

~30th January 1995~

Good evening.

Les: Good evening. Thank you again for joining us.

I'm happy to be with you once more.

Les: Thank you very much.

Are you aware of how busy you have been since last I came.

Les: Yes it has been very busy. You are aware if it, you say?

Are you aware?

Les: Yes I have been very—

I speak of you personally.

Les: Yes. I have been very busy and I am aware of it.

I do not speak of the work you do on this earthly plane. I am speaking of your trips to us, in your sleep state. Have you not been aware?

Les: No I must be honest, I can't say that I have.

My friend, you should be endeavouring to keep that knowledge with you, when you return here.

Les: I shall make a further effort to do so.

Your communication skills are well known on our side of life. There are many who offer you their thanks. If only you could feel their love surround you, it would uplift you in all your daily tasks, whilst remaining in your physical body.

Les: Yes. I do feel that sometimes, I must agree. I must make more effort to try and remember what happens during my sleep state though.

Perhaps you would feel more tired. (gentle laughter) No, I only joke a little with you—of course you would not.

Les: No, no I will try and do that and concentrate more. I'm sure it will be most interesting.

You have all within these last months, come to me in your spirit bodies.

Les: So everybody here then should make an effort to remember what has happened during their sleep?

The exercise would be very worthwhile to you all, to your development and I am here to help you with that aspect of yourselves, as you well know.

Les: Yes, true. Can you suggest any particular mental exercise, that would be beneficial, for the remembering of our visits to you?

Yes, if you wish—I would suggest before you go into your sleep state, and here once more, we come to what I will always tell you, the power of your 'THOUGHTS'. If you would mentally say to

yourself, in the state between being awake and being asleep—you know of the state I speak of—(Yes.)—when you are, how can I say, half here, half with us—mentally make the thought, *TO REMEMBER ALL THAT OCCURS IN YOUR SLEEP STATE*. Do this each night and eventually you will come to the state of remembrance. It must be thorough, it must be done continuously, if you wish to achieve results. Also on your awakening, perhaps you would write down what you remember.

Les: Yes, that's certainly a good idea.

Gradually you will see a 'FORMATION of THOUGHT'. To begin with, it may seem rather jumbled up. But no matter, it will all eventually come together. You will realise what is natural *dream state* and what is an occurrence in the *Spirit realm*.

Les: They can become confused, can they?

They will be to begin with.

Les: Then perhaps I have been remembering some things, because I've been puzzled at some of the peculiar dreams I have had. Not unpleasant dreams. So maybe I have been remembering, but putting them down to physical dreaming.

Yes, this is what happens. Your physical brain tries to interpret what is a spiritual happening, which sometimes causes confusion. But if you endeavour to continue each evening, each morning, you will find a pattern emerge. I hope that will be helpful to you and I say to you all: Please do these things, for your own unfoldment.

Les: Yes. I have been trying to be aware of coming over to you, but perhaps as I say, I've been accepting it as physical dreaming, rather than an awareness of what has happened over there. So I must pay more attention to that.

Yes. Write it down. Then you will see the pattern emerge. It is much easier to look back, when it is written down, than to try to use your memories, which can fail you.

Les: True. It often does. I know in the past I have had very pleasant experiences on awakening, recalling what has happened and I can only assume that I have been over to you. but lately, I don't appear to have done that. But as you have said, it might have been confused with physical dreaming.

I can assure you that you do come to us, as you all do. It is not an unusual event. You all leave

your physical bodies, while in your sleep state, all of you.

Les: So it might be helpful also then, to concentrate on coming over to you, would it? **You need not concentrate, it will happen in any case. What you need to concentrate on, is the remembrance of the visit, do you see? Because then you can remember what has been taught to you, to the spiritual aspect of yourselves. That is what you need to remember. Do not try to force yourself, that will not work.**

Les: No, I have for some time now, before I've gone to sleep, tried to get interested in meditation, because that's the best time of day for me. So I have been semi-prepared to come over, I suppose, without concentrating on it. **It is slightly different when you speak on meditation. When you sit for your meditations, what you are doing is of course, raising your consciousness, yes we know. When you are in your sleep state, that spirit aspect of yourself returns home, to be rejuvenated. Although you can sit in meditation and raise your consciousness, the spirit remains within the physical being. Can you see the difference? (Yes.) So you don't necessarily leave your physical body, when in your state of meditation, unless you are in a *very deep* state of raised consciousness. There is a slight difference, but people assume it is the same, it is not.**

Les: Right, that leads me to a question. Perhaps you can give me an answer to something that happened many years ago. It may seem a bit humorous, but it's quite serious. A communicator through one of our ladies, was astonished and I quote her words, 'To see me here in the group.' Because she thought I belonged in your world. So I said, 'Well what makes you think that?' Her reply was, 'Well I've seen you here in your pyjamas.'

And that confused you—

Les: It did yes. **Yes, it was the mirror image of you as you slept. Mainly, what would be seen would be your colour, your light in the spirit world. But for recognition purposes, your own higher self, decided that you needed to be clothed. And so it was you were seen in your pyjamas.**

Les: I see. I've puzzled over that a number of times, but that certainly gives a comprehensive answer now—makes it much more acceptable.

It was that part of you, that was a little unsure and needed—not protection, but assurance that you would return. You see, things are not always so clear cut as people would expect. But that was the reason why.

Les: Oh good, thank you. I'm glad to have that resolved, because it did seem rather confusing. Now, might I ask my sitters if anyone else has questions on what you have just been telling me? **Of course.**

Les: Does anyone have a question they would like to ask on this subject?

I am always amused because in the times leading up to my being here, many questions are posed. I try to give help to answer them. But here we are, with the opportunity and we are at a loss.

Mark: I've got a question actually.

Sometimes when I meditate, I feel a noise in my ears, almost a ringing, but very high (*Yes.*) and I wonder what that is about. And I get the same noise when I'm on a ley-line.

Let me speak on this. When you meditate, there are many degrees of meditation, you would agree? (Yes.) One of the first things you will notice, when you become used to meditation, is I believe, some of you call it the '*audible sound.*' I believe you may know what I am speaking of sir? (Yes.) It can take many forms. It can sound like a hum, sometimes a ringing as you have described it. All it means is that you have reached a particular level of meditation. What happens next is that the consciousness becomes raised even higher and all these sounds, which are within you, not without, will *stop* and from the '*AUDIBLE SOUND*' you go to the '*DARKNESS WITHIN.*' I'm sure you can explain this to him a little fuller, if he so wishes. It is just a different level of meditation. You are reaching along that power line, if you like, of sound—you are tapping into it. The sound is within your head area, is it not? (Yes.) Yes. Don't be concerned, it is, I would say, the *SECOND STEP* of meditation. Most people would not even be aware of it. The very fact that you are, shows your own sensitivity to that audible life force. I say to you continue, allow these noises to happen—be happy about it, and eventually you will be taking that one step further.

Mark: Thank you.

When these noises stop, it does not mean that you have not meditated properly, it means that

you have moved forward. You see, you are all rather like the radio waves—the frequency of the radio waves, and you are tapping into that sound power—that is all. Is that helpful to you?

Mark: Yes thank you. I do quite like it actually, I enjoy that state.

Yes, because you see you are raised, you are slightly away from your physical being. It is the second stage of meditation.

Mark: Which is the first stage?

The first stage of meditation is to go within and try to rid yourself of all everyday thoughts. The first stage for anyone beginning this meditative state, is I think probably the most difficult.

Les: Yes I believe you are right in that. I found it so.

But he has moved beyond that now. And you are—you are just a power source, tapping into an even greater power. It is as simple as that.

Mark: There are some places that are easier to meditate in than others, aren't there? I wondered if being on the ley-line helped.

There is much power within the Earth structure, as I have said before. If you find that your meditation is greater within these areas, then please do so. But I would say to you all, it really should make no difference to the progress that can be made. After all, you need to go within, *within*—that is the true answer, to finding the answers of *life*. But if you feel happier to meditate upon the Earth's ley-lines, as you call them, please do so. I would say to all of you, find your own little niche, be happy with what you are doing for yourselves. That is what is important, that each and every one of you, seeks and finds that inner spark, no matter *where*—that is not the important issue. The important issue is that you find that quiet time, to find, *find* that stillness, to find that love that is *there for all of you*.

Les: Thank you. Whilst you have been talking, I have been going back over my dreams and I realise now that I probably *have* been aware of what has been happening, but have been assessing it as a physical dream, because I do know that I have often been talking to people and giving them much help. But I thought it was all on a physical basis. I think I obviously was wrong in that and I have been helping them in your world, but construing it as physical dreams.

Let me speak a little to you. When you came upon this Earth plane, you had made the

decision that when the time came in your life, that you would work for spirit, that you would help in as many ways as you could. *You* my friend, are a *very* old soul, with knowledge that goes back many aeons of time. You made the decision in this lifetime, that you would return to this Earth plane to help others, but mainly your task, was to teach. Part of your decision was that regularly you would return to that *home of love*, where you would continue to help those on the other side, *our* side of life. This was to be a difficult life for you, at many stages. You wanted to make recompense for that which was left undone last time. So you see, from the very beginning of your earthly life, you have returned to us to work—not for pleasure, not to see others whom you love, but to *work*. You can say you work on *both* sides of life.

Les: Thank you for that explanation, it certainly has cleared a lot of points, which have been not exactly a worry, but which I couldn't quite understand. I do appreciate what you've told me.

I hope it has made life for you a little clearer.

Les: It certainly has Salumet and I do thank you very much. It was something I hadn't realised, I must admit.

I wish to say a few words to one of the ladies here and then I will leave the rest of the time, as we have agreed, to see what occurs.

Les: Certainly. Which lady would you like?

I wish the one who is known as Debbie please.

Les: Debbie, could you come in front please.

My child, I feel discord and disharmony with you. I will not go into detail here, but you know of what I speak? (*Yes.*) Yes you do. Take heart child. Things *will* change for you. I know at this particular time, you feel that the tide is turning against you, but no one says that life was meant to be easy. I will help you all I can and I say to you, *think* positively, use that power of thought, that I have told you all about. Use it wisely. I will be with you and you will see the clouds disperse. Now all that is love go with you.

Debbie: Thank you.

I leave you all with my love and my blessing.

Les: Our love goes with you Salumet and we thank you most sincerely, for what you have told us. God bless you.