

December 2016

31st December 2016

What a Year for Spirituality! May it be even better for 2017.

In answer to your question, it pains Us to say that (Y) is becoming an old man. He can no longer do the things he used to. If you remember (N) it was a long time ago that he couldn't 'pull' people through their States. The group has become sick and has been for some time.

Would you recommend a sick group with a worn-out leader?

Patrick here. You need to be ready (M) to take down a New Year Message from Us tomorrow

30th December 2016

This is Patrick We do need to talk seriously about your role as communicator. 2017 is The Year for promoting the Meditation and things need to be put in place for this to happen successfully. We are more than happy with the way things are moving in this regard, but your part is crucial to getting the messages on the website. Now there are more and more people Initiated We need a 'Workforce' to send Energies of Love, Peace and generally elevating people to want to Meditate. Now you are back Home again, get yourself a good schedule and stick to it.

(K) May we please have some insight as to how he is doing?

It is good that he is writing all his Insights down along his Path. This needs to be formally written so others may benefit from his struggles and Realisations on his Journey.

He is doing well, realising Unconditional Love through his Enlightenment will be massive for him, it will change everything about how he views his life. He will Realize that Everything comes from Love, Everything Is Love, and that Love is Him. He needs to concentrate on that and everything will happen as it should. Trust in the Spiritual Hierarchy and the Magic is there to take him to the highest Spiritual Awareness.

29th December 2016

Mum passed away this morning – even though I was prepared, it was still hard to grasp the finality of it all.

27th December 2016

Patrick, so sorry I've been away so long.

This is Patrick.

Explanations will come about what you are going through and you will understand so much more. Your mother's death will be like a portal for you to grow stronger – you will have much more control of your life. You already have the ability to make other people happy – now you have the opportunity to make yourself happy too. By that, I mean to help you to organize your life more so it flows better – you can then concentrate on the important tasks. Your mother is gradually slipping away. She is in the in-between stage of dying – that is why she is so peaceful and happy now to go. She has had a glimpse of what she would refer to as Heaven. She has learnt much in this life and has done well.

24th December 2016

When I went to see Mum today it felt strange, as if I didn't know the lady in the bed – also slightly worried that her arms flying about would hurt me or her hands would push me away. Is the Light trying to take her and she is pushing it away? Who is the woman in the bed that I don't know anymore?

23rd December 2016

Just a brief message for you (M). You have learnt this week about how much positive effect your mother has had at the Home. So her continued existence had affected many people after she 'left' her family for her new life.

22nd December 2016

Hello (M), this is Patrick.

From your point of view it seems a long protracted end to your mother's life. But you need to understand that because, in reality, the way you measure time is not how other Worlds would measure it. The life and death of a Soul is very much an arbitrary matter. A human mind is so limited in understanding Spiritual matters and is totally inadequate.

Your mother has stayed alive for so long for a specific purpose. There really is a reason for everything. (M) – at the moment you are too involved with the Whys and Wherefores and therefore not able to see the reason, but you will see it. You and your son are the ones most affected by this – let your mind become empty and you will see why.

You need to change your attitude. Don't think, "Why is she living so long?" Be thankful that her existence is important so people can learn and grow.

21st December 2016

Hello (M), this is Patrick.

You are sitting saying Goodbye to your mother who you feel alienated from. Don't be sad – she will come and see you when she has passed and explain

things to you, it will be better coming from her than from me. She knows you are special but can't tell you and she is frustrated. Her guide is asking me to tell you this.

I know you feel your place is with your mother now but she doesn't want you to sit there waiting for her to die. Leave as soon as you can and see your daughter. She loves you very much and the bond will grow stronger when your mother is gone. Some more later.

19th December 2016

It's Patrick – today is not the time – give yourself some healing as We tell you. You need rest, tomorrow evening is best.

18th December 2016

Adam

Unfortunately you were not able to talk to Master Patrick yesterday, We will try later today. Hello (M) this is Patrick. We are ready to give you more information. Be aware that most of what you receive is for you and (N) at the moment. There really are not many who would be able to simulate the Esoteric Wisdom and there would be jealousies of anything people would consider to be a Sidhi Power, although you don't see it that way.

The structures We spoke of that need to be dismantled should be done every day. It won't leave you tired as the Energy comes from Us to you – you are simply a Channel. It's people who drain you, it's because of your new Powers. We will monitor you over time to make sure you are able to cope.

15th December 2016

Adam

Master Patrick does want to Communicate with you – but it needs to be when you are 'still' and ready to listen. He doesn't mind waiting till then.

We need to talk about your dealings with people – you are magnetic because you have been worked on, people are drawn to you – you really do need to stand back more and listen rather than talk – you are being drained of Energy and We have to replenish it.

With Master Patrick's next Transmission you will be charged with even more Energy. It is impossible to conceive how important this Mission is. Yours and (N)'s attitude and respect to what you need to do is paramount – that is why you have been chosen.

What you have learnt tonight from Visions is that everything has a structure. So if you look at tables, chairs, lamps etc you can actually see the structure. But even abstract things such as Love, Joy, Peace, Anger, Greed and Power Mongering have a structure too. In your Visualizations you can break down these negative structures, they look like this:

The structures were shown like a set of random lines as in the game Pick Up Sticks.

Let them be gently dismantled and unable to be used by people. Then work on stopping them from coming into existence in the first place. They are lower dimensional energy that has been allowed into your world – send it back to where it can't do damage anymore and put up a barrier so it can't return.

14th December 2016

Samuel – Hello (M). I need to advise you that you should be eating less fat in your diet – more salads, greens, water, otherwise you will have problems going to sleep. Your liver is not shutting down and is causing you to be restless – too much fatty stuff to deal with.

Gandolf

(M) you have done exceptionally well with your Transmissions so you don't need to be quite so vigilant in the next few days. Things will come round again but you have set important steps in motion which (N) has implemented in his fastidious way. Well done to both of you. I think this is the way forward, when anything important comes I can let you know and if you are focussed, the message will come quickly and easily.

Adam

Just to let you know that We are happy with the way things have been organized so quickly – it is good that you can readily decide between yourselves the actual content of the Transmission, as long as the general idea is adhered to. There will be more in a few days.

(M) keep up with your Xmas things as We are not sure about your Mother who may not live much longer. She was shaken up. Remember to be less reactive in your dealings with people, listen more and stand back. With the work you are doing it is very taxing and you need all your strength – Relax, Swim, it's good for you.

13th December 2016

Hello (M) this is Patrick. In the next few days We will be talking, with many Messages, some to go on the site, some not.

We do thank you for being there for Us, your task now is to get as open as you can, as what I have to say will rock you both somewhat. Simon will be ready to talk you through any concerns. You are sensing things are moving now and they are.

If I say that a Transmission needs to go on the site and you really are uncomfortable with it, feel free to tone it down, but let your inner circle know (P, D, J, A, J). We need strength and resilience from you all to cope with what is about to happen.

We are disappointed that despite all our Spiritual Energy being pushed out, many of the new Adepts have not responded positively in spreading the Word. They are happy to spread Love but somehow, for whatever reason they are not interested in helping others by reaching out to them and giving them Initiation.

We look in disbelief as We see people complaining about the state of the World – We give you a way out and most people ignore it. It is left to a few to do the job, working tirelessly and Lovingly to try and make a difference. On the other side – the sending of Love is really working and because of the great outpouring of this Universal Energy from you has made a big difference to the society as a whole and with even more people in Africa being Enlightened, then that Continent too will help enormously to bring about a positive change.

This is for your eyes only (N) and (M). I don't think it would be wise to share this information but I thought you should know from the outset where We sit.

There will be many more words from Me, with advice on how to move these new Adepts to do something positive, but they won't respond with harsh words, I know that (N)! Breaking Down Negative Patterns of Behaviour. This transmission is to go on the Adepts site.

In the sending of Love to the Planet We advised you that his would help to alleviate the aggressive behaviour in the World, causing conflict and leading to Wars. Although there is some way to go, this has been successful. What needs to be addressed now is the Underground Subversive Behaviour of some people behind the Governments of the Nations of the World.

It seems that there are individuals who will set about bringing untold misery and stress without any compassion, just a compulsion to tear the World apart, with the help of the technology now freely available to all.

They have built a barrier around themselves so tightly that Love cannot penetrate without the help of a Special Mantra with a visualization technique.

TEK RAA SEE TEE RAY

To visualize these Love-less people with robotic hate tendencies to be disabled from their devices to effect those crimes against Humanity. Also to the people under their control – to make them see what their actions are causing in society and to turn away from continuing being influenced in this way.

How Often – How Long and Who?

As (P) suggested – 7 times for the Mantra (or a minute if you prefer) With daily Meditates and also weekly ones. As much as possible. As many Initiates as possible – your discretion.

12th December 2016

(M) this is Thomas back again to talk to you. At this auspicious times We need to Communicate once more about the connection between the Ascension of the Planet Earth together with (N)'s part in this. It's the time now to push forward with his study of other planets, galaxies and solar systems. All those involved in this will get heighened powers to be able to complete the task.

As I said before, just a small number of trusted individuals who are able to keep their council. This will happen in the next few weeks, so the people involved need to 'step up' their Meditation – by this I mean, be as fully concentrated as possible. You (N), and these few people will experience changes in the form of manipulations similar to the ones already received, but more powerful. All of you need to be in regular contact with each other and Everything needs to be recorded.

You will be given tasks to complete. If anyone feels they cannot give their attention to this they need to say so – there will be other Missions. Hello (M) – I'd like to introduce you to Simon who will be talking to you in the next week. He is a very wise and respected Ascended Master who will help you and (N) to overcome any fears and doubts particularly (N) may have.

We can see in him the desire for gentleness, true, that is the way the Jesus story in the most part comes across – but there was nothing gentle in the crucifixion! Also, all Masters in human form show anger – but Simon will put you right in these matters. (M) this is Adam. Just a reminder to be alert and at your best to speak with the Master Patrick coming to start teaching you tomorrow. Gandolf here. (M) try to keep your mind free for Messages and Meditation. Keep calm and don't get involved in situations that you needn't. This is Simon. We are viewing your reactions (N) to the various changes about to take place on your Planet.

First of all We wish to collectively congratulate you on your tenacity and ability to find solutions to the situations you come across each day. We are also very much aware that you want, as far as possible, to find ways to gently move people through the Assension.

Everyone is wanting World Peace because that is something in the News every day and people are made aware of it. What isn't so well known and publisized are the underground subversive tactics practiced continuously behind the people in power, causing untold misery and stress around the World. This leaks poison into every area in society. It gets bigger and bigger each day and more extensive. How can you stop it?

From the human angle – impossible! We are sorry to say that these people would not ascend in this lifetime. Love, as a word does not exist in their vocabulary.

So the situation is this: This World of yours is in a sorry state, in spite of the fact that the wars seem to be mostly concentrated in the Middle East in Syria, there is still the question of sorting out the above.

11th December 2016

This is the Lords of Light come to help you (M). We can see you are in need of immediate assistance. You are so precious to Us and We are here to Love and Guide you so you feel alright again and can carry on with your immensely important work.

Firstly We need to impress upon you and (N) that you are 'as one' as far as We are concerned. You have come together in this life to do a massively role to assist in the Ascension of mankind.

We know that you and (N) are very passionate about the things you do and this is one of the many reasons you were chosen for this job. (M) works in a different way which is why We chose her to do the Channelling, which fits perfectly with what We need at this time.

Please (N) We employ you, don't let your passion override the very person you adore and need so much to be your partner in So many ways. (M) doesn't have your physical strength to deal with your outbursts, and, if she did have the strength and have your attitudes then she wouldn't/couldn't do the job she does so well. We are putting a lot of pressure on her at the moment which she is coping with, but she needs you to give her some slack when you feel she's messed up.

Save your passion for the job in hand. This is Adam. Patrick didn't want to cause strife between you and (N). As a Being he is very straight forward in His approach. It is part of the Ascension plan that Religions will (in his words) take a beating as many times they induce slavery, bondage of the Soul and fear – the opposite of Love and Freedom that Spritual Masters so desperately try to promote. This is Gandolf. (M) you are listening and things are working out as We explained. You have done well. I will be there to 'direct the traffic' but there will be Communication from different Beings – one new one.

Listen carefully and get as much rest and Meditation as you can between each Transmission. (N) can help by giving you space. It is only for a few days, things need to be put in place, some of it concerns him and the way forward with the Astral Travelling project. Much to do for him too.

Leave it up to (J) to sort things out in Glastonbury – you will have enough to do at home. One thing to remember (M) – no nuts at night – too much fat, stops you sleeping – better fruit.

Adam

There will be much Transmission from the Master Patrick in the next days – He needs your full attention – sometimes twice a day. Any questions direct them to Me.

The Light Beings

We are here again (M), you don't need to ask for things more than once – your request is there ready to be answered as soon as it leaves your lips. Sometimes it may seem as if We have taken a while but that is because your aura needs to be calmed before We can do anything.

10th December 2016

This is for (J) from the Lords of Light.

You have put your life 'on hold' for the purpose of spreading this Immense Love across the two Continents of South America and Africa.

Never forget that the Great Service you are giving Mankind at this time is not going unnoticed by Us in the Spirit World – be aware that We are with you always. It is more important than ever that this Lightwave spreads across all the Nations of the World. Your part in this is crucial.

Try at all times to put your own fears aside and be strong. We have laid a foundation for you and (I) to Light up Tanzania. Any dissent from others can be dispelled by the Loving Vibration you give out from each cell of your body.

(J) you are a great Teacher, Mentor and friend to all your followers – We chose you to do this great work and you are surpassing our expectations. Reach out to Us and We will guide you always!

9th December 2016

Gandolf

(M) you must not waste this weekend which has been 'gifted' to you. Spend the time finishing off your Xmas things, wrapping etc. Get everything done as you will need the time afterwards for other things. I won't go into any details but trust Me you will be busy and We don't want you to be distracted by anything. Rest as well. Tell (N) that the Ascension issue is done with for now – he needs to move on from this to focus on spreading the Path in the U.K.

One thing I will say (M) is that there will be many Messages to bring down and distribute – you need to keep your wits about you – hence this is a quiet weekend.

8th December 2016

This is Adam We are happy with the way things are going regarding what is being put up on the site. Glastonbury is the place to start pushing the Path in the U.K. – should be done as soon as possible. We are right behind this totally so there should be a lot of interest and people will be keen to start the Path.

7th December 2016

We are the Light Beings. It was true what you understood from your Meditation earlier. Things are moving faster now and it is important to get things going in the U.K. Just so you understand, this is connected with the Ascension and We are ready to help in all areas of this task – just ask.

Where is the best place to start? Or shall we push in other areas? Leaflets?

This is Adam. We do not want to say too much about the Ascension as We know it will be misinterpreted (it already has). Just to say that you will understand so much more in due course and it will all make sense to you. If We tried to tell you now it wouldn't.

Please trust Us. We don't want any details going on the site – the important Message is that you Must get as many people as possible Initiated, both at home and abroad.

Gandolf

(M) – because you are getting so many Messages about different things in the next week or so you will find it much better if you cut out your friends for the moment. Go out, but get back to Meditate as you won't be able to keep up otherwise.

6th December 2016

Hello Gandolf Here we are at a point which has been coming for some time. We are trying to understand as much as we can but we are struggling. Please would You help us?

First of all (M), We are with you always, although you may not think so sometimes. Each person has their own remits and, as such, are assigned different members of the Higher Realms to assist in whatever they need to be doing in this life.

You are right inasmuch as you get what you need at different times of your life. That is easy for you to understand. What isn't so straightforward is the the Spiritual side. When someone incarnates for Spirituality, especially for the highest calling, which is what you are referring to, you expect there to be some coherence and honestly coming through the Channeller, which has a ring of similarity that you can relate to. The Truth, as you would see it (N) is not so straight forward as you would like it to be. Just as in your World the Truth is different from each perspective, where you are looking from.

How something is perceived is often tainted with beliefs too. If a person asks a question, they are always biased, even just a little bit, by their own thoughts on the subject. It is very hard to get absolutely out of the way. So with (P), (M) and others, because of their upbringing, their Channelling is tainted too, it doesn't matter how much they check. But that is OK because the Esoteric side is what it is – a system, just as health and healing are – even States of Consciousness. Are you Enlightened when the 'Bubble bursts' or when you finally realize your State. Are you born when you come out of the womb, or when you take your first breath.

The problems facing you now have always been there since (P) came on board, that her 'truth' is different to yours because of her background and belief system.

We are deeply concerned as to how to address the most recent anomalies which have come to the surface. What We don't want (M) is for you to be

rocked by this as We are relying on you to carry this Mission forward to its completion. The Transmissions you are getting now are for the most part exactly how We would wish for the Path to be portrayed.

Goodness, Love and Truth prevailing. You were picked solely for this purpose. We are not going too deeply into the Ascension with you, as We said before it's on a need to know basis. It wouldn't help anyone on Earth to know the full picture as, with the greatest respect, you Cannot Understand it with your vehicles at the moment. It will be revealed as the vibration of the Planet is being raised. (M) this is Adam. We do need to talk more often now, so make sure you have a routine fixed. My job is to make sure you are ready for Patrick to come forward when the time is right with Messages on what He needs you to do to prepare people for the Ascension. It is essential that you get your balance of Meditation and Channelling completely organized.

Are we ready to hear about what to put on the site about what will happen to those who are not ready/prepared for the Ascension?

This is Us. We are happy to talk to you about this. It just means that people will only truly Ascend if they are ready and it will be self-selection. We are not able to tell you more at present.

5th December 2016

It is as if Mankind is somehow lifted, to be able to continue their lives with heightened Powers. It just means that people will only truly Ascend if they are ready and it will be a self selection.

4th December 2016

(M), (N) We are here as ever. There is actually nothing to be concerned about. It is a case of too much information which has got distorted. More later.

3rd December 2016

We are gathering to wish you well and to say how happy We are that you are together in the name of Spirituality. You are very special people with your own specific jobs which are far reaching and critical to the elevation of the Planet. We do congratulate (M) on his willingness to put together the very important teachings.

In years to come, the work that the four of you are doing will be the equivalent of the bible. People will clammer for these teachings of the modern times.

There is much more to come as this New Lightwave takes a massive leap across the Planet. Anything that comes to your mind, however insignificant you may think it is, please record it as people in the future will want to know how the Path began.

Think of the Gospels, there was no proper way of recording the Spiritual Teachings of the past because of the lack of equipment, but now things are so different. Write as much as you are able, keep it safe, you four are the custodians of the Teachings.

We send you Love and Peace.

1st December 2016

This is the Lords of Light. Tell (N) he did well with his piece on music and its effects today. The only thing We would add, in general, is when people come together, either to play music or to sing, it sends out a powerful energy which can heal both the players and the audience in many ways. The power of a melodic voice or a beautifully played instrument can have a magical effect.

Music heals the Body, Mind and Spirit.

November 2016

30th November 2016

This is the Lords of Light. We wish to bypass your question for now but to revisit it because We can see a need for you to have an explanation for the seeming failures on the part of other groups.

Although you are feeling as if you have done a lot of work and We are telling you many things about how the World is changing you are not witnessing it that way and We think you need some clarification.

Many people have been Enlightened and this is the way it has to be. It is now a waiting game for Us and you to see any 'stars' that emerge from these Adepts. Many of them have the potential to really make a difference but may not have the willingness to Initiate for whatever reason.

Because you have come so far, sometimes you feel alone as you don't have like-minded people around you. But We need you to have some space to do your important work which wouldn't be possible if you had a Meditation Group.

All We ask is that you make time during the day and evening to take Messages and Meditate yourself. Things will work out well for you in your worldly concerns so no need to be thinking about that. People look to you for guidance and your Connection with Us is vital.

We are here always to help you, listen to Our Guidance even if you are not Meditating.

29th November 2016

We are the Lords of Light. You asked a question about different Channellings with States. That is easy to answer, but not easy to understand from your point of view (N). Each Channeller has her own personal Connection and will ask questions accordingly or just get a Transmission from Us, collectively.

There are differing answers because the Channeller (particularly with States) has to be absolutely empty. This particular time there were too many at once. The mind has a chance to wonder and not be concentrated on the job in hand.

You are absolutely right (N), this job needs to be done by one person each time, not to mix it. Unfortunately you can't wade into the situation because it has already happened. Have a word in (P)'s ear.

It seems that the mission has been offered to many teachers/groups over the last 100 years – from what we have read they have become corrupt and failed spectacularly. Could we ask for a brief history of Your dealings with these people?

28th November 2016

Please – is there any advice you can give us regarding States.

Yes (N), leave well alone at the moment. If you, or Us, go telling them what to do they will be defiant and things will be worse. Wait till (J) asks you for help. He hasn't got that side of things in control yet, but is reluctant to let (P) go in favour of (J) – and even more reluctant to confirm States himself!

We have an impasse – but We are trying to sort things out. We know (N) that (J) should be doing it on her own, but soon it will have to be that way, there will be no other choice.

The Individualness of someone is nothing to do with the vibrational frequency – but yet there is a Connection.

27th November 2016

Hello (M) – We are the Light Beings. You need to be aware of many Transmissions, not necessarily to go on the site but just general guidelines. This is one such guideline today – We are always with you – if ever you need any advice on anything you may ask Us. We have a greater picture than you can see and can save you making any mistakes. Not that it matters particularly but (M) you are very hard on yourself and We can help with that. Another thing for (N) is the amount of Transmissions he is expecting the Adepts/Initiates to do in South America. They have busy lives and it's best to give them a break for a few days. They are very willing and really want to help.

The last paragraph refers to translations of Transmissions into Spanish.

26th November 2016

Patrick

We are happy with the way things are going and with the Global Meditation each week, which will make sure that there is a link between you all.

(N) and (M) this is not for publication but for you two at the moment. I have given a few words to encourage people to Meditate and in a gentle way to say what will happen if they don't. There are so many people who will never meditate but also many who would – given the chance. Time is ticking. What We are really looking for are young Charismatic teachers to emerge from the Enlightened ones in South America.

I'm going to wait now and see what happens before any more Transmissions through (M). They have much to digest.

Thank you (M) – I will come to you again soon when I feel the next part of the Ascension can take place and explain a few things. There will be other messages for the Spiritual Hierarchy site, in the meantime from others who are in Contact with you, so continue to be vigilant as before.

25th November 2016

Now is the time for action. More and more people are tuning in to the idea that there are changes afoot, but are not sure how or where they will take place. We need to tell you that there are people all around the world who are feeling that they need some Spiritual Guidance and would love to hear about the Light and Sound Meditation.

The World is ready for this right NOW.

24th November 2016

As has been mentioned – raising the Consciousness of people is vital. Little by little you will see a change in the way people are drawn towards helping each other and becoming more attracted to things Spiritual. It may seem like an upward struggle at first, but when a certain number of people are connected with the Light and Sound then there will be a surge of joy and wonder at the way there is more Love and Peace in the World.

We need all Nations to be involved, some to a greater or lesser degree. Everyone connected now should be talking to others, thereby making people aware of what is going on. It is imperative that this happens, and it isn't so much about the Spiritual State of the individual but the Might of many Enlightened people who will make a real difference. The fact that they are Meditating and bringing down Spiritual Energy will encourage others to do so.

When enough people are reached it will be time to raise the vibrational frequency, however, it will mean that many people will be left behind – not able to be part of this immense change that will take place.

When We talk about the vibrational frequency of all things We are referring to a code that is used to classify each, animate or inanimate.

So humans have a frequency, as does each animal object. But as stated before, no two humans are the same, or animals or minerals. The individualness is to do with another system altogether. Everything on Earth demonstrates this difference.

24th November 2016

Patrick

As time goes by, when Initiates and Adepts are Meditating regularly and sending Love and Peace to the World it is necessary also to be more aware of the needs of others. That means to help one another in communities and if time allows do voluntary work, helping others less able. If this is done then it also helps the individual doing the work as the focus changes from himself and his worries.

There is much work being done by Us the in the Spiritual Hierarchy to find ways to address the poverty in the World. Many people are impoverished because they believe there is no other way for them to be. There are ways to rectify this by changing the mindset to truly believe they do deserve to be better off and have a good life.

Of course, it would be better if the whole World practiced Meditating, but that will not happen yet. But what can be done about the general Care and Consideration for others, be more aware of other's plights – not only in a monetary sense but by being more kind and considerate to all.

Forgiveness – Love – Acceptance.

As part of the general move towards caring for others We would like a regular Meditate to take place every week for you to come together for 10 minutes at the same time. This would be a powerful statement from you all to affirm positivity to the Planet as a whole. In doing so you will feel a great connection with each other.

(M) This is Patrick You are not able to hear me properly because you are too full of thoughts of what I might say. Try to be totally empty and just listen. Let's try again.

On a different subject we need now to address the idea that people will get left behind when the vibrational frequency changes, a massive shift which needs people to be open to a very different way of life and living.

If people are too full of themselves or are power crazy then they will find the shift hard until they dissolve those instincts. Similarly with selfish people, these types of tendencies and others will be difficult to eradicate.

These people would not fit into this new World filled with Love and Peace. There is time yet for these people to change and see the error of their ways, so they need to take that chance now!

That is why it is so important to talk to others about the daily practice of Meditation.

23rd November 2016

Adam

Yes it's me talking to you tonight. I need to tell you a few things about the Master Patrick and how you should be conducting yourself to receive His Messages. Firstly, it is necessary to have certain times of the day to be ready to listen and record his words. There is much he needs to tell you so that the Messages can be read by many people. This needs to be done in a short space of time, so you need to be ready twice a day. It doesn't matter when, but you also need to Meditate between times to clear yourself of Worldly matters.

If you need clarification of anything He tells you please ask for me. You need to Meditate now to be ready for the Transmission tomorrow.

Thank you Adam, that is clear.

22nd November 2016

We now need to talk about raising Consciousness. What does it mean? Well, a normal person living in the World today has access to many stimuli. He can see around him the wonders of the World and hear a myriad of sounds. But what would happen if all of a sudden he had access to a further pair of eyes and ears – or was stimulated in such a way he could see things and hear things hitherto unnoticed; how amazing would that be? Obviously there are artificial ways of doing this, by drugs etc.

The Light and Sound Meditation is not drug induced, but a Revelation to give a person access to Knowledge of the Spiritual Realms – which in turn would raise his Conscious Awareness to understanding so much more about the Inner Workings of the Cosmos and his place in it.

22nd November 2016

Everything has a frequency – even the Earth itself. It is like its blueprint or signature. Each person, animal or inanimate object vibrates at its own unique frequency. Nothing vibrates at exactly the same frequency. It's a bit like snowflakes, each one has its own form, no two flakes are the same.

If we were to take a Human Being and raise their Consciousness by Meditating on the Light and Sound, to then become Enlightened it would not change his original vibrational frequency or blueprint.

If however, the frequency of the Earth and its inhabitants was raised, the Human race would be operating at an entirely different level – which means a whole new way of living. It would be hard to imagine what that would be like. There is a lot more to come on that subject, but first we must look at the way things are at the moment.

We need to raise the collective Consciousness of the Planet so that people would be ready for that big change. It might sound Utopian but what we are talking about is a united World where Love prevails.

21st November 2016

Hello (M)

We will try two transcripts per day as I see that is how you work.

I'd rather not be too early as my mind doesn't function at it's best. Unless you can make it work better then!

We need to be in tune (M)

Most people's lives are very busy – they need to feel as if they have a meaningful existence by filling every moment. They even say that there is not enough hours in a day to complete all that they feel they need to do. When their work is done they are not able to rest because so much else is there to stimulate the senses. If a person cannot find the time in the day to just Be, Relax and Contemplate, their life will be one long struggle. Going from one activity to another with no break in between is not helpful to either themselves or their families. A person needs that special time to calm their minds, to be free from cares. Daily practice of Meditation is perfect, because people can build up the time gradually. The more they do, the more benefit. It is a Magic formula.

This is the big sickness in the world today, time management. People haven't left themselves enough time to organize their time better. So they they take the time in the night to do things they haven't done, when they should be sleeping.

The message is clear – Meditation is the answer to many of the problems in the World. If everyone did some form of Meditation/Contemplation then we have the building blocks to a happier, more fulfilling existence for all.

21st November 2016

Good morning (M) this is Patrick. The World is a very dark place for many people and needs a big shake up. Many old texts of former religions and doctrines talk about this and mention that there will be a Force coming from On High to affect the much needed changes.

To bring Love to the Planet is the only way to do this – the love on Earth at the moment is not powerful enough to take away the materialism, power mongering and sickness that prevails.

What is needed is Unconditional Love, the most powerful form of Love which can cut through any discord and bring harmony that will raise the World to another Level. The Unconditional Love I speak of is brought down from the Spiritual Realms and many people are Experiencing this immense Power and witnessing first hand the effects, through Enlightenment.

There will be a massive increase in the number of people becoming Enlightened all over the World and therefore they will be able to share this Love which is all Encompassing and Universal.

20th November 2016

This is Gandolf.

We are aware of the excitement you are feeling and the responsibility. It is too much for Us to ask of you but it must be so because of your Connections which have grown considerably lately. It does mean that you are busy Meditating and receiving Messages and that is not going unnoticed by Us here. You have grown in strength and so can manage with ease what is to come. We thank you for your time, effort and perseverance. And so will Humanity.

20th November 2016

(M) This is the Master speaking. We met last week. I decided to work through your writings as what I say needs to be understood and not forgotten. We will have many conversations in the months to come and I hope you will be able to keep up with Me.

I will be prolific and you will need to have the book by your side. The first thing to do is to introduce myself properly to you and (N). My name to you is Patrick and We are to work together to bring this sad, sorry World of yours to be a much better place, in fact, an unrecognizable place for people to live lives that are meaningful for the first time in eons of years.

I am in the Spirit World at the moment but there is a strong possibility that I may manifest in a fully grown Male body. But for the moment We are to Communicate in this way.

You are wondering if I am real, if I truly exist, well Yes – you will have proof of that more and more as we have this Communication.

I stand no nonsense and although I know that you have a busy life, this is important so needs to take preference. You will find that, as if by Magic you will be able to fulfill your duty to this Cause. A massive change for you and (N) but one that you will find beautiful and be very happy with.

You are finding my words easy to Channel as you have been practicing for this moment. This is your moment of Glory, not in the sense of the World, but I'm saying a personal Glory – a satisfying glow that you are being used for an immense task that befalls us in raising the Consciousness of the Human Race. You will feel energetic and ready for this so there is no need to worry, or not think you are up for it. You have been chosen out of millions. Go and tell your husband this, he is much involved too of course – We will speak later.

Have you REALLY wondered how it is that a body can actually move; an animal weighing a ton, how does that massive weight take itself around?

The wonders of the World are too huge to contemplate but I'd like you to try – to realize quite how much humankind is conditioned to just accept things as they find them and not wonder, just wonder How And Why.

It is necessary to do this and to then move on to the next big question, "Why does God effectively put people on Earth in ignorance, to then expect them to realize their true Nature to get back to God?"

Most people are simply not aware of this and go through life completely in Spiritual darkness to end their days as they started them, in Ignorance of their Spiritual Nature. The answer to this question, as always, is to tell people that the only way to really find out (the answer) is to Meditate and find the True Path of Inner Light and Sound.

Since the beginning of time it has been this way. I am talking about way before any knowledge of previous civilizations.

The Universe, with all its Galaxies and Stars holds many mysteries which are gradually unfolding and being discovered. But there is still a way to go while in a physical form. However, if a person is made Spiritually aware through Meditation then he may 'move' around the Creation and discover for himself these mysteries.

20th November 2016

We are the Lords of Light. As things progress, We in the spiritual Realms and you on Earth must be aware of the changes that need to be made, if this Lightwave is to have the end result We desire. That is, to change the Consciousness of the Planet by having mass Initiations, to get the required amount of Spiritual Light and Love to the World.

We have released an enormous amount of Spiritual Energy, more than ever before in recent times. Perhaps now it's time to move the focus to other Continents and spread the Energy round a bit more. This is not in any way to abandon people but just to push the boundaries and to take the Lightwave in other directions too.

There are enough Adepts now in South America, to work themselves – to Initiate and make people aware of the unique opportunity that exists. The way Spirituality has always worked is to give Humanity a chance to bring Peace and Love to each other. Also to bring Knowledge of the Higher Dimensions and to take people away from the gross materialism that exists. This opportunity is around NOW – please heed Us.

19th November 2016

We are the Light Beings, you have done well with your Meditation. It has been necessary to get you to a point where things will really happen. Keep it up – you may think that things are not really moving for you but they are. When the time is right you will know. There will be a shift in your Meditation.

We are working here to make things happen, imagine a very intricate pattern has to be forged. All the pieces come together at just the right time for it to work properly. You and (N) have been a major part in this, all the way through and it will continue to be so for the foreseeable future.

18th November 2016

We are the Lords of Light coming to congratulate (J) for instigating the massive gathering.

We are hoping it is the first of many as We see that children meditating at an early age will not only be good for them and their families, but also they will grow up to be responsible for themselves and not reliant on other people for their happiness and security. They will realize that happiness and security come from within themselves, on the inside.

We are delighted that these children can be shown that to put aside a few minutes each day to meditate will give amazing results; when combined with sending Love to themselves, to their family and friends and to the Planet it will help them to become aware that they are part of a movement to unite the World in peace.

Let the children show the way by first being kind and loving to each other, their families and to their community which will spread to the Country and then to the World. Love is the Key.

(J) you will feel our Presence as you lead these children, you are Loved beyond Measure. We thank all who are involved in this venture.

17th November 2016

Please may we ask about (M) and the three Initiations that he did. Why have these people left?

(M) and (N) – you are right to ask about this. We need to tell you that although (M) gives off the energy that he is altruistic and well grounded in his desire to help other people, he is actually quite self-centred. These Initiations were given without much preparation, mainly because of his illness, but also because he thought he could just Initiate without sitting them down beforehand, relaxing them and getting them used to day to day meditation.

These people were not True Seekers, more experimental, but with guidance afterwards some of them would have been OK to pursue their Meditation. You will find that most people in the U.S. and in Europe are so steeped in their egos and material needs that they do need much aftercare.

16th November 2016

We are the Light Beings – Meditate as much as you can, it is important for you to be as still as possible with little on your mind other than to access

the beautiful Messages about to come. Be aware that your life is about to change completely with the Knowledge you will receive. We are thrilled to be with you at this time to take you through the Stages as things progress. We are aware that you will be taken by surprise, even though you are hearing our words – be prepared for anything to happen.

Open your heart to all and just go with the flow. You have All of Us here, that includes all you are in contact with, plus Others who Guide you and you are not aware of – of whom there are many.

15th November 2016

We are the Light Beings with special News, things are moving faster than We thought and you need to be ready for action. Try to get as much rest as you can in the next few days in order to be alert.

14th November 2016

Would you please talk to Us about what will happen/how things will change, when we ascend to the 4th Dimension?

That was a wonderful experience, starting with the family, it went to my neighbours and friends and eventually the Immense Love was felt for All the people in the World, from ISIS to the people in power, at War – Everyone.

If I continue to send Love in this way will it have more of an effect on the Human Race than the normal way I send it? I believe it would.

We are the Light Beings coming to be with you again (M). We would like to talk about your part in the way forward to the 4th Dimension. Don't be mentioning this to anyone but (N) at the moment but you will be contacted again by the New Teacher who will be telling you about the Ascension, which you will then be pushing out to the World through the website.

It will be very exciting for you and (N) because each 'talk' you have with Him will bring new ideas and fresh ways of pushing the Path and making people aware of their part in the massive change due to take place very soon. It will start slowly and gather momentum.

The reason it is for you at present is that We don't want others to try to gain access to this information just yet. More tomorrow.

(M) and (N), it's possible that (P) may be able to help later but not at present.

13th November 2016

Full Moon

(M) – this is Gandolf. You were born to have a family to nurture and to cherish. (N) had a different remit. He needs to understand that you have a duty of care towards them. You wouldn't call it a duty of course because of your loving nature, children love you and you love them. That's the way it is.

With regard to you being 'on duty' all the time, well, it just isn't possible. That is why more people are being contacted by Us. To Channel isn't just going upstairs for 20 minutes. You have to be 'in the zone', especially for a Message like the one received recently.

(N) – give (M) some slack. She is having to deal with a troubled lady who gives out the impression that all is fine in her life but it isn't. When (M) goes up to stay with her she loves it because it's one of the few times at home when she can truly 'let go' and relax. It is important that she goes to be with her and the children, who all benefit so much from her calming influence in their frenetic world.

You, (N) had some extra work and a phone call to deal with. We think that even with that you had the better option in terms of stress levels!

10th November 2016

Gandolf

Don't be too impatient you two! It will all happen in due course – no need to say anything to anyone right now, there is nothing concrete yet anyway. We do need to say though that things are moving as they should with (J) and (Y).

Don't look for anything (M) – let it all just happen, otherwise you will think you have manifested it yourself – it must happen naturally.

9th November 2016

Hello, We are the Light Beings – We have been looking after you and making sure you don't overdo things. You need all of your strength for this work and you must be aware of keeping your focus. This time is crucial to the success of the Lightwave so you will be needed to give inspiration from Us. Keep up your Meditation – no one can do the Channeling quite like you can.

Gandolf

(M) it was no mistake on your part to have 'met' the New Master inside. You really did do this.

The relief I felt was amazing, and yet I feel such a connection with You.

You will feel more and more of this presence inside as the days/weeks go by. He is around to guide Humanity into the 4th Dimension as (P) said. But he will do it through you for the time being. Be vigilant and be aware of His presence. It won't be the same as the Connection you have with Me and other Ascended Masters. Much easier as you have found.

8th November 2016

Have you are Message for (J)?

Yes, (J), We are right behind you. No need to be concerned, you are doing the best thing and is just what is necessary to make the Path grow. The new

Adepts need you there to give them support and guidance to give them confidence to push out the New Lightwave in as many directions as possible.

If you go to the Countries for a few months just as a Spiritual Leader, rather than doing your Lifecoach work then you will have the time and space to really make a difference. You will know when the time is right to start your paid work again.

The next few months will bring unprecedented growth and will be a very busy time for you, so you must take small vacations when you feel the need. Your total commitment to this crucial work in raising people's awareness is wonderful to witness by Us. Do remember to ask for Our help, even for small things and family issues.

Let your Beautiful Light Shine Always!

7th November 2016

Where are memories stored?

Memories are stored in other Levels of Consciousness just as thoughts are. They are accessed by way of the brain which searches for that memory and brings it into your conscious mind.

The ring on the phone – (N) coming out of a dream – bell very loud – Why?

The dream world is an altered state – as you come out of it you are in 'no man's land' – so to speak.

6th November 2016

Permission to delete Master articles to be replaced by a Statement from Yourselfs regarding the future – 4th Dimension etc?

Yes (N) We think it's a good idea to replace the Master articles.

When the time is right it may be necessary to have a World Spiritual Leader to assist humanity in their elevation to the 4th Dimension.

With more and more people attaining Spiritual States the vibration of the Planet is getting higher and there will be a massive shift in Consciousness that has been predicted. There are also many more people who are having direct contact with Us. We are waiting to have contact.

(N)'s hearing! Gandolf – Hello – very pleased you are here, quite an emotional day. It made me realize quite how much responsibility I am carrying with the Path and the spreading of Spirituality around the World. I'm feeling the pain so acutely of humankind. All over, people from each Race are suffering in their way. Can we really eradicate this acute sickness of the World? Will the Teacher just manifest as I saw Him today? Such a relief to have Him to take over the reins – is that how it is going to be?

It's wonderful having You there, together with everyone in the Spiritual Realms, but it isn't like another person, here, right now, who knows everything, to steer the ship.

(M) you don't need to suffer like this.

It's just that sometimes, like today, I lose Connection with You and I feel so helpless. Please help me!

There really is nothing to worry about. We are looking after everything. Soon things will radically change for you and (N) as if by Magic.

Samuel

(N) – when someone such as you has a 'cut out' as it were in your range of hearing it is as if the frequencies you can hear are accentuated. It is like someone cannot see, then his hearing is more acute. The phone and the fire alarm are similar pitches, so you would hear them both to awaken you.

5th November 2016

Samuel Explanation from Memory – based on 'phone really loud.' Why? How? Is there something to address (N)'s hearing?

Dear Samuel Thank you so much for looking after my health and sleeping over the last few months. You are always there to help me and I so appreciate it. Could you please give me a sign as to whether I should be taking selenium for my Vitamin C absorption?

(N) is keen that the machines are used properly and wants to know if a person taking the remedy needs to align with the Spiritual Hierarchy?

No, (N), it is not necessary as what happens if it's a person who doesn't meditate? But, as with all treatment you need to make sure that the practitioner is confident and assures the patient that it will work. Also, they need to keep taking it for the allotted time.

We need to address (N)'s hearing.

Memory

This is more complicated than people think as you have the conscious and the unconscious memories. The unconscious ones being from a multitude of previous lives which are stored and used to help work through Karmic issues.

Also childhood memories are unconscious, meaning that a young child cannot look at events in his life with enough understanding and clarity to store them in his conscious memory.

Moving onto conscious memory. Just as thoughts come and go, memories come and go also. Happy or sad memories are there for people to pick up and put down at their leisure. The happiest ones are usually the shared memories, of events and family occasions. In fact most memories are shared – imagine walking through the park looking at the scenery. Many people would have that memory. So memories are not the individual thing that people think they are, just as thoughts are not.

(N) – put this in a way that people would understand, you can still say it's from Us. It's a good question.

3rd November 2016

To help us understand the difference between imagination, hallucination and Meditative vision when you get questions from doubters, particularly hallucination.

Every thoughtform can be imagined, from an armchair to an Angel. It is a conscious act which is immediate though not everyone can do this.

Hallucination and Meditative visions are more complex. They are both demonstrate an altered State of Consciousness. Since man first discovered drugs to hallucinate they have been used throughout the ages in religious ceremonies, by drug addicts and milder drugs for recreation. It is well known that any drug can cause harm in some way.

What you are talking about (N) is hallucination due to illness. Similarly to the drug induced hallucination, you do not have control over this. Certain types of illness can trigger these visions which exist on all levels of

Consciousness available to everyone. Heavenly visions or demonic visions can be viewed. As a person gets more 'out of' his physical body due to a very serious illness then we come into the realms of near death

Experiences.

Meditative visions are an entirely different matter.

1st November 2016

We have been wondering about the Adepts that are receiving head and body manipulations. Would you please give us some insight as to the nature of these?

We are sorry but We can't give you any details of these manipulations as their nature would be too difficult for you to understand. Just know that they are designed for those who receive them to help in their lives, a thank you from Us for their support in the Great Cause.

For those receiving Messages from Us, We are helping you to relinquish your Earthly affairs more in favour of Spiritual ones. Not that it is wrong to have Earthly affairs – but most people are out of balance, mostly in their thought patterns.

Hello Gandolf. Internal Message – thank you!

Is there any special reason why (N) is receiving these manipulations?

(N) as We said, We cannot talk about the details, just to say that they help in a very general way to keep things clear and concise in your dealings with Path issues. There will be more help in due course when you are doing the Cosmology work again.

October 2016

31st October 2016

Is there a responsibility when a person attains Enlightenment or is it that someone could receive the State and go back into the World?

There are many answers to this question as it depends on what aspect of the State you are looking at.

It also depends on how deep someone has gone into the State, for some it is subtle due to their concentration levels and for others it is profound and completely life-changing. You can't judge someone who has the State if they don't want to talk about it to anyone if, for them it didn't actually mean much. Some people would philosophize about the State and reduce it to a single point, therefore taking out the Joy, Wonder and Love away.

(N) there is no requirement because that would take people's free will away. There is no requirement to do anything. But – if a person attains to the State, truly melts into the Energies it changes them. They are not the same person and they feel totally that they need to somehow reach out to others.

If those people do not teach, or somehow give this Knowledge to others there is deep sadness in them that never goes away. They know the Truth and are not sharing it.

30th October 2016

Please would you help me to remain more neutral while I hear about people's troubles?

We in the Spiritual Hierarchy wish to inform you that although you find it hard sometimes, this is the way, historically it has always been. The planet Earth is a playground where games of all kinds are played out. People mostly don't want to come away from the game even when they can see that is only what they are. It is like a drug for them.

(M), the more you help Us with this venture, the more you will feel the pain. But the pain comes with the happiness of knowing how great your purpose , and (N)'s is now and the joy that others are receiving.

27th October 2016

Hello Gandolf – sorry I haven't been listening for a couple of days.

That's alright, you have been sorting things out. I do need to talk to you. As the Adept list grows bigger there are different issues to consider. They have 'run' though the Path and have no idea of what they have achieved. We are working Here to help them but We would like them to ask for help themselves and not to get too overwhelmed.

They need to go back to concentrated breathing to calm themselves. This is something that all people should do on a regular basis, just simple, mindful breathing. So helpful when your mind is racing, it will calm you down in whatever situation you find yourself in.

We are the Light Beings This is a message for (N). He is a strong man in many ways – this task has taken a man of his ability, wisdom and sheer determination to take the Lightwave as far as he has. We can see that, if

possible he needs to 'step back', at least for a few days to take a breather. He is getting overloaded.

25th October 2016

I do know you are not here to sort out personal problems but (J) was concerned about the situation in the Dominican Republic and wondered if he needed to go out there to sort things. Have You any advice?

It is a case of two strong women in one place. From a Karmic point of view they have issues from a previous life which (Y) found difficult before. They really need to sit down and find a way to get along. As it is a Karmic situation they will have to resolve it or come back in another life to do it again!

There are ways to calm the situation down before she goes back and this should be done visualization/tapping etc. There is no need to worry, as Magic can happen when Love abounds.

24th October 2016

Please may we have something from You to show Your Presence and inspire Meditators.

We are so happy to see all the Adepts and Initiates who gather together to celebrate with Love and appreciation the Spiritual Gift they have received. If you share what you have then you will inspire yourselves even more. There are endless Wonders to explore in your Meditations. Enlightenment is a new beginning, you have the opportunity now to not only, permanently change your life for the better, but to be instrumental in changing countless others too.

This is a time for Spiritual growth for the Planet like never before. May Peace and Joy be with you all.

Hello Gandolf Thank you for being here and helping us all with the project. Please would You advise what (P) needs at the moment – or is it just a blip?

We are all very happy and grateful to you five who are working so hard in your different ways to spread this new Lightwave to reach the goal. We feel a lot has been achieved since you have been together and you have now formed a bond to carry you through this Mission. As the numbers grow, you will need to surmount any obstacles together. We will be here at every step to guide you – that means all of you – you just need to ask.

Blessings to you.

23rd October 2016

General Information about the Akashic Records. (N) vision? Are there lower versions/reflections?

One Day Initiations? Possible to consider an Initiation over an extended day if the numbers are large – say 50 plus to meditate in their own homes the next day.

From the Lords of Initiation. Greetings – We have been waiting for (J) to ask this question. This has been a 'Journey' for Us all – to try something and then wait to see what happens. We have to say at this point how much We enjoy working with you all. So much respect, joy and gratitude. We applaud your efforts.

Because the people in South America seem to 'melt' into the Energies so readily it seems fitting at this point to do the Mass Initiations over one long day as (J) suggested. He has thought it through well and We do trust his judgment. There would need to be a good back up system where the New Initiates are looked after. One point to be considered. Because the Initiation is free – is there a way for people to show their Gratitude? Possibly putting money towards the venue, bringing food etc.

Peace and Joy be with you all.

21st October 2016

May we ask about giving Energy to other Adepts?

We would definitely support the idea of bringing Adepts together to Meditate. They can have amazing experiences and it can also bring about cohesiveness within the group. A Meditation could be done for a common aim such as World peace, very powerful when done together.

When people are first Enlightened it is normal to want to try different things like giving Energy to each other. There is no harm in this and they will certainly benefit from it.

But the very best thing that a group of Adepts can do when they are together is to send Love: •to each other •to their friends and relatives •to the Planet •to the Universe

18th October 2016

Hello (M) – We are the Light Beings, always with you, helping you through your life. Remember to keep things light-hearted and don't get bogged down with things. We know it's a serious business trying to change people's awareness – but it's good to have breaks and get out a bit.

Everyone here is really happy that this gathering will take place. It will give both (J) and (Y) the freedom to speak their minds. You will be surprised at what they have to say – in a positive way.

Peace Mantra – Children's Mantra? How can we guide the Special Children?

This is a good question because many parents will have these Special Children who need to be nurtured carefully so their talents are supported with Love and Gratitude (that they are fortunate to have them). These parents will learn much from their children and should encourage them to express themselves about their experiences and wishes.

Talk to them about their dreams and encourage them to write them down if they are prophetic. Above all, listen to them and be supportive of them. Meditate with them, develop this at an early age if you can. Age, in general, has nothing to do with maturity, in many cases the child can be more mature than an adult.

17th October 2016

With (Y) and (J) it will be a happy time with much fun around the decisions you make. We can see other things that need discussing but they will come naturally through other topics. Don't worry (N) – We will be there to oversee what goes on and will give you guidance when needed.

One thing, though, is important – to strengthen Connections with Us – that is each Adept – We can not only help with the Path Issues but in your everyday lives.

15th October 2016

Please may we have some guidance about what a Meditator may see in between Second Initiation and Enlightenment? Are there Landmarks to look out for?

As you go through the Levels of Light and Sound to Enlightenment it is sometimes thought by the Meditator that they are Enlightened, so care must be taken in this regard. As the Meditator reaches these heights he will be taught, not in a cognitive way, but he will just 'Know' something he didn't know before.

There are Akashic Records which may be unlocked, though this can be done after Enlightenment. Because the speed at which people are going through States is actually unprecedented it means that the Landmarks are superfluous.

Hello, here We are, the Light Beings. We have been where you are (M) – it is not easy sometimes to live in the World and also be Spiritual, because most people do not understand. They show an interest but then go back to their own 'worlds'. Then, when you get people from what you consider to be 'your own side' who seem lack-lustre, then you wonder why you are laying down your life for something no one really wants – is it really time, you ask yourself. What is true?

But because of your tireless efforts, you will have rewards in the Heaven World – nothing goes unnoticed and each thought and deed is cataloged. Mistakes have been made but your good deeds and service have far outweighed any errors.

This particular lesson was meant to show you something which you now know. We are sending our Love to you and (N).

13th October 2016

Are there any things we need to be aware of when (J) and (Y) visit next week?
Have You any advice on where we should be putting our focus right now?

We are very aware of your feelings and must assure you that We will be there will you all. When you meet there will be much Love and appreciation on all sides.

We have been instrumental in bringing you altogether at this time as we felt it was important for you to meet and really get to know each other. Long overdue really, but this is a pivotal time where big decisions need to be made to make sure the Lightwave progresses in the right direction.

As We stated before, (J) has his own ideas and you must help him to achieve his aims.

13th October 2016

MONEY, MONEY, MONEY! Where is it coming from?

(M) – We do keep telling you not to worry about money. It will be there when you need it. Leave it to Us to work out the details. Don't rely on 'Havelock' or Premium Bonds – it will come from elsewhere.

12th October 2016

We are the Light Beings wanting to talk to you about Service.

It is important to remember this word in your everyday lives. Being Initiated and on a Spiritual Path people will look to you for inspiration but also to have a giving nature.

Service means sustained giving – a giving that continues no matter what happens – sometimes without thanks and appreciation.

With the Light and Sound you have all the tools you need to live your life in a more fulfilling, joyful way. We know this isn't always the case, but if you Meditate with Love and appreciation for what you have, the amazing changes can be made. You realize more and more your Spiritual Nature, which helps you understand Earthly concerns and how to deal with them.

11th October 2016

Ascended Masters.

(M) I am here a lot at the moment because it is necessary for me to Guide you through the coming two weeks when (Y) and (J) are there with you. It is understandable that you are both feeling that you want to know how (Y) is going to serve the Path after her visit.

You have been extremely generous to her, but on reflection you are wondering if the money couldn't have been better spent.

(Y) is such a wild card that unfortunately We cannot say either way. She has the potential to be a brilliant Ambassador for the Path but her downside is that she cannot, or will not earn steady money. She can pick herself up and really make good, but at the moment that seems unlikely. You have to be prepared for anything, be wiser in the future about putting your effort and money into just one person – who may let you down.

She won't be able to travel for a while as she will need several months to pull her finances together to make her self-sufficient in South America

Masters? Other Essences – What is a Master?

There is what is known as the Master Principle, as you know. When it is deemed necessary then an Essence will be charged with the Master Principle. This Essence will need to be chosen carefully and may be used time and time again as the situation arises that it is right to assist humanity. You can see that sometimes the Incarnation of a Master works differently than others. If the chosen Essence works according to plan then it is deemed a successful incarnation. Each Master has a different remit. You know what (Y) was sent to do.

The New Lightwave is surpassing Our expectations – but be warned – you may have to rethink how it will be financed, as you will need your money to send people to Countries, not to finance Initiations.

9th October 2016

Please may I ask about Pay It Forward and the practicalities around the UK?

This is the Lords of Light. With this system it is clear that there are grey areas. There always will be in any system.

Because people are, in the main, very precious about their home environment. In other words, they like their own personal space. It will be hard for you to use people's houses for Initiations – individuals maybe, but not group ones. So you will always have to look for hiring rooms etc.

We are after great numbers of people, so you would need to attract large gatherings. People are used to paying money for everything and may look with distrust at things for Free They would not see that a small monetary contribution towards the rooms as Paying for their Initiation.

There is the idea that if it's free then it can't be worth much. The Pay It Forward Principle, in Our way of thinking, is that people who have benefited from the Light and Sound should then start telling their friends and family about it. And by all means then make a contribution to pay for the bragan and food for the people they have brought along.

Don't let this stop you from getting the gatherings – We want the numbers.

8th October 2016

Please may we have some clarification on the matter of confirming States – this one in Colombia and also for the future?

This is Us. This again is a tricky one, as before we have a conflict of hierarchy. (J) is as equally convinced that (R) is Enlightened, as (P) that he is not – yet! Tread carefully!

In this case it is imperative that all parties are happy. We need (N)'s wisdom here. What should have happened is that (P) should have told (J) but not (J) in this case, as there is no point.

We must not have two people confirming a State as there will be discrepancies. No matter how neutral a Channeller feels, and how long they have been doing their job, there will always be times when there is mis-information for whatever reason. This is human nature and has to be factorised in at all times. Channellers are not infallible.

There is no need to be concerned because We are here to put things right if need be. That is one of the reasons that We insist on the Meditation after Enlightenment.

6th October 2016

What should Adepts be Meditating on after Enlightenment? Are there Ascended Masters from other Planets apart from Earth? Does an Ascended Master descend? How is a Master different from other Essences?

Adepts Meditation

This is a good fundamental question. No techniques necessary now, and Meditate every day. Send Love to the World.

It is imperative for new Adepts to Meditate as much as possible for three weeks after their Enlightenment. This makes their Realizations more concrete. For months/years afterwards they should continue to have Realizations.

Everyone is different, so will meditate in a different way – as before Enlightenment. A new Adept should concentrate on the third eye initially and then 'let go'. They will be shown Things they need to See. Ask questions and you will be shown Universal Truths about Spirit and Matter.

Enlightenment does not solve all Earthly problems but can explain, to some degree why they are happening. Ask for clarification, or anything you do not understand. Trust that the Inner Guidance will give you the answers.

5th October 2016

When I assist someone to find their personal Guide, is that the word I would use? It doesn't sit well with some skeptics!

Gandolf here.

Guide is fine as we are Guiding you.

Would everyone need to find their personal Guide, as some people, say (A), get in touch with the Blue Beings etc. Diamond Light?

(A) does have a personal Guide, but as with you he talks to to other Beings too. Most people would need their main guide to get them used to talking to Us. But not all people need this.

When someone Initiates and an Entity is present some Adepts feel this presence and it makes them uneasy. Could you please explain this?

It is all to do with the Adept being too involved with the Initiating process.

You just need to let the Energy pour through without any attachment.

(P) talks to Saint Germaine all the time and gets all her answers from him. When I talk to the Lords of Light, is that a collection of Ascended Masters with you there as well?

Usually it's about three of us, always needs me there. If needs be – more arrive.

Please, I have to ask about the new Master?

Well (M), just think about it – why do we need a Master in Europe?

So was there ever going to be one?

Some of us thought so – you see, when anything happens on Earth it's predicted by Us but then something can happen to stop it, this is the case with the Master.

4th October 2016

RAM TAA SEE

We are the Light Beings – your books should be Teachings from the Masters – that is the title. But any work you find inspiring in the book shops.

Anything that makes you think.

You must ask for help when you need it – We can't help you without asking.

(H) Please may we have some guidance about the Path in India?

(N) don't rush to send people out to India just yet. Their time has not yet come for growth.

Do not take yourself in too many directions or you will miss things that should not be overlooked. Keep your focus on South America where there is much work to be done. Step by step – keep the focus in one direction. It will be obvious when the time is right. Just keep them ticking over at the moment.

This is Gandolf We do need to talk (M) as I do see some confusion which is understandable. You needed me as an Ascended Master as your personal Guide in this life. This is unusual of course but your role was to bring Spirituality to the World together with (N). It was always going to be you two. That was why you had to stay together to do this massive undertaking. My task was to guide you to do this, to give you the confidence that you needed. We can talk again tomorrow.

South America is the continent to put your effort in (N). (J) has his own ideas about this which he will tell you about and you should not interfere with his plans.

(Y) will be able to help him out but she needs to be clear what she wants to do i.e. children/work/travel. Her heart and her head do not always match, but of course, always with the best of intentions.

(M) should be best doing her own thing around the Islands with people she knows and who trust her. Best on her own. (J) will probably have a plan when he comes.

2nd October 2016

May we ask is it is just going to be South America where all the people are coming from to send Love and Change the Planet?

Hello (M) this is Us.

What is happening is unprecedented, you don't realize how amazing it all is and the True Potential is getting more and more each day.

As you are all Meditating on the Light and Sound it is changing the whole Planet – from the very core to all the seas, mountains, rivers, animals and Humans. All is affected in a positive way.

No matter where this Energy comes from as long as Initiates are Meditating from their Hearts – the first 75,000 will come from South America but there will be Meditators from all parts of the World.

1st October 2016

With (L) in Namibia there seems to be some confusion over her State. Also, what is she Meditating on which is causing her distress? How to alleviate this.

This lady (L) needs much care and attention. We know you are frustrated (M) and feel bad about this. She is not a Second Initiate – she allows too much freedom in her thoughts. She puts in hours of Meditation but does not Meditate properly.

(L), or someone needs to sit with her and do a structured Meditation, making sure her concentration improves. Mantra/Light/Sound/Light.

Could there be psychological problems here? – if so proceed with caution.

(A) He is seeing Beings in his Meditation but they are not seeming to Communicate with him. What is happening?

These are difficult cases (M) – We haven't abandoned you.

This man is 'locked in' to his Connection with the Spiritual Hierarchy, he needs to be more outward thinking and to do teaching and Initiating for the Path.

Initiating for the Path

When you do much Channeling as he does it can make you tired and completely absorbed, maybe insular. What he is doing is very important with the Diamond Light, but there are other Spiritual Beings on the Higher Planes

wishing to speak with him. They are of a Higher Vibration, he needs to tune into Them. It does take time and it can be quite frustrating, but it is what They want. Just allow their Voices to come through. They might introduce themselves as the Lords of Light or the Lords of Initiation, but They do need to speak to him to bring down Messages or even to confirm States.

1st October 2016

Not a good start to the day! Please may we have some guidance on how to proceed with (Y) and the Initiations?

What is the most difficult about this decision is the lack of time that she has given to you with the Initiations immanent.

One thing is that these people trust (Y) and want her to Initiate them. They feel a special connection with her and to them that is important.

It will do these aspirants no harm to wait until you are in possession of more facts. Get (Y) to tell you what happened at the meeting and why (M) doesn't see her as a fit Initiating Adept. By doing that you open things and get (Y) to see that she must take responsibility for her actions.

Tell her it's a serious matter when the friend she had such a connection with has turned against her and is making accusations. (N) it is important that you get to the bottom of this. By seemingly being on (Y)'s side then you divide two very important players in the 'Quest'

September 2016

29th September 2016

We are the Lords of Light People all around the world are receiving indications of Our presence – be it with dreams, manifestations, synchronicity or the like. It is a metaphorical 'tap on the shoulder' to bring people's attention to what is going on. (R) is one such person to whom this has happened as he still feels a pull towards the Path and what it has to offer. That is why he is with you this evening.

The Light Beings Why is it that sometimes I feel completely tuned in to what You are saying (collectively) and not at other times?

When you have been around someone who is not at your vibration then you will be tired and not able to 'listen' properly. That is why We told you to Meditate more. You are not Meditating well at the moment so things are more difficult for you.

28th September 2016

Please Gandolf – I need your advice on what is happening – have I understood the situation correctly?

(N) is going on one of his tangents. It isn't entirely his fault as he truly believes in (Y) and what she stands for. What he is missing is the instability of her. She is like a child and needs constant attention. Her behavior is typical of what has been happening all her life.

Her lesson in this life is being thwarted by her attitudes and belief that everything will come out right no matter who she hurts. She actually needs someone like (N) or (J), who she admires, to tell her that she must grow up and face her responsibilities. i.e. her children and GET A JOB!

We are here again (M), you listened well yesterday. You need to search for Spiritual Books from the Masters. Take each piece of Wisdom slowly and let it permeate your body. Don't be in any hurry.

Our Message tonight: your concentration is getting better each day.

(R)

Such a kind man and loves his family – he still will say no time for Meditation but he will be interested in your projects (N).

Please would you tell us the significance of (R)'s experience?

27th September 2016

Hello (M) – this evening We would like to talk about your understanding of your place in the Universe. You have a certain viewpoint from Brian Weiss but your knowledge of such things from an Aerial picture far suppasses his because you have a High Spiritual State and you also have Us to talk to. He doesn't have your daily Connection as do most people. He gets snippets every now and then from his patients and through his meditation.

So, although you are getting inspired by his books you would be better reading Inspirational texts by Past Masters. You would then be inspired to ask questions of a different nature – far higher than Brian Weiss can share with you. Push yourself to read things that challenge your intellect and make you think.

26th September 2016

The lady with the baby.

It is good that this lady is calm as the next process will be easier for her. In time the foetus will come away by itself. We need to tell her that all will be well, she just needs to trust that what has happened is a natural process. She should send Love to the child and know that everything is as it should be.

(J) this is a very sad case – but these things happen. They are not telling me clearly whether this happened with the Initiation or not – maybe that is deliberate.

(Y) Which country – please may We have your thoughts on her generally?

(Y) is a law unto herself. She will tell you and have you believe otherwise, but she likes to do things her way. So with regard to going to other places? She has the charisma and, like (J) will Light Up wherever she goes.

The difficulty is always going to be the finance. There is also (J) to consider, she won't want to be far from him for too long, if at all. This is a tricky one (N) – which country? Just leave this question for a couple of weeks, she is in love, she has realised she IS Love and she wants to Save the World!

(M)

This lady is a force to be reckoned with, she also will bring many people but needs (like Y) to just sit and get used to her New State – as does (L), (J) and (M).

It is best to calm the waters there by not expecting too much travel by anyone at the moment. It would be good for (Y) to earn a bit of money, and (J). We know that you want to spread the Path and applaud that, but Dominican Republic has to be stabilized first by the Adepts sitting in their State so they can not only be better Channels but also stable and grounded.

Hello (M) from the Light Beings. Here We are. This is Our Message to you tonight – We are happy to say that your Connection with Us is a strong one – but you need to do more Meditation to Channel properly. You have to 'tune in' which does take effort, and is tiring for you with your work as well.

Be aware that your dreams may also be able to tell you about other people and how they are. Have a writing pad by your bed.

21st September 2016

We need to talk to you about positive attitudes. More can be achieved through living your life this way. We know that not all outcomes are positive, but that may be because lessons have to be learnt. Accept and move on!

You are here to be Joyful and to bring as much Happiness to others as you can. To bring Joy to others is to bring Joy to yourselves. Keep a smile on your face and give it to as many people as you can.

21st September 2016

With (M) – We shall see. He has told people about his Guru in England so he will be intrigued but will need to know this is Real. He would need to meet you (N) personally.

To check – Positive Attitudes.

20th September 2016

With (F) There will be some work to do with him (N). You forget sometimes that you and (M) have been away from the 'fold' for many years now. It's hard for him to break away. But you should do what you can – he is a good, caring man.

Message from the Light Beings: We are with you always, whether you are aware of Us or not. No one is ever alone, even in their darkest hours. All you have to do is ask for our help – you will see.

Miracles will happen!

19th September 2016

From the Lords of Light. (N) – you will find that the people you deal with will fall into two camps – the Doers and the Debators. (E) falls in the second category so you should gently let him go on his way.

He is stuck in 1986 like most of the old Adepts. You haven't the time to dig him out.

18th September 2016

This is such exciting news about the BIG CHANGE about to come. You are not able yet to see it in its entirety i.e. how the World will be – but you certainly can believe it can happen.

We need MORE people to change their mindset to believe what is happening is REAL and the World will become less materialistic and generally happier. It is very easy for Us to tell you this Eternal Truth: Love is the Key. Love is the answer to all ills. Love can surmount any obstacles. The more people who can bring Love into their lives, the better the World will be, as well as for the individual.

We are here to bring HOPE to the World as We feel it has been lost to many people. If there is no hope, people give up and don't try to fight for their rights, their independence and their self-worth.

10th September 2016

To help (N) understand about Initiation please?

(N), if a person has decided that it is just the techniques, then there is nothing for you to do or say – only hope that the Light will come one day.

We are sorry to have to tell you this but a person is not truly Initiated until they have gone through the Thousand Petalled Lotus. You have given them the potential, which they may, or may not use to their advantage.

You would not tell them this – be positive and say that they should continue to use the techniques and be a Warrior.

Practical advice for these people.

We are the Light Beings and wish to make ourselves known to you (M). We will be talking to you a lot over the coming months as We wish to tell you much about the wonderful work that is being done on your Planet. There are many Special People who have been drawn to the Meditation and in fact have incarnated just for this purpose.

The young girl (M) has been able to let herself go completely into the Energy. There is no reason why more Meditators can't do this, as the Energy is so strong now. But most people apply the brakes.

She must be looked after and monitored carefully over the coming months to help her to understand what has happened to her. She has a loving Spiritual family around her and they will know what to do.

(M) We are so pleased to make contact with you, you are very special. Trust that all will be given to you materially when it is needed.

Give yourself to the Light and Love and all will be perfect.

5th September 2016

This is Us – We wish to communicate an important announcement to you all. It is to do with the ‘speedy’ growth of the Meditation Group which needs to be addressed. There are many of you working very hard to speed up the ‘Lightwave’ which We wish to commend you on. In the coming weeks/ months there will be exponential growth. With this in mind there needs to be more organisational systems in place to cope with this.

We are sure that you will be able to sustain this growth by making Initiates aware of this and by using the skills that they have.

We will play Our part in contacting Meditators in different ways to encourage their Love of Humanity to manifest in the Service to each other and to the World. People will want to use the Light and Love they find in their Meditation to shine in their everyday lives and to Humanity at large.

Epigenetics – Please may we have an insight about this healing treatment?

If someone is Initiated and doesn't go through the Thousand Petalled Lotus are they really Initiated?

Epigenetics is a physical technique to help with the Ascension to the 4th Dimension, to make people healthier and more able to meditate properly without aches and pains and generally feeling better physically, mentally and emotionally.

The Light and Sound (Spiritual) produces positive effects on all levels, if practiced with Love and Devotion to the Truth. This takes time to accomplish after Initiation and so therefore it is good to run Epigenetics alongside for a time.

The lady you mention would benefit enormously from the Light and Sound with Epigenetics, but if she believes that it would interfere with her treatment then she would be afraid to dissolve into the Energies.

Your question (M) You need to write this down – when someone receives the ‘Touch’ they have the opportunity to Travel straight through into the Spiritual Realms – depending on how relaxed and open they are. You know how varied this can be. If they stop themselves from doing this on Initiation then it would be very unlikely that they would carry on Meditating unless they get themselves relaxed over the two days.

Once they have convinced themselves that the pressing of the eyes is just physical, it will be hard to convince them otherwise. Technically, Initiation is to see the Lotus, everything prior to that is physical.

(E) Please may we try to understand what he wanted and why he is so angry?

(N) will have to be careful in future that he asks before sharing email addresses with people in European Countries as people are by nature more cautious and do not want details about themselves spread around unless they know them to be trustworthy. However, in this case you can see that he just wanted the techniques and not the organization.

4th September 2016

(S) and (A) Please would you let us know about this couple with regard to the Path?

You are right that they have been sent to help the Lightwave. From a detached point of view (A) is interested in what We are doing, although his life is very busy at the moment, things will improve somewhat.

3rd September 2016

What gets Enlightenment – Essence? Does the Essence eventually become Enlightened? Can the Essence be Enlightened many times? Does the Essence need to be Enlightened many times before the possibility of dissolving into Atman? If it happens would it proceed from a lifetime directly after Enlightenment? Being Enlightened, would you ever take a non Enlightenment life?

Guidance on what (N) should do now?

Yes (M) – Thomas here. With the points there is other data to get from the numbers. (N) should ask for guidance with this.

Now the Grace period is over he needs to focus on his dreams and impressions from his Meditation – write things down. Other members of the team, the same.

2nd September 2016

We are here to talk about Adepts Meditating. It is good that this subject is talked about because when someone attains Enlightenment they are sometimes at a loss as to know how to Meditate as their Journey of Light and Sound is over, and they recognise this.

What is their goal now? Well, put simply, they need to explore their Enlightenment which is a personal thing. There is much learning to be done and each Adept has their own remit – that is – how are they personally going to help to spread this Lightwave? How are they going to develop themselves in order to reflect their State of Consciousness?

There may be personal issues now that they wish to address. All they need to do is to ask Us for help and guidance with Purity and Love.

1st September 2016

For (J)

We are delighted at the way (J) is conducting himself and congratulate him on the spreading of the Lightwave in South America. He has shown himself to be a True bringer of Light in the Spiritual darkness. Never lose hope (J), we are with you all the time, you just need to ask us for guidance and We will help you. We will always look after your material needs and your family. You are in the Home of Sprituality and as such, people are there waiting for you to bring them Light so that they may shine. Do not forget your own needs with the demands of others.

We surround you with Love.

What should Adepts Meditate on when they are first Enlgihtened, as it is very different for them. Would you please offer some guidance?

August 2016

31st August 2016

Adepts and Meditation?

(M) We know this is a roller coaster ride for you at the moment with your emotions. Please don't be sad at all. We are here with you always to make sure things work out for you. Please believe Us when We say that We don't wish one minute of sadness for you as you mean so much to Us – with your goodness and kindness to all you meet. We do know you try your best at all times. We are hopeful that you will get help in all areas of your lives (N) and (M) but maybe another few months of indecision as regard to Masters and financial help. We are working hard Here trying to make things happen and mostly things are moving in a positive direction. Please be patient, we hear your plea.

Adepts need to Meditate an average one hour per day, the more they do the better. This is important as the Energy they bring down is crucial to the healing of the Planet. Of course, We need to look at the roles of individual Adepts too.

Some have taken the role of Initiating – Also assisting in mass Initiations, bringing down Special Energy, translating for the web sites etc. Adepts need to find some way to give to the Great Cause and should ask for guidance if they are unsure in this.

30th August 2016

We know Meditators are shown what they need to see/hear based on the teachings of (Y). Colour and 'Astral junk' was frowned upon. Please may we have some ideas regarding this?

This is Us. (N) this has been troubling you for some time so We will attempt to clarify things for you and others.

When someone has been Initiated, as has been said, a whole myriad of Things can be Seen. Nothing should be discounted, as They will have some relevance to the Meditator. It is only if the same things are cropping up time after time then they should seek help. There should be a change to what they see over time, and they will hopefully be learning from the Light.

28th August 2016

Please may we have some insight about 'cult hoppers', why they do this and then miss out on True Spirituality?

The Cult Hoppers as you call them feed on knowledge, they like to go around plucking information and finding out as much information as they are able. It's like a drug to them, they can't stop. 'Maybe the next group will have the Ultimate Knowledge'.

By and large, these people are not interested in finding out Inner Knowledge because they are too busy seeking the outer knowledge. That is easily done, particularly as they have the information on their doorstep. No – what these people don't want to do is 'sit down', quieten their minds and find the Truth within. They love telling everyone what they know, instead of listening to others to find out about them. They are not givers but takers. They take information, tell everyone about it whether they are interested or not. You know yourself (N) that Inner Knowledge beats outer knowledge – any day.

27th August 2016

Please may I ask about (O) and the difficulties he has had in his life?

(M) this is Us. We are sorry to have put you in this situation, this has made you doubt yourself and your ability to Initiate and that isn't what We wanted at all. You were born with a sensitive nature and although that has done you well with recognising other people's feelings it has made it hard to shut off self doubt and over concern for others.

We wish to say that (O) now has true Spirituality at his door, it is his choice whether to accept or reject this. He has been rejected by his parents at a very early age and that has severely damaged him. (M) all We can do is give people opportunities. Move on from this, there is much positivity around you in other Countries, feed on that, your time will come.

26th August 2016

With (O) there is no real difference if you or (N) Initiate him but he will probably react better to a woman and be more receptive of the Energy. The Sweetness of the Energy still stands as in yesterday's Transmission. We are looking at a purity and selfless simplicity which you both have.

(N) there is nothing you need to do or change in this regard. Each Initiation is different of course so We are happy to advise the best course of action.

With (O) is it good to do some more Meditation now – or do some rebirthing this afternoon?

Another 2 hours this afternoon

Mantra 10 mins Light 30 mins Sound 30 mins

Mantra 10 mins Sound 30 mins Light 30 mins

(2hrs 20mins)

Thank you

25th August 2016

Had a vision of lives – soldiers marching, great hardship. Then one where men were pulling massive tree trunks, back breaking work. They were whipped to make them go faster.

That is where (O)'s problem comes from – the injustice of Slavery. (O) must be advised to start anew with his Initiation with you, no preconceived ideas of how it will be or his ability to go with the Energies.

He is a little nervous but it's good he is coming by train so he can practice the Mantra and the Breathing Meditation. (N) and (M) go with the flow and don't plan too much, you will know when it's time for the healing you wish to do which will be very helpful for him. He will need to talk, let him do this. He is a very lonely man – the Initiation will help him a lot.

He does not breathe properly – do some breathing exercises with him on the Saturday before the Initiation, not too drawn out as he can only sit for a short while, get him up walking and then back to the cushion again.

Sweetness is the key – may we have some more clarification if needed?

The Sweetness of the Energy given on Initiation refers to the uncomplicated simplicity of the giver. You (N) are the one able to give the Energy to (O). You are able, with all the training in this life and others before to bring this simplicity to all you do.

Gandolf, please help me with this.

You need to have more confidence in your own abilities to Initiate in abundance. You have been told repeatedly that you are a High Being and, as such must not hide behind (N) as a stronger character in this life. You have been put in this position because you asked to be. This is to have family members who find it difficult to learn what they need to learn. They are still learning but you have done well under challenging circumstances. You have to rise above everything, realise what your True Nature is, so you can become a force to be recognised, as a true Magus. You can still do things quietly behind the scenes but We need you to have the resolve, the grit. You are the one who needs to Initiate (O) this weekend.

25th August 2016

Hoping to help (O) this weekend and whether it would be OK to talk (N) through a regression?

OK (M), have a go, although we know that (N) is wanting to go off Planet, let's start with lives on Earth. Try Egypt.

What are the limitations of the various methods of healing. Diamond Light – DCT – sending Energies and my cyst! Regressions?

Hello (M) this is Samuel

You and (N) have been asking about healing. You are wise to do so as it is getting somewhat unwieldy with people receiving Messages, sometimes not fully understood.

Diamond Light Energy comes from the 4th Dimension and is able to heal most ailments. That is, of course, those that are not Karmic in origin as most long term illnesses are. So – as (M) said, we can heal his body ready for treatment. The prognosis is good because the DCT machine has prepared his body ready for treatment.

DCT

You will find the DCT machine good for any general ailments such as those been given to you – persistence is the key, do not give up, ask for another number if the one on the site doesn't work. There needs to be far more trials and testimonials with this but I know you are trying to get it distributed (N).

Sending of Energies

It depends on who is doing it. Those sending Diamond Light Energy can get amazing cures and healing. But you (N) have advanced curative skills even without Diamond Light Energy.

Regressions

Generally you need to have a skillful practitioner but I admire you wanting to have a go (M) – However (O) needs someone with more practical knowledge than you unfortunately. Try some rebirthing instead or tapping. I think you somehow got it wrong (M) – your cyst is still there – but it hasn't got bigger and will be fine to just stay there. The Diamond Light Mantra can be used by Adepts for healing.

Thank you Samuel. With the Mantra for Adepts – should it replace asking you for help – to avoid confusion?

Could we have a message to explain to the 'doubters' that even though many people have rapidly been going through this Path – is it real?

Hello (M). With the Mantra it is best used by people with chronic illnesses as (M)'s, it is specially designed for this purpose and can be used by anyone on the Path, not just Adepts. I am pleased to be able to help any Adept who asks for my healing.

We are happy to talk about the 'speedy way' people are going through the Path. However We feel that (N) would be more than capable to do this with our guidance. One thing he could mention is that it won't happen like

this all the time, just at the beginning, in order to build up the number of Teachers and Guides.

22nd August 2016

This is Us – we endorse entirely what has been Channeled by (P) and wish to add that there is far more information coming on the subject of spreading the Lightwave in different countries. This is just for you now (N) and (M). We think you deserve to know more on the subject.

It seems a distinct possibility at the moment (We can never be sure) that there could be yet another Teacher, apart from the one that (P) predicted. As you rightly say, the Teacher has to align with whatever method that will bring their followers to the point of Initiation, (have charisma and be a good speaker) are obvious advantages too.

Somehow We want to inject money into the system by still adhering to the Pay it Forward principle. A Teacher in the U.K. seems imperative to gather up the remnants of (Y)'s path? More later!

19th August 2016

Please may we ask why it is that some people love animals and feel more for their well being than people?

13th August 2016

Hello Thomas.

Yes it is Thomas – We will try and have a Link today but I know it's tricky at the moment for you – too much going on. Please don't blame yourself (M) it's just the way things are with you sometimes. You have been born with a personality that finds it hard to distinguish between things that matter and things that don't. Please believe me that (L) couldn't care less whether these things are OK for you and would be quite happy just to know she has sent something. She is in such a mess with her marriage, so don't blame her too much – just send Love to her every day.

Thank you Thomas.

Right – with (N) – he already knows that he just needs to let go into the areas he is visiting – one important thing is that he needs to make a note of it. A voice in his head will tell him where he is visiting and he needs to record it.

This is what you do best (M) – here goes Our Message is as follows:

When We look at what is happening around the World right now We are filled with Hope that things are most definitely moving in the right direction. There is a way to go to reach the target but We are gladdened to see the positivity and Joy that has been created by those who are aligning with the New Lightwave and attaining to the Highest States in a very short time.

These people are the new 'Warriors' who all have the Capability, Fortitude and Love to take this amazing Energy and bring thousands of people, who in turn, can then give the Love they have found out to the World.

From Us in the Spiritual Hierarchy

We are looking 'down' and are very pleased (N) that you have put the new site so that it is separate from the rest. We intend to give Messages to put up now on a regular basis, as We feel that is what people want and will be inspired by. There will be many people soon bringing down Messages from Us in other languages that need to have a place. We are certain that these sites will be welcomed by many.

10th August 2016

Hello Thomas – there are more numbers that (N) hasn't cracked. How would he do this?

10 – no 4 10 – no 8

The sensations of movement and visions. Has that got any connections with the Cosmolgy Project?

Writings on the Spiritual Hierarchy page?

9th August 2016

Hello Gandolf – please, is there any guidance for me at the moment?

There is much to say (M), We have to get you in the right frame of mind and listen properly. When you are with your family you shouldn't really try to take Messages, but this one is important.

Don't get caught up in any traumas or dramas with your children, just be there, on the sidelines and then leave them to it. All your Energy that We give you goes mostly in their direction and mustn't happen.

Thank you Gandolf. Is now a good time to ask about a Mantra for sending Love?

This is an interesting idea which We have considered. But at this time We think it is better to send Love in the way you have been taught. This not only affects the receivers of the Energy but also the Senders. Do not underestimate the Power of Sending Love to the Planet – and to individuals, every day. Another thing that people should be doing is sending Love to themselves.

7th August 2016

(P) Is there a message for him?

We, the Hierarchy are very pleased with (N)'s work with confirming his Enlightenment.

It has been a long time coming and has brought him immense joy. He will be a fine example of an Adept. He is a true giver of his time, his energy and in everything that he does. He was a man in pain because of the events and

circumstances, but now he is at peace and able to move forward. Well done (N) for sticking your neck out and helping him, really helping him, when no one else could.

Hello (M). This is Thomas – We are pleased to say that (N) has cracked the code so to speak. He has the right idea, obviously now more will follow. Tell him the next stage of the project will be forthcoming.

Please may we ask about the man in Birmingham. We need to clarify that this man is not being totally honest. There is more to this case than he is saying?

Sorry for the delay, I was tired last night. May I please ask about (B) in Birmingham?

(M) as We said he is not telling you everything, he really is not a well man. Move quickly to help him.

(E) to help with the Fist Initiates site?

Yes of course, it will be fine, we have to break a few rules here- you did it with (J) – all hands on deck!

6th August 2016

For (A) and (J)

Be in no doubt that this New Lightwave is going to be huge. Consciousness will change in such a way that you will not recognize the World you are in now – all in your lifetime, not for future generations – NOW!

We want people such as yourselves to reach Enlightenment as soon as possible in the next few months. You will then be able to Initiate yourselves. Try and find ways to be able to Contact Us, we will then be ready to help you in any way We can to enrich yourselves in order to help others. Over the next few months and beyond, be ready to Love and Give without necessarily being rewarded (thanked or being Loved in return) Reward being the knowledge that you have helped someone.

Just by sending Love every day for five minutes to the World will help the Big Change to come more quickly. Remember: Love Yourselfs – Love Others – Bring Peace to the World.

(E) She got scared with the Initiation Mantra.

This lady is obviously very sensitive, tell her that the Being she saw in her Meditation will not harm her.

Tell (J) to do some Reiki healing on her head and throat. Let her do breath meditation. Actually, the Initiation Mantra should not be given until someone has been Initiated as it could have a negative affect like this.

The Initiates Mantra should be given on the actual day, not before!

5th August 2016

We are the Lords of Light coming to talk about (P). There is no doubt that he is Enlightened. But you see, it happened a long while ago and he didn't have a 'talk through'. As We mentioned before, he is a very humble, simple man.

He doesn't get the simplicity of it and thinks it should be complicated. He would think that the saying 'there is no separation' means literally, no space between anything. You get the idea?

What you have to say to him is that he should feel an empathy, a Connection with all things. Just as he loves his son, he needs to know that his way of looking at things has changed – that the way he sees the World is different.

4th August 2016

Hello Thomas – is (N) on the right lines?

(M) – it's hard for you, struggling to keep afloat.

Hello (M) – it's Thomas here – that was your Helpers – We know it's tricky for you, things are much better but you must try not to get involved with other people's emotions – being so sensitive you just take things to heart – stand back – observe. Speak your Truth.

Tell (N) to keep going – he will have a breakthrough – things will become clearer overnight and tomorrow.

3rd August 2016

THANK YOU SO MUCH FOR THE ENLIGHTENMENTS – (L) and (P)

1st August 2016

Deep space object 2B, anomalous triangle due to massive black hole which is bending the light and causing the distortion?

Comments on (I) and his 'race' with the four beings.

Hello (M) – this is Thomas. We have an interesting query this evening.

Let us start with the anomalous triangle which indeed could be looked at in this way. But We would like (N) to see another side too, not to discount his theory. If you look at the triangle lying flat you will be able to work out another reason for this anomaly – connected with right angles and parallel lines combined to form a very interesting conjunction.

(I) 's race with the four Beings?

Well, this is the Lords of Light explaining what happened. Light and Sound being the same Energy, you can start any Experience on the Sound and end up in the Light. You have just flipped the coin.

The Spiritual Realms are so vast that it cannot be measured, so if an Initiate is Travelling in these Regions he/she will come across a myriad of Experiences. A good Meditator with no fear can, and will, Travel incredibly fast. These other Beings were there to look after him, his Helpers on his amazing Journey. As you Travel through these Experiences you will always have Guides and Helpers, sometimes They show Themselves, sometimes not!

(O) Please would you help us to make a decision, because we don't want him to be uncomfortable , but don't want him to miss out.

Lords of Light After a deliberation We have decided that all things considered it is not possible to allow (O) to come to be Initiated. One thing stands out in that he had the opportunity to do something about his health, he wasn't truthful to you about his condition. He is actually hoping you will say No because he was using the Initiation as a quick fix for his problems. Now he knows it won't.

He will at some point get an opportunity again. Leave him to sort himself out – he has a connection with you.

July 2016

30th July 2016

(Y)'s first three Initiations.

These new Initiates have certainly travelled a long way with their First Initiation, but as you say (N) there are many Voids. They are not there yet but doing exceedingly well.

(P) is most definitely Enlightened – no doubt must be in your mind about that. What has happened is that he has not been monitored and went slightly adrift. The problem now is: It happened in the past. He is a simple man, with simple thoughts and ideas: the questions he has been asked don't mean anything to him. When you talk through your Enlightenment with someone at the time, especially someone like (P), you integrate the Realisations into your life. Remember (K) for different reasons, she couldn't integrate them either. Not everyone, in fact, few people from (Y)'s Path towards the end would get the Realisations that (Y) had, for instance. (P) can't be Enlightened again so he has to go into the Meditation with his heart and really Love it completely, melting into the Stillness.

(N), yes it seems to have been a miscalculation somewhere – but no matter.

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(N) says Hi to Gerald.

We are concerned about the number of people involved in this project. For many reasons the numbers need to be small to start with and then more people can get involved. If jealousies occur then so be it – We need to be sure that things are done properly and with respect. Just (D), (J) and (N) at the moment.

(J) romped his way through South America – fantastic – the Path is the Hierarchy's Path. Should we insist, or strongly recommend that he directs them to it?

We are the Lords of Light coming to talk with you again.

We appreciate your question (N) and understand the reasoning behind it. The background to this dilemma is that people see (J) as the Authority, not the website. He does his courses with them and gives them course notes to study. To then say they should look at the site is alien to them. Their culture has a Master/Teacher to guide them, not a website, even if it is going to help them to understand what they are doing and much of it is from Us.

What We suggest is that you let things be as they are until the end of the Grace Period, then have a word with (J) to advise/tell his Second Initiates at least to look at the site so they can teach from it. You are looking at a culture that wants word of mouth.

Let it go for now and thank you for drawing Our attention to the situation. We can see an explosion about to happen, more than what you can imagine, so We will all have to be dealing with that first. Be prepared for much activity.

Well done (N) and (M) – We are happy that each Adept has taken on roles to suit their skills, which is working perfectly. There shouldn't be too much overlap.

29th July 2016

Hello (N) – this is Gerald. You and I will meet across the Worlds – I miss you my friend. By the way, my name isn't really Gerald. It isn't anything – we communicate in a very different way to you, through telepathy. We don't need names as we tune into Beings mind to mind.

Thomas Here. Hello (N), Hello (M)

Glad to see you have done the work (N). When you have done the triangles there will be a few more numbers to finish off the project. Then we can really get down to work. This really is just the beginning of a very exciting exercise for you and others interested in discovering answers to Scientific questions baffling the Scientific community. You are doing very well – not only helping to raise the Consciousness of Planet Earth, which, in its turn will balance the Universe at large.

Also you are dissolving your Ego and becoming an effective conduit for Our Mission of the Diamond Energy.

28th July 2016

Yes (Y) should be Initiating and this weekend is the perfect start for her. She must make sure she knows what she is doing and have someone there with her to help. Has she got Bragans?

Don't let that stop her if she hasn't. It's good to get people Initiated as soon as they are ready, by that We mean, they can Meditate for a few hours at a time. We are very pleased with (Y)'s enthusiasm, she has worked so hard.

25th July 2016

(N) and the Teachings from (A)

The teachings from the Buddha are as pertinent now as they ever were. They are Eternal Truths which bring happiness and fulfillment to many people. But they are not Gnosis: the Knowledge that comes from Revelation, that permeates the body and changes that person's perception forever. Buddhism is a religion. Religions are for people of the time of the Teacher, now the Teacher is gone. Just because there are no evil deeds performed in the name of Buddhism then it is accepted as another form of Meditation. This is the time that Great Knowledge is being brought down (N). Please don't spend any more time studying outmoded Religions – this is the time for Light and Sound.

Yes – of course people need to work on themselves, but there is not time for people to do it themselves – if people will only align themselves to Us, We will do the job for them. That means Initiates, right through to Enlightened people. Being a pacifist isn't enough, now is the time for big changes – We need Warriors of Truth!

With (A)'s Transmissions you need to store them. Not for publication as the translation is poor and therefore the understanding is not clear enough. You need to wait until they can be translated properly – perhaps by (Y) when she is ready. We are unsure how to proceed, please wait for clarification. One thought – it is in Spanish which can be understood by most of the Meditators of the future. The Spanish needs to be tidied up and maybe could be shared with Diamond Light Meditators and Spanish speaking Adepts of which there will be many.

(D) will get guidance – he needs to look at his emotional nature. As (N) says, he has to 'feel' things. It won't come overnight.

With (O) – if he is Initiated he will find it very hard to Meditate with his Health Issues.

Diamond Light is a special Energy that was Released by the Spiritual Hierarchy to aid healing and Cosmological work.

24th July 2016

Seekers in other Countries

Each individual case considered, but in the Iranian situation it will be tricky. The best that can be done is that he sits to Meditate during the Grace Period and see what happens. He should align with Us and at the very least he should feel elevated. A good test case.

(N) hearing the Sound?

It is as We were telling you about (D) – (N) is balancing his vehicles in order to do his job even better. We are looking at all the Adepts and Teachers on the Path and making adjustments – where We feel a need.

The Sound Vibration, as with the Light Energy has many Levels. We are helping him to focus on what needs to be done and not get carried away with side issues – balance his work for the Path and also making sure his Physical Space is being looked after too.

From Phaedra

(N) there is no need to concern yourself with EVERYTHING! the little voice in your ear is Us. You Do have the Connection – Trust in it.

With (Y): a very special lady who will get the Connection she seeks in good time. For now though she will get many answers to her questions from her Meditation. She needs a pen and pad to record things that will be revealed to her.

23rd July 2016

(D) We are working with you at the moment to make you more ‘soft and gentle’ in your daily affairs, pulling you over a little to your feminine side to make you more balanced in your life. All the people who are leaders in the New Lightwave are being guided to make the necessary changes in order to be more efficient, loving and grateful – Yes Grateful. People forget to have gratitude for the things they take for granted.

The pain you are enduring at the moment, both mentally and physically is a stepping stone, a necessary part of your growth, for you to undertake. When you are able to Meditate without pain, be grateful. Also you should list in your mind what else you have to be grateful for too. There is a phrase “Ask and you shall receive.” But first you need to be thankful for what has been given before.

You are going through a metamorphosis – if you trust in us you will reach the other side more quickly. What you need to learn right now is not done sitting on a cushion, but by working on yourself – opening up your heart and being open to all possibilities. Sometimes people have gifts that they are not ready to deal with – (A) is one of them. Tell him that he needs to stop analyzing and just trust a little. He will be shown the answer to his questions, he just needs to sit down and meditate with openness.

Wisely used, this gift of seeing into the future will give him the ability to help people, maybe people in pain, to manage their lives better, plus innumerable other things.

‘Gifts’ are primarily used to help others.

What do we do if there are new Seekers in Countries where it's hard to make contact with them? Why (N) Sound Current? (Y) contacting the Hierarchy?

22nd July 2016

(P)

Our advice from before still holds – to let go of the rigid Sound/Light/Sound, and when he is in the world to learn to 'let go' as well as in Meditation. He is really close – the blink of an eye.

(A)'s nephew

It is very kind to consider the boy's health, however it is something that his mother is dealing with (and emotionally tied up with), so it's probably best to leave it for her to deal with. Also, (N) has more pressing things to do – like saving the Planet!

(Y)

In terms of Special Meditators this lady can be thought of as a Very Special Meditator She is compelled to carry on Meditating as she knows this, not in any way that she feels 'better' than anyone, but inside she knows that she has a Mission. It's scary for her, but totally what she knows she has been born for and will accomplish, as she has the will to do anything she puts her mind to. She is destined to travel, spreading Spirituality as she goes. She will eclipse (J) and many people will refer to her as their Spiritual Master. She is at this moment learning many things about her role, so it is best for you (N) and (M) to keep this to yourselves at present. More to follow!

21st July 2016

We have been here before (N). Transmissions, by and large, will always be tainted by the recipient. There can be no absolute Truths where you sit – it is a very limited viewpoint as your understanding of obscure Higher Truths cannot be achieved whilst in a physical body.

20th July 2016

Are we right in saying that the Transmissions I receive are intended for (M) and (N), and where appropriate the websites? Whereas transmissions that (P) and others may receive are intended for them. Therefore, there is no need to try and integrate their information. Any conflicts that we may perceive are only due to a different point of view or semantics.

The Truth is always upheld!

19th July 2016

(A) and (M) are happy as they are and don't wish to belong to any group, not even Buddhism. They have taken the Buddhist teachings and wish to live by them. They are not interested in any progression along any Path as to them it would not add to their State of Consciousness. They are happy to have met up with you and would love to keep up the friendship – meeting up from time to time.

18th July 2016

May we please ask about (J) and (C) visit to Brazil – an overview about the length of time etc?

As has been said before, We can only give general guidelines, as there are many people involved with their own adjendas.

We do understand your concern, however, and would like to help you with this by giving you an insight into (J) at the moment – because he is ‘key’ to all this. He is learning a lot at the moment about integration and it finding it hard. He tries his best and that is what We are looking for, he needs his own space and the idea of staying even a month with other people is making him uneasy. So Our idea of him staying longer maybe is not an option, but We will be making sure that the New Initiates get all the help they can to progress and learn about the Path. (J) and (C) will be there to give them a good grounding, so We have moved on to plan B.

We thank you (N) and (M), We are looking after your worldly concerns – you will have enough money – always.

16th July 2016

(N), this is all very new to him and he is wondering about the Information he is receiving, about how it can be used. You need to try and get it translated properly into English – he needs your guidance. What are your thoughts? We know you are used to a different type of Transmission, this is from an ‘old school’ type of Master, but none the less valuable and has it’s place. We will advise.

Hello Gandolf I seem to have been ‘worked on’ – I was wondering if I need to be doing more of anything – am I receiving Messages better?

You are doing fine (M) – hello to you. There are many things going on and you are managing surprisingly well. We know you are very keen to sort things out with (L) but this is not the time. She will be bemused by the book and not be too bothered reading it. But no matter, at least you will have sown a seed or two for later. It isn’t that she is disinterested, just that she also has many distractions, as you well know. Just leave her be at the moment, just be nonchalant about the book.

15th July 2016

(M) this is Not to go on the site, it is for you and (N) alone.

We really feel some clarification is necessary with the Diamond Light Energy and it’s effects on the general populous. The idea that something so brutal as people dropping dead should happen within the next few years is Not what We would predict at all. If that is the case why are We having a three year plan to get people to be more Spiritual, forgiving and Loving. We have

to give people a chance to change in a more natural, less extreme way. What is happening, and will continue to happen is the seemingly random attacks of violence. You are right (M) in thinking that if these attacks continue, then there is going to get even more negativity against the perpetrators.

(P) really does mean well – but she does get carried away with her predictions. Learn from her (M) and don't get trapped in dates and details. Dates are certainly not reliable data and what good is it to 'know' exactly what will happen in two years time – not accurate or reliable. She is certainly accurate about wiping out negativity and hatred, which is what the Diamond Light Energy is doing right now.

How this will manifest on Earth is yet to be seen. Tell (N) that in the next few months you and he are crucial in bringing more and more people to this Cause. Future predictions with (P) can only come true if certain blocks are not put in place now. By 'blocks', We mean that if enough people the World over can change, then they cannot happen. Just as an individual's future life can be changed if the one right now is addressed, then 'en masse' the same happens.

We are looking at a serious situation.

Channellers can sometimes 'pick up on' extreme possibilities – usually tainted by their own ideas. In order to remain neutral it is important they Meditate as much as possible.

13th July 2016

Progression to the 4th Dimension- what does it mean for humanity? Is it OK for (N) to send Energy to (Y)?

Yes that's fine (N), it's good for her.

Thank you for the prediction. Something to post on the website re humans moving into the 4th Dimension?

Many people around the World are feeling the effects of a shift in Consciousness. They are being 'Pulled' towards Spirit and are happy to do so.

The Diamond Light Energy is there to assist in this process, this huge Power is able to Pull people away from the traps of matter and bring them to understand the Power of Love over the power of money, possessions and wealth.

The process is speeding up right now, you will all be feeling certain effects, maybe certain manipulations while you Meditate. This is to help you to adjust to the changes etc.

12th July 2016

This is easily sorted (M), not so hard as you might think. The Diamond Light Energy is being Transmitted and every person on the Planet will be affected

by it to some degree. Obviously the more sensitive a person is the more they will be able to feel It's effects.

We are happy to say that this just needs a little diplomacy. (F) is indeed receiving the Diamond Light Energy as are many many others around the Planet and not only your group of course. Why should it be just your group? There are countless people involved in the massive shift your Planet needs right now.

The way to deal with (P) is to tell her there will be many people all over, Channelling this Energy and they have to be 'worked on' in order to Channel fully, (F) is one of them. The more people who do this work will help bring about the massive changes sooner. There needs to be a 'Pull' to Spirituality – think of the 'Camel through the eye of a needle' analogy. In order to have a Dimensional shift, individuals need to be aligned to Spirit, or they get left behind.

11th July 2016

(M) – your way of looking at life and the universe has changed beyond measure and you are becoming more wise and accepting of each new challenge We set you. Your next one is perhaps the most important of all. To look at your life now and accept that you are not able to do the things you could, to put yourself out for people and get away with it physically and mentally. We know you really want to work for this amazing Cause and will try your best to accomplish and listen to Our words as best you can. But to do this you have to 'cut down' on people who don't value you and your Mission.

(T) is a simple girl with her own ideas on the world. Your words are lost on her, although she is good for you and tells you how she would do things which is sometimes good for you to hear – (S) is better. Swimming is good for you to help you relax. (T) is a good subject to regress.

We love you – from Lyla

10th July 2016

Do the Laws of Physics and Bio-Chemistry hold true in other parts of the physical universe at all times? Are they time dependent or spacially dependent?

(N)'s questions deserves a better answer than We can give right now, so if he can be patient!

8th July 2016

Please would you clarify (P)'s message. She is saying (C) is to stay in Spain. They should both go out together to South America and (C) should come back to Spain after a time, but to stay as long as she is needed to complete the Initiations with (J) and (J). Time not defined yet, but maybe a couple of months.

Would people in (Y)'s group benefit from the blanket Grace, even if they are not aligned with you?

(N) – a Connection needs to be made with Us for any State Conversion. During the Blanket Grace after Lifewave all the people that attained States needed to align with the Energy. So No, they would not accidentally become Enlightened or a Second Initiate. So anyone doing Kriya Yoga Meditation would need to align with Us also. They need to have Light and Sound Initiation from the Lightwave Group.

7th July 2016

We feel uneasy about hearing from (P) about being punished about questioning. We question – how is her Contact different? She mentioned “bringing down the churches” – please could you clarify? When we Channel – do our ‘interests’ somehow affect the Transmission?

Yes, (M and N), some clarification is indeed necessary. It is good that you ask and We know this is in no way disrespectful to Us. You are both learning a lot. Both of you in your different ways. You are much stronger than before (M) and (N) is more accepting. There is a way to go yet and more lessons have to be learnt but you are both in a better place now to accept these challenges when they arrive and ‘go with them’ with a good heart.

(P) is in a different place to you in that she needs to know things and needs to do it her way. We are constantly trying to make her more able to just relax a bit more and be more accepting. We are using her as a Channel, like yourselves and there needs to be in her an openness so that the Messages she receives are not tainted with her ideals and desires. Yes (N) you are right that there is always going to be a ‘part’ of the Channeller in the Transmission. That is why We are always talking about Pure Channels who can receive Messages Just as We transmit them, Word for Word.

It is necessary for you (M) to be as vague as possible while talking to (P) about your Experiences with Us. The way we are with all our Channellers is very different, because you are all different. Don’t judge Us by what you hear from (P) as she has her own lessons to learn, just as you both do. We will inform you about the churches in due course.

6th July 2016

We are asking about Brazil in August and whether it is good to have (C) over there with (J).

Yes, of course it would be brilliant to have her there. The two men need to have some Yin Energy to help them with this enormous task! Remember there is no one there yet to help them, i.e. Initiate. They are starting from scratch, so to speak. (C) will be a great asset, Enlightened or not, but she will be Enlightened very soon anyway. She has great gifts which she was

developing even before she was Initiated, now they are even more potent. (J) and she would make a good travelling roadshow, as you would put it.

5th July 2016

With the Astral Travelling, is (N) right to say that we will be taken in dreams and visions.

Hello (M) this is Thomas.

Don't rush to find things yet (N) – there is time – just focus on your breathing and concentrate on your Meditation. Focusing on your breathing helps when you really need to concentrate on an area in the sky or some landscape, anything you want to focus on, for as long as you are able. There will be protocol, but in the mean time just prepare in this way. The more preparation the better. You are doing fine with the 'crunching', over the time you are doing this venture you will be able to see and experience all you have hoped for, and more.

4th July 2016

(N) has done some work with the latest numbers. Is he doing it right, as the ones recently brought down by me were slightly different in the layout?

Hello (M) this is Thomas.

(N) is understandable concerned that the work he is doing with the numbers is correct. It would be interesting for him to know that he has done this before, starting from many different locations/Planetary systems – many times before.

Each time he has asked if he has it right. Each time We tell him that We are guiding him at all times. Again We say that there is a Team working on this project and he is part of that team.

Very important advice though is to tell him to relax more into the work he is doing. If he is too focussed he may miss certain things and waste time going back over it. Always see the Big Picture (N). You are in a human body now and things are very different from 'being amongst the Stars'. You need relaxation but you also need to have Fun and Enjoy being on Earth.

It's hard for an Alien to be in a human body, We know, but that is part of your training and learning – so that you can teach Us about what it's like to be human when you return.

Have FUN sometimes and enjoy being an Earthling – it will over soon enough.

Quote of the Day: "Are you open to all possibilities?"

Yes, I think so – I'd like to be psychic, as in the video and 'know' things about people – but is that the way I should be moving towards?

We want you to know the difference between Us 'Telling' you something and it being right – and you asking. We don't want you to get into telling

people's fortunes – not your plan at all. But listen carefully when something comes into your head – act on it and more will come.

There really is no point in (J) aiming to complete his Second Initiation yet as the circumstances are not right. In the Autumn, when he is settled in his new home, then he has the opportunity, but he really needs to do regular Meditates, not just over Grace Periods.

Initiations – (J) Brazil – August. Chile – September 3rd/4th, 9th/10th. Peru – September 17/18th.

3rd July 2016

Hello, this is Lyla – you have been asking how to make a start on the regressions. You do need to make your own script, taken from other sources initially but you can adapt it to suit your purposes and as things crop up. You shouldn't try to rush this as you have plenty of things to occupy you – your Meditation needs to be kept solid, everyday, with Love to whoever needs it. You will know when the time is right.

1st July 2016

Firstly, is it OK for (D) and (J) to be in the Astral Travelling group and if so does the same advice apply to them?

Hello (M) this is Thomas. Tell (N) to keep all options open, nothing should be set in stone, We are learning, you are learning. Anyone who is interested keep them in the know, you don't want to be elitist. It is good that interested parties are Meditating well and to be aware of any new things that come up. ie. different landscapes – feeling head adjustments, anything out of the ordinary. Write it down for future reference. Record dreams as they will be significant – to do with other worldly phenomena.

June 2016

30th June 2016

Have I got it right that my next challenge, apart from helping (N) with the Astral Travelling, is learning, doing and maybe teaching how to do Regressions?

Yes (M), you are listening well. You may think that everything you do needs to be Spiritual but that is not the case and you will potentially be able to help many people by doing this work. This is Lyla and I am pleased to be able to help you in this.

We have a team of Helpers here so you will be well looked after, as ever. The first thing We need you to do is write out a script and practice on someone, preferably not (N) to begin with. Because most of his lives are off planet it means he won't be typical of your 'patients' and you need to get confidence

by regressing people who mostly have had Earthly lives. Your family to start with.

Thanks Lyla

Hello Thomas – can (N) prepare for Astral Travelling?

He will be getting dreams/Visions in his Meditation so he needs to step up his Meditation for two reasons. One, to get in a good place for receiving Messages (these will be some that (M) can't get). Two, to receive visions which he needs to record. Dreams need to be recorded also. We consider this work to be of the utmost importance so all people who have stepped up to join the project will be getting Messages/Visions also. All to be collated.

29th June 2016

Hello Thomas – this is a really important question and needs an answer. Is (N) the person choosing the points? or are there set points for him to find?

Yes, this is Thomas – Hello (M) – your work has only just begun so you and I are set for many conversations in the coming months. This is an important question – but (N) does really know the answer to it. As this project gets more underway he will find his intuition, already very powerful, will improve and get more and more effective at working things out. he will internally ask a questions and the answer will come. His journey of discovery will be immense and he will learn things of great benefit to the Scientific Community in the process.

So, a Yes to the question that he is the person choosing – he will be guided by Us of course, but essentially he will make many decisions and locations that he has a special interest in, or that he thinks will be of interest to the Scientific fraternity.

28th June 2016

(N) is asking about the Astral Projection project and whether he has to concern himself with who is chosen to take part.

Everything is moving as it should towards this project. You have to understand, as with many of the great achievements that we have done together, it is organic, in that We try things and run with them for a while. Occasionally We need to modify, change course slightly, or change things considerably to make things run smoothly. This is with Everything We do. We guided (M) to Channel most of the numbers you need now because it is good for you to see the overall picture. For instance, you have realised that We now will have more points than We originally intended. You will find out the reason for this in due course.

The idea will be to start the work with 3-4 core members (including yourself) and if needed, or more people are keen to join in, things will be adjusted to accommodate them. The project will carry on for a number of months/years, as there is much work to complete and collate, distribute and maybe publish.

28th June 2016

Your atoms are now charged with new Energy and, as such, can feel totally different. The way you Channel now will be more focussed, you were promised this before. Whenever you need to ask anything you need to find the same focus as now. It is our present to you for your immense fortitude, sacrifice and Love for humanity. Within reason your wishes will be granted as We want you to be able to do your work with us with as few distractions as possible. We, the Lords of Light need to communicate some words to you all.

It is written in many books that the ultimate expression of God is Love. With the teachings of the New Lightwave We say that Love is at the core of every Transmission We make. It is because of our Love for you that We send Energy and Messages to help humanity. We are very pleased to see that the newly Initiated people wish to Communicate this Love also, to each other, to friends and family and to the people who work tirelessly to ensure their wellbeing, during the process of Initiation and beyond. It is only by spreading this Love, together with compassion and understanding, that your Consciousness will be raised to the point where the Earth will become a different place. A place where people look for the Good in everyone and everything. This is achievable right now.

(N) is asking about witchcraft

This is Us. Witchcraft is a complicated issue because it works on a belief system. If a person believes it is true they draw the problem to themselves. There are magic covens where real spells are cast but that is not usually what you will be coming across. So in general, what you need to do when faced with someone who feels there is witchcraft being practiced against them is to tell them it won't happen. If they are still scared, then to put a circle of light around themselves or their home. Actually, witchcraft is so much a way of life out in Africa that they know all the 'tricks' to ward off evil spirits anyway.

26th June 2022

Numbers for (N)

-44) +27) 64) 74) -92)

-39) +84) 72) 83) 6 -24)

-72) +62) 63) 92) -49)

25th June 2016

May we ask why it is that, assuming Reincarnation is a reality then why are there more Souls on Earth now?

First of all (M), this is Gandolf.

When (M) comes today he will be seeking confirmation that (N) and yourself are not leaders, but custodians until such time the Master appears.

It is good that (N) has this project as he has much to accomplish, you must be very much aligned with this and help him.

People aligning/or not, with the Spiritual Hierarchy? Why are there more Souls on the planet now?

We, the Lords of Light need to talk to you (M). In these changing times of yours it is necessary that more Souls are there to witness and become immersed in the details and conditions that arise. In much of man's time on the Planet things have stayed pretty much the same for longer but nowadays there are a multitude of experiences and lessons. Plus of course with the changing of Spiritual Awareness and shifting of Consciousness more Souls wish to take full advantage of this, whether to come down as advanced Souls to help in the process or to attain Spiritual Freedom for the first time.

Like stars are made and then they finish their cycle of Birth and Death – Souls are the same in that they are being Created all the time and last until they fully dissolve into the 'Oneness' of Atman.

People aligning with the Spiritual Hierarchy to attain States.

There is a real fear in (Y)'s group, which We didn't really anticipate. This is that if they 'sit down' during the Grace Periods and attain States they are somehow being disloyal to (Y) and therefore have a retribution. They really believe that he is the only way.

If they do so, and a few have around the world, then they would achieve the States. So you are right (N) – they do have to align with Us in order to move on Spiritually.

Each Master or Spiritual Impulse comes with its own Lightwave. A Meditator can only utilise one Lightwave at a time, and in this case needs to consciously choose which one to follow.

23rd June 2016

Is (N) right about the Star in this Galaxy? Why are there more people on Earth now?

As the calculations are done from the Earth's viewpoint then it is necessary for (N) to name the Stars/points. What We are after is a certain shape when all the numbers are completed.

22nd June 2016

Is (N) crunching numbers correctly? Perseus in the sky? Negative numbers and octants with stars in our own Galaxy? Aldebaran, is that the third part – of M31 and M33?

Right (M) let's see if you can get this Message. When (N) crunches numbers it is always with our help so he has no need to worry if it's not right. We can

always make adjustments anyway. So, yes, Perseus is correct. We are aware of the negative numbers for the other octants.

This message is for (J) who is asking about Women and Spirituality. As this Diamond Energy is spread around the World you will see more and more women who have Special gifts coming to align with the Energy and to be a magnet for people.

It is important that these women understand their role, at this amazing time of the Earth's elevation to the 4th Dimension. This powerful Energy should be harnessed and used to bring about positive changes. Everything is as it should be.

22nd June 2016

With (O) he definitely needs to sort himself out with his health before his Initiation. Regression Therapy would be best, but he may not go for that. A good Hypnotherapist would be worth trying. You could do some rebirthing at the Initiation weekend.

21st June 2016

This is Us. (M) Tell (N) he must look for angles which will lead him to the destinations. The lines will join Galaxies at certain points rather like the ley lines you have. The first 3 sets of numbers refer to the nearest Galaxies from Earth.

You would like to know about (A). Well, she is, as you suspect, a special Soul. She has been with you (N) and (J) many times. Both in Spiritual lives and not.

Hello Thomas

It's been a while. Greeting to you both. We have set (N) a heavy task and he is coming up to the mark brilliantly as usual.

We know that this work is completely beyond you (M) but we thank you for your work which is done with humility and reverence. You have come a long way since we first 'met'. There is so much more for you to do/be part of so it is important that you keep focussed whenever you can. Try to keep up with (N), he is moving fast and will move faster as the months go by. We are trying to get you better, it will help for you to do 15 mins deep focussed breathing every day.

Right then, back to (N). He has done very well but needs to focus more on right angles and triangles. (P) has rightly Channelled that We are trying to move human kind towards the 4th Dimension so part of the Diamond structure to join up the points in the various Galaxies will be linking to a Higher Dimension. This does not mean that what he has done already is wrong, in fact he was guided to do this by Us.

Next, he must figure out a way to use the smaller numbers to make rectangular structures to link with the 4th Dimension. This is the most

exciting part of the project so far as We don't know where that will lead him. This is not new to him as he has done similar work with Gerald and it will be familiar once he gets past certain landmarks.

This is new in that it has not been done from Earth before, you will be linking other Planets with lifeforms on different Galaxies as well as linking these Planets with the 4th Dimension. Once he has done these 3 lots of numbers, the others will be worked out in the same way, so this is the hard bit.

Hello (M) – Yes he has done it – he just needs to follow up by doing a little more number 'crunching' (as he calls it!) with some new numbers I will give you. 49 86 97 These manipulated numbers will give the all important direction form the Earth to the next set of Galaxies.

20th June 2016

This is Us. We have been here trying to keep you well as you have been so important to getting the Messages across about the massive events happening in the World over the next few years.

There is a weakness in the heart area which medical people will not be able to detect with their equipment. You are able to live a long and full life with this condition but it means you have to slow down, especially around family times. You do need to tell them – it won't be easy for you but you need to do it. They will understand.

Your work with us continues to be of the utmost importance. We know you feel at times overshadowed by (P) – but this is most definitely Not what is happening. She is just dealing with issues 'closer to home'. But your work is more of a Cosmic Nature. Not that any is more important because it all links. Lay out a plan for your health – take time out for a weekend away relaxing. You can't carry on like this with your school work and (A), you need a break. We will assist with this. Tell (N) you need help especially when people are staying with you. Tell him not to worry about you becoming infirm as We will take care of that not happening, as long as he does his bit.

Now on to business! We will be giving you numbers in due course but first We need to supply you with data regarding the point of reference cosmologically speaking. Because of (N)'s work already he will be familiar with our way of working and this will not be too difficult. He will be asked to decode as before so he needs to get his calculator at the ready with an open mind.

There will be 17 points at this time, all linked in a specific way, as he says, to make a diamond structure. Specific angles must be found and colated in order for the work to be done. Take time out now and walk around (M) – numbers later.

These numbers are for angles: 3 points. 439462) 786219) 76) 612091) 723486) 6198246) 84) 7 723142) 565729) 841623) 97) 18723)

To (J)

We congratulate you on your magnificent work for humanity. You are indeed a shining light for others to follow.

As your Power increases with your confidence and humility you will see more and more of these wonderful inspiring Initiations. The reason is twofold. That Meditators who have been born to follow this Light Wave Meditation will be attracted to you and your followers, also that they will immediately align to the Energies with Love and Open Hearts also.

Congratulations to (C) and to the other new Initiates and thanks for sharing your experiences with us. Much Love (N) and (M)

6794268 2392187

19th June 2016

What is Diamond Light? What does (N) need to develop to assist this process? Does (N) need to work closely with (A) and others with this? Is it OK to post work on the Adepts site?

(M) this is Us. We will be Communicating with you in the foreseeable future as there is much to tell you and (N). We have been waiting patiently for you to be listening, as only you can fully take on board what is happening right now, together with your husband. He has been getting insights which are correct and needs guidance to help him, which We are here to give.

Firstly Diamond Light is a very Special Energy to guide people out of the darkness. This Energy has many facets to heal the Planet and the Cosmos on all levels. It is time for this to happen. You are correct to say that people have their remit in different areas of this Healing. It is important that demarkation takes place.

For his part (N) is to set up a machine sending 2 frequencies for the moment which we will furnish him with shortly. He will send Energy with the pyramid as he usually does to send Love to the World. Because of these frequencies it set up a Connection with specific points in the Universe at large. Like stations set up around the Cosmos.

The Diamond Energy Light will start to heal by forming a circuit which is a continuum. There is no need to purchase any diamond – that is just the name given! Instantly you will feel a massive Connection. We will try to instruct (N) and others to Astral Travel to these Connections and bring back Knowledge which he can publish.

Should we write this on the Adepts site so people will step forward? Should they be of a specific bent? (J/M/D/N) Can we understand this Energy as being of a Higher Frequency?

There are very different types of Energy in the Universe (N). As (P) says, it is all the same Energy, meaning that it comes from the same Source. But, the way it is brought down is different. Like there are billions of Atoms which join together to make different phenomena.

It's the people who are Special, in that they can harness this Energy (because of their Purity and Love) to be a more Powerful multi faceted Vibration to perform amazing tasks hitherto unrivalled in recent times. (N) Be wary of putting anything on the web-site relating to Astral Travelling as it can send out the wrong messages. This is something that should be kept between you and the people mentioned i.e. (D, J, M and yourself). By all means publish the findings but don't say publically at this time how you did it.

There needs to be some Magic! This will change as your world changes. (M) We need to talk about your health. Your dizziness is due to a medical condition. You should see the doctor if you're not feeling better by tomorrow. This is important, you need to get things sorted.

Done!

18th June 2016

(N) your analogy is good – it's a shame that you have to be involved in this because your attention needs to be elsewhere with the Science/Cosmos side of things. Let's get this cleared up so you can move on. The river is a good analogy because people can either sink or swim – some people have to be carried across, some go kicking and screaming. For someone who lets the world go and who can Meditate well it should be straight forward.

Luckily this is a blip because most people who come to this Lightwave now are of a different calibre and so therefore will go through relatively easily. There has to be reverence to the Light and Sound and to Us. That cannot be stressed enough. If We give advise it should not be ignored.

Yes (N) you can say that when they see the Doily that they have made it – but if they feel they have been dragged through then it won't convince them.

14th June 2016

My question is about Second Initiation and the surrounding problems we have had. Please may we have some clarification?

We are the Lords of Light.

We have already said that this State is very difficult to confirm in some cases because of the preconceptions that occur. If you say someone has 'done it' and they think they haven't then after a talk through it is possible that the 'penny' will drop. (N) did very well this evening with (J). He will now go on to be Enlightened and the doubting will not matter.

Tell (N) not be concerned as We are looking after this. If problems do occur please highlight them to Us and We will sort them out for you. Do let Us know – never assume We can help without you asking.

You Need to Ask! This is the same with everything in your life.

Please may we try to understand the children?

With them you have to be patient, they will turn out OK. They are affected, as a lot of children are, by fizzy drinks (Cola). They have loving parents who try their best but in this world you have at the moment with minimum discipline it's tricky. Jealousy abounds with their parents and your favours especially (O), as he needs more attention at the moment.

With one child, say (A) it's easy to shower all the Love on her and she will thrive, add one or more child and they lose out. With such pressure on parents to be 'good' parents these days plus the added pressures of getting by, then it's little wonder that you get this situation.

(N) it's everywhere, but this isn't your World anymore, things are different now and you do have to accept this.

12th June 2016

Yes indeed the Akashic records are hidden in the 'Honeycomb' Walls. You can make a request for some kind of Knowledge of the past, present or future. You do have to be very concentrated to access this information which is not always very easy to decipher.

10th June 2022

Two things on (N)'s mind. • Esoteric side • Are there other ways that we can spread the Lightwave en masse?

This is the Lords of Light. By sending Love and Light to the Planet every day you are already "Waking Up" people who are open to it. So sending Energy to, say a school, en masse wouldn't really do anything different.

There are a massive amount of people more interested in Spirituality now than before because of the 'Critical Mass' being reached.

Things will unfold for you both in the coming weeks to give you a Spiritual focus.

9th June 2016

We are the Lords of Light coming to talk to you about the latest developments with Higher Learning. Many of you Adepts will already have ideas of what you wish to study. This is including anything from Astrology, Akashic Records, past life regressions and Astral travelling etc.

Then certain Adepts will become experts in certain fields and if they wish they can set themselves up as Teachers in these subjects. As more and more people get Initiated there will be a hunger for Knowledge of this kind. With (O) you need to encourage him to get some help with his problems.

Please Samuel would you tell me more about (N) and his hayfever, nearly gone but not quite.

(M), he needs to try this remedy just a little longer. We will try until We get one that will work.

7th June 2016

We are the Lords of Light.

We need to talk to you about an important development which is already taking place around the World. Some of the Initiated people who you have been referring to as Special People are stepping up to help with the running of the new areas Meditating on the Lightwave. We are very encouraged by this as it means there is no language barrier. They can develop their Communication with Us in order to be able to not only send Love around the Planet but to develop other skills as well. This will help massively to swell the numbers and to make sure that his new Lightwave fulfills it's purpose.

(M) please trust that this transmission is what the Adepts need to know and be focussing on now. (N) is right that this does not exclude the possibility of a Teacher in Europe, in fact there does need to be one. Keep it light – there is no need to be bogged down with the whys and wherefores. It just is! Keep flexible and be joyful that something is happening – right now -to help in your plight. On a personal level you all have received invaluable Teachings already which have enriched your lives. Don't think that your minds can possibly know the greater workings of the Cosmos. This is the Lords of Light We applaud you (M and N) for your fortitude in this matter. It needed to be done, as things have gone slightly awry with the teacher from East Sussex. He could still come yet but there should be no more on the site about this.

We are trying to smooth the waters, as people understandably haven't understood the unpredictability of predictions. You will hear exciting news soon as you see everything building. We wish you and (N) had Our viewpoint from up Here. Once everything is set up with Teachers in their groups Worldwide We will concentrate more on bringing Knowledge down (N) for the Scientific Community.

Hello Gandolf

(M) We keep telling you that this is a transition phase and it is still going on. You can see a winding down of work regarding Path issues and you are going back to doing work with (N), which is no less valuable but better for your temperament – less worry! It is important that you develop new skills with your Channelling, you will be thrilled at what you will be able to do, but it does take practice and your mind needs to be clear.

6th June 2016

What is our relationship with (J) based on past lives?

(J) and (N) had a lifetime as warriors; they were strong. They wanted power and got it. Then, in that lifetime they suddenly stopped fighting after realising the futility of war. They became hard working men on the land. It was hard for them because they had no money and needed to get by. (J) was already married to you (M) as a childhood sweetheart and (N) lived nearby.

You didn't get together with him in that lifetime, but you both wanted to. But (N) and (J) had a great friendship, which went far beyond the bounds of normal friendship, as they both (you too) had a thirst for the occult. A lot of studying went on and scientific research which upturned the accepted science of the day. They got something published, but it wasn't until years later that it finally got recognized. We are the Lords of Light. This important information needs to go on the Adepts site. Much has been said about the arrival of the New Teacher and We have been preparing you for the event, which would give you much assistance in the spreading of the new Lightwave.

This is not going to happen in quite the way it had originally been planned, so We need to revise the original statements. Before this happens there will be several Spiritual Teachers around the world – you have already referred to them as Special People. They will Initiate and have complete Communication with Us and so will be able to confirm States. This way of organizing things will certainly be the best way to encourage people to Meditate for Higher States.

5th June 2016

Any Karma on other Planets? Was one of (N)'s incarnations in Ancient Egypt? Connections with this life?

(N) was a student of Mathematics at what they used to call the Temple of Knowledge. He was an extraordinary student in that he picked up concepts very quickly and soon surpassed his fellow pupils and became a teacher himself – Mathematics of course in it's broader sense, relating to the Cosmos and the Calculations thereof. They would astral travel to faraway Galaxies so now you see the connection in this life. He would share his findings with people who would listen, he had a massive insatiable thirst for Knowledge.

Each time he has come to Earth it is to bring down Knowledge for the 'Earthlings.' He was killed in a massacre but he was quite happy to leave as he he'd had enough!

4th June 2016

Why does (L) still give me so much grief? – will we have to come back?

The quick answer is No, you won't come back as a victim but if she doesn't accept your worth as a mother and friend and be truly sorry for what she is putting you through then she will need to come back and help you in some way. Hopefully she will do it towards the end of your life. It is not good Karma for her – her children will turn against her but will Love you, and your Love for them will help them enormously. A lot for you to think about!

2nd June 2016

Hello Gandolf

You are finding life fairly tough and it's not a relaxing time for you at the moment. This is to do with influences beyond your control so don't be downhearted. Don't waste time but put things in order when you can. We are pleased to see you taking more responsibility from (N), he needs that now. The two ladies in America need someone like (N) to talk them through their Second Initiation because they have both done it. This is something We shall have to deal with here if there are so many people going through States.

With (D) it is a case of leaving him to his own devices. It will go eventually when it needs to (Karmic). A lot of diseases are Karmic, the person needs to suffer for a certain length of time and then, as if by magic the illness goes.

I would like to learn more about Dementia and Alzheimers. It seems such a cruel disorder both for the sufferer and the carer.

If people choose to take on a lot of difficult lessons in one life rather than to spread them out on several lifetimes it suggests there is a rush to complete the lessons.

From their limited perspective is it because time is somehow limited or the goal is worth enduring for the pain. Or are they missing something?

Well, (N) a good question. It is all to do with people who have had many lives and therefore have much Karmic Debt. It's like We said before, it's easier to repay the debt when you have a Spiritual Life as mostly you have the wherewithal and the strength to do it. Many people come back life after life, not being able to release their debt. You can come back to learn a lesson and not learn it, for whatever reason.

You have not had many lives on Earth (N) – not much debt. You have learnt a massive amount in this life – you did a lot of it yourself but (M) has helped you enormously – that is why she is there. But then – you were there for her too – dual purpose – you have both done extremely well. And you are not finished yet!

(M) in answer to your question about your mother. This is quite complicated and it is to do with a life you had with her before. Your sister was there too. You worked in the fields as sisters from dawn till dusk – very hot. You two were very happy together, but your sister not. She was jealous of you both because you were prettier and has lots of admirers. She particularly didn't get on with your mother and made her life a misery by being spiteful. Now she has to repay the debt by being responsible for her in her last days. She will have repaid the debt and this has been completed. It won't be long now.

1st June 2016

May we please ask about (J)? Is there anything (N) needs to know?

We are pleased to inform you that (J) is inspired by (N) and he will sit down this evening to do his Meditation. He has already done part of his Second

Initiation – more than he has told (N). He needs a good chat tonight but he will have done it- just needs a talk through.

May 2016

31st May 2016

(N) 's enthusiasm is boundless, We could not have done this without him. The site does as it is intended – it leaves people in no doubt that the Spiritual Hierarchy is leading the Group. We do feel, however, that a little explanation is necessary at the top of the Home Page for people new to the site, as there will be thousands of people looking at it and you have to be organic in your approach. Accepting criticism and making tweaks here and there. From Phaedra.

You are looking at a man who has lost his way. He is not sure what he is doing any more – health is not good and feeling generally out of sorts. Had a dilemma to deal with today when you called round – lost his will a bit.

31st May 2016

Please could We have some guidance about the latest (Y) email.

Yes (M) you didn't see that coming but there is a part of (Y) that seeks that release, a natural urge. You can't blame her as she reads a lot and therefore comes across many aspects of finding ways to 'let go' in Meditation. The idea is that if you learn how to practice this form of sexuality then you can learn to shut out the external influences and melt into the Meditation. The idea of doing it in the Grace Period is that after this sexual practice you are so relaxed that you can immediately be taken by the Spiritual Energies without effort!

It should be explained to her that if people want to practice this form of sex it's up to them, but it will send out the wrong signal if We endorse it as an aid to Meditation. We certainly would not suggest any form of abstinence, but a Seeker of Truth maybe confused if this way is advocated as an aid to Higher Consciousness.

29th May 2016

We are the Lords of Light More news on the New Master. There is absolutely no need to fear that there will be an upheaval, as We have seen how this new Lightwave is being run – with integrity, humility and above all Loving Acceptance of each other.

We are looking at the mature way you are coping with the many aspects of the human persona. All differences can be dealt with by seeking out the

'good' in an individual and by sending them Love. Please do not underestimate this very Powerful tool for solving any difficulty. We are delighted to say that he will not be too long now in making himself known. He is having Communication with Us already so will be well primed when you finally get to meet him.

May I ask you about (N) and the Testimonials about Communication with the Spiritual Hierarchy?

The Grace Period should be extended in the Summer to include the week after the original one and to include the weekend up to the Sunday.

I loved your very inspirational writing on receiving guidance and insights from the Hierarchy. You asked for us to write something too, so here goes!

As you know, it started off in a very personal way, about relationships, life events. Then, little by little it changed to getting Information about medicines, Path issues etc. I've learnt so much and feel humbled by the whole incredible experience. By far the biggest lesson has been to Trust. I've always had a little voice in my head telling me things, but this is different in that there is a Loving force behind it. The 'Force' is with me all the time, whether I'm Channelling or not. Sometimes it's hard because I feel under pressure to bring 'something down' and I'm tired. But, as with all things in life you just have to do your best – there is such Love behind everything They do or say, even if I'm getting a telling off, say, for not Meditating enough!

One thing that seems to be imperative is for me to step up my hours on cushion to ensure neutrality and make sure the Messages are not tainted by personal predudices.

(C) is now a 2nd Initiate? – realised yesterday – great news.

From Gandolf

(M) – things will change fast for you now – be prepared for anything. Get everything in order. Do things as they come to you. Much more later.

We the Lords of Light are here (M) to say how much We appreciate all that you do – your Trust in Us even though We know that sometimes it's hard for you. Your transformation is happening right now and things will get tough before they get better – so much better. You will feel lighter, clearer and your Light will shine so bright. We are always here and Love you.

Be kind to yourself, no self deprecation. You need to be ready for the Master coming. You and (N) will have much to do in the early days of the Mastership. You need to be prepared in every way.

(J) to be able to confirm States?

Yes, (N) should write to him saying that he is able to do this now already – but to work closely with (P) until he gets confident in this. Also inform him that he can arrange Inititations and We will give him extra Grace times when asked.

28th May 2016

(K) is now a Second Initiate!

(N) is asking about teaching the Tarot. All those years ago when (N) learnt the Esoteric teachings and all the knowledge he obtained from (Y) and his own endeavours should not go to waste. We would love to think that this knowledge, Tarot, 7 keys, whatever insights you both have should be shared. With the website you have the perfect medium to do this. Courses to this effect would be perfect.

25th May 2016

Gandolf

You are asking about teachings regarding Astral Travelling and Reincarnation. As far as Astral Travelling is concerned, at the moment We are thinking that We would be limiting it to (N) and people wanting to learn about the Cosmos. We could teach (N) how to do it and then he could teach others. (numbers small)

With Regressions you do need a controlled environment. (D) would need to find someone who does past life regressions where he lives and first get himself regressed professionally. Otherwise he could wait until he sees you (M) – We will teach you how to do it. Then you can teach him. This can't be done in a rush, it takes time to learn what to ask and what to look for. Most people would want to be regressed to discover:

- Their reasons for Incarnating in this life with the family they have.
- What is their Soul purpose for this life and are they fulfilling it?
- What have they brought to this life to fulfil Karmic debts?

It takes time and practice to become proficient at this, but many answers can be found.

24th May 2016

We are the Lords of Light coming to talk to you about the New Master and the old one. It seems that things are changing in that there needs to be some kind of figurehead in all Spiritual Meditation Groups. What has happened is unprecedented and needs to be rectified.

(Y) was not able to fulfil his role as you know because of his behaviour and so therefore needed to lose his Powers because of the damage he might try to do to this New Path. This has been happening little by little over the years but more so just recently. We must get this New Master up and running – as, whether people realise it or not they do need a leader. Like a school can have a stand in for a while but there has to be someone who has the time, energy and dedication to have direct Contact with Us – someone who We can give Powers to in order for your Group to run smoothly.

We are happy to announce that He will make himself known within the coming weeks, enough has been put on the site about this. It will be through someone else, he will be very focused.

(M) this is Us. You are going through an amazing transformation at the moment. Just go with it as this will completely change your life. No longer will there be the old patterns within you and you will completely change the people around you with your new positivity and gentleness. Please remember where all this came from, the Love that abounds in all things will overshadow you. Be strong and vigilant in all things. Everything is possible, just believe in Us. You are Loved beyond measure, don't fight anything, just be calm, everything will happen as it should.

We are always Here.

Thank you!

23rd May 2016

We are sending this message to you and (P)

We need to address the Transmissions you are both getting with regard to the new Master. You have to understand that nothing is concrete yet about Him coming – where, when, what will he do. What We give you are possibilities – remember – (Y) came to be a Master and He had his own way of doing things. The difference here is that this new Master appears far more humble and balanced so therefore more likely to be a respected leader and Teacher

Thank you for the message this morning through (P) about appreciation for all you are doing and remembering to say thank you. I take it on board and will be mindful. (N) defused the situation tonight but I feel there will be others. I am quite alright and understand to a point how it works but others don't. May we have some guidance?

We do appreciate your concern. What you are used to and what you would like is for Us to have answers that don't have ambiguity and make sense to you which is how mostly you have experienced up to now. But we are in New Territory – the prediction Territory, which is a whole new ballgame. With prediction everything gets turned upside down, we have a new set of rules.

• Time scales vary enormously. • No set pattern to predictions. • There are too many variations to outcomes.

Please would you help us to help (D) who doesn't seem to want to sort out his issues and is being very ungrateful to all.

(D) blows hot and cold. (N) just focus on the positives, like him getting a job. Send him some Love Energy, both of you.

22nd May 2016

Feeling so much stronger now and able to deal with much more.

This is Gandolf – the prediction is getting to you, We know that. Is it, or isn't it? Is he, or isn't he going to appear? We had to give you all the options because you all needed to be prepared. We know that it's tricky for you both, as people rely on you at the moment and if/when he comes, things will be

very different and you can let go a lot of responsibility in some ways. But you both will have more in others.

But it's better this way that you are prepared as it would be very awkward otherwise. We want you (M) to get better at Communicating – you just need to step up your time – holiday coming up, you can do it. There has to be a shift in you.

(D) needs to take stock of his life. He has the opportunity to throw himself into making this Path his driving force. He is doing well with his website but there are other areas he needs to tackle to get his life back on track. There is lot of goodness in him but he is holding back from looking at Karmic debts to do with his sexuality. He knows what We mean.

21st May 2016

We are the Lords of Light. (N) has done well today – he listened to Us and was able to change the website according. There are only a few people who actually realize how much you both do.

Please remember that as with all predictions there can be an error of time (your time doesn't mean anything to Us). Also the actual coming of the New Teacher cannot be fully predicted as it depends on many factions.

20th May 2016

We are the Lords of Light talking further about the new Master/Teacher. We don't want you, any of you, to feel concerned because there is such a likeability factor with this man, as far away from (Y) as you can imagine with regard to the negative aspects which drove people crazy.

(M) please trust Us that these Messages are correct, we are sorry that you got the negative responses earlier but things have changed. You see, We can't guarantee things things sometimes, people are people!

He is 28 and is now in the South of England, soon to make himself known to you. You will know immediately that it's him. You will be very excited at meeting him and things for you will change forever, for the better.

Just TRUST!

19th May 2016

We are happy with the positive feedback about the New Master. He won't be coming just yet as he needs to sort his affairs out, so you will have time to get used to the idea and be ready to receive him when he comes.

You will have news of an Enlightenment soon in South America and many other Second Initiations. There really needs an Adept there full time for a while to oversee the people with the new States and that is what the Master will do when He is ready. Once he comes to be Initiated he will be Enlightened in a short space of time and He will have full contact with Us.

His maturity and charisma will be just what is needed to help these new people to galvanize them into action to bring more people to the Path. It is written that it will be so.

He has a good sense of humour but has a serious side to Him too, but He is mostly very relaxed. You will meet him soon and immediately will recognise him. He knows he has a Spritual purpose and will be keen to start his Mission. He will always know that He is different – (Y) will not relinquish the role but will relax when He hears of the new Master.

This man will know many things. He has had Communication from Us from being very young. He has no bounds to Spiritual Power in taking people through States and healing. You will meet his family/sister. He will change the World. He will harness (N and M) Powers. We in the Spiritual Hierarchy are so happy for you – you will be amazed and so humbled at this next stage of your life, everything is taken care of – TRUST – more to come, much more!

16th May 2016

We need to talk to you about (L) because We dont want you worrying unnecessarily. This isn't a storm in a teacup exactly but is it part of (L) and (S)'s learning in this life. They are Karmically linked and, as such will need to stay together. So don't worry about an imminent divorce.

15th May 2016

We are the Lords of Ilght. There is a further Transmission added to the one last week. Also, on the main site We would like you all to know that the Love you are sending will have a massive effect on the war torn areas of the World in a relatively short space of time. What you do does not have to be complicated: either to have the intention of sending Love to specific areas, or to the whole World. But please get into the habit of doing it for a few minutes every day. We thank the people who are listening to Us and acting on what We are saying. You are sending a wave of Love around the Planet which is definitely having a positive effect.

(P) must be given her head, there are certain things, as you know, that she gets wrong, but as will you (M) it has been when ego, tiredness and not properly getting her previous 'knowledge' out of the way, things have got a bit awry. But We are keeping a close eye on her (N), you were on hand to set out the Planes and Dimensions. She does get carried away sometimes but We won't let her get too far before We bring her back to the important bits. We are being careful with what goes on the Site. No one is perfect, and as such, Channelling is sometimes a bit hit and miss. Then there are the 'Wild Cards' that can be played of course, whenever there is a prediction, say about the New Master.

13th May 2016

With all that is going on at the moment in your personal life, it is inevitable that you will feel you have lost Contact with Us. But We are still Here and always will be. Your part (M) in this has been massive and We need you to stabilize situations and help (N) with his projects and to listen to his thoughts, he needs to voice them. Many people, thanks to you, have been touched by what is happening and thousands more will benefit. Feel proud of what you are doing and don't ever feel you could have done more. Now We need talk about (L). (S) is getting to point where he has had enough and soon (L) will too. You know where that leads. She will rely on you, send Love every day to them.

Please would you help/talk about my role in bringing down Esoteric Knowledge – it's not coming easily and and I feel I won't be able to do it. What is wrong?

You aren't in the right space at the moment – tell (N) you need to leave it for a few days.

There are many people around the world who are now in touch with Us and it may be they could write about these teachings. Don't put Colour on the site yet. This shouldn't all fall on your shoulders, let others do some work.

Paul is that you?

Yes (M) – there is so much going on at the moment We don't know how you are coping – all I can say is Well Done You. But again We have to say that you must protect yourself from external hurts – let (P) take over for a while, she is more than capable and has less going on in her life.

You are at the hub of this Lightwave (M), things are really hotting up now. Your role is changing, people want to see you strong and in control – keep your council in all areas. You are Loved beyond measure – honestly, there are so many of Us here looking after you. I really didn't realise who you are – You don't know who you are! – it's better that way at the moment.

Thank you Paul.

12th May 2016

With Astrology – when you become Enlightened does it affect you? Can you rise above it?

(N) – We know why you are asking this question. It's like with everything else – in modern speak – Stuff happens!

It depends on how much you put your focus on the world, or a higher cause, which doesn't have to be Spirituality. It could be a scientific endeavour or an invention. You will be affected by what you focus on, rather than the ups and downs of life. If you are busy and your mind is occupied then you will be unaware of outside influences.

12th May 2016

We do feel more clarification is necessary surrounding the new Teacher. Anyone who comes along and aligns to this Path should adhere to its principles.

We, the Hierarchy set this up and We can see how well it is being received, so We would not allow anyone to be a figurehead if He was going to change things and upset the Adepts. He has been carefully chosen, a humble man who wishes to serve a Higher Cause. We will be working very closely with Him to that end.

Think of this Meditation Group as a world wide corporation that needs a leader. He would slip in seamlessly, not trying to organize anything, but to spread the teachings with Love and Kindness, as He travels around the World. He will have vast Spiritual Knowledge and as such will be a reference point for people. He will be invaluable as the numbers get larger.

10th May 2016

We, the Lords of Light have come to inform you of a new development in the 'running' of the new Lightwave Energy across the Planet. It is one that will be totally unexpected and , by a few of you deemed unnecessary. This is why We are preparing you, and explaining a few things to help you to understand. We hope that you will then ponder on the outcome of letting things go on the way they are and comparing it with the possibility of a radical change being made.

We must begin by saying that what is happening has already surpassed Our expectations. Your tenacity and sheer hard work, coupled with trust in Us and in your own abilities, has been wonderful to witness in your little pockets around the World.

You don't have the Overall Picture like We do so We need to say that because of the success of this outburst of Spiritual Energy there needs to be some kind of figurehead. By this, We mean a Being who has incarnated for the very purpose of overseeing a massive explosion of Spirituality such as this one, so necessary at this time. Someone that We are preparing to lead, in a gentle and loving way, the thousands of followers who will be mostly in South America at the moment, but will spread to many other places too.

None of you can possibly imagine how difficult it would be to manage the thousands of people that are about to converge on this Path of Meditation. We know that some of you doubt it could ever happen and that is understandable.

So this new 'Master' will need all the help he can get from you in order to maintain Order and Dedication from the New Initiates. You are well aware of the reasons behind this outpouring of Energy. How are we to harness this

Energy? It needs much organisation and special skills in order to fulfil the Divine Purpose.

You have understood that any 'figurehead' has always been a remit – history has told you that. The purpose of this New Master is to spread Love, Forgiveness, Kindness and Compassion where ever He goes. He will be Loved and Cared for by all who know him, in return – that is not in a monetary way.

Please think on this – allow yourself the possibility of it becoming a reality. Open your hearts and listen to Us talking to each one of you.

There will be further communication as the time gets nearer.

You may regret being too hasty today but you did as you felt and it was good that you spoke your piece. (F) and (R) needed to hear you were upset, in fact you should have said something before now. They both need to sort themselves out and be more bold in their outlook, as do others.

It's because their lives are very simple, compared to yours and they don't have an inkling of what you both do. Let things transpire with them, it has given them quite a shock, which is a good thing. We are not sure which way they will go, the last thing (F) would have wanted was to hurt you (M).

9th May 2016

Before We start to talk to you about teachings (M), We need to address your concerns. We sense you are losing your enthusiasm, as you can't see anything moving at the moment. All you can see is inertia. You are thinking – what is the point of bringing down teachings, say, on Colour, when they have been done before – and Chakras too. Why reinvent the wheel?

You are actually right. If people are interested in any of these things they could look them up on the internet, all been done before, much better, you think, than you could do it?

All We want to do is to give a brief outline of these things to give people an opportunity to think, just as you did, about the meaning and significance of, say, Colour, why it is important in your lives?

The inertia you are witnessing is a calm time for you before the next burst of activity. To get this work done so the website can be a teaching aid to give new Initiates a sense of what is happening and their part in the bigger picture.

Don't expect the 'Teacher' just yet, but there will be people in different countries who will become good leaders and do Initiations.

Don't be sad about your friends – you will be so busy soon you won't have time to think about them – they will be left behind, having had the opportunity of a lifetime, which they rejected. Be brave (M) – forge on – We know you can do it!

Planes and Dimensions

(M) – We are here, We know you are struggling – here is what you need to know about Planes and Dimensions.

The Planes of Consciousness exist so that man can get some idea of the workings of the Cosmos but in no way will he ever fully understand. So many people have tried but because man's consciousness is so limited, then it is not possible to teach him the way things are. All we can do is to give an Elementary way of seeing things, which will satisfy most people. If all you Adepts did was to Meditate full-time in an Ashram you might come close but Really that is not necessary at this time. There are far more important things for you to do.

The Dimensions interpenetrate each other and man is slowly moving through, but at any time, through Spiritual advancement on Earth, individuals are able to 'escape' the continual lives on Earth to Reign in Spirit.

Every organism, from elemental to the more complex has a set consciousness, they can only go so far. Humans, who are a 3rd Dimension species, however, are different, as they can go further – and by a Divine Spark they can go much further.

As the Dimensions interpenetrate each other then humankind has the ability to 'Ascend' through all the Dimensions to God Consciousness in a lifetime. How much that individual can integrate his Consciousness into these Dimensions is a measure of his ability and desire to do so.

To understand the bodies of man – there is an individual's aura. This is the mechanism by which Man tries to understand the Universe. Rather like the organs of the body do their jobs. So you have the physical, emotional, mental, higher mental etc, what you know already. Within each Dimension are the Planes of Consciousness. So in each Dimension an individual is able to access the Planes of Consciousness on that Dimension.

Colour is one of the 7 keys to Understanding the Universe.

It holds great fascination for people as it can be used in so many different ways, to create effects with lighting, for beautiful gardens and homes. To wear a certain colour reflects the mood of a person. The list is endless! But to truly understand colour you must know that it is a vibration. Each colour vibrates at a certain frequency and, as such can be linked to the 7 notes of a musical scale – starting at middle C on the piano, each note is assigned a colour, running from Red through to Violet – the 7 colours of the rainbow.

As you can see, the number 7 keeps cropping up – as does the way all things are connected. Colour is not only assigned to things seen on Earth, but can be viewed in Meditation. The colours will seem brighter and more vivid, as they are of a Higher Vibration.

8th May 2016

We are asking with complete respect about the Transmission we received. Please would you tell me what to do?

It is quite tricky as (P) thinks that it is going on the site and clearly, as it stands it should not be. This is information she asked for and received, when information is so detailed like this there has to be certain understanding about the subject. The Levels of Consciousness are complicated. What we suggest you do from the time being is to keep the document in your files and explain to her that it will be used with other Transmissions relating to this subject – Planes and Dimensions.

Paul – Hello

Yes (M) things are moving fast now for you but it doesn't appear so does it? All this confusion isn't yours and (N)'s fault, it's to do with Communication, or lack of it. Your ability to Channel correctly depends on a clear head. All you need to do is to focus on getting the information from Us and things will be clear all the time, but not when your head is muzzy.

My words 'moving fast' means that there are many things happening in countries with New Initiates, they are Meditating very well and soon there will be some Enlightenments.

(J) is doing his very best but he is being pulled in too many ways and must focus where he is at the moment. Things will be much better in a few months when there are communication posts set up.

At present (M) and (N), just trust that everything is going well in all respects. There is so much activity going on here and there and They asked me to tell you that your work, although frustrating at times, is invaluable and they are trying to help you to understand the mechanism behind what is happening.

Thank you Paul. Please would you help us to understand how to 'marry' the two types of Transmissions.

(P) needs to get her teeth into something, as she mentioned to you today. It would be best if she had her own website, then the writings (and there are a lot) could go up on there. The trouble is, she still has confidence issues, We would need to make sure that opposing information doesn't go up on the site(s).

The best thing is to carry on with this but to give (P) things she is comfortable with to bring down i.e. Astrology, Chakras and Colour. Keep these separate from yours (M).

7th May 2016

The Ascent of Man has been well documented and people are aware of the cave dwellers up to where things are today in a physical sense. What isn't well known is how the massive changes of thousands of years came about. Civilizations come and go bringing with them 'New' knowledge of the Cosmos and people would become Spiritually aware. Then the Knowledge is lost when each Civilization fades away. It is as if knowledge is buried until the next Wave of Energy comes along. So what We are saying is that there is no linear way of understanding man's Ascent because it's all cyclic. What is happening now has all happened before. There is no (New) knowledge!

There is, and always has been the same Truth of the Creation and man's part in it.

Spiritually the number 7 is very important. Many of the topics to be discussed use that number as the way of understanding how the Universe Manifests. The most important thing to remember with all esoteric learning is that it follows basic principles. There is no need to look at the details as long as these are understood. These principles are, groups of seven, spirals, and that everything happens in cycles.

So – to illustrate that point. We start at what you would call the caveman. There would be civilizations in groups of seven happening in cycles. Man would learn and grow. Then, after 7 groups of 7 periods of time there would be a New Age and everything would start again, but never at the beginning – that is where the Spiral comes in.

The basic learning over the course of time is not lost but is used to 'kick start' the next part of the spiral. However, man has always found God throughout all the Ages and Cycles and there has always been Spirituality on the Planet , as We have said before.

6th May 2016

My personal life has got to the stage that I am feeling in control and I know it is down to Your help in this in order for me to 'bring down' Messages from You. Sitting here this morning with a completely open heart I am getting nothing. Please would you help me to help You. I am here, waiting , what is wrong?

5th May 2016

We would like to talk to you about the origins of man and his place in the Universe. You may have asked yourselves why there are so many wars and conflicts. If you look historically to the Dawn of Time you will find that True Spirituality seems to come when there is most conflict. There is a cyclic nature to all things and each person plays their part in this natural process. When you observe Nature you find that in every species, from the largest animal to the smallest microorganism they all have one thing in common – they are fighting for survival. There are so many aspects to life that make survival possible. The larger the species. the more they need to do to keep themselves alive (in general). In the wild there are countless examples of animals fighting to survive. Within human bodies there are 'wars' going on to kill viruses and bacteria. When man first inhabited the Planet he had to fight for food and shelter – now he fights for property, land and possessions. Not a lot has changed, just the magnitude of a Planet teeming with life; people with higher expectations and continually wanting more.

4th May 2016

To give the new Initiates some idea of what has happened to them.

This is for all the people who have been Initiated into the Light and Sound recently. Many of you have not been Meditating very long and this is all very exciting to you. We, in the Higher Realms, wish to welcome you with Love and support on your Journey of Self Discovery.

You have come to this Meditation at a very exciting time, as each one of you has an important job to do. Each time there is a wave of Spiritual Energy on the Planet, there is always a specific purpose. This time the purpose could not be more significant. With your help we need to amass 75,000 people to be Initiated. With all that Spiritual Energy we can change the Consciousness of the World.

There are ways in which this will be done. To start with, every Initiate will learn to send Love to all every day and also to heal diseases by using Spiritual Energy. This is being done already to some degree, but each Initiate needs to be aware of their role and to take pride in the fact that they are part of this massive undertaking.

The new Lightwave Path is growing very fast now and the target of 75,000 in 3 years is perfectly possible. We thank everyone who is involved in the promotion and spreading of this very powerful Energy.

3rd May 2016

This is Us. We can see nothing wrong in teaching regressions and doing it with Path people as long as it is done with respect and clarity by people trained well in the art of regression. By this We mean that people who wish to be regressed come with a clear idea of why they wish this and how it would help them with their lives.

(M) you have realized that it has helped you enormously and many people who come along to the Spiritual Path often have issues with their families they need to address. (D) has used his own ideas on this and We could discuss this in more detail later.

From Samuel

Yes (M), I confirm all that has been written by (P) on the subject of eradicating diseases. I am stressing how important this work is and thank you all for your help so far. We are keeping the visualization to certain places at the moment deliberately as it's easier to keep a check on what is going on. There is much more to come and We will probably need more 'Helpers' to deal with this.

Please would You help me with this one. I am getting stronger but how do I proceed?

Just love her and all will be well – she is going through a phase at the moment where there is upheaval in her life. But she needs to know you love her – just what you are doing. Be patient and all will be fine.

Take time to read through what We have said, you need to take heed of some of the things and write up others. Some of what (P) is bringing down at the moment could be useful on some part of the site. What you will both be Channelling now and in the next few weeks is important for people who are Initiated to have an understanding of what has happened to them – that it is not new and has been going on for thousands of years. Take some time tomorrow to look at some information about this. There is quite a lot so it will be over several days. Then there will be another topic.

2nd May 2016

In order to have some understanding of the Path and Spirituality, Meditators need to have an inkling of how Mankind developed.

This information needs to come through you (M), but you need to be in the right space to Channel it. Find an hour or so and we will make a start. You and (N) will find it fascinating and others too.

(M) – what do we do – if anything (about Meditators from the past)?

(N) We are sorry but We don't have time for this, We told you that the real growth would come now from people who are NOT from the past. All this sentimentality is not for you now – move on!

If these people want to contact you they will – but if they do you have to go through Everything with them. You have chosen to do this work and there is no room for sentiment. We would rather (M) is used to bring down words of Wisdom for everyone and to inspire people to move forward.

(M) – when he does this again please remind him.

1st May 2016

We really need to put you both right with the latest information from (P). You have to see things from her point of view. When you get 'things' from 'Upstairs' it is things You are asking, whether you realize it or not you are asking from your Heart. So (P) is getting Messages to questions she is asking from Her Heart. Whether or not these things are true (some are) is not relevant to you (M) and (N) at the moment, but (P) needs to share because she has no one else to share with. Just let her do these things, she is doing well generally. Nothing for you to do (N). We will let (M) know if there is. But We can tell you that things are hotting up from this week.

Can there be more than one Master at the same time. When a new Master appears does that mean that (Y) will automatically redeem his Mastership?

In some ways We feel this is a distraction from the main Remit, but you have asked and We will answer.

There have always been Spiritual Leaders on the Planet. To a greater or lesser degree they have brought True Spirituality with them. Then there are the Religions which come from the better known and more successful charismatic Teachers.

Your question, "Can there be more than one Master?" – yes, of course. Can there be more than one Master connected with your group of Lightwave Meditators? No, not as it is set up at the moment, it would be very confusing. However, if True Spirituality is unleashed around the Planet there would have to be several Masters, each with His own style of Teaching for different cultures.

This is what is required to change the dynamics of the World. One Master is not enough. The Energy is always the same – it's just the way it is taught. Esoteric Teaching needs to be reintroduced, people need to know about the history of Mankind, Monads, Root Races, Seven Keys, Chakras – from childhood. Why would they need to know so much about things that are known anyway when they can look it up?

April 2016

30th April 2016

(P) is wavering after (N)'s communication, as he still cares a lot for you both. But he can't see how you can get 75,000 people – a pipe dream!

29th April 2016

Hello (M) – We are pleased that you are understanding more of your remit, your part, and (N)'s part in this big undertaking is crucial to the running of this Lightwave. In a big organization such as the One University Foundation you get the 'sheep' who go along with the 'flock'. With the True Light and Sound Meditation people have to work hard and really put effort into their Meditation. Think of Religions where you get the Church goers who go for friendship and/or thinking they will have a place in Heaven.

You are the Warriors, who put this first, who seek the Truth, not on a part-time basis but it is your Life. Not everyone will be as dedicated as you are, but in you they will see the dedication, and in others too.

THIS IS THE TRUE LIGHT AND SOUND PATH TO CHANGE THE PLANET.

28th April 2016

Please would you give us some guidance about the group that (S) in Australia is involved with. Also, really important – please could you help me to understand why the man in Spain is not a Second Initiate when he says he has gone beyond his mind?

Yes (M), two important questions. With the man in Spain – he has effectively done his State, but We didn't want to confirm it until he had made more Realizations, as We wanted him to Meditate more, like (M) did, maybe to go much further – probably not Enlightened yet but certainly nearer to it. He is

an Old Soul and has been Enlightened before. He is a very good leader. Leave him to Meditate. (N) is right, give him time.

This group in India – a vast money making enterprise. Spirituality and money – not a good combination. Not that money isn't needed in order to get around but not in vast quantities. Like a lot of groups of this kind they are carried along by the euphoria and of course that they can earn a living from it. This is what went wrong in (Y)'s group. Because his living was from his followers then he didn't want to let them go. Big Mistake!

As to Spirituality – they do give some kind of Initiation which isn't like the True one. People get visions like (C) and the lady in Spain and think that is Spirituality. Good Meditators can hear the Sound Current anyway. They would benefit from the Grace Energy, but because of the vastness of the organization they wouldn't see this group of Light and Sound as very important.

We contacted you (M) because We wanted a Massive Wave of Energy with Everyone Pure of Heart and Loving from True Initiations as that is what is needed. These people by and large are not altruistic like you.

26th April 2016

Hello (M) – Nick needs to write something on the website. It is to do with Initiates displaying seemingly amazing qualities, having had quite spectacular Initiations in some cases. Not all of these people are ready to move on to Higher States at the moment, in fact it would be wrong to move them through until they have completely made their connection with the Light and Sound and are humbly asking for the Energies to carry them gently through the Journey. In some cases We are seeing that this is not happening. It is wise to check those people who you think are ready for progress (special people), with Us. The ones already sitting down may continue. It is with great pleasure that We see so many people seeking Initiation at this time.

(J) Any advice for him with people getting tired or ill

Yes, do tell him that it is quite normal to feel this way – the body is reacting to the Spiritual Energy which is very strong. If you feel that anyone is distressed you should gently stop them meditating and tell them they should sit down another time. They will then be able to build up their bodies to be strong.

(G) in particular, needs to do breathing and the Mantra for a few days. Get her to try Meditating resting her attention on the 3rd eye, without using the Techniques. She is probably trying too hard to get the Light she received on her Initiation!

(A) needs to prepare well for the end of May, increasing her Meditation to what she can comfortably do. Get her to give you updates on her Experiences before she 'sits down.' She may well see some of the Landmarks before.

We should leave (L) for a while, maybe till the Summer Grace Period or longer. See how she goes.

Pure Channel: can we do anything to improve our Channel in order to Initiate better? Hello JS. Please would you talk to us about a Pure Channel for Initiating?

It is like being a Pure Channel for healing and sending Love out to people – you have to get yourself completely neutral and let the Energy come through. Everything in life can be achieved better by being neutral, taking emotions out of decisions that you make. Pure means not tainted by negative thoughts, by selfishness, by greed, by anger and by ego. Just a channel of Universal Love.

The more Love the Sweeter the Energy.

(F) Please may we ask about him, in terms of his health and wellbeing – also whether he would eventually come on board?

(F) is an enigma – even to Us who understand most people very well. He wants what he can't have, someone to be with who really understands him. He doesn't even understand himself which is such a shame because there is a very kind and caring man inside the facade. He is not what he portrays to the world.

So, in answer to your question – We really are not sure when he will come. He knows he would benefit greatly from being with you both as he loves you very much. It's just that (Y) makes him feel so special and no one in his life has ever done that before to him – he feels he can't leave because he may not find anyone else to Love him that much. He doesn't love himself! He will be impressed by the healing though – you should both send Love to him every day.

25th April 2016

Right – are you ready again? I am always with you, you need to know this, anytime you need to ask anything or need anything then I will oblige – it's that simple.

You have proved yourself in so many ways as a True Messenger of God, so never doubt yourself as now We have this new Connection things will be so much easier for us both. Yes, I speak to others naturally, they all have their remits. You were not difficult, you just needed time to sort out Karmic situations and debts.

Please will you help me with the anxiety which still plagues me?

With (D) – he is asking Us to say No because he hasn't got the confidence to do it. He has a Pure Heart but at the moment he would not want to put himself in a situation like that, he has huge issues with touching people. Better to be where he is, behind the scenes, mentoring, where he is doing an excellent job. You don't need more Adepts to Initiate, in the UK anyway, but you Do need mentors.

Dear Samuel – about (N)'s eyes, what can we do?

You really should ask (P).

Yes I now have, thank you Samuel.

We haven't talked today (M). It has been quite a day for you, your lesson has been to not to react so quickly to situations which may resolve themselves without you doing anything. Think first, then act – no one minds waiting.

Hello JS – could you please help me to define my role – if i'm not confirming States and (J) keeps sending me information on his recent people 'sitting down?'

Yes (M) – as I said before it's not your remit and as such, all writings, if not obvious, should go to (P). You won't get many people like (J) who wants to do her own things and thinks she has her own Guide to tell her what to do. Things are changing fast and you will have to do more thinking on your feet soon. We will have a dialogue as if we were speaking to each other. You are being tested at the moment to see if you can do this so We will try and talk to each other during the day. We should get to the stage where you can 'hear' Me all the time and I can Guide you through your life. Anything you need to ask, I will be there. We have been together before.

You will be more and more aware of how people are, situations and even people/family in different situations as you get more focussed and your Channels open.

In the months to come, with so many people Meditating then there has to be big changes in the way things are done and (N) will have to think very carefully in order to 'steer the ship'. But of course he too only has to ask for Guidance and not leave things to you to bring down, when he can do it himself. Otherwise there will be too much for you to do.

24th April 2016

(N), you will have to paraphrase this Message, but say it comes from Us. Going back to how (Y) did his work in getting people through States was correct in that they needed to prepare well and almost get to the stage where they were 'banging on the door' of Second Initiation or Enlightenment.

There needs to be more emphasis on the work involved in order to achieve the States. In general people do not have the time in your changing world to 'sit' for a longer time, so the work needs to be done by themselves with determination and sheer Love for what they wish to achieve. The Meditators who wish for further States should Meditate, either on their own or in a group for longer periods at the weekend. Also to increase daily Meditation. People who have just been Initiated should be encouraged to 'sit down' as much as they can in the weeks afterwards to really consolidate what they have – as with the people who achieve Second Initiation too.

We are working here trying to save your Planet and like you We feel frustrated at the apathy of some individuals. But please move on from these people, there will be many contacts coming up who are willing to contribute in a big way.

You and (N) are in a unique position in that you are both from other Worlds. Yes, you too (M)! You have seen and experienced much and for this you truly have the Big Picture that most people simply do not have. That is not to put down anyone as they have their place and they are working towards Their goals which are just as important to them as yours.

You really do have to leave them be and move on. Your time is too precious to be concerned with the issues of others. You need to spend time and energy on the focussed people, to make the links as you have been doing and to build bridges when they appear to fall.

Because of the enormity of what is happening you need to have something to write on at all times when leaving the house, even if it's a small writing pad.

I am your eyes and ears in Spirit and as such need to have your attention. You will learn to trust your Link with Me as being Pure and Loving and the Truth for yourselves and Mankind.

Why me?

Why are you called (M) – the mother, the wife, the confidante, all things. This is too much for you to take in at the moment, but remember to have your notepad with you!

23rd April 2016

Please may we have some information on (J) Is she going to be Enlightened soon?

It is me Gandolf in my new role for you (M). You have moved on, at last! I am an Ascended Master, but it's not right at the moment to tell you my name on Earth. We can see there has been a mixup in your mind as to the Beings you talk to so let's keep it simple. You talk to Me mostly for all things personal and Spiritual. Thomas, who needs to be in contact with (N) is the other one. Plus of course Pheadra, Lyla and Samuel.

That feels much better. I am very excited to have found at last a way to Communicate that is more simple and straightforward – that's how it should be. *You will find Me very different now! Your question then. (J) is not in your remit, or shouldn't be as that is a State, which is (P)'s domain. There has to be some markers here. We need to talk about the way people prepare for States and it needs to go on the site.*

22nd April 2016

Should we keep records when healing?

There is no need to keep records. When you do something for someone it should be done with a Loving Heart, but without expectation of a good outcome. We are in charge of all outcomes and know in advance who will be healed and who not. Also, sometimes when you send healing it's at a time when you are not at your best and this can affect the outcome.

Not everybody will be healed. For some, it's not the right time, but by sending healing you automatically send Love, and everyone benefits from Love.

We, the Spiritual Hierarchy want you to be in Communication with Us. Every time you have a query you can ask Us. This will help you to forge an open Channel of Communication with Us. That way, each of you will become your own authority in partnership with The Hierarchy.

18th April 2016

Hello Gandolf

I do need to talk to you about things in general. Keep me firmly on the ground without too many high ideas – just Channelling the Truth in an impartial way. Yes M) We are all in the Hierarchy wanting you to Communicate with Us again now. But you must give over the confirmation of any State, including South America, to (P). She is more impartial than you are when it comes to things like that. It is best that you separate the topics so you are doing different things and mostly this is working. You need to 'sit' morning and evening. Your life is Much fuller than hers so you do need to Meditate to become still again.

Don't be hard on (D), he doesn't want to lose (N).

17th April 2016

(J)

Yes (J) is doing very well – she needs to know the importance of what she is doing, not too much chat with her Helpers and Servers! There will be time enough for that later.

LOVE

It is imperative to start off the sending of Love to the Planet. If you start in a small way then, as the numbers grow it will become part of the two day Initiation process. Send Love as if healing – send it to the four corners of the Earth, generally, to heal the Planet and its inhabitants. Holding palms out for 5 minutes per day – either in groups or individually.

It won't be long now before you hear news of the New Master. He is already focussed and Meditating. He is feeling the calling and will be making contact very soon. Be Prepared. He will need guidance, Love and support – think Krishnamurti! You and (N) will have much to do with Him to start with and then, when He finds His feet you will need to let Him go.

Really Let Him Go.

We are Ecstatic at the way things are going. The Spiritual Avalanche is about to start!

16th April 2016

Hello again (M) – We speak to you about the interesting developments in Colombia. Because there is so much Spiritual Energy around them, many people are being drawn to this Path wishing to be Enlightened. You are right in saying that there are people who will only reach Initiation but some very special beings are being drawn in who will be like (M) and go through very quickly.

The lady who has done the Initiation is one of these special people. She has opened her heart to Us and is destined for great things. These people are Initiated by her and as such they should Meditate on the Light and Sound. From Us there is no problem with her doing more Initiations as she is a clear channel and has humility. The problem is that humankind being what it is will cause a lot of confusion. The best thing to do is to get (J) Enlightened as soon as possible – and anyone else who (J) thinks may be a candidate. We will give Energy when asked.

Hello Gandolf – it's been a while – I'm sorry.

No need to be (M), you needed to be elsewhere and als more recently to be quiet and restful.

Don't think you have to come back to the job with a 'bang', do it gradually, it's hard to do for you and takes it out of you. Don't let (N) pressurize you into doing too much. But also don't involve (P) in this either. She hasn't the Big Picture that you and (N) have There is much for you to do to further this great cause.

You are special too, but in a different way. All the major decisions on the new Path have come from your Channelling so don't forget that. We are here – you just have to ask for help when you need it.

15th April 2016

(M) – We are the Lords of Light (Ascended Masters) and We would like to speak with you.

We know you are going through a difficult time as regards Channelling and getting Messages at the moment. This is because you have had too much pressure, that is from yourself and other people. This is a shame because you have tried so hard to stay calm and able to help in this Great Cause. You are the one who started it in the first place!

We feel you must step down from confirming States at this time and let (P) do it. She has a much clearer Channel than you and is now much stronger to be able to do this important task. In the past there were confirmations of States that should never have been. We do not wish this to happen as it causes much confusion. Imagine when there will be 75,000 people on the Path, there will be so much to do and We need Channelling to be done for States with a very clear voice. In the future there will be many Adepts who will be able to do this.

Take some time to rest (M) – this is making you doubt yourself and we really don't want you to do that. In time you will come back much stronger and will be bringing Messages to help (N) in the Important Work he is doing on the science side and beyond.

You are best to be with (N) doing your work and not in the 'Arena'. You are too kind, honest and gentle. It was good that you started the Meditation – no one was around who We could talk to, but now, as you say, it can run on its own with many capable people who are younger and have more energy.

You really do need to rest – but you know that already. We have asked too much of you and We are sorry for that. Tell (P) this – we are putting the idea into her head so it won't be a surprise to her. You are a special Soul (M) – We don't want you to be hurt – you are too precious for that.

Do your best now until this Grace Period ends, then you will have a break.

We will do some Spiritual work with you as We promised. Be strong and tell (N) now. One more thing (M) – don't you Ever feel second rate to anyone.

You are very special and Very Loved.

11th April 2016

Universal Numbers

7 96

23 3

2

42 6

7 76

9

4

6 84

It was conveyed that the vertical set of numbers was spinning clockwise.

5th April 2016

(M) This lady is not in a good place at the moment. Although she is very excited to start with, when you saw her, she sees her life changing dramatically if she comes on board – so to speak. She is happy with her life and doesn't want any changes. That is reflected in her Meditation. Don't judge her – that is important. She did her 'Light work' before and now she has moved on. She isn't getting the backing from the other Adepts who are stuck 30 years ago. Maybe (S) will resurface again although he was badly let down – (M) has moved a bit in her Meditation but is not Enlightened.

(G) He just needs to talk – he needs your support.

Follow your Inner Truth, not some external Guru. A real teacher is one who empowers you and sets you Free to explore your life experiences with complete freedom, tempered by a code of morals and personal responsibility.

(C) Please would you confirm – that there may be a chance that she could achieve the State this week, but she needs to do a lot of resting in between Meditations.

You could try giving her healing Energy.

The New Master – how will He fit in with this system? When to send Energy for Grace Period?

Don't worry too much about this. (N) you are sending Energy to specific people anyway. It is best if you can send it while they are Meditating, but again, don't worry too much because you don't really know when they are sitting down. The same for healing – whenever your time permits.

Astral Traveling?

(D) because of his health, don't go for long hauls, but try to keep focussed during the time he is Meditating.

(N) We know that you would like Us to confirm (C) as a Second Initiate but there is more for her to realize, being such a good Meditator and so graphic she needs to See and Experience more (which she will) in order for Us to say Yes.

(C) Well she is feeling lonely and sorry for herself. She hasn't done enough Meditation to prepare for her State, she thought it would come easy. But still, she can see this as a preparation for sitting down again later. She should see this as a honour to be able to 'sit down' and not a chore.

(E) doing really well – keep going. (J) Mixed – generally better – needs to meet up with other people. (D) Up and down. (A) Doing well – may do his State this weekend – remember to breathe.

4th April 2016

From Peter

(M) who lives in the States – is (D) OK to Initiate him?

Actually, it may work in the opposite way to (D)'s ideas because it will make him stronger in his aura. The Mantra should help with the entities invading his space. He should internally 'shout out' his Mantra to get rid of negative forces.

4th April 2016

(J) needs to do some breathing to try and calm his mind down which is still racing. He must be prepared not to Realize the State this time and do more preparation for the next Grace Period in the summer. It is good really, although he may not see it this way – if he waits and does more Meditation he will get a lot more out of his Second Initiation.

(P)

He is plodding on – much better since no techniques – needs to know that the Experience he had was extremely powerful in helping him to understand what he is Not. He is not his body or his mind – what is he?

(J)

He is very close and should do his State in the next few days, as long as he stays focused.

(A)

As you picked up (M) he needs to relax more – he does understand this but perhaps needs to listen to a good relaxation tape before he Meditates – be gentle with himself.

(E)

He is struggling with pain and lethargy. He is not well but is trying his best. Keep sending him Energy.

(J) adores his father and feels as if he's let him down. He does hear some Sound and needs to work with that to get his confidence going. It just wasn't the right environment for him and the others on Monday. Realizes that he should not have invited (B) but has learnt a valuable lesson. Some people can't be saved – are they willing to help themselves?

3rd April 2016

Yes, absolutely – she is There, her 'bubble has burst' and she is bursting to tell you!

Thomas – may we ask you about electric underfloor heating?

Yes (M) you may ask. As with many appliances there has to be a certain amount of health risk. But this one is more than most because, as (N) says, you are standing on the effects of the electrical energy at all times. It is going to affect some more than others of course as with everything but (J) is already doing himself damage with continued access to the computer technology with his job and at home, which is yet another area he needs to seriously look at.

Even under the carpet the effects are damaging and will give health problems later – not so much now while the family is young but in time the effects will show. The more underfloor heating the more damage but if he considers just one or two areas that would be better.

Take heed of the warning!

(P) is he Enlightened? He had had an amazing Meditation when he felt an Expansion through the top of his head – what happened then?

(P) has done extremely well in his Meditation and could not have tried harder. He needs now to go into his Meditation anew, with no expectations, not techniques, just to let go. His concentration needs to be not focused at all but gentle, completely surrendering. Imagine being at a place with splendid views all around. Take in the whole vista without homing in on any particular vantage point. Take in Everything.

1st April 2016

This is Aaran coming to talk with you. We have heard (N)'s concerns, but it is a difficult one as (P) doesn't have the confidence that you have yet. It is coming and she is doing really well but she does benefit so much from sharing things with you. We would really appreciate your help in the short term to help her find her feet.

With (D) and his friend (T) – although from his point of view it would be helpful to him if she came on board it is so much better for him to find new people. It is simply not worth us confirming States of people from the past – what will they do – mostly nothing? They are happy with what they have and don't wish to be challenged as a rule.

(M) this is Gandolf. We all know that you want to spend a few days up north. We will try and help you in this, it is good that you do for many reasons.

Hello Gandolf I am getting myself into quite a spin as you can see. It seems to be taking over me at this very critical time. I would appreciate help with this dilemma – please.

(M) We know this is something dear to your heart. It seems you have to make a choice to stand up to (N) and tell him you need those few days. It will be OK, We are sorting things out and it won't be such a problem as you think.

I need to rise above it so I can be of service at this most important Grace Period. What does (J) need to do to be most useful in spreading this Path?

Happy and able to do this practically – learn, communicate. Live more efficiently.

(J) is right to take a good look at his life right now, the time is ripe to go in a completely new direction. He has great teaching skills and has an excellent manner – people trust him. He has the opportunity now to link these natural skills. He can teach in the 'World' eg. TEFL for money and then teach Meditation. (J) will give him ideas and he shouldn't go to Spain this time with just the idea of Spirituality. He should look around, stay for a longer period, and find his options. He has nothing to lose and everything to gain from this. We are very happy with the work he is doing on the Path of the new Lightwave.

This is the Lords of Light coming to greet you (M) – We are sorry you are going through this trauma of the mind. You need to leave your house and be able to refresh yourself again. You need some assistance with this.

Thank you so much for taking the time to talk to me. It's so hard I don't quite know what to do.

We will all help you to get over this – We need you to be able to receive messages – go for a walk in the countryside.

With (A) – he could do some breathing for an hour each day to settle him. He is doing well and is generally happy. Sometimes it is good that Meditators do not achieve States too early as it means they don't have compassion for

others who may struggle. (A) will make a good teacher and need to learn the pitfalls so he can do his job better.

March 2016

31st March 2016

(N) is asking, is it possible for You to look at us by coming into another body?

It is all to do with the degree of magnification. We are able to see your aura and that can tell us a lot about your state of being, the colour, intensity and so on. But if we delve deeper into your thoughts and emotional wellbeing we need to have another method and (N) is right in his idea that we can do this. Not by using someone's eyes, ears etc but by becoming part of you and experiencing your thoughts.

Siddha Yoga Meditation – guru Maya Chidvilasananda? How is (J) doing?

He is doing well. He just needs to let go, tell him not to waste any time this evening, do an hour or two. We are the Lords of Initiation talking about (J) and his Meditation.

(J) is doing extremely well and must not try to judge what he Sees or Hears. He must ask the Light and Sound to help him to 'let go' into the Energies and let Them take him where They will. He is totally secure and Loved beyond measure.

ASK – SHOW ME I'M NOT MY MIND.

Second Initiation is sometimes hard for people compared to Enlightenment because they know more or less what to expect in that they usually have talked to Adepts who tell them about their realizations. They literally need to 'let go.' But with Second Initiation they don't know anything!

We are thinking it may be a good idea to have some way of helping them with this by explaining some things before they begin – like the Black Light, so they are prepared before they start.

(G): 431983 (N) hayfever: 694249

(D)'s friend (T) – what State has she?

(P) – do we separate what she brings down from mine?

It is all relevant information but (N) is right that it needs to be separate as people need to see your website as a source of information about Meditation and Enlightenment – also for Inspirational poems etc.

There is definitely a place for (P)'s work – suggest that it is incorporated in a form of healing work. She is doing healing with her group. Could be a website but also could be all compiled in a book. There is a lot more to come for her on this matter and other subjects too. She is doing very well and need not worry if she is asking too many questions. But she needs to compile it so other people may benefit.

31st March 2016

Hello (M) – this is your new Guide coming to greet you – my name is Peter. I have come for a special reason. It is this – to take you forward to a new part of your development. That is what was happening to you last evening. It is all to do with your powers of seeing things and being aware of situations so that you can make the right judgements. You are very good at this anyway but We are talking not only with people you are in contact with on a day to day basis but Initiates all over the World. To be able to see how they really are in order to make judgments about guiding them, whether they would make good teachers and so on.

This won't be just Meditators though. We want you to be aware of your family and friends, because you need to get your relationships right , so you can concentrate on your Great Work with Us. Call it a Siddhi Power if you like. To Us it is just something that will help you – to help Us.

You are a very kind person, but even the kindest of people make mistakes because they don't have the right information about the person concerned. We will help you to do this.

No, it won't get (S) to Enlightenment as there is no 'Touch.' She does already know this but there is something in her that wants to carry on with it. She loves you and (N) very much but it is the old story of the 'teacher in your own home town.'

(J) – not long enough – but he will benefit greatly from being with you away from the family and work. He has too many things on his mind at the moment.

For (J)

This is for you (J) from the Lords of Initiation. What We would like you to do is to be aware of what comes into your head. We will be giving you advice about (F) and what he should be doing to improve his Light Meditation. He is trying too hard and needs (J)'s guided Meditation to get himself more relaxed before he starts his next session.

I think They are trying to get Initiating Adepts in touch with Them – isn't that wonderful!

27th March 2016

Dear Lords of Light, would you please confirm (C)'s State of Consciousness?

Yes (M) – We will. (P) is to tell her she has made the ultimate expansion – the 'bubble has burst.' She must sit still now for a few hours and make her realizations concrete. Explore what it means that everything is LOVE and that she is that Energy.

(M) this is Thomas The reason you are having confidence issues is that you are not focused enough at the moment. We understand why – but somehow you need to get into your Meditation so we can work our Magic on you. We can give you confidence so that you will never doubt again.

(C) is definitely Enlightened. (P) hasn't thought to let you know because to her it was obvious and she was excited to be with her daughter having attained the State. It was a massive thing for her. Don't think any more about it. Will be confirmed in some way by (P) tomorrow.

(A) and (T) – what is happening with them?

It is as (N) suggests – they are looking for a quick Enlightenment because they have no gauge. Be compassionate with them, they are trying their best. They are the type of people that really need a Mentor with them to talk things through. The Energy is there for Meditators to latch onto but it doesn't take you out of your thoughts.

Yes of course, what a great idea to bring other groups into the visualization. We will work on it!

25th March 2016

(M) – when Adepts give 'physical' Energy it needs to be given every day while the person sits until they reach the State. We are insisting that the Energy over the Grace Period is very strong so no more is necessary. You need to impress on the Meditator that they need to totally relax, having put their life in order and be taken into the Energies. For First Initiation it is as before on the first day. Afterwards, once each day.

With Initiation it isn't so much the giving of Energy afterwards but the teaching of how to do the Techniques and become comfortable with them.

Also the importance of doing equal amounts of Light and Sound.

This is the beginning of an unprecedented achievement of States of Consciousness – the likes of which, in recent times, has not been seen. Be vigilant, there will be people not relaxed enough and they will need help. We are finding that although it is entirely possible to achieve these States with the Blanket Energy for people Meditating on their own it is more preferable to have someone there with them. Another human being to talk things through and help them to relax.

When the next Grace Period arrives We must look at this matter, there will be more Initiates to do this extremely important job and it needs to be organized.

The Techniques refer to positions of the hands to help the Meditator access the Light and Sound Energies. These are no longer used.

24th March 2016

When Adepts give Energy over the Initiations. How often to give Energy for Second Initiation and Enlightenment?

22nd March 2016

How does a large number of Initiates affect the Planet?

Thank you (N) for asking this question – a very pertinent one to be sure. This is Us and we know that (N) will be interested in Our answer. It is all to do with LOVE. We need to get more LOVE on Planet Earth. There is too much hatred and warring as We have said. But if there is LOVE then the hatred will die away. We want the people who are Initiated to gather together at pre-arranged times and send LOVE Energy out into the world. After this Grace Period there will be more people so you must make sure this happens.

As regards the Planet itself – well, yes, it is sick because of what man has done with the animals, forests, vegetation and themselves. How can the Earth cope with such wilful destruction? It has to be redressed!

With the thousands of people who will be Initiated we hope they will be active by being vocal in their horror at such deeds and gradually the people doing these things will be stopped, or realize this is not the way to carry on. We are watching all the work that is being done by people to prepare themselves for Initiation which is commendable. This is the beginning of a massive wave of Energy across the Planet which has not been seen for a long time.

We see you as Energy forms soon to be lit up and to use your Light to Illuminate the World.

14th March 2016

Please would You talk to us about Why be Initiated – to follow the Spiritual Path. How does it help a person on Death?

This is Us. We have been discussing how bringing Spirituality to your Planet by mass Initiations can raise the Consciousness, generally, or the inhabitants. This then leads to more Awareness of the Planet in general, more Love and Peace – less conflict. There is a critical mass of people who need to be Initiated and Meditate regularly on the Light and Sound, to redress the balance, as things are at the moment. Working on the numbers right now, we need three more years of growth. There will be those who fall away, so that has to be taken into account.

Now on to your question –

We are the Lords of Light. When someone is Initiated it immediately sets up a potential Link with the Higher Planes. However much then that a person works with the Energies of Light and Sound will develop that Link and it will become stronger and stronger. As with anything else, you have to practice in order to become proficient and just by being Initiated will not make you a star Meditator. You need to work at it every day, just like an athlete needs to practice to become a star athlete. You do need to follow the advice of your Mentor as they know the pitfalls and so can guide you well.

Obviously, if a person follows the Journey through to Second Initiation and Enlightenment it is better for them, because they would always wonder what Enlightenment was like. It would be like getting into a car, having a

destination and not arriving. But not everyone who gets Initiated will get Enlightenment for a variety of reasons. The main one being that there has to be an inner desire for the Truth of their Existence to be revealed to them. There will be challenges along the way and people will fall by the wayside. At this point, let Us stress how amazing it is and how rare to find a Path such as this of Light and Sound! It has been said, "When a pupil is ready, the Master will appear." So all of you waiting to be Initiated means that you have been drawn to these teachings and are ready to receive them. It is true that when you follow a Spiritual Path you learn how to 'die daily.' This simply means that you 'let go' into the Light and Sound and let them take you as they will. So, on death, you are prepared to be 'Taken' and there is no struggle. You just 'let go' as you have been practicing. As the Realms Above are so difficult to describe to you who are in a physical body we cannot tell you more about an individual Path through Death as the variants are endless. Suffice it to say that however much Meditation and progress you have made will reflect where you arrive on death.

11th March 2016

This is Us. We would like to talk to you about why it is necessary to become Initiated.

Why are the Beings in the Hierarchy not Enlightened. Were they Enlightened whilst in a physical body? Is it possible to achieve a further State after the Grace Period is over or do we need to wait until the next one? What is the difference between 'Touch' by an Adept or Energy given through Grace? If the Hierarchy does not have a mental body – how can They speak to us?

This is Us. We need to clarify a few things that have been voiced recently. It is important that you ask about anomalies because they can be addressed and you can move onto other things that We would consider more important. It's just that your minds are not able to grasp these issues.

Remember We have told you before that essentially We inhabit Worlds so different to you that you can't even imagine what it is like. You would only get some way into the Truth of our Existence and your existence when you die – and beyond that!

So, in answer to your question about Enlightenment, We, in the Higher Planes are not Enlightened in the sense that you are. Whilst in a physical form you have understood that the Pinnacle of your Existence is to be Enlightened. You need to be in a physical form in order to transcend the Levels of Consciousness in order to discover the 'Oneness' that exists. It is to those Regions that you have discovered that you go to when you die. There is no way you can imagine how many Beings there are that populate the Planes of Consciousness. Most do not communicate with people on Earth as they have no concern for them. It is for this reason, and this reason alone that the Beings who Do Communicate have great Compassion and

Concern for those who inhabit the Earth Plane, which is in a delicate state of balance at this time. It is this that you should be directing your thoughts, as We are guiding you to make changes in your lives towards Spirit, rather than matter.

What the Energy does, both by the 'Touch' of an Adept and by the sending of Grace, is to potentially set a process in motion to achieve Second Initiation and Enlightenment. If the Initiate is being 'taken' by the Energy while in the Grace Period, it is possible to carry on having Realizations after it has ended. The Energy We are sending at this time is immensely Powerful and therefore you should expect people to achieve States quickly.

With First Initiation, the Grace Period will help the newly Initiated people to go further than normal into the Spiritual Realms and be able to be very solid in Light and Sound, which is really important when they Meditate. The same reverence for both Energies.

Your question – Do the Intelligences in the Higher Realms have Minds? Well, not like you of course, but you need to understand there is a 'Thinking Process' that goes on, otherwise We couldn't Work, Learn and Communicate with you. Let's just call it a Heavenly Mind, although We know that will give you concepts!

9th March 2016

This is a message for all who seek Initiation, or further States, to progress along the Path to Enlightenment.

We here can see much preparation going on and it heartens Us, because it means that the Energy sent will be used well, and with the commitment it deserves. You, as people seeking Initiation can be assured that on every step of the Journey you will be cared for, helped and Loved by Us.

It is a Journey to find out about the big questions you may have been looking for all your life. For instance, "Why are we here?" Perhaps you will have sought the answers in spiritual books and been disappointed.

On this Journey of Light and Sound you will find out the answers for yourself. There will be no need for clarification as you will know in your heart that the answers are True; it will all make sense to you.

You may discover that you are thinking in a different way, the old ideas and ways of being, diet, etc. will change. This is all natural process of 'letting go' and having the potential to become the best that you can be whilst in a physical form. To reach the highest Spiritual State of Enlightenment – which, in turn will help to raise Awareness in your fellow man.

8th March 2016

Please would you explain to (D) whether it would be a good idea to have 'effects' at the Ninjitsu in Japan.

Hello (M) this is Us. We can see why (D) is wanting to bring his fellow Ninjutsu people along to the Meditation. He can see that they already have enormous discipline and that, of course, along with devotion is a prerequisite to following a Spiritual Path. However, when you look at any kind of Siddhi there is a positive and negative effect.

If people are shown a miracle they won't be content with just that, they will want more. Human nature is like that. The people in T.M. who did the Flying Sutras were just coming along for the ride, mostly, just for the effects – more Siddhis – not Enlightenment.

(D), you need to lead by example. Let people who know you see how you have changed – not be showing them 'effects' but by your attitudes and demeanor. Say that you have found something really special that is the greatest discipline of them all – the discipline of sitting still for hours on a cushion to discover your True Nature through Meditating on Inner Light and Sound – challenge them to do it.

You will find that their reaction is very illuminating.

Please may we have a Message to inspire, from You in the Higher Realms?

7th March 2016

Hello Gandolf – apparently what is happening is in the Planets! Can you advise me at all, or is it the Karma I have to deal with and make my own decisions?

No (M) it is also your Karma to have discovered your Spiritual side including your Connection with Me and the other Beings on the Spiritual Planes. I can tell you that your fears are groundless as things will work out extremely well without you needing to do a thing. Just be wary of not saying anything just now to your son and daughter as, with a lot of things, the situation will get magnified and there is really no need for that. Please trust Us to help you out with this – don't fret – We Love you.

5th March 2016

We are the Lords of Light to talk to you about (J) Initiating in Spain. Most definitely – he could do with some help. It doesn't matter about the language. Ask (N) to think about when he went to Africa, he couldn't speak Swahili either but was still a valuable part of the team of Apepts when the new Initiates spoke of their Initiations.

Remember that (J) is not the same culture as you and, as such, does not have the same confidence to convey Spiritual Energy, which, at first, was given by white men and women. Don't assume that just because he has a pleasing persona that he always has the confidence to go with it. He has confidence in his job, but that is completely different, and far more important to him that he gets it right. In future he will have 'back up' from the Initiates but don't let him feel alone now. Ask him what dates and also how long he would like someone to stay.

(432,108) – should these numbers be Transmitted?

Yes, this is Thomas. We think it is definitely a good thing for (N) to send Energy (432, 108).

I will come and speak to you (M) again when you are more together. This is something you have to experience, you can't help it, there is nothing you have done wrong. The good thing is that you will come out of it much stronger. We need you with that strength for the many works you will have to do, together with (N).

4th March 2016

This is Us. You are asking about (D). We are afraid to have to tell you that he has himself to blame for his illness. For all his willingness to help with the communication side of the Path there is a dark side to him. He came with Karmic debts and if he had stayed true to the Path and not run away he would have had a chance to redress these issues. It wouldn't have been easy but he would have had a chance. His illness is a Karmic one. The trouble is that he finds Meditation difficult and instead of facing this challenge, he immediately goes back to his computer doing this and that. We the Hierarchy have said this before. Many people who are Meditating today have an amazing opportunity to redress their Karma – if they take up the challenge. You did (M) – and many others like you.

3rd March 2016

This is Phaedra for (N). Please tell him that he has stepped up to the mark and is really taking responsibility for the Lightwave Meditation. Tell him that he isn't getting Messages directly, from looking at the Mandala relating to Myself, he is inspired because of it. He is forging a link with the Spiritual Planes. In a very positive way, this forthcoming Energy in a few weeks will completely change the way you are doing things. New strategies will have to be thought through which you will manage in your stride.

(N) you have done this work before and you know exactly what you are doing – it's second nature to you. We up Here are looking down with excitement at what is already happening, leading to a massive explosion.

2nd March 2016

We are the Lords of Light who come to answer your question on Meditation after Second Initiation.

Some Meditators, when they go through the State of Second Initiation will have many Realizations and see many Landmarks. But that is not often the case because of the lack of concentration, time restrictions etc.

So generally We would say, although it is assumed that it is easier to Meditate after Second Initiation it is often not the case. Even though you are

said to 'Go beyond your Mind' while in your physical body, your mind is very much in evidence and is always trying to trick you or trip you up; for that is its nature.

The thing to do, whenever your mind is busy, just stop, get up and walk around. Come back fresh, breathe for 10 minutes and start again. In fact, it may be that an hour of just focussed breathing may help, because then there is no expectation. However, that is almost impossible so you need to breathe, say your Mantra for a while, then go back, then you will find that your mind is clearer without so much chatter.

With regard to what you should be Seeing, this is very individualistic, as people need different Experiences to help them on their Journey. So the Message is to embrace everything you See and Hear, enjoy your Meditation, not many people have your opportunity so don't waste it by being disappointed that it should be this way or that.

It is what it is – Your Journey to find Your True Self.

1st March 2016

Hello Samuel

Yes (M) – We need to talk about your health in general. There are things We can do to help you to have more energy and help with negative thought patterns. Start by taking the 'Sleep' remedy and We will monitor the effects after a few days. Negative thought patterns are due to you not being stimulated enough. You need something to do besides your work and family situations. Do some reading, anything to keep that mind of yours going on and replaying the same scenarios.

Thank you Samuel

Hello Gandolf

Samuel is right, you need to have some outside source to take your mind off your emotional situation, which has taken over your life. Your job with the Path will get more and more. Money will definitely not be an issue, you just have to trust me on that.

On to (Y)

She is a very sweet girl with lots of energy and vitality. She will be a very useful contact for you, her energy and enthusiasm is infectious to all she meets. She has run away from family issues and will have to face that at some point in her life. She is not a 'Julius' but nevertheless she has much to give and will throw herself into any situation that is important to her. It is a good idea to get her Initiated at Easter as she would be a good influence with her sunny persona and will teach from her State very enthusiastically.

1st March 2016

Fear of the Light

We are the Lords of Light who come to talk to you about when a Meditator cannot merge with the Light. It is mainly because of Fear, as has been suggested. Fear of the unknown and also trying to analyze what is happening and the mind giving a running commentary. Sometimes the Light can be so bright, like the Sun, people would automatically shield themselves from the Light with their hand. So during Meditation when the Light comes, it cannot be shielded, and therefore the Meditator loses their concentration and the Light disappears. The only way to combat this is to think of the Light as a trusted friend, the best friend they will ever have, or need. So when it appears, they would automatically want to merge with it, because they know that they will receive Loving Energy, and realize, eventually, that Light is their Higher Nature, their Essence. The Light of God.

Preparation for First Initiation? What should Meditators be seeing/experiencing after Second Initiation?

1st March 2016

(1) – 7.83 Hz T1 – 425 Hz T2 – 78 Hz G1 – 79 247 329 Hz G2 – 42 328 517 Hz G3 – 6 794 268 Hz (Crystal Light Energy) G4 – 2 392 817 Hz (Crystal Light Energy)

Guitar 5 minutes.

The above are a list of Frequencies that were being broadcast by the Double Coil Machines.

February 2016

29th February 2016

We are the Lords of Light coming to talk with you about pulling people through States.

This has proven to be not a good idea for several reasons. The main one being that the person would not feel that they had been through the 'Stages', particularly in Second Initiation. (N) would not be able to do this anyway as it has to be a Master. Just giving Energy specifically to that person with intent does not 'pull them through'. It just gives them more Energy with which to convert to the new State themselves. If they are ready, they will 'go through'. (N) need not worry, but he may give people Energy individually, similarly to healing and that will help them.

At the beginning of (Y)'s Path when he needed Adepts to help him to spread the Path, it was necessary that they went through the States quickly.

Nowadays you do have Adepts and it is better that the Initiates do the 'work' themselves. They will get into good habits afterwards, to be able to Meditate well after Enlightenment.

29th February 2016

May we ask respectfully if, in some cases it would be OK to have the 1st Initiation conducted over one day?

We are the Lords of Initiation. We do not feel that any Initiation conducted over one day would be advisable. This is because, usually, it takes the Meditators two days to really atune themselves to the Energies. It often happens that a newly Initiated person atunes to the Light and not the Sound, or the other way round. If they do not have proper instructions over two days they could easily fall into the bad habit of Meditating on the Energy they can do best. Thereby not balancing themselves in their Meditation. Remember the two sides of the coin. Their First Initiation needs to be a sacred affair, something they can look back on as a beautiful Experience to be cherished and nurtured to the best of their ability. We know that some people find Meditating easier than others but even those who consider themselves bad Meditators can be Enlightened. They will be guided by you. They have no idea yet what is in store for them and the happiness it brings. So give them the best start you can.

Be aware of mothers with very young babies not having the time to 'sit down'. Maybe best to wait till later.

28th February 2016

We are the Lords of Light who come to talk to you about the Initiations. We know that (N) is keen to learn about Chakras but at the moment We wish to focus on the forthcoming Initiation period with Grace. We want to make sure that people are as prepared as they can be at this important time. They should really practice 'letting go' in their Meditation leading up to the Grace, for longer periods of time. If people are coming back to Meditating after a period of being away they need to re-learn how to really concentrate again. Meditation is Concentration – not Thinking. Keep bringing yourselves back as soon as you realize you are thinking. This is important and will really make a difference to people who are Meditating for further States of Consciousness. We can give the Energy, but We need con-operation too.

(Y) used to talk about pulling people through States. Is this something that we could do and what You would want us to do?

27th February 2016

Hello from Thomas –

It's good that you don't know My real identity. You would be too much in awe and that would not help this cause. Your concern is admirable as it means you care about the valuable work that your husband does every single day. You should do this with Me each month to make sure everything is in order and working as it should.

The Brainwaves – We would like to stop these for a few weeks just to see whether it makes a difference. There may be a better way to trial this – We will come back to you in a couple of weeks on this.

(N) can stop Meditating on the Ankh now – there are better uses of his time – absent healing being one of them. We need the Adepts who are Initiating and doing much work over the Grace Period to be well enough to do their job. It is no easy task to deal with multi Initiations and further States.

You two are working well and people look to you for help and support. (N) is a good Mediator and (M), you have a good understanding of Human Nature. The two go together very well, as long as you listen to each other!

(N) should focus on Me from time to time especially in the next two weeks so he can get further updates on the Brainwaves – suggest alternate with Phaedra. We are not giving him numbers at the moment as We want his focus where it is now, keeping everything afloat. More later when he has the time and energy.

(M) it is important that you focus on the Meditation too – let other things take care of themselves.

Hello Samuel

I need to ask you about the coils being horizontal or vertical – is there any difference?

No difference at all and in fact, if it is easier to do it will encourage more people to use it and it will be more practical.

(N) could do with making himself a remedy for coughs on the machine. Take a break from the other remedy for a week or so. I will give him a number if he needs one for a chesty cough: 40123. You (M) should take a remedy for high cholesterol as well – today!

25th February 2016

We are the Lords of Light coming to talk to you about Second Initiation. You ask, “Why is it such a difficult State to confirm. How many of the landmarks is it important that people see and what is the significance about them?”

You must be aware that if people are sitting down for this particular State they really do need to apportion enough time, as they will be able to really make their realizations concrete. Even if the Adept thinks the person has achieved the State it is a good idea to get them to sit for a while longer before it is confirmed. Human nature being what it is, they will want to do the next thing on their agenda!

The seeing of the separation from the mind is paramount, as is the Void, be aware though, there are many Black Spaces in between Levels that the Meditator may Experience. It is quite common to be ‘stuck’ in the Void for a few Meditates. Try not to give them any clues as to what they may see when emerging from that Space. Again, try to hold back from confirming until you are sure they have Experienced the Joy of knowing they exist beyond the Body and Mind – in other words, they don’t die –

24th February 2016

From Pheadra to (N). (N)'s roots go back a long way with music, it's there, right at the core of his being. He is bound to be asking these questions. Right from the beginnings of time, when men first started to bang things together to make sounds and of course with the voice, music has been an enduring phenomena throughout all History. It has been understood and enjoyed by all, in different measures and certainly there is a type of music for each and every person that they would derive benefit from- physically, emotionally and mentally.

Each culture has a different type of music and even within that culture there is a difference in the type of beat and sounds that people enjoy.

On Earth it is Emotions that run almost everything. People greet each other with, 'How are you today?' – meaning 'How are you feeling?' ie. How are your emotions affecting you today?

People sing when they are happy, if you are sad, singing makes you happier. People should be more aware of what music makes them happy, it could help with depression. It's all to do with a person's makeup as to what music they like and would help them to be emotionally more balanced. It all depends on how someone is feeling because a song/melody one day would be fine and another day a different piece would be better.

You like music (N) because you are a very emotional person, although that isn't how people see you. You have learnt to balance your life with music in a way that other people would not be able to do. You could write about this, people would benefit a lot, it would make them feel better in this challenging world.

We are the Lords of Light come to talk about why some people do not see Light and hear Sound on Initiation. The question is truly complex as it can be for so many reasons. The main one being that they have not been fully prepared and are not able to trust the Initiating Adept and let go into the Energies. This happens so often and once you have been Initiated you cannot be Initiated again. This is what happened with (B) – he needs to do some breathing exercises and Yoga to make himself more flexible in mind and body – just be very gentle with him.

Some people believe that when you 'Touch' them it's like a magic wand and suddenly you will always see Light when you close your eyes. It needs to be explained to them that in order for the Light to appear, you need to have a relaxed but concentrated approach, which is hard to cultivate when someone is trying too hard.

It is always good to tell Aspirants that when they are ready, the Light will appear to them – they should not look for it – at the same time they should be vigilant, happy and observe with no judgment. This is just like they should be in the World.

22nd February 2016

We are the Lords of Light come to answer your question about, "What gets Enlightened?"

It is easy to answer in some ways, but not in others because, as ever, you are looking for answers with your small minds and this is not the way to look at the massive question.

You have understood well that complete merging with the Atman/God has to be after death. Time, as you know, does not exist with Us so it is not a relevant question to when that will be (when involves Time). In fact, when you look at Time itself it presents all kinds of anomalies as viewed from Our stance.

It distorts everything, makes things linear, and that's not how it is. Things don't happen in sequence, your World is all about sequence, one thing comes after another – Day/Night, the Seasons. With the life of a human being on Earth things are all acted out with many beginnings and many endings. How can you, with such limits, understand how things are?

However, when someone attains Enlightenment, when the 'balloon pops' they can, to varying degrees, have some idea of timeless existence.

Enlightenment can be looked at now with fresh eyes and clearer understanding. As Enlightened people you should talk together about what you have Experienced, you should never stop learning, from your Meditation and from each other. It's good to discuss these matters. However, never think that you can truly understand how things work, it is all an attempt, which has its place.

Hello Gandolf

Yes (M), it is clear that you have issues on what you have been thinking about, the point is to air them so you don't have to mull them over – sort things out straight away. It is time now to really step up with your work with Us which is very tricky when you are involved in disputes of some kind or another, however justified they are. We are helping, as you have noticed and will help more, but you have to do your bit as well – Your lesson, and you will always have lessons 'down there' no matter what your Spiritual State, is to rise above things that you cannot do anything about.

Do the things you can and have the Wisdom to know the difference. Accept the things you cannot change.

21st February 2016

We are That Is – coming to explain your dilemma and make sure you understand the confusion that occurs when other people are Channelling Messages. They put their 'spin' on it and things that should be very clear, are not.

You know (M) that you have to get your thoughts and feelings out of the way when doing this important work. You are mostly getting very proficient at this and We are delighted to make contact with you.

Other people have their place of course and can do amazing job around the Planet. Each Channeller has their forte and this is yours, because of your background through many lives.

With regard to the new Teacher we would love to say that all is in order and it will happen just as has been suggested. But we cannot do this as things haven't worked out quite the way it has been planned.

The way the Grace has been organized there is an opportunity for many Teachers to emerge – i.e. get Initiated and progress along the Path quickly and become Enlightened. This seems the more likely option at this moment but We are not discounting the Special Teacher to come as well.

We are sorry to tell you that (P) is running away with an idea of very specific information, which, as far as We can see, cannot happen the way she has told it. We are That Is.

19th February 2016

This is Us.

(N) is wondering if his writing, heralding what is to come, is OK and whether it should go for public viewing today?

First, We need to say that what he has written is fine. However there is no urgency just yet for it to go on the page. We would prefer the writing on Grace Periods to be uppermost until March. After that time would be best. You need to understand that because of human frailties, it may be that the new Teacher will not appear just yet, if at all. We are so sorry to have to say this but things have come to pass that the preparations will not bring forth the New Energy Force that We had hoped for. We are not giving up hope yet and you shouldn't either.

Do not mention this to (P) as things are very much at the stage where anything could happen. Do not be dejected or concerned, just carry on and We will tell you what to do.

Hello Gandolf I can see my prejudice about listening to you because I'm afraid you will tell me something negative about my family. But I know you are trying to help me in every way and I do appreciate this.

Yes (M) it's sometimes difficult to get through to you, but I think you realized today how important all this Communication is. Many things in your life have slipped away and your school work is easy for you.

Perhaps you must have another Communication time as well as this one to get you more proficient.

17th February 2016

We are here – this is Us. Your husband (M) is confused and rightly so. Your writing (M) has gaps because you are so new to this. You have done well to bring things thus far but there are other considerations, far reaching ones that will change the way you think forever. We will try to get more information to you both so you will understand what is happening.

The New Teacher needs to be there at this time. Never before has it been that a True Path has been led by the Spiritual Hierarchy, as We need a Teacher on the ground – so to speak. Things will always be this way!

Do not worry (N) that anything has been done wrong by yourself and (M) – she has done magnificently like yourself. (P) is different to you (M) as she gets the specifics and you get the overall picture, both are needed. You two are a good team and you need to contact each other and compare notes. We will make sure there is no confusion.

(N) will be contacted tonight, he has to work hard to clear his head of prejudice (understandable prejudice) – we cannot reach him as his head is too full. Let him open himself to all possibilities, only then can the truth immerge and he will have a full understanding of what is going on.

You (M) must know that certainly your work would not finish with this new development. In fact We would like you to work hard at becoming even more proficient at channelling – more organized and specific tasks will be coming your way. You are both Loved and are being cared for, more than you could ever know, (on Earth). We have immense gratitude for your work – much more to follow! In the days to come you will understand what will happen regarding the New Teacher. He will be very different to (Y) in that he really wants to make a difference to the Planet and is very humble. He has money behind him. The Pay it Forward Principle will still work but with slight adjustments. There will have to be changes made to the site but generally what has been written is still valid of course.

Please may we have some insight to help (D) with (J)

This isn't your remit (M) – We will answer Spiritual things of course, but We will say that (D) knows what happened and has to face the consequences. Whether he learns from his mistakes or not is something to be seen. He needs to get himself some employment to get him away from the computer and get out of the house. He hides away and it's not good for him.

(J): 23247

15th February 2016

We are the Lords of Light explaining a little of what (P) has brought down about the New Master. We have to say that it's part of the plan that He would come. You may be wondering how and why this is happening, as to you it seemed the way forward with working with Us and Grace Periods to align people to achieve Spiritual States – especially as (P) is now on board.

However, We have seen how this is working, although brilliant in a lot of ways, it is lacking one essential part. A Loving Teacher, someone on Earth who people can focus on to give them strength. They have to be strong to do this Path as it is set up at the moment. This Special person can be a shining light. You know that a person like that exists – (J). There will be more to come both to you and (P) on this subject, on how to prepare people and yourselves. But believe Us, it will be amazing. We are grateful to you both for relaying this.

11th February 2016

We are the Lords of Light informing you of a new venture coming to pass soon. This is to do with Energy Transmissions to help the Planet. You would need to get all of your Group (as many as possible) to Meditate at the same time and chant certain Mantras that We give you. When it gets nearer to the time we will inform you of the details and why it is being done.

Eating meat etc – what should we do about this? How long until someone is Initiated?

We are the Lords of Light to talk about Lifestyle requirements. As you are well aware, often people will eat meat and drink alcohol. The thing is though that people expect Meditation and vegetarianism to go hand in hand. If it doesn't they could get suspicious and think it can't be a true Path. People are people! So, with consideration, We have come up with this advice. Say to would be followers that they should aim towards cutting down animal products before they are Initiated and then afterwards they will probably find that their desire for eating meat diminishes the more they Meditate. Certainly the odd alcoholic drink will not affect their Meditation, but again, they may find that drinking clouds their decision making and actually does harm to their bodies, in excess. Remember the old teachings:

The body is the Temple where you Meditate to find God.

(M) from Gandolf. It is very important this weekend to stay focussed on your mother who hasn't long to live. If you don't spend time with her you will regret it – We will steer you to do the right thing.

10th February 2016

This is the Lords of Light come to talk about (F) and many of the people from (Y)'s group. He is a very sincere man who wants the best for his life and others too. He cannot see it now from where he is and wants to make a change. The problem is loyalty, a laudable trait in most cases, but not in this one, as you have to be judgemental and make the right choices as to who, or what you are loyal to. People on (Y)'s path have not separated their loyalty into the two main categories: To (Y) and his personality. To the spreading of Spirit. The Grace Period at Easter will show people who are undecided another way.

Paul

Hello (M). Well, you have come a long way in a short time.

How are you?

They are showing me all the diversities of human nature – I thought I knew a lot but I knew Nothing!

10th February 2016

We are Beings of Light who are the embodiment of unconditional Love. We are not Enlightened as you are for we have no physical body which is necessary in order to be Enlightened. We Love you and are aware of much suffering that is prevalent on Earth. We do not feel the suffering, as our Energies, our Frequencies are high, but we empathize with you and would like to help. The way in which we can do so is by helping you to raise the collective Consciousness of the Earth. This is achieved by as many people as possible Meditating on Light and Sound and being Enlightened. Thus we have several planned periods of blanket Grace, including an extended period over the Easter, when Grace allows the changing of States. We are very excited about the numbers who will receive the Light and Sound, and those who will expand from First to Second Initiation and of course to Enlightenment. Our hope is that all those of you who benefit will then, through Love, help others to follow this Path to Enlightenment. By doing so you will raise the Consciousness of this Planet and its inhabitants. Talk to Us. Reach out to Us and we will guide you and help you. Use the Spiritual Resonances we have given you to heal each other. Love knows no bounds. Demonstrate your Love for each other and for all Humanity and the Earth and respect the animal kingdom.

This Message was Channelled by another Enlightened member of our group.

9th February 2016

To you all from the Lords of Light. We understand the situation and we would be more than happy to extend the Grace Period to run from Easter to the one already organized.

Thomas

Well (M) we have an interesting one here to deal with. You are right that it has to be nipped in the bud, otherwise people would be looking for negativity, not Spirit. Firstly, look at the 'grid' that is mentioned where people get trapped. People get trapped in all kinds of situations in their lives, the trappings of matter, fame, fortune – and the big one 'the trap of the fear of death.' When someone goes through Second Initiation they have to go through this 'trap' and realize they were trapping themselves. The joy of realizing that they don't 'die' is immense. It is the release of the small self into the large Self – a massive leap. There is darkness and negativity at all levels on Earth and all kinds of negative energy is manifested. Hence the

notions of Aliens trapping Souls. How can Aliens (matter) trap Souls which are Spirit?

It is a case of 'a little knowledge is a dangerous thing. People take their little snippets of information and run with it. Before you know what is happening it is taken as true, even the wildest of notions. You as a group all need to see what is True from your perspective.

You are Enlightened – listen to your intuition and get answers, they will come. We in our World are coming from Love and Compassion. We are, in our way, always trying to re-align, balance and protect your Planet and its inhabitants. Trust Us to do our job. We have people all over the Globe doing jobs of great worth, including (M) and (P). There is a lot going on that your minds cannot comprehend, but let Us deal with it. You all must spread the Word of Love, Acceptance and Forgiveness and Please, please, please – SPREAD THIS LIGHTWAVE!

We are sending a great deal of Spiritual Energy out in the next few weeks – Use it.

(P) is receiving Messages from Us, we are immensely grateful to her for doing this. She is doing very well and need not worry that she is getting anything wrong.

7th February 2016

Hello, we are the Lords of Light. This subject of Good and Evil is one which fascinates humankind and is never far from people's thoughts.

Do Souls actually incarnate to be evil?

Not especially, it's more to do with their Karmic Recompense. They would plan their lives with their Guides and certain aspects of their future life would be shown to them. People are not born evil, but as is shown to be the case many times over, the choices they make and the circumstances of their existence can lead to evil tendencies.

Yes (N) should write about the state of the World right now and how important your role is. As regards the dream – We can see far reaching implications in the Middle East right now, there is so much at stake. He will be guided on what to write so people will listen and take heed. People are too used to reading about the Apocalypse so it needs to be written from a different perspective. He needs to Meditate on it and not attempt to do it until he feels better.

Each atom in the Universe is used a myriad of times to produce all that IS on the Planets, Stars etc etc. As you learnt when you were Enlightened the 'Universal Love' brings atoms together to produce form – each type of form is given a name. So we will talk about the Form in recent times. There are prototypes of all animals, including humans. This means that a cat remains a cat, a dog remains a dog and a human being remains a human being. There is no overlap and the Soul that overshadows these creatures is always going to attach to the same species. So the idea that a human being

who has had a life where he/she has done 'bad' things will come back as a bat – say- is not true. As We have stated before, there is more to this topic, but it is very complicated and therefore not relevant at this time.
Cold: 006420 (D): 742649

5th February 2016

Good and Evil? (F) dream, implications – article on far reaching consequences.

It is important that (F) gets his Mantra and is Initiated soon when he has built up his Meditation. He has much Spiritual work to do and needs to get on with his Path so he has the relevant tools; in order to gorge through this ignorance of mankind and spread the Lightwave.

Are the Essences of animals separate from humans?

554681 431622

Samuel, I am keeping some distance from (P) as I don't want there to be a discrepancy in messages.

Yes (M) – but there is no need, she would like to have more contact with you – don't worry about getting it wrong, it is good that you and her have a good chat on the phone about things.

4th February 2016

Protocol for (N) and (M) sending numbers. Can (A) help (P) and Initiate (J)? Give Second Initiation tomorrow?

The Lords of Initiation You will understand that things are changing from what happened before (Y)'s Path. Giving Energy is no exception. (G) has already received the Energy so a boost will be good. With (J) We feel he wants to progress for progressing's sake – not because he understands what he is doing. When (N) comes to give him Energy he will feel Energy coming through/or not depending on whether (J) surrenders. We can't be more specific. We are the Lords of Light. Yes, certainly (A) may Initiate, he needs to be more proactive, he has a lot to give. (J) will need to build up his Meditation to be able to sit for longer, but Yes, in principle that would be a good idea. It will give a boost to his father. (P) is a worrier, he sits and thinks. He must get out of this bad habit, slowly build up his concentration over the next few weeks. Obviously no one can hold concentration for a long time, but his, at present, is not enough. Also he needs to go back to basics and Meditate on the Sound and Light alternating – with techniques again to get himself ready for 'sitting down' again.

Samuel

(N)'s protocol is perfect. (M) should do the same, but beforehand Meditate for about 5 mins to ground herself.

Pregnancy – giving Energy?

This is a difficult one – how would you know in some cases – especially in a large group? You do have to be careful when the fetus is under 3 months. If

there is a miscarriage then you could be blamed for it. There needs to be a consideration as to whether it is a good plan to Initiate (First Initiation) when the pregnancy is over 3 months for another reason. It is a complete change of Consciousness, affecting some more than others, but a huge shift, none the less. We would say it is better to wait until the pregnancy is over.

Meditating on a Mantra would be good for the unborn child as well as the mother to be.

(N) shouldn't be too quick to confirm anything yet. (G) has done well and definitely moved, but he needs to consolidate and come back and see you. Get him to write things down. He is a visual meditator so he needs to see and experience as much as he can at this time.

3rd February 2016

This is Us. There are all kinds of assumptions made where Energy is concerned. Spiritual Energy is the most misunderstood concept because people cannot grasp how it works, for obvious reasons. How can anyone understand the Magic of what happens when someone attains Enlightenment. An Adept will affect the people around him/her because of the immense Energy field around them. A beacon of Light. An Adept touching someone will give them an Energy boost.

Can an Adept touch a child on the head?

Yes, a positive Energy boost, just as for others.

2nd February 2016

We are the Lords of Light. With (C), she knows she has work to do to bring up her Meditation but it won't be such a struggle as she thinks. Tell her she will get all the help she needs, both on the inside and the outside. The Path is open to everyone with a Pure desire for Truth, so the only limits that are there, will be her own – she is Loved.

Hello Paul

(M) nice to see you again – much better place than before. You know where you are going now.

How are you Paul?

So difficult to describe, you have to be Here to appreciate the Love, Support and Kindness you get Here.

My mother is dying – can you help me at all with this?

Yes, They are trying to get her to go, but she is clinging on, maybe waiting for you to go next week.

Yes, I think that is what it is.

She wants to tell you how much she loves you.

Will you tell me if I need to go sooner? (N) says Hi.

What a worker he is! That's the way this New Path needs to be run – by sheer hard work. But you are seeing more and more results now.

It's lovely to see you but why are you still around?

It's my training – I need to be able to be in Contact.

So glad to hear you would have helped us in our Quest.

You are getting many people to help now – but Yes, I would have loved to be there with you.

Who are you 'talking' to?

Just you and (P) – it will take a while for me to Learn how things are done up Here. You think you have some idea of what it's like to die but you really haven't a clue.

How long can we Contact you?

No idea, I can't tell you as your time and my time are very different. Your Mum is so ready to go. You have to be ready to go and see her I think – not yet but soon.

(M) you really should not worry so much about things. Relax – it's good for you to go out of the house. You would be totally amazed at the Spiritual Beings looking after you and (N). They want to keep you focussed. (F) needs to break his ties with (Y) and come over to you – it would be the making of him. All that pent up energy is not being released in the correct manner. He must try to detach himself from (Y), otherwise I can foresee massive mental anguish, as with others too. (Y) can't see it, can he be so blind to what is going on and see it is his fault? So, to reiterate, well done guys – as I said to (P), wish I was there, in some ways.

January 2016

29th January 2016

Hello Samuel

It is right for (P) to take over at this time, you have done well under the circumstances, but being a healer already she can find remedies for her friends and family who already have been healed by her and trust her.

In the next few weeks you need remedies for yourself and you are needing some medical assistance. Use the remedies from (P) now as they are newly potentized by Us. You need the ovarian cyst remedy and vitality. It is going to be a difficult few months for you and you will need all the strength you can get. We are pulling out all the stops to help you. Keep in touch with Us as well as the Light Energy given.

Thank you Samuel

28th January 2016

Do people incarnate to be Evil? Would it be productive for (N) to turn his mind to 'The Music of the Spheres'? If one of the Planets is out of 'pitch' then the whole chord goes.

Hello (M) this is Thomas We haven't spoken for a while but I am always around. I can't tell you who I am yet, but eventually when you know, you will understand the reason for my anonymity. (N) is truly aligning with Us and knows a lot more than he is telling you, so even if you don't understand why he is behaving in a certain way or going too fast for you just go with it – it will save a lot of time and conflict. We are individual Beings, but always working in groups, here in the Spirit World. There is always a Spokesperson, otherwise it would be too confusing for you, and that is Me.

(N) has been my pupil for many eons of time, you (M) are there with him to help to ground him sometimes. He needed a beautiful Soul for this and the two of you have done great things together. There are many of Us in the Spirit World trying to make sure that your relationship is working well so this work, and so much more in the future, can be done.

We work with numbers, as this seems the best way to teach you. You are right about the Music of the Spheres and the planet Earth needs more than Spiritual help right now. In times gone by that would have been enough, but now the balance has been tipped so to speak and desperate measures are having to be utilized. Many people like you have been contacted all over the World.

So (M), I will give you some numbers which you can use to help you understand what you need to do. (N) will get a lot of messages from Us in the coming weeks, this is your most important work yet. But you know that!

649232 71289 43

7931869 4237 63

7541282 86123 73

8423123 7497 78

42189273 4723 75

This is to do with Galaxies and the interplay between the Worlds which need balance and harmony.

471532 – how can we use it? Guidelines please – thankyou. Lightwave Energy weekends – please define the weekend.

Sat/Sun GMT (N) to give Energy, advice. 2-3 hours a day, as with other Grace periods. Suggest to all Adepts, all Initiations should be at this time.

Hello Samuel

Thanks for letting us have the number. We just wondered about the protocol. How to use it – a very special number?

Yes (M) – what you were doing this morning and last night was guided by Us. Just so you could see the power of Manifestation. You can do that at any time, any place. Just Manifest what you need. I know your needs are modest, so it will be used in the best way. As regards the number, that is quite different as it can be used in situations where you don't know quite what remedy to use. Just as (P) used it for the threatened miscarriage. There will be situations where you need a remedy for someone, maybe yourselves, that needs a special remedy, unusual situation that definitely needs

addressing – a Wild Card – you would not use it in a spray but send it. You will know when to use it.

26th January 2016

How young can a person be Initiated?

It seems there are a myriad of questions, depending on which country, whether the parents are Initiated etc. We will just have to give you general guidelines with Specific Guidance when it comes up.

Generally We would say 18, but it does depend on how mature the person is and how long they have been meditating. A person who is at University, say, will like the idea of Initiation, maybe, but where can they meditate?

The more mature a person becomes the more they will go into meditation with a pure heart. They have reached a time when they are really searching. What We are saying is that it doesn't so much depend on the age of a person but on maturity and willingness to follow through. It is best for you to ask when the time comes.

lowans Second Initiation and also guidance please for others. How long should someone wait for a State?

We are the Lords of Light An excellent question which, as you say, deserves some thought. When you look at anyone going through a State it is with the thought:- What are they going to do afterwards? You could have a guess and usually you would be right but you don't know. This is even people who have been Meditating on the Light and Sound for 20 years. So We would say it is better sooner than later because We are definitely looking at Planetary influences rather than the Individual. This is very different to what the human mind would like, but to remind those who make such decisions, you are working for a much higher Cause now, an all enveloping Planetary cause, not an individual one.

These lowans need to go through their Second Initiation in the next Grace Period so that they, in turn, can teach others from a Higher State. Not to mention the help that (D) would get also.

Gandolf – I should have read your advice before London.

Hello (M) – you did OK and cemented your relationship with (L). She is very judgemental and that is her downfall. Now, about (N). You need to take more time away from his dramas too. He is much too involved with things and you are being dragged into his life which can be too stressful for you.

Try to go out for an hour or two every day. Your nervous system needs that gap of intensity that can fill up your life. We can see developments where he has to visit other people Meditating. Things are about to change dramatically in your life (for the better), so just go with the flow at the moment.

Rest – Rest – Rest!

25th January 2016

Please would you critique (N)'s article on Good and Evil Would someone actually choose to be evil in a life?

Can Adepts give Energy when they have people Meditating, not for States? Is it a good idea to go for States during a Grace Period?

Hello Samuel

Yes (M) it is good that (P) has begun with the remedies – We have other things to do – watch this space!

We are the Lords of Initiation Yes of course it is a good idea to give Energy in between States as it helps the Meditator along and gives them a boost. It is helpful, but not imperative for people to see and hear all they can on their way to Second Initiation and Enlightenment.

Of course, it is up to the individual Meditator and times of a holiday period, but it really is a good idea if possible to link with the Grace Period, as you have discovered it is a very potent time and will help enormously. Touch and the Grace period gives the most opportunity.

Here is something to clarify Our words. If the Adept who is looking after the Initiate wants to give the Grace in between the times selected to fit in with their holidays that is fine.

23rd January 2016

Hello, this is Gandolf. (L) is happy that you went and your presence is good for them all. She jumps around all over the place so don't get drawn into anything, just be at the end of the phone to cheer when needed and help be listening when needed. She is fine and that is really all she needs right now. I will tell you if otherwise.

20th January 2016

Hello, We are the Lords of Light coming to talk to you about (P). It is very exciting for you because (P) is being Contacted by Us and needs help to focus on getting numbers for the healing machine. She is glad of her contact with you as it seems to make so much more sense to her. Also it is more appealing as it answers so many of her unanswered questions. She needs to think what person/illness she has uppermost in her mind. That will be the number she has Channelled. There will be more, she has to ask, like you did, for numbers for more ailments.

It doesn't matter if she is duplicating your remedies. Let her start anew. It will be good for her to have a carte-blank. Yes, of course she may Initiate, such a kind hearted, but forthright lady who will do well, she needs confidence which will come in good time. The other people with her need to boost up their Meditation again.

19th January 2016

We are the Lords of Light coming to tell you some exciting news. We are so happy to tell you that the group is going to get so much bigger very soon , all over the World. We are pleased that the organization is ready for this, well done to everyone who has played a part in this.

(M) this is Gandolf Try to take some time away in London to recharge your batteries. Don't get involved in dramas – just pull yourself back and be relaxed in things. Be the observer of life, not too much the participator. It is much easier for you to do things quieter and more gently, to get things right the first time.

17th January 2016

We are the Lords of Light coming to greet you and talk about the Grace. You will understand that this Energy is very special and very powerful – to be used with Love and Devotion to the Truth. The other groups of which you speak of are not teaching their followers that higher States can be achieved (not the States of the True Light and Sound Path) They really only go as far as Second Initiation. The Magic of this Path is beyond what most groups have. We are telling you this because we want to emphasize how amazing and rare the Meditation is that you are doing and promoting. Only people who Meditate on the true Light and Sound Path will benefit from this Energy. There is no point in telling them about it as: They would not be interested. They do not know of the Higher States.

Of course, the people on Master (Y)'s Path would benefit. We will be helping to soften the blow as it will not be a happy day for him. But he will be told that We need to move on now properly. It is time.

What you need to do, as you are doing, to get more people to be Initiated. Don't hold back. Be bold. We are here behind you to give you Energy and support.

The Value of Meditation. Can help you to have more control of your mind. Positive Thoughts: 60,000 thoughts each day for the average person 95% of these thoughts were the same as the day before! Bad habits – focus on good, rather than bad things – manage your mind – manage your life.

We cannot change other people's moods, but we can change our attitude towards them. Is the cup half full or half empty?

16th January 2016

The Power and Beauty of the Light and Sound to all true Seekers is immense and beyond all Human understanding. It is only by Meditating in this way that the Truth about the Creation can be found. Everyone has the Potential to realize this Power; it is through perseverance and dedication that this Knowledge will be given to them.

We are here (M) – it is Us. (N) has done a great job with the site about Grace. It is also important to include how special this Energy is and for people to pass on the Knowledge, Beauty and Love that can be achieved from Meditating on the Light and Sound.

(M) from Gandolf Your mum I'm afraid will not last very long now, she wants to go so don't be sad. Be happy for her life. You will be fine, everything will work out. You will need your Energy for other things after the funeral has taken place. It's a very busy time for you – you will be pulled this way and that – you have to prioritize and be firm.

14th January 2016

Are we ready to let out the information about Grace yet?

We are the Lords of Light – we have been asking you to wait because the minute the information is let out then (Y) will be extremely angry as he won't have control any more. Now you have such a huge amount of interest in the last few weeks it is OK to say about the Grace, but just leave it another week.

13th January 2016

We are asking how the three lowans are doing in their Meditation and the idea of Second Initiation.

It isn't time just yet. They are all progressing well but they need to make sure they are doing an equal amount of Light and Sound. They need both Energies to teach them as there has to be a Spiritual balance. You can't have one side of the coin without the other. If they wait a little while longer their Experiences will be more profound as they move into the State. This is a massive stage in their development and should not be missed.

Hello Gandolf. Feeling more alive today.

We need to talk about (S) – she would like to hear about Meditation. You and she were very much part of a group when you were together. Try and find some time when you see her to get her to Meditate.

12th January 2016

There is certainly no need to study the Earth's energy systems. There are people over where the building is who know a great deal. With the building of the new structure they should look at the requirements and build accordingly. Incorporating a pyramid would be a fine thing to do – (N) has his ideas. At some point in the future then Energy can be sent, just as it is from your house.

11th January 2016

Would you like (N) to study Earth energies? Suggestions for (J) and the centre – any shape, but incorporating an Egyptian pyramid. Communication through pyramid network.

Gandolf I'm so sorry to have been elsewhere recently.

(M) you needed to sort out the (N) problem and I think you have – but you will have to remind him from time to time. It's very good for us to talk as I will keep you informed of any family developments and general things that may need adjusting. You need to get to the point with me that you perfect the Transmission always. Tonight is not the time to talk seriously as you are very tired. DO NOT TRY TO DO THIS WORK WHEN YOU ARE TIRED!

Is it OK to ask about (P) in Kent?

Yes, she will be a great person to talk and share things with. Just Meditate now and do not attempt to do any more.

4th January 2016

Two neighbours who follow Jesus, sensing the pain within them we ask in a general way whether the 'Christ Principle' will return – physically or Spiritual Communications – i.e. dreams

Well done (N) you are picking up on an explosion that is about to happen. This is what you were sent here for. It is the beginning of an Energy Force sent to give mankind a massive push to seek God or die. Be kind and loving – or perish. We know this is harsh, but the pain and suffering on Earth is too much – it must stop. We need people like you (M) and (N) to shake up the World just as you are now with the spreading of Spirit, through Meditation. The Second Coming of which your neighbours speak of is happening right now. You know of the way this happens, through pockets of people like yourselves becoming aware of the Higher Dimensions, of receiving Communications from these places. This Is The Day of Judgment! People have forgotten why they are here on Earth – to complete their Karmic Debts/to Love/to Serve/to find God.

How long can this go on for? We have to do something. What part do (N) and I have to play in this? Please would you help me to understand my position at the moment?

Well (M) – for a start you must understand that this sleeplessness has nothing to do with (Y). He is angry, yes, but We are stopping any negative things coming your way. Try for a while not to drink any black tea. You need to get yourself in a regular pattern again. I will give you a number for your sleep, use it with the Allergy remedy. Do it now!

(M) Sleep/General: 419278

2nd January 2016

When Man first became aware of himself in a more Conscious way he automatically looked for his 'Maker' and the reasons behind his existence. We were ready at that point to give him the answers he needed. As you are aware, religions sprung from these 'Messages on High', which came and went with time over the centuries. That is why there is such similarity between the faiths and religions, because at Source the same Messages were sent out to willing 'listeners'. How could it be any other way, there is only one Truth. Writing this will help people to get some understanding of Spirit and how it works. It will give people a clearer way to find their 'Purpose', which is missing in the World at this time.

2nd January 2016

With respect to the Brain and its functions – it is underused and the reasons being that since Man has been on Earth there have been major shifts in how it has been utilized. Since Man lived in primitive conditions to now there has been much change and the Brain has had to adapt to these changes. We are talking about the rise and fall of civilizations and Spirituality played a major part. Therefore, of course that part of the Brain to do with linking with Higher Dimensions came into use until the demise of that particular civilization. Then it lay dormant. Just to note, that every major civilization has been linked in some way, to a greater or lesser degree to Spirituality.

1st January 2016

It is fine for (N) to send the letter he has written. (P) needs someone to take him in hand and inspire him before he tries to 'sit down' again. He is dejected and thinks he can't do it.

The best thing is allow (A) to deal with him and show him that it can be done by the example of the two that have become Enlightened recently. He needs to be gentle with himself.