We are a group of spirit beings made up of light energy and love energy. We have no shape. We have no form, though we are consciousness gathered together. To help humans understand who we are and what we are we sometimes present ourselves to you in the form of bodies; human bodies, angel bodies, deity bodies. This is just a shell, an outer casing of representation to help you understand our meaning.

We have been charged with helping the human race on earth move forward on your evolutionary continuum towards growth, towards moving into the light, towards becoming enlightened. We cannot harm you in any way. We come from a place of love. It is a very high vibratory energy space in which many of the evolved beings that you write about in your spiritual and religious texts reside. And, those beings are now light and love some of whom gather together in this Council of Light to come to you and speak to you on a weekly basis through the channel vessel of Laura West.