

Thank you for the opening prayer. It rang out loud and clear. I'm glad you've brought that back to your practice. It will make a difference, and if nothing else, sets your intent with positive energy.

I hear you've been busy writing our words since coming to this beautiful island. A lot of messages based around the theme of trust.

Such a simple word - 5 letters. and yet so deep and difficult to truly digest.

Your trust is high, I think you know that. And so is most mediums who have learnt the fundamentals correctly. If you think about it, it would be a poor medium that declared a

lack of trust in their connection with us.

There is a difference between trusting and not being aware of their connection to us. Many mediums will proudly admit they trust that the spirit connection is there for them. Whether those mediums sense the connection is a different matter and has nothing to do with trust.

When you put one foot in front of another, you trust the ground is solid enough to take your physical weight. You don't hesitate and check every step is secure. You just walk with an inbuilt trust you have established through life's experiences.

That is the sort of complete trust we are talking about with your mediumship.

Of course, to make those steps work every time, you know instinctively the ground is solid. It's the same with mediumship. The groundwork has to come first.

You have discovered that you don't need to sit in silence for too long before commencing with writing our words. That is so, because you have established the groundwork.

Combined with your undeniable trust in us, together we have a communication process that works well.

It is with your mental mediumship

as you call it, that both the groundwork and the trust skill has room for improvement.

But I'm not setting you aside from anyone else. All mediums that I have ever connected with, learned and studied with, spent time around, each of them has displayed evidence for them to work on both their groundwork and their trust.

You might consider that the elements I'm talking about, these minute differences are what define good mediums from great mediums.

Just to put your active mind at rest, no. You are not yet a great medium in terms of being one of the

greatest. But you are a good medium and are growing your groundwork and trust in the right direction.

As you say, it's work in progress. And what does progress tell you? Motion. Movement.

You have written my words with excellence this time. It has been an honour for me.

You go and enjoy the rest of your day with our lessons close to the front of your mind.

God be with you.