

Hello. Many people connect to their people here and ask the same question time and time again. "What do I need to do to make this process of communication easier?"

Some of the teachers here will suggest a few things that might help. But the teachers are aware that the parent isn't taking it in. If a teacher suggests ten things to the connected person, more or less every time they appear to only hear the one or two things that suits them at the time.

We still believe its a worthy cause, to spend time sharing ideas with the earthbound student. We know that if they hear the same ideas time and time over, one day they'll be ready to hear the advice.



You are one of the worst type too. How many times have your earth tutors given you ideas and you've chose to selectively pick what suits you?

I'm not complaining. Truth is we all have done it at some time in our journeys. Eventually if we all cotton-on to the advice and then act upon it. Quite natural, it would appear.

I wonder. What if I were to share a few pointers with you, and your readers right now? Would that be useful? Perhaps treat these as a personal check-list to follow and reference once in a while.

Write these down and please, only write my words.

① Write on a paper what exactly it is you want to change with your spiritual involvement. Write the details in full and take your time doing it. Adjust it, if necessary until you are happy you have your statement correct. Don't worry, this is for your benefit - not others.

② Write on the back of that statement what it is you believe you need to do to bring that statement into fruition. Remember, you will most likely have to make trade-offs. Less pub or telly time perhaps. An extra hour in the morning or evening devoted to this statement. Those first two exercises are the

most important-

③ Write a list of your weaknesses regarding this work - What things you can do and those things you can't. A piece of advice - don't include anything about your abilities to connect with us - that is a by-product of your work

④ Make a decision to trust, once and for all, that you are as good as any other person doing this work with us.

So, on your paper, perhaps you only need to write a reminder - such as "I trust my abilities"

⑤ Your final item for your list write the date and the time and make this the starting point for this new phase in your

journey.

That's it. There's no magic. All you need is a purpose and course, and a determination to open yourself for the work ahead.

This medium was uncomfortable writing this list. He wanted to add his own interpretations, but I stopped him. Why? Because this list is for everyone, including him, and there are areas of improvement he could do to one or two of these list-things.

You may be thinking that I've made it sound all so simple and for that I apologise. The steps are simple, but each will take time. The nitty-gritty

things, such as bonding with your own spirit a little closer, trusting you have people from this world with you. Clarity of mind and vision, and other techniques can be learnt along the way. Your teachers are all capable of helping you with that.

What I have shared with you could be considered as your road map, your direction forward.

As this medium knows only too well, we're not always keen to advise, even though you ask so often. So on this occasion it was decided I should wipe the slate clean and reset your journey if you should need it.

One of the biggest lessons my connecting mentor has learned so well over the past few years of his time is to trust himself. He does that so well now, as I am witnessing as he pens my words.

Many of the recent speakers that have spoken through him are good friends in my community here. They are loving, caring and beautiful individual souls that want nothing more than for you to realize that life is eternal, and wonderful. Have a lovely journey. I'll come back and speak again soon.

Goodbye, and good luck with your lists

