

You often sit on the power waiting for some inspiring thoughts about what it is you should write.

I'd have thought by now you have learnt that whatever you think about is never going to be the subject we choose.

This desire of yours does reflect your doubt in us and our abilities to bring you words of our own.

When you next sit, try and just focus your mind on shelling itself and leave the rest to us.

This problem is not just

one you display, but all mediums also. Mediums have this wanted desire to want to interpret everything into their own words.

I am fully aware that to a little extent they will need to do that, but if they were to focus more on their connection, rather than the composition of the message, their spirit channel would naturally work more clear and surely.

This habit is one of misfocus. Not working in the

might area of their connection.

You see, how all these words you are writing are from me and not from your own mind.

Yes it does frustrate us at times. But it shows where the person needs to be educating themselves. Usually we are able to direct the appropriate learning in their direction.

We've often told you and your readers that meditating in itself is a simple practice. The

complications and the difficulties come with getting the medium to stop over complicating the process. Of course, there are other elements that have to be in align for a good connection on both sides of the communication. But many of those would naturally fall in place if the medium, and the spirit connect for that matter, were to keep their focus on strengthening the connection.

I have a question for you right now. How do you

knew these words are from me
in my realm? You've come to
trust, correct? You do so without
question. You follow your
connection mind and you
don't question, right? Yet you
still worry that the message
may not come through.

I was never a medium on earth.
I would have found it too
difficult to free my mind
and give away control of it.
But when I came here, I
wanted to learn more
about it, because here, I
obviously know that life

continues.

On earth, teachers would have been wasting their time with trying to get me to learn the process. You see how I just let you know I was a lady while you were working my words. You're getting better by the day.

Recently you've showed great advancement in understanding many of the more challenging details of life this side. Good for you. There is so much more

knowledge you will gain doing
this work.

You do still retain a little
too much curiosity about
who you are listening to.

You still insist on seeing us
in your mind's eye as
people. We are not. We present
ourselves as that form when
needed to, but we are now
a somewhat different life form.
Yes, you're thinking the
taken the lid off another
corn of words. Just accept
what I tell you for now
and don't worry about the

details.

Now, let what I've shared with you today be a lesson you will take heed of.

Go do something else and when you read my words in the future you will understand them more.

Goodbye.
