

~12<sup>th</sup> August 1996~

Good evening.

*(general welcomes)*

As always, your welcome is graciously accepted, but of course this need not be put into words, because without your love and help, I could not come to you.

Les: No I understand that, nevertheless we do greatly appreciate you doing so. We can *sense* the love that you bring with you.

I hope that you can, because it *enfolds* you all.

Les: Yes, I mustn't take the liberty of answering for everybody all of the time, everybody feels it I think? *(general agreement + thanks)*

I know it brings you upliftment for your daily tasks. I know that it sustains you through your *week*, when we are not gathered here together and in doing so, it brings *joy* to my heart. I would like to say this time, that I fully believed that this time, we would have had the instrument in *full control*, but it is not to be this time.

Les: I see, never mind we still look forward to it and we'd hoped we would be a full meeting, but unfortunately one lady is still ill and the other is nursing her.

I am aware of the situation there and I will do what I can to help.

Les: Thank you very much indeed.

But I would like to speak to you a little about some of your physical ailments. *(Yes.)* You spoke about the lady's problems. I would like you to think about this problem, as an example in comparison to the spirit. *'What is the comparison?'* you say. I say to you, the physical workings of the body, must be compared to the whole sustenance of your lives. It means that somewhere, the lady—*lack of life*, disturbance of the *energy of life*, has become unbalanced. Do you follow my meanings?

Les: Yes I do, she has had a lot of emotional problems I know and I have wondered whether this is contributory.

Yes you see, without the *sustenance of life*, all goes *haywire* within your physical being. As in all conditions, there must be *balance* within your life. So until she confronts the *true meaning* of what she is about, there can be no true healing. You understand?

Les: Yes, it stems from what you told us last week, that we have to understand the soul,

rather than the physical body and look for the reason for which the soul is doing this.

Yes, because you see, this is another hard lesson for you all to understand. When I tell you that you create your own illnesses I too often hear your gasps of disbelief.

Dear friends I tell you, whatever illnesses come to you within your lifetimes whilst on this earthly plane, is *DONE* by yourselves, whether it be *emotional*, whether it be that you place yourselves within conditions—*physical conditions* I speak of now. *YOU* are responsible for the state of your *physical being*.

This is indeed a hard lesson for you *all* to accept, but accept it you must.

Les: We do accept it, but as you say, it is a hard lesson.

But once you can accept, then you have the power to put it right. The problems lie in your lives, that you do not fully accept.

If you have the power to create the illness, you have the power to become well.

Les: Of course, it's a logical thing, isn't it?

You call it *'logic'*, I dear friend call it *'natural.'* But I will help that one.

Les: Thank you very much. You may be interested to know that since we last met, I've tried to explain to the best of my ability, your explanation about the *soul-body* composition to people and I must admit I was quite surprised at the way they accepted it, quite willingly.

Do not be surprised when there is acceptance of what you tell people, because when you do the work of the spirit, then you are receiving help, to *GIVE forth* that knowledge. The people who accept, do *know* and *understand* on a *spiritual level*; whether they are aware on a physical level, is another matter. But do not be surprised dear friend, the work that you do, is great indeed. But always we stand behind you, because at this time in your evolution, the Truth must stand fast this time, because too many times in times gone past, have the *Truth of spirit* fallen by the wayside. It has always existed, but has been rejected, but I said when first I came, that many of us have gathered this time and we will ensure that the Truth becomes widespread and this time, it will be accepted.

Les: Good, splendid news.

**Too many times have people turned their back, with the Truth of Knowledge behind them. We cannot allow this to continue and although mankind is endowed with freewill, when we gather in the strength that we have this time, then the Truth cannot be denied.**

Les: We are certainly pleased to hear that and when I was speaking to those two people, I remembered what you have told us also, that the information is given to us and to others, *when* we are ready to receive it.

**Yes, that is why you should never attempt to force your concepts, your ideas, your ideals, the Truth, upon one who is not ready. Because you see, it is not that they doubt you, it is because the soul is not ready to accept. You understand?**

Les: Yes, I think we are all beginning to understand the concept of soul, rather than physical, aren't we? Does anyone have a question on that? Or do we all understand it clearly?

**No they don't quite, there are some who have not fully reached the understanding, but we are working on them! So don't be concerned about these peoples here, we will work hard, they will not be allowed to go free. (chuckles) And I don't say that to make you afraid, I say it with tenderness and with love. (agreement + thanks)**

Les: I know you say it for our own interest.

**Yes, but we are getting *there*. Whilst they are having *thinking times*, then that can only be good and that is when I will always be one step behind them, to make them understand. Now, do we have questions this time, because we wish this time, to allow the others to be influenced by those who stand beside them.**

Les: I see. Yes I did have a question, but it's a rather lengthy one, so if you'd prefer us to remain in the silence, so the others may do as they wish, then I'm quite happy for that.

**It would perhaps be best, to wait until we have more power, if it is a question of long length, then I would prefer dear friend to leave it this time.**

Les: Yes of course I do understand and it does follow on from your teachings about the power of thought and the existence of the soul in various conditions, so I'm quite content to leave it for a future time.

**We have much time to discuss much, but I think for this time, it would be good for all sitters, to be allowed to feel the energies of those around**

**them. It is imperative that they *feel*, that they begin to sense those who stand close by, if only it is to bring *peace* into their lives, if only it is to raise their awareness for one moment, then our task is successful. It may help if you dear friend, quietly discuss amongst yourselves something you find of interest. It would help to raise the consciousness of those sitters here, who find it difficult to sit in the silence for too long.**

Les: Yes, well if it's agreeable, I suggest that we discuss what I was going to ask you anyway, so that we can have pre-knowledge of the question next time, or when you agree to it.

**I will be happy when we have the lady who sits next to this one, when she is present. I hope you understand?**

Les: Yes I do and we will discuss it then between ourselves quietly and hope that those who are with us, will be able to let us know that they are there.

*I will leave you now dear friends, with the knowledge that always whilst you tread this Earth, that I will remain with each one of you, until such time as the last one of you returns to us.*

*(general thanks)*

Les: Our love be with you.

*We then sat quietly and our discussion began, about ghosts, power of thought, the imprinting of energies on the ether—*

*Finally one briefly came through Eileen to help in her own return to normal consciousness.*