

~11<sup>th</sup> May 1998~

Good evening. *(General welcomes)*

Your patience this time is admirable, for this we thank you all. By now you know and understand my dear friends that these silences are most important to the work planned.

Les: Yes we do understand.

Each time we come close to you much is achieved and it is not always necessary that words be spoken to you. I do not wish to speak on any topic this time. But rather that you all my dear friends, look deep within yourselves, in order that your search be fruitful, in finding out a little more about the real you. Whilst I work with this one, I would if you so desire, like you to look deeply within yourself and allow to come forward what is there. If our dear friend and guide, who sits here will ask each individual to open up his heart and to seek what each one finds. Is this acceptable to you?

Les: Is this acceptable to everybody? *(General agreement)* Meditation and personal examination I think one could say; is everybody quite happy to do that? *(General agreement)* It will be good for each one's own development, if they can speak out to you, but to speak quietly, without raised voices, whilst I work with this one please. *(Certainly.)* Next time we will discuss what each of you has found out about oneself. *(Right.)* It will be good to have a little light relief next time.

Les: Thank you. I'm being asked everybody, if you experience anything unusual and of which you are uncertain, please say so quietly and I or someone with me, will try and clarify for you — don't be afraid to speak out.

*(There then followed a period of silence.)*

Les: I'm being asked to say to you collectively, when you examine within yourselves, be honest and sincere and if there is something within your ego or psyche, or whatever you wish to call it, that you don't particularly care for, bring it out. You don't actually have to speak of it, but bring it out and mentally try and discard it for good. Each of us has within ourselves something we would prefer not to be there. Now is the time to try and eradicate all of those undesirable things, that you know are there, but you ignore and cover up, rather than try to eliminate.

*Les then went round each person to see how our elimination's had been going. We spoke of*

*feelings and visions and after the last sitter had spoken, Les spoke again, with reference to Margaret, who spoke of feeling so happy that she could not explain how she felt:*

Les: Now, you heard what Margaret said about feeling so happy, I've been asked to tell you to spend a few minutes now, as and I quote, 'a reward' just congratulating yourself on what you have achieved. Look inward again and look for the lights which you yourselves have kindled within yourselves. And don't mistake gratification for having done that; don't mistake gratification, permissible gratification, as a reward, for pride. You do *deserve*, if I can use that corny expression, 'a pat on the back,' each of you, for having achieved what you have achieved. These are not my words, they're being given.

*Les' voice then changed as he began to channel:*

***That you should congratulate yourselves upon your achievements and upon your spiritual development, because as has been said, the feeling which cannot be described, the feeling of happiness is due solely to your spiritual growth, over the past years, my friends. You are entitled to congratulate yourselves gently, upon those achievements in each of you. Feel happy within yourselves, that you have absorbed the teachings of the master, which now enables you to be aware of the greater peace, tranquillity and beauty of spirit, which resides within all of you, and which should more frequently be brought to the surface of your consciousness, so that you become more frequently aware of the beauty that does lie within each of you now. Do you understand this? (General agreement) Now that you have achieved that degree of enlightenment my friends, it is only just, that you should be permitted to enjoy what you have yourselves created. Relish those feelings of happiness — do not try to understand them, you never will. Accept them as a blessing from the Great Creator, of whom you are now much more aware. Do you understand? (General agreement + thanks) And for all those who surround you with their love, I bid you farewell, I wish you happiness, I wish you constant awareness of the growth within you all and I wish you success also, in your elimination of those undesirable characteristics, of which you are still aware. (General thanks) God be with you my children, guide you and keep you, God bless you at all times. (General thanks and farewells)***

