



FRIDAY 4TH MARCH 2:00AM



I'm glad you've chose to use the pen for us to use with you. We must ask that you set your frame of mind correct before each session. Allow your mind to be free of any thoughts of what the coming words should be. It is only through the trust we must develop that we may instill into your mind the words we want you to write.

The trust we must have will be the driving force that should please the words you scribe. Let us work together to give meaning and hope through the language we share.

There are so many topics for our discussions together that we hope will bring some sort of enlightenment



to you. We know that for others reading these words, the reliability will be weakened by the fact that they are not part of the process. But we do this with you in the hope that at least your truth will strengthen with us.

We have brought you much evidence of our presence in your recent days. Our voice has been heard in your sanctuary. These methods of communication are used because we know these ways to be essential at that time. These various methods we use, we do so to prove to you we are with you and willing to work with you. Trust is like steel and hard to develop without certain ingredients. Think not that it is merely a case of saying it and believing it. That is not enough.



For if it was, life would be so easy.
Trust needs foundation to be established.
More than just belief or a desire.
Trust must be a knowing. As you
write these words, you are trusting that
the words are coming from us and
not merely from your own mind,
even though that is the very medium
we are using. It works because your
trust has become hardened and formed
from your experiences, conditions and
personal gathering of knowledge.
We have spent this first session with
you as a form of unblocking you and
getting a flow of words through to
you, in a hope of improving.

We would like to leave you with
a short message to end this
first session, in the hope you'll



return again.

People want everything to be clear and without smoke and mirrors.

You have to accept these limitations of the people and continue anyway.

It will take more than one communication or one passed message to convince anyone. That does not mean the words are less valuable, after all, they are only words. But when they are trusted by the ears of the person receiving them, the words take on a real value.

I know that all you want to hear about is what life is like over here.

But really, that is not the message you need to hear. Your growth and understanding cannot be based on that sort of knowledge. But it can from the



real messages we'll share with you. Perhaps you'd do good to rest on these words and revisit them tomorrow when you'll see for yourself that this communication has been remarkable, considering it is your first session with us and has heavily relied on you reporting everything you have penned. God bless you.