

5. Alone – we are never alone!

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We are surrounded by willing friends and helpers

We have been reminded of this wonderful truth many times. We may be lonely in the physical world, but we are surrounded by unseen friends and helpers who are always ready to help when asked. Their influence can transform the direction of lifetimes and always for the better, if only we would go within and listen. We are also reminded that we need to ask for help. Without asking, help cannot be given as it would be deemed interference.
(24/5/04)

Lilian: Every problem that comes along we try to think of the spiritual side and the whys and the wherefores.

Yes, that is as it should be. Ask and you will be given—not only by me my dear friends—do not forget those who stand close by you at all times. Remember those dedicated souls who you may never know by name in your lifetime, but they are always with you. To them I say, give your daily thanks, because no matter what problems you encounter, they will help and uplift you.

George: We do appreciate their presence very much.

I of course am always with you, but as you know all of us cannot interfere in your lives, but we can help, and we can uplift and we can guide you; but ultimately all choices are yours.

Margaret: Thank you for the help I get.

George: It's wonderful to feel that we are not alone in any way.

No-one is ever left alone, even those souls who *feel* that they are all alone, are never by themselves. It may be more difficult at times to uplift those who have gone deeply within themselves, who have no knowledge of Spirit; but they always have someone with them.

George: Certainly, people sometimes are driven by various means to deep depression, (Yes.) sometimes with very sad results, (Yes.) but I cannot begin to imagine how those who stand close feel about that in those very depressed times.

Yes, of course they can become engulfed within the sadness that radiates from the human being, but they have the ability to withdraw and to *find* that peace to which they belong, in order to return to help those most in need. And remember, there are many, many, many who are willing to come to your earthly plane, to help those in despair and great need.

George: And those in despair really only have to *ask*...

Yes, if only they would use that one word, and to know that the help will always be there.

Miracles can and do happen

Ashlea and Natalie had just returned from a skiing holiday during which time they became separated and one got into an awful situation perched above a remote frozen river well off-piste and unable to move for fear of falling. Dusk was approaching. After quite a long time, Ashlea became convinced that something was wrong and summoned help to find her cousin. Again, we are reminded that we are never alone. (20/2/06)

Graham: I was wondering if I could ask a question on behalf of these two younger ones who are with us this evening? **(Of course.)** They had an experience a few days ago which seems to have touched both of them. During their skiing holiday, Natalie here got lost and she ended up in a place where she was very lonely and afraid, and she asked for help and she felt as though someone was with her. My daughter here (*Ashlea*) was also part of that drama and she played her role in it. They both feel as though things happened which they both described themselves as miracles, and I was wondering if there was anything you could say about that experience to them?

Of course, I am happy to speak with these young energies. We know of course that the one you call Natalie has already made connection with us here within this room. Once that connection is made, it cannot be severed. As every individual who has entered this room knows, when you make a connection with our world, you are in fact uniting with your own spirit, and therefore at all times you are closer to our world, and when instances of fear or whatever emotion lies within, then those who stand close to you will come close to help you. What these young people do not fully understand is that they are *never alone*. It is entirely up to every individual to allow us in our world to come close to you. But sometimes, because of the strong emotions and the ties to the material world, it blocks our efforts to *help*. But what should happen now is that these young people learn and get to know themselves, and when that happens then their spirit is opened up to us in *our world*, and that connection will always remain with them.

Graham: Thank you for that answer.

George: Yes, I'm sure they will both note that well.

Yes. There is a good energy between them; it could be utilized if they so desired, but they have a lot of material living to do. But if they could only recognize their true selves as spirit, then life for them—I will not say will be easy, that is not for me to say, but their lives will be enriched in many ways, and I am sure it has demonstrated to them that they are *never alone*. It should be a comforting thought for them to know that you do not always need the human touch to feel comforted.

Graham: Thank you, that's very interesting.

Natalie/Ashlea: Yes!

Graham: My daughter was a little nervous about coming and she has been apprehensive for a while, but I'm so pleased now that she has made the step.

Yes. This young one could do much with the pen, but I will leave that with you and perhaps words of wisdom will be listened to and perhaps if she so desires at a later stage that she might find a connection close to her. It is not for us to tell each of you what you should do. You know that has never been my purpose, but I also wish to encourage and uplift anyone who wishes to receive help from spirit.

Another reminder that we are not alone and should never feel alone

Encouragement has been given many times to members of the group. We sometimes need reminding! No details are given, but it just serves as another example of how we all receive loving support when we need it. We must also remember to dispel those negative thoughts. (7/4/08)

All: Good evening.

As I join with you this time, I would like to begin by just saying to our dear friend, the one known to you as Jan: I give you some upliftment this time (Thank you). Sometimes you allow your fears to overwhelm you. I am here to say to you: Do not be fearful, because we are round and about you at all times.

Jan: Thank you. What has sparked this? Is it something in my everyday life that I'm fearful of or is it a spiritual matter?

Sometimes you are fearful of *life*, but you are beginning to overcome that, but just sometimes you do allow it to overwhelm you. I know you understand...

Jan: Yes, I do.

...but we wish you to know that you are never alone.

Jan: Have you been aware that I've been calling on you personally just recently?

Do my words not verify this for you?

(Chuckle)

Jan: Right. Well that is so nice to know. You hear everything I think, because I haven't spoken them out loud (**no**) but I've asked for your protection.

There is no need to outwardly say the words. You know that all thoughts reach us, and I will always endeavour to help each one of you if that is how it should be. Of course, I cannot ever interfere with your pathways, but we can help in many, many ways.

Jan: I know that you're aware when I asked for protection on two occasions in the last couple of days and I did have an overwhelming sense of calm come over me and I knew nothing would happen to us. But I have realized today that I don't need that 'fear' on this particular—and you obviously know what I'm talking about (**yes**)—and I believe that the animal in question has come to us as a real gift and I really do thank spirit for bringing him to us.

Trust in us. That is all you need to guide you. Each one of you must give of yourselves, allow those thoughts and feelings and offer it to that great divine spirit, or whatever name you wish to give to that universal love. No matter what you call it, allow it to go and you will always have an answer for your questions. This applies to each and every one of you.

Jan: I know you've said this to us so often, but you have to actually experience it first hand; and now that I have, I don't feel as alone (**yes**)—I'll never need to feel alone.

You never are alone. All of you have many who stand close by who are waiting to help and to uplift you in your everyday lives, but so too must you not believe but *know* that that help is there for you. It is not a belief system, but it should be a deep *knowing*, a knowledge that we are always there for you when you are in need.

Jan: Well, if there were any doubts before, I don't have them after this conversation, and I promise you I will do everything within my power to expel those negative, fearful thoughts. **Those words from you are most welcome and I know that it has helped you in your understanding.**

Jan: It has, thank you very much.