

~14th April 1997~

Good evening. *(General greetings)*

Dear friends, I thank you again for your warm welcome. Before I speak with you, I would like to say that next time, there will come to you someone of interest I am sure.

Les: Thank you very much indeed.

I cannot say at this time which instrument will be used, but be assured that there will be much for your attention.

Les: I'm sure there will be and we'll look forward to it again.

If this one is not to be used, then again I will take the opportunity to work with her. But we will wait and see what conditions prevail.

Les: Yes we do understand that these things can't be decided accurately, because of varying circumstances.

This one here is being trained to much higher degree than at first we proposed to use her, but since my coming to you, she has grown so.

Les: She has, hasn't she — we've had some excellent information through her from your world and we're all very, very pleased about it.

Now dear friends, let me speak a little this time.

We have been happy to see how many of you on your Earth at this time, have been interested in what is happening in what you term your *space*.

(Yes.) Yes, and in particular I know that each of you here, have been interested in what you term a *comet*. *(General agreement)* I would say to you this: **If that powerful interest that you all show to things outside your planet, if that interest were to be turned *inwards*, in understanding the vehicle which you all inhabit, dear friends what a powerful force that would be.**

Les: It would be, wouldn't it — incalculable. **I would say to you all only this: *(Intense pause)*** When understanding, when knowledge is sought, when all that you wish and desire is turned towards knowing the self; then indeed are you beginning to know what you are about. *(Pause)* Friends, when that happens, all that lies beyond your understanding at this time, would belong to you in an instant. No longer would your skies be a mystery to you, because then dear friends, you would be part of it, you would become a living force within it; no longer would your skies seem to be a miracle, but become part of your very existence.

Les: It would be, wouldn't it — incalculable.

I would say to you all only this: *(Intense pause)*

When understanding, when knowledge is sought, when all that you wish and desire is turned towards knowing the self; then indeed are you beginning to know what you are about.

(Pause) Friends, when that happens, all that lies beyond your understanding at this time, would belong to you in an instant. No longer would your skies be a mystery to you, because then dear friends, you would be part of it, you would become a living force within it; no longer would your skies seem to be a miracle, but become part of your very existence.

So friends, listen to me, turn your thinking inward, to the very depths of your understanding, reach out for that knowledge — and it is innate within you all, have no doubts about that and find the mystery within. Seek that dear friends and you will find all. Do you understand?

Les: Yes we do. We realise the difficulty of doing it of course, as you do when you tell us it's going to be difficult. But no doubt you would say: *If it isn't difficult, then it isn't worth attaining.*

If you are not prepared to seek and to search, then you will not find.

Les: Of course not.

These simple words I have given to you this time are the most important ones that I can say to you. Find your true self and all of the cosmos will fall into place.

Les: Is there any chance of us finding our true self, whilst we are in this physical body?

I answer with one word: YES. There is no reason why in this lifetime, you could not attain this — you my friend especially, amongst you peoples here. You have the ability; now you must apply it and you must endeavour to focus upon it to achieve what after all, you know. It is an innate knowledge that you came to this planet with and as you unfold, so should each part of you be filled with that knowledge. So to you all I say: SEEK, ASK, FIND — it is there for you, if only you should take up — shall I call it a challenge? *(Yes.)* Now, have you questions this time?

Les: Well I would like to ask a question about what you have just said. I know we are all individuals and must lead an individual lifestyle, but is there any one overriding suggestion you can give us, as to how we can achieve this inward searching? Bearing in mind that we shall still have to continue living our existing physical lives?

You cannot free yourself from that daily living, of course you cannot. But in your quiet times, and I know most of you try to seek those quiet moments in your daily lives, but I have to tell you dear friends, that to find that inner self, you need to devote more time, more of your physical time I say, to finding the true spirit within. You cannot achieve what is greatness, if you are not prepared to sacrifice a little of your daily living. So in answer to your question this time, I would say to you: As you look towards the stars and planets in your skies, look inwards to yourself and find that eternal flame which

you are, because dear friend, you are brighter than the brightest star. You have to visualise this first. You understand?

Les: Yes that certainly has given us something to guide us with. The other question I would like to ask is: Presuming that we are trying to achieve this in our physical life here, are we helped in so doing, when we visit you at night, during our sleep?

You would be given instruction yes.

Les: So it would help if when we go to our sleep, we could concentrate for a few quiet moments before we do sleep, and ask for guidance when we come over to you?

If you ask, there are many who are waiting to help. You need the help from our side of course.

Les: So we can ask for that, knowledge that we are going to receive it, even though we may not remember that? **(Yes.)** Good and that would be of benefit in our physical attempts, to do what you have suggested?

In seeking help from those with *higher knowledge* shall I say, you are allowing yourself to *open* and for that knowledge to come forth and greater knowledge to be given in instruction and help.

Les: Thank you very much indeed. I must say and I'm sure my friends agree, that gives us more hope that we shall be able to achieve what you have suggested. We know we shall be helped in it.

Remember you are all individuals of course, but also remember that you are *spirit* and much is available to you, if only you will *throw off* the *confines* of this *physical body*. That is the problem with you humans, that however much knowledge you attain, you *still cling* to the knowledge that you have these *physical cloaks* which surround you and which some of you feel to be a *protective cloak*. Dear friends I tell you this, these protective cloaks are a *hindrance* not a help. Throw them from you when you can — when the opportunity comes, take it, take the help that is offered to you all, from those close to you from our world.

Les: Right we shall certainly do that.

***Seek and you will find*. Those words should *ring true* to many of you, they have been said many times on your Earth plane and I would like to reinforce them for you, by saying they are *true*, but you must be the *catalyst* in *seeking*. YOU must do it — we cannot do it for you.**

Les: No I think I can say, to use our modern expression, you have pointed us in the right direction. I don't think any would disagree, would they? *(General agreement)* So we thank you for what you have said.

I wish I could show you a mirror image of what you *truly* are. I *hope* that one day when I come to you that you will say to me, I understand your words now, at last I have attained what I needed to know. I know and understand myself as I truly am. *(Pause)* The day will come.

Les: Good. Without wishing to seem conceited, I believe I have been on the fringe of that understanding several times.

Dear friend, although you feel your knowledge is great, which to many within this room, your knowledge seems expansive, and to *them* it is. I would say to you this dear friend: You have grown much and that growth has happened in your latter years. I do not speak of knowledge that you have gained in earlier years. The knowledge that has come to you latterly has been an instigator of learning much more. You are now if I can put it to you this way — you are approaching a *gateway of knowledge* and *self-instruction*, which even you had not imagined. You are on the threshold of much knowledge and I say to you, that we are helping you forward in as many ways as we can, because part of what you have been sent here for, is to instruct others in the knowledge that you yourself have gained. And dear friend I say to you, you have worked *well*.

May that infinite energy which surrounds you all, encompass you as you go forward, in that search for ever-lasting life.

Les: Well it's going to be incredible when we do understand it. I thought I knew quite a lot now, by coming over to you, but obviously I know very little.

I do not say that to make you feel as if you know little, but to help you understand that there is much greater things ahead of you.

Les: Yes it's very nice of you to put it like that, I wasn't suggesting that you were criticising me in any way of course, but I just can't imagine the beauty that *is* there to be discovered, if what I already have experienced, is almost nothing. **It is but a *twinkling of the eye* what you have experienced. Wait until you see the full beauty of what lies ahead. You have much to give, much knowledge to impart and dear friend, much**

good advice, because sometimes we see too much eagerness to begin with and little *patience*. But that is something all you peoples on this planet Earth, seem to be afflicted with and I do not say those words unkindly, but when you know yourselves as you will eventually, then you will learn and understand, that *patience* is indeed what you term a *virtue*.

Les: Yes at the moment you're quite right, it is an affliction.

Now I will leave you this time and I will say to you, that you may find in the weeks ahead, that there may be changes as I use this instrument, because I am working closely now with her and we are making good progress.

Les: I'm very, very pleased to hear that, thank you. Just two quick things before you go. I spoke to you a little while ago about a certain person who was coming, *(Yes.)* she accepted the instructions quite cheerfully and is prepared to wait.

Yes it needs just a little time.

Les: Yes she's quite happy about it and the other one is that I would like to thank your colleagues — I'm sure you know about it, for the information my American friend was given, during her visit this weekend. It has made her feel she is still part of the group.

I have said previously, that once the connection is made, then we do not let go easily. You may stray, you may wander, but always you will return.

Les: She was really, really thrilled with what she got — quite unexpectedly too.

Yes, she has much she's got to offer herself, but we have to wait for that one also.

Les: Yes again it's a question of waiting, isn't it? **Yes but as I have told you, *time* is irrelevant to us, it always will happen, if not in this lifetime, then perhaps in other ways. Now I must leave you.**

Les: Yes, sorry I detained you.

No — I leave you all and I hope you will think upon my words this time. I will try to help you in your quiet times, in trying to seek your *true selves*, but you really must give *time* to it.

(General thanks + farewells)

There then followed one through Sue:

Good evening to you. I have not been waiting to speak, I have been with this one and we have been working together and I speak to you now, only to say that we will be closing this meeting

now. I would say just a few words before we all leave you to resume your earthly life this time. I am sure you are all aware that the power of Love is a great power.

Les: Yes we are sure.

Are you aware that when someone is surrounded by and giving out love, they and their surroundings — the area surrounding them, is lit as if by a thousand candles. Have you been told this?

Les: We have been told that we do radiate light and that it is very strongly seen in your world.

I have to say that there is so much illumination surrounding this one. We are preparing to utilise the light which exudes. You may say it is like a generator, is that the correct word?

Les: Yes that is correct.

I apologise, but it is not normal for me to use such words.

Les: We quite understand. But you're quite right your instrument is like a generator. And you're able to use that light, are you?

It is linking with ours — it is a chain of light, which eventually returns to the source. Each link is forged by love of incoming and outgoing.

Les: And I believe that light surrounds everybody here too, is that right, to a greater or lesser degree?

Of course, you cannot have love, whether it be spiritual or physical, without illumination. Each one here is a source of light and each one here, links with another and the light grows stronger. I do hope my words have been understandable to you.

Les: Yes perfectly clear thank you.

And you have gained a little knowledge, or if not gained knowledge, have heard again from another, how powerful love can be.

Les: Yes it does confirm what we have been told several times and it's very nice to have the confirmation.

We just wish to uplift you all and let you know how much good you are doing to yourselves and others.

Les: That's kind of you to let us know that, because we are I might say, more concerned that we should be able to do it for others, rather than wanting to do it for ourselves. We know that they can't be separated, but the prime motive is that we should work for others.

Now the Spirits here this time will take their leave. You are aware I'm sure, that there are many in this room, as I speak.

Les: Yes we are sure of that now and we're very grateful to them, for all the love and the power they bring to assist us.

There is much happiness here this time and we all take our leave of you with joy in our hearts. I say to you, walk on the paths you are treading now and your days will be fulfilled. I leave you to close in the normal fashion and say to you I will return, if you will allow me to do so.

Les: Please do, we shall be glad to welcome you again.

I hope to be able to talk to you in more detail, about the interlinking chains of love and light.
(General thanks and farewells)