

~7th April 1997~

At the start of the meeting, Les gave details about a rescue that had occurred in the Wednesday circle, as it was a particularly difficult one from the lower realms.

Good evening. (General greetings)

As we begin this time, I ask each one of you to feel the energy of that all-encompassing Light, which surrounds you all. Feel from it energy and Love, because dear friends, you are in need of it this time. I do not wish to say much this time, as I would like to take this one on a journey, a journey into the Light, which feeds us all. She will return to you unaware of what has happened, but the soul aspect will find much happiness from her journey.

Les: Thank you.

I say to you all, there will be communication by others this time, but I will say only this to you this time: That your Earth planet is surrounded at this time, by much energy that has become maximised at this stage of Earth's evolution. In saying this I say to you all, that during this coming year of your Earth time, each and every one of you, will feel that magnetic pull of energy, which should uplift you all, beyond your wildest dreams, in respect of progression of your soul. Do you understand? (General agreement)

Les: Yes we do and we thank you for the information. That energy is increasing I imagine is it, because of the work you and your colleagues are doing for the sake of the planet?

It has to be, it is part of the plan of life; it is an important earthly year, because of this. Man should feel the benefit of it in many ways. Those foolish enough to ignore it can only be at fault with themselves. Now I leave you dear friends, to continue this time. (General thanks) I would ask you please, at the end of this time, that the instrument be given gentle help to return.

Les: Yes of course.

She will not be aware of what is happening, but may feel emotional.

Les: I understand. *(Les reminded us to concentrate on the light in the corner re: Eternal Flame mentioned at a recent meeting) There then followed one through Sue:*

I come for a very short time, to bring you the blessings of our most sacred realms. Were I still to be amongst you in earthly form, I would offer you the sign of the cross, you understand me?

(Yes.) But it is not necessary for me to impart my blessings with it.

Les: No it isn't necessary, is it? The words are sufficient and the thought behind the words.

There is such strong and powerful thoughts in this place, that I do not need to say many words, for each one here I know, can feel the love which surrounds you all.

Les: Yes and we thank you for bringing it.

I ask only that they look inside themselves and find thy hidden light, which is within you all. Imagine you are going down a dark tunnel, knowing that soon the darkness will evaporate and you will be able to see what is ahead of you — that is finding the inner light within yourselves. I suggest in quiet times, when you are all alone with your thoughts, you practice walking through this tunnel. It will be of great benefit in the expansion of your knowledge.

Les: Thank you for the suggestion.

And now as I have said, words are superfluous — feel the love I have brought and bathe in its light. There is one more to speak and when that communication is over, I would ask you please, to quietly bring back into this room our dear friend, who is seated on the left of this one. We do not wish to let others through this time. You are aware of what I am saying, I'm sure. (Yes.) There will be one here shortly. I leave you now with more love than your hearts could imagine.

Les: Thank you very, very much for all you bring. ***I offer to you a silver rose, which will protect and guide you on the pathways you still have left to tread.***

Les: Thank you for that and the protection. God bless you.

There then followed a Sister immediately through Sue, bringing much laughter and joy into the room. Les received much clairvoyance during the conversation:

Goodness me that was fast. I was not expecting to speak quite so quickly. I was stood to one side and then suddenly I was here. I'm quite overwhelmed.

Les: It is surprising isn't it? But your instrument is well-practiced now and of course you and your colleagues find it fairly simple to use her. We all welcome you.

And I am pleased to be here, even though my breath is a little taken away with the speed with which I arrived. I am not used to rushing you

know; I normally take things at a more sedate and leisurely pace.

Les: You do, I know — you have a routine, which you adhere to, don't you?

Goodness me, you cannot go through life without a routine, it is too much fuss and bother. I like to know what is happening every minute of my time.

Les: Don't you ever enjoy kicking over the traces a little, now that you're able to do so without being penalised for it? *(knowing laughter)* Yes you do!

I didn't realise we had a mind-reader amongst us! I'm quite embarrassed that you can read what I am thinking! *(more laughter)* Goodness me, I think I have been making a fool of myself!

Les: Not in the least no of course not.

I tell you, I haven't got a routine! *(Ha ha!)* My life is chaos!

Les: It is, I know! *(laughter)*

Chaos!

Les: And you enjoy it — that is your routine isn't it, kicking over the traces and enjoying the chaos.

Oh dear — goodness me!

Les: We like to do it too, but we don't have the opportunities that you have.

I tell you, I tell you truthfully now, that when I was on this Earth, I had to do things in a regimented fashion and I used to think to myself, 'I wish I could just open the door and run and run and run' — and then common sense prevailed and I couldn't and didn't —

Les: No, you had to rely upon what you were doing and where you were, in order to live a reasonable existence, but that didn't prevent your thoughts taking you.

No and I used to have many a quiet penance after these thoughts. But now — now —

Les: You can enjoy it without any penance.

I do run, I do! *(said with heartfelt joy)* But I go such distances and I tell you truthfully, although I run, it isn't physical running.

Les: Oh no it's thought running — you transfer yourself by thought, don't you? But still enjoy the feeling of running?

It's still freedom — it's freedom I've never known!

Les: No, and you can do it without your skirts flapping about your ankles, can't you?

I think you're some kind of witch! *(chuckles)* You know everything about me, yet I have told you nothing! I haven't told you my name, I haven't

told you what I did when I was alive, and yet you know!

Les: I know reasonably — nothing that would embarrass you, but I know in the convent you used to enjoy working in the garden — of course when nobody was looking, you used to run around the plots didn't you? With as I say, your *habit/skirts* flapping around your ankles. *(more chuckles)*

You make me sound like Maria Von Trap! She was fiction — no she wasn't fiction she really was one of us, but no — no I wasn't.

Les: It was understandable.

And I think I brought something to the others.

Les: You *DID*, because I can tell you now — this won't embarrass you, because you will understand and so will she, when your *Mother Superior* was quite well aware of it on occasions, and she used to enjoy watching you do it and wished that she could, as we say, '*Let her hair down,*' and do the same thing.

Ooh! If I was able to blush I think I would.

Les: It doesn't matter, she enjoyed it.

Yes I'm sure.

Les: Have you met her since you've been over?

Yes, but not in the sense you mean.

Les: Well if you *do* see her, ask her if she'd enjoy seeing you do it again and have some fun together.

Well, perhaps we could?

Les: She hasn't quite thrown off all the restrictions, but she's getting on towards doing that.

Yes well, she had so much responsibility I suppose it's more difficult for her to throw it off. I couldn't wait! Oh I shouldn't have said that.

Les: Why not? You're free now.

I was good, I did everything I was meant to — it's just sometimes —

Les: Sometimes it used to slip a little — never mind.

But what I did I thought was right and I did used to do some good things.

Les: Of course you did. You did as we should all try and do the best within our abilities. We can't do more than that.

No that's right, you can't.

Les: And if we're so made that we enjoy a bit of laughter on the side when we're not supposed to have it, well that's how we're made.

It is the greatest healer.

Les: Of course it is.

You cannot survive without laughter.

Les: No you can't, we absolutely agree.

And although I shouldn't say it, there are some — not in my order, there are some who — they got it wrong.

Les: Oh they did, they thought laughter was sinful.

They never spoke — how can you help people, if you don't communicate?

Les: You can't, no you just have to let them get on with it.

They are finding it difficult I think these people, because they are having to learn to live all over again.

Les: Of course, instead of being ready to take advantage of their freedom.

Complete rebirth — and that is more difficult. For me it was just one step and I had a new life. Not so far removed from my old one, but freer and I feel of more use.

Les: And much more enjoyable. Of course you're of more use to many people. You've helped many more I'm sure, since you've been over, than you were able to help on Earth.

I spend my work time healing and I have pledged that this is what I shall do, until I am needed for other things. It brings me such great joy and I do come back into these realms to assist when needed, for the healing.

Les: Good, that's interesting too. Yes you enjoyed that part of the work whilst you were on Earth, didn't you?

I did what I could, which was never enough.

Les: No of course not; we never do think we're doing enough, when we have something we're really interested in doing, but you were not able to assess the reaction of the person you were healing.

No — now I can see the light, I can see exactly where I am required to be and the extent of the help I am giving.

Les: That's interesting to be able to, isn't it?
Oh it is most wonderful and I shall continue with this work, until I'm advised otherwise.

Les: Yes I hope you will and you'll get a great deal of enjoyment out of it; we do in our work here, like this.

I have been an observer on the odd occasion in this room. I did assist some little time ago, with one of the doctors that comes here and I felt so honoured to be here.

Les: It's nice of you to say, but we always feel very, very grateful to all of you, for taking the trouble to come to us, back in this heavy atmosphere.

It surprises me how light it is this time — very easy it is this time.

Les: Very much lighter, because the power is greater and you of course bring a lot with you also and as you said, laughter is contributory. *(Spoken passionately)* ***Oh you cannot survive without it! No, it is most, most important! And now, if you will permit before I leave, I would like please to say goodbye to everyone individually, may I?***

Les: Yes of course, you can walk round to them, if you wish.

I would yes, one moment please.

(There was then some light chatter, while she moved across the room)

She then started with Lilian:

I am most honoured to meet you, I know all about you.

Lilian: Do you?

I do, but I shan't say anything.

Lilian: No it's best not to. *(chuckles)*

Other than you are a sweet soul and are much loved by everyone. Peace and love be with you.

Lilian: Thank you very much

Good evening.

Jack: Hello.

I am most honoured to take your hand. May all your days be filled with much love. Go in peace my son.

Jack: Thank you, God bless you.

Sallie: Hello.

We had a dog called Sallie at the convent.

Les: Did you?

Yes we did and she was a wonderful character and I know you are too. My love goes with you.

Sallie: Thank you.

Paul: Hello.

Good evening Paul. Oh I feel a deep, deep gentleness here — yes this one runs deep waters.

Paul: Thank you.

He is a great asset to all who have dealings with him. Yes a gentle soul this.

Paul: Thank you very much.

Peace be with you my dear one.

Paul: And with you.

Sarah: Good evening to you.

An old name I know. This name goes back through the generations and is a much-loved name. Yes, this one is an old soul.

Sarah: That's interesting. Thank you.
Go in peace and love my child.

Mark: Hello.

Yes this one and I have met before.

Les: Is that so?

Mark: Can you say anything about it?

My son, do you remember the name you have been given?

Mark: Yes Raul you mean?

Yes, I work closely with him. I have been to you in sleep, I feel your spirit coming up through my hands. Yes, your guide and I are closely linked. Therefore should you call on him, I may not be far away.

Mark: Thank you for your help.

Go in peace my dear one.

George: Thank you for being with us this evening.
So much love here for his family and for others connected with him, both in spirit and on the earthly planes. This one will surely have a golden crown one day. Much love goes with you my son.

George: Thank you.

Les: And finally Margaret.

Finally, they say finally! (laughter) Oh I like this one.

Margaret: Thank you very much.

Yes, you bring joy to people, even though you might not be aware of it. And because of that joy, your soul burns like a bright beacon in the dark days.

Margaret: Thank you.

You too my child, will wear a crown of gold.

Margaret: I hope I'm worthy of it, thank you.

Do not detract from yourself.

Margaret: Thank you very much, thank you for coming.

And now for you! (Les) Not finally for you, not finally for the lady, but finally for you. So much has been said to you, every word of it the truth. Without your guidance, this group would never have materialised and the work you do, would not have occurred. Although you have been taught that lives are mapped out and it was written you would do this work, it is your greatness of spirit, which has made the work as important as it is. Without you my dearest one, things would be very different.

Les: Thank you very much. I too shall try to be worthy to what I have been given.

Now I leave the serious part behind. I have so enjoyed being here and speaking to you all, but I need to return to run through the wet grass. (Gentle laughter) It recharges the batteries and enables me to continue with the serious side of my work.

Les: Of course.

But I have loved being here and I still cannot believe that you knew all about me. I shall have to make sure that next time I come, I am in disguise! (laughter) And then we will see how clever you are!

Les: Not at all clever — oh and Sister Rosetta —
Ooh! Goodness me! (Exclamation at Les knowing her name)

Les: — there's one thing before you go, would you tell Sister Angelic — and please tell her I pronounced the name 'Angelic,' and not 'Angelica,' as people used to call her and she got very annoyed at that — that she did not need to do penance, when she looked into a mirror.
Well?!

Les: I know you will see her, you have many a laugh together.

Well I was going to name myself as I went, but I don't need to. I cannot believe this man. (giggles) Make sure you don't have any secrets because he'll find them out. (more laughter)

Les: I can only get what I'm given and it's never anything to embarrass anybody.

I am only joking, I am well aware of what you are given, but goodness me when you are on the receiving end it's a bit of a shock. I will go now.

Les: Thank you again for your company.

I hope I can return, (Enthusiastic affirmations) and we will see how long it takes you to discover me next time.

Les: That's a challenge, isn't it?

On a more serious note now — if you could bring our dear lady back, so that the channels can be cleared properly. I give you all my love and will think of you all and hope you may think of me sometimes. To the gentleman named Mark, I say should he need to call upon Raul, I will not be far behind.

Mark: Thank you.

(General thanks and fond farewells)