

*Sunday November 15th 2020*

*Written and recorded by Gina Langsfield*

*during the closure, for the*

*Spiritualist Association of Great Britain*

Good afternoon to our much valued Sunday listeners. This is Gina Langsfield speaking to you once again on behalf of the SAGB. And for those who join us on zoom, please welcome our medium for today, Pauline Mason. And a thank you to our chair-person, Penny O'Meara .

Would you please join me in prayer

Dear God, loving Spirit

We pray that life is now starting to breakthrough again after a temporarily darkened world. Please give us renewed energy, zest and positivity, and send comfort also to the bereaved, healing to the sick, companionship to the lonely.

Amen

The forever youthful spirit

The Spirit world is as we know a wonderful place. And, on a lighter note one of its many miracles is that we became young again when we reside there. I'm sure that comes as a great relief to most people in my age group and older in particular. Meanwhile, while we're here on earth we still have to put up with the lines and greying hair...unfortunately. But I always think of something my mother and I used to joke about, that we didn't do old. We got older obviously but old is a descriptive term which for years we practically eliminated from our vocabulary.

Sadly, as she approached 90, health concerns made it necessary for her to slow down and accept the inevitable in the physical sense although she remained stunningly beautiful. But the point here is that the beauty wasn't just outward, it was inward, reflected in her eyes, the young vibrant, playful Spirit within glowing with youth. Even while trapped in a failing body. The words of the song 'Young at Heart' are very true.

If we think with the mind of our Spirit, rather than just the brain of our physical body we can recognise the youth still within because we are Spirit with a physical body. The latter ages but the Spirit doesn't and that is why those amongst us are young at heart and are tuning in to their Spirit energy which is the real and eternal part of us.

Are you perhaps achy, yet still feel euphoric when streets are lit up with Christmas lights. Maybe you are 75 and if fortunate enough to be physically able can still enjoy the thrill of a funfair ride. Maybe you are the senior citizen who is open still to a new romance. You might be a woman of 67 but you the love the fun of buying new clothes as much as when you were 27. Or a man of 70, who can't wait to go off to the Saturday, football match with your grandson.

These are the people who live as Spirits even while on earth, and ignore the misery spreaders thoughts of 'act your age.' What age, age is purely physical. All we should as Spirits try to age in is the growth of wisdom in our knowledge, our choices and personal responsibility.

True, at this physical time we have more restrictions put upon the things we normally love to do whether we're young at heart or young in body. But these times will pass and we will know again what it is like to feel free. Let's all use this opportunity as a fresh start especially those of fortunate enough to have a body that's reasonably fit, even an older earthly life, let's tap in to the youth of Spirit and let the magic of youth back into our lives.

Our physical bodies may grow old but our Spirits do not. Let us think wisely of the term 'A Free Spirit' and enjoy the benefits of the remaining young at heart.

On behalf of our manager Karl and the Trustees, our staff, mediums, healers and myself Gina, stay safe, let's stay wise and considerate and stay hopeful and forever young at heart.

*Spoken and written by Gina Langsfield*

*Background Music – Young at heart*