

~21<sup>st</sup> July 1997~

*(General welcomes)*

Good evening. Thank you once again — your love has helped to bring me to you. My dear friend, I have to say to you, that much is being taken from you, because of the increase in power, which we need to be using. Some of you since last we met have felt pressure upon your beings. Do not be concerned — we have been close to you, but the Earth energies at this moment of your time, are such that there surrounds you, some negativity. But it should not concern you, only in as much that in small ways, because of your sensitivities, you feel somehow, as if the weight of the world is upon you. I'm sure you can confirm this for each other. *(Four sitters confirmed this)* I would say that each one has in their own and different ways. But I would say to you dear friends, be pleased that you feel this way, because it *should*, it should confirm for you, how much you have grown in your own sensitivity to living. There is nothing you can do to change these conditions at this time, but I will say to you all, we are working well, we send much love to this planet, and soon these feelings of pressure will be lifted. Because you are human, you sometimes feel that when these pressures are upon you, that it is in some way connected to your own thinking — I say to you this dear friends: Not always — accept the feelings and allow them to dispel, as surely they do.

Les: I don't think any of us would object to it, now that we know those feelings are instrumental in helping with the work.

Only those who are sensitive to the energies of your planet will feel these pressures, at the times when the energies are rather depleted. At this time I do not wish to enter into any greater detail about this matter, only to assure you that all of you are doing so well, in your spiritual unfoldment.

Les: We're very happy to know that and thank you.

I would say to you, on our next meeting, I will speak to you about what is to come. We put it to one side last time, so I say to you at your next meeting, we will have a discussion on these matters, if you so desire.

Les: Yes we would like that, because we do have one concern coming into our mind right now. The

house next door is going to be occupied by somebody else in due course and I'm hoping that it's not going to interfere with the work at all.

**My dear friend, nothing will be allowed to interfere with the work that is being done within this *temple of light*. We would not have come to you, if it had not been the correct time. We will not allow anything to interrupt the course of events, which is to take place within these four walls.**

Les: Thank you very much, that does comfort us all, because I know we were concerned, we had discussed it and I perhaps shouldn't have asked the question, because it implies doubt of what you've told us — one of my human failings came to the fore and I knew you wouldn't mind my asking for confirmation.

**Of course not, did I not tell you, that it would be sorted out — the problems which arose? I have to say to you dear friends, once more your impatience is forgivable.**

Les: Thank you very much. Yes you did say it would be sorted out, and we remembered that and spoke about it. But as I said, being human we do ask these things, and thank you for the answer — it's comforting.

**Yes — do not concern yourselves about it, but let us continue to be positive in our thinking. After all, have I not told you, that the *power of your thinking* is all-enfolding, when it comes to changing your world?**

Les: Yes, we are using that power of thought. **Not only in your world, but your own lives. Now if we have questions this time, I am happy to answer them for you.**

Les: Does anybody have a question? *(pause)* **Dear friend let me say this: If I invoke within you thoughts and questions, even if you do not ask me, the fact that it creates discussion amongst you, can only be good. Would you not agree?**

Les: Yes we do, but it puzzles me sometimes that we all discuss these things, but don't ask questions of you, when we have the chance.

**Again I say it is forgivable. After all, you are so often like small children, you have many questions at the wrong time.**

Les: That's true.

Sarah: I did have one question, I was interested to know that when we pass over, how much can we see of what's going on, on the Earth plane? I understand that those that have gone over, they see them as energy, as lights. **(Yes.)** Can they see

objects, for example a carpenter who's made a beautiful cabinet, can he still see somebody admiring it?

**You have to understand that in using your word 'seeing,' it does not apply in the same way as you use it here. I would rather you use the term, 'you have full awareness.' After all, take your dream state — you are not actually 'seeing,' are you, as you would say, 'in the flesh,' but all that you see is positive. (Yes.) Yes, in a sense, it is a feeling, an awareness and not the vision of the physical eyes. After all, when you come to our world, you have disrobed from this physical garment, you no longer have the physical seeing. Do you understand?**

Sarah: Yes I do yes.

**So although you 'see,' your awareness is greater, it is a spiritual seeing. That is what enables you to know and understand what continues on this earthly plane.**

Sarah: Thank you.

Les: I know many people in the past have asked me: 'If they can be seen by those who've gone over, what happens at times at times when it would be embarrassing for them to be seen?' And I've explained that there is a blockage, a memory or vision blockage if I can put it that way, which would not allow interference with anything which could be embarrassing, to that one on Earth.

Sallie: May I ask a question please? (Yes.) It's to do with fear and it's to do with trying to get to the stage, where you can relinquish the ego and, if you like, go into some sort of form of surrender to the Universe, to the *higher spirit*, to the connection. And it's the fear of actual total surrender of the ego and also to do with — it keeps coming back — you think you've got rid of it for a while, and it comes back again —

**Yes, I understand what you are asking. You dear child, have brought with you to this lifetime, many fears, many past fears. But when you speak of connection to your *higher self*, it is inevitable, because after all you are human, that that fear is imminent. To relinquish that being that you have come to know and to love — it is not unusual that you should feel fear. But after all, let me say only this to you: All of you relinquish that fear in your sleep state and you do connect to your *higher selves*, as you call it, each time you close your eyes in sleep. So I would say to you this: *Continue*, continue to try, and fear should dissipate. It will, I can tell you,**

**but like all aspects of your living, it is a matter of continuing to try. Fear belongs to you as a human being. I am sure if I spoke individually to each person within the room, they would say they have fear of one thing or another.**

Les: Yes, I've no doubt you're right.

**But never be afraid to let go, because you see, once the connection is made with us in our side of life, you will be protected my child. No harm could come to you and if you would use the power of your mind to tell yourself this, then you would find, that the fear would gradually go. Do you understand?**

Sallie: Yes I think I do. It's a habitual thing I think, that one's brought with you and it just takes a lot of work sometimes. (Yes.) Thank you.

Les: And I suppose one can say positive thinking is necessary again, because I've been through all that for many years Sallie, having fear of this and that and the other and wondering if this or that — like asking the question about next door. (Yes.) I should not have asked it, but I had to ask from a human point of view.

**It is the human element, which holds onto fear. Your *higher self* knows no fear and will try to help, but remember whilst you inhabit these physical 'coats' that you possess, always the human side of you will win; *it will* and I know many of you would doubt this, but please do not doubt this, after all, you are endowed with free thinking and you do have that power, to use it. And we cannot interfere with that thinking, whilst you inhabit these *human coats*. Do you understand? (General agreement)**

Les: I think sometimes it could be classified as 'worry' rather than fear; wouldn't you agree generally? We worry about things, which need not cause worry.

**I do believe the fear the lady feels, is that she has, or would lose the power of *control*. That is what the basic fear is, that no longer would you be in control of your own destiny. Please think about these words and you will come to the realisation, that it is that which you most fear, because you do I know, want to connect to the very highest that you can. It is within you and you can do it, but you must achieve it by yourself, you understand?**

Sallie: Yes I do.

**I will try to help you, but I cannot interfere.**

Sallie: Thank you.

George: I think a modern fear, is the fear of embarrassment, of losing one's train of thought, mid conversation, which is why I so admire actors and actresses on stage.

**I understand your comment dear friend, but I am sure if you spoke to those people, they would tell you that before they enter their roles, they are, some of them, *crippled by fear*. After all, acting as you know it is *role-playing*. It is not the true individual showing themselves.**

Les: If I might add to that George, sometime ago I read an article about several very well-known actors and each said that before a performance, they were literally petrified and they used to ask heaven for help, in assisting them to go on and do what they do.

**If only you could see more deeply, you would know that many in *our* life, in this side of life, are ready to help those who ask for help, to relinquish their fear. We have many who have been what you term actors and actresses and I am sure many of you have heard stories about past people seen within your houses of plays.**

Les: Yes, you're right.

**So you see, I would say only this to conclude on this subject: That you must allow that inner being to come to the fore, if you are to let go of any fears. You all have them — do not be ashamed of fear. After all, if you did not feel fear, how could you know what the opposite would feel like? Remember that your lives always are positive and negative. If you could come to the realisation that all of your life is almost like parallel pathways of positive and negative feelings, then you will begin to grasp that life is pushing you in the correct directions. So accept your fears, but do not hold onto them. Allow them to be and then let go. Do you understand my friends?**

Les: Yes, we must just tell ourselves not to be silly.

George: It's very reassuring.

**Well, I would not call you, how you say '*silly*.' (*chuckle*) But, be more positive in your thinking. Again I say to you: The *power of your thoughts*, are the most powerful thing you will ever have. It can achieve all for you, if only you would use it.**

Les: Yes, we don't doubt you for one minute. I think the problem lies in our not accepting it fully, (*Yes.*) that it is so powerful.

**Yes, and once that realisation comes, there is nothing, *nothing, nothing* that you could not achieve.**

Les: And we must all practice more fully. Any more questions, if not I have one.

Sarah: I have a quick one. Going back to dreams, you said we become aware that things are quite real, although we can't see them, they seem very real. Are in fact our dreams things that are happening to us while we're dreaming, or are they, is it just our minds, working over the day's events?

**We have my dear friend, discussed this on previous conversations. But I will say to you quickly, that both apply. Of course your mind, your *physical thinking*, as your scientists will tell you, is confirmation of the thoughts that lie within your *subconscious mind*. But of course, in the dream state, there are those areas of your dreaming, which are real, what I would term is *reality* and you would term '*dream state*.'**

Sarah: Thank you.

**But we have spoken on this before.**

Les: Yes thank you, Debbie asked the same question, some time ago.

Sarah: Oh I'm sorry. Thank you anyway very much.

Les: Anymore? (*pause*) I'm going to ask one of you Salumet — I can understand if you'd prefer not to answer, but I ask it, because of our very great love for you. Again it's a human failing that makes me ask, but you've told us that you have never walked upon this Earth. (*Yes.*) Are you able to give us a little more information on that, where you did live, or where you do exist, if we are capable of understanding it? It's not idle curiosity.

**I know dear friend and I accept the question. When first I came to you, I told you that I was a conglomeration of beings. That statement still stands. We have to go into deep matters here, to try to explain to you. When I say I have never trodden this earthly path, that is true, I have not inhabited human form, as you know it. I — and you may find this difficult to accept, I have and always have been, part of energy, which comes together for the good of, shall we say, the cosmos. I have not trodden in any kind of human form, but when I accepted this task, as many have — and by saying that, I do not mean that others have not taken human form, because they have. I come to you only as a *voice*. I will**

**explain a little more at another time. But I say to you, you must only accept me as a voice through this instrument, because that is all the energy that I can be to you. It is a deep subject, but I will try to tell you a little more.**

Les: Thank you we look forward to that, because I'm sure all of us have tried to imagine you as a personality and you now give us something else to think about, in trying to imagine you just as energy, pure and simple; or not simple, but pure energy. That's very intriguing and does give us a lot to think about.

**You have to also remember that energy is malleable. Here it can be used in many aspects of this work. But as you know, for means of communication, we still at this moment in time need what you call *instruments*, in order that the energy be *voiced*. But I will, I say to you I will try to explain and I have to emphasise 'try,' because I do believe you are not yet ready for that explanation.**

Les: No, we will accept your verdict on that, but at the same time, we shall look forward, to an explanation, if you consider we are ready for it. (*Yes.*) because it's fascinating to us (*Yes.*) and it does confirm — not that I wanted confirmation, but it reiterates something that was said at one of our other meetings, by somebody that said that he worked — I say 'he,' if I may use that expression — he worked on 32 different planets, and my natural question was, 'How do you cope with all the different forms and languages?' His reply was, 'You humans do amuse us. I am *energy!*'

**Yes, you also my dear friends are energy. But you are energy so dense, so dense, that you need these human forms, to be able to use the energy, at this stage of your development. Do you begin to understand?**

Les: Yes, it may amuse you, but I have a very real mental picture — I think somebody's giving it to me, of a pot of thick porridge, which is us! I had to pass that onto you, it was so clear. (*chuckles*) So now we know what we look like to our friends. **Yes, I do believe the comparison is quite good. You have so much to learn, but in saying that, I do not want to denigrate the effort that you put into your learning.**

Les: No, well we were told that in development, we are at the bottom of the pile, so anything we can do to begin to get out of it, we shall be happy to do.

Although your knowledge is not great, you — I have to say this to you: It is such a wonderful feeling of love that we get from you, because of your little knowledge and your simplicity. It makes me feel *almost* as if I have your human feeling, of *tears*, when I think of you all trying so hard to understand the knowledge that I bring to you.

Les: That's very, very kind of you and it leads us then to put another question: That energy can have feelings then?

**Not in the sense that you mean. When you return to *pure energy* — and again, we have many stages of development, before that can be achieved. After all, none of us are infallible in any way — none of us. So all of us are seeking to return to the *purest energy* from which we came. Again we are going into deep subjects.**

Les: Yes and the one word is predominant through all this, isn't it, that is *Love*.

**That is the purest energy that you can have. It is what sustains you, it is what uplifts you in your daily lives, it is what makes you grow, it is the all-encompassing energy, it is *Life*. And with those words my dear friends, I will leave you now. I thank you for your patience in listening to me and I say to you, that you will feel a little more uplifted in your daily lives, before we meet again.**

Les: Thank you very much indeed — thank you for all the love you bring. God be with you. *There followed one through Eileen, with a message for Lilian, to say that she should be painting, because she has much talent/gifts with hands. There was also a child around her gifted in this way, who needed to be encouraged in painting too:*

**— You'll find as you grow older, that you'll find much peace from it. (*painting*) So please do accept, because those who come to tell me this love you very much. And your grandmother is often around you. Because you see, the artistic side comes from her, although she never had the opportunity. Well, she's smiling at me now, so I'll leave you with it. Oh yes and I have to just say something to a gentleman before I leave you. Yes a gentleman's been told before, that he's got a son coming to him. Yes, look towards the next of your years, to see the fruition of this.**

Mark: Thanks very much that's great, yes I was thinking about that.

***Yes, he's coming to you. Right I think I've said  
enough — goodnight. (General thanks)***