Saturday, March 25, 2000 - 5:00 p.m.

It is I moving within you, now. Although I have a cane, my step is steady – in a rather symbolic sense. My spirit prevails in you; I have a free hand in that. Do not worry; this cohabitation can only benefit you. ..."

The Medium: "How should I call my distinguished guest?"

"My name does not matter, only our co-operation does. I am a being resurfacing from a remote past and I have chosen your abode. That is enough for you, render thanks to God for what He bestows on you.

"Yes, angels exist; they will help you from now on. Be at peace. You will see me often and I will express myself through you, as frequently as will be necessary.

"Regain physical and moral strength, which you will need to perform your mission.

"That is enough for today; you have food for thought. We bless you."

The Venerable