

~23rd January 1995~

The group is comprised of a wide range of individuals. Sara Martin is a musician, who sings and writes piano pieces, sometimes likened to Einaudi. Les often played one of her CD's at the beginning of meetings, which Salumet refers to on this occasion:

I thank you for your greeting on the musical vibration—it helps a little when returning to this dense matter.

Les: Good, I'm glad it's of assistance.

This time I would like to speak to the young lady across the room.

Les: Sara? (Yes.) Would you like to come across please?

Let her be before me please.

Place your hand in mine. Now child, why do you allow earthly matters to cause you such despair?

You cannot let it be. You need to become stronger. Do not let worldly problems trouble and upset your spiritual self, because in allowing these problems to cause you despair, you are affecting that spiritual aspect of yourself, almost like, I think you call them *circuit boards*, (Yes.) that are running haywire. Those very fine threads of your spiritual being become tangled, your light becomes dimmer, so I tell you child, become stronger.

Sara: In what respect?

You tend to allow the whole World to weigh heavily upon your shoulders, you cannot do this.

Sara: So be less concerned about other people's problems.

Firstly you must be strong in yourself, before you can help others. You rather allow trivial matters to take too much hold upon you. Listen to the guidance around you and you will be stronger. At this time in your life, you seem to be thrown from one extreme to the other. Be quiet, be still and listen to what we tell you.

Sara: Yes, right. Do you think my work is appropriate at the moment?

You see what I mean when I say you allow too much to concern you? I would say to you, go with the flow of life.

Sara: Mm, yes, all right.

Do you understand me?

Sara: I think so yes, don't worry so much.

I know it is difficult because you see, you are so artistic, your whole being is sometimes *overly*

***sensitive* to others. I don't say that is a fault, but it is something you need to guard against. You, you are surrounded at all times by many who *care* for you.**

Sara: Thank you, yes that gives me strength to know that. Thank you.

Les: Thank you. (Les then whispers to Sara about knowing the difference between compassion and emotion.)

This time, as last time, I will answer anything you need to know, but I would like us to devote some time at the end to see what else can be developed. I think we should do this for some time, with your permission.

Les: Yes certainly. Whatever you think is most desirable for the development of everybody.

That is what we want for you *all*. Now can I help you with your questions?

George: I would like to ask one question about the last book in the Bible, the '*Book of revelations*,' which I believe Saint John wrote, while he was on the Island of Patmos. Chapter 10, verse 10, describes him being given a small roll, which he ate and it was sweet to the taste and bitter to the stomach. He then had visions and he prophesied. I think he was taking a potion/drug to raise his consciousness. Would you be able to comment on that?

Let me speak on that. We have said before, much that has been written within your Christian Bibles, a lot of it was *made up*, a lot of it in actual fact, comes from *older religions*, in fact I think you would say, '*Paganism*.' There is a lot within your Bible, which has been exaggerated. But let me say this to you: Indeed there was the man you know as John. At the time that we speak of, there were indeed many substances, which today you would find unacceptable. The substance you are speaking about, in those days, was taken from a bush, not here in your country, but a bush that produced berries. This was not an unusual thing to do. Many berries, many powders, many foodstuffs were used, that were considered normal, but which within your age, would be called a drug and would be banned from people using it. Are you following me?

George: Yes, I'm aware that it was an ancient tradition.

Yes, so you see, the substance that was taken by John, was not unusual within his peer group. Even now there are peoples on your Earth, who

take substances, which they have many explanations for, but what they do is simply raise their consciousness. This is all that happened with John, but the difference with him was that his psychic abilities were much to the fore in any case, as too were all those followers.

George: So his true psychic abilities could be enhanced?

Exactly—the followers of Jesus the Christ were chosen for that very reason. So by using the substance—the berry crushed, he was enhancing his own psychic abilities.

George: Yes that's very interesting. I thought it must be something like that and I also felt—

That is *one* of the stories within your Christian Bible, which is indeed *fact*. Has that been helpful to you?

George: That's been very helpful. It's nice to have that confirmed, because I had wondered about it. There's also the idea that it can be a good thing in certain circumstances, to enhance one's own ability in that way.

I would have to disagree with you there, not because I feel you should not enhance your abilities, but because you can create *dangers* and I stress the word 'danger,' for those people who are *not wise* to their own abilities. To thrust forth that spiritual aspect of yourself, without full knowledge and understanding it, can be *dangerous*. We would have to speak about the etheric realms and what you are releasing that spirit self too. So you see, that element of danger should not be there. Your psychic opening, your spiritual unfoldment, should be a *slow* and *natural* thing. You *all* have it, you all have the ability to use it to unfold, so I would say to you to refrain from all these methods, that thrust your spirit forward—but of course we come again to your free will.

Les: I would suggest it could be a very dangerous procedure, because the channels to the uninvited, would be opened no doubt.

That is why I said we would have to speak more on the etheric realms, because within that realm, there lie many dangers, many dangers that you are not aware of. I don't wish to frighten people, but they should know that to throw their spirit forward without any *forethought*, is indeed a dangerous thing.

George: Thank you very much.

Les: I'm sure it would be—thank you. Surely the best way to enhance one's psychic awareness, or *spiritual awareness*, I prefer to say, is by music. We all know there is certain music which gives us enhanced feelings, and this I imagine would be a safe procedure.

Even within the realms of your musical vibration, depends (on) the state of development of the being. Can you see? (Yes.) Even with the very best, the very highest vibrations of music—of course it would counteract any negative, any negative beings around, it cannot fully protect, do you see? The spiritual aspect of yourself, far outweighs any musical vibration. Can you see what I'm getting at?

Les: Yes I can indeed Salumet.

So I would suggest to you as I have said before, think of yourself as—you can take many examples, and the one we hear most of is the beautiful flower your *rose*. Peel back each petal slowly to expose that beautiful inner centre. Or imagine yourself as an orange, slowly peel back the skin and take each segment slowly. Compare yourself with these things and you'll see that each stage must be done slowly, slowly. And this I suggest to you, find your quiet time, offer yourself for good, feel your love and protection each time you sit and I can promise you, your spiritual unfoldment will come.

Les: Thank you. In answer to your first question, you made a comment, which I found very interesting, because I have wondered in the past—you said that Jesus chose his disciples, because of their psychic ability. (Yes.) That was so in each case was it?

Each and everyone had that ability, that he knew could be used, used for the betterment of men. They were ordinary men as you probably know. There was nothing particularly educated about them, but you see, that is *not* necessary.

Les: No, I had wondered why he chose such a mixed bag as we would say. That's the only thing I could think of—there must have been a common purpose amongst all of them.

Remember always, Jesus the Christ was looking at the *soul* and not at the physical covering of these men.

Les: Good, thank you, that does confirm what I have suspected.

Now, I think we should see what can be done.

Les: Yes certainly. Before you go I would like to thank you for allowing your colleague here at our last meeting, the one who has promised information about space travel.

I said I would bring them and I will, but of course as I also have told you, we need to go *slowly*, but I can tell you, *he* was overjoyed to have made the connection with you and rest assured *he* will return.

Les: That's very nice to know thank you, we did appreciate it.

Andy: Is it too late for me to ask a question? Last night I experienced something I haven't experienced for a long time and that is seeing colours, specifically a bright green colour. Can you tell me what that means and why me?

Why you my son? Why *not* you? Do you feel it was special for you? Let me say this to you: We have spoken a little of unfoldment, that is what is happening to you now. We have waited for you to place yourself in the position of being used; that you have done—you have accepted what has been given. Now let me tell you the colour of green that you are seeing, is a colour of healing. Most green is healing. You must be a little careful at this time, because in your development, you can begin to unfold, to open a little too quickly and what you must do is completely close yourself down. I hope this has been explained has it?

Andy: Yes it has, thank you.

What the green colour was in fact doing, was almost cocooning you against yourself. You must take control at *all* times. But the green colour is a healing colour. It is *not* special to you, but as you become more and more aware, then more colours you will begin to see. I suggest when you have these colours that you allow it to flow completely through every atom of your being. (Okay.) Does that help you?

Andy: Yes, thank you.

You have explained to the young man about opening himself?

Les: Yes and the need to go slowly and to ask for protection.

Thank you—that is all that is needed.

Les: I have also warned him I'm quite a bully. (laughter) We shan't let him run away! (chuckles)

I would not call it that, but of course you are allowed your free words.

Les: Yes I feel I am sometimes, but it's for everyone's benefit when I do that.

Yes, and I am sure they—

Andy: I just thought it was someone trying to get through to me for the two ladies sitting to the side of me, because they do healing on animals, so I thought it was power for me to give to them. **No, it is for you. What you must *not* do is make assumptions. What I would say to you, accept what comes, try not to put an explanation to it, but to accept it for what it is. Can you see that?**

Andy: Yes I can, thank you.

I would say that you felt a great quietness and peace afterwards did you not? (Yes.) Yes, that was the healing phase. (Thank you.)

Les: Right, if you'd like to relax and see if anybody is going to be used.

It would be beneficial if each could tell you what they are experiencing. Quietly speak amongst yourselves if you wish, but please be open on what is coming to you. (Right.)

The rest of the meeting was dedicated to the personal development of each sitter.