

~22nd August 1994~

I would like to begin with prayer:

Les: Thank you. (*tape faint/unclear at first*)

We stand before you once again,

We thank you once more as we gather together,

Let us feel your power and your light,

Let us feel it within this temple of light.

That each and every one of us make use of it,

For the furtherment and the betterment of our fellow man.

That as we leave this room, we will have a better knowledge a better wisdom of all that you stand for.'

Amen

(general thanks)

This evening I would like to say a few words on **prayer** please. (*Yes.*) So often we hear your pleas, your cries for help, your distress, your sorrow. But that is not true prayer. Could I ask you what do you think prayer should be? Can you tell me anyone?

Les: May I answer first? (*Of course.*) I've always considered prayer primarily to be one's actions for good, towards one's fellow man. Not necessarily spoken words, but when the words have to be spoken, then I think one should ask for knowledge and wisdom, in how to better one's own life, for the benefit of others. And that others should also be guided to do the same so the line is complete.

Yes. Firstly, let me say prayer should be a very individual thing. You cannot, you cannot encompass it into a sentence or whatever—it needs to be individualised. Prayer should be—I don't want to say honour, but it should be the asking of the knowledge, for the love of that light, that power that you call God. In searching for that love, then you have *all* other things—Love, wisdom, knowledge; all these things will come. Therefore prayer should be an offering, if you like, of yourself to that higher power, to be used for the good and the betterment of others. You have expressed it well, my friend. I wish the others to know that words, although I have said your thoughts are powerful, words can also be meaningless, when we speak of prayer, I mean. Prayer, therefore, is ultimately the offering of

yourself to that higher power, to be used for the good of mankind. Use it for the betterment of others, ask for help if you like, but firstly, **firstly offer yourselves for good—that is prayer.** Please bare it in mind always, when you speak to that higher power. I don't mean by that, that there should be any reverence, like there has been in the past to idols, to false Gods or other people. That is not what I am speaking about. Please keep in mind what I have said, and try to cultivate that way of prayer. In that way you will have in the fullness of time, a much better knowledge of *all* that surrounds you.

Les: Thank you. And I imagine that if we follow what you suggest, as of course we should, then it will help you to bring that knowledge and wisdom to us, because of the power generated here.

Once you have offered yourselves to be used, then of course we can come closer to you. Yes— (*Thank you.*) (*coughing is heard*) **Is the lady all right?**

Les: Yes, I'll just deal with that if I may.

Thank you. Are there any questions you would like answered tonight?

Les: Yes, I was going to ask whether you would take questions, or whether you wished to speak to the other people here. But if it's questions, yes, if I might begin. It's going to be a very difficult one, I'm afraid and you might well say, there is no adequate answer, that I can understand. We have heard quite often and you have told us, that past, present and future are all one; there's no difference actually. We have heard and it is stated in the Bible, 'World without end.' We have been told, that the universe has always existed. Now, if it has always existed, was there ever a beginning, because I have also heard statements to the effect that there was no beginning. And this of course, is quite incomprehensible to our physical minds.

I can only speak my friend, from my own small knowledge and indeed it is small, let me tell you, in comparison to what can be achieved and known. If you universe is, how you term, the 'World without end,' that I should say, is only words. As far as I am aware, I don't know of a beginning, I don't know of a beginning. I am only aware that it has *always* been and *always* will be. That is the state of the teaching as I know it. I cannot say that is the *ultimate truth*, because I can only say of what I know. But as far as I am

aware, there has been no beginning as such.
There *always* has *been*.

Les: Thank you for that answer.

I am aware of what you are speaking of. I am aware of the talk of 'Big Bangs,' and all of the other things, but I can only state to you as far as I am aware, there cannot have been a beginning. How can you say it always has been, and then say well, there was a beginning?

Les: This is what has always confused my thinking, because the two are contradictory to our physical thought.

And I can only say that all life is progressive. Perhaps one day my knowledge will be greater, but as of now, I state to you, it always *has* been. I cannot say more.

Les: Well, thank you for the answer. This is why I said when I posed the question, that you may say it is really not answerable. But I do accept what you say. Thank you.

It rather indicates that there is a higher being, who suddenly says, 'Let us make a big bang.' It does not make sense to me and so, I have to say I too would reject that way of thinking.

Les: Thank you. The next question is that you have told us that there are those upon this Earth, who have one 'guide' or 'helper,' whatever we like to call them, for the duration of their stay upon this Earth. Does that mean that currently there are 'masters' walking the Earth, unknown to us?

Of course!

Les: Yes, I thought there were.

***Of course.* Many masters walk your Earth. There is not one, there is not two, there are many.**

Les: And if we were sufficiently developed spiritually, I presume that we would be aware of them much more than we are now.

There are many people, who *are* aware of them.

Les: Yes I'm sure.

They are drawn towards them. Their '*Light*' if you like, draws people to them—that is part of the plan. But, yes, many Masters walk your Earth at this time. In fact, we have been gathering for a long, long time—there is a plan. I would say to you, if you looked into *all* of your continents, you would find many.

Les: Yes, and it's all part of the overall plan, that they should be here now?

Yes. We have been gathering, as I have said, for a long time. And the part of the plan is there should be many at this particular time.

Les: Well then we should consider ourselves fortunate that we are living in this time then, when the changes are due to occur.

Let me say this to you. Let me speak a little more, on what has been happening.

Les: I'd be very pleased to hear it.

In this last century of your earthly lives, much knowledge has been imparted to you. That is why we have to gather, we have to make ourselves known. Many masters have walked your Earth, throughout the earthly time, as you know it. But always, always the knowledge has been rejected. We have had few groups, if you like, who have listened and tried to spread the word and the knowledge. Throughout your history, these people have been trodden under. So the time came when something *more* had to be done. We have gathered at this particular time, partly because of the knowledge that you have gained in this last century. You have been on a destructive path. We *cannot* let that happen. It will *not* happen. Therefore, our plan is to come closer. We are happy that people are now beginning to listen. Gradually, *gradually*, but still they are listening. We are trying to influence *all* men of power, as I have previously said. It has to be done in a subtle matter, if you like; we cannot rush in. We have to influence, we have to guide. So we decided that we had to come in greater numbers at this particular time, *to prevent*, to prevent the destruction that man has been doing towards himself. I can say to you, it is going forward and we are happy with how things are taking place.

Les: That certainly is good news—thank you. I had suspected it, but I wanted to ask the question so my companions here could have the answer.

Now, is it part of your plan that other—I'm going to say other 'people,' entities if you like, from other galaxies or planets, are going to be able to make themselves known physically, to those upon this Earth, as part of the plan? **(Yes.)** In other words, to give a 'jerk' to the people here and really make them sit up and take notice.

Well, we have discussed in part what I have said before, when we discussed entities. Let me say again, your Earth is a very, very young planet, as far as spiritual growth goes. There are those entities from other planets who have far, far superior knowledge. Of course, they will be involved in the plan. But to say they will actually manifest themselves amongst you, is not quite

true. I would rather refrain from saying what their part in the plan is—

Les: Yes I understand.

Do you? Thank you for that. But of course, they are involved.

Les: Yes, I have often wondered what could be done from your side, and obviously you have thought about this with your colleagues, what could be done really, to put a 'jerk' into humanity here; to give them a good shaking mentally and to make them realise the existence of other factors and powers. (*chuckles*)

I understand your impatience, yes—But, no, we cannot shake and jerk like that. It has to be done more slowly.

Les: I'm sure you're right.

But I understand your human frailties. But, now, we are gathering momentum. We are happy with how things are progressing, slowly but surely.

Les: Well, that is the main thing, to be sure—Thank you.

But yes, can you see us all descend upon you, thoroughly shaking you? No, that will not happen.

Les: (*laughing*) I'm sure some people could do with it. That's why I'm very grateful for my young colleagues here, because obviously I am not going to be here all that number of years and the younger people do have to take over and continue what is being taught.

Yes, of course, that is our aim, that all people should listen, listen with their hearts, not with their thoughts, their rational thoughts. Let that inner voice come forth.

Les: Thank you very much for what you've said, any questions from anybody else? George?

George: Yes, thank you. I have heard that Glastonbury in Somerset, is developing as a very nice spiritual centre. And I have been there this weekend and it does seem to have a lovely feel. I wondered if you could say anything about that, Glastonbury as a spiritual centre?

Why do you need to choose and pick particular places, as being spiritual centres? *You ARE a spiritual centre—SHE is a spiritual centre.*

What you are talking about my friend, are places within the Earth—we know of. You speak of your ley-lines, you speak of your holy places. People-power have made the place you call Glastonbury, a mystical spiritual place. It is the presence of the *people*, that have created this. I

would say one thing to you. A spiritual place—what do you suppose a spiritual place should be? Is it just a feeling, is it a gathering of the people? *What is it?*

George: A gathering of people of good spirit, I guess.

I am saddened sometimes to see these places, as you call them, that once were *spiritual places*, have now become commercialised—yes, that's the word, commercialised—that cannot be good. I'm sorry but that cannot be good. This room, this *gathering*, is more of a spiritual temple, than the place you call Glastonbury. It once was so, but I cannot say that is so now.

George: Thank you, I do understand, yes.

***I'm afraid*, I'm afraid commercialism is taking away that element of spiritualism, spirituality, call it what you like. It is not good—**

Les: No it isn't. I was there about 10 years ago I suppose, with my wife. And I was very strongly aware of the spiritual nature, not of the place itself, but the energy of which you spoke to us recently. There is a tremendous spiritual energy there still, if one can tune into it.

The energies lie within the Earth, if you like, of the places. There are many spots within your country alone, that you could call spiritual places. It is a build-up of the energies of the Earth, which create these places. But once man gathers for the wrong reasons, then you disperse that *pure energy*. Do you understand what I am trying to say to you?

Les: Yes, and I agree with you completely, and the word we would use is 'sinful,' that these places have been so commercialised.

Imagine pure clear water being tarnished by dirt. That is what is happening to some of these places.

Les: And to the stone circles, about which you were going to talk to us another time?

Yes, I have promised to do that for you. Yes. The energies lie within your Earth. The build-up of the energies, by the gathering of the people, *can* enhance, but it also *can* destroy.

Les: Again, it's just like everything it should be put to the right use.

Unfortunately, there are too many people who go for pure interest and not for the *real true* reason that they should. (*Yes.*) Is that sufficient for you?

George: Thank you. That's very nice, thank you.

Les: And of course, the expression of energy, is often demonstrated, by what we call diviners and dowzers here, who use various implements—there are a number of different sorts, and are able to locate water, oil, metal and so on and so on. That, I imagine, is all part of the energy trapped within the Earth. And these people have a particular affinity with that energy, because there are only a few people who can do accurate divining; only a few that we know of, anyway.

Not necessarily, not necessarily so. You *all* have the ability, the ability is *there*—it has been lost. It has been lost over the centuries. You *all* have the abilities you *all* have spiritual 'gifts,' as you like to call them. There is no reason, none at all that *all* of you in this room, could not divine or dowse. But, let me say this, there is no need for the instruments that they use. To cultivate the spiritual gifts, is something within you.

Everything is within you, if only you could see it. That is what I am trying to teach you all. There is so much within you that has suffered, that you have lost. Man has lost so much that has been given to him. That is why you are here; you should all be using these gifts. They should be used—What would be better than in the lands where you have the droughts? You do have men who know, who know where to find the water, who can do these things without the use of the rod, and the other articles that are being used. They have that inner knowledge, that gift that they allow to come to the surface.

Les: So, we can all develop it if we give it time—I say to you all, you *all* are capable of it.

Les: Well that's very interesting to know, but it would mean development and awareness and acceptance of what we have within us, and time given to the development of the factor.

You need to redevelop all of your senses—your eyes, your hearing, your smell, your taste, your touch. There is so much you need to relearn and it would take such a short time of your day to do that.

Les: Right. Could I ask you what you would recommend? You'll probably say meditation and quiet, which I understand. Is there anything else you could recommend to guide us into the best way to develop these lost things within us?

You, of course, could not regain *all* so quickly. You need to do it a stage at a time. Let me take

the eyes for looking. How often do you really look, stop and look? Let me take for example, a flower. Can you really describe a flower to me? Can you close your eyes, can you smell it, can you feel it? If I was going to bring a flower into this room, were you blindfolded, if you had gloves on your fingers, if your nostrils were blocked, that would be the state of your senses. You could not tell me what the flower was like. That flower is a living energy, as you too are. Take a flower from the garden. Sit, *hold* it, there goes the development of the touch. Look at it with your eyes, study it. Look at it's shape, it's form, it's colour. *Feel* that living energy from it. *Then* you begin to develop. Can you see what I'm getting at.

Les: I'm fascinated that you should take that particular example, 'cause that's precisely what I've been doing for the last week.

Then you begin—you sense by the feel, by the touch. You begin to have the knowledge from the vision of your eyes. The nostrils, the smell begins to develop. You can do it with many things. Take a piece of rock from the ground, hold it within your hand, feel the living energy. Study it with your eyes. Smell it, smell it, because let me tell you, even something as dull as you may think a rock may be, has it's own smell. *That* is the way to develop your senses. Use *all* that is around you, simple, God-given things. I suggest that if you want to develop these senses, you spend some time each day with this exercise. Take even a *candle*. I suggest you try a candle. Look at the flame, smell the wax, feel it. It is so simple, so simple—I leave it to you all to decide whether you wish to follow what I say.

Les: Thank you. Yes, I began doing it about a week ago, because I was cutting some flowers to bring into this room, and I thought what a miracle a flower is. Then I began to think of other miracles which we take for granted mainly. That made me begin to examine flowers and foliage much more closely.

Have you learned anything from that?

Les: I've learned how much I didn't know.

I leave it with you.

Les: Thank you—and how much there is we still can learn—Yes, I astonished myself.

Don't be astonished. There may be many things in the coming weeks that may astonish you. But please *try*, each and every one of you, to

develop your senses a little more. I will try to influence you in your times when I feel you are open to that influence.

Les: Thank you. You have just said something which gives me, and possibly my friends here, another avenue of thought altogether. You have said about all being one and one being all. You just used an expression, I will be with you, when I am with you—Logically, one would say, well, you can't be with all of us at the same time, but from what you have said, I imagine it is a possibility.

Not a possibility, it can happen.

Les: A *fact*.

It is a fact.

Les: Yes, which we can't understand, but which you are able to do.

Yes, I can be with you *all* at the same time. I know this would be too difficult for you to comprehend, but yes, I would be *able* to come to you, whenever you call me. It matters not, but yes, the possibility—not even the possibility—it is a *fact* as you say, it can be done.

Les: That is most interesting.

Remember what I have said to you previously; I am not a whole unit. Perhaps that has given you some food for thought.

Les: Yes, I can see it a little more clearly...Dimly, because we can't understand it, but we can begin to see and accept that it does happen, which is the important thing.

I cannot think at the moment, how to explain it further to you. I can only say, I am available to you *all*. (Yes.)

Sara: Can I ask a question? Would you advise me to develop my singing further?

You wish to know? (Yes.) Yes, it is an important part of your life, we know. It is something that you have come as part of your chosen life. But, of course, with your free will, it is up to you. But I would say to you, yes, develop it. I would not say that it will be the 'main stay,' if you like, of your whole life. But please, yes, go ahead and develop it as much as you wish, because as I have said, it is *one* of the chosen things that you plan to do. Does that answer your question? (Yes.)

Dawn: May I ask a question? (*Of course.*) This is about mercury. We've heard a lot about mercury fillings in the teeth, aren't good for us. And if we have them taken out, it would still be there. Is there anything we can do to counteract the fact

that mercury is not supposed to be very good for us?

Do you mean, is there anything to replace it?

Dawn: Something we can just take, to counteract the reaction.

I see. You want to know whether the reaction can to counteracted. Is that what you are saying? (Yes.) I see. I would say to you, if there is a problem with a mercury filling, I would say these things are not good to be used within the mouth. And that knowledge is now becoming available to most who deal, your dentists, your orthodontists, as you call them. That knowledge is being made—We have many problems when you speak of such things. I would say to you, to cleanse the mouth, cleanse the mouth with something that is natural, something like elderberry juices—that would be very good. Is that helpful to you? (Yes, thank you.) Rinse continually daily and that should counteract the problem from the mercury.

Les: Any other questions?

May I speak before we carry on. There *has* been a turning towards *all* things natural. Again, it is something that man has turned away from. Is it not natural that all things should be supplied to you, on your Earth, for *all* things that man has to have?

Les: Yes, everything is here, if only we accepted the fact.

Now, with our influence, man is beginning to realise. Yes, I'm sorry, I interrupted you.

Les: No I hope I haven't disturbed what you were going to say. May I ask now, if there are any more questions?

George: Yes, a less attractive question. There is a disease which we call Aids, which affects the immune system. And it seems to be spreading at an alarming rate. Is there any special significance can you say to this disease, or is it just another disease we have to combat—Or does it have a special significance?

There is no *special* significance. There always have been diseases while man has roamed the Earth. Firstly, let me say, man is the creator of many diseases. They are not things to suddenly appear from the sky. We hear so often the pleas and the cries, 'Why does God allow this?' I say to you, *why* does *Man* allow this? Disease is exactly the word that it says, *dis-ease*. There is an imbalance when it comes to disease. It means that somewhere along the life of man,

something has gone wrong. Again, we get to cause and effect, or 'karma,' as most of you wish to say. I know these things are difficult for you to understand. You say, why is this allowed to happen, why is that allowed to happen? *We* don't allow it to happen, *Man* does. We often hear for prayers saying why does she suffer, why are there disasters? *Man* must look to himself, for the answers to his problems. The responsibility lies with him. We don't say there are too many people on the Earth, we must get rid of some. Would that not make our work all the more harder, when they come to spirit? We do not say that. Man and the Earth must take responsibility for it's own problems. Man has interfered with nature; that is the basis of *most* epidemics. It is simple, it is clear, but to you, you find it a problem. *Man*, man has interfered too much with nature.

There *will* be a cure for this disease. (*Aids*) Not yet, but it will come, as it has come for many diseases, that have been around on your Earth. But until man allows that inner knowledge, wisdom and love, there will always be disease. Does that answer your question?

George: Yes, that's very good to hear. And yes, I think many of us are feeling in our hearts, that that is the status quo. Thank you.

Les: Would you wish to close now?

I would like to say one last thing, before I leave you.

Les: Thank you. We're quite happy to continue, but I felt you were thinking it should be brought to a close.

I don't wish to go longer this time. I wish to say next time we want the young gentleman (*Andy*) to be used. I will indicate it to you, when to speak with him. But I say it is still, still difficult times, but we wish to try. (*Certainly.*)

And for this time: (*voice very faint on tape*)

May you feel the love, which is being brought to you all. Feel it in your hearts, spread it all around, give of yourselves as much as you can.

Les: Thank you. Please accept our love and gratitude for all that you are doing.

Please, no gratitude—