

You can work, I am ready. I'm sorry, I think I was speaking over your opening prayer. I'm sorry.

Well if you don't mind, I wanted to talk to you about Christmas. And I'm aware you are on that lovely island of Lanzarote for the period. How nice!

Have you noticed how people's attitudes change subtly during the holiday season? People become friendly, well, friendlier than normal. They show this as an exterior expression as well. The usual stresses and strains of life take a back seat. Put on hold for another day.

Yet at the same time there are those that remember somebody they've lost to this world during

such times. It is these people I want to focus on. You lost your mum to our world on Christmas day, so you do have some personal experience.

The sadness is felt as if a little stronger than normal. A day like Christmas that comes around every year. A time of celebration, fun, food and letting the world drift by, without a care in the world.

When someone passes during these hours, it hurts more. And the grief is recalled every year that follows.

Some people ask, why this day and why this way? The philosophical answer is that it was their time to cross. No day is a good day, and if the natural choice was left to humans, they'd never choose any day.

You should know that we as people here, are aware of it being Christmas day. To us, also, its a time of celebration. The stars of our gatherings are those very people that came home on Christmas day. They are like celebrities here. Their day is easy to remember!

When your mum was encouraged to let go and leave that life journey she was helped by the finest cares we have. You seen them as a form of energy around your mum and you know she had no pain. In those last few moments, she was content.

We know of the grief left behind them. Of course we do. But when people arrive here, they are welcomed with love and caring.

I know you've never thought this before, but can you imagine how your dad felt when she arrived back home for Christmas after being apart for those years between.

When you consider other members of your family that were here already, can you appreciate what a wonderful reunion that would have been.

Yes, you're imagining correct. Your dad telling your mum, "Don't worry about anything. All is taken care of. All the children on earth will be fine and looked after by their own people in spirit this side."

Our Christmas here is always very busy. You see, when someone on earth, thinks of their

family and friends here, we know. We are aware of that special energy it emits. When you look at their image as a photo, or something that was close to them, we know, they know.

We share some grief with you. Our grief energy is much lighter though. Don't forget, we know that life continues after that physical and often painful existence. We are free of those burdens. We know, beyond any form of doubt that you could imagine on earth, that life does continue. Free of pain. Free of grief, free of worries, free of any of your day-to-day stresses. Life goes on and in a better form. Ask your Trevor, and anyone reading these words in

your future, to use Christmas and any other appropriate day as one to remember your previous ones with happiness and love. They are indeed happy and will often make effort to respond with a sign.

I've enjoyed sharing my thoughts with you this time. Thank you for so elegantly writing my words for all to read. What a marvelous and timeless delight.

Goodbye dear friend.