

~21<sup>st</sup> October 1996~

Good evening.

(general welcomes)

Once again, you have brought me here on a wave of your love. I thank you all and hope that what we bring to you this time, will be fruitful for you all.

(general thanks)

I would like if you permit, to speak a little about **forgiveness** this time.

Les: We would very much like you to.

I have said to you, that it is important that you be non-judgemental to your fellow man. (Yes—)

You must offer love to all, you must have forgiveness in your heart. But I want you to know and to understand that you must *also* forgive yourselves, because dear friends, without love and forgiveness of your *own self*, you cannot express these things to others.

Les: Of course not.

But most peoples on your Earth, seem to feel some *shame* in wanting this for themselves. I tell you, there is nothing to be ashamed of, because by creating these things in your own lives, you are also helping those others in whom you find problems and in whom you find it difficult to have compassion for. Do you dear friends, understand what I say to you? (general agreement)

Les: Yes we do. I think part of the trouble with us humans, is that we feel that to do as you say, 'forgive ourselves,' is a form of conceit. And I'm sure it troubles some people, to be able to strike a balance between that conceit and the necessity for doing as you say.

Yes, I think we need to interpret the word 'forgiveness.' I think your earthly term usually means, 'To put right what one has done wrong.' But I do not mean it in that sense. Forgiving yourself, means expressing fully the love that is within your hearts. I know you seem puzzled by these words—let me try to explain a little to you. The love within each one of you, comes from that *Higher Source*, that part of you, you know as *spirit*—that all-encompassing part of you, which is pure Love. You peoples on this Earth, have only a *spark* of that *Divine Love* within you, so it is important that this be cultivated to it's greatest extent, in order that you fully know and understand yourselves, whilst in these bodies. Only then can you accept

and understand life's needs. By that, *that* is true **forgiveness**. True forgiveness is an *acceptance*, an acceptance of love of that *Higher Self* within you—that is what I mean by **forgiveness**.

Les: Yes, we shall have to think very carefully over your words. I do understand what you are telling us, but there is another factor which I'm sure occurs to us, if we are being honest with ourselves. Quite frequently—I quote an example: We do a charitable act, whether it be a physical act, or giving money, and I'm sure that others like myself have sometimes wondered at the  *motive* behind our giving or doing. And it's difficult sometimes to accept that we are doing it, from love and forgiveness and not for furtherance of our own selfishness, in so doing. Do you understand?

Yes dear friend I understand fully and I would have to say to you, that sometimes we do see that what would appear to be an act of generosity, is indeed an *ego trip* for that individual.

Les: This is what worries people and has worried me in the past, I admit.

That is *why* I have said to you in the past, that to gain knowledge and understanding as you do, as you grow spiritually, then the road becomes so much *harder*. Maybe not within your physical lives, but spiritually, because you have the knowledge, you must be aware and be more careful of the *deeds* and the *actions*, which you do. But if you have any doubts of any action or any deed, in which you take part, then I say to you, *stop* and *listen*, because if there is doubt, then there *has* to be a reason for it. Remember power of your *Thought*; if the thought has come to you, then there is reasoning behind it. You understand? (Yes.) To give spontaneously, is the best way to give, because when there has been previous thinking about these gifts or deeds, then there is always the possibility, that the act is not genuine. You understand?

Les: Yes we do understand.

I do not wish these words to seem hard, because after all, *all* acts of goodness, cannot be put to one side. If the person receiving takes the deed, or the money, or whatever you do with good heart, then of course something good has come from it. But I understand your concern; the concern is for the giver. And I have to say, too often, peoples when they come to our side of life, when they are faced with all their deeds

upon this Earth, are *shocked* by their own motives. But I would say to you, do not be too concerned. To *give* is mainly an act of Love. You understand? (*Quite!*) I do not wish you to take these words as being harsh.

Les: No of course we don't. No, we appreciate your concern, that we should be *doing* and *thinking* in the right way.

It is harder when you do have knowledge, but any spontaneous act of help, or love, or forgiveness, can only be good. It has to come instantly from that heart, full of love. You understand?

Les: Yes I do. Following on that, I have in the past, spoken to people, who have said to me, 'I wish so and so wouldn't give me so much, or do so much for me.' And I had to explain to them, that they must permit the giving and permit the doing, in order to allow the *giver* to develop spiritually.

Yes I take your words, but I would say only this, that there needs to be a *balance*. The *giver* cannot *push* himself onto the *taker*, (in) the same way the *taker* cannot deny the *giver*.

Les: It's a very delicate balance, isn't it?

It is. Both must *know and understand* what each are about, to allow the full potential of the love to grow. You understand?

Les: Yes I do, it is a very difficult decision quite often. But as you say, *spontaneity* really is the only answer.

Yes, I think you can all perhaps find times within your lives, when a spontaneous act of giving, of love, of a gentle word, has been accepted in the manner that you would wish. Even more so than these '*planned*' acts of love, as you think they are, but are not always. I hope I have not caused you to be despondent, but I know I always seem to *put down* what you try to achieve, but my aim always is to try to *teach you*, in the ways of *spirit*.

Les: Of course, we do accept and appreciate it and I'm sure none of us would ever think of criticising what you tell us, because we *know* it is for our own spiritual good.

Yes, I would think—(*amused/smiles*) I would *advise* you not to criticise, because you see, we are coming back to that sense of *forgiveness*, for yourselves. You get my point?

Les: Yes I do.

Yes, thank you.

Les: We are grateful for all you tell us. We look forward to it.

Now, if you have no questions this time, I would like others to speak to you and allow the time spent with this instrument this time, in quietness. She I have to tell you, has been going through a metamorphosis within herself. Nothing that she is aware of, but of which I can tell you, we are so happy to see.

Les: That's wonderful.

So, the time is important that I be allowed to continue to work with her this time, for the rest of your meeting.

Les: Certainly. There is just one question if I may, a quick one I promised to ask on behalf of somebody. I'm sure you're aware that on some of our Sunday evenings, there's a lady with whom I sit and gives remarkably good evidence. (**Yes.**) I know you're aware of that, but on the last two occasions, there's been no response from your side of life and she's a bit concerned about that.

No, please advise her to—I will explain to you quickly. When we have '*development*' taking place, sometimes it is good from your side and also from ours, that the lesson of *patience* be taught. I don't mean that glibly. You understand? (*Yes—*) It is *not* that she will not be used, of course she will. We do not allow anyone to escape. (*chuckles*) You understand?

Les: I do yes, this is what puzzled us both.

But without sounding again, *harsh* in words, I wish to say to you, that for her own development, it is essential that she knows of these quiet times.

Les: Thank you very much indeed.

But do not be concerned.

Les: No, I will explain to her and I do appreciate you answering the question, thank you very much.

I know you will do it with kindly words.

Les: Of course.

*Now I leave you all cloaked in that shining Love, which follows you all.*

(*general thanks/farewells*)

*There then followed one through Sue:*

*It is with great honour that I greet you. I thank you for allowing me to come into your home.*

Les: We're very pleased to have you here.

*I am a stranger to you, but you are happy to have me here and I thank you for that.*

Les: We're very happy to have you with us.

*I am aware that through the times of your meetings, which I know have been many, you*

**have been visited on several occasions, by the Sisters and the 'Seeking Sisters,' have you not?**

Les: We have indeed.

**I ask you, have you ever been visited by the male equivalent of these Sisters?**

Les: Yes we have on one or two occasions.

**I am pleased to say to you that this evening you are visited by another.**

Les: Good, we welcome you and are pleased to have you.

**You are aware I know, that when you leave your earthly body, you do not take with you the life you left behind, unless you choose to do so. But some of us wish to continue the work we did on this Earth, but on a Higher Plane.**

Les: Yes I do understand that.

**But of course we had many lessons to learn, we had to find the correct path, we had walked along difficult and stony roads and we were lost. All of us—I speak here of the people that followed the RELIGIOUS PATH; all of us had our inner voices, all of us were guided, NOT all of us LISTENED. Do you understand?**

Les: I do indeed and that caused a lot of problems, when you went over, didn't it, because you had to deny a lot of what you had been teaching, while you were on this Earth.

**Indeed, it came as a revelation to many and it was like being reborn as a tiny baby. We had to learn to walk each step at a time, in the correct way.**

Les: Yes. It must have been pretty catastrophic for some of you to realise that you had been spending a whole lifetime, teaching the wrong things, or in many cases the wrong things.

**I say to you, not everything, not everything.**

Les: Oh no not everything, I agree.

**And there are some of us, who are still trying to find the correct route for their spiritual life.**

Les: It's a difficult thing to do, isn't it?

**It is most difficult to shed the teachings of one's earthly lifetime; it is not possible to drop it on the wayside. You cannot discard everything you believed to be true.**

Les: Of course not. Well you'd been conditioned into that belief, so you can't just dispose of it, like a piece of waste rag.

**I say this to you: It is good to question, question—every piece of knowledge you acquire, question. Even if it is only to satisfy a small doubt, question. Even if you have no doubts about something you have been told,**

**think about it, think about it most carefully and ONLY, only if you are quite sure it is the correct and right thing, then—**

Les:—And then of course we learn something else, which makes us wonder if we were quite sure! (*chuckles*)

**Indeed. But it is a lesson that I bring to you this time and I ask you all if you will do this, as the next step along your spiritual pathway.**

**QUESTION, question, even silently and mentally, question. It will make it SO much easier, when the time comes, if you can carefully sift through the information you acquire in this lifetime, and discard that which you know to be false.**

Les: And that for which we have not had positive evidence.

**Sometimes, sometimes it is not always possible to have that evidence, but there are always ways of finding out more.**

Les: There are and that is when one has to rely on one's spiritual affinity, in order to know that the question has been answered.

**Indeed. I have a number of my brothers here with me this evening, all of whom are standing with your friends here this time.**

Les: That's nice to know.

**And I have a boon to ask of them all. They are—the word I cannot tell you, but if I say 'Noviciate,' you would understand, would you? They are novices in their new lives. (Yes.) They wish to bring guidance to each one here in various matters.**

Les: I'm sure everybody here will be most grateful for the guidance.

**It will be given mentally, at a time when your earthly bodies are at rest. I say to you, hopefully in your sleep state, you may be aware of them, as in a dream. Please if you are aware of them, make contact and say they are welcome. (Yes.)**

**And even if in the waking state, you are not aware of their teachings, let me say to you that the spirit inside yourself, will be aware of what they have taught and it will be fulfilled in time. Should you be aware of what you have been told, perhaps they would be kind enough to mention it to each other, at the next of your meetings.**

Les: Yes, that would be interesting to do.

**If you permit, I will come to you in sleep. May I do that?**

Les: Yes please do, you'd always be welcome.  
***I am aware of who you are, so I will say to you, that my name is brother Copernicus and if you permit, I will spend some time with you, both in sleep state and when you are awake. (Yes—) If you become aware of me, please I would be honoured if you could call my name and tell me you know I am with you.***

Les: Yes, it would be interesting for both of us, wouldn't it? And I do appreciate that it is necessary to have that expression, for you to know that we are aware of you.

***It gives a great lift, when we KNOW that we have reached out and communicated. It makes such a difference to the way we can work.***

Les: I'm sure it must do, because the gratification of knowing that you have reached us spiritually, must be a big boost to your being able to continue that.

***Indeed. It is something that you cannot be fully aware of. It is like plugging into your electricity supply, you plug in and there is power; without supply, there is no power.***

Les: Quite. Would it have been you who's with me first thing at this meeting, as soon as I'd sat down? I know somebody was with me.

***It was not me personally, but if you were aware of someone, then yes, it would have been one of our brethren.***

Les: Yes I was very much aware, thank you, or thank him, please.

***I shall pass on your wishes. Now I say to everyone here:***

***Open your minds to your new friends, for they ARE friends to you and will give you all the love, guidance and teachings that they can. I appreciate you understand, that time in our two worlds varies considerably, so I will say to you, to make it a little easier for you to understand, that your new friends will be with you, into what you call your next millennium. (surprise + gratitude expressed) It may be difficult for you to understand that someone can be with you constantly, or for what you consider to be several years, but it is NOT that time in our world.***

Les: No of course not.  
***When I say constantly, I do not mean every minute of your day, you understand that? (Yes.) But these friends will be with you at different times of your life, for several of your years to come.***

Les: Thank you. I do understand that they will be with us, when they are aware that we would benefit by their presence.

***Indeed. They are all well-equipped in the role of healer also, so will be able to give comfort and strength, through difficult periods of your lives.***

Les: Well, we look forward to them being with us—

***I now will leave you and ask please for just a few moments before you close your meeting, that each one of you gives out silent welcome to their new friends. I apologise that I cannot give you individual names for each one of your friends, but that is not possible.***

Les: No I quite understand.

***If they are able, they hopefully will impress upon each one of you, who they are and if that happens, you will be able to communicate by name, mentally. You of course, are aware of my name, but I cannot I am sorry, divulge the others. Now I ask that you sit quietly for just a few moments. There will be no more speech here this time, or in the room, other than your closing, which I would be honoured to do for you.***

Les: Yes, please do. I shall go back to my seat and you can close, whenever you are ready.

*We sat in silence for several minutes, before the closing prayer:*

***Great Creator of all Love and Light,  
Look after these your precious children.***

***Give them the strength to continue with their daily lives, and when the path they tread begins difficult, give them the strength to find a smoother way.***

***And let the lessons learned each day of their lives, Light the way to their spiritual home.***

***Until we meet again, I say to you, may the Love and the Light which surrounds you all, glow brighter and stronger, with every passing day. Amen***

All: Amen

***May I just say before I leave, that the friends we spoke about, will also be with your friends, from your other meeting, if you could please tell them when you see them next. (Certainly—) It will be for everyone that comes here.***

Les: We are very honoured that they should be doing that for us all.

***I wish you farewell and will come to you in your sleep and through your waking days.***

Les: Thank you again very much. God be with you.

*Les then shared some clairvoyance with us:*

Les: If you want to visualise them with their habits, of blue-grey, with a gold coloured belt (*chord?*) in the middle; but not leather sandals, they are all wearing rope sandals—it might give you an idea of how to think of them. The gold chord they are permitted to wear, because of their particular degree of spiritual knowledge.