

Hello. I notice you asked for healing energy to be sent to Jane, when you were addressing the Divine a few moments ago. But you have a cough and a cold at the moment too. So we shall project some healing towards you too.

You were hearing us singing hymns as you connected to us. We also sing joyful songs and powerful hymns when we are seeking to connect with each other. The energy of singing in a joyful manner

produces a wonderful energy. A  
vibe we know is necessary  
and most enjoyable.

You often hear about  
how damaging a negative  
energy can be in the  
work of connecting the  
two worlds. That is so, for  
both sides. Negative energy  
soaks up the positive  
energy at twice the rate  
of if it were the other  
way around.

Some of your mediums  
that sit alone, or are  
inexperienced, will often

to be unaware that they are  
the ones creating a negative  
vibration, through their  
nervousness and their doubts.  
Instead, they'd be wiser to  
come forward with positivity  
with love and hope.  
Much more can be achieved  
from that state of being.

Laughter is of course  
another wonderful way to  
raise the energy positively.

Your churches should  
remember why their  
services are a gift. It is  
to bring joy and to

create a positive energy that both worlds can embrace.

There are times and places for sadness which I'm afraid is still a negative energy. Avoid that being part of your mediumship.

We are aware that some connections with lost ones on this side do indeed bring tears of sadness. But by this stage the connection is strong enough to sustain itself a few minutes - but too much and the connection

will find and be lost very quickly.

But I have always had in mind that the connection of our two worlds is something deserving celebration. I'd call it a miracle at work. That is so.

We are not sad in our world, far from it. We have so much ahead of us, as do you. More reason to ~~celebrate~~ release positivity. ~~with~~ you and ~~with~~ you. That was all I wanted.

to share with you today. We'll  
get back to our signia  
I hope you've found these  
words of positivity inspiring.  
We'll be with you all.  
Become more aware of them.