

*WITHIN*  
*IS THE FOUNTAIN*

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Two Dragons International Inc.  
New Orleans, Louisiana & Potomac Falls, Virginia

First Edition 2007

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ISBN: 978-0-9816467-2-5

Printed in the United States of America.

## INTRODUCTION

*by Sir George Trevelyan*

There is a real place for books which have the authentic ring of the Christ Source speaking within. For many people they are invaluable for reading in bed before we put out the light and turn to sleep, for the entry into sleep in lifted mood is of paramount importance. I think of volumes I have loved and treasured: “God Calling” and Christ in You”, by Two Listeners (anonymous), “God Spoke to Me” by Eileen Caddy, “The Quiet Mind” by Grace Cooke. Here is another of great beauty, coming clearly from the same high source. The title expresses the great truth: “Within is the Fountain”.

I recommend it to you not only as an excellent bedside book, but because it points the way for which we all must strive. A spiritual awakening is taking place on a wide front. It manifests in an infinite diversity of expression, as if a flood of new consciousness and spiritual energy is beginning to flow. Many have gone questing for gurus and much study is given to the spiritual teachers. But in the last years many have learned that ultimately the only real teacher is within us.

As Browning wrote:

“Truth is within ourselves. It takes no rise  
From outward things whate’er you may believe.  
There is an inner centre in us all  
Where Truth abides in fullness, but around  
Wall upon wall the gross flesh hems it in  
That perfect clear perception which is Truth.”

We live in dramatic days when change is foreseen on all levels. Everything points to the likelihood of a great transformation of consciousness in Western man before the end of the century. This may be accompanied by outward changes, which must be accepted and welcomed as a cleansing of the polluted planet, but for each one of us the challenge and responsibility is to take control of ourselves--the one part of the universe we really possess and can change.

Thus in these years there is nothing more important than finding the Inner Teacher. Truly this is the way to God, for the I AM is the Voice of God. All outward study and questing leads to the same goal--the Divine within each of us. Here is the ending of the Grail Quest, so relevant to our time.

This little book is a beautiful example of the goal achieved. It has the authentic ring of the Divine Voice speaking within. Not only is it inspiring reading, full of wisdom, but it encourages us to feel that we too may achieve this power of inner listening, so that in time the Voice may begin to speak to us and direct our lives. The authoress, Leonora Nichols, lives in Virginia. She is a beloved friend of many concerned with the present

quickenings of the spirit. Yet this writing is beyond personality and the name is therefore hardly relevant. The Journal, received and written down over two years, is full of treasures of wisdom and joy. The Christ speaks in this way within us and our lives our changed.

May this Journal encourage many to work towards their own conscious contact with the Source within. There is a shift now from the earlier trance mediumship to an inner clair-audience, a listening to the voice. We need not greatly fear deceiving ourselves. Even if at first we are really talking to ourselves and writing down the results, it can be valuable as an exercise. But it is a common experience that when the Voice within really speaks, there is no doubt of its reality. More and more people will find the Christ flow within in the coming years.

We are all on a spiritual journey, and Leonora's contribution by publishing her inspired writings will certainly be an encouragement to many to work for their own contact.

I most heartily recommend, "Within is the Fountain" to all who are involved in the movement for spiritual awakening, which may ultimately be the salvation of mankind.

*Sir George Trevelyan (1906–1996) was an educational pioneer, a founding father of the New Age movement, furniture maker and visionary. Noted author his books include: "A Vision of the Aquarian Age" (1977), "Operation Redemption" (1981), "Summons to a High Crusade" (1985).*

To Leonora

I Kept My Promise

*WITHIN IS THE FOUNTAIN*



*The Beginning—Date Unknown*

Be still, my child, and write. For the time has come for me to speak. But I speak only when man gives fully and absolutely his Being to Me, where I AM. Now be very still and write only what you are hearing inwardly that the Truth which you seek in your deep heart may be further revealed and more fully experienced.

The human mind with its personality must be very carefully and purposefully disciplined and prepared that the full glory of the indwelling Christ may shine out. This is the purpose of this effort. This is what you long for and this promise is within your reach, for it is written within your Being. But there must be a more consecrated effort, or discipline. The Promise is there, already to shine out in all its glory and effulgence. You have but to keep this goal ever before your inward vision, and hold your attention upon It.

This is the sacred privilege, or gift of God the Father, to man. He ever awaits, deep within the Heart.

This is the Eternal Truth which all must seek and understand in order to grow into the Immortal Being made in His Image.

How else can you receive Him unless you seek Him where He is and set your heart upon Him where He awaits you.

If your dearest friend on earth awaits you in your home, your house, and you are forever wandering abroad, how can you meet him and glory in his friendship and companionship?

WITHIN IS THE FOUNTAIN \_\_\_\_\_

So it is with the indwelling Christ.  
*Think deeply on this.*

*Date Unknown*

As you deepen your stillness, your Communion with me, the more creative you will become.

This is the great paradox. To be deeply quiet, consciously quiet, brings you into the Universal Womb of Creation, into the peace that is productive. To let your mind be repeatedly brought back to worldthought, with its disquieting images, robs you of the peace that is needed for spiritual progress and understanding.

It would be wise, therefore, during the days activities, to watch your thoughts, and to remind yourself, frequently, of this profound Truth, that your spiritual destiny unfolds from the deep inner calm and serenity of the soul, and never in the flux of the phenomenal world.

*Date Unknown*

The advantage of writing as you are doing is that it makes possible the necessary discipline. There is less interference, both mental and physical, as you write in this fashion. The concentration that is needed has been achieved, enabling you to listen and hear the Voice within: Thus, communication becomes possible.

Everything rests upon this listening and stillness. Deep meditation is another matter, and a withdrawn, cloistered life is not a necessity at this time, for the objective is to gather together those souls who are capable of Communion (in one form or another) that we may be able to use those who shall be the Forerunners or nucleus of the New Humanity.

Always remember that this moment on earth is the apogee of an age, an age that has peaked to its limit in defiance of the Law, and therefore, must destroy itself, that the waters of Life may rise again, purified, as a New Wave, a New Earth, a New Race.

Understand this, for the disappearance of the old will inevitably take place.

It is of great importance therefore that this is understood, lest the souls we have need of be overcome with panic and thereby be lost in the breaking up of the old.

*Date Unknown*

In times of stress to be in command requires the discipline we have been emphasizing throughout these communications. If you constantly finger with thy mind the condition you wish to be free of, the law of truth cannot operate for *no* admixture is possible here. Truth is absolute. To dwell in the Soul is to wall off, as out of bounds, the stuff of the lower form from thy activating mind with its fears.

The form is but a fleeting phenomena. It has no substance other than that.

When you identify the consciousness with the bodily defect that you wish to be rid of, you are entangling its image with the power of your mind, and thereby strengthening its hold, its reflection on consciousness, and so on the body.

To be free of all that is alien to Truth, the mind must be held steady and steadfast in the Center or Citadel of thy soul.

Understand this.

*November 3, 1975*

Have confidence—relax your hold on consciousness, and write only that which flows through your mind, from moment to moment—unobstructed by the personal will or thoughts. This is what you have been praying for and it will clarify itself as you go along.

The earth, the planet, is receiving new energies in preparation for the New Dispensation. It is necessary, therefore, for all those who are open to the New to drop all preconceived thoughts or ideas. These radiant energies, which are flowing from vast centres of cosmic light, are making these communions possible.

Do not, therefore, intrude your thought upon this effort—lest you inject old thought forms, into it, but be deeply still and write only that which is flowing into your mind spontaneously—and remember all that forms within your thought patterns in this fashion comes from the interior world of spirit—of Light.

This is the work laid out for you at the present time. The important thing for you to remember is the Now. The living present moment. Take hold of the Now. It is ripe with Truth and Light. Again, I say, let it flow.

Light is the key to the New Age. The forces of darkness, which are dominating the planet at this time can flourish and function only in darkness.

Children of Light, rejoice, for God is not mocked, and He is here. So fear not.

*November 4, 1975*

Be still deeply still, and then open wide your mind and heart in expectancy of the Divine, who ever seeks channels through which to speak to men. Your purpose now is to be one of those channels. This means dedicated period of quiet that these communions can continue.

We see into the hearts of men, thereby we find our own.

You are not, again we must emphasize this, you are not the personal self, which you appear to be. Your tendency is to judge according to the form, the appearance.

This is the work we have laid out for you, to constantly center your consciousness, your attention, on the invisible One, thereby releasing its Light and Truth. There is no other way to the spiritual “breakthrough” which you are seeking.

Above all, there must be no false pride or vanity in this work. All me and mine must be displaced by Thine.

Clear the mind of all doubt and criticism. These are deadly foes that must go.

These preliminary notes are only a preface to the work which will follow.

Today we will tell you about our aim. For the present it is simply to train you in obedience that you may be of use. Listen carefully, in stillness, and clear the mind of all past, accumulated beliefs, that the Word may become flesh, or manifest.

“Being is the Word made Flesh.” You prayed for the Truth of being, and God spoke those words directly to you. Being is the I AM. Your individualized being, or I

AM, is God spoken forth (the Word) and made Flesh or manifest in the physical world. This is the Truth of all mankind. Being is Seed Word in all created life, and like all seeds it must be nurtured and cherished and given the beneficent conditions for growth and flowering.

This is our first lesson for you. Concentrate, as much as possible, on the Being aspect of yourself. It holds the eternal reflection or Image of the One.

By so doing, all the dross and nonsense of the world-self will fall away into its native nothingness.

Remember it is the Divine you are seeking. And what He reveals is Himself—so there can be no grasping here. The Light is impersonal, this you must understand. It is not yours, so to speak, but God's, and the slightest egoistic attitude will blunt the thrust of its power. It is always the question of breaking up the old egoistic patterns that the Universal may find its expression.

The ego, small and pitiful as it generally is, must give way that the true Ego can express, and when we speak of the ego we are referring to that part of the Self which functions exclusively in the physical self and in the external world,

You long for this. Patience is the need it is of vast importance.

Without it, nothing can be accomplished.

*November 6, 1975*

When the mind is deeply still, the Truth is there to express. Relax and let no thought enter other than that which is now flowing, unobstructed by the old limitations. Do not doubt. The very simplicity of this is filling you with wonder. Truth is always within reach and need not be struggled for. Become as a little child and receive it.

You are beginning to understand the importance of these communions. Their value is to help you orient your conscious being to the invisible world of spiritual Reality.

*November 9, 1975*

Do not condition these sessions. Again we say let the Truth flow. At last Man will be educated in this field. He will be taught to listen and obey. Thus God's will can be done on earth as in heaven. There is no other way. Be still and know that I am God. This has no meaning unless acted upon in absolute faith and acceptance.

Man will taste of these waters—not only the few but the many.

Radiance is the key word today. This very moment overflows with radiant good, even as the Fountain shown you in vision—the Source reveals itself in the radiant waters. You have hesitated to accept the full application given you for that purpose. You, all created beings, are the radiant waters, flowing forth eternally from the one Source. Do not separate the waters from the Source. Do not separate yourself from God and put Him infinitely beyond your knowing. It is not so. I am here and now as yourself. Do not insist upon this separation. You are the waters and I the Source even so are we One and the Same. One cannot be without the other.

Now treasure this Truth today, deeply. It is enough for the present.

Amen.

*November 10, 1975*

Much has been said in these sessions: if you would absorb the last communication transformation of consciousness would take place. The message of the Fountain is so simple, the symbol so eloquent, so complete. The invisible is made visible through the shining waters.

Man's tendency is to separate himself from his divinity. He feels himself unworthy of such a holy Truth.

The purpose of these quiet times is to establish the absolute union of the soul consciousness with its human instrument. Revelation is the realization of this Oneness. There is no separation, save only in the form. This is the great step forward for you today. Until you are established in this Union you cannot be fully used, for all depends upon it.

*November 11, 1975*

What you are doing is drawing from the invisible you the Truth of your being. It is the most important step of your present existence. This is the guidance you have been longing for. Do not let anything stand in its way, or break this rhythm. More and more will unfold as your confidence is strengthened and you will rejoice that you have listened and recorded these morning quiet times.

Everything: all wisdom, all love, all truth, is within the Self—your Self. Therefore do not look to another, no matter how noble or wise. This only postpones your own spiritual maturity. It is, in truth, very simple to accept and the important thing to remember is that all spiritual endeavor must be steady and pure as a flame on a still night. Hold it so, do not waver. That is your weakness.

Your opportunity to fulfill your mission on earth is NOW. So be it. Consecrate the first hour of the morning to this work.

*Night—*

There is much to be accomplished; the night is far spent, the day is at hand. You have but to look, and the hills are white with harvest. It is a crucial moment on earth. The good is being garnered and used for the forward push of the whole. It is of utmost importance that this is understood.

Remember the story of the foolish virgins that were not prepared. They had no oil for their lamps and so they missed the bridegroom.

Be ready, be prepared that you miss Him not. O hear these words, for they are the pearl of great price.

Keep to your spiritual center within. Your tendency is to close the door after these sessions and forget. Picture to yourself this posture, your face turned inward in a listening position, that means an attentive and deeply quiet state. The human mind must be as still as a quiet lake in the dawn of day. No ripples, but only a gentle, smooth surface—waiting for the great event of the rising sun. Then picture to yourself the light of the sun rising from the horizon and pouring its energy, its life-giving warmth upon the waters of the lake.

These quiet times are the sunlight, the interior light of the Great Son, flooding your consciousness, immersing you in the spiritual afflatus that is life divine.

Be still and savor deeply this thought.

*Later Night—*

You have been placed in your present environment for this moment of spiritual growth.

You must take advantage of it because it is here, on earth, that this growth is possible.

Everything is conspiring to help you to center your consciousness on the Invisible One. These are momentous times. The wheat is being separated from the chaff. The winds of change, of the New, are sundering the old bonds and boundaries and garnering that which is ready for the great upward sweep of evolution.

Those whose hearts are open to the divine will be the nucleus of the New Humanity.

The Bridegroom cometh to claim His own.

Let these words which you are writing quicken your spirit.

The Divine is the only Real—Come closer, my child,  
Come.

The Christ has spoken. Amen.

*November 12, 1975*

The work is to be conscious all through the day. And when I say conscious I refer to the preceding analogy—the attentive state I described.

This is the leavening of the Bread of Life.

There is nothing new in this but the new cannot be established within Man without it.

Those who understand this are open to the New and will be in the forefront of the New Humanity.

But remember you are eternal and so it is necessary to have patience. Destinies unfold—they do not fulfill themselves in spontaneous combustion.

Everything is a part of the divine order.

*November 13, 1975*

You have observed how your faith in these sessions has wavered, despite our warning. You are continually judging by “signs following”. We give you the Truth. We hold it up to the mirror of your mind. And then the old doubts, and lack of faith in yourself, obscure the reflection.

A still lake, a quiet steady flame is needed, day after day after day—and not only during these communions.

What you are doing now is building, in the invisible world, a strong foundation. This is necessary. Without it there can be no channelship. You understand this. So again we caution you to watch your thoughts, your attitudes during this new day before you. And hold to the Presence within; it is Real and your only Self.

And so go forth and be that which you are in Truth—a divine reflection of the One Divinity—God.

This is a sacred trust. The “Word” made flesh—even as your God spoke it to you.

“Being is the Word made flesh”. Being is yourself, here and now. Do you see this? How could now be other than now.

“Now is the day of salvation” has no meaning unless this is accepted as fact.

For the first time you are recording what you hear from the voice within. This is of immense importance. These lessons, or truths are not coming from an entity outside yourself but from Light within your Self. Cherish them as such.

They are deeply personal to you. Guard them as sacred.

*November 14, 1975*

There must be careful and continual preparation for any transcendental experience. The spirit can express, fully, only through that which is transparent. The instrument must be cleansed of everything but the deep affirmative attitude that God is the only Presence—the only Reality.

The purpose of these lessons is to show you your Self. This Self is receiving, eternally, the full power and plenitude of the One which is its Source.

Therefore, affirm your wholeness—all suggestions of lack, such as a feeling of “longing” or a sense of loneliness, or failure or regret—these emotions deny your “wholeness”, thereby obstructing the spontaneous flow of the waters of life. Remind yourself of “The Fountain” and its symbolism. The vision was given to you for this purpose. It cannot send forth both bitter and sweet water at the same time.

Spiritual maturity is an absolute necessity at this time. Childish dreams and playthings must be put away. You understand this, so listen constantly to my Voice. To miss this opportunity would be a tragic loss to you. You will miss this moment if you look elsewhere, or to another for your Truth. Your spiritual mentor is within—your tendency has been to seek in books or in others for your inspiration.

*November 17, 1975*

These quiet periods are the “open door” you have been praying for. Now meditate on this.

You must understand that the Light of Truth within the soul is God. And needs no effort on your part to enlighten the human mind. The human mind has only one function here and that is to be silent and let the Truth flow into it. All Truth comes from the Christ or the divine Light within the Soul. There is only One Christ—or the Eternal Son of God—who speaks wherever there is a suitable channel. Trust in Him—for He is the love of God, the Father, ever enfolding you, and all. Deepen your silence that He may enlarge these lessons and flood your conscious being with His marvelous nearness.

*November 18, 1975*

Listen, we say. Listen throughout this new day. Amen.

You are beginning to feel a sense of spiritual well-being from these periods of listening and you are realizing that this poise, this sense of inner peace is not dependent on anything outside your self. This is good, and productive, for this is the essential soil for the flowering of the spirit here and now.

This is the “maturity” which we require, that you may receive that which is prepared for you.

In peace and confidence lies your strength, as the Psalmist tells you.

The new knowledge will open up unused avenues of expression. There must be an absolute communion between the so-called human consciousness and the Soul or Self, which is its source.