

~13TH MAY 1996~

Good evening.

All: Good evening.

Les: Welcome once again and thank you for being with us.

It is good that I come when so many bring friendship and love. It helps my task no end.

Les: We are very pleased to know that. There always is love for you.

I hope that you have—all of you, felt in days gone by since last we met, an upliftment for you all.

Les: Yes I know I have. Have others felt it?

Margaret: Yes.

Les: Good, anybody else? Perhaps they don't recognise it, when they feel it.

George: I have felt it, yes.

The changes are subtle, so do not be concerned if it is not apparent to you. We know that we have given them and that you all have accepted.

Les: Yes, that's the important thing, thank you for telling us. It might make us more aware of the fact that we do receive it.

I wish to say to you, as your Spring time turns to Summer time, then we can see the comparison with you all, that as new growth breaks forth, so too are each one of you, breaking new ground.

Les: Good, that's very pleasant news, thank you.

I came in on a vibration of love and I wish to say to you that the young lady who provided the music, which was playing and helped me on my arrival here, I wish to say just a few words about that one. *(Sara was not present on this occasion)*

Les: Yes please do.

There is much happening in her world at this present time and there is much to come, but she needs to slow down just a little. I would ask that those close to her, give her those words.

George: Yes I will, thank you.

Her energies, if she is not careful, can become depleted and we would not wish that, at this particular time in her life. So it is important that she take heed of my words.

Les: I'm sure she will, because she has, in addition to love for you, a great respect for what you tell us. I'm sure she will take heed of your words.

Let me say this: Although she does not join us here, she belongs with us here; she is one of you, whether she be here in body or not, I wish you to know this.

Les: Good, I'm sure she will be pleased to know it.

George: I'm sure she feels that.

Her life will be good, there is much coming to her, but she must take care of herself.

Les: Yes, we shall certainly make sure she has a copy of the words you've said, not by hearsay, but by listening to them.

That is good, because words do not always convey what I try to give. I also my friend, wish to say just a few words to you: We thank you for your continued work on our side of life, and since we met last, you have indeed been very busy.

Les: Yes I have been very busy here I know.

I do not speak of the earthly work, I speak of your work with us, on our side of life.

Les: Well I'm very pleased to know that.

Your awareness of this task will grow, I know you have felt it sometimes, but the knowledge will become stronger, the awareness will be greater and the opportunities become more.

Les: Thank you very much.

You do good work my friend, for the needy. You will not and cannot know how much, whilst you remain within these earthly clothes. But let me tell you, your work is admired by many in our world, your work is sought after by many in our world, who are not allowed to do it, because they do not have the spirituality necessary. So my dear friend, you can justly feel proud of yourself.

Les: That's certainly very gratifying.

I do not say the words for the (those) reasons, but I have to tell you it is so, because I want you to understand that you belong in our side of life, as much as you belong here. You understand?

Les: I do, I've been telling people recently precisely that.

And as you gain earthly years, so the adjustment becomes much more—you spend a great deal of time on our side helping others, in a manner familiar to you on this side of life, but the capabilities are much more when you are with us.

Les: Yes I quite understand they would be and I'm very pleased that I'm able to be used like that in your world. I do look on it as a privilege.

Dear friend I say to you, remember you are an old soul. I cannot and would not say that to all or to many, but remember you have trodden many pathways, you have attained much and your achievements are good. And in this earthly frame now, we hope that your achievements

will be rewarded, by work which should happen here and which you have waited long for.

Les: Thank you that really would be pleasant to have that.

Now because we have many, there is one with me who wishes to speak, who asked that you spend some time in darkness and they will explain to you why.

Les: Yes certainly.

Again, it is important that you all develop in your own individual styles. So we will take the opportunity presented to us.

Les: And one will be speaking through your instrument, in the darkness?

I wish to use this one quietly, there will be speech through another, who will instruct you as to why the darkness is needed.

Les: Thank you, right. There is just one thing I would like to speak to you about before you go. **(Yes.)** I have had two ladies here, who both have had rather unpleasant childhoods and adolescence, and they have both in their own way, as they put it, been looking for 'The Truth.' Both I'm sure are very good people and have quite a lot of psychic ability. But one of them in particular has had her mind filled with nonsense, which has made her afraid of many things. I spent two hours talking with her a few evenings ago and I took the liberty to tell her to stop meditating as she has been, and to sit quietly and ask for your name to be of help to her. It was a liberty, because I hadn't asked you, but I hope it is permissible.

I am aware and I will do what I can and please do not feel as you do; I know that what you DO, is for good. When the intention is good, there can be nothing to say, you understand?

Les: Yes I do, I appreciate your agreement, because I was sure that if anyone could give her strength to overcome the fears that have been generated in her, you could do it.

There has to be a wiping clean of the slate with this one. We will help, but we ask that you continue with your words, because she also needs the physical contact, the physical reassurances, that all can be well.

Les: Yes they are both coming again, so I shall do whatever is necessary for them.

It may be that you need to be firm, your words need to be strong, but at the same time gentle, you understand?

Les: Yes I do understand.

We have here a child who is confused.

Les: She's very confused, you're quite right.

So although you must be strong, you must be gentle with her.

Les: Yes I'm sure we'll be that.

I will do what I can, but she has great potential that one.

Les: I thought she had, which was why I was anxious to give her the time, and clear her mind for her.

If she can purify the energies surrounding her, then she could be used for many things. But first we must take one step at a time.

Les: Absolutely. Well thank you very much for your help and I shall give her all the physical help possible and be gentle with her. Thank you very much again, may the Great Creator be with you, with our love too.

There then followed the expected guest through Sue:

I wish to speak to you.

Les: Yes thank you, we're all waiting for you to do just that. Our friend Salumet, told us to be in darkness.

Can you understand my words?

Les: Yes we can thank you.

I ask because this is not a tongue I am familiar with.

Les: No, you do use another channel regularly, do you?

Excuse me, I am referring to the language.

Les: I see, well thank you for using ours.

It is not possible to explain, but these words are being given to me, from another party on our side of life.

Les: Yes, we do understand this and we appreciate the great trouble you take, in order to speak to us. Am I right in thinking that the language that you used to use, or may still use, is not of our current usage, or even of our civilisation?

It is a tongue which has disappeared from your Earth, for many hundreds, even thousands of years. I will address you as 'Iyamedonga,' which means leader of men. You are indeed leader of men, indeed you are—'Avacanadiva.' I requested the darkness, because I cannot use the energies available, when there is light.

Les: Yes we quite understand that the physical destroys those energies which you must use. So we are quite happy to be in the darkness, so that we may hear you speak.

Normally we can adapt and use your instruments quite well in your light. We can use different power, different channels, and there are no ill effects. But myself coming from the realms that I do, it would be a problem to use this one.

Les: Yes we do understand.

I am led to believe that you are conversant with energy, you are aware of its importance, yes?

Les: Yes that is so. We don't know enough about it of course, but we do know that there are many forms of energy, of which we have no knowledge yet; many forms which are used by you in your world beyond ours, which one day we shall be able to understand we hope. In the meantime, we accept that you are using these energies for our benefit and for our learning and we do thank you for that.

I am not going to speak of energy this time, but I was just making certain, you were aware of what surrounds you at this time.

Les: Yes we have learned a great deal about energy and that it encompasses *all*, day and night, every moment of living.

Living—Living is what I wish to speak to you briefly about this time; living, BREATHING the air that surrounds you, FEELING the air, FEELING the POWER. It is vital, VITAL for your existence in the coming life, that you can appreciate what is surrounding you. When you BREATHE, you are taking in the ESSENCE of LIFE. Can you understand?

Les: Yes we can, I think we are all quite aware of that, that though we don't usually think of our breathing, if we do consider it, then it is in that respect, that the very air we breathe, contains the essence of all life.

And you must learn to BREATHE.

Les: We must learn to breathe?

You must learn to breathe; you hear me now, you hear the way I breathe? This is because I have come back into the physical realm, the physical air. But any one of us that returns, you can hear the breath they take, am I right? You understand?

Les: Yes you're right, we do understand you.

In your healing, you can hear the LIFE being taken in by the healer, yes?

Les: Yes, you're quite right.

I want you all to learn to BREATHE MORE, MORE than you do now. You are not going to take in as much as someone from my world does; I do not

expect that and I neither expect to hear the breathing. But I want you all now to BREATHE IN MUCH MORE DEEPLY than you normally do, and at the same time, those that are able, that are not being controlled, I would like you to place your hands against your chest. Please do not question why, I just ask that you do this.

Les: Can everybody do that please, place a hand or hands against your chest, all right everybody? (*general agreement*)

And in your own time, breathe out—make sure that every piece of the air is expelled from your lungs. Place your feet firmly on the ground and press down, down into the Earth. Please to take another breath and feel the life force coming up through your feet, through into the top of your legs and up through your torsos. Feel the energy coming, straighten up the back, lift the head, feel the energy surrounding your face; please concentrate on the energy around your faces, feel it—feel it, as it gently caresses your skin. You need this energy, it is your LIFE FORCE. Can you understand me?

Les: Yes we can.

Slowly, slowly relax and let the energy flow back from whence it came. This is the essence of your life. I would recommend that in your quiet times, in your busy lives, you find time to do this as often as you can.

Les: Yes I'm sure we shall all do that and what you say I find particularly interesting, because when I'm in my garden, I'm frequently being aware of the energy passing up through my feet, into my body, without consciously thinking of it—I'm aware of it happening.

I think you will find that if you ask the others here, those that are used as a channel, normally feel the energy coming through, from the ground. You should now feel at one, with the darkness here tonight.

Les: Thank you. That could be an answer to one of my colleagues' questions a little while ago, about *Divine Darkness*, because the darkness tonight, can be considered Divine.

Let me say to you, when there are discussions about our side of life, we always hear you talking about the light and we ourselves tell you about the light and the light of love, am I correct?

Les: You are correct.

Let me say to you now, that although you are sitting in BLACKNESS, you are sitting in the

WHITEST, PUREST LIGHT, that you could possibly imagine.

Les: Yes we are only physically aware of the darkness, it is a *spiritual light*.

Divine darkness, spiritual love and light, all are One, all are interwoven through all Eternity. You understand my words?

Les: Yes I do, I think we all do.

When you tread your final paths and come through the Light into our world, the Darkness which you have been accustomed to, your nights, your storm clouds, all will fade from memory. There will always surround you, a brightness, a luminous brightness, which as you know, is not harmful to your eyes, but will bathe and caress your spirit with Love.

Les: Yes we all look forward to those days, whenever it is our time to begin to enjoy them.

My purpose here this time, is to ask you to prepare yourselves for this Light. I do not wish to alarm you, it does not indicate that you are due to come to our side, but too few of you from this Earth are ready or able to appreciate the Love which this world is built from, do you understand?

Les: Yes, that's the purpose of our meeting here, to try and generate love, not only within ourselves, but to pass it onto others, who may be interested enough to listen to what we try to teach them.

I wonder if I could ask you all, to spare some time once more in your busy lives, to concentrate, concentrate please, on the **WHITE, ROUND, SHINING LIGHT. It will not be physical to your naked eyes, but will be in your mind's eye. Let it start in your mind, as a small pinprick of light, keep it there, in your mind's eye; slowly, slowly let it built to another **CIRCLE of LIGHT** surrounding the pinprick. Let that radiate outwards slowly, so slowly, until it is a **SHINING ORB** in your mind's eye. Let there be **RAYS of LIGHT** from this orb and at the end of each ray, I ask you to place a figure of someone important in your lives, or known to you in your lives, or a loved one, who is loved in our realms. Do you understand me?**

Les: Yes we do.

Concentrate on those people, send out thoughts to those people and in turn those people will have the sense of well-being, coming from the LIGHT. Can you understand?

Les: Yes, that's a most interesting thing for us to do and we shall all be trying it. Your words shall certainly not be wasted.

It is an exercise to prepare you for the time—the light will surround and the light is Love and the rays will touch those you are thinking of and sending love to—

Les: Yes we shall certainly follow your instructions in that.

Then spare a little time in your busy lives, just to concentrate on **LIGHT and LOVE and not dark thoughts. This I know is not knew to you, it is something that has been told you for generations, am I right?**

Les: Yes it has been told that we should not think dark thoughts.

I am not teaching you anything new in that.

Les: No you are merely confirming that it should be done.

Now, the energy which we discussed, is not enough for me to stay.

Les: No I thought your voice was getting weaker. Well thank you very, very much from all of us, I'm sure you feel the love we have for you and the gratitude we have for you having come to visit us at this meeting. We are truly grateful for all you've said.

You could understand me?

Les: Very, very well indeed yes.

That in itself, is good. I also have learned a lesson this time. I say to you all, in my own tongue:

'Suffano jakuthai, suffano cha ekoot suffana ja deeska.' **I send you in your tongue, love, health, and happiness.**

Les: Thank you very much indeed. (general agreement) What was your tongue known as, are you able to tell us?

I can only say in your tongue, it was the tongue of the **Fire Bird.**

Les: Right, thank you very, very much.

Please leave this one in darkness for a little longer.

Les: Yes certainly, we shall only introduce light very gradually.

I cannot say if more will come, the power is much depleted. I say to you all, **'Suwakanawa.'**

Les: Goodbye to you, God bless you.

Finally a control came through Eileen to help make sure Sue returned safely, before we closed.