

# 67. Rescues

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Most beings when they die pass back to spirit with no problems. They intuitively know what to do and how to move forward. However, for many reasons, there are a few who need

more support from both spirit and the physical side of things. This work is not easy, and much experience is needed by the mediums involved. Nevertheless, spirit rescues are extremely important, and those who become involved, find the work immensely rewarding. Les was mostly involved in spirit rescues before the Salumet teachings came through which then gave him a wonderful opportunity to ask about the work that he did! Interestingly, Les was once able to conduct a rescue for hundreds of soldiers who were brought to his circle as a single group. Their death in hellish circumstances and utter confusion caused them to become 'lost' and in need of a spirit rescue. At the end of this section, some examples of the many rescues that have been conducted are included which indicate how this work is conducted and how important it is. Out of interest, another example of a rescue involving hundreds of young soldiers, is included in the examples.

### Mechanics of rescues

Les was a very experienced medium who had led rescue evenings over many years. This was an opportunity to gather a little more information about the mechanics of rescues. (11/7/94)

Les: When we deal with 'rescues,' often people come back, who have been departed from this world, for many of our years, a hundred years perhaps. And the question has often been asked, whether they've been suffering all that time, from the traumas with them, when they come back for rescue. My reply has always been '*No*,' they are in a condition of '*limbo*.' They are not aware of the suffering which caused them to pass on, until their mind shows a desire to move on. Then they are brought back here. Is that correct?

**Yes. They are buffeted from the pain of their earthly existence. It is difficult to explain. They are 'cocooned,' if you like, in a 'vibration' of love. And all the time, we are trying to reach them, to encourage them, to love them. But like all things, they are still individuals in their way of thinking. Therefore, it can be many aeons of your time, before the realisation comes to them. It depends too, on the knowledge they have obtained in their earthly lives; that which they bring with them. We can work on the knowledge that they bring, but we are not allowed to intrude, even in our spirit world. There are laws to abide by and we do abide by them. But, to answer your question, no, they do not suffer for lots of time. They are cocooned.**

Les: Thank you very much for that. I'm sure that gives a lot of comfort to my companions here, who I know have been worried about it. That has cleared a lot of doubts and I appreciate the answer.

### You should not grieve for loved ones who have passed for too long

Too much grieving attracts the departed one back to the physical world and stops them from moving forward into spirit world as they should. (18/7/94)

Jackie: When people die and they go to the spirit world, we have often heard that they're happy in the spirit world. How can they be, when they've left loved ones behind?

**Yes, of course we have touched on this before too. When you leave the physical body, you do not suddenly change. You take with you, *all* those thoughts and feelings that you have gathered in your earthly life. Of course, there is sadness in the spirit realms, but this has to be dealt with. That is why you as a group, are doing 'rescue' work, or *did* do rescue work. The feelings of the departed one, are still very close to the Earth, to the people they have left behind. That is why it is important for those of you left behind, to be happy for that loved one, and not to grieve, so as you all seem to do so much of. Can I elaborate more for you?**

Jackie: Yes please.

**There are those souls who come to us tormented. We draw close to them in a 'tube' of love and light—but still having their free will (?)—and sometimes they are tormented and unhappy for some time. That is their choosing. We can only try to influence and guide them. But you are correct—No, everything is not brightness and light to begin with.**

### Why are 'rescues' necessary?

Salumet responds to a question by Brent on this important question. As always, Salumet does his best to keep the explanation simple for our understanding. (1/8/94)

Brent: During 'rescues,' it's quite often said, the soul will probably be 'counselled' and helped to overcome the problems to do with the transition from physical death, and will then go on to learn in various ways. But you've also said that we're here to learn. So, I'd be interested to know, what is the distinction between the things that we learn here and why do we have to come here to learn them, versus the things that we presumably will learn as the soul progresses later?

**Yes—Let me place it back to you. Why would you place a five-year-old in a junior school? And why would you place a teenager in a higher grade? Because simply of (*for?*) their understanding, you must start somewhere. When the soul is here on the Earth plane, as we have said before, it comes for a particular purpose, to learn particular lessons, if you like. Only that soul knows what it needs to learn. But you are all endowed with free will. Let me take you back to the class of the five-year olds—you have a group of children; you have a teacher. Some of those children will be eager to learn the lessons they are being taught. You may have another group, who are slow, whose understanding fails them. Therefore, already you have the differences. And then you may just have the naughty child, who refuses to accept any discipline at all. So, too, when you leave the Earth plane, there are these varying differences amongst the people. Some come to us with awareness, as you all will, when your time comes. You have 'knocked' on the door, if you like. There are others who, perhaps, want to believe, but won't allow themselves. And there again, you have the others who plainly refuse to believe in anything at all. Therefore, the last group are the ones who need to be 'rescued.' Are you following me? (Yes) They are the ones who have learned very little. They are the ones who need to be**

helped, who need to be shown the correct pathways. So, it is much more difficult for them to begin again, as it would be your teenager, being placed in a *higher* stream of education and expected to start from the very beginning. Do you see the difficulties there? (Yes) So, in the rescue work, it is sometimes necessary to return that soul through a physical being, to have an explanation, as you are all aware, as you already have done *this* work. The explanation needs to be done in physical terms. It may take a long, long time for them to be *encouraged* or 'counselled,' to use your words. As I have said, no one suddenly changes when they come to our world. They still retain their free will, they still retain *all* of their feelings, *all* of their prejudices; *all* remains the same. So, in our world, as in yours, some move on more quickly than others. It *all* depends on the soul.

Brent: So, are we correct in assuming in a simplified way, that this is the starting point for most of us, remembering you said that occasionally Souls will come back again. But, for most of us, this is the first step?

***This is the beginning of your learning process, yes.***

Brent: Thank you.

### Emotionally damaged beings are the ones who may need a spiritual rescue

This came from a question as to whether it is possible to injure oneself whilst in spirit world in the physical sense. (8/8/94)

Les: I have often been asked that in the next world is it possible for the inhabitants to suffer—I was going to say physical—but it's not physical, but bodily damage, as we do here. Can they hurt themselves as we do?

**You mean physically?**

Les: Physically, yes.

**Of course not, physically—they do not possess a physical body. They can damage themselves, yes, but it is not a *physical* damage, it is a spiritual/emotional damage that they can create for themselves.**

Les: I see. So, they wouldn't break a limb or anything, as we would here?

**No, that is not possible.**

Les: No—as I say, it may sound trivial. But it is not meant in a trivial way.

**In their *minds* they can, but of course, if they don't have a physical body, they cannot have a physical brain, but the damage can be there mentally, emotionally, and that is why you do the 'rescues'. You are dealing with emotionally damaged spirit beings.**

### What are 'lost souls' and how can they be helped?

Sadly, there are souls who through one or many lifetimes have become 'lost'. One way to help is through 'rescues' but this is not easy work and has to be conducted in controlled

conditions with much help from spirit. There are dangers with this work if not conducted correctly. (19/9/94)

Les: Am I right in saying that those who continue to try to live a useless life, a life of ne'er-do-wells, as they did on Earth—they can't satisfy their physical desires in the next world, but they are able, under the right conditions, to latch onto people here and try to satisfy them in a vicarious manner?

**You are correct in that way of thinking. Unfortunately, this does happen. These people are the ones who tend to stay closer to your Earth plane. They do indeed latch onto weak and vulnerable people here. We do our utmost to try to avoid that happening, but we are not always successful. We cannot always bring ourselves down to a level that they are able to achieve, to interfere. It is difficult for us, and that is why we need you people, who have been doing help, help, help for these beings. ('Rescues') That is why we need your help.**

Les: Yes, one of the first things I do, is advise any person who wishes to go in for development of the spirit self, is advise them never under any circumstances, to sit on their own and try to develop in their own time, in their own company. Because they must realise, they are opening a channel for communication, which can be misused.

**It can, indeed. I would say to you, though, it does depend on the individual. There is nothing wrong with opening yourself, but of course, if you are new to such things, then I would advise you sit within the group, where there is someone who knows exactly what is happening, because as you say, there are always beings who are willing to latch on. I'm afraid it is not always even (*Adults*)—it happens too with the purity of young children.**

**They are attracted to their '*white light*.' Do you understand?**

Les: Yes I do, indeed. That's why we would never entertain any work in the company of young children.

**And also, too, as the being becomes older, so too do the energies deplete and oft times will they be attracted to them, for the very reason that energies are depleted, and they find it easier to 'latch on.' Yes, we have all kinds—we have many sorry, sorry beings, who need to be helped. But don't scorn them, feel pity for them. They have to be pitied.**

Les: Yes, they do, indeed. That's why we try to continue with the work we do here.

**And we are grateful; you will never know how grateful we are to *all* you people, who involve yourselves in these 'rescues.' It is a job of work that needs to be done, and *not all* can undertake it. So, it is important that those of you who wish to do this work, be strong within yourselves. Link yourselves daily, to those who can help you, guide you, train you. But, of course, some individuals can develop on their own. I would not say it is always necessary to be within a group. If they are strong enough, and the reason, again, is good, then they will not attract those who wish to latch on for the wrong reasons.**

Les: If their goodness is of sufficient calibre, they will in fact reject them, won't they, automatically?

**They will rebound from their light.**

Les: Just as they always rebound on Earth.

**That is true; it is the same thing. The energy, the love, the light they send out, will protect them.**

Les: I think perhaps you could answer another question for me, for the benefit of everybody here. I'm sure some don't realise it. There is sometimes a mistaken impression, that the next world is 'all roses,' and milk and lovely things—I have said repeatedly, that that has to be

earned. That their arrival into that particular sphere of life has to be earned, by actions on this Earth. Equally, they would not be expected to mix with people of a much 'baser' intellect or spiritual development. They are segregated automatically, by their lack of development. I think this worries people sometimes, when they hear of the bad influences, which exist in your world; that they might be in contact with them—

**Why should they be afraid? Would they be in contact in their earthly body, with those who are wicked or cruel, as you would say? Would they be in that same place as them?**

Les: No, I have pointed this out.

**Well, it happens too, when you come to *our* side of life. These people are attached to each other and sometimes it can create quite a strong bond, let me say. But how you live your lives here, once again, let me say to you, you can only do your very best. After all, you are human, with failings. We don't expect you to be perfect, and neither have I met one who has trodden this Earth plane, who has been so. But if you endeavour to do the best that you can, then you will go to the place that is suited to you. There are many spheres within our world and of course, you will go to the one most suited to you. Let me say, all of you in this room, may not necessarily go to the same place, because of course, it depends too, on your own spiritual development. I don't mean to say some of you are 'higher' or 'lower.' I don't really like those words either. But you will be in differing degrees of development. Therefore, where you go in our world can be different. Those of a wicked nature as you speak of, are together and they cannot, *cannot* interfere with those in a higher state of life. (Thank you.) But of course, once they are gathered together in our world, and they are away from the earthly vibration, there is more we can do to help. Do you understand?**

Les: Yes, and I believe I'm right in saying that those in what we call the 'lower' spheres, the really diabolical people, as would be called here, have constantly the ability to progress if they wish. And those in your world have a duty to be close to them all the time, waiting for that wish to be seen.

**There are those amongst us, who do the work for helping these 'lost souls.' It is not an easy task, but it is part of their own soul growth, that they do the work. It is difficult. We keep close by, but often they need to remove themselves, to regenerate, if you like, that 'pure light,' that they need to survive. It is difficult, and something I will speak on at a later stage. When you 'lower' your vibrations, into a lower one, it is always difficult; it cannot be easy. But there are those of us, who are willing to do it, to help those lost souls. Do you understand?**

Les: Yes, thank you. I had heard that.

**It is the same as I would not be able to stay with you for too long; too much of your time at once. I have to return to where I am from—I will use the word 'regenerated;' it is the only one I can think of, that is apt.**

Les: Yes. I personally am aware of that and it's what makes me so appreciative of you coming. I know it is difficult for you.

**We are always happy to come and so too, it is difficult, even in our world, when those of them, (*sic*) who are prepared to work and help those lost souls, go to those darker realms. And let me say, it is indeed a sad and sorry state to be in.**

Les: I'm sure it must be.

**It would make you weep.**

## More explanation on the need for rescues and how they work

Les asks for more information due to some members of the circle being concerned for the lost soul still suffering. (7/11/94)

Les: I know some people in this group are still concerned about some 'rescues' we have, because they consider that those who come back for help, have been in their traumatic state and aware of it for many, many years sometimes. I believe I am right in saying that somehow, they are 'cocooned' from that, and they do not suffer the pain or the mental torment, which caused their death.

**Let us speak a little on this again. (Thank you.) You know you all are clothed in a physical body. You have an etheric body, which is closest to the physical. We all understand that, do we not? That is the part, which 'departs,' if I may use the word, when the physical being dies. It retains that part of the personality that showed itself in the physical being—goes with the mind, which belongs to the spirit part. The brain part of the physical being dies, but the mind is retained. Within that mind, lies all the experiences of your earthly lives. Is that clear to you all?**

Les: I believe so. Has anybody any questions on that, before we go further?

**I would like to explain as we go along, if there are any problems.**

Les: Anybody any question on that? You understand that the mind activates the physical brain and is free on the death of the physical brain. That is quite clear to you all, is it?

**So, the spirit takes with it the experiences of the earthly lives. If the knowledge of that being is limited, then of course when the spirit is freed, then he is in 'shackles,' if you like, by his own mental knowledge. Can you understand that? (Affirmed) How can it be so, you do not suddenly become 'Angels.' You carry with you all that has been *felt*, all that has been *learned*, all that is '*you*.' Some unfortunately, are not well-equipped in the ways of spirit, they are spiritually 'poor.' So, this is where the problems arise. If you have knowledge of spirit, of what you are about, there should be no problems. You will leave that physical being behind and you will go to that place that you are meant to be. You will be greeted and helped on your way. That is the normal pattern of things. You understand that?**

Les: Yes, we do, thank you.

**Now we come to the group of people who have problems. Let me firstly say to you, there are many views on what you expect to find, when the spirit leaves the body. Let me take an example. If you are deeply religious, in any of those religions of your world, you will expect to find, what those teachings have taught you. So, in actual fact, what you expect is what you find. That sometimes is difficult for people to comprehend. But it should not be so, because again we come back to that very powerful thing called '**THOUGHT**'. What you *think*, is what you *are*. We come to the people, of course, who have a traumatic passing, where they are almost 'shot,' from their physical bodies, perhaps rather too quickly and they are lost. Or you have the people who have suffered from illnesses, and they too retain their pain. But all are met by someone. But whether they accept that person's greeting, is entirely up to them, because, you see, you still retain that free will. It is something you carry with you. You do not lose it on your physical death. That free will is still active. Do you understand that? (Affirmed) So, of course, if the free will remains, you**



are in fact still 'individualised.' The problem lies then, when people cannot or will not accept help. They are lost and sometimes we cannot reach them to bring them forward and that is where your rescue circles help. I believe we have spoken a little on that.

Les: Yes, we have in the past.

**But, let me say to you here and now: *No one* suffers. It is where the word in your teachings comes from, the word of 'limbo.' It is a grey area, if you like, where people come. They neither can come back, nor can they move forward, because their own mind is blocking it. Does that make sense?**

Les: Yes, we have used the word (*Limbo*) frequently in rescues.

**But let me say—try to explain a little simply for you. You may be in pain, you may have worries, but when you are in your sleep state, does not all the knowledge and the pain disappear from you?**

Les: True.

**Try to imagine a state of sleep, where you are cushioned from all those troubles, those daily troubles that you suffer from. This is a simplified way of explaining what happens to those souls in distress. They are 'buffeted,' from their pain and their anguish, until such time as they are ready to accept that they need help. I do not mean they are forgotten or neglected. We have souls in our world, whose 'job,' if you like, it is to help and protect these souls. They do *not* suffer for years and centuries sometimes. They are 'cocooned' from all that. But they are being influenced, if you like, in that time, until such time that the realisation comes to them, that they must be helped. They are either brought back to your 'rescue circles,' or they move forward with those souls in our side of life, who are there to help them.**

Les: Thank you very much indeed. That is going to give a great deal of comfort to many of our members, I know, who could not quite grasp that they are not suffering. Not so much in this group, but in others, where we still deal largely with rescues.

**I think perhaps the problem lies in the fact that when they return to your rescue circles, their last memories come back with them. That is for identification purposes and so that you too can help them. How otherwise can you know what you are dealing with? You do not have the mental fortitude to cope with it, unless you know the physical problems and what ails that soul.**

Les: That's right. Good. I'm very happy to hear that, because it does confirm what I have told people. But coming from you, it is going to give them even more assurance that these poor people do not suffer for many, many years.

**No, we could not have that.**

Les: I couldn't imagine it for a moment, but neither could I explain fully, how they were protected. But you have now done that. Thank you very much indeed.

**It is the simplest way. It is almost like a sleep state that they are put in. That is the closest I could come to tell you.**

Les: That's adequate, thank you.

## [Why are spirit rescues necessary?](#)

Why are rescues necessary? This point was raised during discussion between Les and Salumet about the spirit not being in the perfect state it should be at the end of a physical life. (6/11/95)

**I ask you to heed my words, that body and spirit *are* one. Your physical being is only a house for the spirit, whilst you tread this Earth. But the spirit, whilst housed within this body, can be pained, can be affected by the illnesses caused by *physical thinking*.**

**Can you understand this? (*Affirmed*)**

**Can you see the connection?**

Les: Yes, if the two are one, then each must be affected by the other, of course.

**Yes, too much is spoken that when the physical body leaves, then the spirit is perfect. This is not quite true; the spirit body should be, and I stress the word SHOULD be, but in most cases, it is not, because of the very fact of being housed within the physical being.**

Les: That is the reason we have so many 'rescues' to deal with, I imagine, because the spirit has been damaged and comes back in a damaged condition.

**Of course, it has to make sense does it not, that if the physical body has been disposed of, what is causing the problems? Can you understand this? So again, we come to how powerful is the thought. It is holding that spirit being to ransom if you like—I cannot think of another expression to give you. That is why your work is so important, to help to free these souls in troubled times. But of course, they have no bodies, so why are they still in pain?**

Les: Merely the power of thought operating in the wrong way again.

**Yes, that is how powerful the energy of thought is.**

## A Chernobyl rescue

A little explanation is given by a visitor about a soul who died in dreadful circumstances and the importance of rescue work. (10/6/96)

*Salumet did not come through this week, so the evening began with discussion about one of the rescues which happened at the Wednesday circle. It had been a difficult one, involving a Chernobyl victim. The man had gone into the area with a team, knowing they would never come out. Suddenly/unexpectedly one came through Les:*

***I say to you my friends, though you did not witness what this one has just spoken of, you can be assured that it all stems from the work you and your colleagues do, in this Temple of Love. It was a tremendous experience for the lady concerned. (Heather) We cannot express sufficiently, our gratitude, and even our admiration for her, taking on such a task. We know that it left her somewhat depleted, but that was taken care of. But I wish to tell you, as I shall tell the others at the next meeting, that the group who's representative came here and was dealt with as usual, are now well on their way, to accepting the new conditions, in which they find themselves. (general thanks) I thought it was only fair that I should come to tell you this, to confirm once again, that you cannot possibly ever know, whilst you are in this physical plane, the tremendous work that you all do, to help those***

*just to cross the border. We can only ask that you continue to give your time, your energy and your love, in these matters. For this we thank you in advance, for all that still remains to be done.*

George: We thank you. God bless you.

*We ask God's blessing upon you all. Never fear that you will be left with any definite reaction after such a rescue, as you call it; all will be resolved. God be with you all my friends and thank you. (general thanks) Thank you.*

## What happens when an aspect of a soul is cocooned for huge periods of time?

Is this time basically wasted? Salumet explains that only one soul aspect is cocooned whilst the rest of the soul is able to continue to do useful work. (9/9/96)

Les: We had recently a rescue from somebody who said the year was 1302. Now you have told us that until the soul shows signs of wanting to progress, those people are in *limbo*, until that time, then they are brought back to us if need be, for the final clearance, as it were. To me it seems rather a waste of time and energy, if that soul is *cocooned* somewhere, in this case for nearly 700 years. Are they in fact cocooned for that length of time, or do they live in some other *sphere*, for that time, until they return to their earthly counterpart here?

**I understand your question. I have spoken briefly about this of course, but again we are speaking about complex issues. Let me reiterate some of the information I have given to you previously. I have told you, you are not one being, that there are many aspects to you. Let us take the soul, who has left this planet Earth and should have returned to spirit, in knowledge and Love. But you know that some are left close to this plane of existence for many reasons. Some who come to us are *cocooned*, but I use that word reservedly, because—let me explain a little further, because now I believe you will begin to understand: When the soul is ready, it will move on. If it is not, it can only be *cocooned* and offered support, but the part that remains, is only *one aspect* of the soul. You follow me?**

Les: Yes, I see what you mean.

**The spirit will always return to where it belongs, it will only be the one aspect of the soul, which remains as you say, *cocooned*. So, the other aspects of the soul return to where they belong, to await that aspect to awaken to life, if you like, before it joins us. I am speaking in terms, as if there are many peoples, but you must understand, that many aspects make the whole. Do you follow me?**

Les: Yes, we follow you, but I don't think we fully understand it yet.

**That is why the explanation previously, I kept simple for you, because I do think your understanding, truly realises what is involved.**

Les: No, I don't think it can at the moment, it's something we shall have to think about very carefully, in order to try and understand it.

**If you will, then you may have the understanding beginning to break through. But not all of the spirit will be left suspended for those number of years.**

Les: I couldn't understand that that would be so, because there comes the question of regeneration of its energy, during that time.

**That is why only the earthly aspect of it is *locked in time*, if you like—whilst the other aspects of the spirit, or *Energy*, as you now begin to term it, and of which I am pleased, because it shows at last you are beginning to understand, that you are much, much more.**

Les: So, those other aspects would in fact, if I can use the expression, be doing useful work elsewhere, so the time is not wasted?

**No, *never* is energy *wasted*, *never* is energy *static*, *never* is one part of the soul *lost*; it cannot be so.**

Les: And when that Earth-bound part comes back, as it did the other day, would all parts of the soul be reunited?

**It would be uplifted by other aspects of it's being, to make the return, for help.**

Les: The return would be of the whole?

**The return would be of the whole, only to help that aspect of itself, to be free.**

Les: I see that certainly clarifies for me; I hope it does for my colleagues.

**You understand?**

Les: Yes, I understand much better now, I certainly hadn't considered the multiplicity of parts.

**And also, please to remember that *Time* is of little consequence, when you speak of our side of life.**

Les: Yes, I understood that, but it did seem such a *waste*, if all that time, however unimportant it may seem, was being not utilised in some way.

**Again, dear friend, you are using the *physical brain*, to try to understand matters *spiritual*. So, it explains the confusion within your own thinking.**

Les: It certainly does, you've given us more to think about now and to reach a little more understanding, of the complexity of it. Thank you for the answer.

**I would say one last thing to you all, that it is *good* to see that you ponder about these many subjects, which I know are difficult for you. But it shows that you are willing to open yourselves to that greater Light.**

Les: Yes, that's certainly what we are trying to do, with your great help.

**And now dear friends, I will leave you in the knowledge that always you are within my love and those who come close to you. Always you will be surrounded with much help and upliftment; but not always are you aware of this, but the time will come, when you will feel our closeness, much, much more.**

Les: That's very nice to know, because the more we begin to learn, the more we realise we are going to need that help, in order to understand fully.

**You cannot ever, whilst you are clothed within these bodies, fully understand all that is awaiting you, but you can try to expand your knowledge to the greatest abilities, that you all possess.**

Les: Thank you very, very much, our love goes with you again and God bless you.

[The rescue group would not be allowed to counsel those that had created terrible havoc during their lives](#)

Because of the condition of their soul, they would need more help from spirit. George starts his question with a simple analogy about soul progression. (27/10/97)

George: Our understanding is very limited with respect to we humans. I think it helps to visualise things in a simple way sometimes. In thinking of spirit realms, I sometimes think of a ladder with many rungs. A few rungs up from the bottom, there is a balloon attached and that I think of as planet Earth. When we go into spirit, those who have had what I might call *reasonable* lives, perhaps go onto the rungs that are close to Earth. Those who have reached more enlightenment, progress further up the ladder and those who have done extremely poorly, perhaps go to the bottom rung and perhaps you would say, will take aeons of time to work their way up. Does that seem a sensible sort of *rough* visualisation?

**Let me reply this time to you. It matters not what each one of you visualise in your own way, to bring you closer to spirit; if this visualisation brings you nearer to understanding, then so be it. I would not question your methods, because there is no *one* answer for each individual on this planet, because after all, you are individual, and you will use your thoughts in your own individual way. So, I would say to you sir, continue with your visualisation, it is as good as any I have heard described. If it suits you, then continue to use.**

George: Thank you. Could I go on to refer to the between-worlds counselling, that has occurred here? (**Yes.**) With that visualisation in mind, I would think that *mostly* we have had visits from souls, who are in the realms close to Earth, from those rungs on the ladder that are close to Earth. But would it be conceivable that one might have souls from the bottom of the ladder, brought along for counselling, or would that be impossible?

**I believe we have spoken much, but I will try to answer your question more fully. Those who come to our world, each one is faced with all that has gone before. You know and understand that each soul goes to the destination most apt to it. Those who are lost, you cannot *class* I believe, as souls who have caused much havoc in your world. You know and fully recognise that those souls closest to this earthly plane, return and are returned to you, for help. But they can only be returned, if they are willing and they are ready spiritually to be helped — that is the knowledge that we have in our world. They are then returned and as you fully know, rescue takes place between our world and your own. Now those souls who you speak of as going further down your ladder, are those lost souls who are indeed lost and can for many aeons of time, remain in *darkness* spiritually. Only, and *only* when they are ready to be helped, would they possibly be returned to this planet for help. But it is most likely, that because of the condition of the soul that the help would be from *our* side of life. Does that answer your question?**

George: Yes, that does help, thank you. It's a point I had wondered about.

**I do believe that our good friend could explain a little fully for you. But I do not wish to dwell on this for too long. Perhaps afterwards my dear friend, you can explain why we bring others to you, to be helped, more fully?**

Les: Yes surely.

**But those souls, who are indeed lost for aeons of time, we are speaking on something entirely different from those souls brought to you. They only will be returned, if we know it is time for them to be helped. (*General thanks*)**

## Sometimes the medium finds it harder to shake off the effects of a rescue

This point was raised by Lillian. (24/7/00)

Lilian: Thank you. Last week we did a rescue through Sarah and she did find it quite difficult to shake off the effects of this rescue. Is there anything more we can do to help her or anything that she could do?

**No, you have done all that you can. The lady you speak of will find that with a little more experience, that she can take more control of those who come to her. She must remember that these souls come under conditions of control, but we also need the control factor of her own mind. It will come with time but let me reassure you my dear friends that there is nothing to be concerned about. It may take a little longer than you anticipated but always the lady will return free from any encumbrance or any leftover feeling from those communicators. (Thank you.)**

**Well, my dear friends, as ever I hope you have been completely satisfied with my answers. I know as time continues these question and answer times will enable you to become a little more enlightened. That is our purpose, that is why we wish to help. There are many things to be achieved here, but again I reiterate to you that we must go slowly and it must show you I believe how many times I answer your questions over and over that that is the reason we must proceed slowly, in order that each point, each question that you have is fully answered and understood. Do you all agree? (*Affirmations*)**

## Addictions do draw us back to Earth

Addictions, or lack of spiritual knowledge, hold spirits back to earth plane, when they should be free to move on. Again, rescue work can help. (22/3/04)

George: Could I mention the subject of Earth-bound Spirits? I think I understand that the Spirit can develop a firm attachment to places and to things, like to alcohol or to houses. It is said by some that there are several American presidents inhabiting the White House. Perhaps that's slightly humorous, but this is perhaps something which we should understand better that perhaps we should not form overly strong attachments during our Earth lives.

**Yes, we have spoken about this before, but I am happy to remind you, my dear friend, of my words. You know that as you leave this earthly life behind, you do not suddenly change—you are the same when you come to Spirit as you are at this moment. All that is changed is the clothing that you wear, the body. But the mind belongs to the Spirit and if there are addictions, some of which you have mentioned, those addictions will still be strong within you and those addictions will draw you closer back to this Earth than any other thing.**

George: Yes, and I think you mentioned around Christmas time this can happen.

**Yes, therefore I would suggest to each one of you my dear friends that whatever your strongest need might be, that you relinquish it whilst you are here. You are correct, many of your houses of drink are inhabited by those who cannot leave it and cannot pull themselves from this life and become ‘earthbound’ as you call it—not only drink, but people, many forms of what you would call depravity in the way of killing and such like. You understand. (Yes.) But not all earthbound Spirits are drawn back because of addictions, but because of the lack of spiritual knowledge—they will not let go of earthly life.**

George: Ah, so there’s a kind of balance between feeling of Spirit/element of Spirit and the likings developed on Earth?

**Yes, yes. If your knowledge of Spirit was greater, there would be no attachment needed. You understand? (Yes, I see.) Yes, but of course that is what your rescue work is about—those people who do not believe they have passed, but are not bound here by any strong addiction, only that they are afraid or do not wish to listen to another.**

George: Yes, I think our experience is that theirs is more a lack of spiritual knowledge/spiritual development, **(Yes.)** than earthly attachment.

**So, do you now see how important that it is, that those seeds of knowledge be sown?**

George: Yes, that really puts it into perspective.

**Yes. It is important work my dear friends. Do not underestimate what you do in your daily lives by writing words or speaking words or giving comfort to another. These are acts of Spirit, which will take hold eventually and may very well help one individual to go forward when their time is here. Is that helpful to you? (affirmations)**

George: It is indeed, yes. That expands what was in memory quite considerably.

**It is fruitful sometimes to go over old ground, because sometimes the same words can give you a new perspective on it. I am sure you would agree? (affirmations) That is why my dear friends I will never apologize for repetition of words, because in doing so your understanding becomes greater. And remember that each one of you is developing at a different rate, therefore what one may take the first time, it may take another just a little longer.**

Lilian: Yes, I think we appreciate that. **(Yes.)**

### [Is it safe to work alone with rescue work?](#)

Unless very spiritually experienced, it is generally not safe to do rescue work on your own. Much energy is needed, amongst other issues. The topic of hobgoblins is also touched upon. (19/4/04)

Paul: When I was on my travels I met a German lady who does rescue work quite similar to the rescue work we do or have done, but she does it on her own often, using a pendulum or just her own intuition and I did a couple with her whilst I was in Pai. (*Pai is a small town in Northern Thailand*) I just wondered if you are working on your own, sometimes rescues can be very difficult **(Yes.)** and I wondered if it could be dangerous for her doing it alone, or if that is all taken care of?

**It would depend upon the degree of spiritual development, but on the whole, I would say to you that it is not wise to rescue an individual by yourself. When you complete a rescue, there is usually more than one medium, because of the impact of their energy as opposed to the one who is being rescued. (Yes.) You understand? Because I know that you would agree that many who need to be rescued are not always quiet, gentle people. And yes, of course there are those beings who would wish to be troublesome and it can be that unless the medium is spiritually developed to a high degree, that those entities could cause many problems. Therefore, I would say there should always be more than one.**

**Paul:** Would you recommend that she had others with her?

**I would say that would be the ideal, but she must at best always ask for protection from those in Spirit, who work with her; but sometimes you see, if the Spirit being is to overshadow, you need another to help—that is the problem. I am sure she must be aware of this, but I would say it is much better to have another with you.**

**Paul:** Can I ask another one? **(Yes.)** A couple of my friends have moved to France and from what they say it sounds like maybe their house could do with a rescue, but I've never visited it. The man looked into the history of the place and he found reference to a 'hobgoblin' in one of the rooms. I wondered if you could say whether there is anything that needs to be done there?

*There was quite a long pause.*

**I will look to this one for you to see what the problem is there. I will ask those who work in that way to take it upon themselves to see if there is any problem which we can help with. I would suggest to you in the meantime that you instruct your friends to always remain positive whilst around that property.**

**Paul:** Yes, I understand, yes, thank you.

**Water! Is there water by this property?**

**Paul:** I don't know. I will have to ask.

**But they must remain positive and I will ensure that we will help, if it is necessary.**

**Paul:** Thank you very much.

### [The Spirit does not travel through a \*physical tunnel\*, but it is the \*experience of being free from the body\*](#)

This is a better explanation as to what happens upon death. There are those who have no knowledge of what to expect and all experience of leaving this world is down to their own freewill. There is always help at hand, but those at hand are not allowed to interfere. The spirit itself must realise what it must do. Sometimes, those in spirit and those in the physical, have to coordinate their efforts during spirit rescues. Salumet explains these many concepts. (5/9/05)

**I would like to say just a few words this time about something that puzzles so many in your world concerning the transportation of your Spirit from this world to ours. So many times have you heard that when the Spirit leaves the human body, so many describe the journey of the tunnel and Light. You full well know my dear friends that as the Spirit departs from the body, there are many who are ready and waiting for that Spirit to come**



home. There is some talk amongst you human beings in your world about why the majority of people who depart, and who have returned to the body, come back mainly with the same conditions of seeing a tunnel that is filled with light at the end, and feeling of great love. Many say that the Spirit actually travels *through* this tunnel towards the light. Many refute this explanation, but as you well know, when the Spirit leaves behind that overcoat of the body, it is immediately lighter, and the Spirit does not travel through a *physical tunnel*, but it is the *experience* of being free from the body that the Spirit is expressing—the feeling of lightness and leaving behind the fear and the darkness of your Earthly world. After all, it is much darker and denser in your world, is it not? (*affirmations*) Therefore the Spirit immediately feels this lightness and the feeling of travelling through a tunnel, but it is not a *physical tunnel* as you would expect, it is the *experience of lightness*, the *experience of the Spirit being* and the *Love which surrounds them* at that time. Therefore, I wish to say to you that whenever these experiences are denied, you can my dear friends say: *'No, it is a genuine experience of the Spirit.'* And although it is described as a tunnel, it is the experience of Spirit being free.

George: So, the idea of the tunnel suits our physical way of thinking?

**Yes, it is a description given when the Spirit then returns back to the heaviness of the body.**

Paul: We have an expression a bit like, emerging from a cave, from a dark place.

**Yes, darkness to lightness, but that is what it is. And of course, my dear friends, well you know that there are many experiences when the Spirit departs this Earthly plane—that many experience instantaneously, standing with those who have gone before. There are many experiences, which belong to each individual Spirit, but I would say on the whole, those who return to physical life say that they have experienced a tunnel. It is because they have been allowed to experience for some short time that lightness of Spirit. You understand? (*affirmations*) Do you have any questions at this point?**

Graham: A soul who led a life of wrong-doing, would their experience be any different in their destination in Spirit world—would it be different?

**Again, we are touching upon something which has so many explanations in your world. So often we hear of *good* and of *bad*. I would rather say that the experience of Spirit in your world is varied so much that when Spirit returns home, then it goes to the place which it has built for itself by its own experience. For some, as you know, that may entail a 'darkness', but it is not a darkness as you would understand here, but a darkness of Spirit.**

George: So those who experience what we sometimes call 'near death experience' or 'temporary death experience', they might well come back and report the 'light tunnel'.

**Yes, but you have a minority who also experience some form of heaviness or *darkness*, as you call it, but as I have taught you on many occasions, that darkness is the *fear* which they hold onto. So, what I am trying to say to you all my dear friends, is that you must not consider these things on a physical level, but always look to the spiritual explanation and things will always become much clearer to you.**

Sarah: You did say once before that we create our own light and we also create our own darkness. (**Yes.**) The darkness that we create then, you are really saying is fear?

**It is *based* on fear and the way that their life upon this planet has been conducted.**

**Remember I have told you *all* of life's experiences depend either on love or fear. Darkness or whatever you may wish to call it, stems from acts of fear. Therefore, the Spirit remains in the darkness of its own making, until such time those in our world can reach out and 'touch' them.**

Sarah: I remember reading once of somebody who had had a near death experience and who saw lots of animals—not very nice animals that they didn't really recognize, and they were in this pit with these animals. That was just *fear* then, was it?

**Yes. The fear is their creation, which then becomes their reality. Remember that your thoughts are so powerful, whether based in fear or in love—whichever one you are based in, that creates your reality. Therefore, if you remind yourselves, *all* experience of leaving this world is entirely at your own freewill, and although there are many who wait to help, as I have said many times, we are not allowed to interfere. The Spirit must recognize for itself what actions it must undertake. Do I make sense to you? (*affirmations*)**

George: So those waiting, just have to continue waiting until the Spirit moves forward?

**There is much those in our world can do to help, but we cannot step forward and say you must do this or that, because so often those in a state of darkness will not listen—they do not *want* to listen and we must respect that freewill, which has been endowed to them. (Yes.)**

Sarah: On a slightly different tack, a friend of mine said that she had heard that when you have Alzheimer's, part of you has already gone to Spirit. Would that be true that the part that they seem to forget, that they don't seem to be aware of what is going on in this world, have they already started coming into the Spirit world? Is that true what she was saying?

**I would say to begin with, no, it is a *physical degeneration* of the physical brain, and only at a later stage of this condition does the thinking then begin to remove itself. But in the majority of cases, no, it is no different from any other disease in your world.**

Sarah: So, when you say at a later stage the thinking begins to remove itself, is that the stage when it *is* starting to go into Spirit?

**When the body begins to close down, then the Spirit becomes closer to our world, as in many conditions of diseases within your world. For example, those who are unconscious for any length of time and their thinking is not in this world, but it is only in the latter stages of these diseases that the Spirit is preparing to return home—and there are many who stand close to help. But yes, I believe I have spoken before about returning home, and that as the body ages and begins to break down, then those human beings begin to be closer to our world than to yours.**

George: And the silver cord would still be in tact at that stage...

**Yes, you cannot be in Spirit until that cord has been severed.**

Sarah: This friend who I was talking about, she is beginning to get paralysed, she's got bone cancer, and she *feels*, she is beginning to feel that her Spirit is beginning to get purer. I know you don't normally say things about people, but would you have anything to say about her?

**It is her thinking which is creating these conditions, and if her thinking is saying: '*the Spirit is rising*', then of course it will happen. It is, I would say, a good way to condition yourself, preparing for that ultimate *move*. Yes, I agree with her.**

Sarah: Thank you very much.

**What she must not do, is doubt and become negative, but to allow the Spirit to rise.**

Sarah: Thank you very much, I will pass that on to her.

**I hope those few words, although we have spoken in past times, I hope it has triggered your memory of my words and again clarified the position on these things. (*affirmations*)**

George: Yes, you've now given us more detail and clarification. Thank you.

Paul: You've given more reason to it for our understanding.

**It is only because your understanding has become greater that we are now able to, how would you say, 'infill' with the detail a little more.**

Paul: I'm sure there's lots of that to be done!

**Yes. The more you grow, the more you begin to understand and the more that we can elaborate on these details for you. Therefore my friends, I will say to you that each time you come together and give thoughts for help for those in your world, you are indeed growing in your own spiritual natures.**

Lilian: Yes, we'll remember that, thank you.

**Now, if you have any questions, I will take them before I take my leave of you this time.**

Graham: I would like to ask a question about Spirit rescues. I am sure this has been covered, but you were saying that you're not allowed from the Spirit world side to interfere with a soul that is passing over to your side. With a Spirit rescue, is the situation created, where we are able to help and guide somebody who is passing over to do the right thing, but they're reluctant to do so—is it that they would listen more to the physical voice?

**Yes, when we bring to you rescues, it is because the Spirit has shown a glimmer of light in the way Spirit is thinking, but because it has been encased within the darkness of its thoughts, it is closer to your world sometimes. Therefore, we *need* your help and the easiest way if that individual Spirit will not listen entirely to us or one who has gone before, is to return it through a medium who the Spirit normally will accept, although not always, but it allows that Spirit to think about what has been said to them.**

Graham: Yes, thank you for that.

**So you see, in rescue work, it is imperative that our two worlds work closely together.**

George: Yes and those Spirits involved, they could perhaps think of them as being delicately balanced between worlds?

**Yes, that is why it is of utmost value that there remains in your world people dedicated to the work of rescue, because without you they may well remain in that darkness longer than they need to be.**

Sarah: I must say that the majority of rescues that we have, which aren't that many these days, but the majority they do find the light, which is very encouraging.

**We would only try to bring those to you that would not create too many problems, but I can assure you there are those individuals who would resist and fight any attempt to free them into lighter conditions. That is why it is important for you all to be secure in the knowledge of your safety with us.**

### [It is possible to forget that we are spiritual beings!](#)

Our freewill, and forgetfulness of what we are, can have consequences when we pass.  
(17/4/06)

Sarah: But what about these spirits that don't know they've died and they're not moving on? Can you just again tell me, why then, if their spirit is all-knowing, why when they've passed over, they don't get the all-knowing? Is it something to do with when they left they were determined they weren't going to...

**Because my dear friend, they still retain their free will. (Oh yes.) You remember my words now? (Yes.) They still retain free will and if their beliefs have 'forgotten', to put it in a casual way, if they have *forgotten* that they are truly spirit, then they stay close to this**

**Earth vibration and that free will, that *free thought* holds them back. They hold themselves back, but help is always available to them.**

Sarah: They've just got to accept it, **(Yes.)** when they're ready...

**...when they are ready, to release earthly feelings and realise their true being. I hope that has helped you.**

Sarah: Yes it has, thank you.

## Souls can create their own 'Hell' in spirit world - where the conditions are self-inflicted

Hell is not created by spirit world, but by the individuals, who have created their own isolation. Also, it is not possible to have your soul stolen. This is not possible and is the figment of lively imaginations! This topic and many others are covered by this informative teaching. (22/1/07)

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

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

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

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

Lilian: Thank you.

Rod: Self-imposed wound...

**Self-imposed, yes, by the way they have lived their lives and are not ready to accept, because all of you are responsible for your own actions, your own thoughts—and every thought, as you now know my dear friends, creates a reality. So of course I hope it makes**

**you think just a little more—that is why I oft times tell you never to judge, because in judging you in some way are creating some negativity. Do you understand?**

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

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

George: There was another rescue, also with no speech and two names were given—Holly and Jessica, and I think we know that two little girls died in traumatic circumstance—this was reported in modern terms. We felt that it was simply an unlocking from trauma, we felt that was the purpose of the unspoken rescue. Are you able to help us with that?

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

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

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

**Have we more questions this time?**

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

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

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

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

Rod: That's great to know.

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

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

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

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

*(Chuckles)*

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

**You do not like them?**

Rod: They do a good job...

Sara: We are afraid of them!

*(Laughter)*

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

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

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

Rod: That makes a big difference, thank you.

Paul: Have you got time for another question?

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

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

Yes, I understand. There are many descriptions, there are many people in your world who claim many things. I will tell you from my own knowledge what I feel and it is *kind of* not accepting responsibility. It is easy to say that someone has had the soul stolen from them and many explanations can be given for this deed and that is what some—I will not say all, because many Shamans are doing very good work; but you have to accept that there are so many creeds, so many religions, so many ideas within your world, that sometimes it is most confusing. No one soul can be stolen, because you are responsible for every deed, every word, every action that belongs to *you*. You can be influenced by another but they cannot steal your soul—that is yours—that cannot be altered in past times, in present times or in future times. Do you understand?

Paul: Yes, I think so.

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

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

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

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

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

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

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

Paul: It certainly has, yes—thank you very much.

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

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

## A difficult rescue

The group was reassured that these experiences are beneficial, and that within the group, all members are safe. (10/12/07)

Jan: Salumet, we'd like to know if you're aware of the traumatic rescue that we had here last week, that we were all very much part of collectively helping in, and if you had any

comments on that rescue, because we felt that we did—we were very proud of what we had achieved by the end of the evening; we felt that we'd done really well with a tremendous feeling of love for the person that we helped.

**I was not with you last time, but I am now aware of what you are speaking of. Yes, I understand how pleased each one of you were to help another. I understand that it creates overwhelming emotions which I am now seeing. Yes, yes indeed it was a difficult rescue—and we do call them 'rescues', because they are being saved from that darkness which they create themselves.**

George: Yes, it seemed a particularly extreme darkness last week.

**But you would not have been asked to take part if we did not feel that you were able to.**

Jan: We did mention that after the event that we felt that we were being protected—and indeed through myself there was somebody here who indeed wanted to protect the room. *(In fact Jan had been controlled to stand with arms outstretched as if to encompass and protect all—a stance sometimes used in biblical illustration depicting an angel)* So we knew we were able but we felt, in particular I did I know, and the others were humbled. We've had other rescues obviously, but it was just so traumatic at the time and very frightening actually, but we worked through our fear.

**Do not be afraid. Within the confines of this place, you will be protected.**

Jan: We realise that. The fear which I talk about was something that—I know Richard and I discussed afterwards—it was as if our soul was being touched by that fear, not ourselves as personalities. It was a very different feeling.

**It is because you have not as yet encountered anything to such a degree as that darkness, but now you have that experience, you would cope much better with those emotions and those feelings. Yes, you are right when you speak about the soul. After all, it is the spirit which is helping, not the earthly being. You understand?**

Jan: Yes, I do now after that experience last week. I wouldn't hesitate—there was no hesitation, but I would recognize from a personal feeling, and I know everybody else would, that yes, we are protected and that feeling, that shudder, it reached a deeper level.

**Yes, you have awakened your own spirit—that is what has happened. You understand?**

Jan: Yes I do.

**The spirit that you *are* is beginning to recognize that there is far more than at first you thought.**

Jan: Definitely.

**I hope that has helped you.**

Jan: Yes.

Richard: Salumet, during that episode last week, I felt as if I was being used as a channel **(yes)** for a lot of energy, a lot of what I felt before as love, as I have told you. Is that something which I'd be used for quite often? Is that something which I'm best at? It was an extreme sensation.

**Yes. Because you are clairsentient also, as well as clairvoyant and have other gifts, it is more powerful when you experience the feelings and the knowledge of what is round and about you.**

Richard: Yes. Over the last, even the last couple of months, I've noticed there is a huge amount more clarity and understanding.

**Yes, because you have opened your heart and your mind to us, we can step towards you more closely to use you in this type of work; but not only that type of work, but many areas of spiritual work. So I would say to you dear friend, do not close your mind to one**



**pathway, keep that spirit open that we may use you as the pure channel that you are. Do you understand?**

Richard: Yes, I do, thank you very much.

## During rescue work, it is important to put physical emotions to one side

This point was raised from a question by Rod who admitted struggling with his feelings during rescues. (23/6/08)

Rod: I've had questions in the past, Salumet, and I've said, 'I must ask Salumet that'. There's one thing that gets bad as you get older ... it's your memory. I should write these things down, and I will do, write these things down, because you come up in conversation and I think: 'I will ask that'. This isn't the question I was going to ask, but I find it uncomfortable on how people die. They don't know they've died, and they don't pass on very well, and they seem to hang around. In fact, they get there and they still don't know they've died. I know I find this uncomfortable and obviously I can't do anything about it.

**I understand my dear friend. It is because you have not conquered the emotional state. You have to capture those emotions and put them in place before you will find it easier to accept what has to be. It is *physical* emotion you are feeling, not spiritual. You understand?**

Rod: You've mentioned that before.

**Yes.**

Rod: I have tried.

**But it will come. You are too harsh with yourself. Of course it is distressing, but as you continue with this work, you will find that acceptance comes more easily, so do not be so harsh with yourself.**

Rod: Thank you for those kind words.

**You must remember that of all of those who seem lost are never alone. They will not always remain in those states. That is why groups such as this and others are used to help them.**

Rod: Wonderful. Thank you, that's wonderful. These two, these three, are wonderful! (*Rod refers to the mediums receiving 'rescues' and Lilian who counsels.*)

George: I think the time factor comes into this as well...

**Yes—which is of course also difficult to understand.**

George: I mean, those in spirit will not be as conscious of time as we are. I think that's correct.

**Yes, of course. Our dear friend has a little way to go in his understanding, but let me tell you dear friend (*Rod*) that you have grown.**

## A visitor discusses how helpful spirit rescue work is

Sarah channels the visitor. (16/1/12)

***Good evening to you!***

All: Good evening!

***I always hope that I can make myself apparent to you without having to speak, but I never seem to have much luck—so I decided, this time, I would just call in to say how much I enjoy being with you all. You are such an inspiration to many who have just passed over to our world. We often show people the light that comes from you all, and tell them that they are indeed ‘spirit’ but only in a physical form, and that those who have passed are indeed spirit and they have left their physical behind. So, although you are unaware of the help you have given to so many, I now wish to let you know that you are used in many ways that you are not aware of.***

George: That’s very nice to know. Thank you for telling us. Yes, we are hearing it from several sources now, that there’s so much spiritual connection. And we have the knowledge of this without sensing it as much as we would wish to. So thank you for explaining to us.

***I feel that thanks should be from our side—so I think we are both happy with the arrangement.***

Lilian: How does that work with our daily lives with people we know who have passed, when we quietly wish them well, does that help?

***Of course, yes, because you are using your thought process to register with the thought of the one who has passed. But, as you know, there are many non-believers who come back into spirit and it is always useful to have some sort of aid to help them to progress to the next stage.***

Jan: That’s where groups like us are useful, is it?

***You are indeed most useful in many ways, as I have said. I know that you do have some that come back to the Earth plane and are helped. But, my job is to show those in spirit that spirit exists whilst you are on the Earth plane in the physical form.***

George: Yes, so this is quite apart from the formal ‘rescues’ that happen here. From large numbers, I guess actual ‘rescues’ are not necessary when those such as yourself can give them a helping hand?

***It very much depends on the situation, and the ‘rescues’, as you call them, are mainly for those who have been in denial for some time. And my job is more for those who have JUST come over from the Earth plane to spirit. It is a way of appeasing their troubles and it is most helpful, as I have said.***

Lilian: So, even when someone we know passes on, and we also know they have no beliefs of any kind to do with the thought of another life, even our single thoughts, as we go about our daily lives, help?

***Yes, thought—good thought always helps.***

Lilian: That’s interesting.

***But, it is not always the case that somebody who is a non-believer—when they are here—sometimes when they come back to spirit they start to realise that they have made a mistake. There are of course others who remain adamant that there is no such thing, but it’s not always the case. It varies so much from person to person.***

*(Appreciative indications of understanding)*

***And now, I am being told I have to return, and I do so with thanks from not only me but all those you have helped.***

(General thanks)

## A visitor speaks about the help given from Spirit realms

The visitor speaks via Eileen. (22/4/13)

Lilian: Good evening—welcome.

*(Pause)*

*I wasn't too sure if I should speak, but obviously you knew I was here.*

Lilian: We knew it was someone.

*Yes. I've never been here before, but I thought I could hear you helping someone. I was drawn to you, because I'm learning to help others, and I just thought: wouldn't it be nice to speak to somebody who helped others, like you do.*

Lilian: I see. So, you would like to help from your side?

*I've already started to help, but I really would like to help those who are close to passing—you understand? Not in groups like this, but I was just drawn to you this evening. And I thought: I wonder if I could sit quietly, but I was not prepared for you to know that I was here.*

George: You are most welcome to be with us.

*Thank you.*

George: We were a little puzzled by that last one. We haven't had one quite like that to help before.

*Well, you did very well, and that is what has to be.*

Lilian: I was going to say, as long as she's on her way.

*Yes, it's not always easy to persuade people to leave what they are familiar with. I am often waiting by the bedsides of people who are ill, trying to encourage them to leave their bodies behind. It's not always easy; so I think you deserve to be praised.*

Lilian: Thank you.

George: Well, if you do that, I think you also deserve to be praised. So, you would do it on a one-to-one relationship basis?

*Yes, I try, but of course I am guided before I come to help; but yes, it is more of a one-to-one basis, as you say. Yes, I quietly speak to the spirit and try to help it to discard that old cloak. But, you know, people here are SO attached, it is almost like you are committing some crime against them, to ask them to leave it behind. They are so attached and often times so afraid to come with me. But the work is so good it gives me so much love and happiness in being able to help these people.*

Lilian: Yes, it does make you feel, I'll say 'good' when you've done a good job.

George: So, is your work different from ours, in that we normally ask them to look to the light and see those meeting them. But in your case, they're travelling with you are they?

*Yes, I take them to those who are a little further back, and who are able to take them on to spirit. So their passing is gentle and complete. There is no distress, once I have convinced them to leave that old cloak behind, all goes smoothly. Sometimes I think you hear people say that they can see shadows (yes). I would be as a shadow, but I always*

*stand close to them (wonderful!). In my work I do enjoy helping younger children with their transition. It is most rewarding.*

Lilian: I think I would find that quite hard.

*Yes, but of course I am already spirit, so I do not have the emotional detachment. You understand?*

Lilian: Yes, we're different.

*Well, we're all the same, but once you are in spirit, then everything is so much easier.*

George: Yes, so the children would be easier for you, because they are closer to spirit—*The children are easier, but the difficulty comes because parents do not wish them to go (ah yes). So you have that 'pull'—that bond, which is difficult to break.*

George: So they feel that they have an obligation to their parents—

*Yes, of course, because the parents are normally saying how much they love them, and it makes it a little more difficult; whereas the children are closer to spirit and would go quite easily (yes). Yes, but you can never judge each one as being the same; they are not.*

Lilian: So, would their guardian angels be around them as well?

*Yes, the guardian angels will always be with them—never leave them. But I am what you would probably call a 'helper' who travels further into spirit and sees that they are safely there. That is my task. I am not emotionally attached to them, like those who have gone before, or even their guardian angels, who once they have left the body, they would recognise.*

George: So you are aware of the guardian angels?

*Yes, I would take instruction from the guardian angels.*

George: I was going to say: would you have discourse with them?

*Not always, but yes, that does happen, yes.*

George: It's very interesting!

*There are many of us who wish to help, and our task is that anyone's transition into spirit be peaceful and smooth. That is what we try to achieve.*

Lilian: Well, it's a good job isn't it, that there are people like you who do these things.

*There are many, many, many, as you can imagine. I wish I could explain to you, just how well organised spirit is. You know, sometimes people become a little complacent about spirit, and do not always realise just how PERFECT the laws of spirit are, but that is not for me to speak of.*

George: And your own work—how diverse would that be? I mean, do you work in hospitals? Do you go to earthquake zones?

*Wherever there are children. I do not always do the rescue work, which would of course be earthquakes, but my task is to help those children who have been what you call 'ill' for a long time, and need gently to be brought more closely home. That has been my choice, but of course at times it is necessary for us to help in other ways.*

George: Yes, it's a very noble cause, and—

*I would not call it noble—it seems to be too rich a word.*

George: Perhaps I should say: would 'respected' be a better word?

*We seek no recognition. We do all these things for love.*

George: Love encapsulates all.

*Yes, yes, yes. I have to thank you for allowing me some time to speak to you. It's been a pleasure for me. And I hope your understanding grows.*

George: Well, it's been a wonderful instruction for us. Thank you very much for your words.

Lilian: Just talking to you has helped a lot, and it is nice to know the help those children are having.

*Yes, it applies to everyone, but my particular wish was to help the small children. But there are many, many, many of course who are doing work which includes much love given to those who are in need.*

*(Much thanks exchanged as our visitor left)*

## Examples of rescues spanning over 25 years

Audios of 'rescues' freely available at: [www.salumetandfriends.org](http://www.salumetandfriends.org)

### A type of rescue

A visitor was overjoyed to be understood through the use of the physical voice. This was denied her whilst on Earth, due to a speech impediment. (16/12/96)

A visitor through Eileen, was a lady, who'd had a speech impediment whilst on Earth. This had been largely removed once in spirit, but traces of the impediment lingered still in her mind and therefore still affected speech, albeit to a much smaller degree. Her voice sounded croaky and a little strained:

**—This is the ultimate session for me, just to know that I can be understood, when using physical voice.**

Les: Yes, it can be understood, but it could be even clearer than it is.

**Could it?**

Les: Yes, would you like to hear it even clearer?

**(Yes.)** All right. It will now be removed, because that physical disability was with your physical body, and when your physical body is disposed of, the disability was also disposed of. **(Yes.)** But you haven't cleared it from your mind, you expect it still to be there, to some degree. Your determination got rid of it quite a lot, but you haven't quite cleared it, because you didn't anticipate that you could do so fully.

(a few seconds later)

Would you like to speak now—your voice will sound different now. **(Yes, yes.)** Keep talking and you'll find all that harshness has gone, because you don't need to have it within your voice.

**I think that's wonderful, it's just wonderful**

(voice much softer/smoothed + clear)

Les: Happy?

**I'm not happy with it, I'm overjoyed, overjoyed.**

Les: That's lovely, that's our Christmas present to you.

**It is the giving of love.**

Les: The giving of love as a Christmas present, from all of us here.

**I didn't know it would be so special for me.**

Les: You're quite happy about it?

**Overjoyed, overjoyed.**

Les: Well, now you can talk to us, as much as you like. Would you like to say hello to all my friends here, you can do so.

**I fear if I begin, you won't be rid of me.**

Les: We don't mind, we like your company and are very pleased that we've been able to help you.

**I'm overwhelmed, overwhelmed, I don't know what else to say to you. I'm just overwhelmed.**

Les: That's very nice for you. You'll soon get used to it. And you'll be able to enjoy your singing now, won't you?

**How did you know?**

Les: That was your greatest disappointment, when your voice went, wasn't it?

**Yes, I do feel the desire—**

Les: Nothing to prevent you from doing it now.

**Well, perhaps if you listen closely all of you, you may hear singing and if you do, please remember me.**

Les: Good, that's fine.

**May I give you my name?**

Les: Yes, please do.

**I'm known, or was known, as Annabel.**

### [A rescue for a soul who had been killed](#)

Les gave this lost soul a little straight talking about his situation and what he had to do next. (23/6/97)

*A rescue through Sarah. Les seemed to have clairvoyance as to the appropriate responses to deal with the rescue.*

***Everything is going badly for me.***

Les: What makes you say that?

***I am not sure. I can only remember that it was not good.***

Les: It wasn't good. You don't remember then what happened?

***I can only remember the end.***

Les: What was the end? Tell me what you remember.

***I remember they killed me.***

Les: You were expecting that weren't you?

***I was not ready.***

Les: You weren't ready?

***No.***

Les: That doesn't alter the fact that you were expecting it, weren't you?

***I was not expecting it; I was aware I was not liked but I was not expecting it. (spoken crossly)***

Les: But it happened, didn't it? And now you want to get rid of that resentment. You can't do anything about it, it happened, your physical body was killed, but your soul still lives; that is the thing that has to concern you now. You know you are alive you're talking to me.

***But I am not alive!***

Les: Of course you are alive, how can you be speaking to me if you are not alive? I'm not dead, so I couldn't be conversing with you — It was only your physical body which was killed, your Spirit, your soul continues to live, that is indestructible and now you will have to accept the fact, that you always denied while you were on Earth, that there *is* another World, a continuity of life that is where you belong now my friend. So we must forget the physical, that old habit of the physical World that is no longer any concern of yours. You must now start living in the next World of spirit. Do you understand what I say to you? **(No.)** You don't? You mean you don't *want* to understand, because you've always denied it and you feel that your denial will make it so and that's ridiculous. You have to accept the fact that there is another World to which we all go when physical death occurs. Whether you like it or not that is a fact. So you'll have to come down off that high horse of yours and accept what you cannot change. The Universe is not going to alter because you think it should be different. Do you understand? Do you understand what I tell you?

***I am trying to come to terms with what you are saying.***

Les: Well it's easy enough to come to terms with it — just accept it. Your physical body died, your soul/spirit is released and it takes on another body, but without the disabilities, ready for the next World and now you have to atone in that World for all the harm you did to others, which resulted in your being killed. Do you understand that?

***I think I know what you mean now.***

Les: Yes, now that is your project for many years to come.

***I will take heed of your words.***

Les: I suggest you do. I'm not criticizing you; that's not my job, but it is my job to tell you that you do have a lot of amendments to make, a lot of atoning to do. Many are in need of help and you will be shown and instructed how you can help those who are in need and by so-doing, earn yourself a proper place in the next World. Is that clear?

***I now see what you mean. I am —***

Les: You are what? I'll put it in a nutshell for you: You have no rights, only *duties*. When you've earned those rights, they will be given to you. Until then you only have duties, to help others. Is that clear enough for you? You used to like straight speaking when you were on this Earth.

***I like it now as well.***

Les: Well you have it, so I hope it's of help to you.

***I am going to take heed of your words.***

You would be wise to do it. The sooner you can begin what you have to do, the sooner you'll be free of that task.

***I will commence —***

Les: I will let you go then. My friends will take you they will escort you to the place where you will receive instructions. I wish you well, it won't be easy, but it must be done. Goodbye to you. God bless you.

## [A child rescue](#)

There would be huge benefits to tutoring children that death is not final, but that life continues, albeit in different planes. (5/7/10)

*A 10-year-old child rescue via Eileen that Lilian needed to carefully handle—firstly extending a hand to sooth the memory of head-pain. This one had—without recognising the fact—died in hospital and was preoccupied with missing mum. Lilian was able to encourage the little girl who gave her name as ‘Sandra’ to move on to join other children awaiting her where she would get completely better—and Lilian was able to give assurance that her mum would know where she is and that she would indeed see her mum again. [Knowledge of her new status would be much better assimilated and understood in spirit in due course.] It is a shame that our children are so rarely taught about the ongoing life in spirit. If they were, it would make their transition easier. The communication we had with our Aeran friend Bonniol, 31<sup>st</sup> July 2006, was extremely thought provoking in this regard. It seems that on Aerah, their children are taught the ways of spirit from a very early age, so that they are well aware that death is not the end and life simply continues—and communication with loved ones after death can also continue.*

### Motorcycle accident

Summary of another rescue. (8/11/10)

A rescue via Eileen—Joseph had been on a motorcycle with Jimmy—both of them teenagers. Lilian explained about the motorcycle accident and how all would be well for him in the next plane of life. He had died of head injuries and was understandably upset at his newfound status but understood quickly and could soon see the light with at first shadowy images that then became clearer. He gave thanks to Lilian and moved forward to those waiting to receive him.

### Sometimes the spirit can be very reluctant to engage

Kindness and patience eventually persuaded the spirit to speak to us. Also, a little nudge from spirit can help make that breakthrough! Love of animals and horses in particular turned this rescue around. (18/7/11)

Lilian: Hello! Would you like to talk to someone? My name is Lilian and I hope I can help you in some way.

*(No response)*

Lilian: Would you like to tell me your name?

**Go away!**



Lilian: No, I can't go away. My job is to talk to you. I think you will be happier if you can talk to me.

***I said, GO AWAY.***

Lilian: No. There's a whole group of us sitting here waiting to help you on your way—you're just wasting time aren't you? Part of you would like to move on.

George: Lilian is a very kindly lady who would like to help you. Please listen to her.

***Leave me alone and GO AWAY! GO AWAY!***

Lilian: But surely you would like to be happier. You don't sound very happy at all. Well, I know that you had a tough life, but you've got to try and put all that behind you and move on. You've got to now move on into the spirit world where you can have lots of help, and have a fulfilled life again. It's what happens to all of us. You're not the only one who has had problems. We've helped a lot of people like you and that pleases us, and hopefully, it pleases them too.

***Go away, because I'm not listening.***

Lilian: Well you are, because you're talking to me, aren't you?

***But I'm not listening.***

Lilian: Don't you think you are just wasting time?

***What's it to do with you?***

Lilian: Quite a lot actually. I just want to see you happy.

George: We're all part of a very big family, and there's a wonderful life waiting for you in spirit.

***Who are you? (Said indistinctly)***

Lilian: A lot of us make mistakes in our lives—big mistakes, smaller mistakes.

***Not me.***

Lilian: Not you?

***No, no! Just go away!***

Lilian: No we're not going to go away. What's your name? Can you tell us your name?—to make it more friendly.

***No!***

Lilian: Well that's a shame. There are a lot of lovely people on the other side of life waiting to help you. Can't you feel the love and the warmth around you?

***No! (Stated firmly)***

Lilian: I'm sure you can! There's a little chink there somewhere wanting to do that.

***No!***

Lilian: Yes there is!

George: If you look ahead, there's a white light.

***No, no, no!***

Lilian: Can you tell us why you keep saying 'no'? Surely you don't want people to *keep trying* to help you?

***What's it to do with you, anyway? What's it to do with you? It's none of your business!***

Lilian: It pleases us if we can help you. Surely it's nicer to help somebody than just walk on.

George: It pleases us if we know that you're happy, and I think if you look ahead to the light, to the wonderful light, you will begin to feel what it is all about.

***I've heard all this before.***

Lilian: I thought you might have! *(With a chuckle)* Well just please us—listen ...

***Why should I please you? I don't know you or you. Why don't you leave me alone?***

Lilian: We don't know you—but we just like to help people as they go along.

**Why?**

Lilian: Surely you must have that feeling yourself. **No!**

Lilian: You liked animals, didn't you?

**How d'you know that? How do you know that?**

Lilian: Well that's a surprise isn't it; but you liked to help the animals, and you really had no time for anyone who didn't help them or be nice to them, and we're doing the same sort of thing.

**What!—are you saying that I'm an animal?**

Lilian: Oh no, no, no—of course not! *(With gentle amusement)* If you listened to me, you could go on into the spirit world, and still help animals.

George: And we have a love of animals as well.

**Somehow, I don't believe you. I don't believe you.**

Lilian: Well, there are a lot of animals that come over, missing their owners, and we look for someone to love them.

**So, what are you saying?**

George: If you have a bond with an animal, then that animal can be with you in spirit.

Lilian: in fact, you may find that they are waiting for you—some of the pets, animals that you were friendly with and helped.

**They never hurt me.**

Lilian: No, they don't, do they? I think you'll find quite a lot of them waiting, and your job could be to help the ones back on this planet that are cruelly treated—and when you get there, it will be explained how you could do that. At the moment, I just don't know how that works—because I'm still on the Earth.

**Well, how can you know? How can you know then?**

Lilian: Intuition!

**Intuition?—balderdash!**

*(Some general amusement)*

Gary: Somebody broke your heart, didn't they?

**Yes! How do you know?**

Gary: I do!

**How do you know that? I didn't tell anybody.**

Gary: It's just the thought is put into our minds. You have to heal that broken heart. The heart that is broken can always be healed again. You have to believe that.

**Why should I have to believe it?**

Gary: Why do you wish to stay in a state of brokenness? Is that really what you want?

**But it's my business, nobody else's.**

Lilian: It is, but I still think you are wasting your time. You could do so much good.

**You lot know too much!!!**

Lilian: Well there! So could you, you see. You could get to know more than we know.

**How?**

Lilian: Because in spirit they will show you. You will become much more knowledgeable.

George: You can make a lot of animals happy as well, if that is your wish.

**I love the animals (good). Don't like people.**

Lilian: You must see some animals waiting for you.

George: Did you have one in particular that you had a bond with—a dog, perhaps?

Gary: A horse?

*(Much emotion—sobs)*

**Yes.**

*(Lilian to Gary: Thank you!)*

Lilian: A bit of a shock is it—part of you doesn't want to know, but I think we're on the right road, don't you?

*(Continuing deep sobs)*

Sarah: If you look into that light, I think you might see that lovely horse. Oh look—just see if you can see.

*(Much emotion)*

Can you see anything?

***I do feel lighter.***

Lilian/George: Good!

***There's something there. I can't quite see...***

Lilian: You will.

George: keep looking!

*(Huge sobs)*

Lilian: What do you see waiting?

*(Huge sobs continue)*

George: It's a time of emotion, but that's good.

Sarah: If you start moving towards that light now, you can get closer.

Gary: Just let it draw you up—don't resist it.

*(Whispering sighs as a hand (Eileen's) reaches forward)*

Lilian: Do you see the horse?

**Yes.**

## Rescues involving leaving children can be very difficult

This rescue via Jan involved the separation of a young mother from her two children.

(13/2/12)

*Finally, there was a most traumatic rescue via Jan. A young mother had died in hospital of an asthma attack. She was unaware and unknowing of the nature of passing to spirit. At first she thought she was still in hospital and Lilian was a nurse who had taken leave of her senses. Her changed feelings she put down to the drugs that had been administered, and her two children were only two and four, and she would not leave them! This was a dedicated mother with a very strong bond to her children. We encouraged her to look to the light, which at first, she took to be some new form of treatment for her condition. But, after a while, we were able to convince her of the continued life in spirit and that she could stay close to her children and they would 'know' her presence. She looked to the light and could see those dear ones who waited to receive her, and uttered: 'Oh my God', and there followed a brief period of calm—then panic took over, as she knew her way forward yet still clung to the physical past and thoughts of her so much loved children. And we had to detach from the still distraught lady, so that she could go on her way. This was a sad and very emotional rescue, and Jan had clearly felt the power and emotion of it.*

## The rescue of 'Sarah'

Sarah appeared to be an overworked and unsupported young mother of six. (2/4/12)

Sarah: Is anyone there? Are you wishing to speak?

***Who are you?***

Sarah: My name is Sarah.

***What do you want?***

Sarah: I thought you had come to visit and I thought you might like to speak with us.

***I don't know what to do, I just don't know. I've just had enough.***

Sarah: Just had enough, have you?

***Yes.***

Sarah: Do you remember what you were doing last?

***Just give—kids—kids—***

Sarah: Too much to do—it was too much was it?

***Yes.***

Sarah: Yes—well, I think what's happened is, you've moved on to spirit.

***No—no, no.***

George: Now—

Sarah: This is George—there's a little group of us here.

George: We are all here to help people who have difficulties, and you had some stress did you, with children?

***Yes, I won't have another one, I won't. I just want—***

Sarah: No—the children are fine now, and you are going to be fine. But what you need to do is look up and see if you can see a nice bright light.

***I don't understand what you are talking about.***

Sarah: You will understand—just look up, don't be afraid, and see if you can see a nice light. Can you see a light?

***No, all I can see is houses—houses and houses. The children—the children—***

Sarah: Never mind—don't worry about the houses or the children now.

***With much distress: But I am—I am worried.***

George: Can you tell us how old you are?

***I'm twenty-eight*** (ah—twenty-eight).

Sarah: Tell me what you are worried about.

***I can't bear it—I cannot bear it!***

Sarah: Don't worry—you won't have to worry about it anymore.

***I swear one day I'll kill 'im—I'll kill 'im.***

Sarah: Well you won't have to because you've moved away from him.

Paul: Could I just ask you: do you have any belief in what happens when you die?

***(She declared herself to be Roman Catholic)***

Paul: So I assume you believe that when the body dies there is a soul or spirit that moves on—

George: To what we might call 'heaven'.

Paul: Others know as other names, but do you know it as heaven?

***With distress: I don't have time for you preachers! I wish you'd leave me alone!***

Sarah: We're just trying to help, we're not trying to preach to you—we're just trying to help. How many children have you?

*I've got six.*

Sarah: Six children!

*Yes* (oh).

Sarah: Well that's alright—the children are fine now, and you're away from your husband now, so he will not harm you anymore.

*I don't know where I am.*

Sarah: If you listen to us we will be able to help you find out where you are.

George: Well my dear, you have had difficulties and you have become overwrought—and you have died. But you continue obviously—you are spirit, and that has been your belief. And that is reality—you are spirit. You are moving on to the heavenly realms. And if you look ahead you should become aware of a light, a wonderful light—and we're all here to help you make that crossing—to the light.

Sarah: You will see someone that you know very soon.

Paul: Who would you like to greet you?

*Well, I hope it's Jesus.*

Paul: Well, it could be him. Is there anyone else who's passed on—perhaps a grandparent?—is there anyone else who's already moved on, who you would like to greet—  
*No.*

Paul: If you look into that light, there will be someone waiting there—

George: It may take a little time, but if you look to the light you will see—

*I won't go unless it's Jesus—I won't, I won't go.*

George: Yes, alright, but look to the light—and perhaps it will be Jesus that you see.

Sarah: Can you see the light now?

*(Still very upset) I thought that might be it—*

Paul: You will be looked after, and when you move into what you call heaven, people will explain to you how you can—

*(She expressed concern about her confession)*

Paul: You don't need to worry about that now. It will be explained to you—

George: How you can be close to your children—how you can watch over them.

Sarah: Is it lighter now?

*Yes.*

Sarah: That's good—keep looking into the light.

*It's drawing me.*

Sarah: That's good. Go with it—move towards it. And you will see someone—a face—

*Oh—Mother of God—ah—it's beautiful! It's beautiful!*

*(We continued to encourage her to move forward)*

*Yes.*

George: Move into that beautiful light.

Sarah: Happy to go now?

*Be-au-ti-ful!*

[The bond between mothers and their children is very strong](#)

This rescue was channelled by Jan and is an example of why some find it hard to leave the Earth plane. (13/2/12)

*Finally, there was a most traumatic rescue via Jan. A young mother had died in hospital of an asthma attack. She was unaware and unknowing of the nature of passing to spirit. At first, she thought she was still in hospital and Lilian was a nurse who had taken leave of her senses. Her changed feelings she put down to the drugs that had been administered, and her two children were only two and four, and she would not leave them! This was a dedicated mother with a very strong bond to her children. We encouraged her to look to the light, which at first, she took to be some new form of treatment for her condition. But, after a while, we were able to convince her of the continued life in spirit and that she could stay close to her children and they would 'know' her presence. She looked to the light and could see those dear ones who waited to receive her, and uttered: 'Oh my God', and there followed a brief period of calm—then panic took over, as she knew her way forward yet still clung to the physical past and thoughts of her so much loved children. And we had to detach from the still distraught lady, so that she could go on her way. This was a sad and very emotional rescue, and Jan had clearly felt the power and emotion of it.*

Salumet was asked about this rescue the following week. (20/2/12)

Lilian: Yes, I do have one. Last week there was a particularly sad and difficult 'rescue' through Jan. I hope she was helped to go on her spiritual journey, and I just wondered if you could say that she was on her way?

**Yes, of course, we would not bring anyone who we did not feel to be ready to move forward.**

Lilian: It's just that I felt so sympathetic towards her and it was a difficult one to handle.

George: That one had such a mother-bond attachment to the very young children that she would be leaving behind; although she could see the light and those waiting for her, there was a moment of panic at the end and she was drawn between—well she didn't wish to leave her children, but I think she knew she had to go forward. It must have been very difficult and distressing for her,

**The trauma belonged to the fact that she knew that she had already left those children behind (ah, yes) and she knew that that next step forward would take her beyond their reach—so to speak. Do not be concerned my dear friends, we were here with you (yes) and we wish to take this opportunity to thank all of you within this room for the help that you give to these souls who are finding difficulty in passing to our side of life. Although, it will seem traumatic for you, you, (referring to Lilian) my dear friend are helped in such a way, that you find the correct words at the correct time.**

Jan: We've said this lots of times to you, haven't we mum? They do come to you.

*(Jan is Lilian's daughter-in-law)*

Lilian: Yes, but I was struggling. I think the sympathy from me was getting a bit too strong maybe.

**But it was a successful rescue.**

Lilian: Yes, that's the main thing.

**And each one of you completed the task that you were asked to take.**

Lilian: Yes—it's kind of remembering there's a job to do.

**Yes, and I would suggest—and I know it is not always easy, that after each rescue, you just allow it to be part of your work (Yes). These people are brought to you at the time we feel is right, for the time is ready for them to take that last step further into spirit, because so many are tied to the Earth plane, which is in a way, understandable, because, after all, you are human beings on this planet with many attachments; whether it be children, husband, mothers, fathers. But again, I say to you: remember *who and what you are!* Human living is but a transient stage, and you must allow it to take place. But so many are ill-advised or ignorant of spirit, that sometimes these difficulties arise (yes), and we need many, many more people who can be as yourselves in groups who give out love and wish to help those who are lost. My friends, you should be happy that you have been given the opportunity to do this kind of work, because not all people are suitable.**

Jan: It's what we first came to do—to help rescues when Leslie and Ruth were at Kingsclere (yes). That's what first introduced us all.

**And there was reasoning behind it, because it took many years to find groups who were willing to give part of themselves to help others.**

Lilian: And they were so dedicated.

**As you are!**

Lilian: Thank you! **(Yes)**

George: And as has been implied, we are privileged in being able to do this work, and we are privileged in so many different ways.

**Without you, my dear friends, we could not complete some of these tasks so quickly. I am not saying we could not help them, but in the nature of your time, it would take much longer.**

### [A blind girl who had been locked in a box](#)

Eileen had been silent and then realised that a further 'rescue' had been brought to her.  
(20/8/12)

*This was a very distressed young girl of fourteen. Sara eased her panic by speaking gently and holding her (Eileen's) hand. Her new condition was also strange to her and she needed much assurance that we were friends wanting to help and that there was much love for her. On asking her to look to the light ahead, she declared: 'I can't see! I can't see!', then explained that she was blind and had been blind all her life. The poor girl had been shut in a box and that was the prime cause of her distress. We tried to explain that she would be able to sense the light and would soon be able to see with her spiritual eyes. She eventually began to see and to see that she was being met by loving ones with outstretched hands. She moved forward and was happy but cautious, and asked if Sara could go with her. Sara said that she would continue to hold her hand until she declared that she was happy. After a few more moments we heard the words: 'I am happy!' Her transition complete, she was able to look to a much better life than she had known.*

## A lady from Edwardian times

This is the rescue of a lady from Edwardian times who had been in limbo quite unaware of the passage of time between then and now. But of course, this only became clear as the conversation progressed. Eileen said afterwards that she had the clairvoyant image of a lady in full-length dress and large hat. (14/1/13)

George: Hello, good evening.

*(A lengthy pause followed)*

Sarah: Good evening.

*(A further pause)*

***I'm looking for some yellow ribbon dear.***

Sarah: Are you? Have you lost it or are you looking to buy some new—

***I'm buying—I'm buying, yes.***

*(Sarah asked if she remembered what she was doing before looking for the ribbon)*

***I'm in the shop!***

Sarah: Were you feeling unwell at all?

***Not at all—not at all.***

Sarah: I just wanted to explain to you that I think something happened to you whilst you were in the shop and you have passed on—

***I don't wish to hear this.***

*Sarah explained about passing to spirit and that being the reason for not finding the ribbon.*

*The lady then became indignant:*

***I'm not accepting that! Of course I'm not dead! How stupid! Fetch me the manager right away!***

Sarah: Were you standing up in the shop?

***Of course—I'm standing now!***

George: Well, actually you are sitting in a chair.

***Who's this?***

*(We introduced ourselves as Sarah and George)*

***Let me tell you: I intend to complain.***

George: Can I just take your hand, and—

***No you may not! How dare you!***

George: I just wanted to place it on the chair so that you can be convinced that you are indeed sitting in a chair.

Sarah: Or if you move your hands to the side, you can feel that you are sitting in a chair—it's a little wicker chair you are sitting in.

*(The lady moved her / Eileen's hands to the chair sides)*

***Oh! My good gracious!***

Sarah: You have passed into spirit and you hadn't realised that had happened—

***Passed into spirit? What are you talking about?***

Sarah: Well, you have died.

George: In fact, we don't die—we pass into spirit and continue living. And we are here to help you in your transition to spirit world. It's as simple as that.

***I would like to speak to the vicar.***



Sarah: Well, if you do as we ask, I'm sure you will be able to find the vicar very easily. If you look around you will see a light—quite a bright light. Can you see a bright light at all?

George: Yes, that is your key to moving forward. If you just look ahead to the light—it may take a little time, but keep looking ahead, and—

***What about these other people I can see?***

Sarah: Are they in the light?

***They're in the shop.***

George: As regards the other people, you are still close to the Earth Plane, so you still have awareness of the people in the shop. That does happen.

***Your language is very difficult!—planes—lights. I know nothing of this kind of stuff.***

Sarah: Can you see the light yet?

***There is a small one.***

Sarah: If you focus on that light, you will find it will get bigger and brighter, and you will see somebody within that light. It will probably be somebody that you know—it might even be the vicar.

***It won't be the vicar—he's got a service to take!***

George: It will probably be a dear one who is there to welcome you. So if you look to that light you will begin to see. And we are merely helping you to go forward.

*(Quietly) ... I think I am dead.*

Sarah: Who have you seen?

***—My mama.***

Sarah: Well done! That's lovely.

*(She went on to declare that she would give the vicar a piece of her mind)*

***—He has told me nothing of this!***

Sarah: If you now go towards the light, then you can go with—

***Dearest mama.***

Sarah: Yes, if you go towards her, she will help you to move on to where you should be going.

***Ah! It's very peaceful—very beautiful*** (good).

Sarah: You just go with her and all will be well.

***It's lovely.***

George: It's lovely, yes—once you've made the transition.

***I thank you.***

Sarah: It's our pleasure.

George: You're very welcome—that's what we're here for.

This rescue clearly illustrates how those in limbo from times past have no impression of time progression or language change. And although this lady was familiar with the work of the vicar and church service, she remained ignorant of the modus operandi of spiritual transition at time of physical death. There's food for thought here.

## [A rescue of a man who had had the strange feeling of being inside a bubble](#)

This man spoke via Eileen who was confused but gave his name as 'Anthony Jessop'.  
(28/1/13)

Lilian: What do you remember last, before I started talking to you?

***It was like I was in a bubble.***

Lilian: In a bubble?

***Yes.***

Lilian: So how do you feel about the bubble?

***Couldn't see much.***

*(He was asked if he had ever thought about death)*

***Of course I've thought about it.***

Lilian: Oh good. I think that's what's happened to you.

***But I don't want to die.***

*(Lilian explained that it is what happens to us all)*

George: Well, we say 'die' but we continue living the spiritual life. There is no real death.

***But she's just told me I've died!***

George: Your physical body—

Lilian: Just the physical body. Now you take on a new body—

*(He said he didn't like it, and it was explained that he had been brought here so that we could talk with him and help him through it)*

George: And if you look to your front you should be seeing a light. It may take a little time.

*(He confirmed that he could see a light)*

Lilian: And in the light you should see someone you recognise. Someone will be waiting for you.

***Darn me! It's old Bill!***

*(He was clearly happy now and there were good-humoured chuckles from all)*

Lilian: Were you fond of Bill?

***Where's he come from?***

Lilian: He's come to meet you.

George: He's come to meet you and greet you and help you on your way.

***My God! He's spritely!***

George: So you can move forward towards Bill.

***Well I never!***

Lilian: Are you happy to go with him?

***Yes indeed.***

*(He wanted to know our names and declared he would remember)*

***Well I never! Well I never! I'm off!***

*(There were further words to Lilian as he moved forward and he was wished a good life)*

***You're a good girl!***

## A spirit unknowing about the afterlife

The evening began with a rescue. There seemed to be one with Eileen, yet there was silence. (11/2/13)

Lilian: You are very welcome to talk.

***Are you talking to me?***

Lilian: Yes, do you mind my talking to you?

***Leave me alone. Go and just leave me alone.***

Lilian: Why do you say that?

***Because it's quiet.***

Lilian: You are enjoying the quiet are you?

***Yes.***

Lilian: Where do you think you are?

***In the park.***

Lilian: Sorry I didn't quite catch that word.

George: In the pub?

***In the park—I wish I was in the pub!***

Lilian: Well, I think you were meant to come and talk with us, and we can explain *why* you are talking to us. Did you feel not well in the park?

***No, I was fine.***

George: Oh that's nice.

Lilian: Did you wonder where you would go when you die? Did you ever think about where you would have to go—I'm sorry to have to be saying these things to you, but it's quite necessary.

***Go away—just go away!***

*(He declared that he would be angry if we keep talking)*

Lilian: Right, I'll tell you what's happened—something has caused you to die.

George: And you've been brought here to talk with us, and we can help you—

***Brought where?—I'm in the park.***

Lilian: Were you sitting down?

***Yes.***

Lilian: Well, if you feel the arms of the chair you are in now—it's a chair.

George: So you are in a wicker chair.

Lilian: I know this is a shock—it must be quite a shock. But we all have to go sometime. And you were in the park, which is quite a nice place to be.

***Who put me in this seat? Who put me here?***

Lilian: Well, where you should be is on the *other* side of life, what we call the spiritual side of life, and someone has sent you here so you can talk to us.

George: It's only the physical body that dies—the spirit continues, so you've been brought here.

***I don't know all this stuff! Okay—who put me here?***

George: Well-meaning friends brought you here.

Lilian: If you think about it, you are feeling nice and warm and you are surrounded with love.

George: There is much love here.

Lilian: You are feeling light—more energetic.

***Yes, I am.***

Lilian: Good—how old were you?

***Eighty three.***

George: Well, you've done quite well, haven't you!

Lilian: So, if you look ahead, you will see a light. And that's to encourage you to go into the spirit world, and in that light you'll see someone you'll recognise.

George: Within the light, you will see a friend there to meet you and greet you, and it may take a little time for you to see that.

***Never heard of it before—I can see that light now.***

George: Good.

Lilian: You may be surprised who you see in there. Someone you'd like to see?

***Not really—don't like that many people.***

*There was some talk of animals, then:*

***I can see a shadow.***

George: Ah! That's good.

***So you're saying I'm dead—***

George: Only your physical body. Your spiritual self is the bit that matters and that continues. It's the same with us all.

***Well, I can see everything you said—but, I'm not sure.***

Lilian: It will become clear.

George: The shadow will take form.

***I can't feel my feet. Where's my feet?***

Lilian: They are there.

***Who's lifted me up—who's done that?***

Lilian: Well, someone's helping you to go into the spirit world.

***I want to but I'm scared.***

Lilian: There's nothing to be scared of. It's where we all go—it's where we all come from.

George: You're surrounded in love, there's nothing to fear.

*(There was some talk of accompanying)*

***If you two come a little way—***

Lilian: We can only stay with you as we're talking to you.

***So you're not dead then—***

Lilian: No, not yet.

George: Well, I'm 82 so I guess it won't be long.

*(Chuckles)*

Lilian: No, we won't be long.

***—It's weird ain't it!***

Lilian: You weren't prepared, you see, so you're finding it a little—

Sara: But you're doing very well actually!

***Ooh! There's another one!***

Sara: But you're doing very well.

***Going where I'm going just to get some decent quiet!***

*(Laughs)*

Jan: I don't blame you!

***Ah yes! Yes! Yes!***

Lilian: Who can you see?

***—My brother.***

Lilian: Oh lovely.

***—I'm going—going.***

Lilian: Are you're happy to go?

George: So, you can go forward—

*(Pause)*

***Bye.***

(Byes from all)

George: Enjoy your further life.

## An unusual rescue that required the group and an Indian gentleman in spirit

A much-agitated visitor through Eileen came to tell her story. This turned out to be an example of feelings hatred towards another holding you back. (25/2/13)

***Can you hear me? CAN YOU HEAR ME? You have to tell them—I was killed, I was killed, I was killed! Ooh!***

Lilian: Yes, we know.

***They thought I'd done it. They thought I'd done it. I didn't, I didn't! Tell them!***

Lilian: Yes, we'll tell them—yes.

George: Can you give us a name?

***Marilyn.***

Lilian: Marilyn.

***Marchant. He did it—he did it! He killed me! He killed me!***

Lilian: Very distressing. But you're here so that we can help you.

***No, no. You are here to listen.***

George: Are you being helped in spirit? I expect you are.

***I can't rest—I just can't rest!***

Lilian: So you know where you are?

***Yes!***

Lilian: That's good.

George: Well, we're listening and this is all being recorded, so we can pass it on.

Lilian: We can still help you. If you can't rest—you need to be able to. Put things behind you. What have you seen so far—someone to help you?

***I'm so confused!***

*(We also were somewhat confused, but we decided that this one knows she is in spirit and we assured her that she could not now be harmed. Jan then realised clairvoyantly, that what concerned this lady was that people at the time assumed she committed suicide, which was not the case.)*

***I didn't, I didn't, I didn't —***

Jan: They know you didn't now Marilyn, they know you didn't. People here know you didn't.

***I want you to find him, find him!***

Lilian: You don't need to worry about him. He'll be in a special place, being looked after by someone. He'll be coming nowhere near you.

***I needed to talk to somebody.***

George: And they know in spirit that you didn't do it—

Jan: Nobody has been unkind to you in spirit have they Marilyn? You are just carrying this with you, aren't you?

***Yes.***

Jan: You don't need to anymore, you need to move on from it and they'll show you how to do that.

***I needed to talk to somebody here.***

*(General sympathies and reassurances expressed and Marilyn was much calmer.)*

George: Are you able to say where this happened—what country—what town?

***I think I was in Missouri.***

Lilian: Missouri. It's not important—the important thing is that you feel better.

George: Yes, that's the main thing.

Lilian: You are beginning to feel warm and loved

***I feel calmer.***

*(Marilyn had been brought to us by an Indian gentleman and Jan had clairvoyant sight of him)*

Jan: That's what the Indian gentleman is telling me—that you feel calmer. He wants to help you and take you to lovely places, but you won't allow him to because you are so upset inside and you need to let that go. You literally need to let it go. Can you do that?

***I just want some peace.***

Jan: Yes, and you'll get all the peace that you deserve, once you let those feelings of anger go, and almost—dare I say it—hatred—yes?

***I hated him.***

Jan: You need to let that go—that's holding you back. The only person you are hurting is yourself. You need to let that go. Try and let that go while you are with us. Find somewhere deep inside you where you can replace those feelings with just *pure love*, and go with the Indian gentleman.

*(Pause)*

Jan: He is holding out his hands towards you. I think he realises that you're beginning to step forward where you need to go.

***I want to—***

Jan: That's it, you go. The pull is so strong now, hold on to him and you go. Leave it all here.

*(She was now calm)*

***I needed to come.***

Jan: You did.

***I did, I did.***

Sarah: And we believe you.

***Someone believes me.***

Jan: Yes, we all believe you. And those that you left behind believe you—they know and they'll always be with you. You'll carry them with you wherever you go and vice versa.

***Yes, I want to go. I need to go.***

Jan: Lots of love Marilyn. Off you go.

*(General good wishes)*

*The Indian gentleman then spoke via Jan:*

***Thank you!***

On reflection, this was not what we normally think of as a rescue. Marilyn had actually successfully made the journey into spirit, but was THEN held back from further progress by all that she was still holding onto. Happily, this has now been put right.

## Rescue of a disabled person

Eileen channelled her. (4/3/13)

*This evening began with a difficult of a severely handicapped both mentally (no speech, only noise) and physically (hands wavering). We assured her of much love and help and a hand was placed on her (Eileen's) back to provide additional energy. Sarah did most of the talking. She was finally able to answer 'Yes!' very clearly to our questions, could see and recognise those waiting in the spiritual light to receive her—and was happy to go forward to them: A few minutes later another spoke via Eileen:*

***May I speak please?***

George: Yes—welcome to you.

***I would just like to say to you all: thank you for your help with that person. Some people become rather troubled when people are handicapped, and always it makes rescues a little more difficult. I want to reassure you that she will be fine, and to thank you all for your help.***

*(General acknowledgement)*

George: I am so pleased that we were able to help her.

***Yes, it is distressing for some, but we know if we brought her here, she would be dealt with.***

Sarah: I am glad she was able to accept our words, too.

***Yes, that is all I wish to say.***

George: Thank you for that reassurance.

***Before I leave, she wants you to know: her name was 'Maria'. It may be that she will at some point wish to return to thank you. I do not know at this time.***

*We chatted on about it for a few minutes and this included Eileen's comments as to how she had felt the lady who followed to be a Sister of Mercy. Sarah observed that Eileen's face had been screwed up during the rescue and was now relaxed.*

## Two rescues on the same evening

The first is of a lady searching for her brother, Martin. During this rescue she is lost in a spiritual fog and obviously very worried. (22/4/13)

George: Good evening. Please feel free to speak if you wish.

***Hello dearie—have you seen an elderly gentleman?***

Sarah: Are you looking for somebody?

***I am looking for Martin. This darned fog's so thick—I'm really worried.***

Lilian: You're outside, are you?

***Yes, I'm outside—you're outside.***

Lilian: No, I'm in a house actually—so are you now. I'll explain—don't worry. You'll understand in a moment.

***Dratted fog—I knew he'd get lost, but he won't listen. He's so darned stubborn!***

Lilian: So you're both a bit lost at the moment?

***Yes, I can't find him.***

George: (*who had missed the earlier conversation*) Is Martin your child?

***No, he's my brother. He popped out to get a few items, but he's been so long.***

Lilian: What year was it when you did this?

***Ooh—thirteen I think—1913. I'm not too sure. My memory's not like it was.***

Lilian: Well, the time that I'm living in at the moment, and my friends here, is quite a lot later. But something—maybe in the fog you had an accident or something—has caused you to die.

***Don't be daft!***

Lilian: I know you feel very much alive, but if you listen for a little while, then you'll understand. Did you ever think what would happen to you when you died?

***Of course I do.***

Lilian: What did you think?

***Well I was hoping I'd be going up rather than down.***

Lilian: You are.

George: But sometimes you need a helping hand in that, and you've been brought to us so that we can help you on that journey.

Lilian: You're still in the fog.

***Is this your husband?***

Lilian: No, it's a friend—George.

***A friend—***

George: We're part of a group here, who help people.

Lilian: It's our job to help you understand what's happened. What you have to do now, if you accept what I say—

***Well I'm not sure dearie that I do. I find it a bit confusing.***

Lilian: Tell me how you feel. Do you feel well?

***How I feel—I feel very well.***

George: Are you sitting in a chair?

***No! I'm walking along the pavement!***

George: Well, if you move your hand to one side, you can feel—

Lilian: —that you're sitting in a chair.

***Oh! Oh my word!***

Lilian: Something caused you to die—but yes, you're on your way to heaven.

***—In a chair?***

(*Chuckles*)

George: You're sitting here in a chair, so that we can help you on your way, and—

***I'm not going before I've found Martin!***

Lilian: I think you'll find him, probably waiting. If you look ahead of you, you'll see a light. Forget the fog—that's gone—you'll see a light.

George: It may take a little time, but if you look ahead—there is a light—keep looking at it and it will become brighter. That's all you have to do at the moment.

Lilian: That's where you'll find him.

***You're not these newfangled people who do mysticism, are you?***



Lilian: We're just here to help you, and anyone else that doesn't quite realise what's happened to them. If you hadn't thought about it, it's understandable that you really hadn't realised you'd died.

***I find it confusing.***

George: That's understandable.

Lilian: If you look ahead of you, what do you see?

***There is a spot of light—not very big.***

George: Good—it will grow bigger. Keep watching.

***Ooh yes.***

Lilian: And who do you see?

***Oh yes, my brother.***

George: When that light has enlarged, you will see someone or people in it who are there to welcome you to your spiritual life.

***Oh my! Well, well, you'd never believe it!***

Lilian: But you do now—

George: Someone you recognise I expect.

***I can't feel my feet any more.***

Sarah: That's fine.

George: Well, you don't need to walk exactly—you can just go forward to meet those who are there to welcome you.

***Are you both coming?***

Lilian: We need to stay a little bit longer to see if there are others—as long as we know you're okay and on your way.

George: We'll be along fairly soon, but we need to be on Earth a little longer.

***I can see Martin clearly now.***

Lilian: Good.

***Yes, I want to meet him.***

George: Good—you can go forward and have a good life.

***I darned well hope so—better than this one!***

*(Laughs)*

George: It will be—I can promise you that!

***Can you?***

George: Yes, I'm sure.

***I've got to hurry—he's telling me. Stop talking and hurry! Thank you very, very much!***

Lilian: You're welcome.

George: You're welcome—that's what we're here for.

***I did so want to reach 95!***

George: Well, it sounds like you've reached a very good age.

*(Then Eileen was back saying the lady had a round face and hair in a bun. She was agitated at not being able to find her brother, so that her mind was fully involved in that.)*

Then followed the second rescue of a person who may have been an aristocrat or royalty:

Lilian: Good evening and welcome.

*(Pause)*

***Are you addressing me?***

Lilian: Yes.

**Who allowed you entry? Who said you could come in here?**

George: Come in where? Where are you then? Can you say?

***I will have no men in this room! Will you please leave immediately!***

Lilian: Yes, okay.

**Now who are you?**

Lilian: My name is Lilian.

**Lilian? Lilian who?**

Lilian: I am a friend who hopefully can help you.

**No—Lilian who?**

Lilian: Lilian Pearce, is that good enough?

**Who said that you could enter this room?**

Lilian: Well, I think you've entered into my friend's room.

***I've entered in nowhere. Don't be so insolent!***

Lilian: What were you sitting in before you came?

***I was in a chair.***

Lilian: What sort of chair?

***(In exasperation) Why! Why! Why!***

Lilian: If you bear with me, you'll understand. Were you sat in a *cane* chair?

***—Of course not.***

Lilian: Well, you feel the arms of the chair now, and you'll find you are sat in a *cane* chair.

*(Feels chair arms)*

**Now who's playing tricks? Now you can see why I will not allow people into this room!**

Lilian: It's not a trick.

George: It feels like your chair, does it?

Lilian: Have you ever thought what would happen when you died? Be quite honest about this.

***Do you know? I am rather angry! I'm trying to contain myself.***

Lilian: I do understand.

**Why these questions?**

Lilian: If you bear with me and you will understand.

**Why should I bear with you?**

Lilian: Did you feel ill or anything like that before I spoke to you?

***—Of course not.***

Lilian: You didn't feel ill?

***—Of course not. I am sitting here.***

Lilian: But you are not in your own room.

***Don't come in!***

Lilian: There's something that has caused you to die, and you didn't accept what had happened. But what you do is, you move on to the next world—the spirit world.

***I do not believe that! If I die, I will go to heaven.***

Lilian: Yes, you'll go to heaven, but you haven't accepted it. And that's why you are talking to me, and that's why I am here to help you.

**And who are you?**

Lilian: I've just told you my name.

**Lilian Pearce—but who ARE you?**

Lilian: I'm just somebody who wishes to help people like you to understand what has happened to them. I've helped many people and they are really quite grateful at the end.

***You really must go and fetch me a brandy—because my temper is near to boiling point.***

Lilian: Well, first of all—

Jan: Ask: who are you addressing?

Lilian: Can you tell me who *you* are?

***That matters not.***

Lilian: Okay—do you feel very light, in your body?

***Yes.***

Lilian: And ahead of you, you can see a light?

***Mm.***

Lilian: And people are there waiting to welcome you into heaven—maybe someone that you know. I know I'm a stranger, and I'm sorry about that. But it just needs someone to tell you what has happened.

***I am so annoyed, so annoyed. I understand, you are probably a very kind person.***

Lilian: I'm trying to be, but like you, I could lose my temper, and what good would that do?

***I would have you removed immediately!***

Lilian: Well, there you are. But I would like to help you.

***I will listen because you are persevering, and I can feel my blood-pressure rise.***

Lilian: Well, my job *is* to persevere.

***What IS your job? Just to help?***

Lilian: Just to help people like you to accept what has happened. We all have to die at some time. But there are people like you who just don't accept what has happened.

***Are you implying I am difficult? Is that what you're saying?***

Lilian: No, you are just not understanding at the moment.

***No—I surely am not.***

Lilian: I wish you were, but I would like you to look for the light.

***And what will this light look like?***

Lilian: A bright warm light, and in it you should begin to see, people that you will recognise.

***Not many I want to meet.***

Lilian: There will be somebody there you will want to meet—I don't know who, but you will know them.

***Well! If they think they'll tell me what to do, they can think again! How dare they! How VERY dare they! I can hear them.***

Lilian: And you recognise them?

***Yes I do. Young upstarts! Okay.***

Lilian: But you're fond of them.

***I would never tell them that! Why would I tell them that?***

Lilian: They know that already.

***Do they?***

Lilian: Don't forget, you're going to heaven, where things will be much clearer.

***I'll have a few things to say when I get there. How long will it take?***

Lilian: Well, you're there almost.

*(Pause)*

***Now that really is beautiful—that is wonderful! And if you are telling me the truth, then I am happy to go.***

Lilian: I'm telling you the truth.

Jan: We are.

***Who's that other voice?***

Lilian: That's another lady who is here to help.

**Okay, okay.**

Lilian: I'm just glad you've accepted—that's all that's needed.

**Who would have guessed that we would have needed a 'Lilian Pearce' to help ME into heaven?**

Lilian: Well you never know.

**But I am going and I thank you—good bye.**

Lilian: You're very welcome.

Jan: Before you go, could you just tell us your name?

**I certainly will not! You will not know me, so I will not tell you. So good bye—I have to go. They are pulling, pulling, pulling. And I of course am not a commoner.**

Jan: I gathered that.

**Well, that's enough information for now.**

Lilian: Well, you've had a commoner to help you.

**Well, I've become quite attached to you.**

Lilian: Well thank you—as long as you're okay.

**You're still a little bit impudent, but there you go. I must go—I must go.**

Lilian: We know you'll be happy.

## Rescue of a small child by following a ball

Every rescue is different, and the rescuers sometimes have to really think on their feet, so to speak. This was a rescue of a scared and whimpering small child lost in the woods. (1/7/13)

Lilian: Were you walking with your mum?

**—In the wood—in the wood.**

Lilian: It's easy to get lost in the wood, isn't it?

**Yes.**

Lilian: Now it's okay—you'll be feeling nice and warm and cosy. We're beginning to walk on now, into the light. There are people there waiting to help you, can you see that? You're not in the woods any more are you? They're there to help you. Can you see them?

**I can see my ball.**

Lilian: Good. What colour is your ball?

**It's a red ball.**

Lilian: That's nice. Can you see other children there with the ball as well?

**I can see a boy with my ball.**

Lilian: Yes, he's waiting for you to go and play with him; you'd like that wouldn't you?

**Yes.**

*The small upset child was thus enticed into spirit transition gently and without further upset.*

## Why can you hear me when the others can't?

Sometimes when the person is unaware of their death, they can't understand why others cannot hear them speak. This was a 'rescue' via Eileen, of a nicely spoken lady, counselled by Lilian. (29/7/13)

Lilian: Good evening—welcome.

***Would you direct me to Miss Shelbourn please?***

Lilian: To Miss—

***Shelbourn—yes, I believe I've lost my way.***

Lilian: Where were you going?

***—T o see Miss Shelbourn. Why can you hear me and the others can't?***

Lilian: Yes, I see. I've got some explaining to do to you.

***No, I don't need any explanations—I just need to find Miss Shelbourn.***

Lilian: You were going to see Miss Shelbourn.

***Yes—I just have lost my way.***

Lilian: Were you walking?

***Yes.***

Lilian: Did you feel unwell at all?

***No.***

Lilian: That may seem a strange question—a headache maybe?

***Well, a little indigestion perhaps—that's all, nothing to concern myself about.***

Lilian: Well, did you ever wonder what would happen if you suddenly died?

***Oh my goodness, what a strange question!***

Lilian: What would happen—where you would go?

***Well, of course!***

Lilian: Where do you think you would go?

***I would hope I would go to heaven.***

Lilian: Yes, well you are on your way to heaven. I think that indigestion that you felt, turned into a heart attack, and I'm sorry to bring you the shock of this, but—

***That's a very great shock!***

Lilian: Yes of course, and that's why you couldn't get people to know that you were there.

***I did think they were very rude.***

Lilian: Yes, that's because it was your spiritual self, and that's what you are now—as real as the other one.

***My spiritual self— well, well!***

Lilian: You feel well and light?

***I don't feel any different!***

Lilian: No, you won't.

***But surely I would know—surely I would know if I had died?***

Lilian: If you have a sudden heart attack, or maybe a sudden stroke, it is a shock. If people are killed on the road or in any way—if it's sudden, it's a shock and unfortunately, this is what happened to you.

***So I'm in shock?***

Lilian: Yes you were, but you'll be okay.

***So where's dear Miss Shelbourn? Am I not to see her? Am I to just let things go?***

Lilian: She will already know that you've passed into spirit; she will already know that. If you think about it, your body would have been found.

***I see—this is very confusing.***

Lilian: So really, you're on your way to heaven.

***On my way... are there no steps?***

Lilian: No, I don't think there are any steps. What you should be looking for to begin with, is a light—a bright light ahead of you.

***And what will be in the light?***

Lilian: Someone waiting for you. Who would you like to meet you? Who has already gone before you?

***Well, I'm quite loathe to tell you.***

Lilian: You don't have to tell me.

***I—d'you know I never married but I did have a beau—died very young.***

Lilian: Well good for you. Maybe it will be *him* waiting. I hope so.

***That would be pleasant.***

Lilian: Wouldn't it just!

***Do you think he would remember me?***

Lilian: Oh without a doubt.

***But I look so different.***

Lilian: Well, that wouldn't make any difference; he'll see you spiritually now.

***Well—I really don't know much about this 'spirit'.***

Lilian: As long as you believe in heaven, your spirit goes to heaven.

***I do, and I have to say: I feel rather comfortable now—not at all worried about Miss Shelbourn.***

Lilian: Good—she'll be fine (***yes***). She may already be there. But she'll know what happened to you, so we won't worry about that. Can you see the light?

***Not yet, but I feel very contented (good) and peaceful. And yes—there is a spot of light.***

Lilian: Yes, that will get bigger, and then you'll begin to see someone waiting for you—maybe two or three people. And they can explain a whole lot better than me.

***And they'll hear me, will they?***

Lilian: Oh yes! Or you'll know what they're thinking and they'll know what you're thinking.

***Do you know, if this is dying, it's wonderful!***

Lilian: Well, that's nice to know!

***It is—it's wonderful! And I can see them now. Would you like to come with me?***

Lilian: It's not quite my time to come.

***I see.***

Lilian: I'm someone that can help and understand things a little.

***I have to go because I'm beginning to feel emotional.***

Lilian: Well I know you'll be happy.

***I want to look back and yet I want to go.***

Lilian: Well you can go forward first, and then you can look back in your own time.

***How Wonderful! How very wonderful!***

[Rescues often begin with a troubled soul unable to do something they usually can](#)

This is a typical rescue in that respect. After struggling to come to terms with their new circumstances and once all is explained, they become happy. This soul cannot find his teeth. This rescue was via Eileen. (5/8/13)

Lilian: Hello.

**Where are my teeth?**

Lilian: Teeth? We'll find your teeth.

**You've hidden them again, haven't you!**

Lilian: No, I think possibly mislaid them.

**They should be in the pot!**

Lilian: I'm sure they are. Try not to worry about the teeth at the moment.

**Well I AM worried about my teeth. Go and get them for me please.**

Lilian: Well if I get your teeth, you'll listen to me, will you?

**Yes, of course.**

Lilian: Okay, so I'll put them on the table next to you.

**They don't look like mine.**

Lilian: I'm sure they are.

**Are you sure?**

Lilian: Yes.

**Gould—mucking about with my teeth— can't even enjoy a cuppa tea!**

Lilian: Um, what were you doing when you suddenly couldn't find your teeth—just sitting in your chair at home?

**I'm not in my home—I'm in your home—I'm in A home (right). You're my nurse ain't you? Ay?**

Lilian: If you'll just listen to me for a moment, then you'll understand. Did you feel unwell a short while ago?

**I always feel unwell—of course I do.**

Lilian: A bit fed up with life?

**Of course I am.**

Lilian: Yes, how would you like to start a new life?

**No thank you!**

Lilian: —Without any aches and pains.

**Well, it all starts like that, don't it? Ay?**

Lilian: Have you ever thought of going to heaven?

**Well, no doubt some people would like me to go further than that!**

*(Chuckle)*

Lilian: Well, I expect you'll go to 'heaven'—we'll call it heaven.

**Well, what are you talking about that for?**

Lilian: Well, because something has caused you to die.

**Will you get my wrap, I'm cold. Can you just put it round my shoulders?**

Lilian: Yes okay, there you are, it's right round your shoulders.

**Thank you, thank you dear.**

Lilian: You're nice and warm now, aren't you?

**Yes.**

Lilian: Well, think about what I said.

**I want my teeth first dear. Where's my teeth gone again?**

Lilian: Well, if you listen to me and go to heaven, then you'll have all the teeth you want. You can have your own back again.

***Go to heaven?***

Lilian: Yes, that's where you've got to aim for. Now you're feeling nice and warm.

***I am.***

Lilian: No aches and pains?

***Oh—No there isn't, is there? What have you done?***

Lilian: Well, I'm just pointing you in the right direction, I hope. Did you ever think about when you die, the spirit leaves the body? And you go to heaven, or the next world, as we call it.

***Yes, I believe there's something there.***

Lilian: That's good. Well, something has caused you to die —maybe the heart stopped.

***What, I'm not dead—I'm talking to you!***

Lilian: So you're not 'dead' are you? But you've finished with the physical body. You've finished with that old body (*oh*).

Lilian: And what you've got is a new one.

***Well I'm still crumpled up.***

Lilian: No, it shouldn't be—you think about it.

***Is it right dear? Are you telling me I've already died?***

Lilian: Yes

***Well I never!***

Lilian: Is there anyone you'd like to see on the other side?—anyone that's already died, that you'd like to see?

***Oh yeah, I'd like my Bert.***

Lilian: Well, there you are, and I bet in a moment, you'll see Bert. You'll see a light ahead of you, and Bert will probably be there waiting.

***I'm gonna cough—(coughing sound)***

Lilian: That's okay.

***You said I would be better.***

Lilian: Well, perhaps that was the last cough.

***Oh, I see, and Bert's gonna come?***

Lilian: Yeah, can you see the light?

***He was 92 you know, when he went.***

Lilian: Was he? That's a good age. How old are you?

***What now? (Yes)—Oh let me see—I might be 98.***

Lilian: My goodness! That's a good age, isn't it?

***I'm not too sure dear—time just comes and goes.***

Lilian: Yes, well where you're going, you've no need to worry about that—you'll be healthy again. You'll understand better when you go with Bert. He'll be able to explain things to you.

***Ooh!***

Lilian: What can you see?

***Well, I'm kind of feeling quite nice (relaxed?). Relaxed—yes, that's it dearie—relaxed.***

***Have I got my teeth? Have I got them in?***

Lilian: Yes you've got them. Can you feel them?

***I won't like to meet my Bert without my teeth.***

Lilian: I know what you mean. Can you see the light?

***I can see a blue light—it's getting bigger and bigger.***



Lilian: Soon you'll see your Bert and have a nice reunion.

***Ooh—it's Bert it is—it's my old Bert!***

Lilian: It's lovely. Isn't it? He'll be able to help you to understand more.

*(She moved forward now, clearly very happy/moved by it all. We discussed after how it was quite common in these rescues for people to want their teeth.)*

## A rescue that was initially mistaken as one sent to lighten the proceedings

This was a rescue that was not at first identified as a rescue. There have been times following serious discussion, when one has joined us from spirit with laughter and jokes to help lighten the mood. On this occasion we received an exuberant one who laughed most heartily BUT this one was in transition and came to us as a rescue. (2/9/13)

Lilian: Good evening.

*(Much loud exuberant laughter then followed from our visitor, with just a few occasional words difficult to make sense of)*

Lilian: Have you come to cheer us up?

***No I ain't—this is a nice group, isn't it, eh?***

Lilian: We're all sat nice and quiet.

***You're a bit quiet anyway.***

Lilian: So you've come—

***What d'ya mean?—I've come! I ain't been anywhere!***

*(All was shouted with over-the-top gusto. Lilian explained that we had had a very serious talk—'with one from your side'. This produced raucous laughter, and Lilian mentioned 'the spirit side'.)*

***Eh? I like spirits! Yeah, I like a bottle!***

*This produced much infectious laughter, while Jan said: 'It's a rescue Mum, and Lilian replied: 'yes I know, I've been thinking it'. But we had not realised at first, and the truth is we still remained rather uncertain. This one appeared to be happy/exuberant—and I don't remember receiving one at all like this before! Our visitor responded to Jan's voice:*

***Who's that? Who's that sayin' mum?***

Lilian: That's Jan.

***Who?***

Lilian: Jan—Janet.

***Janet? Aha! Ha! Ha! Ha! Haa! I know who you mean, yeah.***

*(The words were still shouted with much laughter in between and the conversation now included Jan)*

Lilian: Where are you, anyway?

***I'm in the tunnel—Ha! Ha! Ha! Ha! You know!***

Jan: Are you in the underground?

***No—I'm in the tunnel. You know—***

Jan: Under the bridge.

***Under the bridge—Ha! Ha! Ha! Ha!—something like that. Ha! Ha! Ha!***

Jan: I thought you were in a pub for the minute.

*Well, it's as good as a pub—let's call it 'The Tunnel Pub' shall we?*

Jan: Have you got some bottles there?

*Yeah, they're all empty now. That's why I was pleased to see old Danny here. I thought: ah she'll bring a bottle.*

Lilian: I've got a bottle of water. How about that?

*Oh! Don't give me water—you're lettin' the side down. Is it good?*

Lilian: It is good—yes.

*I'll have a try then.*

Jan: A drop of whisky in it would be alright!

*Whisky an' water—yeah. Nice bit of gin would be better.*

Jan: How long have you been there then?

*In this one?—I don't know—couple of years I suppose.*

Jan: You live there?

*Yeah.*

Lilian: Oh I see. You're a man of the road.

*I ain't no man!*

Lilian: Alright, you're a lady.

*I ain't no lady!*

*(More laughs)*

Lilian: Did you ever think about what might happen after you die?

*Yeah, there'd be no drink!*

Lilian: There'd be no drink. That's true. But we think you may have passed on to spirit—I don't mean the drink spirit.

*(It was explained that she thinks she is in the tunnel, but in fact she is in the living room of a house.)*

*No I'm not!*

*(There was more attempted explanation but our guest remained unconvinced)*

George: You think you are still alive on the Earth, is that right?

*Of course I am.*

George: And you're not sitting in a chair?

*No!*

George: Well, if you put your arm to one side, you'll feel the arm of the chair that you are sitting in.

Lilian: You can feel that can't you?

*Oh, my God!*

George: It's not quite as you think—not quite as you remember.

Lilian: Did you ever think about what would happen when you die?

*Are you saying I'm dead?*

George: It's only the body that is dead. Your spirit is alive and you're thinking and talking, aren't you? That's your spirit body.

*That's true I suppose. Oh my God! Oh my God! Where am I?*

Lilian: Well, you're in my friend's house, and we just need to say to you that something has caused you to die, and you belong in heaven now.

*I thought that drink was a bit off!*

*(Chuckles)*

Lilian: Who would you like to meet? Someone who's died before you?

**No—me old dog—Blackie.**

Lilian: Well there you are—your dog will probably be waiting.

**He was a dear old friend—Blackie.**

George: You loved him.

**I loved him—better than any person.**

Jan: I bet he loved you too.

**I can't believe I'm dead. What have I got to do?**

Lilian: Well, you'll see a light ahead of you. You'll feel nice and comfy and warm.

**That'll make a change.**

Lilian: Well, there you go. But also I think you'll see your dog.

**Blackie?**

George: He's probably waiting for you. If you look ahead—look to that light. That's the thing to do.

**A small light—only a tiny little light.**

Sara: Keep looking at it and it will get brighter.

Lilian: Somebody might be with the dog.

**Oh my God! There 'e is! There 'e is. He's coming now! Come boy—come on my Blackie! Aah!**

George: Wonderful! You can move forward now and be with your doggie.

**Oh that's wonderful!**

Lilian: That's nice.

George: And I'd like to apologise to you—because we didn't realise at first that we were supposed to help you on your way to the next world. That's what's happened. We are just pointing out the way to you—helping you on to the next world—and you're reunited with your doggie.

**And there was me thinking: this tunnel's getting 'very big!**

*(Chuckles)*

**Well! Well! Well!**

*(She then wanted to know our names—all twelve of us!)*

**It's lovely! If I'd known this I'd have gone years ago.**

*(There were fond farewells)*

Sara: What's your name?

**Charlie—not a man's name.**

Sara: Charlotte?

**Well, that's too posh, isn't it?—Charlie.**

George: Enjoy your ongoing new life Charlie

**Well, I don't know what to say—first time I've been lost for words.**

Lilian: Well, I've been lost too—I certainly was.

**Well you can come along too if you like.**

Sara: Because you were so cheerful, we thought you'd just come to cheer us all up!

**Why? What's the matter with you all?**

Sara: Nothing—it's just that we sometimes have cheerful people come and talk with us from the other side.

**Oh—I don't know much do I?**

Lilian: There's a lot to find out but it'll be interesting.

**Anyway, I'm going. Blackie wants to get going.**

*(Fond farewells and cheerios as Charlie happily move forward)*

## Sometimes there is vey little speech

Eileen gave the name of Alan Shelby and then began feeling sensations around the head. This turned out to be a rescue. (9/9/13)

Lilian: Does someone need some help? Can I help?

***Who just touched my back?***

Lilian: Is your name Alan?

***Help me.***

Lilian: Are you worried about your face? I'm here to help you. If I put my hand on top of your head, all those problems will go away.

*(Unintelligible faint sounds)*

Lilian: If I put your (Eileen's) hand to your face, you will know it's okay; and your whole body's okay. And that's because you've passed into spirit. You've left that wonky old body behind and you've taken on a brand new one. You can talk perfectly. Perhaps it will take a little while.

*(Sounds of great agitation/fear, followed by gentle reassurances from Lilian)*

***Where am I?***

Lilian: You are with friends who are trying to help you. That's what we do. Hopefully we have helped you a little bit. Thank you for talking. Did you realise you had died?

***Yes—frightened.***

Lilian: Well, you'll feel nice and warm and you'll see a light ahead of you; and slowly in that light someone will be waiting for you. And when you go through that light, eventually you'll be absolutely perfect. Can you see the light? **(Yes)** Good, and you'll feel terrific love coming towards you. In other words, you're going to Heaven—to start a brand-new life. Do you see someone?

*After a short time Eileen returned. She had never had one quite like that before, explaining that the two sides of her body felt entirely different. She felt the head had been split in two, accounting for some strange feelings, like having her two sides put back together.*

## The connection between animals and pets is often very strong

Eileen became aware of a sheepdog sitting before her and sensed the name 'Bob'. The doggie was black and white, with more white than black, and did not seem to relate to anyone present. He continued to sit as if waiting for something. Jan suggested he was waiting for a further rescue. Someone said: 'Dogs don't need to be rescued, do they?' Then one was with Eileen asking if Mrs Grimshaw was present. (4/11/13)

Lilian: No, not Mrs Grimshaw—my name's Lilian. Did she used to help you?

***I want her to feed Bob—feed my Bob.***

Lilian: Ah! Bob belongs to you!

***Yes.***

*Lilian explained we had been discussing what kind of dog he was*

***It's a sheepdog—you can see it, I can't.***

Lilian: You're the one that can see him now.

***No, I can't see anything my dear.***

Lilian: I guessed that—you can't see at all. But you can, because you've died, and your eyes and everything else will be fine.

***No my dear—I can't see you my dear.***

Lilian: You think, because you were blind—

***Yes.***

Lilian: What do you last remember? Waiting for Mrs Grimshaw?

***Yes—waiting so's she could feed my dog.***

Lilian: I see.

***He's hungry.***

*(A few more words and Lilian was saying: 'If you put your hand forward you can feel your dog.' Lilian again attempted to explain that the lady had died, but she remained insistent that he be fed, and declaring that she was not going anywhere without her dog.)*

Lilian: He is waiting for you to see him, perhaps for the first time. Was he a guide dog?

*(He was not)*

Lilian: He's sat right in front of you. Did you ever think what happens to you when you die?

***Of course I did.***

*(Lilian explained that you start a new life)*

***No I don't believe all that.***

Lilian: I'm afraid it's right.

***How d'you know?***

Lilian: Trust me, I know. After you died Bob eventually died too. He knows where he belongs, and he's been waiting for you. So he goes to spirit as well. It's a lot to take in, isn't it?

***Yes.***

Lilian: You feel fine?

***I feel great.***

Lilian: And also you can see.

***No I can't see.***

Lilian: You can. And ahead of you now, you can see Bob waiting for you.

***If that was my Bob he'd be barking by now.***

Lilian: Well you tell him to bark. He's probably trying to smile at you—wishing you'd come along—so's you and him can be together.

*(And at this point the lady was indeed able see with the eyes of her spirit body and was clearly much overcome at seeing her doggie for the very first time)*

***He's beautiful—beautiful!***

*(And they both very happily moved forward together. And Eileen needed a tissue after the tears of that happy reunion!)*

[Very occasionally a person who has been rescued gets the chance to say thank you](#)

There then followed one who had come through previously as a rescue and wished to come back and thank Lilian. Interestingly, the spirit in question said that they rarely use names in spirit world, as they are not really necessary. (25/11/13)

Lilian: Good evening, welcome.

**'Ello dearie! Remember me?**

*(Lilian asked for a name)*

**I can't remember the name I gave you, my name's Maureen now.**

*(She added later that they don't use names much—they're not really needed. We had a few chuckles)*

**I wanted to come back and thank you m'dear for helping me over.**

Lilian: Oh I see.

**Remember?**

*Maureen went on to say how quiet we are and she thought she'd come to a place of the dead! And when I said it's nice of her to return she declared:*

**You was a bit of trouble weren't yer.**

*Maureen is one who enjoys repartee and a laugh, and I think she was a lady who was living rough at the time of her passing, under a tunnel. And when we had first talked of spirits with her, there was some confusion with whisky and gin! But she now concluded:*

**I have to thank you such a lot—all of you.**

*(She enjoys the company of others where she is)*

George: So you've met up with your loved ones over there?

**I have indeed dearie, yes I have. Yeah it's wonderful—absolutely wonderful. Yeah, I can't explain it, it's just too wonderful.**

*(Maureen went on to explain that she felt she must come back and thank us for the helping hand that was given. She was met by her little dog. In returning to give thanks she has of course done well, and Lilian said so.)*

## [A lady had died and with her new spirit body had moved to the woods, but she was still in the physical world](#)

The lady had been walking walking in the woods and become lost. Lilian counselled and Jan had clairvoyance of the situation that helped to clarify. (20/1/14)

**I can't hear the birds. Where are they?**

Lilian: How long have you been walking in the woods—some time?

**I can't remember—a long time. And the leaves are down. All I hear is the crackle.**

*(Lilian explained about spirit and the need to move on to the next stage. The lady declared that she felt so well, and Lilian explained that she would feel well because she now has a new spirit body. Jan now began to receive clairvoyance. The lady had not died in the woods. She liked the woods and she, now with spirit body, had moved there. It was a first step but she now needed to go further.)*

Jan: It's not where she died—in the woods ... she can't get to where she now needs to be.

Lilian: You did enjoy being in woodlands, didn't you? **(Yes.)** Well, if you look forwards, you should see a light ahead of you—faint at first.

***Now I see many lights. I can see lots of lights.***

Lilian: That's good; so quite a few people are waiting for you, to take you further.

***Why don't they come?***

Lilian: They will. You give them time and you'll see them more clearly.

Jan: They are waiting for you to accept. They were calling you but you kept trying to walk the other way. Maybe you couldn't hear them, like you couldn't hear the birds. The birds are there. You need to open your ears now, and you'll start to hear them. Just concentrate more on the sound.

***Will you come?***

Jan: I don't need to come with you. Lilian has been helping you. You need to go a little bit further sweetheart, because you've gone so far but you haven't gone far enough.

Lilian: It's what happens to all of us—we all have to die.

*(Lilian went on to encourage her to move forward and to meet the other people, asking who she would like to meet)*

***Well there are lots of people I would meet.***

Lilian: That's lovely.

***For me?***

Lilian: Yes.

Jan: Is there a 'Jim' waiting for you?

***That's my father.***

Jan: Ah right! He's definitely calling you. Jim's calling you.

***Ah! I can see! Ah!***

Lilian: You can see now?

***Yeah!***

Lilian: Try not to get too emotional. I want you to go with them.

***I can see 'Patch'!***

Jan: Your dog 'Patch'.

***Oh! I want to go. I want to go!***

Lilian: I'm sure—so we'll let you go.

***You come with me?***

Lilian: We shall see you probably soon, but we just have some more jobs to do—to help people like you—just a few more.

Jan: You have a nice time.

***Thank you. (And to Lilian) Your hands are warm.***

Lilian: Yes, I think it (energy) was drawn to warm you up.

***Thank you. I've got to go, I've got to go!***

Jan: Bye!

## [A group of hundreds of young soldiers](#)

This was a rescue with a difference concerning a large group of young men and older survivors, who were conscripted into the carnage of World War 1. This rescue was through Eileen. (27/1/14)

Lilian: Good evening.

*(There followed a pause and Lilian enquired if we could help)*

***I don't think you can. I don't know—***

Lilian: You're not very happy.

***I'm certainly lost and don't know where I am. I know I'm dead.***

Lilian: Ah, fine.

***It's what that man was saying about young soldiers. I wanted to tell him—just 'cause you're a soldier—doesn't mean you want to be fighting.***

Paul: Yes I'm sure—

***I was conscripted and had to do that; and I hated it—HATED it.***

Lilian: Yes, I know a lot of people did—army people—

***And I can't move on, I just keep thinking about it all the time—the death, the destruction—the waste of life.***

Lilian: What war were you involved in?

***They're all the same to me now, I think it was the first one—first big one. (First World War)***

Lilian: Yes, it's just that on the Earth now it's being remembered.

***Yes, I hated it with a passion.***

George: Yes, we can well understand your feeling.

***You see, it wasn't only the fear of being killed by your opponent—it's the fear of your own killing you, if you spoke out (yes). It's a terrible fear to live with. I can't forget it. It's like a film that's got stuck.***

Lilian: Do you think it's time to move on? Do you feel you would like to move on?

***I want to but haven't been able to.***

Lilian: I'm sure you will be able to.

***I've listened to people telling me that, but I just can't; the memories are too vivid. What can I do?***

Lilian: Well, it's a case of almost forgiving yourself for something that you didn't really want to be caught up in, isn't it?

George: We have to forgive the past, that's part of growing.

***How do you do that?***

Lilian: Have you thought of talking to someone—another soldier who was on the other side to you, who I bet feels the same?

George: How old were you?

***Nineteen.***

George: Yes—

Lilian: A little bit resentful as well?

***Yes.***

George: Well at nineteen you've barely had a chance to work out spiritual values. At nineteen, one is told to do things by elders, by politicians or whoever. And this has been a tragedy of our earthly ways, but you can't take on the responsibility of those who TELL young people to go to war. You can't take on that responsibility.

Sara: You can't really blame yourself when you were conscripted and were living in that age when you didn't really have a choice.

***But I still feel so much hatred.***

*(Jan now at this stage began to have clairvoyance)*

Jan: I don't think this young man blames himself, he knows that. He can't get rid of the visions. He can't move on, because he's taken those visions with him. They are telling me



that he can ask to have those visions removed actually—and they will wipe that memory temporarily, so that he can move forward to the next stage. But he needs to ask to have that memory erased.

Lilian: Think of the people you are going to help on your way. You'll probably feel a lot more people like you all around you, wishing to move on like you do.

***I'm not the only one (no). There are hundreds.***

Lilian: Well if you can move forward and start to help other people, they'll be doing the same.

George: Do you remember the year date?

Jan: He was in the First World War, but I don't think he actually died then. This is a memory that he holds.

***I survived the war.***

Jan: Exactly, but he can't get past these dreadful scenes in his head. Now, he's come with at least 50 or 60 others tonight, dealing with the same affliction. This is a multiple rescue and they are to be told that they need to ask for the help.

George: And love—can we send them Love?

Jan: Yes—they have to ask collectively and they need to ask spirit that their memory temporarily be erased with love, so that they can move on to the next stage, where they can be helped, because where they are at the moment, that help can't reach them.

*(Pause)*

Jan: Okay? You don't need to hang onto these feelings, you know that? We understand that it's the human emotion and human memory that's preventing you from moving forward. Okay? So, you need to ask those people who've been coming close to you from spirit, where you are, that you will take the next stage and be helped. Is that okay?

***We all want that.***

Jan: Now, I'm being told that the lady sitting next to you (*Lilian*), should put her hand on your forehead and be the first stage in that process, because that hand on your forehead and feeling the physical contact is going to help with the removal of those nasty, nasty memories, okay?

Lilian: And we do understand. So if you can do that with some help.

***Thank you.***

George: Yes and we understand and we feel for you all.

Paul: Yes and you have our love and absolutely no judgement.

Lilian: And imagine the ones that you can help afterwards; that will be the healing. Okay?

***Yes.***

*One then came through Jan briefly to explain why she had to say those words, which were being given clairvoyantly during the rescue.*

Lilian: Our love will go with you and we will remember you in our thoughts, which will hopefully help you along the way as well.

***Thank you.***

Lilian: What did you say your name was? Did you tell us?

***Alistair—my friends call me Ali. You remind me of my mother. Thank you.***

Lilian: You're welcome—it's just nice to help someone.

*A control then spoke through Jan:*

***You've not only helped this person, but you've helped the others that came with him this evening. I thank you very much.***

Graham: Wonderful!

Paul: Our love goes with them all.

***Of course—they understand, thank you.***

*Some chat followed and we felt pleased that so many had been helped on their way forward.*

## Simple rescue after an accident

This was one declaring himself to be in great pain with his arm. Lilian stroked his arm and suggested the pain should be going now. (24/2/14)

***Why couldn't you do that earlier?***

Lilian: Well, if I had been around I could have, but you've only just arrived. Does that surprise you?

***Are you a new doctor?***

Lilian: Just someone here to help you. It's gone hasn't it?

***I feel peculiar.***

Lilian: When you say peculiar, how peculiar?

***—Confused peculiar.***

Lilian: Confused that I'm talking to you—it's a voice you've never heard before. Well something has caused you to die—maybe the pain in your arms—did you have a heart problem?

***Well just a little bit.***

Lilian: Have you ever thought of dying—what would happen to you?

***Not very often.***

Lilian: You probably thought that would be the finish. Well it's not the finish—we live on—the spirit lives on, and that's what's happened to you. It's your spirit that is talking to me.

***Are you telling me I've died?***

Lilian: Mm—a bit of a shock?

***In hospital?***

Lilian: If you were in a hospital—yes. But all the pain's gone, hasn't it? That's the main thing.

***How did you do that? How did you do that?***

Lilian: Well it's help from the people that you'll be going to, in spirit. They helped me to do that. Maybe they can explain a little more.

***You must be very special!***

Lilian: Not really—anyone can do it.

***No—no I don't believe that. You're special.***

Lilian: *With a chuckle* if you say so. But now, what you do is you move on into spirit (***to spirit?***) Yes, another life. That's where we come from and that's where we go back to.

***Well I never!***

Lilian: Spirit first and foremost. So, you'll see a light and in the light, someone you'll recognize—maybe more than one.

***There she is—there she is—my Maisie!***

Lilian: That's a nice surprise.

*(Eileen coughed)*

***Who's doing that?***

Lilian: That's the lady coughing—don't worry about that.

***I can't believe Maisie's here!! Will you come and meet my wife? I want you to meet my wife.***

Lilian: Well I can't come at the moment—I've got some more people to help, like you. But one day I will meet her. And your name is?

***Stan—Stan and Maisie. We were always together.***

Lilian: Now you'll be together again.

***I didn't expect to die this soon. What happened?***

Lilian: I don't think *any* of us expect it, do we? Well you've left physical body.

***Thank the Lord!***

Lilian: There you go—and you've just got a spiritual body. You can have a full life.

***I don't want THIS body. I want my own. Where's mine?***

Lilian: You'll be okay. You'll get yours back.

***What happens to the burnt bits?***

Lilian: All gone.

***How can it?***

Lilian: I really don't know how it can, but you can; it's like shedding off an overcoat.

***I see, complicated, isn't it?***

Lilian: I'm sure once you get used to it, it won't be complicated at all—you're going home. I daresay you've heard people talk about going home when they die and that's literally what happens.

***You meet your family—my Maisie. She wants me to go now. I'm going now.***

Lilian: Yeah, well good luck.

***What's your name?***

Lilian: Lilian.

***You'll make sure I don't have THIS body.***

Lilian: Yeah—absolutely.

***Whose body is it anyway?***

Lilian: It's a very kind lady that lets you use her body so you can speak to someone like me, to help. That's all it is.

***It seems a bit creepy though.***

*(Laughs)*

Lilian: Well, it's helped you.

***Well I believe you, so I'll be off with my Maisie now.***

Lilian: Well, if you can see Maisie—

***She's calling me now.***

Lilian: She'll be pleased.

***I can't believe it—can't believe it!***

Lilian: Well, we'll say cheerio, see you again one day.

***Yeah—when I'm feeling better—cheerio.***

*Eileen said afterwards: that was a VERY nasty burn—and to some we may well seem to be a 'creepy' lot.*

[Wonderful moments when a recently deceased person starts to understand their new situation](#)

Many people do not consider what happens after they die and have no particular belief. This can cause problems resulting in the need for a rescue. (31/3/14)

Lilian: Hello and welcome.

***Are you speaking to me?***

Lilian: Yes.

***Why?***

Lilian: Well, I knew that someone had just come to visit us.

***I don't know you.***

Lilian: Do you know where you are? Can you tell me where you are?

***—In my chair.***

Lilian: Right—

***Who are you?***

Lilian: What sort of chair did you sit in? I'm just someone who will hopefully help you. You'll understand in a moment, so bear with me. What sort of chair did you sit in?

***An armchair.***

Lilian: The chair that you're sitting in doesn't really feel like an armchair, does it?

George: The chair you're sitting in is a wicker chair, in fact. You can feel it with your hand.

Would you like to feel it with your hand?

*(Moving the lady's hand to the side of the chair)*

Lilian: It's just to prove to you—

***What kind of trickery is this?***

Lilian: It's not trickery—it's basically just to prove to you—and I'm just going to tell you what's happened to you. Did you ever think what would happen to you when you died?

***Well of course I have.***

Lilian: What did you think?

***Well I'd be dead.***

Lilian: But you never thought of a life after the physical life?

***Not sure.***

Lilian: You're not sure. Well something has caused you to die, and—

***No, no, no, no—no I'm not dead, I'm talking to you!***

Lilian: You are talking to me. Well this is proof that there is a life after death. And where you belong now is in the spirit world, but I think you find that hard to accept.

***I can't see anything different.***

Lilian: You will see something in a minute. You feel lighter? Your body feels much, much lighter?

***—A little.***

Lilian: And if you had any pain anywhere, that's gone.

***This is confusing.***

Lilian: Well, what you should be doing—and this will help you. If you look forward, you'll see a light in front of you—maybe just a small light to begin with. Very gradually, in that light you'll see someone waiting for you, that's already in spirit.

***And what if I don't want to go?***

Lilian: Well, it's certainly the best thing to do, otherwise you'll just hang about in limbo-land.

***—Limbo-land?***

Lilian: Well you've got to accept what's happened. You can't talk to your friends and family can you, because they're not hearing you?

**No.**

Lilian: Well this is why. They may feel you around, but—

***I've tried to talk to them.***

Lilian: Yes, well the reason is: you're spirit now. You've left the physical body, but what you do is take on a brand new body, which is a spiritual one. And you belong in spirit—Heaven. Call it 'Heaven', yes? It's where we all go. It's where we come from.

***What if I don't want to go?***

Lilian: Well I hope you begin to think you should.

***Someone telling me I've got to? Have I got to?***

Lilian: It would certainly be the best plan. There's no going back. You've finished with that Earthly body. How old were you?

***I'm eighty nine.***

Lilian: Well there, that's a good age, isn't it?

***But I feel quite fit.***

Lilian: You will—you'll feel fitter now than you ever did while you were in the physical body. You'll feel great. That's part of the beauty of it.

***How do you know all of this?***

Lilian: Well it's something that's interested me, and I've looked into it. Now I can help—

***Looked into going to Heaven? Looked into going to Heaven? What is she talking about?***

Lilian: You just never thought of it—the physical side and the spiritual side.

George: You've been brought along here so that we can help you to go forward.

Lilian: Who would you like to see?—already in spirit—somebody who's died in your family?

***Who would I like?—I would like to see ALL of my relatives.***

Lilian: Well there you are!

George: Now's your chance.

Lilian: They may not *all* be waiting, but some of them will be. Now look for a light.

***A light—I'm seeing some shadows.***

Lilian: Yes, well that's the people waiting, they'll get clearer.

George: It takes a little time.

***I've never heard of anyone delving-into-Heaven.***

*(Chuckles)*

***Oh! My word!***

*(Realisation dawning)*

Lilian: Yes, that's what we usually hear.

***Oh my word!***

Lilian: Now you're happy—surprised and happy.

***How very beautiful! How very beautiful!***

Lilian: You'll still see your family you've left behind, if you want to.

***I want to go.***

Lilian: Good, I'm glad you want to go. You'll be fine.

***I will be fine—***

Lilian: Definitely.

***Thank you madam.***

Lilian: You're very welcome.

***And thank you sir.***

George: You are most welcome. We are so pleased we have been able to give you a little help on your way forward.  
(Quietly)—**No turning back.**

## Sometimes the recently deceased cannot understand why nobody will talk to them

This rescue via Eileen is an example. (21/4/14)

Lilian: Good evening.

**Say that again?**

Lilian: Good evening—hello.

**Ah! You're the first one who's spoken to me!**

Lilian: Have you been waiting long?

**I'm trying to find a close—Deal Close off Stuart Street. Can you direct me my dear?**

Lilian: No, but I think I know why you are in my friend's house.

**What? I'm not in a house.**

Lilian: Yes—you're sitting on a chair.

**No, I'm walking along the street.**

Lilian: In a minute you'll realise you are sitting in a chair. You need a little bit of help.

**Don't be silly.**

Lilian: I know it sounds silly, but it will make sense in a minute. Did you ever wonder what happens to people when they die—what will happen to you when you die?

**Of course!**

Lilian: What do you think?

**Well, I'll go somewhere else.**

Lilian: Good, well that's what's happened to you, but you haven't realised that that's what's happened. Something caused you to die, maybe suddenly, on your way to your friend?

George: So that is perfectly correct. You are on your way to somewhere else—

**Who's that? First nobody wants to speak, then everybody's speaking.**

Lilian: Well, we haven't died yet, so we're two people who try and help people like you to realise what's happened and then to send them on their way—as long as you begin to understand what's happened.

**Well surely, I'd know if I'd died? How could I not know?**

Lilian: Well I think it was probably very sudden. You hear of people dying suddenly don't you? I think that's what's happened to you. How old are you?

**—Seventy-six.**

Lilian: Well you didn't expect to go quite yet, did you?

**No.**

George: Well it's quite a good age anyway.

**I can't believe this!**

Lilian: You've been talking to people, haven't you?

**Yeah, they're so rude.**

Lilian: Yes, nobody has spoken to you.

***No! You were the first one!***

Lilian: That's why they haven't spoken, because they didn't realise you were there.

George: You are spirit now and they didn't know you were there. Just to show that you are indeed sitting in a chair, let me take your hand and let me place it on the arm of the chair—there you are.

Lilian: It's a cane chair.

***Oooh!***

Lilian: Don't worry—you're not the only one to be confused and wondering what's happened. It's happened to a lot of people.

George: It does take a little thought.

***I'm in a chair?***

Lilian: You are at the moment.

***I don't want to sit in a chair forever.***

Lilian: No, no you won't. What you have to do is to look ahead of you, and you will see a light and that light is the gateway—I'll say into *heaven*. Someone will be waiting for you, someone that's gone on before you—a mother, a father or a husband—

***Well I've got to deliver something first.***

Lilian: Don't worry, that will get to your friend anyway.

***How do you know it's my friend? How did you know?***

Lilian: I guessed it was your friend. But those people who are left on the planet Earth, will know that you've passed on. They will deliver whatever you were going to deliver.

***I've never heard of anything like this before.***

Lilian: No, it's very common; when you get into spirit you'll understand so much more.

***And what do you call yourselves?***

Lilian: Well, people can understand this, and we can help people—that's all we want to do—just help people get to where they should go.

***So why haven't I heard about it before? Why don't I know these things?***

Lilian: Well there's lots of things we don't know, isn't there? We can't know everything.

***That's true.***

Lilian: Who would you like to meet you?

***My dear old Mum.***

Lilian: Yeah—I bet she's there ahead of you. See if you can see the light. That's the gateway to make for, and you'll see her.

George: It may take a little time, but you'll see the light ahead of you.

*(Pause)*

***I hear noises—I can hear noise (yeah), and I see shadows.***

Lilian: Yes, and they'll become very real—which is what they are.

***I think it's music. I feel like I'm moving in this chair.***

Lilian: Yes, you won't stay in the chair—you'll be making a new life.

George: You'll be moving forward in a moment.

***Oh there it is! I can see it now. There it is.***

Lilian: Can you see your Mum?

***No, but I can see a light. It's almost like it's—how can I explain? It's pulling me towards it.***

George: That's good.

***Is it supposed to do that?***

Lilian: Yes, spiritually you are going *home*. That's the main part of you. You've finished with the body that you had, and now you are spirit-body.

***Oh, there she is—my dear old Mum.***

Lilian: Good! You'll have a lot to talk about.

***Won't I just! Hello mum. (Uttered faintly)***

Lilian: Are you happy to move forward?

***I can't stop it.***

*(Sigh)*

Lilian: As long as you're happy—I know you are.

*Eileen said after: she confirmed it was a man and that she was aware of people he had been trying to talk to, and she was aware of his Mum with outstretched hand*

## [A possible example of soul retrieval](#)

A strange rescue via Eileen. (28/4/14)

Lilian: Good evening.

*(Lengthy pause)*

Is there anything you would like to talk to us about? Or have you just come to sit quietly?

*(Further lengthy pause)*

Do you wonder where you are, and why I'm talking to you? Are you frightened at all?

***No.***

Lilian: Good.

*(A very whispery voice as if from far away, that we could scarcely hear then slowly articulated)*

***I'm watching the picture show (yes)—lots of people.***

Lilian: When you say: watching a lot of people—could you explain a little more? Is it people in the room with us that we cannot see?

***I don't know them—passing quickly. Man in yellow shirt.***

Lilian: Sorry if we're disturbing you a bit. Do you know where you've come from?

***Not sure—not sure.***

Lilian: So, do you think you are still in a physical body?

***No (ah) I'm not physical, but I'm a little lost.***

Paul: Where is it you want to be?

***I am looking for one in a silver coat.***

Lilian: And that silver coat would be one in spirit—

***Yes. Can you help me find them?***

Lilian: Someone in a silver coat?

***Yes.***

Lilian: Do you realise that you are talking to someone physical?

***Yes, yes, I do.***

Lilian: I would think someone in spirit maybe could help you.

***YOU help me.***

Lilian: Well, we'll do our best. This is a friend of yours?

***No—part of me.***

Lilian: Oh, a PART of you.



**Yes—we need to join** (together!) **together.**

Lilian: This is something we haven't encountered before, so you'll have to forgive us for being a bit slow here.

Paul: What can you see around you now?

**People.**

Paul: But not the person you're looking for—

**No—I'm travelling—help me, then I can move forward.**

Lilian: I see, to move forward you need this other person with you—or to be part of you?

**Yes.**

Paul: I would think if you focus on this other person with your thought.

Lilian: Can you send love to the other part of you? You know, enclose them with your love.

**I'm trying** (good).

Paul: Good, well maybe we can help you—give you a little bit more energy to focus on this individual.

Lilian: Perhaps if I put my hands just on the top of your medium's head—

**That's better—much clearer** (good). **People have stopped now.**

Lilian: So are you together—have you joined up?

Paul: Can you feel them a little bit closer now?

**Yes—yes.**

Paul: Yeah, I'm sure they're drawing closer to you now.

**NOW I feel complete.**

Lilian: Well, that's lovely. We'd like to thank you for the help you've given us in another step forward in our thinking.

**I knew you would help me, I knew and I thank you—all of you. Thank you.**

Paul: It's our pleasure to help.

Lilian: And we wish you luck as you go forward.

**Thank you.**

*Eileen said afterwards that she experienced a strange feeling of being spiritually incomplete—a fragment, and to us she seemed far off; but there was a feeling of completeness in the end. This may be what shamans sometimes refer to as 'Soul Retrieval,' involving the reuniting of a fragment of soul, which has been lost, often due to trauma. Perhaps Salumet will be able to explain this one further for us.*

## [A rescue following a harrowing event](#)

A traumatic rescue via Eileen. (28/4/14)

Lilian: Hello—we're here to help you.

**Oh my God! What have I done! What have I done! What have I done!**

*(Loud grieving sounds)*

Lilian: I don't know what you have done, but I think you are ready to get better from this, and that is why you are here talking to us.

*(More semi-intelligible words were uttered and hands were placed on Eileen's shoulders)*

Lilian: Listen to me: we are here to help you, and you are ready to step forward now and be happy again—to forgive and to forget.

***I can't—I can't.***

Lilian: You will. Sometimes things happen, and they almost seem out of our control—  
(*More semi-intelligible words and sounds of great distress*)

Lilian: Okay, but I think you'll find she is stood there—not far from you—ready to help and forgive and put it behind you. I'm sure she's somewhere near. You've got to forgive yourself—that's the hardest thing of all. But you can do it, and she'll help you.  
(*The distressed one became quieter*)

Lilian: What can you see? We know you are in spirit as well. What can you see?

***A light.***

Lilian: Good, that's the first step. That light will get bigger, brighter and in a minute you'll be covered with love.

(*Gulps and sighs*)

Lilian: How are you feeling? Calmer?

***Yes.***

Lilian: It will take a little while, but you'll get there. We all make mistakes. Sometimes they're worse than others, and you've got a bigger one than perhaps some, but there're others with even worse ones. Can you see someone waiting to help you?

***A hand, a hand.***

Lilian: Yes, take their hand.

(*Pause*)

Lilian: What do you feel?

***Peace.***

Lilian: Good.

***Peace. Help me, please help me.***

Lilian: Yes, are you ready to take that hand and go forward?

***Yes, I'm so sorry, I didn't mean to do it, I'm so, so sorry.***

Lilian: Feelings got the better of you. But now you've got to make a new start.

***I need help.***

Lilian: Yes, you'll get all the help you need—much more than I can give you.

***I need to go, I want to go.***

Lilian: Yeah, you'll be okay.

***Thank you.***

Lilian: You're very welcome.

***Thank you.***

(*Eileen said afterwards that she had awareness that this one had in fact strangled his wife.*)

## Bullied at boarding school

The rescue, via Eileen, of a bullied 10-year-old child who somehow died whilst at a boarding school. (5/5/14)

Lilian: Good evening and welcome.

(Silence)

Lilian: Do you wonder who's speaking to you?

***I'm not talking!***

Lilian: Why aren't you talking? I'm sure we can talk.

***I'm not talking.***

(Pause)

Lilian: Are you sure you don't want to tell me something?

***No, cos you'll tell them—you'll tell them where I am.***

Lilian: I think I can keep a secret. I hope so.

***I hate this place!***

Lilian: What's wrong with it? Are they not very nice to you?

***No, they are horrible to me.***

Lilian: Is it a school?

***Yes.***

Lilian: A boarding school?

***Yes.***

Lilian: I know that can be a bit tough sometimes.

***Let me be on my own. I want to be on my own.***

Lilian: But eventually you would like to be with other boys and girls wouldn't you?

***Yes.***

Lilian: Yes, well if you just talk to me a little bit then I can help you to be with some other children. They'll be kind to you, and the people will be kind.

***Nobody does anything—nobody.***

Lilian: Okay, then I'll find somebody that will.

***I hate this place. I hate it.***

Lilian: I want you to think of where you are now, and there's a light coming into the room—a lovely light—changing colours sometimes, like a rainbow, surrounding you. And you'll feel all warm and comfortable. You are not frightened any more. Can you feel it and see it? You'll hear voices calling you—or children's voices.

***I'm scared.***

Lilian: No don't be scared, because they're all friendly. Coming with the children there's a lovely lady—really lovely. You'll begin to see that lady. I think she's got a dog with her too, that likes playing with the children.

***Someone's got my hand.***

Lilian: Good. It feels nice and warm and comfortable?

***Yes.***

Lilian: Good, that's the lady I was talking about. If you go with that lady, she'll take you away from the place where you are—the one you didn't like.

***Where to? Where will she take me?***

Lilian: It's to a lovely place where there are other children—it's where children like you who are so unhappy and suddenly somebody realises and perhaps takes you to a better place.

***And there'll be horrible kids? No more punching?***

Lilian: It's far away from there you'll forget all about it. How old are you?

***Ten.***

Lilian: Okay. Can you see the other children too?

***Yes.***

Lilian: They're a nice friendly lot of children—happy. That's how you will be too.

*I don't know any of them.*

Lilian: No, you soon will. You can tell them your name and they'll begin to tell you theirs. Just forget where you are and go with that lady.

*I am, I am.*

Happy to go?—good.

*(Eileen on returning stated that it was a VERY nice rescue.)*

## Soul retrieval

Shamans talk about soul retrieval leading to a question by Serena. (12/5/14)

Serena: I'm not sure if this has been asked, because I haven't been here all the time: The fragment of the soul that was rescued a few weeks ago (**yes**); is that the same as the *Soul Retrieval* that the shamans talk about?

**Yes, exactly the same, it is as simple as that. It is something that not all people recognise, but it is there and it happens often. And remember—or perhaps you do not remember—that the soul is many aspects. Therefore it is feasible that you can lose an aspect of the soul. I do not actually like the word 'lose'—that is not quite correct. It is a disconnection for a very short time. That is what it is. You understand? (Mm)—good.**

Paul: I don't think we've had a rescue quite like that one before, but there's obviously some need for it.

**It happens—yes. It is nothing to be concerned about, but it does happen, and I know that you were all quite taken with that particular rescue. It is just another variance on what happens with rescues (yes), and of course we are ever grateful to all of you who are involved in rescue work.**

## Moving rescue of a six year old child

A moving child rescue via Eileen counselled by Lilian illustrates the horrendous conditions that existed in Victorian workhouses. (15/6/15)

Lilian: Good evening. Can I help you?

*I'm not going in there. I'm not going in there. I'm not!*

Lilian: Not a very nice place?

Lilian: Don't worry about it, you're not going in wherever you don't want to go.

*I don't want to go in there.*

Lilian: If you don't want to go, you don't go.

*It's horrible—horrible place.*

Lilian: Yes. Can you tell me a little bit about what you think it's like?—this place you don't want to go. Is there a name for it?

*I can't read—It's got a—somebody said 'W'.*

Lilian: Workhouse—or something like that?

***Yeah. Papa died—Papa died—mother's taking me there.***

**Lilian:** I see yeah, I was just wondering if it was the workhouse. How old are you?

***Six***

**Lilian:** Six—well try not to worry. You're not going in that workhouse.

***It's horrible!***

**Lilian:** Yes, of course it is. Try and forget that. You're feeling okay—you are not feeling ill or anything? You're just frightened?

***I'm not very well (yes okay). My head hurts.***

**Lilian:** Yes, I expect it does really.

***It hurts.***

**Lilian:** Well okay, you're not going into the workhouse, that's for sure. And I'm here just to help you, and anyone else that needs helping.

***I don't like it—my head hurts.***

**Lilian:** Yeah okay—if you think about it, that head should be soon getting better.

***(Lilian reached across to Eileen's arm)***

I'm touching you with my hand, and all the aches and pains will go away.

***Are you a doctor—I haven't got any money—Mummy hasn't got any money.***

**Lilian:** I don't want any money—I'm just helping you. Don't worry about what I am. Soon you'll be able to feel nice and warm and cosy. *(Pause)* Am I right?

***Yes.***

**Lilian:** Now you'll see a lovely lady waiting for you, and maybe your mummy as well—the two of them, maybe they're waiting—a very kind lady; you know that she's okay—this kind lady.

***I don't feel frightened any more (good). My head still hurts.***

**Lilian:** She'll make it better. Can you just see the one lady? ***(Yes)***. That's okay.

***It's not my mother. Where is she?***

**Lilian:** You'll see her soon. That lady will take you to her. What I would like you to do is to go with the lady—take hold of her hand. She'll take you to the loveliest place you've ever seen.

***Why can't you take me?***

**Lilian:** Well I'm a little bit busy at the moment ***(Oh)***. I was just to tell you to go with this lady. What's your name?

***Thelma.***

**Lilian:** Hello Thelma—are you happy to go? Has she got something for you—this lady?

***Yes.***

**Lilian:** Can you tell me what it is?—something you'd like?

***A little cat.***

**Lilian:** Oh lovely. Well that's your cat now.

***Is it? What's your name please?***

**Lilian:** My name's Lilian. Call me Lily for short.

***I'm going to call my cat Lily.***

**Lilian:** That's nice yes, you call your cat Lily—I shall remember that. So you're happy to go and take your little cat?—and go with the lady?

***Will you come and see me sometimes?***

**Lilian:** I won't be long—yes.

***I'm not frightened now.***

**Lilian:** Good—you're going to the loveliest place ***(mm)***, so I'm going to say: bye-bye.

***Thank you.***

Lilian: You're welcome.

—*Lilian*—**Thank you very much.**

Lilian: Bye-bye.

(*The workhouse conditions must have been terrible around 100-years ago.*)

## An 96 year old lady has died but is unaware

She wants a cup of tea and a shawl because she is feeling cold. (23/11/15)

Lilian: Hello.

**Hello dearie.**

Lilian: Good evening.

**Have you come to make me a nice cup of tea?**

Lilian: That's what you'd like, is it?

**Yes, and something round my shoulders; because I'm very cold today.**

Lilian: Are you? (**Yes**). Can you tell me how old you are?

**I'm ninety-six.**

Lilian: Well! That's a good age isn't it?

**Yes, everybody says it.**

Lilian: You should begin to feel nice and warm all round your shoulders.

**Mm—that's lovely dearie—lovely. But you just toddle off and get my cup of tea.**

Lilian: Well first of all, let's have a chat—did you feel unwell?

**Well I feel unwell all the time—**

Lilian: Yes—it's a good age isn't it—and I expect you're tired—

**Yes, I'm fed up now. I keep asking to go, and nobody comes.**

Lilian: Do you? Well I've got a surprise for you—you have passed into spirit.

**Oh no dearie, no, I'm still here.**

Lilian: You're not. Did you have long hair or short hair?

**I had it in a bun—I never wanted to cut my hair. Why are you asking?**

Lilian: If you could put your hand up and touch your hair now, you'll find you've got short hair.

(*She discovers Eileen's ear decor*)

**Oh!**

Lilian: Don't worry about it.

**What's that in my ear?**

Lilian: That's an earring (**oh!**). Okay, now I'm telling you that because something has caused you to die—old age probably, and you've had a good life. And you are just using this lady so that I can talk to you and tell you what's happened.

**Oh, where am I? Where am I?**

Lilian: It's okay, you've just come back for a minute or two so that I can tell you what happens. You are all nice and warm.

**Yes it's lovely dearie—yes.**

Lilian: And you feel really comfortable and surrounded by love. Can you feel that?

**I can dearie, I can. I'm just worried about my cup of tea.**

Lilian: Never mind about your cup of tea—you'll get one in a minute.

George: Yes, shortly you'll be getting something much nicer than a cup of tea.

***Oh no, I don't touch that any more.*** (Referring to alcohol?)

(Chuckles)

Lilian: You're going to get a nice surprise. If you look forward—I want you to just look forward and you'll see a nice bright light, as though it's beckoning you towards it—a really, really bright light.

***Oh yes—a beautiful day—it's beautiful!***

Lilian: And in that light, you'll see someone waiting for you—somebody that you'll recognise who has gone before you.

***Oh my goodness! It's Wilf! It's my Wilf!***

Lilian: Well, that's lovely. And you're happy to go off with Wilf.

***I'll say so!***

Lilian: So you understand when I said something caused you to die? We don't really die—we just go to another life in spirit.

***Well if this is dying, it's great!***

Lilian: Good! I'm pleased about that. You tell him you want a cup of tea and see what he says.

***He'll tell me: go and make my bloody own!***

(Laughs)

***Oh well, it's lovely dearie—it's really beautiful.***

Lilian: And you're happy to go with him? (*I am*) Good. Well it's nice to have met you.

***What' your name dearie?***

Lilian: Lilian. What's was your name? ***Greta.***

Lilian: That's a nice name (*it's okay*), and you're happy to go?

***I'm gone already.***

Lilian: Good—anyway, nice to have met you for a short time.

***Thank you—thank you.***

Lilian: You're welcome.

## A feisty soul who initially seemed more interested in having her toenails done

A rescue via Eileen. (18/1/16)

Lilian: Good evening.

***Hello.***

Lilian: Hello—nice of you to drop in.

***Drop in where?***

Lilian: —to say: hello.

***Are you new? I don't know your voice.***

Lilian: No, probably you wouldn't recognise my voice, but you're still very welcome. We could have a chat.

***Very welcome? Who are you?***

Lilian: You're welcome to the house.

***You come to do my toenails?***

Lilian: Is that what you want done? (**Yes**). I see—and you're waiting for someone to come and do them—

***Like little knives in my toes.***

Lilian: Yeah—okay. I think we can soon have—

***Where's Doris? Where's Doris?***

Lilian: Is she a friend of yours?

***No! —stupid girl!***

Lilian: Is she your wife?

***Oh my God—do I look like a man?***

Lilian: Oh sorry! (*Chuckle*) I'm not doing very well am I?

***Somebody needs to get rid of you!***

Lilian: So you think you're in your house waiting for someone—

***No! Where are you getting this drivel from?***

Lilian: I'm just trying to find out where you are, or where you *think* you are.

***In the lounge—everybody's here, can't you see them? Can you see them?***

Lilian: Who are they? Can you tell me their names?

***There's George over there (yes), Michael, Amy and Clive.***

Lilian: I see, and you all live together (**yes**). Lovely, but have you been feeling a bit tired and unwell?

***I've been feeling dicky for years love.***

Lilian: Did you ever think what would happen to you when you die? Did you think that that would be the finish?

***Well I won't be sitting here will I?***

Lilian: Well, you *are* sat there and that's what I've got to tell you.

***I'm not going anywhere till you've cut my toenails.***

Lilian: Well we'll see to that, but something has caused you to die; but you think you're still in your home, don't you?

***No—this IS my home.***

Lilian: Yeah okay, but something—did you feel unwell for a moment or two, or did you just feel tired?

***Yeah, tired—I'm a bit tired.***

Lilian: Tired—and did you—have you never thought what would happen when you *did* die. Did you think about going to heaven?

***I'm not sure if I believe all that stuff.***

Lilian: Well it's true, and that's where you are going to have to go now.

***How do YOU know?***

Lilian: I just know.

***Who—what's your name? (Lilian) I think they should throw you out Lilian!***

*Chuckles*

Lilian: Perhaps they will! But if you'd listen to me—you're beginning to feel nice and well and fit and your feet don't bother you anymore.

*Attitude changed*

***Well I'll be blessed—how d'you manage that?!***

Lilian: Like I say: something's caused you to leave your body. You've finished with that old body and you've taken on a new one.



***About time!***

Lilian: Yes, and if you look ahead of you, you'll see a light, and in that light you'll see someone you'll recognise. Give it time. And you'll begin to feel really good and peaceful.

***Oh it's lovely to have my toenails cut—I know that. I don't know about all of this.***

Lilian: You'll soon get used to the idea.

***Oh my word!***

Lilian: Who do you see?

***I see Jim!***

Lilian: Lovely—he's waiting.

***He's my brother you know—Jim. Good friends we always were. What's he doing here? — Because he IS dead.***

Lilian: Well that's what I mean—now you've got to join him. He will explain much better than I can.

***Oh my word!***

Lilian: We can't die really—the spirit can't die. We leave the old body behind and take on a new one—a spirit body.

***Well it can't be any worse that the old one, can it?***

Lilian: It should be better!

***Are you coming with me?***

Lilian: No, I've still got a few jobs to do before I join you.

***Oh look at Jim—he's got that waistcoat on—never did like it.***

Chuckles

***Oh my word!***

Lilian: And you're happy to go with him?

***I tell you what: I feel good*** (yes)—***I feel lovely*** (good). ***Oh—what's your name?*** (Lilian)

***Lilian—well—well I never—Jim. I AM going to go with him.***

Lilian: Yes, that's right—a grand reunion—you'll have lots to talk about.

***And a little tippie*** (yes).

***Well, thank you Lilian*** (you're welcome). ***I don't know you, but thank you!***

Lilian: I'll probably see you one day.

## [A child asks for some help who is lost](#)

One spoke very briefly through Sarah as a prelude to a child rescue, which was also through Sarah. (9/10/17)

***I'm just chaperoning someone who wishes to come.***

Mark: Are they going to come through someone else then?

***I, I... I'm a little, a little concerned; I lost my friend, if I could have a little help.***

Lilian: Yes OK, we're here to help you. ***(I...)*** Yes, go on, if you can tell us, we'll know how we can help you.

***I was lost.***

Lilian: Yeah, well you're not lost now, because I'm talking to you. Can you tell me how old you are?

*Distressed sighs*

Lilian: OK, you'll feel better in a moment. Can you tell me your name? My name's Lilian and I hope I can help you. Next to you is Mark.

Mark: Hello.

Lilian: Yeah? You're beginning to feel a bit better I know. Where are you?

*I don't know... I don't know...*

Lilian: OK, well we'll try and help you. How old are you? Can you tell us your name?

*I'm eight.*

Lilian: You're eight? And your name?

*Angela... Angela...*

Lilian: Angela, well hello, you got lost have you? **(Yes)** Are you in the woodland? **(Yes)** Right, well if you take my hand. Now you're coming out of that woodland then into a field, do you see?

*Yes...yes, a field...*

Lilian: What can you see in the field?

*A pond.*

Lilian: A pond? Do you like ponds?

*No... no.*

Lilian: Do they frightened you a little bit? **(Yes)** OK, well look beyond the pond and what do you see? Can you see other children? They should be waving to you. **(Yes)** Do you see them?

*Yes, but they're near the pond.*

Lilian: They don't mind the pond, so we'll forget about the pond, and they'll walk away and take you with them. What would you like to do? Fly kites? Or throw a ball?

*I'd like to go home.*

Lilian: You'd like to go home? **(Yes)** Well first of all, I think if you could play with the children and if you look again you'll see a nice lady there—very pretty. **(Yes)** Does she *shine* a little bit? **(Yes)** Let's call her an Angel, should we? You'd like to see an Angel?

*I don't know what an Angel looks like.*

Lilian: Perhaps you can tell me, what do you see?

*This lady, she looks like a nice teacher.*

Lilian: Does she? **(Yes)** That's good, maybe she's an Angel *really*—so the children are starting to play with you?

*They're coming nearer, yes.*

Lilian: Good, I'd like you to go with the children and the lady, **(yes)** and they'll take you and look after you for a little while.

*Yes... I'm cold.*

Lilian: Yeah, OK, if you feel my hand grabbing here, I'm coming down your head—you're beginning to feel warm, aren't you? The sun's coming out, the birds are singing. **(yes)** As long as you're warm.

*Yes, that's better, better... yes...*

Lilian: I'd like you to go with the lady and the children, they'll all talk to you and chatter away and give you some toys to play with and they'll play with *you*.

*Yes, then they'll get me home.*

Lilian: Yes, they'll explain all about it to you, but for just a little while, if you stay with them, **(yes)** until you're feeling happy and warm and so on, OK? **(yes)** You'll do that for me?

*Yes, thank you.*

Lilian: Right, and you'll be as happy as can be.

*Yes—the lady’s got her hand towards me.* (Good, right) *Yes, OK I’m coming, I’m coming, yes.*

Lilian: You’ll be OK.

*Yes, thank you... yes...*

Lilian: Good, so I’ll say bye-bye and leave you with the lady.

*Yes...yes...*

## The rescue of Catherine

A slightly tricky start channelled by Eileen. (9/10/17)

Lilian: Hello, thank you for being here with us.

*And who might you be?*

*Lilian didn’t hear this at first and Sarah repeated it for her*

Lilian: I’m sorry, I’m a bit death—more than a bit.

*I don’t need to know that information.*

Lilian: No, but it shows you that I don’t always hear what people say—I’ll try a little harder.

*Well, I certainly didn’t ask you to listen, did I?*

Lilian: My name’s Lilian, if that’s any help, can you tell us your name?

*No, I will not!*

*(Background chuckles—normally laughter during rescues is rare, but this one was different)*

Lilian: That’s not very friendly.

*It isn’t, is it? I will not be told what to do.*

Lilian: Do you know where you are?

*Of course!*

Lilian: You do—you know you’re sat with us, in a room?

*With us? Who’s us?*

Lilian: Oh, there is a room full of people here.

*Well they’ve got no right to be here.*

Lilian: Where do you think you are?

*In my chair.*

Lilian: Right OK, so did you ever think what would happen when you die?

*Well of course everyone does, don’t they?*

Lilian: Yeah, what did you think?

*Well, not a lot.*

Lilian: You thought it was the end.

*Of course it’s the end! If you’ve died, it’s the end!*

Lilian: You didn’t think of the spiritual side of you?

*No, I don’t believe in all that stuff and nonsense.*

Lilian: Well, that’s what’s happened to you, you’re sat in this room with us and our job is to help people like you that hadn’t even thought about another life when you die—that’s what’s happened.

*Deep breath*

*I’m really losing my patience!*

Lilian: Well join the club! Yes, I wish you'd give it a thought, because this is really quite serious and I don't want you to go away and not know where you are.

***You're quite a force, aren't you?***

Lilian: I tried to be—I think you are to.

***I think I may even get to like you.***

Lilian: Yes, good, but no, seriously there's the physical side of us which you've left...

***And no good to anything either!***

Lilian: And then, there's a spiritual side, and you now belong in the spiritual side of life—call it heaven if you like.

***You sound like that silly old vicar down the road.***

Lilian: Well, no, forget the vicar. Is there anyone you'd like to see? Someone that's died before you, and I'll bet you, you'll see them waiting—someone you were very fond of?

***Well of course, I would wish to see Sir Henry, if I could, but I'm not sure that will happen.***

Lilian: I think you will.

***You do?***

Lilian: Yes, positive, now you're feeling very well—no aches and pains, **(No)** all that's gone ***That's true.***

Lilian: And if you look ahead of you, you should see a light, maybe small to begin with, but it's growing.

***I do hate to be told off.***

Lilian: Well just listen and you'll be pleased at the end.

***Ok, I really rather like you.***

Lilian: In that light, **(yes)** who and what can you see?

***Well, it's blue in the centre.***

Lilian: Carry on looking.

***Yes, yes it's very bright, I feel like I want to go there.***

Lilian: That's right, and you'll probably see someone in a moment—Sir Henry?

***Well, I would like you to come with me.***

Lilian: Well, I do have a few more jobs to do, like helping people that didn't believe in Spirit, didn't give it a thought, but we all go the same way.

***So what's on the other side of the light?***

Lilian: Well I'm hoping you'll see your friend, or your husband or whatever.

***My friend? How disgraceful!***

Lilian: He was your husband, was he?

***He was my husband!***

Lilian: Ah right, well I'm hoping he's waiting to help you; he should be there waiting for you.

***Well I can see some movement, and I am, I am keen to go forward I think...***

Lilian: Yes, that's good, that's all we need to know is that you're gonna go forward. Your Earthly life is finished with and, you'll live another life in spirit. In other words we can't really die, it's just different—you're going *Home*—a lot of people call it 'going home', where you belong.

***Well, I'm happy to be going home.***

Lilian: Good, that's the main thing.

***Well I do, I really rather like you, (Good) so I will go.***

Lilian: Well, thank you for listening and I hope you'll be happy—I know you will.

***What is your name?***

Lilian: Lilian.

**Lilian, yes, not a bad name.**

Sara: What about your name?

**No matter! I don't like to be spoken to like that. I do not give my name, unless it is to Lilian.**

Lilian: Well, thank you for that, **(yes)** but we're happy to see you go, that's the main thing—we've done our job.

**Someone said I was rude, how dare they? By the way ...**

Lilian: We go on very well, didn't we?

**Yes, and tell whoever asked that my name is Catherine**

Lilian: Catherine, **(yes)** oh I've got a granddaughter, it's a lovely name.

**But I really mustn't stay, I have to make haste, I can see them calling me now.**

Lilian: Lovely.

**It is lovely, yes, goodbye Lilian.**

General goodbyes to Catherine and as Jan pointed out, as she was married to Sir Henry, she was actually Lady Catherine; and everyone congratulated Lilian afterwards with another rescue extremely well guided home.

## The rescue of a lady who had died at the age of 102 and met by her daughter

Rescue via Eileen. The mask might have been a party mask. (22/1/18)

Lilian: Can I help you?

**I've been calling for you—how dare you ignore me. Take this off my face.**

Lilian: Yes OK, can you explain what you've got on your face? Is it a disfigurement?

**No, a mask.**

Lilian: A mask—and it's very uncomfortable...(Yes) OK, now you'll feel my hand on your face and I'm going to lift the mask, OK?

**That's better!**

Lilian: That's better is it? **(Yes)** Good.

**And I need the commode.**

Lilian: Well, I think we can help you there too. Try and get a little bit calm.

**I'm not calm, I'm annoyed!**

Lilian: Oh! Well, we're here to help you. Had you ever thought what would happen when you die?

**I keep saying I want to die.**

Lilian: Yeah, I can understand that. Well, I want you to think about this—something has caused you to die. You're talking to me from Spirit, you're in Spirit, but I'm still on the Earth...

**I'm talking to you, I'm talking to you. How can I be in Heaven when I feel like this?**

Lilian: Well, when you understand where you are, somebody will explain it all to you.

**Well, they're taking their time, that's all I can say. I can't do it, I can't do it, I can't do it.**

Lilian: I bet you can!

**I can't do it.**

Lilian: Yes, if you look ahead of you, you'll see a light—perhaps just a small light to begin with, but it will grow.

***Where is the damn thing?***

Lilian: (*Chuckle*) You look *ahead* of you—you've got a good sense of humour.

***No, I'm just annoyed, just annoyed.***

Lilian: Look for the light—look ahead of you.

***My eyes aren't very good.***

Lilian: Yeah, but you'll see it, because you're getting help, you're getting help from people in Spirit—those that have gone before you and they will help you. So when you see the light...

***Oh, I'll be blessed!***

Lilian: You can see it? (***Oh yes!***) Good! Keep looking and then tell me who you can see. Someone that you know will be waiting.

Jan: I'm being given the name Florence or Florrie?

***Oh! Florrie's my daughter.*** (Is it?) ***Yeah.***

Lilian: And she went before you? (Yeah.) Well she's waiting for you.

***I'm no spring chicken you know.***

Lilian: How old are you, can you tell me?

***102.***

Lilian: Oh my word, you have lived a long time; but your daughter, you go towards her, she can explain what to do.

***Damn shaking, why won't it stop? I want to go, I want to die.***

Lilian: Yeah, that's gone, you're not shaking.

***You wanna come with me?***

Lilian: Your daughter will take your hand—put your hand in your daughter's, and she'll take you and you'll be fit again.

***It doesn't look like my daughter, she looks too pretty.***

*Giggles*

Jan: Ah, she's younger...

Lilian: You happy to go?

***Ah, I think I'm dying now.***

Lilian: I think you've died already, but you just didn't take that step to go to Heaven.

Di: You didn't realise that you'd died.

***You're a good little girl—I'll remember you.*** (Good.) ***Yeah, I won't need a commode now.***

*Giggles*

Jan: No, definitely not.

Lilian: But you'll start to live in Spirit, you'll have a Spirit life.

Jan: And you've got your wish...

## Betty - an elderly lady who had an accident

A rescue via Sabine. (19/2/18)

Jan: Hello.

*Breathing heavily*

***Oh, there is somebody here.***

Jan: Well, yeah we're here, sorry.

***I'm out of breath!***

Jan: Oh dear!

Di: Have you been running?

***No, I don't run! Running is for fools! Who could even think about doing that!***

Jan: What were you last doing, to make you out of breath like this?

***I was going up the stairs!***

Jan: Oh dear. I am going to change places with the lady and I'm going to get the lady to come and help you, OK?

***OK.***

*Lilian then moved closer and dealt with this one.*

***It's all dark, I think my light may have broke.***

Lilian: Ok I am here to help, I will put my hand there, try to calm down a little and your breathing will get better.

***It's so cold.***

Lilian: Yeah, OK, you should be feeling a little warmer, as I'm giving you a little rub there.

***I was just getting a bit of coal.***

Lilian: Can you tell me how old you are?

***Yeah, my birthday is tomorrow.***

Lilian: You will be?

***I'll be 86.***

Lilian: Right, it is quite a good age, isn't it? ***(Yes)*** Is it getting easier?

***My ears hurt—behind my ears, there's something warm in there. Can you touch behind my ears? Yeah, right there.***

Lilian: It should be easier now.

***It does feel wet! Oh my hands, feels like there's ants in my hands.***

Lilian: But your breathing is getting a little bit better.

***Yeah, but my body is not right.***

Lilian: No, no. Did you ever think about what would happen to you when you die?

***When you die? I don't know.***

Lilian: You never thought about it?

***No, you just got to get going. But this body doesn't work anymore. Oh my hands, they're just all fizzy and buzzy—I don't know what to say.***

Lilian: It may be a little bit of a shock but you'll soon recover. Something has caused you to die, maybe falling on the stairs or something, but you've died and you couldn't figure out where you were. Did you ever think about a life after death?

***After, after what?***

Lilian: When we die, our spirit goes back to heaven.

***Do I have to drag this body with me? It doesn't work anymore?***

Lilian: No, we leave the physical body behind and the spiritual body will be absolutely fine.

***So I don't have to worry about my hands?***

Lilian: No, because you will be fine. Do you accept what I am saying?

***Ok, I'll try.***

Lilian: Good, that's good. Now, what can you see ahead of you? Can you see a light?

***No, it's all dark in here.***

Lilian: OK, slowly, you'll begin to see a light and it will all become light.

***Oh, I can see my body on the floor!***

Lilian: Well, you're leaving that behind.

***Oh, doesn't look comfortable. Can I just change it's position a little bit?***

Lilian: How would you like to change the position?

***Well...***

Lilian: You are thinking of your body, you are not quite accepting.

***Well, I'm out of it.***

Lilian: You know you are out of it—is there anyone that went ahead of you, who's died before in the family that you would like to see again?

***Oh, I would love to see Charlie again.***

Lilian: Well, there you go, so if you still keep looking ahead of you. Forget the body you've left, think of the body you are now and you will see Charlie—he'll be waiting.

***He's always very slow, maybe he is a little late?***

Lilian: He'll be there.

Jan: I have the name Flo, F-L-O, Flo.

Lilian: Is that your name?

Jan: I think there's somebody waiting called Flo.

Lilian: I'm sorry, I didn't say, what's *your* name?

***My name is Betty. And what's your name?***

Lilian: Hello

***Hello Lilian.***

Lilian: I'm just here to help you.

***Are you still in your body?***

Lilian: I am

***At least it's in a better position than mine.***

*Chuckles*

Lilian: I thought you left that one behind.

***I did—you asked me to.***

Lilian: Who can you see?

***No one, there's just you and me.***

Lilian: Give it time.

***Well it's comfortable to be with you.***

Lilian: There should be a light, and someone will appear in the light.

***Somebody's pulling my hair!***

Lilian: They're behind you.

***Maybe I should turn around. Ah, there you are!***

Lilian: Is it Charlie?

***No it's not Charlie.***

Jan: It's Flo.

***No I don't think it's Flo. Or is it? I think she's changed. Did you change your hair?***

Jan: She's now appearing to you as a much younger person. ***(She is)*** Like the person in the past.

***Yeah, that's why I couldn't recognise you! Oh, can I come just like you? Then we can walk around like we used to when we were kids?***

Jan: I'm sure you'll be able to do just that.

***That would be so much fun, do you remember that time, when we walked around, in the town?***



Lilian: I think there's better places than the town for you now.

***Perhaps, yes, I'm sure Flo will show me, she always knows where the best places are.***

Lilian: She can help you understand where you are and all about spirit.

***Alright—Lilian, it was nice to be with you, but I've got to go with Flo now.***

Lilian: Good. And you'll be fine.

***Yeah, good bye Lilian.***

Lilian: Bye bye.

## Instruction on how to lead a rescue

With Jan and Lilian away this week, it fell to others to take this rescue via Sabine to its conclusion. However, Eileen had to step in to help calm the situation. She demonstrated that discrete touch can be used to give extra reassurance followed by leading the conversation away from the situation as quickly as possible. (26/2/18)

***Excuse me...mmm...excuse me!***

Paul: Yeah hello.

***Is there somebody here?***

Paul: Yes, we are here, welcome to you.

***Who? I can't see you. Can you talk?***

Paul: OK, we're here now, so, welcome...are you OK?

***Have you seen my truck?***

Paul: Seen your truck?

***Yeah, my truck, you know a big yellow truck.***

Paul: No, I haven't seen it, but...

***The one.. .I go through town here every day?***

Paul: OK, what's the last thing you remembered then?

***HAVE YOU SEEN MY TRUCK?***

Paul: No, we haven't seen it.

***(Asking someone else) Have you seen my truck?***

Di: Sorry no, when did you last see it?

***I'm just looking for my truck.***

Mark: Is it a real truck or a toy truck??

***What do you mean a toy truck! A big truck, like a truck on the road.***

Mark: So were you driving it?

***Well of course, what would I want to do with my truck?***

Mark: You may have had an accident...

***An accident?***

Mark: You may have had an accident...

Paul: That's why we were asking what's the last thing you remember, do you remember feeling ill or having any pain or anything?

***No, no, it was such a beautiful day, the sun was blazing very, very hard, it was hurting my eyes. Very strong sun.***

Mark: Do you think...

Paul: Right, it can be quite blinding when it's very strong like that, so...

***But, have you seen my truck?***

Paul: We haven't seen it, but it's quite possible...

***But all I'm looking for is MY TRUCK!***

*(Starting to cry) If I don't return it, I'm going to be in trouble!*

*(Eileen then came over and held hands, which had a calming effect)*

Eileen: No, keep calm, keep calm—just listen to what we are going to tell you, OK? Listen—what's your name?

***Evan.***

Eileen: OK Evan, now, the last thing you remember is that you were looking for your truck, OK, but don't worry about that, because we think what's happened, what you believe, when we die what's happens? Ok, you're OK.

***Well, we go to our ancestors, but I don't know them!***

Eileen: You don't know...that doesn't matter. Look ahead and just keep listening to what I'm telling you, OK? We think that you may have passed over, OK? And there is a big white light ahead—can you see it? Just keep looking, just keep calm, just keep looking. Who do you know in your family who's died?

***My little brother.***

Eileen: Your brother, what's his name?

***Ben.***

Eileen: You call for Ben, and look to the light and you'll see Ben, I promise you'll see Ben. Keep looking, is the light there yet? Well it will be—just keep looking—you're feeling nice and calm now, aren't you?

***I can feel Ben, I can't see him though.***

Eileen: That doesn't matter if you feel him, that's lovely; just keep looking into the light, and there'll be other people there to meet you, OK? It doesn't matter about your truck, just look for Ben.

***But if I don't return it, I'm gonna be in trouble...***

Eileen: No, you won't be in trouble, we'll sort it out for you, we'll return your truck, there's nothing to worry about. Ok?

***Oh, there's Ben on his tricycle.***

Eileen: You can see him, can you? ***(Yes)*** Yeah, and he's smiling at you, he's glad to see you.

***Yes.***

Eileen: Yes, he is. Would you like to go and be with Ben?

***Yeah, I'd like to go and be with him.***

Eileen: You feel happy to go? Don't be afraid, everybody is there to help.

***Ok.***

Eileen: OK, I'll leave you to be with Ben.

***Thank you.***

*Eileen then gave feedback about how it's important to be quick when doing rescues; this one had begun to get distressed and that was when Eileen got up and held hands for extra reassurance. She added that Lilian takes them away from their situation fairly quickly. With Lilian and Jan away, this was an opportunity for others to be used more and Eileen suggested we may all receive something this evening, even if it was only a single word, and it was important to speak out, even if some felt shy. Some then shared images that came to their minds. Eileen saw the eye of a needle and a Bible, reminding her of a Bible quote: "It is*

*easier for a camel to go through the eye of a needle than for a rich person to enter the kingdom of God."*

## Lost at sea

Later in the same evening, there was a second rescue via Sabine. This time the group took Eileen's advice and tried to steer the spirit away from boats and food, but he struggled to concentrate on what was being said. The group also tried asking for the spirit to touch his hair to demonstrate that he was speaking through a lady. Eventually it took a little clairvoyance to close the rescue, as has happened many times in the past. This time it was the mention of a name. (26/3/18)

***Hi, is there somebody here?***

Paul: Yes, hello.

***I didn't know I was not alone.***

Paul: Right. No, we're here, you're not alone.

Where are you?

Di: We're in a little group.

***I'm at sea.***

Paul: Ah, perhaps you *were* at sea, but you're not at sea anymore.

***Well I'm on a boat.***

Paul: You are in a room, in a house at the moment. Perhaps you have been on a boat, but you're no longer there, that's your last memory. I'm afraid...

***Do you have something to eat?***

Paul: There's nothing to eat at the moment, but don't worry about that now, we'll find you something, ***(But I'm hungry)*** that can be sorted out shortly, but the important thing for you to know now is that something may have caused you to die.

***To die?***

Paul: Yes. It's probable that an accident may have happened on the boat. What did you believe...

***Well, there was an accident on the boat. (Right) so I went on the little side boat, in the safety one.***

Paul: Right, yeah.

***I went earlier on on it. I'm very dizzy...***

Paul: As you can see there's no...

***I'm so hungry!***

Paul: If you could just bear with me for a minute.

***Do you have food?***

Paul: The food will be here shortly, but...

***Or I'm gonna die!***

Paul: ...For now, it's important for you to know—what did you think happen if you died? Did you have any belief?

***Come back to dust.***

Paul: Right. The very fact that...

***But I will get back to dust if I don't eat.***

You're talking to me know shows...

***So I'm alive***

Paul: ...that it continues. There *is* the life that continues—your body, is now no longer there, but your spirit continues, so whether you call it, '*going to heaven*', to a new life, I'm here just to help you to move on to that new life, do you know anyone that's already passed away, died? A friend, or family?

***My Mama.***

Paul: Right, well, if you look, you may see a light? Can you see a light? Maybe just a little speak at the moment?

***Do you have just a little crumb or something?***

Paul: Well, if you look to the light, you may find you recognise someone, in that light. And they'll find you some food.

***They will? (Yeah) You don't have any for me?***

Paul: I don't have it, but if you look to the light, you should recognise someone. Can you see a light now?

***No.***

Paul: Have a good look around.

***I'm looking for food, you said there would be food in the light—I can't see it.***

Eileen: It's a man—is he a man?

Paul: What's your name?

***My name? You give me food and I give you my name!***

Paul: As I said, I haven't got it, but if you keep looking, just keep looking ahead of you, try to forget about that just for the moment and try focus on—you should be feeling a bit calmer as well by now. Maybe a little bit warmer.

***Not really.***

Di: Can you see a light anywhere? You should be still looking for a light?

***I'm looking for food!***

Eileen: Why were you on the boat?

***Yes, I am on this little boat.***

Eileen: Are you a sailor?

***No.***

Di: Were you on a big boat and there was an accident so you had to go on a life boat.

***That's right, that's correct.***

Di: Were you by yourself on the life boat?

***Well, there were 2 other people, but they just jumped over, one of them died and I pushed him over because there were too many flies.***

Eileen: You're a gentleman are you? ***(Yes)*** So if you believe what Paul's been telling you, reach up and touch your hair. Feel your hair.

***My hands can't move.***

*(Her arms were gently lifted)*

Paul: Here we are. You'll see...

Eileen: Yes, you're using a lady.

***Well, I don't have long hair like this!***

Eileen: No, you don't, but you're using a lady's body so we can speak to you.

***Oh, where am I?***

Eileen: Yes, just listen, listen to Paul.

Paul: If you your arms there, you'll feel you're in a chair now. You're not even on that boat anymore; you're on a chair, you're in a room that's perfectly warm, you're not at sea anymore, and you should be able to feel...

***Well, what's happened? Is that because I pushed that lady in the sea because she was full of flies?***

Paul: No, you're not at sea anymore, you are in a warm room, you are sitting in a chair.

***Yeah, but I don't feel safe at all!***

Eileen: But you are with a group of people who are here to help you, so just listen to Paul and he'll explain what happens when you go, when you die.

Paul: So now that you're not at sea anymore, you don't need to worry about those things, it's time to move on now, move on with your life, and the way to do that is to look ahead of you, look ahead of you and see what you can see. What can you see now?

***Nothing.***

Paul: Ok, is it dark?

***Yeah it's dark, there's just nothing.***

Paul: Is there any patch of light...

***No, I don't want to be in that women's body, I want to get out.***

Paul: This is just so that you can talk to me, this isn't for long, as soon as you can see ahead of you a lighter patch, a bit of light, we can get you home, to where you need to go.

*(At this point Natalie got some clairvoyance, which really helped)*

Natalie: I have the name Erik.

***Erik? You know him?***

Natalie: You know Erik?

***Of course I do, but you know him too?***

Eileen: Yes, yes, yes.

Natalie: Erik is waiting for you.

***He is such a fine boy, isn't he? I really love him, but I couldn't tell anybody.***

Paul: So there you are in the sense, Erik is waiting for you, maybe you can *feel* Erik if you can't see him, maybe you can feel him.

***Yeah, he's over there, he's waving at me. He is saying it's OK to come.***

Paul: Are you ready to go with him?

***I guess so.***

Paul: You're happy to go with him?

***Yeah.***

Paul: OK, well done. And your journey will continue with Erik.

*We thanked Natalie for her timely piece of clairvoyance and discussed the rescue and how sometimes you need to get them to 'feel' those coming to help their transition, if they are unable to see the light or those around them.*

## [Rescue of a profoundly disabled person](#)

After the two previous rescues, this one went more smoothly as Paul was able to steer the proceedings. (26/3/18)

***Can someone turn the light on? I can't see anything! Is somebody around here? Is there somebody there?!***

Paul: It's all right, it's OK.

***I can't see anything!***

Paul: We can help you know. So ...

***Are you somebody that can help me?***

Paul: I'm here to help you.

***Do you know my disabilities? Do you know how you have to take care of me?***

Paul: Well yes, we'll sort that out, but just listen for a moment. Something has actually caused you...

***Well I need to be picked up, because I can't be sitting on my bum on the cold floor! Can you please lift me up?***

Paul: Don't worry about that *just now*, just listen to me. We're here to help you, help is coming, you're gonna be fine.

***So, you don't know how to help me?***

Paul: Well, I am here to help you, it may not be exactly the same help as you're used to, but, believe it or not, it's a very good help, and if you just listen, you'll understand. There's something that caused you to die.

***To die?!***

Paul: I don't know if you had any belief, did you have any belief in life after death?

***Why would I think of that! It's already hard enough to think about of what's going on here now!***

Paul: Yeah, but what happens when you die is, live continues and, it's important for you...

***Continues, in the same condition?***

Paul: Well, you'll find out, there's wonderful news with that, eventually you won't need those conditions, they will go...

***Just like that?***

Paul: If you can begin to feel, you may begin to feel, even now, the beginning of a little bit better. Healing can start as soon as you're calming down.

***Yeah, I can feel my shoulder; can I move them?***

Paul: Well, it's not instant, it'll take a little bit of time, but you've just got to be patient with yourself, and you'll find that, in quite a short time really, all these things will disappear.

***So will I be able to walk as well?***

Paul: You *will* be able to walk.

***And be able to see?***

Paul: And you *will* be able to.

***Really?***

Paul: In fact, you may... is there someone who's already passed on, who you were close to?

***Gabriella.***

Paul: OK, so quite possibly it'll be Gabriella who you will begin to feel, or maybe you will even see a little light, a little speck of light or maybe you'll just feel someone approaching.

***Not yet; but will I be able to walk again?***

Paul: Yes, you will, in time, yes.

***Don't move your hands, don't move your hands.***

*(Paul's hands were on top of Sabine's)*

Paul: So, who was Gabriella?

***Gabriella? She was my lovely caretaker. She was looking after me.***

Paul: Right, lovely.

***But, unfortunately, she passed on.***

Paul: Right, so she may well be there now, she'll be able to tell you *all* about it, and she'll be able to help you.

***That would be nice to see her again. It's not a joke you're telling me, are you?***

Paul: No, absolutely not, I'm here to help and to point you in the right way, for your new life. So maybe, can you see any light at all? Looking ahead of you?

***No, not ahead, but...***

Paul: Or to the side?

***Yeah, right over there, there...***

Paul: OK, so if you focus on that light, it will begin to get stronger.

***Oh, she's coming, I can see, she's running to me.*** (Good) She'll know how to pick me up, so you won't need to do it.

Paul: Right.

***But thank you for calling her for me.***

Paul: So, you're happy to go with her now?

***Yeah, yeah...***

Paul: You'll begin your good journey. Ok.

***Thank you.***

Paul: Thank you.