

~2nd March 1998~

Good evening. (*General greetings*)

My dear friend, forgive my slow introduction to you this time. Power association and unity with this instrument, becomes ever stronger. And so for a little time, our connection with you may be a little more difficult.

Les: Right, thank you for telling us.

I hope my dear friends that our words last time have been of help to you all. I know that for some, it created new avenues of thought.

Les: It certainly did for me—I've already been passing on those words to others, since our last meeting.

I am aware and am grateful to you all, after all, is that not your purpose, in being available to us, that all extended knowledge, be shared by all?

Les: Of course, that's another reason we are so grateful for what you bring to us, because it does give us an opportunity to discuss with others, who don't attend these meetings.

If it creates thinking within those people, we could not ask for more.

Les: I'm sure it does, because at least two of the people I've spoken to were most interested and admitted that it was an entirely new avenue of thought for them.

Yes and this time my dear friends, I would like to speak with you, about thinking, *thinking*. Many peoples of your world are confused and puzzled, when it comes to the differentiation between what I would term 'intellectual thinking' and 'intuitive thinking'. They cannot distinguish between the two and that is understandable; after all, all thinking has a purpose in your world, whether it be intellectual thinking or intuitive thinking. In groups such as these of course, we would expect that intuitive thinking would be recognised more easily and used for the purpose for which it is intended. I hear your questions now: '*How can we know the difference?*' There are some within this room, who ponder this question on many occasions, are there not?

Les: Yes there are and I'm one of them.

Yes, can I try to simplify this matter a little for you?

Les: Thank you.

When your thinking comes from the intellectual brain, belonging to your physical mind, there is

an urgency to have that thinking, to have that thought brought to fruition. With intuitive thinking, it comes more slowly; sometimes over some time and will always appear and return to you *many times*. The fleeting thinking of intellectual thought, you can make disappear instantaneously and not return to the thought. You cannot when it comes to the '*in-tuition*', because it comes from within and also without, from those of us who wish to help you. Do you understand?

Les: Yes, so would I be correct in referring to that as spiritual thinking?

Of course, because your intuition is spiritual thought.

Les: Yes I thought that would be the answer, because to me they are the same and my next question if I might, this intuitive wouldn't necessarily be only on esoteric subjects, but could have an affect upon ordinary day-to-day things in our lives, yes?

Of course, it would be of help, for information to be given to you, to be purposeful in your lives.

Les: And that would be because you could see the result of the action taken on that thought, if we did take action?

Of course.

Les: Thank you, now we're getting somewhere—this has been puzzling me for a long time.

That is why we must dedicate some time to this matter.

Les: Yes I'm very very grateful because, it hasn't actually worried me, but I have been puzzled for a long time now, at the recurrence of thoughts, which were simply on day-to-day matters and they haven't been put to rest, until those thoughts have been activated and dealt with.

That is the difference between fleeting thoughts and intuitive thoughts. We can inspire, we can continue to help you with these thoughts, the thinking that will help you to progress in your daily living.

Les: Yes well this is really most satisfying, because not knowing precisely what it was, now you have explained it, I can understand why sometimes I've felt compelled mentally, to say 'thank you' for that thought. **(Yes.)** And have gone on to act on it.

There should be no urgency in intuitive thought, as there is in your other thinking, although I must say the intellectual thinking can feel to be

compelling, it is not. You must take control of this thinking, you understand?

Les: Yes I certainly do and that's really opened up another new avenue for me, because it has as I say, been going on in my mind and brain for a long time—I've been aware of these apparently intermittent thoughts recurring, until I have taken action.

Yes, it is part of your growth, it is part of the understanding of the self. When you know the self, then you know and understand thought.

Les: Yes, and what has interested me too, is that on several occasions, when thoughts have been, or the actions from those thoughts would be to the advantage of other people, it has been almost a compulsion to deal with it at once. **(Yes.)** It happened once or twice in the background as it were and then quite suddenly I feel that I've got to do it.

Do you not see my dear friend that thought, intuitive thought, is a giving out of energy to another, on most occasions?

Les: Yes, of course it would be.

And you must think of energy as a gift, as a giving to another.

Les: Which in turn, must be passed onto another? **That would be the scheme of life and not always happens, but that is how it should be given. Give of yourselves, give of your thoughts, use those intuitive thoughts constructively. After all, you still have command of these thoughts, whilst you are in these bodies. You have the power to ignore or to use; always that power lies with you.**

Les: Yes, that's our free will, isn't it?

But in recognising these things, does it not help you, to know and to understand that these thoughts should not be ignored?

Les: Absolutely it does help.

Now, does one have questions this time?

Les: Yes, before we leave this subject, if I might ask if any of my colleagues here, have had similar feelings that I have had, in the difference of the thinking?

Sallie: Yes definitely with the intuitive coming back to you.

Margaret: Until you actually do the thing. **(Yes.) If I could perhaps suggest some way of helping that is quite simple: As the thought comes, try to push it to one side, try to deny the thought and**

see if it returns to you. If it returns once, twice, thrice, then you know it is intuitive thinking.

Les: Yes, it's amusing, because it's precisely what's been happening to me.

Yes, that is your intuitive thought.

Les: Thank you very much indeed, I'm glad I've acted on them.

Although your other thinking can be compelling once to be brought to fruition, if you deny the thought, it will be gone. Do you see the difference?

Les: Yes you're quite right.

George: Could I also suggest that with intuitive thought, one instinctively knows that the body of the thought is correct, whereas with intellectual thought, it has to be proved.

Yes, there would remain the uncertainty, yes you are correct.

Les: Yes the acceptance of the intuitive thought is instinctive, isn't it?

Yes it comes from within my dear friend, yes.

Les: Good, that's most illuminating, it really is and...

Does everyone understand now?

Les: Everybody clear on it? *(affirmations)* We can discuss it after if you like, because I don't think Salmet is here for very long tonight. I have one question, if you can take a question now?

Of course.

Les: Thank you, you have told us many times in the past to always check if we are unsure of our happening. **(Yes.)** You are probably well aware of the incredible happening, which has never occurred before, in all the years I've been working, at our last meeting on Wednesday. You are aware of it, I believe? **(Yes.)** Is it correct, what was said?

May I remark upon this?

Les: Please.

Yes, partly a little—I don't know how to put it into words—embroidery, but basically all is well. But there was just a little embroidery, but nothing that would dismay me.

Les: So the basis of what was told us, was correct? **(Yes.)** Thank you very much, because I had no doubts about the instruments whatever.

No, do not doubt them, but be careful sometimes that they are not too excited by what happens. That is the only cautionary note I would put to you, you understand?

Les: Yes thank you, I do understand, and I can understand their excitement too.

Yes of course and we do not want to dampen any enthusiasm on spiritual matters.

Les: No, well thank you for confirming that. It was so realistic, that I didn't really have any doubts, but you know my attitude now...

Can I say this to you, my dear friend? (Please.)

If I was to know or feel that things were not correct, I would tell you, because our purpose is not to mislead in any way, but as you know, there is a possibility, in genuine people, to become over-excited about these matters.

Les: Yes you're quite right, that's why I like to check, to make quite sure.

Yes, do not doubt, all is well.

Les: Thank you very much for that and it'll give them wonderful assurance too, because we all felt very honoured that it should have happened.

Yes, if you feel the love and the upliftment by all, you can begin to realise that it would not be felt so much, if things were wrong. You understand?

Les: Yes I do, and thank you again for the confirmation, because I shall pass that on to the instruments, to give them assurance too.

Yes, now for this time, if we have no more questions, I will leave you, only to work with this instrument for a short time and allow another to come.

Les: Thank you, God be with you.

I'll tell you all about Wednesday afterwards.

There then followed one through Sue:

Talk only for short time. To have more time with this one, for communication. I give you the name of High Waterfall.

Les: Thank you.

I say to you, every person here, has bright and shining horizon. I say to you, use your psychic eye and look further than you can see. Look and you will discover the secrets of your inner mind.

Les: Yes, we would like to be able to do that, the difficulty is learning and knowing how to do it.

You were far more experienced in those ways.

Spend quiet moments in tranquillity, look inward and you will be able to look outwards and forwards. Be of sound thought, do not let doubts creep in, accept every small particle that you see as truth and then the sky will open and your horizons will become close.

Les: Thank you, we shall certainly try and what is the totem within us that we should be looking for...most often?

Look and feel the peace, even in inner turmoil, there is peace. Do you believe my words?

Les: Yes I do.

Rugged pathways are only a lesson in peace.

Les: Yes we do understand that since the Universe is subject to the laws of cause and effect—if there is turmoil then there must be peace, if there is peace then there must be turmoil.

You cannot have black without white. There is no grey, no grey—you understand me, no grey?

Les: Not in the spiritual context, only in the physical world.

You all must try to feel the inner peace, the spiritual land which has been yours, is yours and will always be yours. Do you understand what words I say?

Les: Yes we do understand and we thank you for them.

Negative is not good, negative breeds fear and fear cannot be spiritually beneficial to you.

Les: No, of course not.

Face your fears, hold up the white light of love, so that any fears recede and die. I speak truth, but I do understand the difficulties you have in applying them to your life, but all I can say to you is try, even a small amount will bring you light and success, in smoothing out any rugged steps, which you feel you may fall upon. Do you feel my words are harsh?

Les: No, we think they're very sensible. The only harshness is in ourselves, trying to understand how to do it.

Can you understand when I say to you, that there are times when we could beat our heads upon the ground, in frustration?

Les: Yes, we could join you in doing that.

But we understand, we understand that what is clear, like crystal water, is like a muddy pool to yourselves.

Les: Yes you're quite right.

But it is no good using the stick to stir the muddy waters, you must let that water settle, that any dull and muddy particles sink to the bottom, allowing the clearer water to rise to the surface.

Les: Yes we understand what you say and will certainly try to do that, because we know the wisdom of your words—and we thank you for them.

You will not ever be alone in your endeavours. Each one of you will have someone at their side, influencing, guiding...

Les: Yes we're quite sure that you're with us and we're very grateful for the knowledge.

Think upon my words and try, try to put fear behind you.

Les: We shall certainly try to do that.

We only wish for you to look forward and see the bright light on your horizon, like the sun rising in the east.

Les: Yes we shall do that.

Your suns will never set, they will always be in the ascendance.

Les: Good, that's very comforting.

I give you great blessings and love from High Waterfall and will give what help I can to open the new channel in your souls.

Les: Thank you very much indeed and we all thank you again. God be with you.

Ar kee nyah, ar kee nyeah pah

There then followed one briefly through Eileen, who had been before:

Good evening. (General greetings)

I'm only here for a short time.

Les: Stay as long as you wish.

No, a short time.

Les: That is as long as you wish. *(chuckle)*

I've been privileged to return myself again. I told you I would send someone to you, do you remember? (Yes.) Yes, well I'm allowed to step in this time, just for a short time. Do you remember your question?

Les: Which one...I ask so many.

Yes I know, you obviously do not...yes your question was about eating meat, do you remember? And you asked me if in saying thanks to the animal before it was killed, did that make a difference?

Les: Oh yes I remember now.

Well I was most surprised myself by the answer. Yes, the animal would prefer not to be sacrificed for human consumption, but if the thought is good and thanks given for the animal life, then in some way that makes matters ok.

Les: That's interesting, thank you very much. I know a lot of the tribes did thank the animal before they killed it, didn't they?

Yes and people still do, I'm told, but the animal would prefer to live life to the full.

Les: Of course—that's understandable.

So I hope I've brought the answer to your question.

Les: That's very kind of you and we do appreciate it. Now of course we have to ask ourselves whether, in view of the fact the animal would prefer to live longer, are we acting detrimentally to our own spiritual progress, by taking its life?

I have been instructed that you have been told it would be better to refrain from this act, but consequently the choice is yours.

Les: Yes, we have been told, you're quite right.

Yes, well I also have to say, it's much more damaging to curtail the life of an animal who has received human love, rather than the beast in the field, I have been told to tell you.

Les: That's understandable too, *(Yes.)* because to take the life of an animal that has had human love, would be denying that love, wouldn't it?

There is a little twist I think, because you don't fully understand that the animal in the field, can feel the love from the human, even in mundane tasks, such as feeding and watering.

Les: Is that so? They feel the love for the human do they?

Of course it is a love act, isn't it? (several affirmations) I too was surprised by these answers, because when I came to you I told you I had many troublesome times, coming to terms with meat-eating and that you must not torture yourselves too much. Do you remember? (Yes.) Yes well you see I too have learned something.

Les: Good, so we've been helpful to each other? ***I should say so!***

Les: That's very nice and we do appreciate you coming back, as you promised.

Well I didn't promise, so I'm really surprised.

Les: I mean the answer you promised—I put it badly.

Yes, I did go back and find out, to see if it could be given to you.

Les: Thank you very much indeed, we're all grateful to you.

Yes and thank you again for your welcoming. Goodbye.

Les: Goodbye and come back any time you wish. ***I wish...***

(We then closed and had our usual tea)

