

~28<sup>th</sup> November 1994~

(warm welcomes)

Good evening my friends. I listened with much interest, on your talk about your

### **MEDITATION.**

Les: I hope I was right in what I said. If you can amplify it, we'd appreciate it.

Yes, you must begin somewhere, yes. It is an exercise which must be done, if you wish to raise that consciousness, to that which is your very *selves*. I would say to you, it is a very *individual* thing. You cannot be guided by another, only in the elementary stages. But I say to you *all*, find that element, which you find is **LOVE**, and focus upon that area. It may be, as you have spoken upon, beautiful singing, if that is your heart's desire. Many have found the peace and stillness, within the background of beautiful music. (For) others, this would be too intrusive, so I say to you all, find that quietness and stillness, which suits you best. Sometimes it is better to, say, focus your attentions upon the flame of a candle. This serves more than one purpose. With this exercise, I can say to you, so too would the use and development of your '*auric vision*' be expanded.

Les: Thank you, that's interesting.

For another, it may just be, that they focus upon something as simple as one of your beautiful earthly flowers. I say, find your own *thing*. Do not be concerned, if at first you find, not very much happens, this is *not* to be worried about. Take it slowly, *slowly* and you will find that that consciousness *will* be raised. There are many around you, who wait only for such opportunities to occur. But this is not new to you, but to some within the group, it is an exercise, that should be followed. You see, once you begin to meditate, then you have *control* over your everyday thoughts; your thoughts are used at your will. I have spoken on this before, have I not?

Les: You have indeed.

How can you exercise full control, if you do not know how? It must be done and I say to you, please endeavour and stick to it.

Les: Yes, I wish I could make everybody here experience what I have experienced by doing that and I can only agree with you absolutely, in what

you say and I hope that each person here, will experience the upliftment, which I have had.

**It is better that they do not go into their meditations, with such thoughts of expectancy. It is much better, that they develop in their own individual ways. You are after all, unique, therefore so should your experiences be such. That is why I say, you cannot be guided by someone else's experience. Of course you can listen, you can listen and you can take it in, but that does not mean, that is the way forward for yourself. Do you see what I mean?**

Les: Yes I think everybody does and I have frequently said at these meetings and to newcomers, that we would never presume to say that we could 'train' a medium, we can only offer the 'opportunities,' for their own development. **There is much spoken of training. I would rather that you *all*, each and every one who treads this Earth plane, remain as individualised as you all are. We have people who wish to use them. How can they come close, if they are using exercises to be *trained*? It creates blockages, it cannot be right. So I say, *listen* and *look* always to that individual part of yourselves and thereby will come your individual guidance's.**

Les: Am I right in thinking that you said just now, 'there are people wishing to use them,' meaning everybody in this group?

I mean not only in this group, I speak generally of your world. Each one of you, comes here not alone, not to be left to fend for yourselves. How could that be? Each one, when the time is right, has helpers, has guidance at hand. It is only when you become aware of it, that it can become sufficient help to you. If you do not open the door, you cannot go forward, can you? (No.) And that is what in fact you are doing, with your meditation.

Les: So you would agree no doubt, if I said to everybody here, that though they are individuals, they should *always* keep in mind that there *is* always somebody close to them, willing to help? I say to you all, there will be throughout your lives here upon the Earth, many who'll stand close by, many who will come and go. But to each and every one of you, there is someone who remains with you, throughout your lives. **But although you may not be aware of them, they are your inner helpers and guidance. Can you understand?**

Les: Thank you. Everybody clear on that? (*general agreement*) Everybody can accept it, without difficulty? (*general agreement*) Good.

**So much could be given to help you all, if only you will open those doors.**

Les: Thank you. May I ask the first question?

**Of course.**

Les: Thank you. You did tell a lady here, a couple of meetings ago, a lady who was going to take a trip on holiday, you suggested that she should not go. (*Yes.*) She took your advice, (*Yes.*) but nothing happened to the vessel, so she was wondering whether the warning was given, to avoid anything untoward, happening to her individually.

**Of course, it was given personally to the lady. It was not meant as an action to be prevented for the vessel. No, no, that was not why it was given.**

Les: So it would have been unwise for the lady herself to have gone? By not going, she avoided something unpleasant, did she? She has asked me these things, that's why I am asking.

**Here we speak again of the fear in your lives.**

**Why must it always be assumed that tragedies and disasters will occur, when any warning is given to you? It does not necessarily mean there would have been a dreadful disaster in her life. But it could have been a preventative measure, that not just keeps her safe, but happy. We have to go into something rather deeper here, so let me try to explain. (*Thank you.*) You know you all are endowed with your free wills. It is an important part of your make up. If I say to you, do not use something, because it may break, you naturally would assume something more dramatic, would you not?**

Les: Yes, I suppose we have conditioned ourselves into that way of thinking.

**Always your minds are fearful. (*Yes.*) Let me return to the lady. We do not speak lightly when we give advice. I don't to put thoughts into her mind, that I do not want to do. But shall we say, if the lady had embarked upon that journey, there could have been an accident. By that I don't mean her life, but an accident, say of slipping—I will tell her what would have happened, because obviously she needs to know. If she had travelled on that particular day, she would have slipped and she would have broken her leg.**

Les: Thank you very much indeed. Does that satisfy you Sheila?

Sheila: Thank you, yes.

**It did not mean there would be a dreadful loss of life. That is what (why?) I say to you, you people live with so much fear.**

Sheila: I did worry about my friends.

**Yes, perhaps I should have made it clear to you.**

**But you see, when you gather together, when we come to give advice and guidance, we look out for those who are 'special,' shall I say, to us; who are helpers in our work. We try to help them along life's road. I have said before, I will always try to influence you all.**

Les: You have and we do appreciate it and what you have told us—when you did let the lady have the warning before, I suggested to her that she would be wise to seriously consider it, because I have never known any such warning to be given lightly. And fortunately she did heed it.

**I hear some of you say, why is that? Is it not interfering? Again we come to that question. No, sometimes these things are allowed, for the very reasons I have given. For the work to continue, we need to love, cherish and try to protect you when we can.**

Les: Well it is really lovely news for us all to hear and to be aware of.

**In an instance as this was, it is not interfering with her life pattern as such.**

Les: No, I quite understand.

**So therefore, we can influence and guide.**

Les: Well I repeat, we do all feel very grateful, that we are guarded to that extent.

**If you would exercise with your meditation, there would be no need for me to say it in words. You would instantaneously have that knowledge. Do you see? It would have come naturally to the lady, that she should not go on that particular day. Or you should not do that, because it comes from within.**

Les: Well that's certainly an incentive for us all to learn meditation.

**I hope it will be.**

Les: I'm sure it will be. You're quite satisfied with that Sheila, are you?

Sheila: Yes, thank you very much.

Les: Good. The other question I've been asked to put to you tonight, concerns the two ladies who give power to you, and to your colleagues of course, on each of these meetings. The one who is usually on your left, who unfortunately is sick and not with us tonight, sits very quietly and often goes far away I believe. The one on your

right, is always I think I could say, 'pressurised,' is the word perhaps, to make all sorts of motions with her arms hands and body generally, which she believes is transferring power from somewhere, to you. Is that so?

**It is not—I know exactly what she means, but no, it is not a transference of power to me.**

*(smiles)*

Les: It isn't?

**No. Let me explain a little. Each of you are used of course within the group—this you know, I am sure. (Yes.) The lady who we are speaking of, is being used rather like a battery, as you all are. Because she sits so closely to me using this instrument, she feels it a little more than perhaps the others. What she is doing, is raising the vibrations with the hand and the body movements. It is not a transference of power to me, it is helping things in general, if you like. All of you, shall we say, are keeping the battery charged. The instrument I am using, being the battery, do you see? (Yes.) And each and every one of you, are a lead towards the battery. The fact that she feels her arms, her body being used, is good. It shows that her awareness is certainly increasing, as time goes by. This lady has much to give and it is only in recent years, that she feels the full potential, of what she has to give. But it is nothing unusual, I have to say. But certainly, it is not a transference of power. If anything, the transference of power, would come from me. Do you see? Does that make sense?**

Les: Yes of course. Yes, I should have realised that, of course. I put it rather clumsily.

**Not at all. I hope that satisfies the lady.**

Lilian: Yes thank you.

Les: Are there any other questions for Salumet? Yes, well I will ask one of yours Brent. Our American friend has been trying to arrange for a camera, hopefully to collect any, to us unseen manifestations around you, during your visits here. In other words psychic photography. **(Yes.)** He has not continued with it tonight, because the light was considered to be too bright for you. If he wishes to do that, has it got to be in a dull light, like this?

Brent: Could I clarify the question. It's not clear to us why red light is used, but it's probably because it's the lowest of the frequencies that we can see. **(Yes.)** But what I was intending to use is infrared

light and I was wondering whether that would be less intrusive?

**Yes, I see. I think that would be acceptable.**

**Conditions could be made right for it. I have had the question and I will say the answer is yes, it will be all right. The only stipulation I will make, is that it is not too close to me, but as far away as possible.**

Brent: Could I just ask, is keeping the light low, like it is now, more of a protection for the medium or for you? Could you explain why that is?

**It is a protection mainly for me, I must say. It is rather complicated, when we come to vibrations, we are speaking of vibrations that are not known to you on Earth, at this particular time. It takes much work for us, to use instruments in this way. That is why it is better to have the lights dull, if you like, because of course with full daylight, you know how much more energy there is, within the daylight vibration, do you not? Do you understand that? (Yes.) That is why it is better that the lights remain dull. But I see no problem, if you wish to try.**

Brent: But what concerns me, is if red light energy, is a possible interference, then infrared is just a bit lower and that also could interfere—**No, it has been used before, do not be concerned about that. It is perfectly acceptable to me at least. (Thank you.)**

Les: We would of course, stop all action, if it did inconvenience you.

**I would tell you of course, if there was any discomfort, or I was afraid for the instrument I am using. (Thank you.) Of course, I would expect you then to stop what you were doing.**

Les: We would do, instantly.

**And I know, I know I can trust you to take my advice and listen to me.**

Les: We would certainly not work, except under that stipulation.

**Yes, I will let you know as soon as I come, whether things are comfortable, and if they are not, then I will ask you to abandon the idea.**

Les: Certainly—

**But I don't think there should be a problem.**

Les: Thank you very much for your help.

Brent: I have another question, but it's on a completely different subject. Because George is not here, I'll ask the Historical question. *(chuckles)* It just so happens that there was a

feature on television last night, about the Sphinx in Egypt. The Sphinx lies in the middle of the pyramids and Egyptologists believe that the Sphinx was made at the same time as the pyramids; about 4500BC or something like that. But there was a claim, the Sphinx was possibly made 5000 years prior to the pyramids. I wonder if there's anything you could say, to verify that statement?

**Yes, I think we have spoken a little on the subject before, what the pyramids were. Let me speak about the subject you have raised. Indeed the Sphinx was earlier in time. It was a development that was made, prior to the pyramids, as you call them. I believe I have said to you, they were actually *directional forces*, have I not? (general agreement) Yes. They were. The Sphinx—let me go back to the civilisations that existed then and I remember that I too, will bring someone to speak to you on the subject, who has more knowledge and can give you dates and facts. (Thank you.) But I can tell you, it is much older in your time. It was built in the same way as the pyramids were, by a civilisation, with much greater and extended knowledge. The Sphinx was in fact erected, if you like, rather like you erect monuments today. It was in fact, 'built,' if you like, to celebrate the existence of that civilisation and the civilisations before. It is rather like a badge that you wear, if you like, to say, 'this is what I am, this is where we've been.' Are you following me? (general agreement) So if you like, it was the beginning of much knowledge. It was something that was achieved, because they wanted to show how much knowledge they actually had. It was a monument to that civilisation. There is no great mystery to the Sphinx. That is all it was. It was meant to be a monument to a great civilisation, as I say, in the way you would erect monuments to people who have been brave, or something that is built, let me say, like the monument in your country America, that was given by the French people. What is that?**

Brent: The statue of Liberty.

**Yes, what do you think people in 5000 years time, will say about it? Will they not look and say, 'What a magnificent thing? What did they use this for?' do you see? (general agreement) It is not used for anything, it is there, it exists, but it is nothing special. And I say, that is *why* the Sphinx originally was put there. I know much is**

**spoken of it. Always you Earth people like your *mysteries*, do you not? (general agreement)**

Les: Yes, the archaeologists particularly, are up-in-arms, now, about the new theory, aren't they Brent? (Yes.)

**Do not put them down, it gives them pleasure. (chuckles) It gives them pleasure. But there are no mysteries. The pyramids now, are a different story. They were *used*, they were *directional forces*, and were used for space travellers, as I have already said.**

Les: Yes, I suppose the Sphinx would be on a par with Cleopatra's needles. There's a few of those Brent, aren't there? (Yes.) One in London and one in the USA I think.

**Is that helpful to you?**

Brent/Les: (general agreement + thanks)

**You must remember, the Egyptian civilisation, had a very deep-rooted feeling, for all forms of cats. Can you see the association?**

Les: Yes they did. Ah! So the Sphinx was based on their feeling for cats being immortal?

**It was yes—if you like, a religious thing for them. I don't like the word 'religion,' as you know, but that is as close as I can come to it.**

Les: I was going to ask, why they chose that particular effigy. So it was based on their worship of cats, was it? That's interesting too.

**It is no different than other civilisations. You had your American Indians with their buffaloes, you have your Indian race who worship the cattle. It is no different. It is a form of their religions.**

Les: It is a form of worship, yes. And it is very interesting, thank you.

**I hope that is helpful to you.**

Les: Indeed it is. Because I was watching the documentary as well and I was trying to imagine the consternation, among all the archaeologists if they were proved wrong in their previous assumptions, as they will be no doubt.

**I believe they are used to having their ideas and their dates changed. I don't think that is unusual for them.**

Les: No, they still don't like it.

**No, but it must be so. It is good that these people look into your 'past,' if you like. What is your future, without the past? You are on a never-ending cycle. If there is no beginning and no end, then you see, *all* must join together.**

Les: Thank you for that. Any more questions for Salumet?

Debbie: Can I ask, is there such a thing as human combustion, or is it just a myth?

**Yes, I have heard of this. I really cannot speak too much on this matter. I think you have to go to the energies of the human being. But perhaps I can come back to that for you.**

Les: Yes, that's usually associated with poltergeist activities, isn't it?

Debbie: There's been quite a lot of talk about it—

Sara: It's the question I was going to ask too!

**I will say just this to you. If you are all energy—I need to go a little deeper please. If you are all energy, you are ever-moving. Like the speed of light, which is an energy, which is fast-moving, thereby there are energies, within the human body, which too are speeded up. There are many reasons and many conditions for this. It is an energy, which is not known to you, but it is within each and every one of you. If you can imagine the power of energies gathering in force—can you imagine? You have to use your vision, for what I am trying to say to you.**

Debbie: Right—

**Within the body, energies gather. They twist and turn and bubble up, almost like a volcano. That is why these people, this combustion you speak of, is so puzzling, because it comes from within, not from without. Is this difficult for you to understand?**

Debbie: No, I can understand—

**It is an energy which is of such high degree, that it is almost like an inner explosion. Energy so great, that it burns from within. That is why it is puzzling to your Police, to your scientist, because it is something they cannot fully understand, as yet, because they do not understand the *real* make-up of the human form. (Thank you.) This energy, we call 'peera.' (like mother 'Meera', but with a 'P.')** It is not something that is normal, it is not widespread, but I tell you here, it is known as 'Peera' energy. Note that please, because it is something that will become known eventually.

Les: But there is no need for anybody here, to be concerned that it might happen to them?

**It happens, but let me say, it is not something that will happen just like that. There are many, many reasons, which I will not go into now. It is something more than just human living. I don't wish to go into it now, but perhaps I will come back to it, on another occasion.**

Les: Thank you very much indeed. Satisfied with that then Debbie?

Debbie: Yes thanks.

**I have to say, you are *all* energies; living energies. And as too your human forms fail, with disease, with bitterness, with fear, so too is it possible, for all these things to go deeply within, rather than to come outwards, to show themselves outwardly. Can you see?**

Les: Yes, rather like the internal tumult, preceding the eruption of the volcano, I would think.

**It is like, let me say, let us take the element of gas. If you blocked off gas, both ends, it has to go somewhere, does it not? It would build up and what would happen? There would be an inner explosion. Can you see? That is a very, very simple equation, but it is as simply as I can put it for you.**

Sara: Repressed energies, possibly—

**Yes, very much so. But energies, energy you do not know of, but I have said to you, we call 'Peera' energy.**

Sara: Can I ask another question? Is there something within the human being, which attracts a poltergeist, to his or her home, or is it something external?

**I would say to you, mainly, it is the attraction from another human being. It is attracted by negative forces, within the home, or wherever. Poltergeists are negative forces at work—thought. Another reason for your meditations, to help that higher aspect of yourselves to come forward, to reach towards that purity, that each soul should be, and if you try, can be attained. This time, we must leave it there. I am overwhelmed by the love and the welcome that you have shown to me again. I leave you all with my love and those blessings from all who surround you. (general thanks + farewells)**