

You asked for our reassurances,
Trust is all you need. We are
with you and we're as soon
as you set your intent.

I want to ask you a question:
What is it you want to hear
from us when you sit?

Don't worry, I'm not testing you,
like you do with us all the
time. It's just a question for
you to establish the answer to
in your mind. We want answer
it. Just you.

Write down what you hope to
hear from us please.

(ME) Reassurance and guidance.
Peace of mind for my
turbulent thoughts.

Good. That was easy wasn't it?
These are truths that everyone
seeks, even us this side.

Every life form seeks
reassurance from the moment
they are born to the earth.

From the touch of a mother's
hand, from the scent of
the parent, from the impressions
surrounding them. Reassuring,
usually wrapped in love,
comfort and peace of knowing

that somebody, or something, is
then caring, by their side during
the journey ahead.

Guidance is a two edged
sword though. Seeking guidance
alone is not enough. To
be guided needs an interaction
to be available. To acquire
such guidance also requires
a trust and a knowing.

Do you, my friend feel
reassured that we are
working with you? Do you
therefore accept that
any guidance we might offer
needs to, first be heard, and

second, be acted upon. Otherwise there would be no point, would there?

You describe your thoughts as turbulent. What do you mean by that? Because whatever your belief is about turbulent thoughts, let me assure you here and now, with complete clarity, your mind is far from turbulent. Your mind is active, and surely you'd prefer that, to the complete opposite state?

Take a step back for a moment. Look at how far you

have come. Here you are writing
our direct words to you. Would
you have ever thought that
possible a few years ago?

You've come along way. You've
listened, been reassured and
become trusting. Should you
not be proud of that? Does
that alone not offer you any
reassurance?

Your thoughts aren't so
much as impulsive, more
scatty at times. Learn to
focus ahead better than you
do. Look where you intend
to go and don't take your

eyes off it. Up hills, down
dales, over rocks and
boulders, rough seas and through
fire, just keep focused on
sought ahead.

If you're off course by
any large degree we will
tell you. Be reassured.

Take a few minutes to think
on my words now.

Goodbye dear friend.