

~28th October 1996~

Eileen, Sue and Jo were all away this week. However our unseen friends were still able to bring us useful teachings via Les. The tape begins a little way into our discussion:

George: The light that you radiate during meditation, is this the same as the aura?

Les: It's a much more brilliant light, the aura is—
Les then begins to breathe very deeply and he begins to channel:

Good evening to you my friends.

(general welcomes)

I am very pleased to have the opportunity of speaking with you again, though it was not expected. I am, I believe this expression is understood by you, I am a 'stop gap.' I hope you will accept me.

(strong agreement)

Now sir, your question as to light. May I suggest that you are examining, or trying to examine phenomena, in the light of a physical understanding, instead of a spiritual understanding. You must not try to compare your own individual aura, to a spiritual light, which is, shall I say, 'distributed,' on occasions such as this and also by you as individuals when you are in, what you would call, 'the right frame of mind.' You are exercising the right thought processes, to enable us to draw nearer to you, upon the physical plane. You have been told many times, about the energies which exist, and many types of energies, which are utilised within our realms of existence, of which you have no knowledge. (Yes.) It is difficult for you to understand what energy is. It is difficult for us to try to give you descriptions, which your physical awareness's can absorb and understand, but I will try. When we speak of energy, do not your thoughts immediately clothe energy in a physical garb, so that you are able to understand it more clearly, with your physical senses. You presume that it has Light, of different colours perhaps; you do not realise that true pure energy, requires no attributes, such as you are inclined to give to it. It exists of itself, by itself, within itself, because of itself. Can you understand that?

George: Yes, I think we're all beginning to accept this and feel it.

When you say 'feel it,' my friend, could you please, for the sake of your colleagues and for our understanding of your description, could you please be a little more precise?

George: Some of us have had training as scientists and we think of energy as wave motion and we have diagrams to help us visualise what we think we mean. But we are beginning to understand or just become aware of many forms of energy that are not in our scientific text books and are of a much less, I was going to say, 'less material form,' but a 'non-material form.'
May we say please, a 'greater spiritual form.'

George: Greater spiritual form, yes.

Thank you. Once again, though you are beginning to have an appreciation of energy, you still seek to clothe it in physical garments, you might say.

George: Yes, I follow that.

You say, 'wave form.' Wave form is only a physical description, of something you have discovered, as part of energy, part of energy. And what of the energy which itself creates those wave patterns of which you speak? Does it have form, does it have shape? You do not know.

George: Yes, we do not know.

Well sir, I would suggest if I may, with all due respect for your knowledge, which I know to be of considerable importance in your physical world, I would suggest if I may, that you do attempt to depart from always trying to give physical explanation for something that is so purely and definitely spiritual, in it's characteristics.

George: Yes, I do follow and thank you for putting it clearly like that.

May I please suggest also, to all who are listening, that you will better come to an understanding, of complexities that one day you will have to face when you visit us, if from now on, you understand that you will never understand, whilst you are upon this Earth. (general agreement) If you can achieve that degree of acceptance, then you will begin to have a much better conception, of what you would term, 'miracles' that surround you, every moment of your living on this plane, miracles of which you have little knowledge, miracles which I cannot explain, because they are beyond physical comprehension. They are

only miracles, because to you they are uncommon. To us, who have greater knowledge of these things, they are not miracles, they are normal conditions of living. Can you understand this? (general agreement) Have I perhaps made a little clearer, the light or energy, of which we were speaking earlier, of which you were speaking, I should say and about which I came, to interfere! (laughter)

George: Yes, we're very grateful and I'm sure it has helped enormously.

Is there any other question you would like to ask me, whilst I am with you? If I can be of assistance in any way, please ask—you ladies, may I say, are unusually quiet. (laughter)

Jack: Going back on what you were just saying, basically, you're saying that we're not going to understand this, purely because we are in the physical world and you are talking about a different dimension basically. So we can't understand what we can't see, yes?

Basically that is so my friend. You cannot understand, because with respect, neither you nor anybody here, has the spiritual development yet, to enable them to begin to understand, what are purely spiritual concepts of life. It is no reflection upon your physical living, merely a fact that just as a child within the womb, cannot understand the mechanics of walking, because it has no conception of such a feat, so you in your physical envelopes, have no conception of the power which exists, beyond those physical elements. Does this satisfy you?

Jack: Yes, thank you.

I'm sorry that we cannot be more specific in our answers to your questions. We try within our abilities, to understand your physical 'examination,' let me say, of the things beyond your physical environment, beyond your mental capabilities to appreciate fully. But we cannot always unfortunately, enter into the realm of description, because there is not the awareness apparent, within the physical being. Do you understand? (general agreement) We sometimes feel ourselves frustrated, because we are not able to give you clearer descriptions, greater comprehension, of what is to come to you, in due course. I can only repeat: If you accept that you will never understand so long as you are in the human frame, at least that assists us, because you do not constantly churn your minds into a maelstrom of wondering, to prevent our

'getting into you,' if I might use that expression, to give you spiritual awareness, rather than physical conceptions. Is this understandable to you? (general agreement) Good, thank you. Now do you have more questions?

George: Well I'm sure it would be nice to probe more, or have more awareness of the—I imagine there are numerous energies of which we are quite ignorant and there would be energies which underpin the physical creation itself. In the Australian Aboriginal culture, they talk of 'Dreamtime,' the Dreamtime that underpinned the physical creation. Is this another type of energy, of which we are ignorant?

May I ask you my friend, why it is so important that you wish to have an understanding of these energies? What would you do with that understanding?

George: It is not important that we have an understanding, but I can just say it's very nice to know that the Creation is underpinned in that sort of way.

Can you tell me please, what good it would do you to know such a thing?

George: No, I guess it's just a love of understanding, or partial understanding.

And what would you do with that understanding, if you were given it?

George: Just enjoy it, I guess.

Physically again. You would enjoy the ability of your brain, to absorb what it has been told.

Would it have advanced your spiritual progress?

George: No, I suppose not.

Then why bother? I trust I have not offended you sir?

George: No, not at all.

We find it very strange, that so often your physical minds are devoted to what, to all intents and purposes, is useless information.

George: Yes, perhaps I'm just naturally inquisitive and perhaps this a defect in my character.

I believe you have an expression, 'you said it, I did not.' (chuckles) I'm aware of your modern idiom, you see. Frequently we watch you, we watch your minds, turning over these things, ploughing through a morass of events of bits and pieces of inconsequential matters, that have no relationship to actual living at all. Much better would it be, if the time you spent upon such inconsequential philandering mentally, were devoted to an inward examination of your own spiritual progress. And to achieve spiritual

progress my friends, it is quite unnecessary to consider every aspect of physical living. Think rather of an investigation into the spiritual self and whether your spiritual self, is still walking the path which it should be treading. There is nothing wrong in questing for information of a physical nature, but please do keep it in perspective. And the time you spend on searching for things, which merely satisfy a desire for knowledge and would not appear to have any practical advantage in developing your own spiritual selves—why do so? You have free wills, we cannot make you use them in the way which we can see would be most beneficial to your progress, not only upon this Earth, but in the lives to come. But we are sometimes a little disappointed, that you do not spend more time, in that way. Please consider this.

George: Yes, I'm sure we will, thank you.

Is there more I can tell you? Or more I can say to discourage you? (chuckles)

Sallie: I find what you say very encouraging.

Thank you madam. I feel my visit has not been wasted then.

(strong agreement)

Sarah: Being human beings, we need putting on the right tracks, because as we're human beings, that's why we do all these things, because we are humans, and unless someone helps us onto the right tracks, we're not going to progress.

Madam, you are still walking into the same trap In considering yourself as a human being, instead of as a spiritual person. To say that you are a human being and therefore you do this, that and the other, is no excuse for departing from a spiritual conception of the guidance, which should be given to that human body. Is this clear?

Sarah: Um—Sort of. I think on my path, I'm only just beginning to realise, that I am a spiritual person and not just a human, and it's difficult to—

It is good, it is good that you should recognise, that you are a spiritual person. And of course always, you should keep that in the front of your mind, that you are spiritual and not physical. The physical is merely a necessary envelope, for the spiritual, while it has to sojourn upon this planet. Try always to look beyond the physical requirements. I know they have to be accepted, they have to be acknowledged and they have to govern your living here—that I understand. But

underneath it all, remember that you are a spiritual person and that must, whenever possible, take precedence over the physical requirements. It is not easy, it is difficult, very difficult—we do understand this; this is why we attempt, at these times, to give encouragements, small, as it may seem, to ensure that you do always recognise your spiritual being, rather than the physical.

Sarah: Thank you.

Lilian: I suppose the very fact that we are sitting here, is encouraging, because we are curious about the spirit.

The very fact that you are here madam, is in itself, an advertisement for your spiritual development; otherwise you would not be sitting here, listening to me rambling on like this. Were you more concerned with your physical being, you would probably, if you do such a thing, be sitting with your feet up in front of the fire, which would be much more comfortable, than going out in such weather as you have now. I am told it was very bad for you this night.

Margaret: It's very windy.

So the fact that you are here, is an indication that your spiritual self, is superseding your physical self, you follow? (general agreement) This of course does apply to you all. The very fact that you are here, is your spiritual self convincing your physical, though you are not aware of that, that it is the correct thing to do, for your spiritual progress. (general thanks)

Sallie: It also helps you physically though doesn't it? Well as you develop spiritually, physically there is almost like a reward in comfort within your physical being.

You are quite right and I am pleased if you are already experiencing this, because we have on many occasions said, not only here, but elsewhere also, that the awareness of the spiritual development, must of necessity, be shown in the physical improvement of the body and the physical mind's activity also. It cannot be anything else, since the physical is dependent upon the spiritual, whilst you are here—of necessity, it must benefit, from the advantages of the spiritual development. And you will find, as you progress in your learning madam, that you will begin quite subconsciously, to radiate the feeling of serenity, calm and almost a self-satisfaction, other than a physical one. This will

be radiated to other people in your vicinity, without them being aware of what it is, making them liking to be in your company, without you being aware of what you are radiating; but believe me, it will happen.

All: Thank you.

Sarah: Does that mean that people who are very depressed, they are lacking a lot spiritually, they are totally unaware of their spiritual—

Yes, usually it is so. There are exceptions, but people who constantly suffer from depression unfortunately, have not been very aware of their spiritual abilities, in order to overcome the depressions of their physical mind. It is a great pity that it is so, but it is.

Sarah: Thank you.

Now I believe, I am being told that the energy is depleting and I must ask you if there are any further questions, before I have to leave you?

George: I think we have all benefited very much from what you have told us and I'm sure we'll all think about this and we all thank you very much.

Thank you for your very kind expressions my friends, I have enjoyed being with you and I hope I shall get the pleasure of speaking to you at some future date.

George: That will be our pleasure.

(general thanks)

I bid you farewell, God be with you, may the Great Spirit encompass you with his love at all times.

(general thanks + farewells)