

~20<sup>th</sup> October 1997~

Good evening.

(General greetings)

*Let us begin this time, with thanks for this union of Spirit. Let us give thanks for all that we receive. Let us send these thanks, without the spoken word this time. May each one of you receive the love, which you are entitled to.*

Les: Thank you.

Before I speak with you, I wish to say a few words this time, to the one who is known to us as Lilian. This lady will need upliftment and help in the coming months. I would hope that this will be forthcoming from you, as it will from our side.

Les: Of course it will. We shall be very pleased to help her in any way we can.

**I would like her to know that she is surrounded by many. Much love is already sustaining her, but she will be in need of a little more.**

Les: Thank you for telling us. We will all try to subscribe to that.

**You also my friend, are feeling a little tired, are you not?**

Les: Yes sometimes I do.

**Don't be concerned — know that we are constantly with you.**

Les: Yes I'll do that thank you. It's encouraging to have the confirmation.

**Now, this time if I may, I wish to touch upon something which we spoke about last time. (Yes —) You asked what happens to people who you term, 'evil,' in this lifetime and what happens to them. I hope I explained briefly to you, that which does happen. But on this occasion, I would like to say to you all, what you should be trying to achieve, each one of you whilst you tread this Earth. My dear friends, when you make a *chance meeting* with someone, it is not chance; there is no such thing as chance meetings — all is ordained to be.**

Les: Yes we can accept that, because we've all come to that conclusion, that the main things are certainly never chance.

**I know that you fully understand those words, but what I want you to know and to understand fully, is this: How you view that person, is**

**how you view yourself. How you think of that person, is how you think of yourself.**

Les: Yes, I think we understand what you mean — since we are part of him and he part of us.

**Yes, and in doing so in these meetings of all peoples, dear friends you either find yourself or lose yourself. Do you understand what I tell you?**

Les: Yes, you're referring to our actions, when we meet such a person whom we might consider to be 'evil,' by our reactions we find ourselves or lose ourselves?

**Not only 'evil' people — all persons. In other words — again I reiterate earlier words: Do not judge, because what you do is judge yourself. If within those people you find fault, then what you see are your own faults.**

Les: Yes it's difficult to grasp, but I think we understand what you mean. Of course we cannot disassociate ourselves from anybody else.

**If you do not understand these words, then you will have problems in understanding what you are about. Therefore I feel that I should continually remind you of the power of your *thinking*, the power of your *judgement*, the power of your very *being*. These are simple words, but behind them lies powerful meaning.**

Les: Yes it does come back to what you've told us before more than once, that we must think of ourselves as *spiritual beings* and not as *physical beings*.

**In saying this I will return to our discussion last time, perhaps then you can understand that in the thinking of the person you named, (*Hitler*) came back to him everything he had thought about, in all the destruction of those many peoples. Can you now begin to understand, why these peoples would be lost for such a long time?**

Les: Yes — we could have been in that position.

**I would say that each one of you within this room, has lost themselves — the true essence of themselves, on many occasions. But the difference being, that you know and understand 'good' and therefore you have rectified hopefully those negative energies, which have been sent forth from you. Do you understand?**

Les: Yes we do, because again it is not *good and evil*, but *force and counter force*, isn't it — which you have spoken about.

**You must have balance within your lives, but you must endeavour always to reach out for the very best within you.**

Sallie: Could I ask you a question? (*Of course.*) As I understand it, when we meet other people and we manage to see goodness in people, my feeling is like a mirror, a mirror of the goodness perhaps that we have within us. And when we have relationships with people, who reflect something which we find very, very difficult to understand, or that we don't like, that's also an opposite mirror somehow, within us.

**Yes, the fault lies within your soul, not with the other person. Judge not and you will not be judged. I know it is difficult for you, when you think that you encounter another (*who*) as you say, '*mirrors evil*,' of works that you do not approve of. I know you find it difficult to accept that it could possibly be anything to do with your own thinking. I tell you here and now dear friends, judge not others, until you are yourselves sure, that you be perfect — and whilst you tread this Earth, you cannot be that. But what I do say to you is that you must strive towards only good and that includes finding the spark of goodness, in every soul, which you encounter. So yes, you are correct in your assumption.**

Sallie: So if I come across somebody who mirrors something that I find uncomfortable, or displeasing, the only way I'm going to stop seeing that mirror, is to find where that lies within me? **You send out loving thoughts. In that way, you dispel what you term '*evil*,' but which is in fact an aspect of the soul, which you have not come to terms with. It may not be that what you find upsetting, belongs to the soul or spirit of this lifetime, but is an essence of that soul, which has not been dealt with at one time or another. Now do you begin to understand? (*Yes.*)**

Les: Yes that I think we do forget, that there are many souls that have to be considered.

**Yes, it may be that in this lifetime, your actions have been almost exemplary, but never forget there are many aspects to the soul and it is the *spiritual* aspect which reflects through, when you make judgement upon another.**

Les: So from what you are saying, we ourselves could conceivably through ourselves, have been

responsible for that person's ill-doing, in the past?

**There are many conditions which could apply here. I do not want you to limit the options, but only to realise, *do not judge*, because as the lady has aptly put it, they are mirror reflections, if you find them displeasing in another. Do you understand, because I feel a little hesitancy on your part, may I say.**

Les: Perhaps the hesitancy is only because we are trying to work it out.

**I would rather we discussed fully this time, in order that all of you can at least begin to have a clear picture, because I do feel that until you accept these conditions of self, you limit that goodness within yourself, to go forward. Do you understand? (*General agreement*)**

Les: It's not an easy thing for us to accept, as you'll appreciate.

**Of course not, I do not expect you to fully understand, but if at least you can reason with yourself — and after all you have all knowledge, if you so desire — if you can reason and look within, then the answers become easier for you to accept.**

Les: Yes I can see that they would do. So each of us has to do some very deep thinking on this, (*Yes.*) which leads me to another question: If everybody gave out loving thoughts towards an '*evil*' person, could he be prevented from performing those '*evil*' actions, because of the love that was expressed towards him?

**It would indeed help, but it would depend on the power of his own thought — it would depend on the power of his free will, which you cannot — you cannot take charge of anyone's free will, you cannot have power over that, but you can influence for *good*, yes of course you can.**

Sallie: Would one other theory apply as well? Where at a previous time before we decide to come back to Earth and live this particular life, while we were in spirit form, we or groups of us made a choice to actually come back and work on a particular area, where we perhaps did poorly. If that's one possible option amongst the many, would we then be given opportunities, to see that fault mirrored, to give us experience in trying to rectify where we had made mistakes before?

**Yes, let me say this to you: That is no theory that is exactly what happens. I believe we have spoken about this in time past. Of course you**

**fully know and understand why you return and the opportunities are presented in this lifetime for you to achieve those goals, if you wish to call them such. Of course the opportunities are there, and that is where your free will comes into play of course and that is where you either find yourself, or lose yourself.**

Sallie: Somehow it helps me and I imagine it helps others, to sometimes think that when I'm in these situations, to think I've actually chosen this, to put right a wrong, or to assist — I'm not sure why I said that, but I just find it helpful.

**Yes, let me say this to you dear friend: In whatever way you find — and each one of you after all, is individual in your ways of living — if you find certain conditions are right for you, if you find that it is easier for you to accept, then by all means accept; whatever conditions you wish to reject, then also do that, because your individuality, makes this something which must be done for your own self-good. Do you understand? (Yes.) Whatever you find is right for you, that is what you will achieve. Go along with your heart's desire, because you have the innate knowledge to guide you, to uplift you, and to help you.**

Sallie: Sometimes these decisions that we make with our innate knowledge, or our *inside*, are conflicting with our rational mind, but they are nearly always right, aren't they?

**Of course, because what you have is *spirit* versus the human personality. Always your inner knowledge will win, because it knows no *wrong*. So be guided by that still voice within — always, always.**

Sallie: Thank you.

Les: Yes to confirm that Sallie, I could say that many times when I've had rescues to deal with, I have sometimes physically not wanted to help, but something within me has made me continue, until that person *has* been helped and that must be the spiritual knowledge, of which we are endowed.

**Let me just say one more thing about this please: There will be peoples in your world, who you feel the need to step away from. There is a difference between stepping backwards from that person, than trying to make judgement upon them. There are peoples you will not be able to make contact with. But that is not the same as making judgement. Do you understand that difference? (General agreement)**

Les: Yes, it is quite an important difference, isn't it?

**Yes, you must make that difference — you must differentiate between the two.**

Les: So if we step back, we are not in effect going to be *condemned* for that; (*No.*) not as we would be condemned if I can use that word, for making judgement.

**Yes, it is better that you step back, give loving thoughts and move onwards.**

Les: I see, thank you.

Sallie: It's just *knowing* who we should be stepping back from, and who we should be persevering with.

**Why do you need to *know*? Listen to that inner voice and all knowledge is *there*. You do not make judgements; you are speaking of physical judgements once more.**

Sallie: Again it's just going within yourself? It is the *spirit* who knows which individual you need to step away from. You have *all knowledge*, each one of you. I would wish that you could cultivate this *knowing* more. You can only benefit from it, you can only come to know and understand yourselves more *fully*. And in doing so, you have extended your love throughout this world, this planet, where all situations become less grief-stricken to you; your judgement becomes sharpened, because that *inner voice knows all*. I ask you all dear friends, to ponder my words this time, because I ask you all to cultivate this knowledge within you, to cultivate the understanding for one-another, to expand your love for all human beings upon this planet. In doing so, you create your own '*heavens*,' if I can use that term. You will create a heaven upon this Earth, if only you could fully understand my words this time. And that dear friends, would be my desire for each one of you.

Les: After what you have said Salumet, I think we shall certainly all be trying very, very hard to understand ourselves more fully.

**It is imperative, if you wish to develop fully, that spiritual aspect of you, whilst upon this Earth. You need to grow — you cannot allow yourselves to become stagnant in knowledge. After all, knowledge of *spirit* is endless. I do not want you to wait until you return to us, before you can continue to grow fully. My desire for**

**you all dear friends is that this task be started, whilst you remain in these bodies.**

Les: It certainly would be for our own benefit, so we'd be rather foolish, not to heed what you say. **Now we will leave it there this time and if any one of you wishes to return another time with questions, I will be only too happy to answer them for you.**

Les: Thank you, I think we all appreciate that, because in our attempt to understand ourselves, I'm sure there are going to be things which we must question individually because of lack of understanding. So if we might ask questions another time, I'm sure it'll help enormously. **I fully expect many questions.**

Les: Good. Right, now we start learning! *(chuckles)*

**Now, do we have any questions this time?**

Les: Yes I have one, which almost has a bearing on what you've been saying. We hear many times of course that a woman who is carrying a child, must/mustn't do certain things, because of its effect upon that child. That led me to wonder whether the mother's spiritual awareness, would affect the development of the spiritual awareness of the child, while it is within her womb, because you have told us that the soul arrives at the moment of conception.

**Yes, I understand your question. Of course the spiritual aspect of the mother and the child, have previously made the 'contract,' if you like, of joining together at the time of conception, through to birth. That spirit or soul, would already know that this was about to happen. But once you have incarnated into *flesh*, then memory is often erased. But spiritual knowledge can never be erased. So the spirit aspect of both mother and child know fully what is expected of them. It perhaps seems strange to you, but we speak upon two separate issues here. The foetus within the mother's womb, of course has to apply to itself the issues of human life, within the cloaks of bodily tissue. But the spiritual aspects of both mother and child, know what is expected, and what will happen. So no matter what the *physical* outcome is, the soul knows what is about to happen and nothing can alter it. Do you understand? This is a complex issue and one I do not think you would understand fully, because we are speaking as I said, on two separate issues here.**

Les: Yes, because the soul of the mother would have free will presumably. And if because of that free will, it departed from what had been agreed before conception that surely would affect the spiritual development of the child?

**No, no, we must make something clear to you here and now. Whenever there is abortion, and I think perhaps that is one issue that you have in mind — that is already *known*. Only when the child comes to full term and is born, is there the opportunity for interference. Do you understand? *(I see.)* That soul — let us speak of the *soul*, rather than the child. If that *soul* is to be aborted, it would know beforehand.**

Les: Yes, that's part of the prearranged plan then?

**I would say in most cases — there are the odd cases, when there are alterations to plan, but the soul would know of this beforehand.**

Les: I see, yes it certainly is complicated, isn't it? **It is complex issues and something, which we have touched upon, but mainly when the soul affects another, it is not a mother and child — that is too soon and all would be known beforehand in any case.**

Les: Yes, this is what's difficult for us to understand fully.

**Yes, I do not feel the time is right for us to enter into this topic, because your knowledge at present is not fully comprehensive enough. I do not mean to push you aside with your question, but what would be the point in explaining to you, when I know your understanding would not reach out and touch and fully understand.**

Les: No, you're quite right, there wouldn't be any point. So as far as I'm concerned personally, I've got to do some more thinking, to try and understand the complexity of the existence of the soul, within the physical shell.

**Can I say this to you dear friends? *(Yes please.)***

**All of life is never as simple as you may feel.**

**There are many complexities, when it comes to spirit, enjoined with the human body. It is never as straight-forward, as is sometimes spoken of in your world.**

Les: I'm beginning to realise that.

**Therefore, I wish you to try to know and understand, that that is why people such as I, come to your world at this time, to put right any misconceptions, any ideas which have been put forward, which have been simplified to suit the human mind. You understand? *(Yes —)* And**

much of this has taken place in time past, not because of any grievous intent, but because knowledge was scarce, communication was not as well-founded as it is in this time of your existence. Therefore as we progress forward, it is imperative that knowledge grows also and be given its true status within your world.

Les: That's beginning to make it a lot clearer and I remember now, something which was said many years ago by somebody from your side: *'Your life here, is full of contradictions, which you'll never fully understand.'*

**That is most apt, and that is one expression I fully agree with and one which I will try to help all of you with, in your understanding.**

Les: You certainly have helped all of us I believe tonight. *(General agreement)* I could never quite understand that phrase, *'life being full of contradictions,'* but now you've clarified it for me.

**Yes, if you do not have contradiction, then you have static energy. (Yes —) How can that be, in an ever-lasting expanse of energy, to which we all belong? You cannot, it would not make sense and I would not be doing my work, if I told you these things. I wish to dispel any discrepancies which have arisen, not because there have been mistakes — that I cannot accept, but people who have brought knowledge to you all in the past, have been limited by their own knowledge. You understand?**

Les: Yes I do — that also gives clarification to much.

**Too often we hear within your world people say: 'Why does this one say that, when another says such?' They can only express what they know. It makes neither one nor the other right or wrong, only different. Do you understand my words?**

Les: Yes we do understand them fully, thank you. Now I think for this time I have given you much to think upon. I know we will return and hopefully answer your queries, because I know there will be many. But I hope that you reach the understanding, of how deep and how complex you human beings are. And that you must search within these shells, these outer shells and go deep within, to find the *true you*, in order that you can reach understanding and knowledge of that part of yourself, which is the *real you*.

Les: I think you have opened many doors for us all tonight and I'm right I believe in thanking you

on behalf of everybody, on what you've said; it is a great lesson for us all and we do appreciate it.

**I leave you with only one thought, let it be this:**

**How best can we extend that love for each other, how can we grow, how can we come to know ourselves? Think upon these words dear friends and you will see the unfoldment of that inner knowledge come to each one of you. Until we come together once more, I leave you all, I thank you all, I ask that that *Great Creative Force*, be with each one of you, in your understanding. *(General thanks + farewells)***

*There then followed a nun through Eileen, whose thoughts were not always as 'pure' as she would have liked, which connecting somewhat with what Salumet had been speaking about earlier: —I don't know why you need to know this, but I'm told I have to say that my thoughts are not always pure.*

Les: Well you're in good company. *(chuckles)* **Ah! I see, that is why I have returned is it?**

Les: That's why you're very welcome! You're one of the fraternity now. Our thoughts are certainly not always pure. *(more chuckles)*

**But you see mine should have been, but they were not. Anyway, I have to tell you — oh dear, I find it difficult even now to repeat what I felt. I was not too kind to the mother-superior.**

Les: We can understand that.

**She was rather harsh at times and my image of her was that she was rather a little bit of a dragon and I should not have harboured those thoughts.**

Les: Well you can hardly help it when you're in the company of a dragon, can you?

**But what I need to tell you all is that I had to confront that thinking, when I went to Spirit. That those thoughts faced me squarely, when I reached Spirit and I was shocked, because I thought I had hidden them well, *(chuckles)* but let me tell you all, nothing is well hidden.**

Les: No, so we've been told tonight actually, and in the past.

**Perhaps that is my purpose, to reinforce those words.**

Les: When you say they faced you squarely, you were conscious of them mentally, were you?

**Oh yes, my thinking was there in front of me and I was not honest, was I? I was not honest in my thinking, so therefore they returned to me.**

Les: Well, I would doubt that, because you probably were honest in your thinking, but that honesty wasn't suitable for your spiritual development.

**Yes, because I was devoted to Truth and I was not showing Truth was I, I was harbouring doubts and unkind thoughts.**

Les: You were *supposed* to be devoted to Truth, but how can any human being be fully truthful all the time, every time?

**No, you cannot. But that is the sad part of the people who join — I nearly said 'profession,' but of course it is not, it is a calling. But I think we are supposed to honour and look up to our Mother-Superiors.**

Les: Yes you're supposed to try to, but I don't see how it can reasonably be expected that you would do.

**I know now that it is impossible — we are human. But no matter, what I need to tell you is that all thoughts that you think are shown to you and you have to make judgement upon them.**

Les: Now you've got us really worried. *(laughter)*  
**Well, perhaps I have come to the right place after all. I spent many devotional hours I have to tell you, in saying sorry. But still I was faced with all of my thoughts, which I have to say, rendered me so helpless, speechless.**

Les: Because they're living things thoughts, aren't they?

**Yes, you cannot dispel them, they are always there.**

Les: They are always there, so it does behove us all not to have the wrong thoughts, if it can be avoided.

**(Yes.)** Then again, we have to accept that we can't always have those pure thoughts.

**Oh I know you are speaking to the right person! I know full well what you speak of! *(laughter)***

Les: Well we're very happy to welcome you into our group you know, because you're one of us. I don't want to bring you down to our level, but —  
**May I ask what 'one of you' are?**

Les: Like you.

**Oh no I don't think so, we would never have allowed men! *(laughter)***

Les: There are ladies here too and they are just as untruthful as we are. *(more chuckles)*

**Well, we'll see, the reckoning time is coming for you all!**

Les: I know, don't remind us.

**No, and I do have to tell you one other thing, I may as well confess all, may I? Yes, I had the most beautiful rosary beads given to me by my father, when I entered the convent — and I hid them.**

Les: You hid them?

**Yes and I am not about to reveal where!**

Les: Why did you hide them?

**Because they were not permitted, they were much too grand.**

Les: Were they?

**We had wooden beads.**

Les: Of course — simplicity.

**Yes, they were the most beautiful mother-of-pearl you could ever wish to see.**

Les: Do you have them now?

**Oh yes, I have them with me! But of course you cannot see them I don't suppose.**

Les: But as long as you've taken them out of hiding, because the gift was one of love, wasn't it?

**Of course, and how can such *beauty* be wrong.**

Les: No of course it can't. This is one of the contradictions we have to face all the time.

**I have learned so much I tell you, since I have come here — I enjoy the communication with other people — that is something I sadly lacked and missed. Again I should not have thought that way, but there you go. I know now, I probably should not have entered the order. I had too many doubts —**

Les: None of us propose entering anything!  
*(laughter)*

**Oh well, what can I say? I am lost for words and that doesn't happen very often. I think you could be doing with a few Hail Mary's.**

Les: Oh thank you. Will you do them for us?

**Oh no, you do your own. No I am only joking, I would not dare to put that upon any of you.**

Les: No, that's the human side of us coming out.  
**Yes, you are your own judges, know that too.**

**There is no judgement upon you. Know that also that you face up to what you have done. All will be shown to you, I assure you of that! *(chuckles)***

Les: Right, that's very much indeed for your comfort! *(laughing)*

**Yes, I hope I have not led you to have a sleepless evening. I did not wish that to be my intent! *(more chuckles)***

Les: No, we shall probably be doing some self-examination. I think I must put my thoughts in a sealed bag!

**Yes — they will escape! Don't worry. Never mind, I've enjoyed myself everybody, thank you.**

Les: We've enjoyed having you, thank you very, very much. *(General agreement)*

**It's been lovely to be with you.**

Les: You feel happier after your confession now?

**I've already given it to others, so I'm not too concerned. But I thought I'd tell you anyway.**

Sarah: Do you get on well with Mother-Superior now?

**Yes of course I do. She's not so bad — I know now that she was a good person. It was my thoughts that were not quite up to scratch, I think you would say.**

Les: Like ours.

**Yes, but there you go, that's personalities for you. And we cannot like everyone can we? It matters not what anyone tells you, if you are human you have failings.**

Les: Quite, and some of them are enjoyable. *(more laughter)*

**I wouldn't know about that you see. I was deprived of much, I have to tell you — we will not enter into that conversation. Now, yes I think this one *(Les)* needs to be taken in hand. *(more chuckles)* I will leave that task to another. I can come back another time, if you would like?**

Les: Yes please. Are you going to give us a name to remember you by?

**All right, I'll tell you the name I was known by shall I? *(Yes please.)* I was known as Sister Veronica —**

*(General thanks and cheerful farewells)*