

~31<sup>st</sup> October 1994~

**Good evening.**

Les: Good evening and welcome to you once more.

**I thank you for your warm welcome once again.**

Les: Yes, we missed you last week, but your colleagues gave us a very interesting and educational evening.

**There will be times when I need to depart from this plane.**

Les: I see.

**But of course, there will always be contact with us. I am happy that your evening went well.**

Les: Yes, it was quite instructive actually. A very interesting talk on the auras, and the effect it has in your world—which pleased us, I must say.

**These times are unavoidable, but in future, to save you concern, I will forewarn you.**

Les: Thank you, it's very kind of you. I do understand that you must have many more important things to do, which will take you away.

**I would not necessarily say, 'more important,' but of course, important. It is necessary sometimes for those of us who come down so low, to travel back to whence we *belong*, for our own rejuvenation, if you see what I mean—**

Les: I do quite understand it.

**It is rather 'heavy,' sometimes, and we need to return for our own sakes. But, this time it was for a meeting of importance, as you say—**

*(pause)* **It is necessary sometimes that we gather as a group.**

Les: Yes I can understand that too.

**And that was the reason this time, but I will forewarn you next time.**

Les: Right. And what would you like to do this evening? Do you wish to give us a talk on any subject? Or would you prefer questions?

**Let us have a little of both. *(Right—)* I would like to talk a little more on the senses that you possess, while in these bodies. *(pause)* I suggested before that each of you try to develop the senses that you have been endowed with.**

**Can you remember? *(see session: 10/10/1994)***

Les: Yes I do. And I expect everybody else will.

**I don't think you have been trying too hard.**

*(smiles),* **but for that, I will say no more. But I think it is imperative to your group that you all endeavour to do so. *(Right—)* Let me talk about your sense of taste. *(Yes.)* This is a sense that *all* of you have very poor knowledge of. If only**

when you are young children, you could be allowed to develop your taste buds naturally, your sense of taste, it would be much more helpful, in how you develop along your life's pattern. So often, children instinctively know what is good for them, when it comes to nourishing the physical body. But so often they are forced to eat what the parent has decided is good for them. You must all be aware of the child, who spits forth the food that is offered to them.

Les: Yes, we are indeed.

**Not only are they using their sense of taste, but of smell too.**

Les: Is that so?

**All of you instinctively know what is good for you. And unfortunately, it is abused to such a degree, that you sometimes become gluttonous in your appetites. That is why the more primitive forms of people on your Earth, and they still exist, have much better ideas of what is good for them. It is how it was developed, the sense of plant life, that became your medicines, because of the people, who were highly developed in their sense of taste and smell. In primitive times, there was one person within your groups, who actually tasted new foodstuffs.**

Les: I've often wondered about that, how they discovered the various differences.

**He, and I say 'he' reservedly, because mostly, it was a male—his job was to find out whether new plant life was suitable, either for food, or for use as medicine within the group of people. It became necessary for this one to taste on a very gradual basis, each new food. Otherwise, how could they have known what was poisonous, and what was not? What I am trying to say to you is this: These senses have gradually become *lost* down the ages. But that does not mean they cannot be *found* again. It is a matter of discipline, in trying to develop those taste buds, which also includes that sense of smell. I will stay with these two senses for this time, because they are so closely connected. If only the parents of your children would look and see, and see for themselves what the child is trying to say to them, things would be so much better. The child has an instinctive knowledge that he brings with him, in these matters.**

Les: That's very interesting.

**Of course, we realise the worry of the parents. They are concerned only for the well-being of**

their offspring. We understand this, but these senses are retained and they should not be dismissed so easily. What I would like you all to do, is to take one of your senses; I will leave it entirely to each individual. And I wish you would try to develop that one sense. I know in your busy lifestyles, you find it not always convenient to give time to such matters. But I say to you, these *are* matters of importance, matters of importance for your own growth. And of course, I cannot make you do these things, but I would advise that you *all* try.

Les: We certainly do value your advice and opinion. And perhaps at this stage, I could mention that the gentleman who has questioned you quite a bit, is adopting what I would call a natural way with his children. I believe they don't have salt, I believe they don't have much sweet stuff. Is that right Brent?

Brent: We try yes.

**I say only, follow what the *children* are telling you. Do not make plans. Do not lay down hard and fast rules. They know instinctively what is good for them, what is good for their bodies. Do not be concerned about the child who will not eat. He will eat when he needs to and he will eat what is necessary for *him*. Remember always, each of you are individual, individual in your personalities, and in your spiritual growth. I have told you this before, and I say it to you again. Treat the child as the individual soul that he is. He brings with him the knowledge from within. And although he may not be able to speak in words, to say what he feels, he *can* tell you from his gestures and his actions. But, of course, I am speaking of small, *small* children and I know as age progresses onwards, it becomes more difficult for you, because of the habits that you have acquired over a lifetime. But that is not to say you cannot change. And in fact it is good for *all* of you, that you do not allow your minds full reign over what you do. I again would stress the word '*discipline*' in all matters.**

Les: Well, I have frequently spoken about diets, with various people. I have always suggested they do not adhere to a specific diet, if they feel it's not suitable for them. But let their own body dictate what it needs. I follow this principal myself.

**Of course. You must always follow that inner voice. It will see you much better off, than all of your *diets* as you call them.**

Les: I do vary my own eating quite a bit. I go by what I feel I need at that particular mealtime.

**By following all of your senses, what you in fact are doing, is quickening *all* of your vibrations. Of course, it cannot be achieved fully, whilst in your physical bodies, but a great deal of it can be and no reason why it cannot be. I will leave it there for now. Perhaps the group will think upon it. And I trust perhaps act upon it.**

Les: I'm sure they will begin to give it a lot of thought and probably will begin to act upon it as you suggest. It is sensible advice, I know from my own eating experience.

**If you are taking in, what is instinctively right for you, then you are going a long way towards keeping good health within that teaching physical instrument. Now, shall we continue with your questions?**

Les: Yes certainly. Well continuing along the same line, if we might for a start, I think you have a question on diet, George, haven't you?

George: Yes, I believe Jesus taught something about diet. He advocated the importance of raw food in the diet. Now this teaching does not appear in the Bible, but is something that was recovered from the Dead Sea Scrolls. Would you care to comment on that, the importance of raw food?

**Yes, I will comment for you. Let us go back to Jesus the Christ and his teaching. We know he was a Master who walked your Earth. We know too, much was written that was untrue. That we have discussed also. Yes, you must remember at the time that he trod this Earth, much of the food that was eaten, was consumed raw in any case. They did not have your utensils and your ovens and whatever else you may use nowadays. So food was consumed raw very often. But I will say to you this: The reasoning behind that, is that when food is eaten raw, it contains its natural elements, its natural energies. We have spoken a little of this, too. Although you think when things die, they lose a certain amount, for a little time, they retain that essential energy, that essential vibration. That is why it is always good to eat food while it is **fresh** and while it is raw. Once it is cooked, it loses all of those elements. And that is why it is written, like most things. All of your foodstuffs which are**

not cooked, would you not agree, are very much better for you? I think within your diets, most of the foods that are 'good for you,' that they say are good for you, are natural foods, your fruits, your pulses, your nuts—all of those things, they are natural foods and of course, need no cooking. But essentially, that is why it has been written thus, that it retains that vibrational energy, which is good for the physical being.

George: Yes, thank you. I thought it might relate to the energy—

**But of course, if it is left too long, then that energy would disappear in any case. It would only remain for a short period of time.**

George: Yes, I felt it was more than just the vitamins and the enzymes. It is the *energy*—**Remember *always* that you are spirit and you are speaking of spiritual matters. Also, all things have their own energy, as I have said before, also your foodstuffs, always remember. So, of course, it is better for you, if your foodstuffs remain uncooked. But, as we have spoken of a little while ago, your pallets have become used to food that has been 'tampered' with, that has been—how shall I say, 'molested,' in a way. And so your pallets have become used to food that is essentially dead. It is also a reason why you sustain so much disease within your physical bodies.**

Jackie: Can I ask a question? You get some people that are terribly overweight and yet they eat hardly anything. Is it the metabolism? Do some people burn up food more than others? I mean, people have their jaws wired, and go to great lengths, but just can't seem to lose weight—**I would say to those people, if it is not a physical problem—by that I mean, if there is not a complaint of the physical body, which prevents them from losing that weight, then I say, 'look within.'** Look within to find what the true problem is. What disease there is within that being, that is creating the quite unnatural forces of making fat within the body.

Jackie: You don't think some people burn food quicker than others?

**Of course, people's metabolisms differ. That is a physical fact. I am speaking more on a spiritual level. And of course, that applies to all of you. Here we come back again to *thought*. Your physical being is just a covering. It should be in fact, a perfect specimen. You have been provided with *all* that is necessary for your**

physical well-being. You need to look to nature for it. She provides all that you need. Of course, each of you are different in your make-up, but that is a physical thing. Of course, some of you do have physical problems. For example, if the thyroid gland is not working efficiently, then of course there is a problem. Eliminate the physical problems first. If they do not work for you, then I say, *look within* and use that '*mind force*.'

**Remember the power of your '*THOUGHTS*'. What you see, is what you *express* through your physical being.**

Jackie: Do you believe that people should be vegetarians?

**I think we have spoken on this subject and yes, if you want my simple answer, then I would say 'yes.'**

Les: It would follow your previous remarks about food being eaten raw. One would have to be vegetarian to do that.

**Yes, I don't wish to intrude upon your innate sense of what is right, but the question has been asked of me, and I have to say 'yes,' it would be better for all of you, if you could refrain from your meat-eating, for the reasons that I have given to you before. But I know, like everything else, your life patterns are all different, your viewpoints are all different and you must follow your hearts. But I would say your physical bodies would be much healthier, if you would follow what I have said. (*Thank you.*)**

Les: To confirm what you have said Salumet, there was some years ago now, a case widely reported in our press, of a building labourer, who of necessity, had to do very hard work every day of his life, living solely and completely on milk and honey.

**Yes, of course, you will say, some of you, some people are allergic to these things. Always I must say to you, you *are* individuals. Follow those instincts, which are innate in all of you. You will not go wrong if you do this, because your own inner voice will only tell you of those foodstuffs, which will help and which will nourish and keep healthy, that physical being that all of you carry.**

Les: And to achieve that awareness, we come back to your previous suggestion, that we all make the effort to devote a little time each day to meditation.

**I don't think I need to even put that into words. It should be part of your lives. How else can you reach that which is *DIVINE*, if you are not**

**prepared to give the time to it? It will not come to you. Nothing is easy. You must work and strive for that which is so good. I do not say the pathway of anyone is easy. You can only strive and achieve what is good, ultimately, by hardship and by dedication.**

Les: Yes, that's true. As we say, nothing worth having, is come by easily.

**If it is, it is not fully appreciated.**

Jackie: No, but you can work hard and you can be so dedicated, but at the end of the day, it's really left to your children. Then they work hard and it's left to their children, isn't it?

**You are speaking of material things. Yes, of course you can work hard in that sense. I am speaking on a spiritual level. To achieve that spiritual growth, you must devote your *time* as we have said. Time in quietness, in stillness, in 'meditation,' as that is the word you tend to use—reserve that quiet time each day. It matters not when it is, but allow yourselves that quiet time—offer yourselves to that greater consciousness and you will be surprised how quiet, how tranquil and how peaceful your lives can become. I do not speak those words lightly, but it is something that you *all* can achieve, but it *must* be worked for. It will not come to you over night, it is an ongoing process.**

Les: And if we attempt to do that and succeed in doing that, I think I'm right in saying that it makes your 'control,' of us, in such instances as this tonight, much easier?

**Of course, because what happens is, your own vibrations are raised. And as you probably know, 'we,' of us who come to you, need to lower ours to a very great degree. That is why sometimes, it is rather uncomfortable for some who come, especially if it is a new experience for them. So, of course, if your vibration is raised, it makes it so much simpler for us to 'blend' with you. But that should not be the reason why you sit in quietness—it should be to blend with that higher consciousness, that all of you can attain—all of you can develop, and all of you should do. After all, it is the reason why you are here on this Earth. It is not to see what you can gain materially, what interaction you have with other people, although that is important, *but* it is to raise that vibration ever onwards to a higher plane. That is the true reason for your lives here. Is that helpful?**

Les: Thank you. Any more questions please?

Brent: Yes, I have a question. two weeks ago, I tried to get to this point, but didn't quite explain it very well. We were talking about healing and whether healing is interference. You said that if the person's free will requests healing, then it's not interference and I agree with that. But my point was that when the healing takes place, it's a change in the physical body, somehow. And so I'm coming to the point of view that the physical is really a rather secondary thing, and that the physical can change—there can be discontinuities in physical 'law.' Is that correct?

**You are becoming wider in your knowledge. Your physical being is indeed secondary. You are spirit first and the physical being is nothing more than a covering. Your physical being is nothing more or less than an expression of your spirit. And I believe I said that only when the spirit is touched will a physical healing take place. So you need to forget, really, the *physical* being in any case. You have to think of it on a higher level, a different level. Do you see what I'm getting to?**

Brent: Yes, I think so, gradually.

**Illness is really an expression of what is going on within. We know it takes many forms and probably it is most difficult for you to understand, but it *is* a 'dis-ease' within the spirit, which shows itself in the physical being. So, when the physical being asks for help, indeed it is the spirit which is being helped, which then manifests the result in the physical body.**

Brent: Could we take a specific example. Say, someone who has cancer, who is diagnosed as suffering from a progressive terminal illness. But if that is not essential to the person's life (plan) here, and the person asks for healing and receives healing, then there is a fairly radical change in the body. The cancer cells are changed, moved, de-materialised or something of the sort, so that it disappears. Is that correct?

**The change, my friend, is within the spirit body. What is cancer? Shall we speak a little on what that disease is all about? I have spoken before, that each one of you is individual, but part of a whole. Do we agree on that? I think so. What is a cell within your physical body? It is one part of a group within an organ. One organ is a part of other organs within a body. The body is an individual that is attached to other individuals. So let us go back to the one cell. (*stronger voice*) As you as human beings have free will, a mind of**

your own, what happens when a cell within the body, within the organ, begins to change? Let us make a comparison here. The cell is in fact saying, 'I want to do my *own* thing.' I am keeping this simple, because again we get to difficulties, in trying to explain—when we start to speak of structures as cells, it is difficult. But *one* cell decides it wants to do its *own* thing. Who can stop it? So it progresses onwards, onwards, onwards. When it reaches the stage that it invades other organs, then we have the disease called cancer. And you all know that it is a disease, which spreads throughout the body. When it has invaded the body, then the physical being dies. So, in fact, your cancer disease has won. You have the power within your spirit body, to *change* these things. That is why you have the cases, especially through your spiritual healing, when these things can be changed. It is not so much that the cells are de-materialised, and made whole again, it is the fact that the spirit body accepts, *accepts* that there is something wrong within. (*spoken slowly and with great clarity*)

**The individual cell is reacting in the way that the person himself is reacting.**

Can you see the comparison there? It is almost like the cell is that individual person, within the body structure. (*pause/ breath + strong voice change*)

**Cancer is a disease of human kind that should not exist. It has been the scourge of mankind, for many, many years now. I say to you, it is a disease which is unnecessary, like so many of your diseases have been, but unlike many, cancer is a disease of the mind, the *mind***

The spirit body can alter the way it reacts and the way that it feels. I can make comparisons with many illnesses that exist now. For example, let us take the person who suffers from back problems. What would you say the comparison would be for that? It shows that the person is rigid, is unbending in his way of thinking. I could continue with so many comparisons, but let us say this: Cancer is a scourge of the times, which only when mankind realises what he is truly about, will the disease be eliminated. I know you will tell me it has many *physical*, physical beginnings, but I say to you, '*no, it is not.*' For the cells to become rogue cells, then the

problem begins within the spirit body. Is that helpful to you?

Les: Yes it is, thank you.

Try to compare the cell, to you as an individual. I know these matters are probably new thoughts to you, but if you can think along these lines, you will see that it begins to make some sense.

Les: Yes indeed it would.

You see, you beings only see yourselves as flesh and blood, with feelings, emotions and so you are so much more. You *have* to see yourselves on a wider, deeper scale.

Les: What you have been telling us, would imply that those who spend a great part of their life in meditation, often in solitary conditions, ought not to suffer from any physical illness at all. Is that so?

If the meditation is pure, it should result in a perfect physical body. (*Thank you.*) Of course, there are, how can I say, 'outer' influences. But basically I say to you, those of you who raise yourself to that greater consciousness, should not suffer from physical illnesses. You were all meant to live your lives, where (by) the body becomes older and goes naturally—that when the time comes, your spirit should leave that physical body easily, without trauma and without disease.

Les: And does that mean, too, that in the next plane of life, the one to which we go immediately following this existence, unless those living there learn to control their thoughts and their spirit aspirations, as you have said—would they too be liable to suffer from illnesses? Because before, when we spoke of this, you said the power of thought would prevent it. Is that what you were meaning?

The power of thought is all-invading. When you leave these bodies, if you leave with disease and a sick mind, shall we say, then of course you take it with you for some time. You must of course, know of our 'spirit hospitals,' where people go to recuperate. They do not possess a physical body, so of course it is a sickness of spirit that is being treated. I do not always think that you understand these things fully. I sometimes see thoughts of people who think: '*All right, you have a counter-part of your physical being and so within our hospitals it is still that physical being.*' That is not so. It is the *spirit* that is being helped. Can you see that?

Les: Yes, I do indeed. And once they have been helped to the point of recovery, then it is unlikely that they would bring upon themselves any further illness?

**Of course, once they are helped and it is accepted, then there would be no more illness of that kind.**

Jackie: But would they look the same? I mean, if someone's been in a horrific road accident and you say that they go to your spirit hospitals—**It depends on what they have known whilst in their physical being. If they have the knowledge, then of course they leave behind that tortured body.**

Jackie: Yes, but if they get a new body, would it be—what I'm saying is like when you read books, they say that when they come over to your plane of life, they see familiar faces, don't they? **(Yes.)** So, say, like my dad's over there. Would he look the same to me?

**How else would you recognise him?**

Jackie: Yes, so if they were in a horrific accident, then, and then went to your side—

**No, let me explain to you. If they had a physical problem whilst in the physical body, of course they do not retain that. The etheric body is not physical, so it cannot have your physical problems. But what *is* the restriction, is within the mind. Of course, I thought you would know of this with your rescue group. Are you not aware that that is what is happening? It is the limitations of the mind, that keeps them trapped, not the actual physical problems. It *remains* within their mind—that does not change. Once the spirit is released from the body, then it leaves behind all those problems. But, for example, if we have someone who has no knowledge of spirit, then they will retain the pain of their last moments probably, of their physical problems. And they hold onto that. Can you see?**

Jackie: Yeah, until they are released, or—**Until they become aware of what is happening to them.**

Jackie: When they become aware, like there was one girl in a fire—So when they are rescued and they become aware of what's happened to them—say like she wanted to meet her mum there, would she be the same girl to her mum? Look the same? That's what I'm trying to say. It's difficult to explain.

**Let me speak a little on this. Perhaps we could have another time on this subject. (*stronger voice*) For recognition sake, you would meet the person who you loved, you would meet them as you recognised them last. They may show themselves to be a little younger, they may show themselves to be as you last saw them. That would be their choice. But always you will recognise those loved ones. They will not have the physical ailments that they had whilst here on your Earth plane. You will see them 'whole' if you like. But you would certainly recognise them, because of course, you have a counterpart of the physical being, which is the etheric body.**

Les: And apart from that, the recognition of the etheric and the physical, it would also be, I imagine, an awareness of spirit to spirit?

**Yes, that is a subject—I must come back to that one time, to explain a little more fully. Of course it is the spirit that is recognising spirit. But for purposes that we will discuss at a later time, it is necessary to have a physical being, to be recognised. But in fact, it is of course, yes, you are correct, spirit to spirit. After all, when you have passed on through this veil called death, you are of course spirit, even if they are not aware of it at that time. They are spirit, whether they want to be, or whether they do not. That cannot be changed.**

Debbie: Can I ask a question? In this book I read, and I think a few other people have read it, she said that apparently, spirit actually leaves the body before—like when the physical body dies, before it actually dies, like in a road accident. Sometimes the spirit actually leaves just before the accident would happen, if it was going to be a tragic accident.

**You leave your bodies all of the time! Your spirit comes to our side of life to be, how did I say, 'rejuvenated,' before, did I not?—Rejuvenated. You are not always aware of this process, but it happens in your sleep states. So, of course, it happens. And when you become able enough, in touch enough with that higher consciousness, you can in fact do it with your own will. It is something you could all achieve, if you so desired. It is nothing unusual.**

Debbie: When sometimes, like when you do a certain journey, and are driving, a lot of the time, you don't remember doing parts of the journey. I do it frequently, I drive to work and I don't remember going down certain places. I come

back and I'm in a certain road, but I don't remember doing the rest of the distance.

**Please, do not put everything down to spirit. I must say this to you. That is just a lapse in your brain pattern. It is nothing to do with that spiritual aspect of yourself. So many people want to say that everything that occurs is down to spirit intervention. I tell you here and now, that is not so. I think you would all agree that at certain times you have *all* done these things. It is just a lapse in your brain pattern, if you like, in your thinking. But certainly, it is not spirit-controlled.**

Jackie: No, I think we've all—Also, I think things that happen now, and I think a few people do, we tend to think it's what's '*meant to be.*' If something happened you think, '*Oh! It's meant to have happened.*'—It's here to try us, it's there to try us, or we learn from it, yeah—

**It may well be that it is, but always look for another reason behind it. Do not put everything down to being fatalistic, or spirit-involved, as so often we see you do. But try first always to find a physical explanation first. Very few incidents, I can tell you, are spirit-influenced, and if they are, I am sure you would be much more aware of it being so. There would have to be a very good reason for it being so. We are not here to interfere in your lives. This I have told you before too, and I say it again. We cannot interfere in your lives. We can influence, but of course, we have our lives to live also and we cannot be here with you every second of your days. Do you not see that? It would not be feasible. So often we have this vision of you all, thinking we are hovering about over you, every second of your lives. That is not true, that is not true. We are busy people, who are leading lives of our own. Some, very busy, some do not even wish to return to your earthly planes. So you see, try always to keep your minds open.**

Les: Thank you.

**Now, for this time, I think I will withdraw.**

Les: Thank you and from all of us, thank you once again, for what you have told us and for your presence here tonight.

*May God's blessings be with each and every one of you. May you go about your lives in love and peace until we meet again.*

Les: And we give you our love and ask God's blessing be upon you and all those helping you.