

~6TH February 1995~

Les: A very warm welcome to you once again.

Good evening my friends.

Les: Hello once more. And as usual we are delighted that you could be here.

Your words do me great service. This time, may I request the light just a little lower please.

Les: would that be sufficient for you?

If it is comfortable to you all, then I am happy.

Les: Yes, I think it will be comfortable for everybody, thank you.

This time, before we go on to our discussions, I wish to say just a few words to this one.

Les: Which one is that? On your left here, Dawn?

Yes. I want to say to you, whatever discord, whatever injustices you feel are directed towards you, in your day to day living, you must rise above them, you understand me? (Yes.) You cannot allow those fine threads to be entangled with thoughts of resentment. You must *rise* above it all. You *can* do it, you know *how* to do it and for your very existence, I would suggest that you do so.

Les: Do you understand Dawn?

Dawn: Yes. Is there anything else I can do?

You sometimes feel almost like a spider caught in a web. But that spider knows how to disentangle himself quite successfully. So too do you have that knowledge.

Dawn: Maybe.

Not maybe, you do.

Dawn: To disentangle oneself?

Rise above it all. Let your thoughts flow freely to those who you feel are against you. Use the power of that thought to help them and in return you are helping yourself. You understand? (Yes.) I am trying to help in that direction.

Dawn: Could I ask you a question, should I change my surroundings? You know what I mean by that?

I would say to you at this time, I would say stay and be still and the answer will come to you. But for the moment, stay where you are. Do not despair my child, I will do what I can. There will be a time coming shortly, when you will be in contact with an old lady, who you can do much to help. You will be aware of her need for companionship and an ear to *listen*. I ask you please, help her. (Yes.) Thank you.

Les: Thank you very much Salumet

Dawn: Thank you.

It pains me so, to see you all with your life's difficulties. But I can only say to you, I cannot remove all your trials and tribulations. I have told you this before, but that does not mean that it does not affect us so. I wish I could comfort you all, in times of troubles and I will do my best, but of course you know that the difficulties in your lives are what make you grow.

Les: Of course.

So, I say all of you, do not despair. Be positive, give out '*Love*' and in return, you will receive it threefold.

Les: Thank you very much for all you do, in the way of helping us.

I have been with you all since last we met and I say to you all, continue with your thoughts of love to all mankind. Do we have questions this time please?

Les: Thank you. Yes, unless you wish to talk about anything else, I would like to discuss a little further, the power of thought, if that's convenient for you.

Of course.

Les: I have no difficulty in understanding the application of the power of thought in the etheric world, when we get there, but I have several times wondered how two thoughts can affect each other. To quote a simple example: Two people are standing looking at a pool of water. One wishes to see the surface rippled, so presumably he would do so. The other wishes to see it quite calm, with the reflection of light in it. He, I imagine would see that. What is happening to the *actual* water, is it *rippling* or is it *calm*? And would those thoughts interfere with each other, as they are issued by the two people respectively?

I see and understand your question. Let me say, I have told you how powerful your thoughts are. They are individual things, '*energies*', yes. You understand? (Yes.) As each and every one of you are individual. The *only* way, the *only* way these thoughts can materialise, if you like, is to be sent directly along the energy line, the *thought* of energy. So when you speak of two individuals looking at the same pool of water, why should they clash? They would not clash, they are individual thoughts, for the individual person.

Les: So each would see what he wished to see, by projection of that thought energy?

Exactly. The only way there could be interference, was if the thought was directed towards the other individual.

Les: That is the question I was going to ask next actually. **(Yes.)** To stay with the pool for a moment, each is seeing what he wishes to see, by projecting their thought energy? **(Yes.)** But would the actual water be rippled or calm, or would it not be effected, would it merely be a mental seeing.

Yes, you cannot—when you say, would the water be calm, would the water be rippled, you are thinking along physical terms. You have to remember that the thought comes from that spiritual aspect of yourself. You are confusing physical with a spiritual happening—that is where you are becoming confused. They will of course see what they want to, if the thought is strong enough. If not, the thought energy is dispersed within the etheric. You understand?

Les: Yes, I do.

The only way that thought can be interfered with, if you like, I'm not sure about that word, but I will use it this time—is if the thought is directed directly to the individual, you see? Then there could be interference of the thought energy.

Les: Yes, so it would be a question, in that case, of the strength of thought, from one of the individuals?

Of course.

Les: And he or she could interfere with the thoughts of the others?

The same as it applies here. (Yes.) Your thought patterns here apply, the same rules apply. The strength and power of the thought is what controls it, if you like. How could your ideas—frivolous ideas—they would be dispersed. They do not have the power to be put forward, if you like. You need the strength of the thought to carry it along, you understand?

Les: Yes. So would there be much interference, or are people, as I believe, mixing with others of similar thought pattern, who would not wish to interfere. None would wish to interfere with the thought processes of another. Would that be the right assumption?

If you were at a stage of interference, you would be with like-minded people. You wouldn't really be allowed to interfere with pure thought.

Les: That's what I have always considered to be the case. So there would be harmony of thought,

(Exactly—) or disharmony of thought, **(Yes.)** until those with disharmonious thoughts learned that it was not necessary and they would in effect then have to progress to the better conditions.

Of course. but when you first come to our side of life, there are many trials, many, I don't say 'errors', that is the wrong word, but people need to find themselves.

Les: Many adjustments to be learned and made. **Yes, that is natural and it is expected.**

Les: And this same thought pattern would be instrumental presumably, in affecting the feeling of warmth or excessive warmth, or cold, if necessary?

Let me speak a little on this thought. When you leave these physical bodies behind, when you come to our side of life, then it is thought that you find sustains you through that stage of your life, shall we say. It is the next stage of your life. Thought is all that is needed, but of course, you cannot change instantly. As you 'think' now, so you will 'think,' when you pass to the next stage of life. Then the adjustments are made, when individuals realise that 'words' that 'food,' that 'drink,' that *all* the things you have become used to on your earthly plane, are no longer necessary. Then they will be instructed in the use of their thoughts.

Les: So there will be instruction in the direction of those thoughts?

There will be a 'grading,' I think that would be a better word. A grading of those individuals, into the use of their thought patterns. Because, let me say, each one of you within this room, are even now using thought, but it cannot be seen by each of you. But when you come to our side of life, *all* is known. You cannot hide with your physical overcoats, what is being 'THOUGHT', because it is exposed for all to see.

Les: So we would automatically be segregated into 'thought' environments, where each person would be comfortable, in the company of another?

Yes. There has to be balance, there has to be harmony. It could not be, how could you survive, with people with thoughts that are not pure, which are not good? You have to have the separation.

Les: So it is as I have said, I think to most of my colleagues at one time or another, we are in effect, 'fitting ourselves,' in our daily lives, *by* our

thought, for the place we shall occupy, when we come over to you.

Yes. I have heard said many times, 'it is the good deeds that you do,' 'it is how you present yourself whilst upon this Earth.' Let me say to you here and now:

YOU WILL BE JUDGED UPON THE THOUGHTS THAT YOU HAVE SUSTAINED THROUGHOUT YOUR LIFETIMES HERE.

You can outwardly do good deeds, but the thought within can be wrong.

Les: So again it would confirm what I have many times said, 'consider the *motive*, rather than the action.'

Always, always that is important. You will be judged by that.

Les: So it would be impossible for one group of thinkers, who were directly opposed to another group, even to meet each other in your world?

Yes, you have it.

Les: Thank you. I am pleased about that, because it does confirm what I have said at various times and it's nice to know that I have been correct in that. And that would also account for the phrase in the Bible no doubt, allegedly made by Jesus, that in my father's house there are many rooms. **(Yes.)** I suppose that is a simplification of what you have been saying?

There is much for you to know. It is difficult for you, as you are now individuals mixing, with thought patterns so different. But you see, once you come to our side of life, there has to be balance, harmony and love. It cannot be otherwise. So be careful in your thinking, and I have said to you, how your thoughts rebound. Remember too, that is an important point.

Les: Yes you have said that more than once, I quite agree. That is the law of 'cause and effect,' again isn't it?

Yes, if you wish to call it that.

Les: It is our physical term for it, that's all. **(Yes.)**

Sara: Is it possible to cancel a thought?

Les: Just a moment, I was just about to ask Salumet, if you have nothing further to say, I would ask my colleagues if they have any questions on the subject?

I would be happy to answer for them.

Les: Thank you. Yes that was Sara was it?

Sara: Yes, sometimes if I feel a little angry and a feel an unpleasant thought, I want to cancel it. Is that possible?

You cannot cancel the thought, but it can be dissipated. But you cannot actually cancel what has been thrown out into the ether, you understand?

Sara: Yes. I have to practice more self control.

I would suggest that would be a very good exercise for all of you. Self control in all aspects of your lives.

Les: We have a phrase in our language don't we, 'The spoken word is like the arrow sped.' It can't be brought back. So it behoves us all not to issue these thoughts, I know I've had problems for many years, I'm still trying not to.

Of course they can be transmuted, if you use your thoughts wisely, to alter the thought that has been sent. Your 'cause and effect' again.

Sara: Yes, if you send love after, yes?

Yes, it can be transmuted then.

Les: And to send a sincere mental apology, for having issued the original thought.

Yes, but the actual thought cannot be changed.

Les: No, because they are living things, Sara and nothing that lives can be destroyed. It can be altered/transmuted, but it cannot be destroyed. So that's why we have to be so careful.

I am sure you must all be aware of going to places where thoughts have been harsh, or bad or evil and at once you would sense these things. Have you not all been aware of this?
(general agreement)

So you see, these are vibrant things that stay in the atmosphere. That is why I say to you, your thoughts can easily rebound back to you. It may not be instantaneously, but it will come to be.

Dawn: Can I ask, can you read our thoughts?

Can I read you thoughts? (Yes.) Yes, if thoughts are living energies, then of course they can be seen. Yes of course we can. Those of us who have extended vision, if you like, of course can see your thoughts.

Dawn: Can you see my thoughts at the moment?

Yes. (gentle laughter) If thoughts are living energies, when your awareness becomes heightened, then of course they can be seen. What is telepathy, what is all the things you already know of on you earthly plane, where people can pick each others thoughts? It is nothing unusual, and it can happen here, whilst in your physical bodies. Have you not oft-times, been able to almost see what someone close to you is thinking? As do those beloved animals that you have. They sense and what they sense

are your thought patterns. So can you see how important your thoughts become?

(general agreement)

Sara: Can I ask a question? If we can feel negative thoughts being directed towards us, what do you think is the best way to deal with it, is it to simply try to think a loving thought?

Yes, you must surround the sender of those thoughts, much love—you must. By doing that, the thoughts they receive back, will be good, not only for you, but for them. You will indeed be helping them.

Mark: So there isn't a place for angry thoughts then? They shouldn't really be there?

I would say, sometimes your anger can be justified. But what I will say to you: Do not direct anger towards another human being. Allow the anger to be expressed, but not towards someone. You understand?

(general agreement)

Sometimes the expression of your anger is good for your own soul, but definitely not, if it is directed towards another. Do you understand that?

Mark: Yes, I do. But I've had to learn it very slowly, I think.

Les: We all have to.

It is human. I would not expect you all to be, how would you say, 'Angels?' I believe that is your expression. We do not expect that from you. But what you should do, is try to exercise control, in all aspects of your daily living.

George: Yes, could I suggest that wartime propaganda, is a really terrible thing, because it encourages people to think hateful thoughts.

Of course, what happens there, is that the peoples become *brainwashed*, brainwashed.

(Yes.) **It becomes almost like mass hysteria. It happens wherever you have large groups, large crowds of people. It happens too, even at musical gatherings, where your young people are almost entranced by the beat from the music. So too, that is how thought works in the mass of the people. If every one of those people, who are caught within the terrors of *war*, would retain their own individual thinking, then that could not happen. But people are human, are gullible and so these things do happen.**

Margaret: Can I ask a question? *(Yes.)* I have a problem with a neighbour who is very ill at the moment. They don't expect her to live very long, but she seems to be taking over my life. I've tried

very hard *not* to be unkind, but I find it very tiring when I get six to eight phone calls a day, to go round and see her. Can you give me some advice please?

Yes. Let me speak. *(a short pause/change in breathing)* Yes, this person finds you a great comfort. She really is holding on to life. She is most fearful. Can you not find it in your heart to continue for the short time that she has left, to bring comfort to her? Is it really too much for you?

Margaret: The problem is, I am going off to see my son and his wife in Hong Kong on the 28th of this month and I don't seem to be able to get through to the people in authority, to give her any help. I feel as if I'm knocking my head against a brick wall. And I really think she should be in a nursing home, because she lives alone. Her son and his family live quite a long way away and can only get here weekends and I feel guilty having to say I'm going away.

No, please give her *all* you can, but please rid yourself of the guilt. You have to move forward with your life. The responsibility of this person should be with the family. Provided you have given of your heart genuinely to her, then you can do no more. I would say to you, speak to the family, tell them of their responsibilities. Go forward with your life, with an easy conscience. But whilst you can, please find it in your heart to give her as much time as you can. She is afraid.

Margaret: Yes, I know that but she doesn't believe and it's very difficult to try and tell her something.

Do not attempt to do that. All you can do is to comfort her.

Margaret: I'll do my best.

Do not, *do not* put guilt onto yourself. I will see what can be done.

Margaret: Thank you very, very much.

Les: Any more questions for Salumet?

George: Yes I have a different question, if I may. I'd like to ask about Mary mother of Jesus. There have been a succession of visions reported; at Lourdes, at Fatima in Portugal, at Garibandal in Spain, I think these are important ones. Are you able to confirm the visions and that Mary has a message for mankind?

Let me speak on that. When I first came to you, I told you that many masters have trodden this Earth, yes? *(general agreement)* Many are in existence today. Not in the form you would

expect them to be in. There are some who live daily lives as you do now, who have come to help, to guide, to teach and as you say, to bring a message to mankind. I can say to you that these visions of Mary are indeed aspects of her, in the same way as I have told you that I am one unit of a whole. Are you following me?

George: Yes, thank you.

When you reach a particular stage of development, it is possible to appear in many different places at the same time. You may find this difficult to believe, but it is the truth. The vision at Fatima, is indeed a genuine one. as many of us agreed to come to this Earth plane, to teach and instruct, so too did Mary, who indeed, you would term a Master, although she is of female energy. There exists today, a living form of Mary, who lives amongst you. And that part of her being, which can appear to these crowds of people, is only another unit of that whole being. Do not dispute these sightings, because I can tell you, indeed they are real, but of course the people who flock to these places, will not all receive cures. But it does remain that these are genuine visions. They are not visions really, they are materialisations, belonging to one divine unit. Do you understand?

George: Yes, that's very nicely put, thank you, I do understand. Could I add one more small part to that question? There is one Vasula Riden, who writes books and is said to channel Jesus Christ and Mary. Are you able to confirm that?

I would say to you only this and I have said it to you also when I first came to you: Accept only what you find to be reasonable. There are many channels who claim to have names from the past. And of course Jesus the Christ and Mary, are amongst the most used of them. Do you not see that it would not be feasible for them to be using so many channels?

George: Yes, I do see that.

What is happening sometimes is this: These channels are aware of being used, but because of their own religious backgrounds, very often they see what they desire and what they desire is not always the fact. So I have to say, I would say to you, this channel, I would not say is deceiving, but is a little deluded as to who is using him. Too often we see people almost wanting a particular being to use them, when instead they should be open to any energy, which is compatible with them and there are

many, many ready to do good work. Always go by your reason.

George: Thank you very much.

Les: Are you able to take any more questions, or is that sufficient for this evening?

I will answer one short one this time and I say to you before I leave, that next time I hope to bring with me someone you may find of great interest to the group.

Les: We look forward to that. Thank you very, very much. One short question for Salumet from anybody?

Debbie: Can I ask one please? This is a personal question: A friend of mine's baby has been diagnosed as having cerebral palsy. This friend has asked me if healing would help this baby. Is this a particular baby who could be helped by healing, or is this just meant to be?

Let me say this to you: Healing is always beneficial, there can be no doubts on that. But I think what you are asking me, is whether healing will benefit on a physical level. (Yes.) It can help to a degree, but I would say to you, this child came to this time, with the problems it has and no healer can change those circumstances. But healing can help, but not to the degree that you are wishing for. I know these things seem harsh to many of you. But of course we have spoken about the soul's decision before it takes the physical body. So I hope you understand fully, why this must be.

Debbie: Yes I do, thank you.

Les: Well thank you very, very much for all you've told us tonight. It's been a wonderful evening for me again and I'm sure for the others. (strong agreement)

My blessings go with you all, until next time.

Les: Thank you, God bless you. Our love goes with you.