's children will be loved in this same fashion by all who are alive. We would draw your attention to the lessons which involve pain and suffering for they are the stumbling blocks of those who think of your God's involvement in your personal life. So often we hear the cry 'If there was a God then he would not allow these terrible things to happen, little realising that it is not your God who brings these things upon you, but your higher self which places you in the position where these things will occur to you.

The wonder and the beauty of this physical progression is that your higher self realises the things you need to experience and arranges that you will be in the correct position at the correct time and no one else: repeat no one else is responsible except yourself. Much is said of Karma but Karma is the finest way to complete your pathways through this physical experience. Remember that the only person who is concerned with the completion of your unfolding evolvement is you yourself. There are no spiritual accidents in your life, there is only your free will which alters the things within your life so that you are sometimes in the wrong place at the wrong time thereby missing your appointment with something which your higher self wishes you to go through.

We send our love to all life
THE BAND OF BROTHERS
SITTING 230

Beloved brother we would gather once again in love and in service that those who would train themselves to rise a little higher shall be allowed the opportunity to raise themselves.

We would begin this evening by talking about the little things which alter peoples lives to some extent either small or large and we would take as an example the ability to know when spirit are guiding you in little ways to say the right thing which comes into your head, even though you do not know why you are saying it. When you learn to trust spirit and you have learned to speak saying only that which you are given to say without thinking about it or interpreting what you are given, then and only then will you find yourself being used by spirit in many different ways. Those who work for spirit come to know that though they may not understand what they are saying or why they are saying it, leads them to give the correct message just as the mediums do when they are on the platform. What you must remember is that these messages are not for you, therefore they should not be understood by you. They are quite personal messages sometimes and they do not concern you, and to be blunt they are none of your business so why should you insist that you understand what they mean. Spirit will always be careful not to let anyone know about the recipients private matters and this includes yourself.

So be prepared at all times to give things which you do not understand because if you interpret things you are given you will get it wrong, and if you only give things you understand then half of the message will be lost and you have failed to complete your mission.

We send our love to all life
THE BAND OF BROTHERS

SITTING 231

Beloved brother we would work once again to bring about our love for all life for there is within the realms of spirit a true love of everyone who lives, whether they be of the animal or vegetable or plant or fish.

The feeling which exists among those of the human side of life that the other lines of life are of a lower class of spirit is rampant among your human level. This is of course fostered by the various religions who think that they have the true word of God and are the top level spirits in God's domain.

Little do they realise that there are no lesser or greater spirits in the realms of spirit and that the only difference between the spirits are the size or evolution of each one, or to put it another way, the candlepower of each one.

You will all reach the level of evolvment which anyone else has reached. It may take a little longer by earthly standards, but remember that there is no time in the spirit realms and by the time the earth has passed away from your existence then higher or lower forms will no longer exist or matter.

We send our love to all life
THE BAND OF BROTHERS

SITTING 232

Beloved brother we are here again to send you our love and we begin tonight by expressing our desire to enlighten those of our siblings who would wish to know a little more concerning how things are beyond the summerland when you have discarded the bodies and the souls of your present attachments to the physical plane,

As you proceed through the higher levels of spirit you have a great deal to do. whatever you wish to do is yours to do and whatever you wish to attain is also yours to attain. Nothing is ever placed in your way so that you can develop any skills which you wish to develop so that your life is one of continuous pleasure.

A great many of you wish to retain your contact with your siblings on the physical plane and though you have gone beyond actually visiting this plane you can and will still give service to your younger siblings by working with others on a lower level and through them to others of another lower level until you reach those who are working with their siblings on the physical plane.

You may even go lower than the physical plane and serve those who are not yet ready to begin their physical lives. Yes, beloved siblings by going through others on level after level after level we can eventually reach levels of all types except what we call the sleep level where the spirit has decided not to activate the mind and remain, as it were, asleep.

This level is where the newly created spirit has not yet begun to wish for other experiences to enter its realm or, alternatively, it has passed through the veil on Earth, totally convinced that when you die you just go to sleep and that is the end of your life.

When this happens there are those living upon the physical plane who, wishing to serve these spirits will, as they sleep, follow the earth paths down to this level to find them and wake them up and point them towards the light.

We send our love to all life
THE BAND OF BROTHERS

SITTING 233

Beloved brother we would welcome you tonight with our love and we would say to you that things are going well with your service. We would once again welcome your Earthly Mother into our gathering so that she may draw close to you once again and we would ask you to take heed of her

wisdom.

Beloved Son, once again it is my pleasure to guide you on your journey through this Earthly life and I would say to you that we in spirit are well pleased with your efforts and service in our program of service.

Much has been said about the life path of our siblings and it is to your love and willingness that we owe much of our success with these different ways that you walk with us. There are so many that give of themselves in their service to us and there are so many different ways to serve but some of them find that they need to place restrictions upon how they do the work. Mainly from the religious point of view. Those who are like you and have your own individual rules are so much easier to work with that it is uplifting for us to come in contact with such as yourself.

We have watched you as you have cast off the impediments of other peoples rules until you are now where you should be in your quest for service with love and respect for all life.

We would ask you to remove the last impediment from your life and go forward to the Oasis which is your goal. It may take some time but we know that you will win in the end.

All things will work out for you in the end and your knowledge that no one completes everything will be your solace when the time comes.

We send our love to all life
THE BAND OF BROTHERS

SITTING 234

Beloved brother we would once again send our love as we draw close to continue with our service to all life.

Tonight we would think of all those who are in pain and suffering upon the Earth and we would stress that except for those who are in distress because of the free will of others, they are there to receive the lessons which their higher self wishes them to go through.

To you upon the earth it seems ludicrous that we would set out to experience pain and suffering by choice, but we would ask you to remember that in the spirit realms there is no pain or suffering, so how can anyone know what it is like unless they experience it personally. All of your lessons and all of your experiences are related to what you will desire to know in the future as a spiritual parent.

If you have no conception of pain then you will not be able to build your spiritual self, as a parent so that your children are in an environment free of any discomfort.

Conversely if you know about pain and suffering you will ensure that your children have a perfect environment where they only experience the pleasures of living, and will need to visit "your" physical plane to learn about trials and tribulations as you are doing now.

By suffering on the physical plane you also ensure that these lessons are only for short periods.

We send our love to all life
THE BAND OF BROTHERS

SITTING 235

Beloved brother we would greet you once again and tonight we would speak to you of love of all life. It is one thing to love all of your family and friends and another to love all of the human race, there are also those who understand the animal kingdom and yet others who love all sentient beings.

You may wonder why there are so many different forms or levels of understanding concerning who is spirit and who is not spirit and most of you bring your love to bear on all types who are spirit and, for them, it is right and proper that they love all whom they consider to be in Gods family for they are doing what they should do by loving all of what they consider to be God's children.

Those who understand that every living being, whether it is sentient or not in our consideration or not are Gods children and who have a mind as opposed to a brain should be loved as Gods children.

There is, of each level of understanding, the fact that they love all life to their understanding, and they are doing what they should be doing no matter what their understanding.

Your truth, or what you know to be true is the only criterion which you should work to and if anyone considers that they should know more than they do then it is time for them to realise the difference between the aspects of your life and allow those on a different pathway to lead their own lives without any interference from supposedly higher levels.

What you believe is for you and not your neighbour and you do them a great disservice by trying to lead them on your path.

We send our love to all life
THE BAND OF BROTHERS

SITTING 236

Beloved brother we would greet you again with our love for tonight we would talk to you of your progression through the levels of spirit. When you were created you became aware of the other spirits around you and when you were ready you began to make contact with them. It did not take long for you to begin to express your feelings towards all whom you came into contact with and you began to desire pleasurable experiences in regard to those other spirits on your level of contact. After trying the various emotions you took it upon yourself to expand your experiences to the extent that you wished to take control of other spirits and what you wished them to do.

This extended into materialism as well as control and you descended to the lowest levels of life for a while.

Eventually you wished for more interesting things to happen to you and you eventually realised that the only way forward for you was to learn to control your desires and emotions. Eventually you stopped kicking over the traces in your distaste at having to discipline yourself and you started to pull together with others and started your long journey heading towards the light that was shining in the distance.

Your work upon yourself has brought you up to the physical level of progress and though you have only gone a short distance so far you are set upon the path of progression.

Today you are a tiny light, but one day you will shine across the Galaxy and eventually the Universe.

We send our love to all life
THE BAND OF BROTHERS

SITTING 237

Beloved brother yet again we draw close to each other and it is nice to realise that this work is going well.

There have been times upon this Earth when it seems that miracles have happened and many lives have been saved by these events.

At other times there have been disasters when many lost their lives by the natural events which occur and everyone is so sad for them. We, of course, look at these events from another point of view for where you have sadness at being separated from your loved ones, we have happiness that our siblings have been returned to us and are no longer under the constraints of the physical life.

Many of you, even the spiritualists, are saddened by their loss and lack the understanding of what we all are. We understand the pain of your distress and the devastation that enfolds you at these times but we would remind you that nothing in these lives of yours are for nothing.

Each and everything which occurs has purpose, even though the event is caused by the free will of others., It will be made to benefit your pathway and bring you a little closer to the time when you no longer need to come here.

Nothing in this life of yours goes to waste, even though it seems quite illogical to the material world it will, when you return to the spirit world, fit together like the proverbial jigsaw.

We send our love to all life
THE BAND OF BROTHERS

SITTING 238

Beloved brother we would join you again so that we may continue with out work and we would speak of the time that you use to regulate your physical life.

There is a very tenuous link with the time that you know and the time that you spend on the Earth plane for it is so foreign to us on the spiritual plane that it is a small wonder that we give events etc. so far in advance that you sometimes forget what we have said before it happens.

To us, who have no time, the events we speak of happen within a short period whereas to yourself it can be literally years of your Earth experiences.

Just as you may find that a minute of your time seems like an hour, so can an hour of your time seem to pass like a minute.

These differences do not occur to us in the spirit realms since we have no minutes or hours or years.

We do, of course, have unfoldment and this is the only way that we can experience any change in ourselves.

We send our love to all life
THE BAND OF BROTHERS

SITTING 239

As we walk with you this evening we bring to mind many of the things that have been put before you for we would draw them all together to show the difference of the normal explanations which are given to our siblings and these new instructions which we have given for the benefit of those who are rejecting the rules of the Churches and replacing them by the rule of love which is the true message of all the Masters past and present. The true and only message upon which the story tellers have added their understanding of God's message.

It has always been the same with our Human species that their interpretation must be interwoven with the true message of love, so much so, that the interpretation becomes the message which is handed down as the word of God.

These words are then further interpreted so that they too become God's word and so it goes on until the message of Love is lost, and the message of thou shalt or shalt not becomes the law of God which can even become the laws of man, which, in turn, becomes the rules of your life, whether you believe them or not, and so you come to the point where Witches and Warlock's are burned at the stake because they refuse to accept other people's rules, and they are tortured and maimed and murdered.

And all in God's name by those who call themselves Civilised

We send our love to all life
THE BAND OF BROTHERS

SITTING 240

Beloved brother again we meet and this evening we would speak of the love of all spirit for each other. Those who live upon the Earth have no conception of the true love which exists upon the spirit realms for you are separated from your higher self so that you may experience the baser emotions in their true form of animal experience. Many of you wonder at the ferocity of these emotions and wonder why they assail yourself, seemingly at some slight cause and for no great reason. We have pointed out before that upon the spiritual planes there is no hate or envy or greed and that you need to come to the physical plane to experience these things so that you may conquer all of your emotions in preparation of your journeys into and beyond the summerland.

We send our love to all life
THE BAND OF BROTHERS

SITTING 241

Beloved brother we would greet you with love as we prepare for this days service for there is nothing more important, other than your own progression, than service to our siblings.

So many of you will disagree with what we have just said and would insist that service to others is paramount in their lives and yet they never stop to think that the service they receive from others is just as important to you as your service is to others. There is nothing in this life which brings more pleasure than helping others, therefore there should be nothing better than the service you receive from others.

You cannot love without service, and you cannot serve without love.

We send our love to all life
THE BAND OF BROTHERS

SITTING 242

Beloved brother we would greet you again with our love and speak to you of the Earth and it's seasons which are solitary occasions of the planets of the physical plane. They are so different to the levels of the spirit life in that they repeat themselves each year whereas on the spiritual planes they are all different in so far as they are of a higher level of vibration.

Seed time and harvest time come round and there is so little difference in each one that they are indistinguishable from each other but they do change little by little that a thousand years makes no difference. This is as it should be for you need the same basic circumstances to complete your various aspects to get your total pattern of lessons together. We would ask you to remember this as you notice the different types of people as they take in these levels of higher stations in Earthly life and lower stations which are presented to you for you cannot begin to realise what it is like, if you are a rich man, to be a pauper, or , if you are a sadist, what it is like to be loving and kind.

Whether you walk through a life of green valleys or a life of sand dunes is of no consequence to your higher self providing you take from each life the basic lesson that each life presents to you. When you realise the truth of these things and understand their reasons your present life will be so much calmer and your aches and pains so much easier to bear that you will be at peace with yourself and your siblings through thick and thin. When Love and Light and Knowledge embraces all you are.

Then peace will reign throughout your life till you become a Star.

We send our love to all life
THE BAND OF BROTHERS

SITTING 243

Beloved brother we are with you once again with love and the desire to assist all of our siblings who walk this physical plane, even down to the smallest animal.

As we all grow in stature and eventually in love for others we work towards the doors which open for you all as far as we can to the right direction which you yourself have chosen before you came to the Earth.

Even the stones and the minerals have their pathway to follow as they live their long lives in ways which are impossible for you to understand for they have their spiritual mind to carry them through this life. Even though you cannot understand their ways you can at least realise that, having a mind they are still able to learn what they need to know.

We would bring forth again the thought that anything which is alive upon this earth is spirit and is exactly like yourselves when they return to the spirit realms.

Therefore they are not of a higher or lower level of spirit. In fact you mix with them in your own level of vibration and your mind is on a par with theirs and vice versa.

It is so hard for all of you, because of your highly functional physical brain, to comprehend that anything with a lower level of brainpower or without a brain at all can be your equal. But you will comprehend when you attain the necessary level of growth which a few Billion years of evolvement and experiences rests upon your shoulders.

Our Creator has this understanding now, and you are constantly growing more like your Creator as each level of understanding is reached.

We send our love to all life
THE BAND OF BROTHERS

SITTING 244

Beloved brother it is good to be with you once again and tonight we would talk of the differences in our acts of service which we give to our siblings. We have said before that there is nothing more rewarding than the gratitude of our brothers when we have assisted them in any way but we would point out that there is much more satisfaction when we have given service with unthinking actions.

When you reach this level of service to your siblings then you have reached the true conditions of service where you have become the true provider of unconditional love.

This love which emanates from within your heart no matter what your sibling is like both towards yourself and to any other of your siblings. When you reach this stage of love then you are loving your siblings as your Creator loves you and you can reach no higher form of love than this.

We send out love to all life
THE BAND OF BROTHERS

SITTING 245

Beloved brother once again we approach with our love for we know that things are not always as they should be. Free will by others is something which constantly alters the things we have planned.

It is therefore a good policy, when we arrange to work to a schedule, to allow a certain latitude so that the alterations which occur can be integrated into our work.

There are those, of course, who will insist that everything is done to order and of course this is the best way to do these things, but of course this must depend on the other circumstances being favourably accepted by those who are in the position where they can, if they wish, interfere with the set practice.

There are those who do not care if they upset the flow of your thoughts, and in some cases they will deliberately set out to disturb you. It is at these times when you must allow things to change but

do not fret at the changes for we know and will allow for these changes.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 246

Beloved brother once again we are with you in love and in truth that we may assist our siblings, not only upon the Earth but on all channels where ever and when ever we can. Tonight dear brother we would talk to you of transition between your physical level and our spiritual levels. It is strange to many people to understand the transition because they have no conception of the short journey they must travel. This journey itself is different according to the beliefs of the person who is travelling because if you think you will be transported in any particular way then that is the way you will travel.

This statement makes you baulk at the thought that you will travel in different ways and also that you will arrive at a place which is exactly how you believe the next level to be. It is just not logical that there can be so many places in existence to suit everyone. The truth of the matter is that it is your mind which creates your surroundings for we have the ability to make our own reality and our own environment.

You hear so many tales of what it is like when we pass through the veil and we accept that what we are told is how things actually are. We ask you dearest siblings, do you honestly think that you would believe us.

It is too incredible for your physical brain to comprehend what we have just said. How can it be that everyone is blessed with the environment that they desire. We would explain once again that you are a chrysalis Universe. A tiny speck of light.

Yet one day you will be a Galaxy and beyond. You are made in our Creators image so how can you doubt that what you wish to be, you will be.

We send our love to all life
THE BAND OF BROTHERS

SITTING 247

Beloved brother we would send our love to you as we begin our service for tonight we would speak of the group souls which so many of you speak. There are others who maintain that you have a soul mate and you go through this life searching for your soul mate. Neither of these descriptions are the true explanation, nor are they entirely wrong. As you evolve through the levels of spirit you gravitate through these levels meeting others who are on the same wavelength as you are at the present moment.

Those upon your present level will be attracted to you because you are the same as they are and your common band of love will ensure you draw very close to the whole group. At the same time you will love each of your group to such an extent that you would be quite happy to stay with them forever.

So you have the group of spirits to whom you are attracted to because they are on the same level as yourself and you have the individual spirits to whom you are attracted and would be content to stay with them

Upon the Earth plane there is the difference that you are mixing with a multitude of spiritual levels and when you meet someone from your own level they stand out like a beacon. You are so attracted to them that if you can, you will spend the rest of your life with them. There is a problem sometimes when you meet someone else from your own group, but that is another story.

So there you have the difference between the group soul who are a collection of a group of souls and a soul mate who is one of the group of souls.

In both cases you will find that when they have evolved a little more they will move to a higher group and you will meet them again when you rise to their level.

Both ways are partly correct and both ways apply to the spirit on Earth.

We send our love to all life
THE BAND OF BROTHERS.

SITTING 248

Beloved brother we are with you once again with love and we would draw to mind the thoughts of those who are in need. The needs of those who are in pain of the body and the mind for they are both necessary for your progress.

Many of you consider the pain of the mind to be something which is a transient thing and never

consider that spiritual healing is necessary for these maladies, and yet they can cause greater suffering than many of your physical ailments.

There are many times in your physical lives when you get fears and depressions which, when you study them, are trivial things, and yet you are sorely perplexed by them. They follow you perhaps for years and you do not seem to shake them off, even though others with the same conditions seem to brush them aside as chaff from the millers floor, yet to you they are as a life threatening conundrum which seems to have no solution.

We can only say to you that when these conditions enfold your life there is only one way that you can manage to overcome these times and that is to "Keep On Keeping On" until the light at the end of the tunnel begins to show itself.

There are times in your life when there seems to be no end to your troubles, but there is never a time when your troubles are endless, and battling through will give you the strength to survive.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 249

Beloved brother we would greet you again in love and we would talk of the mind tonight.

The difference between the mind and the brain is greater than the difference between the horse and cart and the rockets which are used to travel to the planets.

The brain assists you in your life on the earth and allows you to create your life on earth with all its improvements, I.E. houses and cities and mathematics and your educational standards and quality of life.

Your mind on the other hand allows your spirit to grow to new heights of evolution, creating, as it grows, your whole universe and your spiritual forms constantly growing and expanding in size and in perfection in abilities.

Your earthly body, with all its restrictions doe's not allow you to understand the magnificence of what you are and what you will accomplish in your never ending unfoldment.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 250

Beloved brother we would, once again, draw close with our love as we work towards our goal which is the evolvment of all of our siblings.

When you leave the spirit planes and leave behind all knowledge of who you really are you do not suddenly lose your spiritual powers. The retraction of your memories gradually fade whilst you are in the womb and when you are born to this world you still have a spiritual connection for the first few months of your earthly life.

This gradual downgrading of your memories is vital to your mental health for if things happened suddenly you would be at a complete loss with no basic remembrance either of spiritual matters or of worldly matters. The resulting vacuum in your brain would result in you having to learn things without the knowledge or ability to learn anything for your whole childhood.

You therefore retain sufficient memories so that you can learn from your mother while you are in the womb and from others after you are born.

It works upon the same principle as those poor people who are frightened to death, for you would suddenly have nothing to hold on to and would become mentally unstable.

There are of course the people like natural mediums and those who can see spirit in childhood who retain their spiritual gifts but for the most part you lose the spirit connection gradually over 3 or 4

years when the adults around you keep telling you it is only your imagination.

We send our love to all life
THE BAND OF BROTHERS.

SITTING 251

Beloved brother we would greet you once again with our love as we, through you, send knowledge to those of you who are ready to accept it. The problem with being in your position, seemingly trapped on the physical plane is not so much that you can and what you can not accept as being feasible but what your way of thinking allows you to accept as possible. There is such a large difference between your restricted lives and the open-ended variations in our spiritual lives that you have no standard which you can apply for you are bound by the physicality of your earth lives where such freedoms are impossible.

The similarities of the Earth/Spirit lives are so few and far between that we need the Astral and Etheric planes so that you gently slide through these levels, becoming accustomed gradually to the new situations you encounter as you progress further and further away from the earth plane.

The greater part of our siblings adapt quite quickly to the change but some of you become so entrenched with the earth that they can be unwilling and indeed unable to let go of their possessions for many years.

There are also those unable to accept any thought of another life beyond the physical that they become entrapped by their beliefs until someone encounters them and leads them towards the light.

Which is why you hear tales of lost souls.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 252

Beloved brother we would send our love once again as we continue with our service with our siblings and though we know that many of them will never read or comprehend what we say, there are those who will understand our meanings and will progress spiritually because of our work.

The time draws nigh when the lion and the lamb will lay down together but it will not be so upon the earth, for there will always be the need for our sibling animals to glean their nourishment by eating the flesh of others, for if they did not do so how then would they exist. We do not say that vegetarians are wrong for in their way they are only doing what they consider to be right and who are we to make rules for others to live by. Nor do we condemn those who are carnivorous for the same reasons.

We also do not condemn the killing of animals for food, are we not, after all, the top of the food chain and are acting accordingly. What we do find horrendous is the method of their demise where chickens are hung up on a conveyor belt, knowing and watching what it happening to the others and that it is about to happen to them. Then there are those who are missed and go into the machinery still alive to be plucked and disembowelled. then there are the cattle who know what has happened to the others and will, after hours of waiting, happen to them. Think of their terror, and think also that they are treated this way for you, and only you can change things by refusing to buy

food which has been treated in this way.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 253

Beloved brother once again it is time to draw close with our love and we would again draw our thoughts to those who would wish to learn from our words.

There was a time upon the earth when all of the people were in tune with the ways of our Creator, loving all of our siblings and worshiping his name.

The benefits of this way of thinking was manifest in the way that the animals and even the plants were treated by the human population.

Wars were unthinkable and the differences of the people were treated in the proper perspective.

Arguments and rows were almost unknown as those who were at loggerheads with each other were won't to respect the thoughts of their neighbours.

This, of course, was a time when the people were in a high state of civilisation and education when those who were chosen to lead were of a kind and gentle manner which was reflected in their dealings with those whom they led.

At this time the whole population were of a very spiritual leaning and were not prone to materialism in any way. It was a golden age which lasted for many centuries and only ended when the catastrophe occurred which wiped out the population leaving only a few to restart the growth of the next climb up to a civilised state once again.

These things have occurred many times both in local areas of the earth and on general worldwide terms. They will occur again and again as long as the earth revolves round the sun.

A perfect example of this progression would be a class at school who progress through the various classes until they leave the school, making way for the younger pupils to fill their places.

We send our love to all life
THE BAND OF BROTHERS

SITTING 254

Beloved brother we would draw close again as your time draws close again for spiritual work.

We of the spiritual planes often draw close to those upon the earth so that we may impress upon you the requirement to take actions which are not, as you would put it, logical. These impressions are not as a command that you have to obey but as a preference which we know would present you with the circumstances which will lead you to a lesson or an experience that you need to bring into your life.

You on the other hand may decide to ignore your feelings or desires and may take a different pathway to our guidance. It is amazing how many of you would consider this change of direction from the pathway we wish you to take as being a Sin in their eyes. We would again point out that

a/ You cannot know what you are supposed to do, nor can you know what not to do and

b/ The fact that you may learn more by taking the wrong direction would automatically mean that you took the right pathway after all. Those of you who, upon the earth, take it upon themselves to guide others walk a very sharp knife edge and will come to regret their insistence that their way is the only way. Much Karma is created by these actions.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 255

Beloved brother we would greet you again with our love as we walk our path of service to God's children. Once again we would speak of the things which concern our siblings on the earth and to-night we would speak of the love which we send out to those on the spiritual levels of life. When we walk with those upon the earth we discover just how much our siblings love each other by the simple thoughts which we read from each and every one of you whom we approach.

Almost every one of you loves someone whether they be friends or relatives and to those who are lacking in emotional love we find it sad that there is this dull perception of life as it should be. They are usually sad people who have no conception of the beauty that love brings to life. It is a pity that their pathway requires them to lead this kind of life and we should all send our love to them that they may be uplifted by our thought's. It is, after all, a pathway which we have or will experience at some time in our progress through our development.

On another level we meet those who love all of those who are close to us and for the most part ignore the rest of humanity.

Then again there are those who love all of their brothers and are quite ready to love also the animals they meet, and some of these will love the animals more than they love the humans.

Then again there are some who realise that the animals and the plants and insects are living beings as well as those who are of human form and are loved by and with the knowledge that we are all God's children. The knowledge that these people have can and doe's make things a little difficult when you have to pull up weeds or get rid of the aphids and ants or wasps, moles etc.

If of course you understand that these occurrences are lessons for you yourself as opposed to killing them then things become a little easier to bear, so take heart beloved siblings and remember that you are only killing the body and that the spirit lives on.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 256

Beloved brother once again we are here with love and knowledge for those who are ready and willing to receive it.

We would bring our thoughts of the treatment we give out to our siblings of the animal kingdom and though we seem to harp on about them they are, after all, on the same level as we humans and should be treated with the same reverence as we give to our own kind on the earth.

There has been for so long now this insistence that the other kinds of life upon the earth are inferior to our humankind, mainly of course because the Christian bible and the Hebrew bible state this to be a fact. Many other religions have this same error because of the high esteem they hold of themselves that their brainpower makes them a higher form of life.

Nothing could be further from the truth and we would itemise the differences by quoting the saints who lead their lives in poverty and hardship, and in doing so attain the high regard of their peers who are supposed to be the highest in the land though they in turn live in terms of wealth and opulence whilst they subject their brothers to abject poverty, and threaten them with eternal damnation if they dare to step out of line. We would remind you again for the sake of these misguided physical leaders of men that you get paid for everything you do, and everything you say, and everything you think.

These are not the laws of God, nor are they the laws of man.

They are the laws made by your spiritual selves when you return from the earth life for you will regret the actions you have made during your life here.

We send our love to all life.
THE BAND OF BROTHERS.
SITTING 257

Beloved brother we would draw close again with our love and we would speak to you of healing and all that it entails for the act of sending healing to our siblings is of the highest order and requires no effort on your part except the time it takes to think of your brothers and sisters who may be human or animals of any sort or even plants that you come into contact with during your sojourn upon this earth,

Healing may also be sent to the other planets within this universe and all who reside upon them.

All healing which is sent out with the heartfelt desire to help others goes to those to whom it is sent and though it may not always cure the disease it will assist the recipient to make their life easier for them.

This lack of healing a disease is not a failure on your part in any way, but a necessity of the person to experience the malady so that they may learn the lesson of the ailment.

You must always remember this when you give healing for is it not better for them to go through the ailment now than to be cured now and maybe go through another life on earth so that they can go through it at a later time.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 258

Beloved brother once again we would draw close with our love for we would speak tonight of the many ways that you organise your lives here on the physical plane.

There are so many ways that you can do this that it is unknown for someone to have no thoughts about what you will do tomorrow, or the next day. Even those who have no cares about what they will do or where they will go have, at times, the thought of what must be done. These thoughts are second nature to you all and though you may be the sort of person who must know how and when this and that will be completed or someone who cares not how things are accomplished we can almost guarantee that the future days will not go exactly as they have been planned. These changes could be life altering in their content or they could be so trivial that there seems to be no alteration to your plans.

But when you look back you will be surprised to discover that all of your alterations will be caused by the actions of others.

Each and every one of you will, through the actions of others, make some alteration to their daily routine, just as you yourself will change someone else's routine through your own actions. This is one of the many reasons that you have free will to do whatever and whenever you wish to do something, for it is this free will which teaches you to intermingle with others and still follow your chosen pathway through your spiritual life.

The right of free will choice is the only rule that God has made because it is the only way that you can evolve to your own specification.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 259

Beloved brother we are here again with our love and our desire to serve our siblings. There are many things in this our life which are not understood by those of you upon the physical plane and though you have these thoughts that you should understand the relationship between the physical and the spiritual planes it is, unfortunately, quite impossible for you to have any conception of your real reasons for being here, even though your logical mind insists that this or that is the only possible way. Too many times do you fail to realise that if you understood the real way of life then there would be no use you coming here.

It is not that your spirit does not know, nor is it that you yourself cannot understand what it is all about. It is just that if you knew these things then you would not face your pathway in the way that you should. We who work for and with you would have a much easier time leading you where you need to go if you knew what it was all about so do not think that we do not tell you to make it harder for you or easier for us.

Another reason for you to have this knowledge hidden from you is that you would not believe us when we tell one person one thing and another person something else, but we are speaking the truth in both instances because the two people are leading their own separate lives, not only on the physical level but on the spiritual level as well.

There is always this teaching that when we die we will go and sit at God's feet and glorify his name forever. We will say again that in the spirit realms you are developing yourself as you yourself wish to be and there is nothing more important to yourself than this. We are not slaves who must copy each other. We are not Automaton who will develop in a special way. We are Gods children and we have free will to go where we please, and forever to accomplish our goals.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 260

Beloved brother we greet you with love as we continue to serve those of our siblings and we would say to you this evening that the time for spiritual upliftment of the earthlings once again draws neigh.

It is with pleasure that we watch the approach of your enlightenment, knowing that each one of you has attained the level of unfoldment which brings you close to the next step of upliftment to a higher level and with it the growth which will bring you to a higher understanding.

Most of you still have this belief that you plod through your progression level by level from the bottom to the top of your present level, before going through to the next higher stage.

We would point out that while you would find this to be the ideal situation it does not work out quite like this. In the first place you think of time as being continuous, which it is not.

Then there are the places and situations which appear where you are able to learn lessons which would only appear in sequence over a vast period. So you must take these opportunities as they occur, and also when your siblings, who will accompany you through these lessons, are available.

Much work goes into bringing all these aspects together so that you miss nothing, both yourself and your siblings.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 261

Beloved brother once again we draw close with our love and we would bring thoughts tonight of the everlasting ever constant ever reaching rays of love which permeate the whole universe in all of its wondrous beauty.

During our sojourn through these lower levels of spiritual growth (and we include ourselves among those on the lower levels) we find it necessary to learn to love all life before we can begin to reach the spiritual love which permeates our spiritual environment . This universal love which surrounds us at all times is a love which is unconditional in every respect.

It is a love which reaches out to us at all times, even when we reject it out of hand, no matter what we do.

It is this unconditional love which allows us to draw away from you when you are so inclined, to separate yourselves from us for our love for you is so strong that we are obliged to concede to your every whim when you wish to continue your existence alone, and without our help. This we will continue to do until you yourself wish to re-contact us, and the only one who will feel any regret that you decided to do this will be yourself.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 262

Beloved brother we would wish this evening to bring to your mind the thought that everything upon the Earth, and other planets, in fact the whole solar system, are all generated by the thoughts of our Creator. Nothing exists without the power of thought and this includes your own existence and presence now, and future life on every level that you exist.

Many of you consider your Creator as a being separated from yourselves. But the exact opposite is the case and you actually exist within your Creator and you will continue to do so for countless billions of years.

Do you know that if you were to travel at the speed of light, at 186,200 miles per second in any direction for two years you would still be within the realms of your Creator.

Think on beloved sibling and draw closer to the wonder of our Creator and the wonder of you.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 263

Beloved brother once again we would draw close with our love and we would begin our service tonight by speaking of our right to change our priorities to better things as we walk forward into the light of our unfoldment.

We have talked before of our ability to alter our pathway to a different destination and we have also spoken of our free will to change our opinions when we learn to consider others in a different light.

These changes are, in a way, proof of our advancement. It is all a matter of our alteration to the new standards that we obtain as we gradually progress, for you cannot put new wine into an old skin, as it were, nor can you accept old rules when your new levels of consciousness make them redundant.

Without this ability to change as you go forward you would become bogged down in the same way that someone who changes his religion can no longer accept the old precepts.

Always remember that change is the norm and the unchangeable is dormancy.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 264

Beloved brother once again we shall serve our siblings and send our love to all life for it is only by our love that we desire to help and assist all of our siblings. It is always by the power of love that we progress and every one of us eventually finds the cross that we have to bear and by doing so we reap the harvest of our labours and go forward in our quest to the unfoldment of our spirituality.

More and more do we find that, whatever we do for our siblings, so we are rewarded for our efforts in greater and greater volumes of assistance to our own efforts to advance ourselves.

As we walk our pathways.

As we send out kind and loving thoughts to others

As we send out healing and as we refrain from influencing others to walk our own ways instead of their ways, for we are not our brothers keeper and we are only here to provide for ourselves. So when you feel you should guide someone towards a different path please ask yourself the question

“By who’s authority do you give this advice”.

For you know not why your sibling has taken this pathway.

We send our love to all life.

THE BAND OF BROTHERS.

SITTING 265

Beloved brother we would greet you again with our love as we serve those who read these words.

We would speak to-night of those who care not for the spiritual life or anything connected with it.

So many of you who are spiritually minded become adamant that they should broadcast the word to all and sundry and insist that everyone knows the true way of life that should be followed.

How many times do you fail to accept that the path which these people follow is the one which they came to walk, and that your interference only sets them deeper and deeper into their faith that they are right to keep on this path.

We would ask you to remember, beloved siblings, that the short time you have been growing is as the blink of an eye to the countless eons you have in front of you to learn.

So let them take their own path as you intend to take yours.

We send our love to all life.

THE BAND OF BROTHERS

SITTING 266

Beloved brother we would join you once again with our love and this evening we would speak of the Widow’s Mite.

Many of you will not know of the Widow’s mite for you have left behind the Christian bible and all the wonderful lessons that it can teach all of us who are on the spiritual pathway.

The story of the Widow’s mite is a story of two people. One of them was a very rich man who, every week, gave hundreds of coins to the Synagogue. The other person was a widow who only had one coin left for the rest of the week and yet she gave this coin to the church.

The question asked was who gave the most to God. The widow who gave one coin, all that she had, or the rich man who gave hundreds but could have afforded thousands.

The moral of the story is of course not what you give of what you have, but what you give of yourself for that which you give of yourself you will take with you when you go through the veil and that which you have of the earth you will leave behind.

We send our love to all life.

THE BAND OF BROTHERS.

SITTING 267

Beloved brother we are with you once again with our love for we would say to you to-night that every action that you take upon this earth has some relevance to either your own pathway or to someone else’s pathway. There are times when you will seem to go out of your way to come into contact with someone, even though you may never have met or even heard of them before.

This is very often the case and your chance meetings with people are arranged sometimes days or weeks ahead so that you may be of service to them or even work out your own karma with them.

Sometimes we have to arrange these meetings many times because of your free will choice when you decide to do things your own way and change your plans. There are also the times when you alter your plans and by doing so meet your contact by doing so.

We send our love to all life.

THE BAND OF BROTHERS

SITTING 268

Beloved brother we are with you once again with love and our desire for service to those who will read these words.

Many times in our earthly lives we come to crossroads and junctions in our path and need to select which way to go in our continuing journey. This is a time when we of the spiritual level can influence you in selecting the new path. Most of the time it is an easy enough choice but there are also times when you yourselves see what seems to be an easier route which you naturally take, not knowing that the other road leads to lessons which you need to experience.

There are of course others who try to influence you to take the path which they themselves would like you to take which may or may not fit in with your own desires. With all these influences guiding you it is inevitable that at times you end up taking a wrong turn and we then must find a way to steer you either to another lesson or back to your original junction.

We would ask you to realise that when you take a wrong turning there is no blame which can be placed at your door, for the simple reason that you do not know which path you should have taken or there have been the influences of others expressing their free will.

So always remember that when you seem to have got things wrong it is not the catastrophe that it may seem to be and could be the proper lesson we wanted you to learn.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 269

Beloved brother once again we draw close with our love for tonight we would speak of those who are prone to unthinking cruelty to those around them, whether of the Animal, Vegetable, or Mineral Kingdoms of life.

Those of us who do not understand that the other animals and plants, and even the stones and minerals of the earth are living beings who have a soul or spirit, do not realise that they are causing pain and suffering to their spiritual siblings.

At the same time they should not be condemned for their actions as they are only acting according to their beliefs. We would also point out at this time that every one of us comes to the earth plane to experience pain and suffering as part of their lessons and we each of us cause and receive pain and suffering during our lives, but how else would we survive if we did not.

The Sadist and the Saint are both learning lessons during their lives.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 270

Beloved brother we would greet you with our love for to-night we would speak to you of the love which can be sent to those of the plant life which abounds upon this earth for there are so few who understand that the plants of the earth are also spirits of our great family of spirits and we would point out that each of them are loved by our Creator just as much as we human animals are loved.

The distinction of the different lines of life upon this physical plane seem to be of higher and lower levels of spirit and by those lines of thought are held as greater or lower levels of spirit.

Nothing could be further from the truth than these lines of distinction for the other forms of life in this physical plane. They are brought to this plane to learn from the physical life just as you yourselves are brought here for the same reason.

what you must remember is that they , as well as yourself, are spirit and as spirit they are God's children who are on the same quest of evolvment as you humans are. They are, in their own right, advanced to a greater and lower level as yourselves as a spiritual being.

They too are an embryonic Universe, just as you are, and they too will one day be a star and then a Galaxy just as you yourself will be.

Treat them as your equal and love them with unconditional love as you do your mate or your

brother and they will return that love in a like manner.

They are, after all, your spiritual siblings, and when you pass through the Summerland levels of spirit there will be not one Iota of difference between you and them.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 271

Beloved Brother we would draw close to you this evening for the time has come for you to continue with our writing service.

During your break we have gathered strength and we have allowed yourself to recover from your strokes, which you have done so very well.

Many things have been placed on your path including the withdrawal of your service. Should you have wished to withdraw from this form of service, but we are pleased to re-start your efforts and continue as before.

We have watched your desires to enlighten your siblings but we must remind you that the great majority of those who are on the physical plane cannot be enlightened by our words for they have not yet reached a high enough level to disseminate between the spiritual and the physical levels of enlightenment.

Eventually they will understand but it may take a few physical lives before they are ready to accept that this earth life is the one which is imagined and the spiritual life is the real and factual one.

With Love From Us.
THE BAND OF BROTHERS

SITTING 272

There are times when we visit the earth planet that we need to accustom our emotions to the gross vibrations which we encounter on these levels.

With yourselves on earth you become hardened to the sights and sounds of the earth and get used to them. With us it is a different matter because we return to our own levels of spirit which are of a much higher and finer quality.

Therefore we do not get used to your level of vibrations. This in itself means that we must re-acustom ourselves each time we visit you on your level.

This is one reason for our visits to work with you to be as short as possible and why we say to you that the power is failing. It is not so much that the power is getting weaker but that we have been immersed in your level of vibrations for as long as we can stand.

Normally in a place like your sanctuary and in closed circles etc. we can attain a level of comfort but when we draw close to people who distrust what is happening they emit disconcerting vibrations which have a seasickness feeling when we draw close.

With Love from us

SITTING 273

Beloved Brother as we draw close to the physical plane vibrations we see a vista of such magnitude that we are at times overcome with the beauty of it all.

You see a plane which can be course and rough at times and you can at other times be in a place

of blissful contentment.

All these things we watch, and, because we know the reasons behind the trials and tribulations as well as the good times you have, we sing our praises to our Creator that everything is going so well.

Knowing, as we do, that everything is going according to plan, to your specification, and at your speed and direction, we wonder at the beauty of it all that everything knits together to make a beautiful tapestry of life which is woven to exactly fit the reality of everyone's personal wishes.

This, beloved siblings can only be.

The Glory Of God

SITTING 274

Beloved Brother as we draw close to you once again it is with pleasure that we note your needs for our lessons that we may give to you. Once again we are helping our brothers in their quest to gain experience of the task that they may become proficient in the art of spirit writing. You may wonder why we do not obtain this experience from the others who do this work but they do not have your special skills of universal knowledge of the makeup and build of this universe. They are, most of them, too entrenched with their religions and religious views and rules to allow us to experiment in the way that we do with yourself.

You have your doubts, we know, and you have your feelings that it might all be a product of your imagination, but you trust us sufficiently to do it anyway..

We told you in the beginning that we would use you for a long long time and this is still so.

We notice that you have realised the different styles of writing here and now to the beginning of this session, which is a further proof of our involvement in this work.

We know that you know the true reason for your lack of the other spiritual gifts such as clairvoyance and clairaudience for if you could see spirit and hear spirit you would be absolutely convinced of our reality and would have no doubts at all of our existence which would take away that, edge, from your strivings to attain the best that you can do.

Dearest Brother, Jim told you you were special, and this is why you are special. You have that knack, that way of thinking which we can use to enlighten our siblings and their are very few who think as you do.

We told you once that your service would be like a pen dipped in a pond of water and the ripples would go to the edge of the pond.

Your spirit writing is on the internet so that everyone on earth has access to it.

We told you once that the people you have helped were numbered as the numbers of a plague of locusts and as each day goes past so these numbers increase.

Your desire to serve is paramount, which is why we keep you on the earth.

With Love From Us
THE BAND OF BROTHERS

SITTING 275

Beloved Brother as we draw close tonight it is with love and pleasure that we note the little one's who are gathering close by.

We note that they have started to gather just before we commence our work for they know that the vibrations are about to begin when we start working.

These vibrations emanate from the various guides and helpers who form the band of workers who are necessary to collect and distribute the power required when we work with you.

This is a natural process which enables us to contact you on the physical plane for though we work as a team on the spiritual planes and work individually in that group we are obliged to join forces as we approach the un-natural vibrations of the physical plane. You upon the earth feel that the vibrations of the earth are natural because you are immersed within them but we of the spiritual planes have to adjust to them before we can draw close.

These little one's draw near because they will need to learn about the physical vibrations so that the can eventually reside on this your physical plane.

With Love From Us.
THE BAND OF BROTHERS

SITTING 276

Beloved Brother once again we are with you as we walk this pathway and we would draw your attention to the spirits who inhabit the birds and the insects etc. upon the earth plane. Each and every one of them has a part to play in the development of the siblings who are incarnating at this time upon the earth. Each and every one of them has a purpose so that we will evolve to a higher level of spirituality on our quest to become the best.

You may find it difficult to understand that these sibling spirits can alter and affect our pathway but we would point out that if they were missing from the earth then the changes in your lives would be catastrophic.

What would you do without the bees, and what would you do without the swifts. Without the bees you would have no plant fertilisation, and without the swifts you would be inundated with the insects, in their millions, which they eat every day, and these are only one species each of the birds and the insects.

The physical plane is finely balanced, so look carefully at its workings with awe and wonder.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 277

Beloved Brother we would join you again in our service to those who are upon the physical plane for there are many spirits who reside upon the other planets of the Solar System and we can help and assist those, who, in various ways, come into contact with our human brothers, mostly in the spiritual domains near the physical levels of our beloved Creator.

You are, whilst upon this earth, separated from the others who are incarnating upon the other planets for you have no understanding of the different forms of life to be found on the other planets.

It is, after all, hard enough for you to understand the differences between you and the other bodies on the earth, which you can see, and touch, and relate to, let alone understand the differences between yourself and the bodies of the other worldly beings who inhabit the other worlds.

We in spirit understand the differences in your bodies because we in spirit have a spiritual body to which you will return when you have finished with your present body.

Always remember beloved siblings.

You Never Die, You Only Change from one Body to the next Body
 With Love From Us.
 THE BAND OF BROTHERS

SITTING 278
 A POEM FOR ME

Once again it is time to be ready
 for the thoughts which come into my head
 As I walk through this life at the ready
 for the thoughts which come into my head
 As I try to be ready each moment
 to recall that the work that I do
 is for me just a moment in passing
 but eternal as learning for you

May this work which has given me pleasure
 be instruction for many and few
 may this work which is given by others
 be enlightenment for all who know

That the Spirit alone is eternal
 and our life on the earth it will close
 so just let us recall that the Spirit is all
 and that service and love are the keys

Once again it is time to be ready
 for the thoughts which come into my head
 as I walk through this life ever ready
 for the thoughts which come into my head

SITTING 279

Beloved Brother it is with pleasure that we join you to continue our service to those on the earth plane and we would speak of the different bodies which our spiritual siblings use when they come to this physical plane in their quest for progress of the spirit.

So many of you think that we humans are the only ones who go to heaven and continue with our

live. This thinking is propagated by the fact that we have a brain, so much more advanced than the other animals upon the earth. This, of course would be logical if we only had a brain. The fact that every living thing upon this earth also has a mind as well as a brain, or a mind without a brain, is never considered to be valid and we therefore, in our egotistical way, reject the possibility that our siblings are on the same pathway as we are.

We even reject the possibility that there are other Mammals on this earth who are of a higher intelligence than we humans are.

We would say to you now beloved siblings that anything which lives and dies on this physical plane is, before it is an earthly body, a spirit, and is therefore a child of our beloved Creator and is therefore your sibling, spiritually.

With Love From Us.
THE BAND OF BROTHERS

SITTING 280

Beloved Brother it is good to draw close and be able to continue with our service to our siblings.

We would speak tonight of the vibrations of music which abound throughout the spirit realms and of course the physical realms as well. There are times when a spirit will approach us and as it draws closer we can tell who it is who draws near by the sound of the music it sends out. We can also tell when a higher level of spirit draws near simply by the quality of the music we experience. Even some of you upon the earth plane can feel those vibrations which emanate from those who draw near and at times can actually smell the lower, grosser levels of the vibrations which are sent out.

It is an unknown fact of life that when you smell a flower you are actually smelling the essence of that flower which is produced by the spiritual emanations of that particular spirit.

Yes, we too can smell the vibrations of our siblings, though in a different way to your physical senses. We each and every one of us emit the sound of our vibrations as well as the scent of these same vibrations.

With Love From Us.
THE BAND OF BROTHERS

SITTING 281

Beloved Brother we would draw close once again with our love and tonight we would speak of the friendship of the peoples of the earth.

It is surprising how these friendships come about and it is usually because of the close proximity of each others spiritual level.

We are here on the earth (and the other planets) to learn how to get along with the different levels of progression which we meet on the earth. At home in the spirit world we meet only those who are on the same level as ourselves, which means we rarely meet those on a higher or lower level and it is one of the reasons we come here so that we will learn to treat other different characters with love and respect.

How many times do you find yourselves at loggerheads with certain people and how many times do you find it impossible to come to terms with the way they live etc. We would ask you to cultivate a certain tolerance towards them and to realise that you yourselves could quite possibly have lived such a life in the past with the very same attitude as they exhibit now.

We would end with the words 'Judge Not' for you know not how you were in the past.

With Love From Us
THE BAND OF BROTHERS

SITTING 282

Beloved Brother we are with you once again for tonight we would speak to you of the reason for the weather with its wonderful balmy days and its inclemental days and of the storms which affect all of the earth.

We have spoken before of the way the weather causes great troubles and catastrophes and how these troubles are used to promote times of travail which bring forth some of the lessons and trials leading to our unfoldment.

We would also point out that it also brings forth regeneration of each and every form of life upon this physical plane.

So much can be learned by the animals when drought is upon the land for when grass is scarce the herbivores go hungry and because of this there are less calves etc. born so that the meat eaters have less to eat and the young cubs do not develop properly or even remain unborn, which means there is less food for us all including us human animals so that we also learn the same lessons as the other animals.

All these lessons are stored away within our spirit in readiness for the time when these lessons will be useful to us and in this way we go forward, continually progressing in our quest to attain perfection.

Do not consider bad weather to be your enemy but think of it as an opportunity to learn to make the best of a trying experience.

Remember that this life on earth is the imaginary existence and that the spirit realms are the real ones.

Our love to all life
THE BAND OF BROTHERS
SITTING 283

Beloved Brother it is good to be with you once again for our work is gaining in strength and tonight we would speak of the birds of the air as they travel over the expanse of the earth.

It is surprising how similar the life of us humans and the life of the birds follows such a similar pathway for not only are we small and helpless when we are first born as the chicks of the nest, we also grow slowly to maturity as we and they reach adulthood. We begin looking for mates, we take the same lines of life where some will sow their wild oats and ignore the results of copulation as we flit from one mate to the next on our pathway through life.

There are others of both birds and humans who will mate for life and will only change partners with the death of one of the pair. They will both nurture and feed their young until they are fit to fend for themselves and go off to find their own life, and the next spring they will start all over again.

Can you not see the similarities of the animals, including humans, and the birds. There are countless variations we know but remember that there are countless spirits who all go different ways but the basis of our lives are the same.

We send our love to all Life
THE BAND OF BROTHERS

SITTING 284

Beloved Brother we would greet you again and tonight we would speak to you of the Brotherhood of man.

It is no little thing to be aware of the brotherhood which should exist between you and your brothers. In an ideal world each and every human being should seek to attain the love and respect of your fellow men, without whom you would be in a very sorry state. Without bonding together with your fellow men there would be no civilisation and you would become savages with thoughts only of robbing and plundering anyone or anything you meet. Life would be ruled by anarchy.

The opposite would be and could be the result of your attempts to become a band of brotherhood who helps and assists their fellow men.

Just as there are bands of men who work together and start wars, so there are bands of men who work together to create love and respect for all other men and in their way promote an area of peace and love.

Consider yourself an ambassador to your fellow men. Choose your side, for you can go either way, will it be love or anarchy.

Both have their rewards.

The anarchy will last at the most your present lifetime.

The love will last for eternity.

The Choice is yours.

We send our love to all life
THE BAND OF BROTHERS

SITTING 285

Beloved Brother we are here once again in service to our beloved siblings and though love is here paramount in our dealings with our siblings we do realise that for most of them they will never be able to understand the beauty and the usefulness of the tales which we expound. There is nothing wrong with this way of events for you cannot put new wine into old skins and you cannot put fresh ideas into minds which are unreceptive to any change.

Too many of you have this fixed mentality which does not allow for change and this, may we add, is how things should be. Some of you are steadfast in your beliefs and others of you flit from one idea to the next in rapid diversion as though tossed along in a babbling brook.

Others of you plod along steadily, slowly gaining crumbs of knowledge as you slowly progress towards your final goal.

Some of you know that you have knowledge of everything and are content to just pass on your wisdom to all and sundry, knowing that all will be revealed at the judgement day.

Others of course know that they have obtained a very small part of the true font of knowledge and that you will never, whilst upon the earth, be aware of the true nature of spiritual life, knowing that you will, when you are ready, receive another small portion of understanding, though it may appear to be the ultimate lesson, you know in yourself it will be superseded when you receive a further portion of truth.

We send our love to all life
THE BAND OF BROTHERS

SITTING 286

Beloved Brother There are many things which are taken for granted in this physical life by those of us who are in the modern world. There is food and shelter and there is work for the many.

Some of us are quite content to let the state supply us with the necessities of life and others of us wouldn't dream of taking handouts from anyone. Some of us will skive off from work whenever we can whilst others cannot do enough for the boss.

We keep harping back to the differences between us all and how this is the way it should be. It is as though you cannot understand that we are all different but this is not the case.

Those of you who read our words do come to realise that the various religious doctrines who try to teach us their ways will tell you that your future life "If you have one by their standards" will stop when you go to heaven and you will remain there forever more.

Even if they know the truth they will not tell you because if they did they would lose their lucrative lifestyle.

Even if they told you the truth about life after death you would not believe them.

Real truth can only come from within and that includes the who you are and what you are.

We send our love to all life
THE BAND OF BROTHERS

SITTING 287

Beloved Brother we are with you once again and tonight we would speak of the love of all life which dominates the spiritual siblings which come to the earth for a period of education.

It is a natural thing for people and animals and all of the other types of being to be wary of the other residents of the earth by virtue of the fact that all of us, whilst on the earth, must gain sustenance and manufacturing materials such as fur and wood and oils etc. from the bodies of our fellow visitors to the earth.

Much is spoken of the various chains of feeding lines of life such as grasses feeding rabbits, which feed foxes and wolves, which feed bears and eagles, and cows eat grass and we humans eat meat and cereals.

But in many cases you will find that within the groups there are many who find love is manifested both for the separate types of each sort and the mixture of each sort who come into close contact with each other.

Your pets are the best instances followed by birds and rabbits, snakes, and ferrets etc. etc. etc.

If you treat them kindly they will return your feelings. Yes even the plants will react to your kindness or otherwise.

Have you not heard of the plants who react to kindness and recoil from those who treat them badly.

Always remember that spirit loves spirit and if it lives on the earth then it is basically spirit.

We send our love to all life
THE BAND OF BROTHERS

SITTING 288

Beloved Brother we are with you once again so that we may render service to our siblings upon this earth plane.

We would speak about the unseen spiritual brothers who serve and service those of you who are incarnate. Time is of no importance for us who are on the spiritual planes and whilst there is a time for things to happen and a time for them to cease it is not within your jurisdiction, nor is it within your time that things will happen. When the time arrives for a certain thing to be placed before you it will happen and yes, we must admit that it is placed before you at times at the worst possible time from your point of view, but, you must always try to remember that it is put there at that time so that you will learn the most from the lesson that you can. Were it given to you at another, better moment, then you would not learn the correct aspect of the lesson.

Complex it may seem to be but not from our side of the fence.

Illogical and impractical it may seem to be but again not from our side of the fence.

We send our love to all life
THE BAND OF BROTHERS

SITTING 289

Beloved Brother we would speak tonight of the unknown work which we all do during our physical rest time.

Whether or not we believe in the afterlife, even though we may believe that there is no God, and when you die that is the end of your life, so you return to the Astral Plane. So there you will continue with your spiritual learning and some of you will commit acts of service to your fellow spirits who are in need of your assistance so that they may progress spiritually. There are some of you who will come back to the physical plane solely to serve those who have gone astray.

For instance, there are some people on the earth who are so convinced that when you die you just go to sleep and that is the end of your existence, and because of their beliefs they do go to sleep when they die and remain there in that sleep state until they are found and woken. Sometimes they remain that way for a long time.

There are others who will find time to go and teach others in the schools of learning and yet others who will attend these schools of learning as a pupil.

The Astral Plane itself is an even greater teacher to us all than the physical plane because there you are on a higher vibrational plane of existence. When you go to sleep you not only allow your body to rest but you allow your spirit to recover from the dense vibrations which you meet when you draw near and on to the physical plane.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 290

Beloved Brother we are with you once again for the time has come to enlighten those upon the earth that the way to seek unfoldment is by developing the power of love within yourselves. No one can tell you what you should do or where you should go to obtain the knowledge which you seek.

What we can tell you is that the only way to find your pathway is to develop the power of love

within yourselves of every single life which you meet as you pass through every day.

Think of every one who may have had a bad thought about you and consciously send them loving thoughts and healing thoughts, wishing with all your heart that they will be well and prosperous for as long as they remain upon this earth. Think next of those whom you hurt as you go through this life, there are the weeds which you remove, and the vegetables which give you sustenance as well as the cereals, and the hedge which will become overgrown if you do not trim it back. All are bodies enclosing spiritual siblings which you must use in your daily lives. Learn to love them as you do your physical siblings. It takes practice but eventually it will come as second nature.

We send our love to all life
THE BAND OF BROTHERS

SITTING 291

It is good to be with you once again and to recall that service to all of your siblings is the greatest gift that you can give to any of your siblings. It matters not how great or small your act of service is for though your act may be a trifling thing to yourself, you will never know what the final consequence of your act is. Great Oaks from little acorns grow is how we would describe the consequences of those acts. It was once described to you that any single act of service or kindness can result in it being the cause of other acts being given because of your one act of kindness and these other acts by other people will be credited to your karma as though you had committed the act yourself.

God, in his wisdom, gives all credit where it is due, and do not forget that service to others can also be given by acceptance of a gift to you so that the giver can feel he has expressed his gratitude to you.

We send our love to all life
THE BAND OF BROTHERS

SITTING 292

Beloved Brother we would greet you with our love and would draw close that we may speak of the things which matter in this earth life. Many times we meet up with people who believe that they must do certain things and follow a certain path so that they will fulfil their destiny. For the most part this is so but do you not think that things must be guided by you so that it will come out right.

We guide you whether or not you have spiritual knowledge and can you honestly believe that you would take a different path if you walked a non spiritual path. There have been so many of you who have led a saintly life full of loving care who would never consider or wish to know about your spiritual ramifications. They would never consider entering a spiritual church or joining a spiritual organisation and yet they are kind and gentle and helpful to a fault. Do you think for an instant that they are any less spiritual than you are with your rules and regulations telling you what you should do and how you should do it. You act these ways to act correctly. They act the same way to follow their heart. We admire and respect both ways of doing things and would find no fault with either way, but you must admit that the easier way must be those who just follow their heart.

We have said before and we will say again that unthinking service is a divine act of the highest quality.

We send our love to all life
THE BAND OF BROTHERS

SITTING 293

Beloved Brother we would join you again as we approach another session of service.

It seems strange at times to work this close upon the earth plane for we are loath to bring to you the realisation that though we write for all humanity, very few will take any notice of what we say.

It seems sad to you but we know that only a few will understand our ministrations, not because they as spirit are unable, but because they as humans are not allowed to. This is so for many of our siblings because, as we have said before, understanding the reasons for being on the earth, would be like giving them the answers before asking the questions.

This is something which you must all remember during your dealings with our siblings, that

though they may be of a higher vibration than yourselves, this knowledge would negate the lessons that they need to learn.

Preparation for your future life here is so important and it is necessary that you select the correct guides and helpers, some of them being of a higher level than yourself and others of a lower level of unfoldment so that your various lessons shall be to the correct conclusion so you must never consider one guide to be better than another. Nor should you consider any one lesson to be a better lesson, or more profound lesson than another.

We would reiterate from a recent SITTING that Great Oaks from little acorns grow and this also applies that profound learning can grow from little incidents.

We send our love to all life
THE BAND OF BROTHERS

SITTING 294

Beloved Brother we would greet you with our love once again for tonight we would draw your attention to the little ones who are inhabiting the physical plane for the first few times in their search for enlightenment.

It is always difficult for them to bow down to the restrictions of this plane at these times because previously they have had the freedom to do exactly as they wish.

It is so much easier for us who have been here many times before because the spirit itself has learned to accept that the trials and tribulations are all part of the work which we must do to obtain enlightenment.

For the young spirits do not really want to be here at all but they know that without this training they will not be able to go forward and since this has been their one desire for some long time they know that they must go through with it.

This time is seen as being well spent when the initial stage has been passed through, but at the same time it is difficult for them.

We send our love to all life
THE BAND OF BROTHERS

SITTING 295

Beloved Brother once again we would draw close to speak to you of love in all its manifestations.

It seems a small thing to do when you love some one or some thing but if you were to see it from our spiritual side of things you would realise just how important this love of all life is.

It not only drives you to please the one or thing that you love but it also attracts thoughts of love from them to you in many manifest ways.

These thoughts also create feelings of friendship to other beings who are attached to those whom you love which in itself generates further loving thoughts which continue to flow outwards to others who are connected, to those who are connected, to those whom you love and so forth and so forth ad infinitum until you find that you love every living thing.

When you finally realise that anything which lives and dies on the earth is a physical representation of a spiritual being then you begin to understand the simple complexity of this life on earth and why each of us has a part to play in the wonder of creation. You also begin to realise the

importance of your own development within creation.

Many of you will understand what we are saying now. Many more will, because you have read this, come to realise what we are saying and follow through to complete understanding.

A body is a body no matter what form it takes but only spirit can give that body life, and remember that God is the only one who can give spirit life, in his own image, which makes You a God in embryo. And the driving force of all this is Love.

We send our love to all life
THE BAND OF BROTHERS

SITTING 296

Beloved Brother we would speak to you this evening of those who would bear witness against you because you do not follow their teaching and refuse to accept their way of life. You must find it within your heart to forgive them when they speak against you and send them thoughts of love at all times for they are only doing what their peers tell them to do and instruct them to speak against those who do not follow their way.

It is after all, the pathway that their spirit has chosen them to take so that they will learn another aspect of the physical life. Always remember that in all probability you have led a life thinking exactly as they do now.

This sort of thing happens so often as you go through your experiences and it is in fact the only way that you will reach every type of situation which you need to go through.

The fact that they are so adamant about their way being the one and only way to the true God is in itself the teacher of the lesson they must learn and should you ever find a way to convince them that your way is the right way then you will probably find that you have helped them to fail in their purpose of life.

To someone who knows that they have got it right and everyone who thinks differently is wrong then you can only agree with them. Send them your love, accept that what they say is correct for them and send them your blessing as you go on your way

We send our love to all life
THE BAND OF BROTHERS

SITTING 297

Beloved Brother we would join you once again as we work for our spiritual siblings and tonight we would speak of the things that matter both in the physical plane and the realms of spirit.

Great acts of kindness are unfolded by our siblings whilst they work among the incarnated beings who live on the earth, and also in the spiritual realms.

Also great acts of heroism and bravery which are recorded and lauded by the many who speak of these deeds. At the time of these acts there is never any thought of reward or recompense and this is made even more beautiful by the fact that they will never be mentioned to anyone by the doer of these good deeds.

But the ones who really benefit from these acts are the people, or animals etc, who do the good deeds for whilst they may receive no benefit for what they have done on this earth plane they will receive spiritual benefits in the form of love and gratitude from the spirits of the ones they assist on the earth.

God in his wisdom allows no debt to remain unpaid, whether or not the deed is good or bad and love will repay the good whilst your regret will repay the bad.

We send our love to all life
THE BAND OF BROTHERS

SITTING 298

Beloved Brother we would speak to you again and we would bring to mind the love of family and friends.

The love of family does not always happen as most of us all understand it and there are times when feelings of hate replaces love. Many of you wonder why this is so and there are so many reasons for these feelings, some of them caused by jealousy, some of them being caused by being bullied as a young child by your siblings, there are even cases of incest and torture. Sometimes the reason is pure sadism and is caused by the pleasure of inflicting pain of both the younger members of the family and also of the parents. It is of course unacceptable that this pain should be caused by anyone to anyone but it is a fact of life that it occurs, and we would point out that it is very often arranged beforehand by your own spirit so that you may go through this pain.

Have you not heard from others that the lesson of pain is to be expected whilst on the physical plain, for where else would you experience pain except here on earth.

Without this experience of pain you would be spiritually lopsided in your progress through the levels of spirit and yes we know that for most people the thought that you come here to experience pain is contrary to what you think life on the earth is all about but then you are thinking with your physical brain.

If you can learn to think with your spiritual mind you will find that physical pain does not matter to the spirit except in so far as your lessons need to be addressed, and experienced.

Please remember that this is all that matters to your spiritual being.

It is why we come here.

We send our love to all life

THE BAND OF BROTHERS

SITTING 299

Beloved Brother we would speak to you tonight of those who do not know of God, and those who refuse to believe in his existence.

Many of you get worried that, as they do not know or believe in God they will not know of any afterlife and will not know how to make contact with the spirit world when they pass over. Many of them will be met when they pass through the veil just as you will be met by friends and relations and spirit guides. Those who have never thought of death and die in their sleep even, will have those who care for them and who will minister to them at the correct time.

There are always those who are on the same spiritual level who go to meet their friends at the time of their return from the physical plane so there is never any cause for concern over their passing

We send our love to all life

THE BAND OF BROTHERS

SITTING 300

Beloved Brother we would speak to you again for there are things which must be told so that you yourself and the others who read these words will understand a little better what your pathway is.

We walk with you for some of your time and we see the placing in front of you of the experiences which you need to gather and for the most part everything goes well. Sometimes you take a wrong turn and we will alter the things you will acquire and the places you will go to in order that you meet those whom you need to contact.

These alterations will not matter to the end product of your spiritual life.

When you have reached the end of your incarnations on the physical plane you will have risen above these lower vibrations and you will be unable to return to the earth except by going, with their permission, into someone who is still on the physical plane.

You can then help and assist more of your siblings to raise them to a higher plane.

Always remember that the higher you evolve the more you desire to serve and assist your younger siblings and, may we add, the more we assist our siblings the higher we shall ourselves become evolved.

We send our love to all life.

THE BAND OF BROTHERS

SITTING 301

Beloved Brother we are with you once again and tonight we would speak of the trials and tribulations which befall all of us as we progress throughout our journey through the physical plane.

It is always with trepidation that we draw close to another lifespan on this plane whether or not it is on the earth or any of the other planets which form our Solar System.

We know that you of the earth maintain that you only come here as human beings, and for this part of your unfoldment you are correct, but please try to understand that the earth plane is only one aspect of your multiphased existence and that there are many many other aspects of your life as a spirit when you come to the physical plane, both before you come to the earth plane and after you have finished with the earth. You are Spiritual beings and you must learn all about physical things so that you will be able to construct your own physical plane within yourself and this you cannot do in a few visits to one type of planet (and some of you even think you only have one visit to this planet).

You will never, on this earth, comprehend what you really are now, or what you will be in the future. So let us point out again that a body is made to house a spirit and all spirits are the same until they enter the physical realms.

Then you have the ant and the elephant.

And you have the minnow and the whale.

We send our love to all life

THE BAND OF BROTHERS

SITTING 302

Beloved Brother we would draw close at this time so that we may speak of the beauty which we see when we draw close to those siblings when they express the love which they have for all other spirits whom they meet both on the earth and in the spiritual planes.

This love they express to others with their mind and in doing so their appearance alters and their colours become brighter and stronger. It is something which can be seen very easily by us in spirit and we know immediately by their aura that their love of all life is growing deeper and stronger.

It is a similar reaction to those who tell lies for if they do their aura will turn a deep red. where as the aura of those who are learning to love unconditionally will turn a deeper colour according to the main colour of their aura which of course changes gradually as that spirit progresses to a higher state of evolution. True unconditional love is the only emotion which brings on a state of rapid growth within our quest for perfection.

We send our love to all life

THE BAND OF BROTHERS

SITTING 303

Beloved Brother we are with you again in love and in service to our fellow siblings. We would speak tonight of the seeming clouds of life which form together as flocks of birds or schools of fish or swarms of bees etc., all acting seemingly as one of a crowd which seem to work as one, and with one accord, and yet if you separate a single unit it will begin to work to its own itinerary to go its separate way or rejoin the main group.

This diversion or amalgamation of different forms of behaviour seems to occur so often with no apparent change to the normal way of things that when a change finally occurs it is often missed for a long time because the actual change is so small, but change it is and is the process by which all evolution is brought about, not so that the new body or animal may be a better result, but that a better spiritual

vehicle shall come about for your more advanced evolution.

We send our love to all life
THE BAND OF BROTHERS

SITTING 304

Beloved Brother as we gather here in this your evening we would think of all the different lives who live on all of the planets of this our solar system, that they may know of the beauty of this our physical lives.

Many of you who know of the wonders of these lives are unable to comprehend that each life is connected to its spiritual life and at the time of our sleep state they all return, as we do, to the spiritual realms. We may not think of spirit during our time here in the various worlds and in our various bodies but we do know what we are when we return to our natural state. It could not be otherwise for we must return to our sleep state so that we may renew our strength and spiritual fitness so that we may continue with our physical life.

These bodies which we occupy are by no means perfect and though they could last us for much longer periods than they do it would not suit our purpose if we lived for a greater period than we do.

Take for instance the short life of a fly, or the longer life of a wildebeast, or the life of a human who can live for a century, or a tree which can reach an age of hundreds of years, or of some yew trees which have been alive since the time that Jesus lived on the earth.

You tend to think of life as being the same as yours without realising that God in his wisdom is infinite, and so are his children's lives, and his children's variations are just as infinite.

We send our love to all life
THE BAND OF BROTHERS

SITTING 305

Beloved Brother we would draw close once again for there are many things which those of you who accept the true wonders of spirit can realise and thereby understand better the wonders of spirit.

Much is said of the wonders of spiritualism and the understanding of the spiritual way of life which is unfolded to us. There are those of us who believe that the spiritual pathway is the only true way of life for all of us who live upon the earth. We would point out to you that the other religions all believe that their way is also the only way to God and that those who think differently are on the wrong pathway. So please ask yourself the question

"Why is your way so different that they are wrong and your way so right".

Spirit will tell you that you should do this and you should do that.

Have you never heard a message of how to act being given to someone, and the very same evening some other people being given a different set of rules which in its way counteracts the first set of acts or rules.

The simple explanation is that both sets of actions are for different sets of people and as all peoples are different both in understanding and in levels of evolvment they have both been given the correct instructions in how they should act.

Nothing in this world is ever hard and fast for everyone, nor is it correct even for different times. It is only correct for you at that time alone.

We would remind you of a previous time when we stated that,
 "Truth is eternal and for all time"
 "Until you turn the next page".

We send our love to all life
 THE BAND OF BROTHERS

SITTING 306

Beloved Brother we would greet you with our love as you return to your labours of service to all life.

We would speak to you tonight of the wonders of advancement for there is nothing greater than the unfoldment of the spirit and there is nothing sweeter than the sight of someone as they progress through the levels of spirit. Many times we watch as you conquer your foe's and setbacks of the physical plane and all that it entails. Often we applaud your efforts, even the one's in which you seem to fail because you do not understand the purpose of your lessons.

Do not misunderstand us that we seem to take pleasure in your failures for we know that you will rejoice with us when you return to our spiritual levels and perceive the true lessons which you have mastered.

Always remember, beloved sibling that nothing on this earth is for nothing. There is always good purpose to everything that happens.

Bear in mind that it is of no consequence that your earthly plans have failed to materialise.

Remember our channels favourite saying " Will it matter in a hundred years".

That is how much your success matters to the spirit realms.

What matters is the experience you have gained as you go through this life, not the things you do to attain your goals.

We send our love to all life
 THE BAND OF BROTHERS

SITTING 307

Beloved Brother as we gather here this evening we would rejoice that the means of service are brought to us in so many ways.

The time that we consider to be our own time which we are giving by our free will is the best and most important times in this our daily lives for it is something which we give of our own accord and is therefore of a better quality than the times when other duties call.

We send our love to all life
 THE BAND OF BROTHERS

SITTING 308

Beloved Brother we would draw close this evening with thoughts of love and service for we would point out that love leads to service and service leads to love and it is this combination which

strengthens and motivates the acts which draws each of us closer to the higher levels of service to our siblings

Many times we see our siblings grow in strength and resolve as you work towards unfolding yourselves by your actions of love and service.

Many times we see you reaching new heights in your efforts to do better in your labours.

We who know the true pathway which you walk realise that it is only by your own efforts that you will evolve to the heights which you have set yourselves as you set out on your own eternal pathway of evolution and it is with great pleasure that we place in your mind the thoughts which lead you to the next step.

The planets, when they are no more, will be remembered for you will need to form your own planets in your own Solar System. The Sun will be your Sun, formed by you, to serve your own children so that they may grow to be like you and it will all be possible by the power of love.

We send our love to all life
THE BAND OF BROTHERS

SITTING 309

Beloved Brother we are gathered here this evening for we would think of those who are ailing or in need as they walk through this earth plane.

Many times we see those who can and would be helped but who have no one upon the earth plane to think of them. We of the spiritual realms would be only too pleased to assist our siblings but we are restricted from doing so to allow the others to transmute their karma by helping those in need..

There are also those on the physical plane who are transmuting their own personal karma by experiencing this pain, but, this pain could be lightened to a considerable degree by those healers who, as we do. send out our healing and love to all life.

We all, yes every one, generate karma and we should all send out absent healing to raise the vibrations of our siblings.

We send our love to all life
THE BAND OF BROTHERS

SITTING 310

Beloved Brother we would greet you with our love in preparation of our service to all of our siblings.

Many times we watch our spiritual friends who have taken on the physical bodies of what you humans call animals and insects and fish and plants and we often wonder if there is a way to bring our human siblings to realise what animals etc. are, and how they fit in with you human bodied spirits.

For so long now have you been indoctrinated into thinking that your human brain makes you some special being that you cannot now begin to understand the true nature of what you are, or that your mental powers are irrelevant to the true you.

No one of you seems to realise that when you leave your physical body behind you are exactly like any other spirit with all the mental powers of any other spirit.

All roads lead to God is common knowledge, but what is not realised is that the God you are heading for is you as an evolved being with all the powers of your Creator, and, we would add, much more than God is now.

This is the way of evolvement and there is nothing which will stop it.

We send our love to all life
THE BAND OF BROTHERS.

SITTING 311

Beloved brother we would greet you once again for tonight we would speak of the unthinking healing which all of us send out to all those whom we think of as we walk through this physical life.

Healing is such a diverse form of love and desiring to help other life forms that we encounter.

You set up your conditions and rituals before and during your healing times and we applaud your actions, but you do not realise that in unthinking moments you also send out unconscious thoughts for the

welfare and comfort of your other inhabitants of the earth plane.

Just as we have explained, unthinking love and unthinking cruelty which you send out also in thinking good will and bad will which will travel to the recipients unless you correct your way of thinking so that you countermand immediately any thoughts which you should not think.

Thinking the thoughts which slip into your head is something which you cannot alter. It is the dwelling on these thoughts which is wrong when they are cruel or unkind.

We send our love to all life
THE BAND OF BROTHERS

SITTING 312

Beloved brother we would greet you once again and tonight we would cast our thoughts upon the earth and all of the other planets for there are many things which you not only misunderstand but also do not comprehend in your search for knowledge of the universe.

Nothing which you know can compare with the wonders of the life which exists within the Universe and the Galaxies or even the Solar Systems which are all connected to each other, not only by the gravitational attraction which exists in every part of our universe, but also by the spiritual attraction of every atom in this our universe.

We have taught you that all life on earth is spirit which is incarnating on to the physical plane but you should also realise that every atom on the physical plane is also spirit who are beginning to experience the physical level of consciousness.

Comprehension of this state of affairs is confined to some of you, not to a certain level of evolution, but to a certain way of thinking, or we could say to a certain aspect of your total being.

We send our love to all life
THE BAND OF BROTHERS

SITTING 313

Beloved Brother it is time once again for us all to join in service to our beloved siblings and we think tonight of the beauty that is life and how it proliferates throughout the Solar System that we live in.

There are so many forms of life within this physical plane that you would find it impossible to count them all, and yet this is only one small level of existence within the domain of our beloved Creator.

There are levels below this plane we live on and there are levels on the higher vibrations of our beloved Creator. There are many levels which are fast enough to cease to exist so far as we are concerned, but we, in the future, will reach these levels as we progress and then it will be found that the physical level will not exist to us.

The vast, ever growing, ever evolving, conglomeration of life is so complex that even we cannot comprehend the scale of it all, and it is all held together by the love of our Creator for his children.

We send our love to all life
THE BAND OF BROTHERS

SITTING 314

It is with love and pleasure that we commence our service to all life by lifting each of you a little higher on the road to your evolution.

You are, of course, unaware that each time you are raised a little higher you edge yourselves further up the ladder of your evolution. This occurs so many times and in so many ways that, even though the lift may be so small that you do not notice it, it is still an advancement and goes towards your total improvement.

Those of you upon the earth do not ever consider your position in relation to your total lifetime improvement and to be frank it is as well that you ignore these things for if you did you would be forever checking on yourself, but it is a fact that many little steps up will eventually bring you to the top of the mountain just as surely as taking a lift would.

Be not dissatisfied with the little steps you may take. Remember that slow and sure will reach your goal and may even prevent you from a serious fall which could set you back seriously.

We send our love to all life
THE BAND OF BROTHERS

SITTING 315

Beloved brother once again we would join you as we prepare to be of service to our siblings.

There are many things within this life which we ignore and other things which we just do not think of for with our busy lives we have little time to remember the pain and suffering of those who are unmentioned in our daily lives.

Often it comes as a shock when we are reminded that a country or continent are in difficulties and have been for some time without us knowing about it. We then regret that we have not sent them any thoughts to cover those who are in trouble. This is why we say to you that you should have within your general prayers a codicil to cover all who are ailing or in need.

It is not your prerogative to be specific in who you send healing to though you may of course include certain people and animals, but you should also include those of whom you have no knowledge.

This way you will include all lines in all races on all planets etc. of this our Solar System.

We send our love to all life
THE BAND OF BROTHERS

SITTING 316

Beloved Brother it is with pleasure that we draw close to you again for we would speak tonight of the plant life.

Our siblings who are restricted in their movements and who must remain for their lifetime, locked by their roots, to learn the lessons which such a situation will teach them.

You who are able to travel about the earth have no conception of how it must feel to have catastrophes like fire and flood approaching you and be unable to get out of the way.

Think how it must feel to have your roots torn from the earth and left suspended in the dry unnatural air, causing your sap to dry up slowly until you die from the lack of food and water.

Or you suddenly find yourself being chopped up and devoured or even placed in a vase of water, unable to complete your life cycle to go to seed, that those who cut you down may admire the beauty of your colours.

Remember dear siblings that they knew how things might be when they chose to be a plant and that just as animals eat animals and plants, so you must eat animals and/or plants.

Otherwise you would not survive very long.

We send our love to all life
THE BAND OF BROTHERS

SITTING 317

Beloved brother once again we would draw close that we might aid our siblings.

Tonight we would speak of the love of all life that is the basis of all service to and from all our fellow spirits whether they be incarnate or discarnate.

We seem to keep on about this love as being the only essential requirement on our pathway through our unfoldment, and in truth you are correct in thinking this. It is such a necessary part that without it you will not get very far along your pathway, and you will remain close to the physical plane or even below the physical plane until you attain that love of your siblings.

It is not that you cannot progress, it is just that you do not progress to the higher spheres until your love of all life is established.

Then, and only then will you begin to glow from that tiny speck of life to the glorious blazing

light which is your sun or even your galaxy.

We send our love to all life
THE BAND OF BROTHERS
SITTING 318

Beloved Brother we would join you again in love and service for tonight we would speak of the pain which we all feel during our sojourn upon the earth plane. A great many of you believe that this pain which you feel is the work of our beloved Creator and it is amazing how many different reasons you give for this physical pain. Many think that it is caused by past karma which you must suffer and others are convinced that it is for your present lifestyle because you have not done the right thing or thought with the right compassion.

None of these reasons can be put down to karma and you can never find that karma will be worked out by physical pain. There are others who will say that there is no God for he would not allow you to suffer such pain if he was a true God. No, dear sibling neither God or any other spirit will deliberately set out to cause you pain. The only person to cause you pain is you yourself and the reason for this is that suffering pain is a part of your spiritual development.

It is not that you enjoy your suffering but just as you have two sides to every phaset of your being.

Just as you have a dark side as well as a light side, so you must develop joy and sadness, hope and despair, acceptance and rejection, and even love and hate, so that you will emerge in perfect balance, not with anyone else but with yourself.

We send our love to all life
THE BAND OF BROTHERS
SITTING 319

Beloved Brother once again we are with you in love and service for tonight we would speak of the laws of the universe.

Many times we come across people who state that this or that is one of Gods laws. Little realising that this is something which is a universal law to which our Creator is subject to just as we are subject to it.

These laws do not come to us as packages of rules but as natural unalterable conditions which are necessary if the universe is to hold itself together.

We send our love to all life
THE BAND OF BROTHERS

SITTING 320

Beloved Brother we are with you once again that we may speak of the single path which we all have to travel through this earth life.

It is not without wonder that we survey the multitude of different paths which we of the human race have to take as we go forward in our search for enlightenment. Each path which we set out before starting our journey is designed to teach us the maximum amount so that we may keep our visits to a minimum.

This is not done because others are waiting to take our place for there are so many others who come to the planets in their various guises that there is no shortage of spaces for our sibling spirits.

Your physical brain has no comprehension of the vast multitude who are residing on the earth at this present moment. Remember dear sibling that a grain of sand has 10,000 atoms in it and then think of the number of grains of sand and you begin to realise just how incomprehensibly vast your Creator is and think how one day you will be as your Creator is now.

We send our love to all life
THE BAND OF BROTHERS

SITTING 322

Beloved Brother we would join you again for we would speak of your prayers and the lack of prayers by your siblings.

It is known that thoughts are living things and prayers are thoughts so it is natural that prayers are also living things and in the way that you pray so shall your prayers have a beneficial effect on those whom you pray for.

What we have just said would lead some to think that all prayers come true and would consequently expect also that all your prayers are always answered.

This, of course, does not always happen and there are those who will immediately say that prayers are not answered.

We would say to you now that all prayers are answered, but, if your prayer will cancel out a lesson or experience which you need to go through then this requirement will alter or cancel your prayer.

We have said before that if you meet something which you can avoid, then think twice about avoiding it for if you do then you will be brought to and presented with the same problem so that you can gain the experience of it, and that, after all, is all that matters.

We send our love to all life
THE BAND OF BROTHERS

SITTING 323

Beloved Brother once again we are with you in love and service and tonight we would speak of all life within the Solar System.

It is amazing, even to us in the spirit realms of the infinite variety of levels of spirit who reside within our Creator, each one on the ascending progression towards perfection.

Each level completely on its own and separate other than the few who are able to comprehend and mentally draw close to those on the next level up or downwards. And so we keep in touch with the reality of a greater design of our Creator as he assists us all to progress within ourselves.

We know that there are a great many of you upon the physical plane who cannot accept the thought that we are all drawing closer to the time when we will all have reached the level of spirituality that our Creator holds now, but this is only by the restrictions imposed upon you by your spiritual self.

We have said before that your Creator once lived, as you are now, upon his Father's physical plane, just as, in time, your children will live on your physical plane.

It is the natural progression of all spirits to grow and evolve in this way.

We send our love to all life
THE BAND OF BROTHERS

SITTING 324

Beloved Brother we are here again in love and service for we would speak this evening of the companions of the spirit who are always with us throughout our physical lives.

You walk through this life never thinking of or knowing about those who minister your bodies needs.

You never know of the ones who look after your general health and all that that entails. You do not know of the adjustments which are needed to continue with this body which is attacked by so many things such as germs in the air and impurities in your food and water.

You are unaware of most of these things until you meet a situation where you can learn from the experience and you go down with an illness or bone fracture.

Some of you go through life counting the things which go wrong and you consider your " Bad Luck " at catching whatever ails you, knowing nothing of the work which is done so that you be free of the maladies and even organ repairs which are unknowingly carried out for your continued good health.

So next time you count up your ailments etc. be glad of the things you never got because someone was watching over you.

We send our love to all life
THE BAND OF BROTHERS
SITTING 325

Beloved Brother we are with you again that we might speak of the constant workers for spirit who year after year and week after week give up their time to follow their path of service to those of us in the spirit world who wish to enlighten their siblings who live on the physical plane.

Much is said of their efforts and how, without them, the earth would be a much less spiritual place.

But when you look at their lives you will notice that they always seem to be in the right place at the right time.

If you enquire deep enough you will find that the work that they do will not only benefit those whom they meet but will also benefit the workers themselves for they must, in their turn, be given service and also receive service in order that they may experience both sides of the serving mode.

It is said that it is better to give than to receive but from the point of experience both must be applied in equal measure if we are to remain balanced.

We send our love to all life
THE BAND OF BROTHERS

SITTING 326

Beloved brother we are with you once again in love and service and we would speak tonight on the road which you must take in order that you will assist your siblings on the physical plane.

As we look upon your efforts to live with each other there are those who delight in being of service to everyone, going out of there way to make life easier. There are also those who seem to delight in being unhelpful and awkward at times.

To us who live in the spirit realms it is so easy to understand why these differences come about but to you on the earth plane they just seem to be 'Just deliberately unhelpful'

We know that to you, you can only work on the premise that they are being nasty. With your

narrow vision of life it is all that you can understand.

To most people who do not understand that before you arrive on the earth you have arranged your parents and family siblings. You have arranged the circumstances you will live under and whether or not you will be rich or poor during your life, the number of children you will have and even how long you will live.

All these things you must understand before you can know why someone is loving or just plain nasty to you.

The reasons for being that way will not be known to you just as you yourself will instantly like or dislike people when you meet them.

Please remember that you should never ever judge someone for you do not know the reasons for their dislike, nor have you lived their lives and can never realise the reasons for how they feel.

We send our love to all life
THE BAND OF BROTHERS

SITTING 327

Beloved Brother we are with you tonight in love and service for tonight we would speak of the plant life which grows profusely on the land and also in the sea.

There are certain things which we must all learn as we work our way through the various levels of our spiritual life and many of them require us to be docile and inactive as we grow to earthly maturity and into old age. The constant struggle which we have and the changes in environment which sometimes cripple our development are all lessons which we need to learn and experience.

We hear so many times the complaint of you humans that God would not allow you to deliberately suffer such things as having limbs or branches torn from you or eaten by other animals.

And yet you see these things happening every day.

God makes only one rule and that is that you have free will to develop yourself in any way you wish and if you need to develop in a certain way then you will arrange to go through the experiences which you need to, even if that pathway requires you to suffer pain.

It is your spirit which causes you to suffer this pain, not God.

We send our love to all life
THE BAND OF BROTHERS

SITTING 328

Beloved Brother we would draw close once again for we wish to speak tonight of the love which permeates the whole universe and we would say that it is the one and only constant which is there to direct the building of the future galaxies and the suns within them, yea and even the Solar Systems which will form, in due time, so that we who are growing up as it were, will fulfil our destiny.

It is this destiny which keeps us on the straight and narrow path to produce our offspring and allow them to evolve. A great many spirits will come to the end of their story at this point and will look no further into the future for they cannot envisage anything further than that we shall become a universe in our own right. Coming to the end of our universe is not, nor ever will, be the end of our story, but as we have explained before it will be the end of the beginning of our life.

We send our love to all life
THE BAND OF BROTHERS

SITTING 329

Beloved Brother we would be with you again and tonight we would speak of all things which are relevant to the physical plane for there is much which you do not understand about this temporary spiritual level. The first and most important thought which occurs to those on this plane is its permanence and this is the first mistake that you make when considering the earth plane.

It goes on in an ever ending stream which, as it were, is a necessary part of everything, and yet when you leave it behind it is as a passing moment which will only last for a few billion years, or eons of time, according to your spiritual progress. Not all spirits follow the pathway of the physical plane for if you have no need to learn these things then your pathway will be directed to other levels of progress and since you decide which way you wish to progress then so it shall be for you.

All spirits are different and take different paths. This is the wondrous beauty of spiritual life.

We send our love to all life
THE BAND OF BROTHERS

SITTING 330

Beloved Brother it is with pleasure that we join you again for tonight we would speak of those who are in the lower regions.

Of those who live in these regions there are those who have only progressed a little or it may be that they are young spirits who are happy to live as they do having everything they desire as they are.

It will come to them in time that there is more to life than being where they are and they will begin to wish for other things.

They will then realise that before they can obtain these other gifts from God they will need to progress to a higher, finer level of understanding and so in this way they will try to become better spirits.

As they open themselves to the higher vibrations and evolve a little they will become aware of even higher levels unfolding around them until eventually love will enter their world and with all the other emotions such as hate, greed, and envy, and they will join the throng which comes to visit the physical plane with all its countless lessons until eventually they will learn the lessons of unconditional love and will gradually slip through to the summerland and beyond.

All of these things will take a time beyond your understanding for there is no time by which you can compare your progress. We know that there are many who will tell you differently and to them we shall admit they speak truthfully, for themselves.

We say again to you that each of us walks our own different path so that our pathways shall be different.

We send our love to all life
THE BAND OF BROTHERS

SITTING 331

Beloved Brother once again it is our pleasure to be with you for tonight we would speak of time.

During your sojourn upon the physical plane you have night and day to contend with and to be truthful not a moment passes that we are aware of what is happening around us, at least when we are awake. Unless we have a watch or clock that we can see, there is, however, no knowledge of the passing of time nor any indication that time is marching on.

Many of you wonder why this is so and feel uncomfortable that whenever you forget time it will cease to exist until you next look at a clock.

This happens because in the real world, the spirit world, there is no time and it is never thought of. There are no days, there is no night so that there is nothing to gauge its passing.

The only way you can find to express an eon of difference is to realise that you have evolved to a higher level of vibration and are therefore on a higher level of evolvement.

Time only exists when you have invented the clock and the calendar, which is why sometimes a day or five minutes can seem like an eternity, or, when you are happy it can be like a moment in time.

We send our love to all life
THE BAND OF BROTHERS

SITTING 332

Beloved Brother once again we are here in love and service for we would talk tonight of the little ones who walk and crawl upon the earth and to those who burrow beneath the surface.

There are so many of you humans who give no credence or consideration to the moles and the worms or the midges or the fly's. None of them are given any consideration as living beings nor are they even considered to be of God's children, but the fact is that they are all spiritual beings with a spiritual mind of their own and are loved by their creator just as much as you intelligent beings.

Today you have some importance as a member of the human race with a working mind with which you can reach the stars, but you forget that besides a brain you have a mind which bears no relation to your physical brain and is so powerful that it can produce anything it thinks of.

This being the case why cannot the worm or the mole or any other living being have the same power as yourself. Why must you be better than them and why can they not be more evolved than yourself, spiritually.

Why can you, who know not why you are here, be able to say that you know better than they.

When you consider that most of our saints and spiritual masters were born in the lowest of positions you will begin to comprehend that the greater the purpose of a life starts with the most humble beginnings.

We send our love to all life
THE BAND OF BROTHERS

SITTING 333

Beloved Brother we would greet you once again with our love for tonight we would speak of the wonders of ignorance.

You often find that we do not tell you of what to expect as you forge your way through this life, nor do we tell you of what to expect or even what you should do in any circumstance. You feel let down by us because you never gain from us any advice as to where you should go or what you should do so that you may gain further knowledge and spiritual progress in your life.

Some of you even believe that we do not care whether your life is a success or not. This, of course, is untrue for our sole purpose in your life is to help guide you and this we do at all times, but we would ask you to remember what we have said before. "It is no use you being here on earth if you know the answers before we ask the questions, and it is no use telling you what to expect before it happens to you."

Why do you imagine that you are sent to the physical plane with your memory erased concerning anything spiritual.

Some of you return to earth with psychic memories both physical and spiritual and others with no memories at all. Do you not wonder why. It is obvious that they are wanted or not wanted on voyage and would be a hindrance if it were otherwise.

We do not tell you these things with good reason though you must admit we do tell you what you need to know, but not what you wish to know.

We send our love to all life
THE BAND OF BROTHERS

SITTING 334

Beloved Brother we would speak again of our love of everything which is alive and therefore a spiritual being.

We find so much ignorance within the realms of humanity concerning the amount of life which is within our solar system for you believe that unless something has a physical brain then it cannot be a fully fledged spirit and this way of thinking restricts your thoughts of what is a living being capable of progressing through the spiritual levels of spirit to become a being of substance which will in the fullness of time, produce and manufacture within itself a sun, just as you will produce your own sun and solar system.

We would point out to you that we would not be the only spirits to state this fact for there are others who clearly state that one day in the remote future you will become a universe.

We will not tell you where you will find this information for there are many to whom this information would be dangerous, but we will tell you now that the information is there for you to find and only you can look for it.

We send our love to all life
THE BAND OF BROTHERS

SITTING 335

Beloved Brother we are with you again in love and service that we shall be of service to all life.

Tonight we would speak of those who do not believe in a Creator or any other form of spiritual life after death.

Many of you feel that they should be pitied and enlightened as to the true situation and are convinced that the only thing which can be done to help these people is to try and convince them of the existence of our beloved Creator.

This is a situation which cannot be brought to their enlightenment for they are convinced that there is nothing beyond death and there is no proof or evidence which you can offer to enlighten them, nor is it possible to convince them that what you say to them is true. In fact they will turn your words against you and entrench their beliefs that there is no God by quoting various instances of catastrophes and others pain and suffering to prove their point saying that if there was a God he would not allow you to go through such pain.

There is no way that you can convince them or convert them to realise that there is a God, and you are in fact doing them a disservice because you are entrenching them in their beliefs. All you can do to help them is to steer away from the subject and leave it like that. You should, of course, realise that this path they are on is one they chose before they came to this incarnation and that in other lives they will be entirely different. You too will probably have lived a life like this or you may do so in the future so let them live out their own salvation or even lack of it for you must remember that all roads lead to God.

We send our love to all life
THE BAND OF BROTHERS

SITTING 336

Beloved Brother we are with you in love and service and we would point out that it is this service which is the most important part of our spiritual lives.

There is so many ways that we can serve and yet there are so few of us upon the earth who practise it. This is not something which we would complain about because upon the earth, very few of you practise spirituality and this is how it should be. You who are spiritually minded know that the right and proper thing to do is to give service to all but to those who are not on the spiritual pathway giving service to your enemy's is Alien to all that you hold dear.

This is not to say that these feelings are wrong because it is your right and proper action to protect and assist those that you love and it is also your duty to do the best that you can for you and yours.

We know that by your spiritual standards this type of thinking is wrong but we repeat that for the un-spiritual it is the right thing to do for their ways, their paths, are so different and, we might add, so correct that you cannot find fault with their reasoning.

Accept their different standards and know that they are doing what they should be doing.

We send our love to all life
THE BAND OF BROTHERS

SITTING 337

Beloved brother we are here again in love and service for tonight we would speak of the ailing and those who are in need. So many times do we hear your pleas for comfort in times of stress and travail which our siblings need to go through during their sojourn on the earth. It is so often the result of some lesson we must learn but at other times it is caused by the freewill choice of others, not only humans, who wish to enforce their will upon those around them with no thought as to the consequences of their actions.

Many times we find that their actions will alter our way of life and change the pattern of our lives causing us to take a different route to our intended pathway and we must admit that in many cases the change will result in a more productive learning cycle.

Not all of your changes are bad for you as you will realise when you review the end result of your pathway.

You could also say that a change is as good as a rest.

We send our love to all life
THE BAND OF BROTHERS

SITTING 338

Beloved Brother once again we are here in love and service for tonight we would speak of loving thy enemy's. To many of you who walk the earth plane loving thy enemy is a contradiction in itself for how can you love someone who hates you. Surely, you ask, how can you love anyone who sends you thoughts of utter hate. They may be filled with anger towards you and be ready at all times to do anything they can to injure and hurt you and yours.

When you meet a situation like this then the only thing you can fall back on is your knowledge that in reality they are your siblings, one of God's children who has become, for any reason, angry against you even though you may or may not deserve it. If you have learned to love all life unconditionally then your task is easy for it matters not how they feel about you, for you will love them anyway, but if you are learning to be as good as you can then the only thing you can do is to take them in your thoughts and mentally surround them with your love whenever you think of them.

Telling them of your love will not help them but sending your thoughts of love will.
It is all you can do.

We send our love to all life
 THE BAND OF BROTHERS
 SITTING 339

Beloved Brother we are here again that we may spread the words of wisdom to all who would listen. Tonight we would speak of those entrenched in their beliefs and consider themselves to be on the only pathway to God which will lead them to the afterlife which they have earned by their devotion to the rules laid down by God. There are so many of you who know where you are going and who know that those others who do not keep to the pathway of truth and will be condemned to eternal damnation that there is nothing anyone can do to help them. Help them in their steadfastness and encourage them to abide by their faiths for in doing so you assist them to remain true to that faith. You do not know, nor will you ever understand, the lessons they gain from thinking that way for all of these lessons must be understood by them as well as by you and everyone else who visits the physical plane.

Remember that as you learn the letters of the alphabet you do not understand that they will teach you to read and write.

So too will these lessons teach you to understand other things and so too will you eventually attain perfection.

We send our love to all life
 THE BAND OF BROTHERS

SITTING 340

Beloved Brother we are here again in love and service for tonight we would speak of those who are ailing or in need.

We cannot say that we would have the ailing or the needy in good health, even though we would pray for this to happen for we know that if no one on this physical plane was to be in bad health or to be carefree and happy then they would not be learning their lessons nor experiencing the troubles which they must learn to conquer. We may often seem to be heartless and uncaring of your troubles but we would remind you that this is the reason you come to this school of the physical plane and though we may be upset by your trials we would also remind you that it is you yourselves who chose to visit this earth life to go through these things.

To put it simply our job is to guide you through this travail but it is your job to go through these experiences, and no one can do it for you.

Evolution, your own Evolution, is what drives you on and you will not be satisfied until you have experienced all of it.

We send our love to all life
 THE BAND OF BROTHERS

SITTING 341

Beloved Brother we are here again that we may enlighten those who wish for these words of wisdom.

Tonight we would speak of the wonders of progression of the bodies of all who come to visit the earth plane.

Please do not think that the higher the evolution of the body means that the spiritual being enclosed within it is of a higher level. Too many of you believe that this is the way things work and this way of thinking is caused by your logical brain which, in itself, has no conception of the spiritual workings as they truly are.

Spirit is not interested in how a body is, nor is it interested in whether a brain is working to its capacity. To the incarnating spirit the only thing which matters is how your lessons and experiences will be presented to you and the conditions which will prevail for, if they are not presented in a certain manner then you will come away with a different view of the lesson you have learnt. Two people walk a certain road and one will tell you how beautiful everything is whilst the other person will find fault with the hills and the stones littering the pathway.

So we need these different bodies because we are all different.

We send our love to all life
THE BAND OF BROTHERS

SITTING 342

Beloved Brother we are gathered here that we may be of benefit to all life who are seeking enlightenment.

Tonight we would speak of the way we are all progressing, each one upon the path of unfoldment so that we may evolve in the way that we wish for there are many ways and many paths to the realisation that we are helping each other, even though our actions may be contrary to what you may believe to be assistance. Yes it is true that whatever we do has an effect on the lives of our siblings and for the most part we do these things never realising that our actions are calculated to be a direct influence on our siblings so that they will learn the lessons which they need to learn. Someone causes you harm either physical or mental and it could be of great significance, altering your life in ways that will make your life much harder or even affect your mental state, and cause you great grief for the rest of your present life, so much so that you have only hate for them. Beloved siblings we would ask you to pray for them, and if you can, send them your love for just as you are told that you should not judge someone so also should you not hate anyone for they are your spiritual siblings, growing just as you are growing, and there is also the fact that they could be repaying, by their actions, an act of karma which you yourself have instigated. So we remind you again that you should judge not lest ye be judged.

We send our love to all life
THE BAND OF BROTHERS

SITTING 343

Beloved Brother we are with you once again that we may send love and enlightenment to all who would listen to our words. We would send especial love to those who would not listen to our words for they believe that these words come from the ungodly and disciples of their devil. It is natural for most of you who know that our words of guidance come from those who have your best interest at heart in trying to lead you to a better way of life, but to those who reject us as Satanists etc we would send our love and best wishes for we know that they are all our siblings who are all trying to evolve and we also know that we too have lived a life such as they are leading now and we also know the reason that we and they have lead this type of life for if we do not understand these ways then we cannot begin to understand how to help them.

We must all learn to overcome the type of mind which rejects everything it doe's not understand.

We must all learn to accept that each of us is different in many ways and allow for this in our daily contact with our siblings, otherwise we will never give them the freedom to be themselves.

We send our love to all life
THE BAND OF BROTHERS

SITTING 344

Beloved Brother we are with you again that we may make a difference to those who read our words. We would think tonight of those who are without friends and live a solitary life, friendless and alone, for they have a hard life in many ways and never seem to have the support of anyone. It seems that their pathway is beyond hope as they live their solitary life and there never seems to be a reason for their loneliness. Some of you will think that it must be their karma and others will believe that it is their own fault. Many of you will not even think of them as being in need as they live their solitary lives and others will believe that it is what these people wish their lives to be. So it is that they are as a faceless crowd and no concern to anyone but themselves. Beloved siblings we would remind you that they are, after all, your siblings and that they deserve at least your love. Remember the old saying " There but for the grace of God go I " and remember them in your daily prayers. Include them in your love and remember that the spirit will know of your love if not the body.

We send our love to all life
THE BAND OF BROTHERS

SITTING 345

Beloved Brother we are with you again that we may assist our siblings on their pathway through life. We would speak tonight of the things which trouble us unnecessarily for there are many things which we do not understand and though we know that many of these things should not matter to us so we let them bother us and cause us great concern. Things like how our loved ones will cope with life when we have passed on and will we leave enough money or possessions and will our business prosper when someone else has to run it. Will the next owner of our house look after the plants and the building and many other physical things which we will no longer be able to control. The answer of course is that these things will no longer be our concern for we will have no say in the matter but what is more important is that these things will, from our point of view, no longer exist.

Nothing which happens upon the earth ever has, or ever will, be of any concern to the spirit realms. You have learnt your lessons from them and for that you will be grateful but for the actual events, they will mean nothing to our future for they will be forgotten very shortly after you leave them behind.

We send our love to all life
THE BAND OF BROTHERS

SITTING 346

Beloved Brother We would be with you again for it is always a pleasure to visit this your sanctuary which is blessed with love and healing. Tonight we would speak of the pathway of love and service to our siblings for it is by this means that we can guide our siblings to the places where they will meet those who can help them to experience the trials and tribulations of your pathways. We who have spiritual knowledge all know of the necessity of these lessons which present themselves. and we know, at least some of us, why we must endure and even cause our siblings to go through these things. More and more of you are learning the reason for them and an even greater number of you are learning that they exist.

So we draw closer to what is called the golden age where most of civilisation is aware of their purpose in coming to the physical plane and we speak not only of the earth in this statement.

To walk the path of truth, whatever that path may be, and to love all life unconditionally, is the only way which you can attain your goals, so we would say to you that you should walk in truth, walk in love, walk in service to all of your siblings.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 347

Beloved Brother we are here again that we may enlighten those who seek to live the true way of life. Tonight we would speak of the hill which we all must climb in our evolvment for we need to keep going as we try to progress ourselves to that heavenly state which teaches us to constantly wish our siblings good progress and good assistance in our efforts to help them. It is good to show our siblings that we wish them well both in our encouragement and in our actions and it is good to make sure that they always recognise our willingness to help them, but, do we always in our heart wish them the very best or is it only that we know that it is what we should be doing whilst in our inner heart we look forward to our own advancement. This is something which we must be ever careful to maintain the love and desire to help our siblings for their sake alone and allow our progression to take second place to their needs.

It is found many times that those who have risen to a place of authority by their work and diligence will become proud of that position and in doing so will treat others as minions in the daily toil and by doing so reduce their rewards from spiritual blessings to physical rewards.

We say once again that you will be rewarded for everything you say and do but remember that the heart is truer than the mind.

We send our love to all life
THE BAND OF BROTHERS

SITTING 348

Beloved Brother we are with you again that we may serve our siblings on every line of life and on every level of life. Tonight we would speak of those who, knowing nothing of the spiritual life and we would say now that they are missing nothing by not knowing about their other life in spirit.

Many of you worry about this and cannot understand why people are allowed to live this earthlife with no knowledge of spirit. Have we not told you that it is their path that they live like this, and for good reason. Would you rather they missed out on the lessons they have to learn, or would you suppose that those other creatures who do not have a brain should be condemned by your rules. All life is spirit and has the right to progress, all life is your siblings and only you who have religion think that you should be spiritual and evolving towards perfection. There are so many spirits who never ever join humanity and therefore never visit the physical plane yet they still progress and evolve as you do and become stars and galaxies just as you do so why should they all walk your pathway.

We send our love to all life
THE BAND OF BROTHERS

SITTING 349

Beloved Brother we would be with you again for it is time to serve our siblings for tonight we would speak of the light which all of us emit. This light which shows others in the spirit realm just how far we have evolved to other spirits is also a beacon which attracts and assists others who are not so evolved as ourselves. This attraction is a two way thing for not only do others wish to draw near to us but we also are attracted to other brighter spirits whom we like to draw near to for we know that they will help us and give us strength in our efforts to grow spiritually. It is always nice to be near others whom we like and admire and we will of course try to emulate them.

Even upon the earth you will find the same thing happening among friends etc. and so in this way do we try to become better people which as a result helps us to grow and shine brighter and so the circle of evolution goes round and round helping all of us in our evolvment.

And so we all help each other without thinking as we spend our time enjoying the company of our siblings.

We send our love to all life
THE BAND OF BROTHERS
SITTING 350

Beloved Brother once again we are here so that we may assist our siblings. Tonight we would speak of those who give their lives to spiritualism. There are many who unthinkingly and indeed willingly send out thoughts which give sustenance to all who have no thought to anything spiritual.

Their only thoughts are of kindness and help for those they do not know and, upon this earth, they will never know. They do not do this for any reward for they do not think that they should be rewarded just for sending out their thoughts. They are to put it mildly the very salt of the earth and without them the human race would be a much poorer tribe of animals. It has always been that way that unthinking thoughts do so much to lift the lives of others and by doing so they bring about a steady upliftment of not only humanity but every other line of life, even those who make it their purpose to be cruel and unkind to everyone. Do not despair for every kind thought which is sent out is recorded and repaid in abundance when you return to the spirit realms.

We send our love to all life
THE BAND OF BROTHERS

SITTING 351

Beloved Brother once again we are here in your sanctuary and we would think tonight of those who are ailing or in need. To many of you upon the physical plane there is no help and assistance for the ailments of the mind and body and this is so because of the religions who make no reference to their congregations about their ability to aid and assist others in times of need. Admittedly they try to emulate their masters when they give healing but you seldom hear that it is available to all and sundry and never to those of the unfaithful. This way of life falls far short of the way we should be performing our daily prayers. So many times we come across prayers who specify that only those of the faith should receive the gifts of God and the others should be left out in the cold. The ordinary people are not to blame for these things for they have not been taught to help and assist all life. It is those who are the teachers who are at fault for they actively encourage all their congregations to care only for the faithful, whilst knowing themselves that all life is sacred to God and should be treated as your brother.

We send our love to all life
THE BAND OF BROTHERS

SITTING 352

Beloved Brother we are gathered again that we may send love and solace and teaching to our siblings and may we include all life within the realms of our Creator for there are ways that we can help and assist those who have no understanding of our human way of life and can only reach levels of understanding which we of the human intelligence cannot accept or understand.

You may think that those spirits trapped in bodies with undeveloped brains have a very low level of things to learn and experience in their incarnations but you would be wrong for there are so many things they must be taught which do not require physical intelligence and, we would say, would be hampered by intelligence such as ours. We would remind you that all spirits have an active mind as they endure the physical plane and it is only by the mind itself that the spirit can embody those lessons which they have to learn. We know that we talk in riddles for most of you but you have no inkling of these things, but at least you now know of their existence and there are many of you who do understand what we are talking about and can relate to the growth of the spirit through mind and body and through the many other things which you not only do not understand but have no conception that they exist.

In the fullness of time you will understand but at the moment you are a tiny chrysalis still within the confines of our Beloved Creator.

We send our love to all life
THE BAND OF BROTHERS

SITTING 353

Beloved Brother we are here again for the time to spread the knowledge of spirituality is here in this new Aquarian age.

The time was when all of the earth humans knew that there was an afterlife and that those in the spirit realms had a much closer affinity with those who lived upon the physical plane. In that time some of our strongest people were incarnating upon the earth and the people were more spiritual in their dealings with each other. The other non-human siblings were treated with respect and left to live their lives naturally. Everything was so much simpler and though life was calm and relaxed the lessons we learned were not at the same level as those we learn to-day.

The complexities of to-days lessons are such that they could not be given with the same ferocity of those given in olden times. For now we are drawing close to the replacement of this civilisation and it shall be that the advanced technology will bring us to the new era where we will live with respect and love of all life both solar and non-solar so that we will win through to the new golden age which many have spoken of.

We send our love to all life
THE BAND OF BROTHERS

SITTING 354

Beloved Brother once again it is time to say to our siblings we send our love to all life and tonight we would say that the earth and other planets are here for the benefit of all of our siblings whether they chose to come here or not. Many times there are those who do not wish to experience the physical plane as a mortal being find that they need to experience certain lessons which can only be experienced with a body. They will often make an arrangement with someone who intends visiting the physical plane to be with them in close proximity at the time they themselves are going to endure the same lesson.

This will be jointly arranged by both parties so that there is never any upset by their presence.

The whole experience may be one of a short period or it could be that the whole thing will last for the lifetime of the person on the physical plane. It means nothing to the incarnating sibling for the simple reason that they will be unaware of the presence of the one who is learning from the incarnating spirit.

It is all a matter of service to our fellow siblings and there is nothing more important to our spiritual lives than service.

We send our love to all life
THE BAND OF BROTHERS

SITTING 355

Beloved Brother we are here again that we may enlighten our siblings in their quest to progress and evolve.

Tonight we would speak again of the plants for there are those who cannot accept that the plant

life is just as spiritual as we are with their own lessons and experiences to endure.

Many of you cannot understand what it is like to be stunted in your growth by the frost and ice which nips the buds off just at the time when they are preparing to flower or to be stunted in your growth during the droughts which cause the plants to wither and die through lack of water. There is also the cases of the plants drowning when the floods remain for a long time.

There is also the times when someone or something will come along and chop you down or even eat you when you have reached your prime.

Let us not forget that there are times when plants are buried such as in ploughing or landslides when the light upon which you are so dependent is suddenly removed and you have a slow lingering death.

All these things you never consider in your daily lives and yet you consider it dreadful when the same thing is applied to your human lives.

And you think the plants have no trials or experiences?.

We send our love to all life
THE BAND OF BROTHERS

SITTING 356

Beloved Brother once again we are here in love and friendship for tonight we would speak to you on the rainy days which affect our lives.

These days which always come at a time when things go wrong and you could say at the wrong time, are most likely to be one of a number of misfortunes which plague our lives seemingly happening one after the other in quick succession.

It seems as though you have been set up by the circumstances of your life and the end result of the matter is something which never is of any use to you in any way.

It is like climbing a slippery slope which leaves you at the bottom, covered with mud or slime, with nothing to be gained from the experience except the knowledge that you must start again, or walk away and take another route.

None of these experiences seem to do you any good in any way and you would never in a million years consider them to be of any use to you in any way, but when you look at them from our side of the fence they take on a much different role in that your struggles have taken you on a character building exercise and you yourself emerge stronger and more resilient than your former self.

We send our love to all life
THE BAND OF BROTHERS

SITTING 357

Beloved Brother we are here again and tonight we would speak of thoughts.

Each and every being has thoughts no matter the state of the brain which drives the bodies through this earth life, and we include the various planets etc. of the solar system in these words.

We know that most of you think that the animals and other beings do not have a brain developed enough to think as you do and we agree that you are correct. They cannot comprehend the workings of calculus or algebra but we would ask you the question " Are these thoughts needed to comprehend your lessons or experiences in their present lives ".

Within the mind of their spiritual being they can, if they wish, do as much mental arithmetic as you humans and much more, but, in their present bodies they have no need to even think that one plus one makes two so why do they need to be able to do these things.

Your present abilities are governed by your present requirements in so far as they fit in with the rest of the physical plane in so far as you are a predator or plant eater and this is the governing factor so far as your place on this planet is concerned.

It has no relation to your actual spiritual progress or lack of progress.

Your spiritual mind does not specify what type of body you inhabit on the earth. Only the lessons you need to learn specifies that.

Some of your plants are at a much higher level of spiritual progress than some of your human counterparts.

When you consider that very often, upon the earth, the ones who reach the highest positions are in fact the youngest of our spiritual siblings it brings into perspective the relationship of power and possessions upon the earth.

We send our love to all life
THE BAND OF BROTHERS

SITTING 358

Beloved Brother we are here again that we may send enlightenment to all of our siblings on the physical plane for tonight we would speak of service to our siblings.

It is not known by many of you that to send love and healing to every life means that every single spirit actually receives this love and healing. The fact that love spreads out from a person or spirit in all directions and reaches every other spiritual being is something which is not really understood by most of you for it is beyond your comprehension to visualise the vast numbers who reside within the realms of our Creator, but it is true to say that when you send your love to all life then that is what actually happens.

The body, with its restrictions just cannot envisage the scale of such a thing nor the complexity of it but the spiritual mind with which we are all blessed is capable of this understanding.

It is also able to send out feelings of goodwill towards all life which will be felt by all within the realms of our Creator.

We send our love to all life
THE BAND OF BROTHERS

SITTING 359

Beloved Brother we are with you once again that we may pass on the words of wisdom to our siblings. We would speak tonight of the purpose of prayer for many of you have no conception of its true purpose. How many people do you know who pray to God for material wealth or an improvement to their physical status on the earth. Some of them even pray that harm will come to others whom they do not like. There are even those who pray that God will take the life of someone.

Do they not realise that those whom they rail against are also God's children who have as much right to God's blessings as anyone else.

When you pray to the Father you should always remember who you are and you should remember that the others living upon the earth have just as much right to what you are asking for as you have.

Prayers should be for guidance for yourself and for blessings for those who hate you. Prayers should be for love and enlightenment to be sent to all who are alive upon every part of the Solar System

of which we are a part.

We send our love to all life
THE BAND OF BROTHERS

SITTING 360

Beloved Brother we are here again with love for all of our siblings and we would speak tonight of the wonders of service.

It is only known to a few of you upon the earth plane that there is much purpose in these acts of service which you all perform for the benefit of your siblings and we would include the service given to the animals and the birds as well as the fish and all of the plants.

We have explained before that all who live and die upon the planets are bodies motivated by your sibling spirits who come to this physical plane with the intention that they serve all other spirits even though this service may mean their physical death. There are also those who come here to cause the deaths of their siblings so that they may continue to live on this plane.

Everything which happens upon this physical plane has purpose. It may not seem so to those of you who live here, but that is because you see death as the end of life and not a return to your spiritual home. As you mourn for your dead upon the earth, so we rejoice upon the spiritual planes that our loved ones have been returned to us.

We send our love to all life
THE BAND OF BROTHERS

SITTING 361

Beloved Brother once again we join and draw close for tonight we would speak of the brotherhood of the spirits who inhabit the physical plane. No matter which line of life you choose to use for your earth education you should always remember that those other lines of life are the same spirits that you meet when you are on the spiritual planes and you should treat them with the same reverence and respect that you accord those of the human species that you meet. Are they not, after all, your spiritual siblings. Do they not feel pain as you do and do they not respond to love as you do. We know that some of them you eat and others of them you use for other purposes but that does not mean to say that they should be treated in a cruel or disrespectful way. Remember always to treat all life as you would have them treat you or as you would be treated.

Have you never watched a Lion kill another animal. Having captured it, it will despatch it quickly, thereby putting it out of its misery first. It is only humanity who will not bother with the feelings of its victims.

We send our love to all life
THE BAND OF BROTHERS

SITTING 362

Beloved Brother with you we would send our love to all life. As you walk this earth plane there are many things which do not seem to be as they should be. The many catastrophes which occur and the things which man does which upsets the natural way of things. We notice how those who put the blame of all these things on God are so eager to find a scapegoat when, if they were to realise the true cause of these things they could use their intelligence to find an answer to many of these catastrophic events. For instance there have always been Tsunamis and yet people will build their houses right down to the shoreline.

There have always been earthquakes along the fault lines of the continents, and yet they build houses along the fault lines. Hurricanes regularly go ashore in places and people who live in these areas do very little to build an underground vault where they will be safe at these times.

We could go on all night giving instances, and will anyone take notice. We doubt it.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 363

Beloved Brother it is with pleasure that we join you in your sanctuary again.

During your journey with us you have been taught a great deal concerning the structure of the universe and, more importantly the structure of your unfoldment. Many of your lessons have been brought to both mind and shown by practical methods.

It has been our pleasure to assist you in these ways for not only does it give you your lessons without the necessity of actually going through them, it allows those who read these words to assimilate the lessons just as you have.

The tidings that we bring are not meant to be stories only, but are also to prepare you for many future lessons which all of you will come up against in the future. All of you have already lived for many eons but this is as nothing to what you have before you. Those of you who take notice of our words will benefit in no uncertain way, but let us point out that you will eventually lose nothing by ignoring what we say for there are many ways to present your lessons and you will in the end learn them all.

We send our love to all life.
THE BAND OF BROTHERS
SITTING 364

Beloved Brother once again we are here and it is with love that we have prepared ourselves for our task.

It is surprising how many of you upon the earth will go into a task without making any preparation for what you are about to do. Much time and effort is expended by your lack of provision of the proper tools and the correct mental attitude to the job at hand and yet you wonder why there is failure to your efforts.

We find that there is much confusion in the mental preparation of the psychic work you attempt because you have not advanced to a sufficient level before trying to attain your goal. We also find that you are liable to take short cuts when things become difficult or slow.

We would remind you that the preparation to be, say, a mental medium, takes more than one lifetime and if you try to rush things you end up being a lower class channel for spirit.

You have EONS of time to reach your goal and remember that quality is better than quantity.

We send our love to all life
THE BAND OF BROTHERS

SITTING 365

Beloved Brother we would speak again of the trials and tribulations that we need to go through in our quest for unfoldment.

Those of you who understand the reason for such experiences know that everything we go through is plotted out even before we are born. There is always reason for our pain and suffering and when you set out your tribulations you know why you must go through these things.

We know it is small consolation to understand that we need these lessons and that it is hard to accept this when you are in pain, either physical or mental, but think how it must be to those who do not have this understanding.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 366

Beloved Brother we would send our love to all life and tonight we would speak of this unconditional love which is the very power of the universe.

As we walk our paths we learn as we advance in unfoldment that we can only reach the level of progress which we have set ourselves as our next goal by allowing our love to grow stronger until it reaches the unconditional stage for by this time we also realise that the differences which make us what we are is the true factor of our love of all life.

We must learn to love all life no matter which pathway they are following because their way is not our way just as our way is not theirs.

It is true that many of us are on the same path but we must remember that there are also many of them who are on their different paths. All ways are valid and all paths are the correct ones for them, though maybe not the way for you.

It is always your decision.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 367

Beloved Brother it is with pleasure that we draw close again for tonight we would speak of the changes to the earth.

It is wonderful to watch the day time changes of the planet, how the daylight brings to life those who sleep at night and are active during the day. Then again there are those who sleep during the day and are active during the night.

Then there are those who live in the mountains and high valleys and those who live near the sea.

All life accustoms their way of life to the different conditions and in doing so allows the earth's population to increase so that as many as possible may take the opportunity to once again visit the earth and, may we say, that the other planets within our solar system are all doing the same.

And all so that the children of God may learn to evolve into beings just like him.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 368

Beloved Brother it is with pleasure that we draw close again for tonight we would speak of the changes to the earth.

It is wonderful to watch the daytime changes of the planet, how the daylight brings to life those who sleep at night and are active during the day. Then again there are those who live in the mountains and high valleys and those who live near the sea.

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And all so that the children of God may learn to evolve into beings just like him.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 369

Beloved Brother we would send our love to you and to all life.

We would send our thoughts out to those who have not reached the physical levels for even though they have not started to progress it is imperative that we send our love and support to those who have not reached the levels within our comprehension.

Many times it is these kind thoughts that filter down and give our siblings that first glimmer of desire to rise above their present status.

Many times it is the turning point when those who have become discouraged will choose to resume their journey to the lighter regions.

Think of these, your siblings, to send love and encouragement during their trials and tribulations

for it is something which we have already passed through.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 370

Beloved Brother once again we are here that these words of wisdom may be sent out to all who wish to read them. It is true dear brother that the many trials which you undergo are given to you in love so that you may progress along your unfoldment and in doing so that you may learn to serve your siblings in any way possible for even though you do not realise that it is for your own good it will without doubt be to your personal benefit for you will find that the more you serve others so you will be served in a great number of ways.

Even those who only serve that they may gain benefit themselves and who sometimes do it grudgingly will in the end benefit for their actions.

For every action there is a reaction and for every deed there will be a reward. These things you can count on and though it may not seem so on the earth you will be paid for everything you do.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 371

Beloved Brother we are with you again for it is time to spread the word that all of the life within the realms of our Creator must steadily learn to send out their love not only to all of our siblings but to those who are of other solar systems of the Galaxy.

It is of no use us giving our love to those who are close to us if we do not also include the spirits of any life which is in our Galaxy.

We have taught in the past that the other countries of the world are our relatives and should be loved as we love our brothers and sisters. This we must learn to do whether they are of our species or not. We have pointed out that the kind of body does not matter because it is the spirit of each body that we should love.

So it is with the spirits of our Fathers brothers and sisters and of course their children as well.

Remember always that all life is connected, all life are siblings, and we are all connected to the great spirit who is the Universe we live in.

We send our love to all life
THE BAND OF BROTHERS

SITTING 372

Beloved Brother we are here again with our love and we would speak tonight of the differences in the levels of life who visit the physical plane.

Most of you on the earth cannot imagine the various levels of spirit who visit the earth plane and this is quite simply because of the similarities between one human and the next. It is all very well to say "but we are all different" and to be truthful you are correct but you only recognise the differences that make up the real you. You do not recognise that the lessons you have to learn are the same for each and every one of you.

Two people do the same job. One will do it one way and the other will do it a different way.

The job will be done to the same standard but one will be done a little better than the other.

It does not matter which is the best so far as the job is concerned but what will matter is the end

result so far as each individual is concerned, for each has taken a step forward along the path and the path is all that matters to you spiritually. The physical is of no consequence and is just the dross that you leave behind.

We send our love to all life
THE BAND OF BROTHERS

SITTING 373

Beloved Brother once again it is time to look forward to the time when we shall draw close to our beloved Creator.

This time which many call the golden age will return to those upon the earth when they shall rise to a higher level of enlightenment so that the gifts of spirit will manifest in to our minds and what we now call miracles will become common place events.

We would, however, point out that whilst there will be some who progress in all things spiritual there will be others who will reject any thoughts of spirit or spiritual ways, and this is how things should be for those who are not destined to lead a spiritual life at that time. There are so many of you who think that we should all lead a spiritual life and if we do not then our present time on earth is a waste of this life.

Nothing could be further from the truth for, as we keep telling you, you will meet every situation and every experience in your many lives on earth or some other planet. You will miss nothing out so that you will become perfect in every way, no matter which line of life you choose to walk.

We send our love to all life
THE BAND OF BROTHERS

SITTING 374

Beloved Brother once again we draw close to your sanctuary and as we draw near we are reminded of the many acts of service which come to our attention.

The healing which is sent out to all and sundry and the individual acts of healing are a pleasure to behold for we know of these acts and we see the bands of light which are sent as the healing act is performed.

We are, of course, only aware of these things in our meditations to enhance the healing acts, otherwise we would be inundated by the outside influences which are constantly around us. The same thing happens to yourselves whilst on earth when you are in a noisy City where the traffic noise impinges and interferes with your thought processes unless you shut them out, so that they become background noises.

By doing this we can communicate with a group of minds, or with a single mind, or even with our inner self.

We send our love to all life.

THE BAND OF BROTHERS

SITTING 375

Beloved Brother we draw close once again that those of us who wish for enlightenment shall receive it.

There are so many levels of enlightenment that we must pass through and it is no small step that we take when some of them are unfolded before us.

Some of the greatest steps which we take are those when we are at the bottom of the ladder.

Those which lead us from the pure pleasure seeking levels to the realisation that we wish to progress. Those which lead us from promoting the 'I' to the wish that we would prefer to serve others with our time and effort.

All these things are steps which we all take and the effort required to take these steps are at times monumental.

So let us, who understand the magnitude of these lessons, do all that we can to make their efforts a little easier with our help and assistance.

We send our love to all life.
THE BAND OF BROTHERS
SITTING 376

Beloved Brother once again we are here and tonight we would speak of the trials and tribulations of those who do not understand that these things even exist for many of them do not even believe in God, let alone the spirit realms.

You may wonder how these lessons can be of any use to those who are not spiritually minded for they live their lives accepting that these things which happen to them are only caused by the actions of the earth, as in, say, earthquakes, droughts and floods etc. and that there is no purpose to these things or events.

It is true that they have no comprehension of their lessons but then again neither do you who realise that there are lessons and experiences to be gained. How many times have we said that you are not allowed to know what your lessons are, and with good reason.

Blessed are they who accept their life without question for true understanding will be given when you look back on your last incarnation.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 377

Beloved Brother once again we are here for we would speak to you and say that you should begin to realise that the universe in all its splendour is nothing compared to the wonders of the spiritual mind which allows us to produce the type of life, spiritual and otherwise, that we, with our minds, can manufacture.

We admit that so far you can only live within the realms that you are provided with but when you attain the next level of growth you will attain the ability to create the conditions that you yourself wish to attain. There will be no restrictions to your spiritual abilities when you pass through the summerland level of evolution and finally leave behind the physical plane.

'More Science Fiction' we hear some of you mutter but we have yet to hear of the invention which was not at some time called Science fiction.

We send our love to all life
THE BAND OF BROTHERS

SITTING 378

Beloved Brother we are here again that we may send enlightenment to our siblings.

It is a well known fact that the use of our psychic powers has a beneficial effect on our siblings providing those who receive it are aware of it. There are also those who are ignorant of the spiritual life but who have no objections to the spirit rays being sent to them, even though they know nothing of

them. Then there are those who will reject any form of healing etc. because they are not sent in the name of a specific deity or religion i.e. the Christian faith or others.

In cases such as these then the free will law will always come into force, but, the free will law works for the sender as well as the recipient and some good will always come from your thoughts of good will and wishes.

Remember this when you send out your healing to those who would reject it for they are powerless to cancel out your free will no matter how strongly they feel about it.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 379

Beloved Brother it is our pleasure to once again join you for tonight we would speak to you to tell you that your wishes for the goodwill of all of your siblings have been noted and we would send out our own good wishes to be joined with your thoughts as well as all those who send out their good will so that all of our siblings shall be uplifted and be drawn closer to that happy state which passes all understanding.

Life in all its states is affected by the thoughts of others and just as your peacefulness spreads out to others so the feelings are returned to you yourself.

It is said that no man is an island and we would add that no spirit can ever be alone so when you feel that there is no one with whom you can share your troubles just remember that you are a child of God and God will never let you down.

We send our love to all life
THE BAND OF BROTHERS

SITTING 380

Beloved Brother in this the spring of your year it is pleasant to watch the new life unfolding upon the earth. How many times have we watched the renewal of young life and it is always a time of wonder that the young newborn life starts another incarnation upon the physical plane.

Each one of us begins our life not knowing where each life will lead us or even if it will be allowed to happen for there are so many of us who only wish to touch the earth so that not only ourselves may reap the benefit of our journey but those who are close to us may learn through pain and suffering and thereby learn a little more towards our evolution. We say again that this is the sole purpose of your visit to the physical plane. Nothing else matters but that you attain your goals in this school of learning for if the physical plane were to disappear tomorrow it would not matter one iota for you would not need to gain any more lessons, otherwise God would not have allowed this plane to come to an end.

Remember always that nothing ever happens by chance, your free will may alter the circumstances, but in the end you will learn the lessons.

We send our love to all life
THE BAND OF BROTHERS

SITTING 381

Beloved Brother it is our pleasure to join you and we would speak tonight of those who are ailing or in need.

There are many things which we can do to help our siblings and this we do so that many lives become more tolerable to those who at present live upon the physical plane. Most of the work that we do is helping those who cannot conceive of our presence for some of them suffer needlessly because of their lack of spiritual knowledge and we say this now so you may understand that we look after those who do not know of us, even more so than those of you who understand the spiritual way. Those of you who are spiritual have a great advantage over those who lack your understanding so that whilst we allow

greater lessons to be given to you we also give greater concern to those without your knowledge.

We also ask you to realise that this is set out so that all of you receive an equal amount of help throughout your various incarnations, so it is not as if anyone receives special treatment. You are all children of God and are loved equally.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 382

Beloved Brother we would draw close once again that we may speak of those who give their lives to the service of their siblings.

There are those who never think of the work that they do as being of service to others. There are those who spend their time deliberately helping their fellow men and there are also those who only do it for what they shall receive from their actions.

All of them will receive due payment for what they do and it will be in kind for they would not have it any other way.

The ones who give service because of their love of all life will not expect and even refuse monetary payment for their labours.

Others will know that the gratitude of the recipient will be sufficient repayment for what they have done.

Others will love their employers and will be happy to give of their time and effort knowing that what they do will keep their masters happy.

Then there are those who only work for the money and will most probably be happy with what they receive.

And so their lives will be enriched in almost every case by those who wish to serve.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 383

Beloved Brother once again we draw close for tonight we would speak of the other Kingdoms from the insect to the animals who live upon the planets and come to this physical plane so they may progress along the path of unfoldment.

You of the human type animals with your mind which is guided to various levels of understanding all believe that you are the, shall we say, “Bees Knees” of creation who can and will reach the stars.

Yet you look down upon the lower forms of life, fully convinced that because these other forms of life are of a lower Physical level that they must also be of a lower spiritual level and are your inferiors.

Nothing could be further from the truth for when you return to the spiritual levels of life you will meet them in their true form, which being spirit will surprise you.

They are, upon the earth, the underprivileged and the poor and the oppressed and they live in conditions which you would find intolerable, but when you meet them on our side of life they are on a level of which you have no conception because they have progressed to a level above your perception.

An apt description would be “Upon the earth you are a King and in the Heavens a pauper”.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 384

Beloved Brother we would speak again of the wonders of God's Magnificence.

It is so wonderful to watch the glories of nature with its plant covered land and the moving beings which live upon the plants, and the other beings which live upon the bodies of both the plants and beings.

Many of you will be aghast at the thought of animals etc. feeding off other forms of life but you fail to realise that if they did not do so then these predators would soon die of starvation.

How would the birds of the air feed their young if they did not capture the worms and insects.

Many of you recoil at the eating of animals yourselves and we find no fault with your decision to live that way but we would point out that you yourselves kill and consume the fruits and the bodies of the plants and just because a plant cannot run away from you does not mean it has no body attached to its spirit.

We say again that every living thing on the physical plane is attached to a spiritual being who wishes to reside on the physical plane and it will eventually die at a time chosen by the spirit.

Both the manner of death and the use of the body after death is of no concern to the spirit so where is the problem.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 385

Beloved Brother it is time to draw close once again for we would think of the love which we should have for all of our siblings.

We know that there are many on this earth to whom the thought of sending love to their enemy's is abhorrent and it is something which some of you would quite willingly do the opposite. To those who think this way we can only remind them that you will get back what you send out whether it be good or bad.

Slowly and surely you will begin to understand what we mean by this and we will also say that it will take a long time for you to accept what we say. In fact it may take more than one lifetime but you will in the end learn to love all life. You may if you are lucky learn quickly if circumstances are right but whether or not your education is slow or fast you will at the end of it have learned a great lesson which will serve you quite well in the future. These lessons will give you a basis for the other things you will learn as you progress on your pathway to perfection.

We send our love to all life
THE BAND OF BROTHERS

SITTING 386

Beloved Brother once again we are close and as we draw near we see the various levels of spirit who are living on this the physical plane and we notice how the different levels adjust their differences so that they all live together. Some of you adapt quite easily to the different levels and yet others find it very difficult to accept that the body is on the same level as the different beings whom you encounter.

It is as though the different levels of spirit are attempting to join on the same level. There is so much variation in the body types where some can live at the poles and others at the equator, but if you were to reverse their living conditions they would surely die and yet the same spiritual variations exist within the different species. This is where many of you go wrong when you try to fathom the way that we can live on this plane.

It is the same as a sceptic trying to understand a spiritualist which when you come down to the basics is like chalk and cheese. They are both viable products, useful in their own ways but not to be mixed together.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 387

Beloved Brother we would greet you with our love and tonight we would bring to your attention the sickness of the physical bodies which you inhabit and how there never seems to be a rhyme or reason for the maladies which beset you.

If you have read these words that we write you should be well aware of the reasons for all your afflictions and know the purpose of them, but there will still be so many of you who cannot accept that it is not God who chooses to give you these things but you yourself or we should say your spirit arranges for you to undergo these maladies. The fact that your spiritual self arranges your life so that you may learn what you need to know is known to all who understand why you are here and if you do not understand then you will never see why these things happen.

When you do have that understanding then all will be revealed and the very maladies etc. will no longer matter.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 388

Beloved Brother as we draw close this evening we observe that all of our siblings upon the physical plane are continuing to lead their pathways as they should and we observe with wonder how each and every one of them is progressing along their journey through life. Even though many of you think that there is no scheme to their way of life nor is there an end product to the things that happen to you. The one thing which you cannot realise is that you progress, which is so slow, and your progress, which will last forever, is geared to the progress of the whole Solar System, which itself is geared to the progress of the whole Galaxy you live in. How could it be otherwise for are you not a part of your Solar System and your Galaxy and that as you evolve so will they also grow and evolve. Do you really think that you are so different to the other siblings that you can evolve without their assistance.

Each one of you is interlinked to each other and will remain so until you leave behind the physical universe which you will become.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 389

Beloved Brother as we speak tonight we would cast our thoughts to those who are spending their lives in fear and turbulence. We find that those poor siblings are not often included in our prayers for we do not hear of these cases until the actions of those who cause the fear and turbulence are prevented from carrying on with their terror.

It is true that most of these cases are arranged before the victims are born so we must remember that it is all a part of the progress of the siblings, but free will being what it is there are always some who will be targeted for no good reason and for these poor souls you should work in your prayers to help alleviate their suffering.

It is up to us to help all of them by those who understand that your feelings of goodwill towards every living being actually helps our siblings.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 390

Beloved Brother we are with you again that we may speak of the power of thought.

It is now known by quite a few people that thought is a living thing which can travel anywhere at any time and will, if it is good or bad, cause a reaction according to its mode.

It can even cause changes in the lives of those to whom it is sent and in the right circumstances can do much good. It can also be harmful if the thoughts are vindictive or harmful or even angry so you should always strive to control any powerful thoughts that you have.

It should also be remembered that good and kind thoughts have just as much power and can do just as much good.

The mind in all its glory can be an instrument of good which can create anything you wish.

Take as an instance the universe itself which has been created by the mind of our Spiritual Great Grandfather who is the universe itself.

So we would ask you to learn to control your mind so that you always send out kind loving thoughts to your siblings.

We send our love to all life.
THE BAND OF BROTHERS

SITTING 391

Beloved Brother we would draw close to you this evening for the time has come to continue with our writing service. During your break we have gathered strength and we have allowed yourself to recover from your strokes which you have done very well. Many things have been placed on your path including the withdrawal of your service should you have wished to withdraw from this form of service, but we are pleased to restart your efforts and continue as before.

We have watched your desires to enlighten your Siblings but we must remind you that the great majority of those who are on the physical plane cannot be enlightened by our words for they have not reached a high enough level to disseminate between the spiritual and the physical levels of enlightenment.

Eventually they will understand but it may take a few physical lives before they are ready to accept that this earth life is the one which is imagined and the spiritual life is the real and factual one.

With Love From Us.
THE BAND OF BROTHERS

SITTING 392

There are times when we visit the earth plane that we need to accustom our emotions to the gross vibrations which we encounter on these levels. With yourselves on earth you become hardened to the sights and sounds of the earth and get used to them. With us it is a different matter because we return to our own levels of spirit which are a much higher and finer quality. Therefore we do not get used to your level of vibrations. This in itself means that we must re-acustom ourselves each time we visit you on your level.

This is one reason for our visits to work with you to be as short as possible and why we say to you that the power is failing. It is not so much that the power is getting weaker but that we have been immersed in your level of vibrations for as long as we can stand.

Normally in a place like your sanctuary and in closed circles etc. we can attain a level of comfort but when we draw close to people who distrust what is happening they emit disconcerting vibrations which have a seasickness feeling when we draw close.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 393

Beloved Brother as we draw close to the physical plane vibrations we see a vista of such magnitude that we are at times overcome with the beauty of it all. You see a plane which can be course and rough at times and you can at other times be in a place of blissful contentment. All these things we watch, and, because we know the reasons behind the trials and tribulations as well as the good times you have, we sing our praises to our Creator that everything is going so well. Knowing, as we do, that everything is going according to plan to your specification and at your speed and direction we wonder at the beauty of it all that everything knits together to make a beautiful tapestry of life which is woven to exactly fit the reality of everyone's personal wishes.

This, beloved Siblings can only be The Glory Of God.

SITTING 394

Beloved Brother as we draw close to you once again it is with pleasure that we note your needs for the lessons that we may give to you. Once again we are helping our brothers in their quest to gain experience of the task that they may become proficient in the art of Spirit Writing. You may wonder why we do not obtain this experience from others who do this work but they do not have your special skills of universal knowledge of the makeup and build of the universe. They are, most of them, too entrenched with the religions and religious views and rules to allow us to experiment in the way that we do with yourself. You have your doubts, we know and you have your feelings that it might be all a product of your imagination but you trust us sufficiently to do it anyway. We told you in the beginning that we would use you for a long long time and this is still so. We notice that you have realized the different styles of writing here and now to the beginning of this session which is a further proof of our involvement in this work. We know that you know the true reason for you lack of the other spiritual gifts such as Clairvoyance and Clairaudience for if you could see spirit and hear spirit you would be absolutely convinced of our reality and would have no doubts at all of our existence which would take away that, edge, from your strivings to attain the best that you can do. Dearest Brother, Jim told you you were special, and this is why you are special. You have that knack, that way of thinking which we can use to enlighten our Siblings and there are very few who think as you do. We told you once that your service would be like a pen dipped in a pond of water and the ripples would go out to the edge of the pond. Your spirit Writing is on the Internet so that everyone on the earth has access to it. We told you once that the people you will help were numbered as the numbers of a plague of Locusts, and as each day goes past so these numbers increase. Your desire to serve is paramount which is why we keep you on the Earth

With Love From Us.

THE BAND OF BROTHERS

SITTING 395

Beloved Brother as we draw close tonight it is with love and pleasure that we note the little ones who are gathering close by. We note that they have started to gather just before we commence our work for they know that the vibrations are about to begin when we start working. These vibrations emanate from the various guides and helpers who form the band of workers who are necessary to collect and distribute the power required when we work with you. This is a natural process which enables us to contact those who are on the physical plane for though we work as a team on the spiritual planes and work individually in that group we are obliged to join forces as we approach the unnatural vibrations of the physical plane. You upon the earth feel that the vibrations of the earth are natural because you are immersed within them but we of the spiritual planes have to adjust to them before we can draw close.

These little ones draw near because they will need to learn about the physical vibrations so that they can eventually reside on this your physical plane. With Love From Us.

THE BAND OF BROTHERS.

SITTING 396

Beloved Brother once again we are with you as we walk this pathway and we would draw your attention to the spirits who inhabit the birds and the insects upon this earth plane. Each and every one of them has a part to play in the development of the siblings who are incarnating at this time upon the earth.

Each and every one of them has a purpose so that we will evolve to a higher level of spirituality on our quest to become the best.

You may find it difficult to understand that these sibling spirits can alter and affect our pathway but we would point out that if they were missing from the earth then the changes in your lives would be catastrophic.

What would you do without the bees, and what would you do without the Swifts. Without the bees you would have no plant fertilization, and without the swifts you would be inundated with the insects in their millions, which they eat every day, and these are only one species each of the birds and the insects.

The physical plane is finely balanced so look carefully at its workings with awe and wonder.
With Love From Us.

THE BAND OF BROTHERS.

SITTING 397

Beloved Brother we would join you again in our service to those who are on the physical plane for there are many spirits who reside upon the other planets of the Solar System and we can help and assist those who, in various ways, come into contact with our human brothers, mostly in the spiritual domains near the spiritual levels of our beloved Creator.

You are, whilst upon this earth, separated from the others who are incarnating upon the other planets for you have no understanding of the different forms of life to be found on the other planets.

It is, after all, hard enough for you to understand the differences between you and the other bodies on the earth, which you can see and touch and relate to, let alone understand the differences between yourself and the bodies of the other worldly beings who inhabit the other worlds. We in spirit understand the differences in your bodies because we in spirit have a spiritual body to which you will all return when you have finished with your present body. Always remember beloved siblings that you never die, you only change from one body to the next body.

With Love From Us.

THE BAND OF BROTHERS.

SITTING 398

Beloved Brother we would gather once again that we may enlighten those who would read our words. During the time you have rested from your labours much has occurred to bring about the changes on the earth as you approach full enlightenment with concerns for our Cousins of the other planes and worlds of this our Universe. It is time once again to garner those of you who understand who and what these beings are. Most of them, but not all, have the greatest respect and love for those of this Solar System and we must all work together if we are to bring true understanding to these people of the physical plane. New things are happening to us for, did we not have the Ectoplasm of the Séances and then the mental method of communication which has been used for so long, and now we have the Protoplasm which will allow more of you to see and recognize the spiritual beings. The Doubters will complain that they are not human but those who have the understanding of the various life forms of the Universe will know why they are E.Ts.

In any case the human type beings will show themselves when they are ready.

With Love From Us.

THE BAND OF BROTHERS

SITTING 399

Beloved Brother we are here tonight that we may fulfil our desire to serve those upon the physical plane.

As you walk through this life on the earth there are times when you must do things which are seemingly not very nice such as putting an animal to sleep or cutting down a plant which has become deformed. It is at these times when you think that that is the best thing which you can do so that the animal or plant will not suffer more than it needs to. We would point out that from a spiritual point of view this might not be the best thing to do.

We know that everyone will tell you that to prevent more suffering is the best thing that you can do but have you considered that the spirit of the being might not agree with you and wish to continue to experience the suffering that it is going through. Much learning is given through pain and you could even be stopping the realization of some goal by stopping it. It is, after all, one of the reasons we come to the earth to experience pain and suffering.

With Love From Us.

THE BAND OF BROTHERS.

SITTING 400

Beloved Brother we are here again that we might teach those who look for enlightenment.

Many times as we look across the physical plane we see those who take no notice of anything that has to do with spiritual ideas. They care not for thoughts of kindness or even wishes of goodwill unless there is some connection of profit within the act. They are totally immersed within the earth life and with gaining some measure of getting more out of the deal than the others. Having pointed out, in our way, how you should not be living, we would also like to point out that for many of you upon the earth, this is just what you should be doing if you are to learn the lessons which this sort of life will teach you.

You must also remember that these people are teaching many others why they should not act in this way.

We have said before and we say again that you will live all types of life so do not condemn your siblings for their actions may be a service to you and others.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 401

Beloved Brother we are with you tonight for we would speak of love and all its various levels.

The level of love that is fixed in our minds is the love of a mother for her baby.

This bond is so strong, or we should say normally so strong, and normally lasts for the life of the infant and beyond. On the other side of the coin is the love of the child for its mother and you normally find that this love is also for the life of the child.

In later life there will be many forms of love and many ways to express it and all of these loves will be different in degrees and strengths so that each of the loves that we have will be unique.

There is however one love which will be different to all the other loves which you have and though it will not be so powerful as the other loves you will have, it will have the staying power so that it will last for the rest of your life, and that love is the unconditional love of all life, should you ever be fortunate enough to experience it.

From Us With Love
THE BAND OF BROTHERS

SITTING 402

Beloved Brother we would tonight speak of those things which trouble us as we walk through this pathway for we know that there are things which we must experience if we are to grow steadily onwards in our quest for perfection.

During our many lives we pass through many stages and levels and though we may not realize that we are here to progress with each incarnation that we go through.

Most of the time we live an un-spiritual life, though we may live a religious life, and you must realize that there is a difference between the religious and the spiritual way of life. Though we would point out that both pathways run closely together.

There is always the times when they are on the same track, but there again there are always the times when love of all life and service to all life is paramount to our way of life and other times when fear of not following the true path and the retribution it will entail has to be taken into consideration. Whilst we would seem to be expressing sides, we must of course point out that we are only expressing differences in pathways for as we have said before you will experience all pathways in your evolvment and no one pathway is any better than another which is where a lot of us go wrong.

The spiritual path
The greedy path
The sadistic path
The agnostic path
All have a place in your unfoldment

With Love From Us.

THE BAND OF BROTHERS.

SITTING 403

Beloved Brother we would talk of some of the ways we can serve our siblings for the ways that we can serve are infinite.

Humanity, in all its dealings with those we meet on this earth have much that it can do to help and alleviate the trials of our various animals and plants who are with us upon the earth such as helping when other types of life are in pain or even if they only need water or food.

Walking away so that you will not disturb them as they rest or feed is another way to serve as is leaving out food and water in the cold weather.

Sometimes you have the opportunity to befriend them.

There are so many ways that you can serve that we could fill a book with suggestions, but the best way of all is to show them that you love them by treating them as you would your loved ones.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 404

Beloved Brother we are here again that we might send enlightenment to our siblings for tonight we would speak of those of you who try to fathom out why we are here.

There is never a day goes by that someone comes up with the reason for our stay on earth or on any of the other planets of this Solar System, and we will include in our statement the planets of the other stars in our galaxy and even in the stars of the other galaxies in the universe.

All of you, whether more progressed physically or less progressed, are on the same physical plane to learn the same things that you must learn.

It matters not that you have the technology to alter your planet or to travel between the stars.

You are still a physical being with the same requirement that you must evolve spiritually and that is the sole reason for your visits to the physical plane.

When you Die you will return to the spiritual planes and resume your life, and in the blinking of an eye you will forget about this earth for we are spiritual beings and will live forever.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 405

Beloved Brother once again it is time for us to send guidance to those who would read these words.

Tonight we would speak of those who spend their lives not knowing that there is a wonderful reason to come to the physical plane so that we may grow and evolve. Many of you who understand the true way of life that we have do not seem to understand that not everyone is destined to follow the spiritual pathway and you try to edge your siblings to get on the spiritual path. We would point out that you are actually doing them a disservice if they follow your teachings. We, all of us, plan out our lives on the earth before we come here, and though it does not matter if we take a

wrong turning, it is always better if we follow our plan.

Therefore be careful if you try to alter someone's path to what you think it should be and remember that all pathways are different.

Remember, Judge Not, for you know not the purpose or reason they are on that pathway.

From Us To You With Love

SITTING 406

Beloved Brother once again we are here to enlighten our siblings and we would say that the greatest thing which can be done for our siblings is to constantly send love to everything which is alive and we would point out that not only should our love be sent to our siblings upon the earth and in the higher realms of the spirit worlds but also to those who are not our immediate siblings of the Solar System but also to those of the other suns and galaxies of the universe.

Today we think in terms of our families and friends. Tomorrow we will encompass all life within the galaxy, and when we have advanced enough we will encompass all life within the universe, and beyond the universe.

Few of you will be able to comprehend how vast the plane of life is, but remember that thoughts are living things and love is carried by your thoughts so that they carry on forever reaching new lives until the end of time.

With Love From Us.
THE BAND OF BROTHERS.
SITTING 407

Beloved Brother once again we would draw close with our love for love is the only thing in the universe that matters for whilst love is there then everything else will be sorted out so that we will all attain our evolvement and grow according to our Creators wishes.

The Christians and the Muslims have their Gods who demand our obedience to these edicts with severe punishments to those who do not comply. Their anger is not to be trifled with and they meet out punishments of everlasting Hell and Damnation.

We of course know that our Creator is a God of eternal love who gives us every opportunity to grow and evolve knowing that we are as children and as children we will grow into adults and parents.

Though our pathway may be hard we will walk it to the end and know that our Creator loves us to the end.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 408

Beloved Brother in our quest to enlighten our siblings we often think of the bold differences of you upon the physical plane and we find it remarkable that the lessons which you human beings have to learn are the same as the lessons learnt by the other types of life upon the planets.

Many of you human animals think that a bird or a deer does not have the intelligence to learn about patience or love or jealousy or envy.

Whilst the concept of these emotions are hard to attribute to these beings it is without doubt a fact that they must be learnt by all of our siblings no matter which body they have.

We would ask you the question "What does Math's or Geometry have to do with Love or Hate?"

Why do you need an advanced brain to want to help others of your kind.

Remember Beloved Sibling that when you evolve beyond the Summerland you find that your pets and plants and other bodied beings are exactly the same as you are.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 409

Beloved Brother as we draw close tonight we would think of those who have no conception of our beloved Creator.

They come here in their various forms and in a way it is a blessing that they do not have the intelligence to know that they have spirit. Their life is full of the need to protect themselves from those who would kill them for food.

It is a good thing that this is their only worry for they also have drought and floods to contend with as well as their bodily ailments.

On the other side of the coin they have love of each other and Mother love to experience, but not love as you have with all its meaningful ways. As humans you have a way of life with different goals, and families to contend with as well as careers and work to do and you leave behind the basic tribal instinct of the herd and the joy of life that goes with it.

You are civilized beings who have left behind your tribal feelings of community and we would say to you that the loss is yours.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 410

Beloved Brother we would speak tonight of those who work in the service of looking after people and animals.

It is good that these people spend their lives taking care of others because the very action of their labours teaches them to give of themselves and this is very important for by acting like this they edge themselves ever closer to the true state of the universe where all siblings do everything for others and take no thought for themselves.

When you decide to serve others and make your life and labours your main goal then you begin to draw closer to the time when you act unthinkingly. When this happens life becomes a continuous act of service, and as we have said before, unthinking service leads to unthinking love and you find yourself drawing higher and higher in your personal vibrations.

There is no higher goal than unthinking service and this should be our ultimate expression of love.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 411

Beloved Brother tonight we would think of the various ways that we might assist our siblings in their pathways.

It is a well known fact that you can and do assist your siblings by showing them the correct way to live your life by your example.

It is a little known fact that you can at times assist your siblings by not assisting them at all.

What we must remember is that if you experience every situation at some time during your time on the earth there will be times and people whose spirit do not wish you to help so that they will gain that experience of not being helped and of sorting it out for and by themselves.

If you meet someone in trouble and you find that for some reason you are disinclined to assist them then be careful about rushing in to aid them. Listen to that small still voice in your heart before you offer your help. Remember when you next send out healing that they need your help, for healing always works though not in the way that you might think.

You may be thanked in the future for your lack of help.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 412

Beloved brother tonight we would speak of those who walk the path of service to those who are ailing and in need upon the physical plane. Many there are who labours all of their working lives to alleviate the suffering of our siblings and though most of them have no thoughts of the spiritual life they still follow the path of service to their fellow beings. How strange it must be for them to walk this path serving those who go to them for relief of their ailments and yet they have no thought of spirit or spiritual ways. They work for the pleasure of helping others, expecting no reward and yet their rewards will be great when they pass through the veil at the end of their life.

What none of them realize is that they are doing Gods work without knowing that they are doing it but their reward will be as much and even more than the spiritual healers who by their trade know what they are doing. God works in mysterious ways, for if you know something about his ways then you know why you should do it and be thankful for what you receive, but if you do not know his ways then the reward you receive will be greater than ever.

With Love From Us.
THE BAND OF BROTHERS.
SITTING 413

Beloved Brother tonight we would draw close for we would speak of the stories in the Christian Bible and how, if we look at some of them they will help us in our spiritual way of life.

The true pathway of a great many of you can take guidance from the stories told there and should not be cast aside in a willy-nilly way because the Christians believe them. They may or may not be true stories, and to be frank it does not matter whether they are true or not, but if the content has guidance within it then it does not matter that it is true or not. It is the lesson which matters and how it guides or leads you to other things.

The story of the Talents brings to mind that it is not so much what you do with what you have that matters but what it does to you and how much you personally gain from the experience of all that you learn.

If you are true to yourself then what people think of you does not matter. If you did your best then that is all that matters and remember that this is all you will take with you when you return to the spirit world.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 414

Beloved Brother we would speak tonight of the lonely and bereft among us for there are many who would welcome a friendly word and also many who would be glad of a little bit of company in their lives.

Many there are, in fact most of us, are lonely and sad at some time during our incarcerations upon the earth. They are not to be confused with those of us who are content and happy to be on their own. These people who would like some company are often shy and retiring and would not dream of imposing themselves upon others but you can usually tell when someone is lonely.

A great part of your service can be used to help them along and it is surprising how much pleasure can be given in a relatively short time to those unfortunate souls who find themselves in this position.

If you can then try and put some time aside so you can visit lonely people. Your reward will be to see their pleasure and upliftment.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 415

Beloved Brother it is with trepidation that we watch some of our siblings as they go through their lives on earth and we might add the other planets of this Solar System.

Many of them take a delight in being Ungodly, Uncaring of others and unwantonly destructive.

We know that nothing is wasted in our lives on the physical plane but it is what they become like in their inner thinking, and how they have to relearn how to be kind and gentle to others as well as to themselves.

The time that you take to retrace your steps is not so much wasted as unnecessary. It is like your time on earth when you rush to get the job done only to find that you have to start the job all over again to get it finished properly.

And then you find you have created Karma which of course must be worked out.

Worst of all though is the extra lives you must spend on the physical plane just to sort out the mess you have made of your evolvment.

With Love From Us.
THE BAND OF BROTHERS.
SITTING 416

Beloved Brother we would upon this occasion speak to you about the various levels of spirit and we would point out that so many different things are said about these levels that there are those who, finding different explanations to different things will say that other spirits have said other explanations to the same subject so one or both of the explanations are wrong.

'How can this be you ask'. The Laws of God are the Laws of God so how can they be different, or else someone lives a certain way so how can someone else live another way.

The answer is of course that the two different spirits are living to two different values, or in other words the two different spirits have two different goals which they are heading for..

You all have free will choice and it is up to you which way you develop and indeed which way you go there.

Not only that but the people who received the message were themselves different and required a presentation according to their development.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 417

Beloved Brother we are here again that we may consider those who do not realize that their actions on the earth will eventually need to be redressed by ways of Karma and good deeds.

You may well be obliged to think that Karma should not apply to those who have no inclination of the cause and effect of their actions. We would like to ask you 'What about the recipients of any harsh or sadistic treatment these people receive' and would you consider it fair that their pain and suffering should just be ignored.

When you return to the spirit world one of the first things you will do will be to address your past life with all the good things and the bad things you have done to others and you will then need, for your own sake, do your best to make amends for those nasty thoughts and actions and you will not have the excuse that you were only following orders.

We can only say that you should always be to others how you would have them be to you.

With Love From Us.
THE BAND OF BROTHERS

SITTING 418

Beloved Brother once again we would speak to those who wish for enlightenment for it is the reason for our work that others may learn to draw closer to the world of spirit.

We often wonder why you of the earth take no notice when we try to impress you with our thoughts. Some of you will stop and consider what you have thought about and why the thought has come into your head.

Others of you just think 'Silly Me why did I think of that' and turn your attention to earthly things. Then again some will really think about what you have thought and will follow it through. quite often following this through with a slight alteration to the way you do things or even to your pathway through life.

To us it is a bonus when this occurs and makes all our efforts worthwhile. Of course when we fail then we have the job of trying to steer things back so that we can try to influence you again.

Some of you may think that our work may be frustrating but you must remember that there is no timescale to our work and failure only puts the guidance to another time.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 419

Beloved Brother it is good to draw close once again for tonight we would think of the non-human beings who chose to work for humanity and also for the others who have incarnated on to the physical plane.

Who are these spirits who come to work amongst their siblings, well the first ones to come to mind are the angelic beings who work with us throughout our lives. They have a special affinity with us upon the other planets and though they do not actually have a body they did so at some time which is why they can teach us in a special way.

The Fairies are also helping our siblings of the plant life with their trials and tribulations. They also give and receive emanations from the flower pollens. There are times when you can see them on a sunny day if you are in meditation or prayer, you can sometimes catch them from the corner of your eye as you sometimes can see a spirit friend.

Taking this a step further you can also at times see the Aura of a flower or other plant or tree just as you can feel the Aura of the flowers and plants.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 420

Beloved Brother it is with pleasure that we draw close to your sanctuary again for we would speak tonight of the trials and tribulations of all who reside on the physical plane for though the greater number of you have no idea that this is your purpose it is without doubt the only reason that you come here.

Many of you would argue that you live this life so that you may enjoy yourselves and a great many of you do enjoy your various stays here, but there are a greater number who, whilst they are on the earth etc, would rather not be here.

The answer is of course that your inner self knows why you are here and also knows that if you cut short your stay here you will need to return so that you complete your evolvment.

This is why we hang on for as long as we can and, if you but knew it, why we often help others on their pathway.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 421

Beloved Brother once again we are here to talk of the differences that occur between those of us who are spiritual in our understanding of life and those who have no conception of a life other than their present earthly life.

It is surprising to all and sundry when they find out that those who lead an un-spiritual life are so very often still kind and gentle to those around them and that it is only a very few who pass through this physical plane with pleasure at the pain and suffering which they cause to others.

We know that their pleasure is for the most part short lived and that though others will spend their lives going out of their way to be obnoxious and no matter which path they take, you will probably find that their path is lead by Karma either good or bad in a way that they themselves do not have much option in how they act. How many times have you yourselves found yourself acting in a way you find alien and unconventional to your normal reaction, and for no apparent reason. Those who act

unthinkingly are usually guided by spirit to serve spirits purpose.

With Love From Us.

THE BAND OF BROTHERS.

SITTING 422

Beloved Brother we would be with you once again for tonight we would cast our thoughts to those of the animal kingdom who come to the earth knowing that all that they go through will help and assist all whom they meet whether it be to nurture or to use them. You will, we know, find it hard to envisage them assisting those who would eat them or to be eaten by them but we would remind you that without those whom you will eat, whether it be meat or fish or grain or vegetables then you yourselves would not be able to remain on this physical plane.

There is no difference between your stay on earth or any other being who lives or dies. You are all spirit and you all have purpose on this plane and the fact that you think some other form of life is lower than you are makes not one iota of difference to them for you are all spirit and you are all heading in the same direction towards the same goal.

In a time to come you may find yourself being helped by those you now consider inferior for they will have proved themselves to be greater and more advanced than yourselves.

With Love From Us.

THE BAND OF BROTHERS.

SITTING 423

Beloved Brother we would speak to you tonight on those who are forced to follow a religion which is not of their choice. There are so many of us upon the earth plane who, though they do not really follow the edicts of the priesthood, are forced to give penance to the state religion because if they do not they will be pilloried and even beaten because they do not conform.

They have no freedom in the matter and they have no choice because those placed in charge of them demand total obedience to the one faith. This, of course, is intolerable but what can these poor people do.

You will find that most of them will verbally agree with what they are told, even though they know that what they are doing is wrong. A fewer number of them will do what they have to do to get by with what they must do to enable them to live in peace and quiet.

Lastly there is the odd one or two who will speak out against the religion and will suffer much frustration because of it.

We have said before that when you meet someone who is adamant that they are right then the only thing you can do is to agree with them that they are right and leave it at that. The fact that you agree with them dispels their need to convert you to their ways and allows you to quietly get on with your own truth.

With Love From Us.

THE BAND OF BROTHERS

SITTING 424

Beloved Brother we would draw close again for we would speak of those who have no conception of God. It is not a bad thing for these people who do not understand that our Creator is there.

We could say that the animals and the birds and the plants and trees do not understand about God yet they come and live here just as you and I do and there is nothing to detract from their lives by one iota by not knowing about God. Why should there be any deterrent to their evolvement by not knowing that there is something greater in their spiritual lives. Do we not have better things than to understand that we are privileged to have this knowledge. Do we not reach higher levels because we know that God is with us always. Let us consider where we would be and what we would do if there was no God.

We would be doing exactly what we are doing now except for our worship and our life would be the same as it is now for we would still love others and we would still help others and we would learn our lessons and go through our experiences just as we do now. Do not feel sad that they know nothing of God for they are in the circumstances that they should be in, so where is the problem.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 425

Beloved Brother we are here with you again that we may help those of you who seek enlightenment for we would have you know that there is not a thought which passes from you that we do not know about. You are not aware of our presence nor are you in any way thinking about us yet we know that nothing will escape our attention as you bless or curse anyone upon the earth or in the spirit realms. You may think that you are justified when you silently wish ill of someone, or try to persuade someone else that they should do something which will be detrimental to someone you dislike.

You may think that because you say nothing to anyone then the thoughts are yours alone and concern no one else but you are wrong for your spirit knows everything and will be saddened and regretful of your thoughts. Love thy neighbour as thyself and thy Creator and remember they are all your siblings and deserve your love and blessings.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 426

Beloved Brother once again we are with you and we would speak tonight of the way to treat those who require healing. There are so many ways to give spiritual healing that we could never deal with all of them if you were to continue writing all night so let us deal with just a few of them.

The laying on of hands is the way most people think of healing but to be truthful it instigates so many different rules and conditions that much is lost in the process. Do not think that we find fault with this method for much good work can be done in this way but please remember that any condition that you make will detract from the healing itself. We have found that it is not a necessity to actually touch a person when you give healing as it will work just as well if the healer is in close proximity with the one who is receiving it. It works on the same principle as absent healing and works through the spirit instead of the actual body for if the spirit is healed so the body ailment will be healed.

It is for this same reason that sending your thoughts of love and goodwill also results in healing being sent to someone.

Your mind is powerful enough to do anything you wish it to do so do not hold back because you doubt your ability, it is better to have tried and lost than not to have tried at all.

With Love From Us.
THE BAND OF BROTHERS

SITTING 427

Beloved Brother we are with you again and we would speak tonight of the love which each and every one of us should have for each other.

You should all know that it is only by our love for each other that we can progress with our evolvement and that unless we do love everyone unconditionally we cannot evolve in the fashion that we

should.

Every time we express our lack of love for each other we express a flaw in our makeup by a dulling of our colours which exposes to our fellow siblings our faults.

Just as, when you tell lies, your Aura flashes and everyone can see it, so your Aura darkens a little and your Aura displays a duller hue to all and sundry.

Also you find that you have to work a little harder to regain your previous brightness before you can again begin to progress your evolvment.

This is why you should do everything you can to make your love of all living things your most urgent task for until you do you are walking in the roadside ditch instead of walking along the road itself.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 428

Beloved Brother we would draw close again for it is time to send our love to all those who feel unloved for the lack of understanding of the true state of our existence will often result in our siblings feeling that there is no one to whom they can turn.

We know, and you yourself know, that there are always those in spirit who love and cherish their friends who are on the earth and because they are not aware that the spirit world exists, will think themselves alone and unwanted by anyone.

You should realise by now the reasons that they feel like this and it is also known that these siblings must go through this experience but it is always nice to get a little love from an unknown source and we would ask you to include these people in our prayers so that they can be uplifted a little.

We who are in the spirit realms would, if we were allowed to, help them all we can but we must abide with their free will, but you on the earth plane are not restricted by these rules so we ask you to send your love to them.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 429

Beloved Brother once again we are here for we would speak tonight of the reasons for your trials.

It is well known that we must all learn to live with others with peace and love for this is the basis of our lives in the spirit realms.

There are many situations which are upsetting and unsettling and as we go through these situations we learn to turn the other cheek and to do things which, though we know that they are not what we want, we realise that the situation will be resolved if we change our perspective and allow others to win. We must always remember that it is not the things that we want that matters, but that the situation will be resolved in a fair and reasonable way.

Of course there are times when others may be unreasonable and when this happens you must also learn to stick to your guns. Otherwise life would become intolerable for you for you must also realise that they too must learn to accept defeat. It can at times be rather complex but in the end it will all work out for all of you.

With Love From Us.
THE BAND OF BROTHERS

SITTING 430

Beloved Brother once again we are here that we may send knowledge to those who would read our words. It is always a pleasure to spread the word of what we are and how we should act in these difficult times of the physical plane for if we said nothing then you would not know that kindness and love of other living beings is what is important. Nor would you realise that your actions help to further the cause of our evolvment and all that it entails. We understand your questions about those who have knowledge of the future and how they must slowly learn to love and respect the little ones who have no knowledge of God and who will very very slowly begin to raise themselves to a higher plain where treatment of all life is paramount in our learning curve. None of the lessons we learn are new

for those who treat and teach you and instruct you by your experiences that this is your secret pathway which you do not understand until the day that you begin to love all life. It is then that you have reached the level of understanding to treat everyone and everything with love.

With Love From Us.

THE BAND OF BROTHERS.

SITTING 431

Beloved Brother we are here again for we would speak of those who, on the surface, would seem to have an easier life than many others. Some of their life will be spent trying to cope with the feelings of envy and distrust that their lives do not seem to be troubled by hardship and a lack of love by those who cling to them for what those others may get by associating with the seemingly lucky ones.

Though they may seem to have everything they desire we can assure you that this is not the case for in every life you will find an equal measure of trials and tribulations as well as sadness and loneliness.

It may or may not be to the same intensity as some others but that is not because of their circumstances but is caused by their need to experience the physical pain and suffering of their pathway.

No man is an island and no man can escape from the necessity of experiencing what you need to go through. We may seem to be uncaring in our thoughts but you do not know that we also weep at your pain even though we know that it is necessary.

With Love From Us.

THE BAND OF BROTHERS

SITTING 432

Beloved Brother once again we are with you in your sanctuary so that we may spread the words of wisdom and love for tonight we would speak of those who try to live a spiritual life and who feel that they do not do enough for spirit.

It is true that most people believe that they could do more for their siblings and it is a state of mind which we all suffer from for we do not really understand that we have other things to do with our lives as well as in addition to our spiritual work.

So many of you think that because you are spiritualists you have no other duties than service to others.

This is not so as you see it for we have said before and we repeat it that your most important service in your life is to yourself before all others and you shall and must realise that though service to others is vital to your development the service that you give to yourself is paramount and that if you do not give yourself these opportunities to advance then you will have to have these opportunities presented to you again.

Remember the saying it is nice to be important but more important to be nice.

So please be nice to yourself.

With Love From Us.

THE BAND OF BROTHERS

SITTING 433

Beloved Brother once again we are here to spread the news of our love for all life. It must seem strange to a great many of you that the various beings who reside upon the earth with their varied bodies and lifestyles as well as their different lives both very long and very short are basically of the same origin, I.e. spirit. You have no idea of why you are here or the things that you must learn for there are some who would not hurt anything and at the other extreme there are those who would only survive this earth life by killing and consuming others both of the plant life and animals who live on this earth.

We know that you humans and certain others choose to consume various foodstuffs but they are still bodies of various spirits who, after all, are our siblings and we know that a great many of you do not recognise that they are the same as yourselves and we also realise that if you did not consume these beings then you would cease to exist for you would have nothing to eat. The whole point of our reasoning is that if your maker wanted you to refrain from eating these things then he would have supplied you with something else. There is good reason for this lesson and though we know the answer

we will not divulge it to you for there are some things which you are not allowed to know and this is one of them. Your spirit knows the answer but as we have said before if we told you the answer then there would be no need to send you here in the first place.

With Love From Us.
THE BAND F BROTHERS.

SITTING 434

Beloved Brother we are here again that we may speak of those who are lonely in their pathway through this earth life and to the other planets and places where they seem to have little contact with others. Many are the places for whatever reason, there are those who have no close friends and would benefit from some company. The reasons for this are either unknown or are self inflicted or are even given as punishment for wrong doing or simply used as a lesson for the recipient. We who do not understand these things should surely have pity and compassion for our poor siblings as they learn to grow within themselves and lift themselves out of this condition. We of course should send our love and compassion to them in their need and they will of course be uplifted by our thoughts of love for them.

Please remember them in your prayers in your healing times and if possible allow an extra healing portion of your healing times to assist them in their learning.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 435

Beloved Brother we are here again and it is with pleasure that we send out to our siblings for in their present state they are so confused, especially those who do not understand the reason and purpose of their lives upon the earth plane. We must always remember this in our prayers and wishes for our siblings. Especially for those who believe that they have achieved some measure of importance within the realms of the spiritualist movement. There are those who think that their position entitles them to a greater standing in the movement and there are also those who believe the church they attend is only there so that they and their friends may worship our Creator to their methods and standards and that any outsiders should be treated as an infiltrator to their congregation and not as another sibling of our God. Please do not condemn them for their thoughts and send them your love for we have all at some time been of the same ilk. Each facet of our lives is different and without the development of each facet we are not complete so please do not try to alter them for each one, in their own way, must learn from life's experience.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 436

Beloved Brother as we draw close this evening we would think of those who are ailing and in need because of the inclement happenings of the earth and the weather. For many of us it causes grief and mental upset that there always seems to be something going wrong on the earth. It is only right that we should send our love and compassion to these poor people and of course the animals as well for they suffer just the same as we do.

It is always the right thing to do when we send healing and love to the afflicted but we must always remember that there is purpose in everything which happens upon our planet. Remember that it is never the right time to be an accident nor is it the right time for the house to fall down on top of you or your best cow to die. Keep in mind that the events of the earth do not matter in the spirit worlds and the lessons you learn from these things stay with you always.

You may die before you finish reading this but does it really matter if you do?.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 437

Beloved Brother once again we are here for tonight we would think of those who do not have the

benefit of guidance from the spirit realms.

There are, it is true, a great many of God's children who are locked to the physical realms of the earth solely because of their beliefs that there is no other level of spirituality to go to for they think themselves to be lost or to be unworthy of any help or assistance because of some past transgression they committed during some incarnation upon the physical plain.

They are, in their own way, quite unable to help themselves on their own because of their teachers in the past telling them that they are forever damned for all eternity and so they will remain until by chance they are enlightened in some small way so that they realise the error of their previous teachings.

This is why we constantly send our love to all life. It is why we enfold all life in our love even though they may not register in our thoughts. This is why we keep telling you that unthinking love is such a necessary part of our lives for it is the one kind and type of love which will eventually filter through all levels of thought.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 438

Beloved Brother we would speak tonight of the total control of all the parts and beings who live within this our Solar System.

When you consider the Eons of physical time as the cloud of atoms gather together and the gravitational compression which starts the atomic furnace which becomes our Sun, and the Eons of time as the Sun ages and matures, including producing the planets provided for Our benefit that we may grow and evolve, then we begin to see the wonder of the Universe in all its glory.

The acorn grows into a mighty Oak tree
The stars grow into a Galaxy
And you grow into anything which you wish to become and more.

This is the beauty of our Spiritual Life

With Love From Us.
THE BAND OF BROTHERS.

SITTING 439

Beloved Brother as we look through the colours generated by those who come to be near your sanctuary we are often surprised by the different hues and shades of colour given off by those who draw near.

Many of our siblings draw close because of their curiosity that our gathering has so many different levels of spirit together with the same object in mind, I.e. service to all and sundry. It is also because of this light which shines out in all directions that certain spirits begin to consider what they themselves can do to assist others by their service.

It is a welcome sight to see the change which occurs when those who are on the balance of self and oneness changes to selfless assistance and it is only by the service that your whole group gives that many more are turning to service to others.

It is of course the reason that your band of brothers was formed in the first place, even before you were born into this incarnation, and it is nice to see the young fruit ripen and mature.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 440

Beloved Brother once again we are with you that those of you who seek enlightenment will receive it.

We would speak tonight of those of you who are not convinced that you are serving your siblings for it is so easy to ignore the signs which manifest among your siblings that they are gradually

progressing.. Yes we know that the signs of progress are few and far between and that there are times when you seem to be going backwards in your efforts to assist but we would remind you that we keep telling you that slow and sure is the way to progress.

Time will tell is what we hear you say but we would remind you that time is of the earth and has no real relevance to your actual progress on the path of unfoldment.

In a few Eons of earth time you will still be looking at the same stars in the night sky, and nothing will have seemed to change but what you cannot see is that slow steady progression is necessary to your growth as a chrysalis universe which you are

With Love From Us.
THE BAND OF BROTHERS.

SITTING 441

Beloved Brother we are here again that we might serve our siblings and tonight we would think of the non-human beings who inhabit our solar system.

The Planets in all their glory teem with life in a great many forms, and there is not one who is not on the same pathway for the reason they are on this plane is to learn how they should live according to the aspect which they wish to evolve at this time. We, all of us, visit the physical plane many times in many guises and forms so that we understand the various lives and lifestyles which we need to experience, so that we may understand the different levels which we will need to create for our children's education as they unfold and evolve themselves.

You may wonder why we bring this up now, being we are as children ourselves, but you will now realise why you must know these things so thoroughly and for what reason.

We said before that you will learn everything there is to know and now you know why you must do so for it is not only for yourself but also for those who come after you.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 442

Beloved Brother it is good to be here again for it is such a pleasure to draw close to those working for others in love and service.

There are so many places upon the earth where healing and service are being practiced and though we realise that many are more concerned with their own way of life we also understand that this is how it should be so that all types and styles of life can be experienced.

There is so much which our siblings can learn from the seamy side of life that it is not surprising that there is so much selfishness and violence amid all of our siblings.

Whilst these acts of abhorrence fill the earth with anger and dread it is only fair to point out that these are the things which normally sadistic types eventually lead to acts of kindness and the slave driver type of person to setting their charges free.

At the other end of the scale experiencing cruelty and abuse is a great teacher, so in effect everyone gains from the bad things which happen on the earth.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 443

Beloved Brother we would send our love to all life and good wishes to the universe for without it we would not be here doing what we can to assist our siblings to progress.

Many times we see and hear about others who help all that they can to move forward on their pathway through their unfoldment and we also hear and see of others who have been helped by the actions of spirits and people who do not know the recipients of their actions.

It is always good to hear of these unthinking actions in these cases for in truth they are truly spontaneous acts with no other thought but to do something for some unknown person.

It is an action done for pure love of someone with no thought for self reward or any gain and it is

at these times that we take another step towards our own fulfilment.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 444

Beloved Brother we would speak tonight of those who have a hatred in their hearts for others, whether it be justified or not.

It is true that these feelings never seem to be justified or helpful either to the sender or recipient but we would disagree that they are not helpful for if you never send out these feelings and you never receive them then how are you going to experience them and if you do not experience them then how will you evolve yourself and become able to contend with your emotional anger or rejection of such feelings.

It is one thing to ignore the brickbats of your life or the uncontrolled emotions you feel at times but if you wish to attain unconditional love of all life then you must also learn to attain perfect control of all your emotions at all times.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 445

Beloved Brother we are here again to express our love of all life by doing what we can to assist our siblings. It is surprising as we look around to see those who serve their siblings by serving all life in every way that they can, some of them without the knowledge of a spiritual life and in some who have no thoughts or knowledge of God. There are others who couldn't care less about the state of the other peoples upon the earth and there are even the envious ones who just love to get one over those whom they consider better off than they are. It is no use pointing out that this is wrong or that they are no better off than anyone else for they just do not understand why they should act differently. If you try to lead them to a different way of thinking you will be laughed at or ridiculed. Do not find fault with them or even mention the subject for they know that they are doing the right thing for themselves for there is no God or he would not allow all these bad things to happen. All you can do is to pray for them and know that you at some time were taught the lesson that they are learning.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 446

Beloved Brother we are with you once again that we may serve our siblings once again for tonight we would think about those who are rich or famous for they need to grow and evolve just as all of us must do. The kind of things they are obliged to learn is not to misuse their power and to treat everyone with kindness whilst ensuring that the job gets done with honesty of your servants and friends for you must always remember that there will always be some who will try to take advantage of you. You will also need to remember that you are their source of work and that any failure on your part will have an effect on their lives and that your decisions will make their lives easier or harder.

You also have your life's progression to consider for you will be tried and tested just as everyone else is tried and tested and that you too will learn the lesson of failure. Know also that others have only themselves to consider for you will be expected to provide tests and experiences for those in your charge.

With Love From Us.
THE BAND OF BROTHERS.

LESSON 447

Beloved Brother we are with you once again in love and service to all life for tonight we would speak of those who are lonely and friendless.

You would be surprised at the number of friendless humans and animals and even plant life who live their lives without the comfort of other friendly life.

You think of the human beings who live a solitary lonely life and you sometimes realise how many there are. You do not think of the animals as being lonely and alone but there are many more of them than there are humans who have no friend. It has probably never crossed your mind to think of plants who are living alone in this world but if you were to take notice of those plants who live alone or separated from others then you would soon realise how many there are and for how long they endure their loneliness. How long does the goldfish survive in his bowl, how long does the parrot or Budgie live in its cage.

How often do you talk to the plants or the animals who are wild.

Your words, your thoughts, and when you can your touch will be welcome to them.

Have you not heard that they react to cruelty, so they must also react to kindness

With Love From Us.

THE BAND OF BROTHERS.

SITTING 448

Beloved Brother it is with pleasure that we join you again for tonight we would speak of those who do not wander through the earth. These beings whom many do not consider to have souls or spirits, wrongly we would add, have as much right to exist as any other being on the earth.

They may not be able to retaliate when you damage them or cut them down but they are still living beings who can feel emotions just as we can and who have lessons to learn and experiences to go through on their journey of evolvment. They may be unable to express themselves as we can but then again neither can the minerals or the rocks and stones, but they too have life. If you have a body which is alive and will die then you must have a spirit which causes your body to be produced and your spirit is a child of your creator. If you are a spirit you will grow to be just the same as your creator and it matters not what your body is like for you will become like your creator is and will continue to evolve just as he will evolve in the future.

With Love From Us.

THE BAND OF BROTHERS.

SITTING 449

Beloved Brother we are here again that we may spread enlightenment amid our siblings for there are so many of us who will in the future look for and receive the paths through life that will lead them to fulfilment of their journey of evolvment to a greater level of love and light and because of it service and progress.

It is said by many that many are called and few are chosen but we would disagree with this statement for each and every one of us will be called when we are ready to be called just as each and every one of us will be chosen at that time when we are ready to be chosen. This will not happen just once but many times for just as we develop our different aspects in different lives so do these same aspects ripen and mature in different lives and stages. A fruit ripens in stages. A man or woman grows slowly to adulthood. The very sun itself goes through its cycle of life, so why should your spirit be any different.

With Love From Us.

THE BAND OF BROTHERS.

SITTING 450

Beloved Brother once again we gather here for tonight we would speak of the time that we spend caring for the good of all of our siblings.

We would ask, do you constantly think of the others who are your siblings to the exclusion of other things. Do you constantly walk the earth so that you are sending out healing and blessings to all those who live upon the earth.

Is your life dedicated to any one thing to the exclusion of helping others, and this includes the spirit realms.

If this is the case then we applaud you most sincerely for you are truly dedicated to service to everyone.

We would however give you greater applause and more profuse thanks if you were to include yourself in your good deeds for there is nothing or no one who has a greater need for help than yourself.

It is your responsibility to ensure that you progress to the best of your ability and you cannot be doing this if you are always helping someone else.

By all means send and give healing and service to all but remember to serve and heal yourself first.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 451

Beloved Brother we are here again for we would speak tonight of those who wish to seek revenge for the religious sins which are committed against the various factions of religion and their various sects.

There are so many of our siblings who believe that they have the only true word of God and that everyone should follow this true religion.

It is very sad that these instigators of all the horrors and killing which they do in the name of God for they truly believe that they will all end up in Paradise if they carry out their schemes to punish those who do not follow their ways.

It is sad that they do not follow the God given rules that you should love thy neighbour as thyself.

We who understand how wrong their thinking is should realise that the only thing you can do for them is to send your love to them for they are, after all, your siblings and will eventually need that love to assist them to start walking towards the light for they will have a dreadful journey to travel back to the realms of love and light.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 452

Beloved Brother once again we are here for we would speak to you about the never ending love which comes from our Beloved Creator.

This love which flows at all times and is unconditional will always flow throughout God's domain, even though those of us upon the physical plain will at times think that it does not apply to them or reach them.

There are times we know which occur during our physical lives when it seems that everyone is against you and there are times when you feel that even our Creator has forgotten us.

It takes a great deal of courage and understanding to realise that we are in this life, at school learning to have trust and faith in ourselves and God, and even in our guides and helpers who are with us to conquer the lessons which we must learn during our earthly life.

The road we walk is strewn with boulders and brambles and those who would use us as a stepping stone for their next step up and though it is up to us to assist them if we can we must also keep in mind our goal at the top of the hill.

With Love From Us.
THE BAND OF BROTHERS.

SITTING 453

Beloved Brother we are here again for it is always time to assist our siblings. How is it dear friends that we are always ready to assist those who would serve our siblings. Many of you

wonder how we can be able and willing to drop everything we are doing so that we can serve others and though you cannot realise why we do this, for you cannot see why we would do this for nothing you also cannot see or realise that we do not do it for nothing for anything that we do for you we also do for ourselves.

You are at one with us just as we are at one with you or to put it another way we are all as one no matter where we are or where we are or even what we are. You wonder how we can all be the same even though we are different and we would say to you that our thoughts are all the same just as our spirits are all the same just as we all have the same Creator. Therefore we are all the same even though we appear to be different.

Service to you is service to us and service to our Creator so where is the difference.

We send our Love to all life.

SITTING 454

Beloved Brother we would speak tonight of the trees and plants who come to the earth so that they may learn to grow and evolve just as we of the animal kingdom do.

There are so many of you upon the earth who do not consider the plant life to be spiritual and we would ask you to consider how they can be alive at all if they do not have a spirit to produce the body which gives them physical life. You know that without a body they cannot live a life on the earth just as you yourselves cannot live a life on the earth without a body so how do you explain the lack of a soul or a spirit to create this life.

The trouble with your acceptance of other life on earth is that you think that us Humans are special. You see yourselves as being above the others in both mental and physical capacities and that the others are here for our benefit. Believe us when we say that you could not be further from the truth. All life is Sacred and all life has the same purpose to grow and evolve.

You are made in the form of your Creator, a Spirit, your body is attached to your spirit as are all physical bodies. So how are you better.

We send our love to all life.

SITTING 455

Beloved Brother it would seem that our pathway upon the earth is littered with rocks to trip us up as we walk through this life and with thorns to impede and change our pathway as we walk through this life.

All life seems to be a collection of barriers to what we wish to do and attain. All life seems to be a collection of trials and tribulations which we can do nothing to avoid.

On the other hand we seem to be surrounded by others who enjoy their life to the full, who have everything they wish materially and have good health and happiness. Oh how you wish you could have a life like that.

At the time you are wishing for this better life can you not stop and think of those who are much worse than yourself, of those who would dearly love to have enough to eat, or a bed to sleep in, or decent clothing such as you have.

Can you not see that your present life is governed by your actions and only you can change it.

With Love From Us.

THE BAND OF BROTHERS.

SITTING 456

Beloved Brother we are here again that we might speak of those who believe that they alone are correct in their interpretation of God's wishes.

It is true that there are those who wander this earth convinced that God is vengeful and will only grant you a life in heaven if you are mindful of his edicts in his Bible or Koran, or whatever book has been chosen by your priests as God's word.

It matters not what is said within that book, providing you with orders which are to be obeyed as the only purpose of these books and if by chance they contradict each other or themselves then that is not your prerogative to question for you should not know of these contradictions since you are forbidden to

read the other books or find fault with these religions for they are the mainstay of their belief and are unalterable in any way for they are the word of God who will in his wisdom send you to an everlasting life in hell just because you got it wrong.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 457

Beloved Brother we are with you once again for it is time to speak once again of the love which abounds within this our Solar System for though it is one of many solar Systems in the Universe with just as much love within its realms it is our own solar system within which we are evolving and growing so that we may reach the progression which is our birthright through the beloved gift of life from our Creator.

You do not, indeed you cannot realise the vast extent of the life which lives within our Creator and in fact it is a part of the puzzle that most of you do not understand that you do actually exist within the realms of your Creator.

He is not somewhere else looking down on all of us for we are within the spiritual and physical body of our Creator. We always have been, we always will be.

Today you are a speck of light. One day you will be a Solar System with a Sun and children of your own. In unthinkable time you will be a Galaxy and you will still be within the body of your Creator.

We send our love to all life.
THE BAND OF BROTHERS.

SITTING 458

Beloved Brother it is nice once again to draw close to your sanctuary for tonight we would speak about your health and all that you do towards keeping your body in reasonable health.

There are many ways that you can help yourselves and there are also many ways that you can hinder your state of health as you go through this life and it is not for us to tell you what you should do or not do for within your life's experiences bad health will take its place, sometimes in short spells and at other times as lifelong ailments which are not, we would add, the effects of karma or punishments but are merely what your spirit wishes you to go through as lessons or experiences.

Always remember that whilst God has no desire to punish you, you will find that your own spirit will require you to learn these lessons.

In this way you grow and evolve so that you attain perfection before you leave the physical plane for the final time.

With Love From Us.
THE BAND OF BROTHERS.

LESSON 459

Beloved Brother once again we are here to join with others in sending love and healing to all who will benefit from it for this is the most important thing that each of us can do.

It is true that we unthinkingly send our love to all life whilst we are in the spiritual planes and it is the one thing we try to impress upon you of the physical plane but to a great many of you it makes no impression on your lives and we would like to stress upon you that in many ways this is how things should be for if you are to learn all things then you must learn that hate and greed and cruelty all have things to teach you which you cannot learn if you are kind and loving.

This being kind and loving is all right when the situation calls for it but you must also remember that sometimes it is better to teach the lesson of a quick sharp smack than to explain that naughtiness is not very nice for you can never be sure that your message has gone home, but the fear of another smack stays with you for a long time.

With Love From Us.

THE BAND OF BROTHERS.

LESSON 460

Beloved Brother once again we are here to join with others in sending love and healing to all who will benefit from it for this is the most important thing that each of us can do.

It is true that we unthinkingly send our love to all life whilst we are in the spiritual planes and it is the one thing we try to impress upon you of the physical plane but to a great many of you it makes no impression on your lives and we would like to stress upon you that in many ways this is how things should be for if you are to learn all things then you must learn that hate and greed and cruelty all have things to teach you which you cannot learn if you are kind and loving.

This being kind and loving is all right when the situation calls for it but you must also remember that sometimes it is better to teach the lesson of a quick sharp smack than to explain that naughtiness is not very nice for you can never be sure that your message has gone home, but the fear of another smack stays with you for a long time.

With Love From Us

SITTING 461

Beloved Brother we are here once again that we may assist our siblings on their walk through this present lifetime.

Many there are who have no conception of the spirit life in their present lives but of course this will change when they pass through the veil and return to the spirit levels. This will be a surprise to many of them but you must remember that they are returning to the level of spirit which is right for them for whilst some of them will actually go home to a higher level because of their personal progress during this lifetime there are a few who will have become embittered during their life by the experiences they have gone through and they will actually regress by their actions.

This regression is of course, only a temporary thing for they will soon learn where they have gone wrong during their lives and accordingly regain their previous glory and desire to progress.

With Love To All Life

GYRON

SITTING 462

Beloved Brother it is time once again for us to assist our siblings in their quest for enlightenment and we would talk tonight of the power of love. It is well known that if you love with total faith and earnestly desire that something come about then so it will come about, but we must also remind you that you all have free will to contend with and that free will of someone else can countermand the work that you may wish to happen. You also have the lessons you must learn for your enlightenment and the Karma you have brought about to be worked out before your advancement can be looked at.

All these things must be looked at before you have a clear field ahead of you but we would remind you that we have no time on our side of the veil and we also have forever to reach our goal so there is no real rush to get things done.

We would remind you of the man who could not wait for the gate to appear in the wall which was blocking his path. He forced his way through the wall and found nothing. But the man who had patience waited for the gate to appear and found a house of learning.

With Love To All Life

GYRON

SITTING 463

Beloved Brother We are here again for tonight we would speak of the different lives that we go through as we learn to grow and evolve. Most of our lives are quite ordinary and though you may think that not much happens in these lifetimes you would be surprised to learn of the many times you are guided to a situation which will teach you one of your lessons. It may not seem to teach you anything that matters much and it may even be something you have met up with before. It could even be something which seems to have no relevance to your life or even your lifestyle and though you may not understand it at all it is there for you and passes into the background of your life and is soon forgotten.

So your life goes on and it often seems that there is no purpose to your life and when you near the end of this journey you may or may not have achieved all that you wanted to achieve, or you may have failed in everything you wanted to do. It matters not which way your life went for in each and every life you will have learned what you needed to know and this will mark the success of your incarnation.

We Love All Life.

GYRON

SITTING 464

Beloved Brother we are here with our love and with our knowledge of the requirements of the things that we must all learn as we pass through this time of our unfoldment. Many things come to mind as we search for the things that you must learn and experience and the things which you must know.

A great many of these items are little things which grow with other little things into a way of life or a certain pathway that you need to go down in order that you may learn a new way of approaching your problems and lessons. The time that you follow other peoples ways of doing things and other rules that you are told is 'Gods way', and must be followed to the letter, is just so much wasted life that you spend entire lifetime's, for no good reason, doing things which have no purpose.

If you work out the things which you should do, and should not do, you will end up with a list which is short and sweet and covers everything you say, everything you do, and everything you think, These are

LOVE ALL LIFE
SERVE ALL LIFE
BE KIND AT ALL TIMES
BE GENTLE WITH EVERYONE
We Love All Life
GYRON

SITTING 465

Beloved Brother it is with pleasure that we join with you for we realise more than you who are incarnate can realise how much good is done by your actions. We know that your pathway is strewn with stones and boulders and we know that you realise the necessity of these trials and tribulations as you walk through your pathway. Were it not so then the work that you do would have less substance and dedication than it has. The pathway you have chosen is by no means easy, but you knew this before you started and you also know that it will never be different for it is only by hard work that you will attain your level of service to your siblings. It is the same as when you give evidence, you cannot know that what you say is true or not until the recipient confirms the truth of the evidence and you can tell that your trust has been justified. Your whole working for spirit is one of trust and leads you to higher levels of evidence and healing and so it will always be for as long as you continue to work for spirit.

We Send Our Love To All Life

GYRON

SITTING 466

Beloved Brother we are here again with love that those who wish for further enlightenment be granted their wishes.

As we walk through this life we meet many who know not of the spirit and many of you wonder why this should be for it seems logical that if you understand about spirit then you will learn about spirit

and in doing so learn to lead a spiritual life where we would lead ourselves to a higher plane.

If all your lives were spiritual then what would you do about learning the un-spiritual, there would be nothing to base this side of your progression and you would become lop-sided in your education.

The un-spiritual is a very necessary part of your learning and in fact must be learned before your spiritual education.

The concept of spirituality has no meaning to the lion or the ant, or the eagle or the polar bear.

They love each other, yes, but they also need their dinner, or their young require feeding. This is why you keep coming back to the earth plane to increase your education.

We Love All Life

GYRON

SITTING 467

Beloved Brother we would think tonight of all the levels of physical life which reside on the earth and also of course of the other planets of our solar system. Most of us humans never consider that the other levels of life are of a spiritual nature, mainly because our teachers do not realise that they have spirit.

They do this because they think that humans are special in some way because we have a thinking brain,

They never consider that some of our human brothers have a very low intelligence not much higher than the animals of the fields, nor do they think of the whales and dolphins who have a higher level of intelligence than most of us humans. Always remember that to live on the earth you must have a body, and that body is produced by the spirit, and because of the different lessons you must learn you require different types of body. Therefore all these bodies must be made by the same spirits so the type of body you have does not matter, only the lessons you need to learn.

You change your clothes for different tasks so why should you not change your body for different lessons.

We Send Our Love To All Life

GYRON

Sitting 468

Beloved Brother once again we draw close to your sanctuary and join with the others who are here that we may help all life. Tonight we would think of the lonely and those who are bereft for we know that there are many who are sad and unhappy with their lives on the earth. You must at times wonder why so many of our siblings are unhappy in their earth lives. There are so many things going wrong on the earth and we do not blame those who think that it is the fault of our creator for allowing these things to happen.

Unfortunately they do not have the benefit of knowing why these things happen and that if they were here solely to find happiness then they would learn nothing by coming here for you cannot experience sadness, nor can you be unhappy with your life on the spiritual planes. Pain is another thing which you cannot feel nor the devastation of loss. Therefore you must come to the physical plans so you can learn about these things and reap the benefit of these lessons before you progress to the higher levels of spirit. Only knowledge of these things will allow you to evolve to the higher spirit which you will become with the love which you need to evolve.

We Send Our Love To All Life

GYRON

SITTING 469

Beloved Brother once again we are here with our words of enlightenment for each and every one of us will learn our lessons and experience all that we need to for in reality you need to learn everything before you can progress to a higher level of understanding. There are so many of our siblings who think that they understand how this or that should be done or this or that should be told to everyone so that they get things right.

Whilst we know that this type of thinking is necessary at certain stages of your evolvment we would also point out that it is only a temporary stage leading to greater understanding of our pathway.

Each level of knowledge is sub-divided into small steps upward so that a greater understanding of

your lessons is achieved before you go on to the next level.

This is why we say to you that it is better to go slowly through your life than to rush headlong into the future where you may miss vital lessons, for if you remember we said once that you will never learn to swim if you don't get your feet wet.

We Send Our Love To All Life.

GYRON

SITTING 470

Beloved Brother it is with pleasure that we draw close to your room for we would again send our thoughts to you as we enlighten those who wish to advance themselves spiritually.

Many times we look out over the earth plane and we see those who have come here, knowing that there will be trials and tribulations throughout your time here and we know that we come again and again so that we may sort ourselves out in a spiritual manner even though most of us are unaware that there is a spiritual side to our being.

You should by now know that the reason for this is to your advantage for as we have said before it is no use you being here if you know the answers.

What we will teach you is that not only you are progressing but also all of the other animal, vegetation, and even the minerals, are living things or beings who will one day be spirit, progressing as is their want in their quest for evolution as one of Gods children.

Many are the ways and the pathways of Gods children which is why we are all so different.

We Send Our Love To All Life.

GYRON

SITTING 471

Beloved Brother we draw close again as you settle in your sanctuary for we know that it is the love which we have for all life which generates the desire to help and assist our siblings.

During our sojourn throughout the physical plane we meet many types of life and many levels of life and we note that each one has their own peculiarities in so far as their progression is concerned.

We notice how you humans tend to create rules of conduct and preferences to certain ways of doing things which, if continued long enough will become the way to do certain procedures.

Eventually a few of you will gather together and decide that this is the way things should be done, and before you know it it has become God's way.

You will then find that before long someone will prefer to do it his way and by doing so will need to be chastised by the group for daring to do it his way. He will be cast out from the other bretheren for being different.

The world is forever changing so why must you expect everyone else to be like you.

We send Our Love To All Life

GYRON

SITTING 472

Beloved Brother once again we draw close and we would send our love to all who will benefit from it, we would also send our love to those who would not benefit from receipt for they need our help and assistance even more than the others for whilst those who are accepting our love will gain from it those who do not accept it will, we know, benefit from our love just as those who unknowingly receive healing will benefit from our thoughts so will those who unknowingly receive our love will unknowingly benefit from our thoughts.

This is something which we must all learn to understand so that we automatically send love and healing to all life for our very acts must bring enlightenment to our siblings and in doing so will make our Solar System and our Galaxy and even our Universe to a higher level of spirituality which will in turn raise our own spirit to a higher form.

We Send Our Love To All Life

GYRON

SITTING 473

Beloved Brother once again we are here with you for we would speak tonight of those who are ailing and in need.

So many of you upon the earth plane consider themselves to be unlucky if they catch some disease or other malady and will be quick to blame others for their maladies. Very few of them would ever stop to think that they have had any part in their illness even though they carry on eating unhealthy meals or even a distinct lack of exercise in their lives.

There is also the obese people who give no thought to restricting their diet to a sensible amount, and there are the others who refuse to eat enough to keep themselves healthy.

There are so many things that you can do to make your life better than it is and this includes what you do for the ones you care for, often allowing them to eat things which are not good for them.

A little sense and a little forethought will work wonders for the way you live and in consequence the quality of your life if you would only sort out what you are aiming for and apply it to your way of life.

We send our love to all life.

The Band Of Brothers

SITTING 474

Beloved Brother we are here again that we may help and assist our siblings in their search for evolvment. Many things are brought to mind as we consider what we can do to help our siblings and tonight we would think of those who search for perfection in their lives. They try their best to attain their goal and many of them do so, and many of them seem to fail in their attempts to reach perfection and yet many of those who fail actually succeed by learning what failure feels like and how it can affect your lives for if we did not learn this lesson we would not learn to rise above that failure and become stronger by doing so. It is not so much that you have failed to do something that matters but that you have learned to overcome your failure. You lead your life, not knowing what you must learn, and it is right that this is the way things should be, for as we have said before you must learn all things and all ways before you can know that you are ready to take that next step forward.

We Send Our Love To All Life

GYRON

SITTING 475

Beloved Brother as we gather close again we would cast our thoughts to the other non-human species of life on the earth.

We do not think very often of these our siblings, mainly because they are not supposed to be the same as we humans are. Many of us believe that they do not have spirit as we have and we do not believe they have purpose other than to serve humanity.

How stupid are some of you upon the earth to believe that God, in all his brilliance would create life and then not allow his children to use it. It is not the fault of the main body of our fellow humans for thinking this, for this is the way we are taught by our supposed peers who are said to be of a higher intellect than we are.

They, in fact, know nothing of the spiritual life which we have and cannot accept that those other lives are equal to and superior to a lot of the human species.

Love them as your brothers and treat them as you would be treated for they are God's children just as you are.

We Send Our Love To All Life

GYRON

SITTING 476

Beloved Brother we are here again that we may serve our siblings as they walk through this life.

Blessed are they who walk in the path of service and thrice blessed are they who serve in silence and secrecy for they work with others, never letting the right hand know what the left hand is doing. They truly work for the benefit of all whilst never showing how they care for others except by deed or action.

This is true unthinking service which goes the extra mile in their work for others that those others may reap the benefit of their labour.

They do not even wish to accept thanks for what they do but be assured that their reward will be greater by far than any others who show by their actions how good they are to their siblings.

We send our love to all life

GYRON

SITTING 477

Beloved Brother we are here again that we will assist our siblings for there is much that they must learn.

There are many things that must be learnt and one of them is to love all life for we must learn to send our love to all life and assist them as they grow and evolve for in doing so they will realise that it is not so much what you do for them that matters but that you yourself will come to reachy out to them in help of a practical and spiritual nature so that they themselves will grow closer to a loving and gentle way which will lead them to assisting others.

The spirits who surround you as you live out this life on earth only draw close to you because they love you and if you can pass on some of that love to those you meet on the earth then you will be doing just what your guides and helpers are doing for you.

Is that not a wonderful thought that you can act just like those whom you love and admire most.

We Send Our Love To All Life

GYRON

SITTING 478

Beloved brother we are with you again for we would think tonight of those who walk this life without morals.

There are a great many of us who do not care that others have no respect for them or even care that they commit crimes for either money or gratification of their wishes to be cruel to anyone who walks into their pathway.

Their whole way of life seems to be one of selfishness without thought of anyone else even to the extent that they will rob from others who have less than they have. They rob for the pleasure of stealing and attack others for the pleasure of inflicting pain and suffering. They will even steal from and attack their own kin without a thought of remorse.

What can you do with such people except keep out of their way.

What can you do for them for they would not listen to your teachings and would even use it as an excuse to attack you.

The only thing you can do is to remember that you get paid for everything you do and say and please remember to pray for them that they may learn the error of their ways.

We Send Our Love To All Life.

GYRON

SITTING 479

Beloved Brother we are with you again that we may think of the sick and suffering.

People often wonder why God allows so much pain and as you study the subject it seems that

there is so much illness to our lives that it is a wonder that any of our siblings will come here willingly. To be truthful there is a lot of pain to some of our lives but on the other hand there are many who seldom feel any pain at all. The trouble with people is that just as you remember the good times of the past and ignore the other times so you remember the pain and forget the other times.

What you must realise is that all of that pain teaches you in ways that you cannot learn otherwise and you must also remember that on the other spiritual planes you cannot experience pain except on the physical level so it must be expressed during your physical lives.

We know that at times it is hard to bear but it is something you need to know.

We Send Our Love To All Life.

GYRON

SITTING 480

Beloved Brother it is nice once again to draw close for tonight we would talk of the pathways of spirit.

Have you never wondered about the various pathways that we all have to walk along in our search for perfection. Many are the ways that we learn to progress and it is done in such a way that they cannot be connected. They cannot be placed side by side for the knowledge of their existence would spoil the lesson and alter its working which would leave you with questions as to why this or that turning was placed in your way, and this itself would change your future lessons. We must point out here and now that there are times when you must be made to understand that you have parallell lessons and pathways but this is very rare, but at these times you will know why you have this understanding. To many of you who read these words it will be realised that spirit is working through you so that you will help others but in all cases you will be the benefactor for the work that you do for spirit.

We Send Our Love To All Life

GYRON

SITTING 481

Beloved Brother it is with pleasure that we draw close to your sanctuary for we cast our thoughts to those who walk this earth, knowing not that they have a purpose in being here.

Do you realise that this lack of understanding has more purpose than you think and is purely so that all of you can learn what you need to know without the encumbrance of any understanding.

It is true that knowledge of your end purpose would make it easier for you to grasp the logic of your life here but it is also true that this knowledge would lead you up the garden path into the house of spirit and would cause you to miss the greater part of your lessons.

We know that to a great many of you we seem to talk in riddles but this is done that the majority of you will interpret our words a different way and thereby learn a different lesson.

All these things must be worked out before we write these words so that all will understand the message we wish to give your brother as well as yourself.

We Send Our Love To All Life

GYRON

SITTING 482

Beloved Brother as we gather once again it is true that we send our love to all life.

It is also true that we send ideas to some of you, knowing full well that these thoughts will lead to situations which will cause problems and upsets to your lives which seem to have no rhyme or reason other than to cause disharmony to your lives. We would bring to mind the upsets to your family and the trying to score points on each other.

We know it happens to everyone which is why we can bring it up in these writings but we would point out to you that it teaches you lessons and experiences which you would miss were it not for our input. It is, (to quote an old saying), gris for the mill of your life and without these lessons you would not evolve so evenly. Time will not tell you that you have advanced until you have passed back to the

spirit realms when you will thankfully cross off these lessons from your list of things you must learn.

We send our love to all life

GYRON

LESSON 483

Beloved Brother as we gather this evening we would turn our thoughts to those who continue to deny the spiritual beings who surround us. We would point out that though they have no conception of the spirit worlds it is only right that they think this way during this incarnation so that they may experience their lessons in the correct manner. We who know better realise that this is their correct pathway and is one which most of us have gone through ourselves. So we would implore you to treat them kindly in your relationships with them and do not insist that you are right and they are wrong.

We would also point out that you may do them a disservice by your insistence. We would also point out to you that there is much that you do not know concerning the spirit world so be careful when your beliefs lead you down a certain path for it is just as easy for you to be quite wrong.

All you can say is that you think that you are right, but that you may be wrong.

All you can be sure about in this life is that things can change at any time and that no road is easy for very long. You cannot be sure that you have a home to go to tonight or a family to greet you tomorrow.

Harsh our words may be but they have come true for thousands. There is nothing you can do to alter things but realising that there is also Love and Beauty, Health and Happiness, Brotherly love as well as parental care makes our journey tolerable

We send our love to all life

GYRON

SITTING 484

As we gather this evening in your sanctuary we would send our thoughts to all life for we know that those of you who are learning to become better spirits will all have trials and tribulations to deal with.

We know that your pathway is littered with stones that you stumble over and the way of your life is fraught with steep climbs which make things hard for you to progress, but we would remind you once again that it is better to struggle and strain to attain your goals than to give up trying and have to go through it all again. We would remind you that none of us have it easy on our path and it is right that this is so for you cannot attain a high gloss to your finish if you do not grind your metal to a high degree of polish. Aim yourselves to the ultimate degree of perfection so that your end product is perfectly in tune with your desires and you will thank yourself for being so meticulous.

We send our love to all life

GYRON

SITTING 485

There is a time approaching when all who are upon the earth will draw closer to the spiritual life.

We would say now that we include all who are living upon this physical plane will draw nearer to those in spirit for even the spirits who are in bodies of plant life and minerals as well as the animal kingdom will find themselves of a higher spiritual level than they are now.

You who do not know why you are here cannot begin to realise the power of our Creator nor the way that he works so just accept that this is how things will be. Before you began to understand how spirituality works you had no idea of the beauty of the spiritual way but your realisation of the spirit worlds changed all this and this is how the other life forms upon the earth will come to realise their upliftment to the spiritual way. You yourselves will rise to a higher level of unfoldment and will come to understand your purpose upon this physical level for there are things which you know nothing of at present which will become clear to you. We would ask you to prepare now for this enlightenment by realising that you must learn to love all life at all times and you must learn to serve all life at all times even when they are being unworthy of your love and spiteful and nasty towards you.

We do not say that you should tolerate their nasty ways but that you should not retaliate to their actions. Continue to love them and when the time comes to forgive them your actions will be

vindicated.

We Send Our Love To All Life
GYRON

SITTING 486

Beloved Brother as we draw close to you this evening our attention is drawn to the little ones who gather around your sanctuary for they are slowly learning that if they go about their lives giving love and assistance to others around them then peace and tranquillity will manifest itself around them. This is of course true at all times for the spirit realms. It is only whilst they are upon the physical plane that the lower basic feelings manifest themselves and you find yourselves full of fear and disharmony.

Many of you cannot accept that this is so for you cannot imagine that God would send his children to go through these emotions. Let us inform you that you are correct when you believe this, for it is not God, but you yourself who arranges these lives of strain and tribulations to occur. If this were not so how do you think that you would learn to overcome these trying times if you had not previously learned to bypass and overcome your troubles.

As we have said before you will never learn to swim if you do not get your feet wet

We Send Our Love To All Life
GYRON

SITTING 487

Once again as we gather we would notice that the little ones are gathering and it is very sweet to feel the love which exudes from them as they learn to progress as is their want. Many of you still wonder at the way you should direct yourselves to reach your present goal. There are those who realise that the need to progress is paramount to their progress and there are those who believe that their first duty is to themselves. Both, we would say, are correct at certain times for your learning cycle twists and turns many times so that you may take the path which is best for you "At that time". This timing is so very important that it cannot be left to you to decide for yourselves when this should be.

This is why you often think that your life is in disorder, it is also why you cannot reason out where your life is going.

Nothing on the earth will tell you where your life is going but you only have to enter that secret place within your mind to recognise the signposts on display.

We Send Our Love To All Life

GYRON
SITTING 488

Beloved Brother as we look out over the spiritual fields surrounding your location we note the love which is shared by those groups who are residing both near and far to your location. We also have knowledge of those whom we cannot actually see, but can feel their presence.

It is so very different to the life you lead on the earth for whilst we are in constant contact with our siblings and in fact only have to think of them and wish to be in contact to actually have that connection, whereas you have lost your contact as soon as they disappear over the horizon or round the corner.

Be not disheartened that you cannot be close to your loved ones for we would remind you that they are always there ready and willing to draw close, knowing that in a short time you will rejoin them on the spiritual level.

We would remind you of the party you will all have to welcome you back again.

We send our love to all life
GYRON

SITTING 489

As we walk through this life we are met by various problems and these are not only of our own personal kind. Many problems of other people are presented to us so that we may look at them

from another point of view and though we have no actual involvement in them we find that we are able to sort them out in our own way to our own satisfaction.

We know that the end result is not our concern but we would point out that the very action we have in sorting them out does, in its way, teach us how to deal with these difficulties and in doing so widens our experiences and teaches us lessons just as our own life teaches us.

Many things around us are made to occur within our domain so that we and others reap the benefit of them for though we may not reap the benefit in a physical sense we certainly learn from the brickbats and trip-ups of others that we know.

You must always remember that you have no idea what your lessons are, nor do you know when they will present themselves to you, but be prepared to help those that you can for their lesson might also be yours.

We Send Our Love To All Life
GYRON

SITTING 490

There is a time to do all things and as we walk through this life each and every thing will be presented to us at the right time.

There are many of you who would say that such and such a time would have been better from a learning point of view and that the lesson given would have been received in a much better way.

This may well be true if you wanted to learn that particular lesson, but how can you be sure that that is the lesson your spirit wanted you to learn.

You must not forget that the logical step is the obvious one you were meant to take, but the obvious step is not always the one that you are meant to take which brings you to the conundrum what step should I have taken.

Only time will tell if you are right and until that time you are left knowing not whether you are right or not or even if you learned the right lesson.

So now you realise that you do not have the slightest incling what your lesson was and eventually you will realise that it is no use you trying to do the right thing because you do not know what the right thing is.

We Send Our Love To All Life
GYRON

SITTING 491

As we gather close it is time to think once again of those who consider themselves to know Gods ways and wishes. They are so convinced that their way is correct that some of them will attack all who say they are wrong.

When you meet these people who know that they have been told the word of God there is, unfortunately, nothing you can do about it for nothing that you say will alter their way of thinking and they will do their utmost to convince you that they are right and that you are heading for a place in hell.

We have said before that the only thing you can do is to agree with them, otherwise you will become their enemy, and they will do everything they can to put you out of their lives.

We would however suggest to you that in your time of meditation and prayers that you include them in these prayers that they be given spiritual help in the hope that they will eventually alter their perception and begin to understand that God is Only loving and kind who has no rules for them to follow except the one which says Love thy neighbours as thyself.

We send our love to all life
GYRON

SITTING 492

Beloved Brother as we gather here we would send our love to all life. We would ask for the lessons which we all need to be in the style that will teach us best and for the tolerance and love to be given to all life that we will learn to grow and evolve as we should.

We understand that there is good reason for us to be unaware of the mishaps and accidents which we need to experience in this sojourn of this life so that we may grow and spiritually prosper in these lives. Grant, dear father that we may learn them well and that we will be tolerant of those that we meet in this life, helping them on their way for we know that their lessons and tribulations will be ours, if we have not already been taught them.

Guide us always dear friend that we will always learn to love and cherish our siblings and may we always have in mind the ideal of service to others to all life.

We would send our love and goodwill to all.

We send our love to all life.

GYRON

SITTING 493

Beloved Brother once again we are here with you for we would talk now of those who are fixated in the way they worship their God or even to those who consider themselves to have many God's.

You who know of the one and only God of our solar system are apt to look down on those who think differently and it is one of your failings that you do not support the beliefs of those other siblings.

They are of course fixated in their ways and cannot comprehend that there are different ways and beliefs to contend with. This is one of the ways spirit teach those who are incarnate to expand their horizons and we would like to ask the question of you "How do you know that what you believe is the ultimate truth". Can you say that what you believe is a factual representation of the spirit world and will always be factually correct?

Know now, and for the rest of your life here on earth that were the truth of the afterlife revealed to you in all its glory, you would not believe it.

We Send Our Love To All Life

GYRON

SITTING 494

As we draw here today we are reminded that this world we reside upon is built for the purpose of allowing our spiritual siblings to reside upon the physical plane. This plane which has its Sun and Planets as well as the Moons and Satellites of this Solar System which is all provided for by our Creator so that we may learn the many physical lessons that we need and to absorb the experiences that are so needed by our spirits if we are to grow and evolve as we should.

The fact that we do not recognise this necessity is of no consequence nor is it a requirement that we believe anything we are told. If we live or die knowing nothing of God, or if we devote our lives to God it will make no difference to what we learn during this incarnation.

We send our love to all life

GYRON

SITTING 495

Beloved Brother as we gather close today we would think of those beings who have no thought for anyone else except themselves.

You watch them as they plough their furrow, caring nought for what it does for anyone else and you wonder how they can be like this.

Have you never wondered why they are like they are and what has made them like this for until you do investigate the reasons for their actions you are never in a position to understand them or their ways.

Only by walking in their shoes can you begin to understand them and why they are like this.

Judge them not until you have the facts and then when you do understand remember the saying "There, but for the grace of God, go I"

We send our love to all life.

GYRON

SITTING 496

Beloved Brother we are here again that those of us who wish to spread enlightenment may do so.

We would consider the plight of all those who know nothing of God yet they are kind people who do good solely that they may help others.

If you read the gospels of the earth you will find that these people, though they know nothing of God they will not be allowed into heaven solely because they are not of a certain Sect or religion.

Even though these people are much better people than the Sect worshipping kind.

We would point out to you that the rules which are laid out for you to follow do not come from any enlightened being who wishes to lift you in your struggle to become a better person but from someone who would wish you to remain tied to their commandments and will even forbid you to read anything which is not written by them.

And so they try to tether all and sundry to their cause. Poor Things

We send our love to all life

GYRON

SITTING 497

Beloved Brother we would draw close once again so that we may think of those who give off love and affection to all who reside on the physical plane.

There are many advanced siblings who do a great deal of good for those who live on these planes and though they have no need to draw close to us they do so for the reason that they love and wish to assist us on our pathway.

You would be surprised to know how many beings are involved in your present incarnation and each one does so so that you may progress and evolve.

The beauty of your life is the service that you receive from others and that is not all for there is even more beauty in your life from the service which you yourselves give to others here on the physical plane and on the other planes of existence that we visit.

When you reach out with love to your other siblings you are as close as you can be to the heavenly state of peace and joy and love.

We send our love to all life

GYRON

SITTING 498

Beloved Brother as we draw close we would think of those who are ailing or in need of healing.

The need for the ailments in our lives is a bone of contention to those who do not follow the spiritual path and think that there is no purpose to our lives here on earth.

The pity is that even if you explained to everyone that pain and grief are character builders which can only be experienced upon the earth and nowhere else.

There are so many of you who blame God for all the bad things which happen to you and this, we must admit, is a part of your education for so many of you would not understand the reason that you willingly come to the earth so that you may learn by experience what you wish to learn.

We live in troubled times and we all have problems but over the incarnations we slowly learn to grow and evolve until we need to return here no more.

We send our love to all life
GYRON

SITTING 499

Beloved Brother as we gather close to your sanctuary we are reminded of the work that is done by those who care for the welfare of everyone.

A great many of our human siblings spend their time and effort to make the lives of our siblings easier and happier and it is to those people whom we will send our thoughts.

The farmers look after their animals and crops and there are those of you who will think that they are only doing their jobs, but do you not realise that the things that they do make for better and easier lives for the livestock in their charge. The crops grow to a better more fruitful stage because of their ministrations and the end result of their work is healthier crops and animals who have had better lives.

Too many of you think that they are just there for your personal use and consider yourselves to be superior to the other life forms when, it is in fact, your own reason and purpose to care for the other siblings of this earth plane so that you will learn to care and love them as they often care and love you.

We send our love to all life
GYRON

SITTING 500

Beloved Brother once again we would draw close for today we would think of those who draw close to the earth as their time draws close for another incarnation. Many conditions must apply before you come again to the earth and though we know some of them there are a great many which you do not even think about when you consider how things will be presented to you.

For instance you do not choose a pet randomly. You will meet your dog or cat seemingly by accident, never realising that the choice of which one is decided before your life commences for you have many things to learn from them just as they have things to learn from you.

Each and every one of us has the need to teach each other and your lessons do not come to you by accident, though, we will add, it would seem to be that way.

A rock falls down a slope for no reason or an avalanche starts at the moment you are safe and you think how lucky you are.

Believe us when we say luck has nothing to do with it.

We send our love to all life
GYRON

SITTING 501

Beloved Brother once again we are here for there is still much to convey to our siblings that they will learn to grow and evolve on their pathway.

We would send our thoughts tonight to the animals on the earth for there is much which can be done for them as we wander through this earth life. We could for instance refrain from working them so that we may make a profit from their labours. Then there are those whom we keep captive in Zoo's and personal restrictions such as guard dogs trained to attack anyone entering a property.

The time was when we made them fight to the death for our own gratification and pleasure. How much longer will we cause them pain and suffering and remember that we even do this to other humans. We must learn to speak out as one voice before it comes to an end and the only way to do this is to make those who watch these things realise how disgusting these acts are.

We send our love to all life

GYRON

SITTING 502

Beloved Brother we gather this evening so that we may consider the way of life of all those who

care nothing for the others for there are many of our siblings who feel this way about others.

So many of you meet this type of person and feel that they must be enlightened and made to see the error of their ways, and it is surprising to what lengths you will go to to make people change.

So much time and effort is spent trying to make these alterations to another's way of living that to some it would seem to be a full time occupation.

You will be truly surprised to discover that though these people spend so much of their time altering others and in many cases it is they themselves who are being altered for by trying to alter others they are learning in their own way how to change and alter themselves to be good and kind to those who are different and we would also add they are teaching themselves to be more tolerant to others.

We Send Our Love To All Life

GYRON

SITTING 503

Beloved Brother we are gathered here again for it is time to think of the water creatures who inhabit the rivers and seas of the world.

So many of you would not dream of sending healing or wishes of love and affection to those who reside in our waters and yet you constantly send thoughts of goodwill to all of your animals and fellow humans of the earth.

We will admit that none of your peers seem to consider them to be worthy of your thoughts of goodwill and yet we would ask the question "Are they not spirit and as spirit do they not qualify for your love and affection just the same as your brother humans".

They may be on different lines of life both in the higher realms of life and on the physical plane, but they also have a merkaba as we all do and when you pass through the next levels of life you will find that their bodies are the same as yours just as their minds are the same as yours and they are Gods children just as you are.

Remember that all bodies are made to contain spirit. It is only the shape that is different.

We send our love to all life.

GYRON

SITTING 504

Beloved Brother it is pleasing to once again join those who have gathered here in your sanctuary for as we draw close we see those who draw near to learn to draw close to those who are on the physical plane.

We would tonight cast our thoughts to the weary and the hungry for there are many who are tired and do not have enough to eat.

We hear so many of the hungry and the starving and though we know that the lessons they are learning are all for good purpose it is not something which the hungry realise for they have no knowledge of the spiritual lessons which they must learn and even though we understand the reason for these things it does not help those who are going through these things.

We would ask you therefore to include those siblings in your prayers that their pain and suffering shall be eased as much as possible.

Do what you can for them in a physical way by all means but remember that you yourself have most probably been through this lesson. You can only now assist them in their travail through prayer and, where you can, by service.

We send our love to all life.

GYRON

SITTING 505

Beloved Brother once again we gather to send words of wisdom to those who would search for knowledge.

Many of you there are who wish to learn the true way of salvation as we progress to a higher level of progress and this we must consider as we think of the ways that our siblings should walk through this

life for just as you have gradually progressed through your levels of understanding so you have reached the stage when you understand that the level of spiritual knowledge you have attained has now reached up to the treatment of all life with your love and devotion to each and every spirit who exists.

We know that you have your own personal evolvement to attend to and we realise that you must ever reach up to attain your goal of perfection but we would point out that without the love of all life for every living thing you will find you are incomplete and unable to take that next step upwards.

You need the love of your siblings just as they need your love of them if you are to attain your goal of perfection.

We send our love to all life
GYRON

SITTING 506

Beloved Brother we would gather here and think of those who are ailing and in need for we would remind each and every one that we are here to go through many lessons, some of them which will involve discomfort and indeed pain. You wonder why this is the way of things and we in turn cannot enlighten you for this would give you the reason that you come here in the first place and that would never be allowed to happen.

To those of you who cannot fathom out why you are here you will not even know what we are talking about and this will be most of you. This is why you hear so many contradictions about your pathways and lessons.

The very fact that you wish to know why you are here is only an indication that you are not ready for this information and it is indeed obvious that this knowledge would send you along the wrong pathway. We would say to you, be content with what you have and know that you are in the right place at the right time.

You are meant to stumble and go what you think is the wrong way, but at the end of it all everything will be as it should be.

We send our love to all life
GYRON

SITTING 507

Beloved Brother we are here again for it is time to continue our words of wisdom. We would give our thoughts to those who care for the welfare of the sick and we would ask that each of you send out thoughts of goodwill and wellbeing to all who are on this earth plane for though it does not assist everyone it does help a great many of our siblings who are in distress owing to their earth conditions.

It matters not that they are physical or mental disturbances for the mental tribulations can be just as bad as the physical ones. Just because you cannot see what is wrong does not mean that they are less painful to someone and they can in fact be more traumatic than a physical pain. Be extra kind and gentle with them at all times and know within yourself that though you may not see a result your thoughts will surely be of some use to them. The kind word and the healing thought will go straight to the heart of the problem.

We send our love to all life
GYRON

SITTING 508

Beloved Brother we would gather again that all those who look for enlightenment will learn and grow from our service.

We would talk tonight about the act of service and how those who think that their work is a trivial thing which has little effect on those whom they wish to assist.

The little things that you do to help others act like drops of rain in the lives of these people, and we include in this all of the animals and plants, and like the rain the acts that you do gather together to form streams and rivers which accumulate to form great lakes of help which changes peoples lives and in turn lead those who are assisted to do good deeds to those around them.

All these actions in themselves lift the general tone of peoples lives which makes them happier in

their lives which in turn raises the tone of everyone's life so you see that your actions makes life happier for all and sundry. Now do you still think that your little actions have no effect upon your siblings or the general state of their lives.

We send our love to all life
GYRON

SITTING 509

Beloved Brother we are gathered here that we may assist our siblings in their quest to attain enlightenment. Many are the ways that we can teach ourselves to grow and evolve but we must always remember that it is not so much what we do that matters but the intention of those acts.

As we walk through this earth life we must always remember that there is a thin line between helping others and causing them to act in ways that are detrimental to their enlightenment. Always remember that their way is not your way and that they are on that path for a reason. Sometimes they will seem to go on a path which is contrary to the norm but let us remember that this is only from your point of view.

You cannot judge another nor can you say that they are wrong for the life that they live is not your life nor is the karma that is theirs, your karma, so you cannot condemn them nor can you say that they are wrong.

We send our love to all life
GYRON

SITTING 510

Beloved Brother we are here again in our quest for enlightenment to be sent to all life.

Tonight we would think of all those unfortunate people who cannot find it within themselves to love other beings who live upon the earth.

We know that it is a part of their unfoldment but we also know that if they could only find a little compassion for others then their own tribulations would be reduced by the fact that they would begin to feel a little sorry for their siblings which would, in the course of their thoughts of mercy, bring about thoughts of compassion which would eventually lead to thoughts of pity and wishes that they would send out healing to those that they think of which in turn become wishes for a general upliftment to all and sundry who are ailing or in need.

This in itself will lift the life of those who are thought of and the person who is wishing that their lives will be improved.

Nothing is ever wasted in this life and if you can remember that, then you will begin to realise that every act in your life has its good side.

We send our love to all life
GYRON

SITTING 511

Beloved Brother we would tonight think of those siblings who go through this physical life knowing that God exists but who cannot seem to find a way to follow the teachings of any religion.

It is a known fact that many of our siblings walk this earth with no idea how they should worship something which gives no clue or indication of their existence. It is something which has no solution for these people, and yet they try so hard to find a way which will give them some comfort, and they will in the end give up trying or else they will join some religious sect in an effort to satisfy their need.

We cannot assist you by giving you an answer for what these people need will not be given for they are at that stage in their lives when the thing that they must learn is how to go through life without finding an answer to their problems.

Our words may seem harsh and unforgiving but you must try to realise that this is their lesson for this incarnation and your efforts towards helping them will go unfulfilled.

We send our love to all life

GYRON

SITTING 512

Beloved Brother we would gather at this time today for it is the moment when we would say to you that all is well and that the earth beings are progressing as they should. For too long have you thought that the earth is only here for the benefit of the human race but we would say to you that the earth is here for the benefit of all the different lives who reside here. What you fail to realise is that you have a brain which is more developed than the other animals and the other types of life on the earth.

We have said before and we will say again that though their brain is not so advanced as yours it is not the brain that matters but the spirit within which is learning to grow and evolve.

If you live upon the earth then your spirit has reached a certain level of evolvement. This includes all the levels of spirit so you see that you cannot be of a higher or lower level of spirit compared to any other spirit living upon the earth. You are spirit and your body is an attachment to that spirit and your physical brain is only at that stage so that you will learn the lessons of that level of understanding.

We send our love to all life.

GYRON

SITTING 513

Beloved Brother we would start this evening by sending our love to all life and we would think of those who are struggling with their lives as they walk through this earth life. Many are the various ways that life becomes intolerable for as we reach a higher level of civilisation so the various troubles occur. In this short life of yours you have seen increasingly the problems which can occur and you wonder why this is so. Have you never watched someone or something trying to better themselves as they walk through this life. Is it not so that the further they climb up the ladder, the greater the struggle becomes, and is it not true that as you go higher you attain a greater resolve to reach the top.

We know that often you will find someone who fails and seems to reach a new level of defeat but we would remind you that very often they will lift themselves up to battle on until they reach their goal and this in its way is good for you are here to learn about success and defeat which is indeed the reason that you are here. So do not despair when you reach the bottom but remember that the only time you fail is the time when you do not stand up and try again.

We send our love to all life

GYRON

SITTING 514

Beloved Brother as we gather this evening we would think of those who have no idea of any reason for being upon this earth plane.

Many of you believe their religious peers and think that they are here only to obey God's laws with no thought of any sins or wrongdoings which they may do providing they do not break any of God's laws, which of course they will tell you what they are.

You need not bother with any acts of kindness or service to others providing you keep to God's laws, and if you break a few of those laws then you can always pay for your forgiveness by donating money to the church.

You are no doubt smiling to yourself by now that these things go on and that these poor people will be given short shrift when they go through the veil, but can you not remember that we said "Nothing goes to waste". Even those who think this way and even those who preach the same way are learning that this style of thinking must be taught and learned for just as you learn to be good and loving so you also learn to be greedy and nasty.

All things come to pass and if you do not learn it this time you will come back and relearn your lesson next time round.

We send our love to all life

GYRON

SITTING 515

Beloved Brother we would gather here again that we would think of others that they may aid and assist all who come into their domain.

There are not many of these people who wish to help all and sundry for they never seem to complain about the things which bother them and therefore pass us by as not needing help and assistance. Many of them are in a worse state than the ones whom they try to assist and yet they seem to be ignored when help and healing are being given out and yet they try to do as much as they can for anyone who needs assistance. It is true that they do not complain about their maladies and this leads us to think they are O. K. and it is only when you look at their little complaints that you realise how bad some of them are. The only way you can give them aid and assistance is to include them in your prayers and supplications when you send out healing to all so that they will be included.

We send our love to all life

GYRON

SITTING 516

Beloved Brother as we gather this evening we would think of those who know that there is a God but who cannot find it within themselves to give any thought to worshipping their Creator.

There are always times when these siblings desire to worship our Father and we wonder very often why they do not do so for it would change their lives and make them so much better but after a short time they return to their old ways and carry on as though God did not exist.

It is no surprise to us when they turn away from religion for we know that it is their lot to walk that path just as it is your lot to follow your star and try to enlighten all life that God is good.

Mentally put yourselves in their shoes, and look at them again knowing what you know and you will find that most of them are not so bad after all and in fact a great many of them are kind and gentle and helpful to those who are close to them.

Send them your love and good wishes for they ask for nothing more.

We send our love to all life

GYRON

SITTING 517

Beloved Brother we would gather once again that our siblings will learn to grow and evolve.

We would think tonight of those who give healing to their siblings for their lot is varied and at times seemingly unrewarded for you can not tell if they will be cured or not and also because it is unknown whether their maladies are caused by karma or the need to have that malady as a lesson.

We must stress at this point that healing will always occur when it is given but of course if it is for reasons of karma or lessons it will not seem to be as good as it should be and of course it will not seem to work properly.

It would not be right for someone to be healed if you had come to the earth so that you could go through that ailment which is why some healing does not seem to work. It is never because it cannot be made to work.

Please remember that it is not your business to decide whether or not someone has to go through a certain ailment.

We send our love to all life

GYRON

SITTING 518

Beloved Brother we are here again and we would send our love to all life for each and every one of them is one of our siblings.

There are a great many of our siblings who spend their lives loving and caring for those that they meet even though there are so many of them who take pleasure in the pain and suffering that they enjoy.

Why do you think this is so for even though they suffer by the hand of the others they are

unable, because of their nature, to wish harm to come to others.

There are others of course who like to inflict pain and suffering on others and you will find them to be of a type who care nothing for the feelings of others. This of course they will know nothing about nor will they think it unusual to be this way for it is their nature to be that way and there is not much they can do about it. It is their way and they know no difference.

When you meet them you can only feel sorry for their victims and yet you know that you cannot condemn them for you do not walk in their shoes and you do not understand why they are like this.

Pray for them for it is all you can do and send them your love.

We send our love to all life

GYRON

SITTING 519

Beloved Brother once again we are with you and tonight we would think of those who are without hope in so far that they are nearing the end of this physical journey. It is good to think of those who are facing death and we should think of them with kindness and with charity for they have nowhere to go to gain relief from their worries. They are not like you who know that their life will continue after death and though many of them have hope that there is a heaven to go to they are not sure of themselves or their beliefs, and there are others who firmly believe that there is nothing after death and to be sure it scares them silly.

You will find that nothing will convince them otherwise and their outlook is filled with horror.

All that you can do for them is to send them your love and your healing prayers and realise that the thing that they face is something which we must all face at some time in our earthly incarnations for we must all learn this vital lesson before we can continue with our spiritual lives

We send our love to all life

GYRON

SITTING 520

Beloved Brother once again we are here with our love which causes us to draw close to the earth plane. We would cast our thoughts to those of our siblings who consider the other animals to be on the same level of evolvement as we humans. There are a great many of us who treat the animal kingdom with the respect that they are due and do all that they can to help and assist them.

They are slowly beginning to realise the true value of these beings and their role in and on the earth for without them here beside us our quality of life and indeed our life itself would be much less helpful in our evolution. Many of the lessons we learn are given by them as well as the fact that we would not be able to exist on this planet were it not for our animal friends.

They teach us to love other types of life and to care for them in a way that only they can do and though the majority of us do not think of them as living beings and only for our use they do let some of us realise that they are our spiritual siblings and worthy of our love.

We send our love to all life

GYRON

SITTING 521

Beloved Brother we are here with you once again that we may work with those who work for the guidance of all spirits that they will reach out to assist all life to evolve.

We would think tonight of those poor spirits who work with themselves to walk forwards into the light of understanding for we know that the hardest times are those at the beginning of that slow climb from realisation that they need to progress if they are to reach the heights of understanding.

We know that the road is long and hard with many pitfalls on the way but we also know that if it were not so we would develop in a way that is unacceptably poor. You cannot become the best that there is if you do not work hard at your evolvement and you cannot be good enough if you have not trained yourself to reach the heights of perfection.

Walk in love, walk in light, and always aim to be the best that you can be in all aspects of your life

for it is not good enough for you to be second best.

We send our love to all life.

GYRON

SITTING 522

Beloved Brother As we draw close to your sanctuary we note that those who gather close at this time for they are here to assist the work that is done here for the benefit of all who would prepare to step forward in their search for evolvment.

Many are the types of lessons which we must all learn and many are the levels of teaching that go out to those pupils for we are all pupils who are being educated by our tutors who spend a lot of their time so that we may progress and unfold in our quest to become better spirits.

It is beautiful to watch the young spirits become, in their time, more advanced to the level that they become teachers whilst those who taught them have raised themselves to levels far above those that they used to teach.

Then there are those who have gone beyond the physical plane and even they find a way to help the lower levels even though they are beyond our reach.

The secret of all this help is of course that the act of service which is ever driven by the love we have for all other life.

We send our love to all life

GYRON

SITTING 523

Beloved Brother as we gather here at this time we would think of our siblings and their various struggles as they live their present lives with all its trials and tribulations. There are a great many humans who would not believe that their lives are to enable them to go through the lessons which are presented to them at a time which will do them the most good. This of course is arranged for them even before they are born and with the arrangement of the siblings themselves.

This of course is an unacceptable thing to happen for many of the residents of this earth life for the simple reason that they would not agree to such a thing as heart problems or physical maladies or even cancer. They will clearly tell you that such an arrangement is not the way that they would agree to come here. They will tell you that it is Gods decision that they suffer these things and nothing you can say or do will convince them otherwise.

They will then enter or search a burning building to try to save their children who are trapped inside.

AND THEY CANNOT SEE THE DIFFERENCE

We send our love to all life

GYRON

SITTING 524

Beloved Brother as we gather here once again we would think of those of our siblings who live upon this earth and have no inclination as to their reason or purpose for this life upon the physical plane.

We know that there is good purpose to their lack of understanding that we are here to learn and we know that it would be detrimental to their lessons if they knew why they have come here so we would ask our guides and helpers that we be shown the way to help all those siblings in whatever way we can be used to give their lives that little extra which will help them on their journey.

Guide us towards those that we can help and give us the words of encouragement that our unknowing service will be the best that we can give them. Let us remember them in our prayers and healing thoughts and may we lead them to enlightenment and thereby lift them higher in their evolvment.

We send our love to all life.

GYRON

SITTING 525

Beloved Brother we are here again that those who need enlightenment will receive it.

We would think tonight of those who do not have enough to eat or those who have no shelter from the weather or the cold. It is surprising how many of our siblings have to struggle through this life and when you think of it, it is very apt that the struggles of this earth life are not more prominent than they are.

This thought is of course something which would surprise a great many of you humans but that is only because you do not realise why you are here. The thought that you are here to learn practical lessons or to endure pain and suffering during your lives is foreign to your way of thinking.

The trials and tribulations that you endure have no small bearing on your life or your evolvment which is why you must go through them to the bitter end.

If you do not go through them or try to cut them short then you will only have to come back here again, to do it again.

We send our love to all life

GYRON,

SITTING 526

Beloved Brother we are gathered here that we may send out our wisdom to all who wish to receive it.

May we think tonight of those who work for the spirit for we know that by taking up this work their lives will be tougher to live than if they did not do this work. There are always those who think they know better than anyone else how things should be and they will do their best to convert everyone to their ways.

We do not ask that they be taught to respect our ways so that they themselves will draw closer to our teachings, but we would ask most fervently that we ourselves shall be instructed to allow them to be and to walk the path that they have taken. We who realise that their pathway is the correct one for them whilst ours is different, know that trying to set them on our pathway is the wrong way for them to walk and by allowing them to be as they are is the only way to help them to evolve.

Teach them by showing them our love and perhaps they will allow us to walk our pathway for that is all that we can do.

We send our love to all life.

GYRON

SITTING 527

Beloved Brother we are here again for we would think tonight of those who are in distress and in need.

Many of you do not think of those who silently suffer as they walk through this life and, not realising the need for spiritual healing, fail to give them any thought as you go your way, but we would ask you to stop and realise their need for there is much that you can do to help these siblings.

You will notice that we state siblings and not humans for there is much work which can be done to aid the other animals and even the plants which grow on this earth. Little do you know the wondrous selection of lives who reside here on this physical plane for you keep on considering only the educated ones on this earth and fail to consider the other types of life which are, after all, your spiritual siblings. Make a note now to include all life in your healing thoughts and also your feelings of goodwill to everyone no matter which type of body they inhabit on this physical plane.

We send our love to all life.

GYRON

SITTING 528

Beloved Brother we would greet you tonight with our love and we would send our love to all who gather here. Tonight we would think of those who serve our siblings for there are so many of us who spend a great deal of time helping those who are ailing and in need and it is good to watch the many, many ways that lead to service. When you stop to think of all the little ways that we help each other then you begin to realise just how much service goes on in this earth of ours and it is good to realise that in these little acts of kindness we draw closer to the real purpose of the service we give which is, of course, to evolve beyond the “I want” style of thinking until we reach the “I serve” style of acting.

Siblings we might be but it is only when our fellow spirits become loving spirits that we reach up to become brothers no matter what type of body we inhabit that we realise our full potential and become evolved spirits.

We send our love to all life.

GYRON

SITTING 529

Beloved Brother we are with you that we may assist all who read these words.

Tonight we would think of all those who know nothing of the afterlife for they have no inclining of their for reason for being here on this physical plane and it is right that they should know nothing of the spiritual way of life.

We must always be prepared to say and do the things which we are led to say and do and to recognise that these thoughts come from the spirit realms so that our siblings will be led along the right lines as they walk their path, and we must also be prepared to show by our example how to act and react to certain situations.

This type of reaction must always be foremost in our intentions for we never know what these situations shall be nor do we know how others will look to our actions and copy our way and by doing so become better people.

We send our love to all life

GYRON

SITTING 530

Beloved brother we are here again that our service may include all those who hunger after enlightenment.

We would think tonight of those who wish to advance themselves spiritually and there are many who seek enlightenment but have no knowledge of how to attain these goals. There will come a time in their lives when the way will be shown to them and we would ask our guides and helpers that we be led to draw close to them so that we will be in a position to help and assist them in their quest.

It is always the little ways which are chosen for our help to be given so that these seekers will be guided on to their chosen path by those of us who are already on this path and we would ask you our guides to ensure that we help them to take the correct action so that they may take that first step forward.

We send our love to all life

GYRON

SITTING 531

Beloved Brother we are gathered here once again that we may think of those who hanker after unfoldment for they are the salt of the earth and the hub of our movement.

We would think tonight of those people who are totally involved in service to others. Many of them are not even aware that they are doing anything special with their lives for they consider their actions to be quite normal and quite right to their way of thinking. We would ask in our prayers that the spirit world assists them in their service and lead them to greater horizons in the future.

We would ask those who know of their service to include them in in your prayers and when the

opportunity arises to assist them when you can in a physical way.

We would also ask you to send your love to them so that they will be uplifted spiritually for we know how such thoughts can give rise to greater things.

We send our love to all life

GYRON

SITTING 532

Beloved Brother we are here again for once again it is time to assist our siblings in their search for enlightenment for we would tonight think of the lonely and friendless. There are so many of our kind who know not what it is to have a friend and though we know it is a part of life which is giving us the experiences we need to understand that we must learn to walk the path of the lonely it is also a time which we must learn to respect the loneliness and take from it the lesson that we must help and assist those who are going through these times. We wonder why these things should happen to us and we worry at the effect of this sort of life but we know that it is a vital lesson which can only be taught from experience and helps us to keep going when things seem to go wrong. Walking with another is and can be totally rewarding but when you are on your own there seems to be no let up from the grinding endless travail which never seems to come to an end until you suddenly look back and realise that it is all over and you come out of the situation realising just how much you have learned from the experience and how you appreciate your new found friends and your new found resolution that you can cope quite well on your own.

We send our love to all life

GYRON

SITTING 533

Beloved Brother as we gather once again we are mindful of those poor souls who have no knowledge of anything other than the physical life for though we know that they have a pathway to follow thinking there is no other way of life we are reminded that the spirit of each and every one of them knows the true facts of the afterlife and the reason they are here. It is small consolation to the physical brain to know that when you die there is nothing to look forward to. We of the spirit worlds realise why each of you must go through this pathway but we also realise that at the end of your physical incarnation it is with trepidation and often alarm that you or they approach death. There is, unfortunately, little that we or yourselves can do to assist these people for they must make these experiences on their own or they would fail to learn the lesson and have to go through it again, but at the same time please remember that we all, at some time, learn this lesson, so be not too troubled by their fear for it is a natural progression of the spirit to learn what it is like. Pray for them by all means but do not try to enlighten them or you may find that they have failed to learn the lesson.

We send our love to all life

GYRON

SITTING 534

Beloved Brother we are here again that those who wish for enlightenment will receive it. Tonight we would send our thoughts to those who try to enlighten themselves so that they may evolve to a higher level of enlightenment and we would point out that the very action of wishing for a higher pathway is a first step on the journey of unfoldment which we must all travel.

What we do and how we do it is not so important as is the fact that we wish to do it and as we wish to better ourselves so we will be lead to the places where we can give that service which will lead us to other things which will in turn guide us to further acts of service and to new areas of even further

service.

Many of you do not realise the importance of these acts for it is said in your bible that he who has will be given more and he who has little will have even that taken from him. The same applies to your acts for, to the little bits of service that you give will be given even more acts of service and you will end up living for your acts of service and even loving your service.

We send our love to all life

GYRON

SITTING 535

Beloved Brother we are here again for the time comes round that we may help our siblings and tonight we would think of those who have no wish to have anything to do with spiritual matters. We often think that those who have no wish to be spiritually inclined and we understand that it is their pathway for them to be this way inclined and it is right that they should be this way for there are many lessons to be learned and experiences to go through whilst thinking this way which could not be taught if you were thinking spiritually. We have said before and we say again that you must learn all lessons and experience all manner of of situations in your journey through the spiritual way for it is the only way that you can understand what these others are going through when you become a spiritual guide or helper and are able to recall your own experiences when they meet their problems. You cannot guide others if you do not understand the problems of others. Remember that a tutor without experience is the same as having no tutor at all.

We send our love to all life

GYRON