

~7th December 1998~

Good evening. *(General welcomes)*

It is good to be with you again.

Les: It's certainly good to have you. I think I can say that we all look forward to these evenings very much indeed.

This time my dear friends, I would like to discuss with you a subject, which I promised to return to some time ago. *(Thank you.)* It in part, follows our discussion last time, but what I wish to talk to you about this time, is what you call Regression. Do you remember our short talk come time ago? *(General agreement)* There are many disputes in your world about this subject, so I think this time we might answer some of your most pressing questions. Although as you know, each one of you has the choice of returning to another lifetime, and many of you in this world, have returned many, many times, you also know it is not always so. So let us speak a little bit about what you call *Regression*.

(Thank you.) **Do not assume my dear friends, that when you are under this regression time that you are absolutely returning to past lifetimes — it is not the case. Indeed there is not much difference than any communication between any instrument upon this planet. That is not to say of course, that returning to a past lifetime is not possible — it is, but the dispute within your world is this: That you assume that any information from past times must automatically be a past lifetime of each individual.**

Les: Yes, you are quite right, that is the general assumption, but I have never been able to accept that myself.

Well, I would say to you my dear friends, hold on to what you feel, because you are partly right, I would say. Regression is possible, but there has to be a purpose for it.

Les: Yes, I was going to ask that question.

Well, let us now begin with your questions, now that I have outlined for you, the generalities shall I say, of this subject.

Les: Yes, thank you. I have never been able to accept the fact that automatically the information given by a person under regression, would be that pertaining to a past life, because there are so many improbabilities, that I don't see how it could be. Also in my thinking, the power of thought of the person responsible of the

regression of the 'patient,' shall we say, that thought could also I think intervene in the information being given.

Yes, of course once more we return, do we not, to the power of Thought? *(Yes.)* And yes, you are correct that sometimes the person who is doing this regression, has influence with their thoughts. I would say the majority of your regressions are indeed information being shown to the individual, but not necessarily their own past lives. Of course what we hear then is, '*But it is so vivid.*' But is not any communication between any medium upon your world when contact is made within ours? Then of course *that* becomes reality at that moment in time; always bear this in mind. But of course, then we come to those genuine cases where the individual is allowed to be shown, I would say, *one* past life, not many, for the purpose of freeing their soul, in order that their life this time can be helped. That is the only purpose in being shown any past life, to, shall we say, '*unblock*' any emotional or spiritual blockages that have been taken from that past life and is hindering that soul, in its pathway in the present time. Does this make sense to you?

Les: Yes it does and I can accept that absolutely, but that presumably would only be permitted under certain circumstances, if the information was in fact for the benefit of the progress of that soul.

Yes of course, any spiritual, any emotional blockage which the soul would sustain into this present lifetime, then of course that information would be permitted to help the soul.

Les: So that would be parallel to what you have told us about being counselled before we return to any life on this Earth? You did once say that we would receive counselling as to the best physical return we should have.

Each soul knows and understands what it's life's journey is about, but sometimes the soul is unable to free itself from spiritual blockages, emotional blockages, which have occurred and belong to the soul. The soul brings it with them and is unable to free itself in the present existence. That is the only permission that would be given to allow the soul to see a past lifetime, whilst it inhabits this human form. Is that clear to you? *(General agreement + thanks)*

Les: Which leads me to the next question: If it is only permitted on certain conditions, would I be

right in thinking that other information, which is supposed to be coming from a past life, could in fact be communication from your world to the person under regression?

Information given of past life, of course is monitored from our world.

Les: Yes I thought it must be.

Of course we have to protect the soul; that is another point you must take council with. Yes, you must remember the soul's progress is what is important. You could perhaps place a parallel with your healing — only those who would be allowed to be freed from illness, would secure what you term a 'cure.' It is on the same parallel, only those souls that are permitted to be freed from illness would be freed; the others would remain, because that is the pathway they have chosen. Does this become a little clearer to you?

Les: Yes it certainly does. Does that mean then that if somebody from your world wished to give information to the person under regression that would be equivalent to one of our physical beings here, being used by somebody in your world and then being given information, which *they* can give us — so much which is supposed to be coming from the regressed person's past life, need not be so?

In the true regression, where permission is given, I would have to say the information is given from another aspect of the same soul. It is slightly different when you speak about healing and other matters. Although the information for the help comes from our world, it is not necessarily in those cases, from the same aspect of soul. Do you understand this, or am I confusing you?

Les: No, because it rather confirms what I have suspected to be the case, that a person under regression, is, to my way of thinking, equivalent to a person in the physical world, allowing themselves to be taken over (**Yes.**) and pass on information given from your side, which need not necessarily have anything to do with their own past lives. Is that correct?

That is correct — that is the majority of cases that you call regression.

Les: Thank you for confirming that. I have suspected it for a long time, which is why I have always been opposed to so-called regression being considered as such, because to me it is merely another aspect of mediumship as demonstrated at these meetings.

Yes of course, but you must not say, *no regression to past lives do not exist.* There are genuine cases, but the majority of the cases, you are correct, they are receiving information, but it does not belong to that soul.

Les: Now, we come to a most difficult question, which you may not be able to answer. How would one distinguish between the two factors of general information and honest information from a past life?

Because the past life truths would free the soul as I have said, from emotional and spiritual bondage, which could create in the physical being many problems, many phobias, many fears; the soul would then be free from them. That would be the indication that the regression was a true one.

Les: So it would have to rely on the physical reaction of the person after regression?

Yes, because then the soul is freed from any blockages, which it has brought.

Les: And that would be reflected in the physical differences? (**Yes.**) Thank you very much, because that does explain how the two could be separated.

That is the only way — the soul would know. It is difficult when human beings are trying always to —and I use this word reservedly, '*prove,*' something. It is not always easy, but the soul would be allowed to go forward on its pathway that has been chosen this time. You understand?

Les: Yes, because that ties in with something else I have often spoken about over the years. We hear frequently of a person saying, '*I have been here before and I have done this, that and the other,*' and it is often presumed without query, that that person is in fact returning to conditions and places, which they occupied or were present at during a previous life. Again I have maintained that the information they have been giving to listeners and investigators, could well be merely information from your world and nothing to do with their past lives. Do you agree with that?

Yes, you must remember the power of thinking. I will always return to this again and again, that the power of Thought can create whatever you so desire. And in these instances, the individual is a channel — that is all — a channel.

Les: Yes, this is what I have often suspected. I think there no doubt are genuine cases, but in the majority of instances, I have been inclined to

think, are information which could be obtained by anyone in this room.

Any individual who allows their minds to be raised, can be given any information they so desire, but that information does not necessarily belong to that individual soul. This is what you have to differentiate between what is genuine past life and what is merely information of past times. You have to know the difference (between) information in general and information of past lives that belongs to the individual soul. There is a great difference.

Les: Yes, there must be and so one should not accept all these cases at their face value.

Always stop, always think — use that thought wisely. Do not accept all that you are given so easily. And there is a way of thinking within your world that is seeking that is searching for more knowledge. We do not wish to dispute this, because any seeking can only be good, but what we do say to you my dear friends: Be a little bit more cautious in your seeking.

Les: Yes, you have probably gathered from what I have been saying that I always have been.

Yes, but not all people are so cautious. You must be, in order to — not protect yourself, but in order that you find *Truth*.

Les: Yes, this is what we all want to do.

And, that is my purpose in dispelling some of these disputes in your world.

Les: Yes I am very, very grateful to you — I am sure we all are. As far as I am concerned, it has pulled back the curtain quite a bit.

That is my purpose that all of these matters become more clear to you.

Les: Does anyone else have any questions?

I think my good friend the gentleman last time, did ask the question last time. I hope I have answered his question for him — if not, please let him speak now.

George: Yes, this has helped a lot — I do try to imagine sometimes the past life in relation to the soul. You have demonstrated in the past that a past life can be plucked and presented through a medium, yet the past life is a part of the soul. It would seem that the soul is a collection of past lives and yet it has a unity. *(Yes.)* Does that make sense?

Yes, but do not concentrate so much upon past lives. They have *gone* as you would say, they have attained hopefully what they should have attained and the individual unit, which now

exists in present living, is the Soul, is the Spirit that matters at this moment in time. Past lifetimes belong to another time, although they are part of the same Soul. Unless it is necessary for the Soul in the present lifetime to have access to one past lifetime, then past lifetimes should remain where they belong, in *past times*. *(Yes.)*

Les: Yes, I think one could relate that to one's normal physical breathing, because the breath we draw in, serves its purpose for a limited time, whereas when it is expelled, it's of no use to us or anybody.

You do not seek it back, do you?

Les: No, it has served its purpose, therefore we take a fresh breath and to me, I have always related that to what you were saying, George — the past is gone/finished *(Yes.)* — it's served its purpose and I am always looking forward to the future, whatever it may be.

Remember past, present, future belong together, but you are living in the moment with this one aspect of your Soul, which is seeking growth. That is the purpose of life and that is what you should concentrate your efforts upon. Do you understand? *(General agreement)*

Les: Any more questions on it, because it is a very important aspect of living?

I fear sometimes human beings, because of dissatisfaction within their daily living, seek the '*excitement*,' I believe you would say, of finding past lives. It has almost become within your world, an exercise of pleasure; this it should not be. So I would say to you my dear friends, live for the moment. There is no reason why anyone of you within this room, should be seeking knowledge of past lifetimes. It will never be given purely for an interest factor.

Les: Yes I'm sure of that, because there would be no point in so doing, would there?

It is, if I may say so, it is wasting —

Margaret: Time?

— Time and *energy* — yes madam, you are quite correct when you say this —

Margaret: Whatever has happened in the past, you can't do anything about it, can you?

Sarah: You have got to look forward to the future.

You *can* in a little way, rectify what has happened in past times, because after all, you have come to, in some cases, rectify previous lives. But it is living in the moment, which is important.

Les: Yes, it has a bearing on this — When my first wife died I can remember the ‘horror’ — and I use that word advisedly — of my fellow workers, because of the fact that I went into work the day following, when I was told I could have three days off for a funeral. I said I don’t want three days off — I explained that it had *happened* — what could I do? But they couldn’t understand it.

Yes, because they did not have your knowledge. You have to forgive them for their unknowing — I will not say ‘ignorance,’ that is not a word I like to use. But because of their unknowing, they would find it difficult to accept what you were doing at that time, because it is against the normal patterns of human behaviour.

Les: Quite, but I know my wife would have understood completely.

Of course, of course and may I say it helps if only all of you would understand, if you can send your loved ones on their way with happiness and joy, but of course being human beings you also have human frailties and human conditions of emotion. But in this understanding of this work, you should know and understand my friends, that sometimes you are shedding your tears for yourselves, not for those beloved departed ones, because after all, are they not returning *home*?

Les: You are quite right it is a selfish action and if only people realised that, the severance would be much less painful.

On both sides yes, (Yes —) but as I have said, the emotional energy within you human beings is a strong attachment and it is not easily controlled, but that is something my dear friends, you can work upon. It does not mean that the love-bond is any less stronger than it was when the beloved one was upon the Earth, it means only that you have more *spiritual strength* — *spiritual strength* — that is what you should work towards.

Les: Yes, it is strange really how we get bogged down in the past, in what shouldn’t be a ritual. I have a neighbour who lost his wife about 3 years ago and still takes flowers to the grave and is miserable doing so, because it brings back old memories. I’ve tried to explain to him that it’s simply a waste of money — far better to send that money to the local hospice for the benefit of somebody — where it could be used — **(Yes.)** but it just doesn’t penetrate — that is the ritual, that is the thing to do, so he does it.

Yes but my friend, have compassion, because he is not ready for this knowledge. You can offer him seeds of advice, but you cannot make him take it. He is so engulfed with his grief, that he has entwined himself if you like in energies of grief, but what he does not realise is the departed one is also constantly drawn back to him, because of his grief.

Les: I try to explain to him, **(Yes.)** for *her* sake. **You will not, because he is not ready to accept. (No.) You have done your task in sowing the seeds of truth, but it is up to each individual. Remember if they are not ready to receive then find another who can be helped.**

Les: Quite! Yes, I don’t have any feelings about it now. **(No.)** Years ago I used to be concerned that perhaps I wasn’t doing enough to help them, but now I just accept the fact that they are not ready, as you say.

No, give compassionate thoughts — again we return to the power of your thought — and that is all the help you could give — he is not ready. You will come across many peoples in your lifetimes — all of you — who you would wish to help, but they are not ready, they will not receive. It is no fault on your part, you have done your best and you must leave it there. You must not chastise yourself, you must not be too harsh upon yourself, if you have sown seeds, then you have done much.

Les: Yes, you have made that quite clear in the past, that all we can do is to sow the seed, we shall never probably see the flowering. **You can never know what help you have given. It is only when the soul returns to us, that the full extent of the help is realised. He will know and understand when the time comes, how much you have given to him. That is something for you to all remember. Do not ever doubt that the words you give to others in truth and knowledge is ever wasted — it is not, it is not, and recognition comes when those souls return home.**

Les: That’s the main thing, isn’t it? **(Yes.)** Again it comes back to what you said earlier, don’t wonder about the past — if we have done what we could, then the past is gone — **You are the result now of past times. You may only be one aspect of it, but past times belong in past times. You are trying to achieve things in this life, things which have gone before and perhaps are unattainable to you.**

Les: I suppose logically, if we keep thinking about the past and wondering about it, we are in effect holding ourselves back.

Of course, how can you go forward, if you are constantly spiritually stuck in past times? You must allow the soul free expression in this present time of living.

George: Perhaps it is permissible to review the past with a view to learning from it. We can see our mistakes in the past and it can help us to learn a better way sometimes.

But that is not the purpose of your life. If you knew what you had to do it would be pointless in returning to a lifetime, would it not? Life would be too simple — what would you learn? It is like telling a young child all the knowledge of its school days in one instant. What would be the purpose? What would you learn? Do you not see?

Les: I think we have come George, if I can add to this bit, what we have spoken about in the past, the difference between the spiritual and the physical. **(Yes.)** To review the past is a physical attitude and we have to accept that our soul, which is incomprehensible to us in many instances, has learned from the past **(Yes.)** and our physical expressions don't matter anymore. Do you follow? **(Yes.)** Reviewing is a physical attitude, but we've got to accept that if we have been living properly as we should, then the soul has absorbed the lessons, which we have learned in the past.

It is not necessary for the physical thinking to know what the soul has learned — it is not necessary. It is the soul's instruction, which is important and after all, what the soul expresses, shows itself within the physical living. Again you cannot separate the two; that is what you are trying to do. I think sometimes you see the soul as a separate being from your physical being, and this is most wrong. You cannot have a physical being without the soul. Is this clear to you? I think it is something we must discuss further, because you will not grow if you look upon the soul as a separate entity. You are spirit first and foremost.

Les: Yes, this is the thing we keep forgetting, I'm afraid.

You have to realise — that is the most important fact that you are soul, first and foremost. We will discuss this further; I feel this is something that perhaps is not quite fully accepted yet.

Les: Yes, that would be interesting to do. I think we also forget that the lessons we have learned whilst here — we are not necessarily aware of them, but we should be more conscious of the impact of our physical upon other beings here. As Salumet says, the soul and the physical are two and the same and if we considered more the impact of our actions upon our fellow creatures, then we perhaps might become more aware of the development of the soul, rather than consider physical reactions.

I would say if you have to stop and think, then it is not the soul at work. Perhaps that is something you can keep in mind, that any action truly from the soul, is spontaneous — it is important you understand this. If you have to stop and think with your physical brain, then think carefully. Do you have more questions?

Les: Well I seem to have monopolised the evening, anybody with more questions? *(Pause)*

I would rather that this topic be finished with this time, because we have many subjects to speak about and it would be most helpful, if you can be sure of what I have told you this time.

Les: Everybody quite clear on how to regard regression? *(General agreement)*

Paul: Can I just recap a little bit, in case I'm not clear. So there's no reason for anyone to have past life memories, unless they're experiencing difficulties and they need to seek out that past life, in order to be cured of the problem.

Yes, if the soul is restricted spiritually or emotionally, then past life will be given, in order that the soul is freed, and that this present lifetime can continue in the way it was planned. If you wish to go under regression with the help of another, you must accept that what you may get could be in fact only communication, in the same way as you would receive it, as our dear friend has said, in the same way as anyone here would receive communication. Do not assume that it is automatically past lives, belonging to the soul. It may be past life of another individual.

Paul: Just one other thing, was it said once that some people are born with many past life memories, from childhood and that they do retain it?

That is possible, but it is of no use. The memory may be there, but it serves no purpose.

Paul: So they'd probably be better off forgetting about it and concentrating on this life?

Yes, but that possibility exists, yes of course. It would of course depend on the growth of the soul, as to what can be retained. But yes, that is a possibility, but it serves no purpose. Is that clear for you.

Paul: Yes that's clear thank you.

Les: Any more questions on it? *(Pause)* So everybody is much happier now with regression?

Yes, I do think that my words will continue in your thinking for many days to come and that can only be good. So I will say to you now my dear friends, I will take my leave of you, I know you will ponder my words and I know that you will be helped in what I have given you this time.

(General thanks)

Know my dear friends, I am always with you.

(General thanks)