

~6th March 1995~

Good evening my friends.

Les: Good evening again. Thank you for joining us. I'm sorry we're a small group again tonight, but two of our sitters have become married and are having a little break. Another one is in Hong Kong and a third one is looking after some children, a fourth one I should say. Still, I'm sure this won't effect things very much.

It is good when the numbers are full, but it matters not what number is here, provided the love and the genuineness is here with those who come.

Les: That is the important thing, isn't it.

How many of you within the room, are aware that you have been with me, since our last meeting.

George: Yes, I think at fleeting times—
There lies within you many doubts, when you feel that perhaps something special is happening to you. Firstly, let me say to you, that is good, that is good that you should have these doubts to begin with. But I would say, look deeply to the matter I hand and when you are sure within your own hearts, then please accept it. All of you have been with me this past week.

Les: Good, that's very pleasing to know.

I want to know from the gentleman, what he has retained please. What do you remember?

George: I have very limited recall, where my dreams are concerned at the moment, but I seem to have a half-awareness. I awakened one morning, knowing that I had had a dream concerning my father, but I couldn't remember what the dream was.

Have none of you awoken to find yourselves feeling a little 'down' this week? (general agreement) Yes, you know why, don't you? Because coming back to this existence, is rather like a shock to your system. And so the feeling of being a little down, is natural. I am happy that you have felt this, because it indicates that what you have experienced is good, can you see? (general agreement)

Les: That would account for my feeling very down about a fortnight ago and I just couldn't understand why, there was no obvious reason, but I awoke in the morning feeling really down. **It is because you *all* have been elevated to a higher plane. You see, if your awareness had been greater, you would have retained a**

memory. But I am happy for you, because there is continuity and you all have felt it.

Les: Good. Is there anybody else who is aware of having been with Salumet? Any unusual/pleasant dream?

It matters not. The fact that *all* have felt this feeling of being 'down,' as you say, is good. It shows that you all have experienced the same feeling.

Debbie: Can I ask a question? You said for us to remember our experiences when we are asleep. Should we be putting it into our heads when we go to sleep, that we must remember what we dream? Because I try to think before I go to sleep, subconsciously to remember what I've been dreaming. And I tend to find now that although I'm asleep, I feel like I'm awake.

That is good. It is your awareness coming to the surface. I believe I have said to you, before you enter your sleep state, then reaffirm to yourself what you wish. It is the power of your thought once more.

Debbie: That's what I've been trying to do, because if you put in you head, before go to sleep, a certain time you want to wake up, you will automatically wake up at that time.

Continue as you are and you will be granted *that* that you wish. You see, the power of your thought will create, that is how it exists in the spirit side of life. The thought is projected forward, therefore it becomes an actuality, do you see? (Yes.) Good, good. I am so pleased for you all. Please continue to open up all of your senses.

Les: If no one else wants to make a comment, I have been doing as you suggested Salumet, and jotting down my dreams or visits, to see if I could sort out which was which and I did have two quite interesting experiences. I was standing on a beach and someone was giving me some very large fish and I had an awareness that this was symbolic of spiritual feeling, which would be given. The other occasion was that I was at the front door of what would appear to be a normal house, but it was all white. The front door was opened without my knocking, by a lady in white and I just went in and that was the end of that.

Good, good, let me explain for you, shall I? Let us take the second part of your question. The white house, of course, is symbolic of a house, as you would know it, because here on your Earth plane, that is where you feel secure and

comfortable. *(Yes.)* Yes. You entered freely, because you knew within yourself that you would be welcome, you would be safe, you would be secure. The lady within, with the white robes, is one of your own teachers. The fact that you do not remember or recognise her, should not be a concern for you. As your visits become more frequent, so too will you gain more knowledge, more teaching, to bring back. Your visits there, are of an instructive nature. This I have told you before. But the very fact that you remember entering and seeing the lady is good. Continue as you are. Do not have any doubts that what is happening to you is all in your mind, as you say. These things are taking place.

Les: Good. I must admit, I awoke each morning after those two incidents, feeling very, very happy, for no apparent reason.

It of course brings me to the first part, which will explain why you felt so. The fish was symbolic, as you say. It was a gift given to you. But what is more important is the location. To stand by the sea, denotes strength. You were being given help and strength. It was a simple gift, to be accepted simply. And you did so in that manner. So you see, that spiritual strength sustains you. That is why on awakening, you could feel and sense that spiritual strength.

Les: That's very, very interesting. Thank you for the explanations.

Please *all* of you continue, we can give you so much more, on our side of life.

Les: Yes I certainly look forward to my visits now. But remember, if you awaken and you feel a little down, rejoice in the very fact of that feeling, because know within your hearts, you have been elevated to those higher realms. If the feeling remains with you throughout your daily tasks, then please by all means, ask for it to be removed. Would anyone like to ask me anything this time.

Lilian: Could I ask one. It's on behalf of the instrument that you are using. *(Yes.)* She wonders where she goes when you are using her.

Of course. I will say, you know of course that the physical shell, is still within your room. But to be able to use an instrument as we do, we have to put them to one side. I don't mean physically, or even spiritually. What happens is, the energy from the etheric body, is elevated, raised if you like, far above the physical being. We then are able to use the instruments without harm. It is a

very technical thing for me to explain to you. But simplistically, it is the energies of the etheric body, which is placed to one side. The physical being remains intact. I hope that satisfies you.

Lilian: Yes. I'll tell her.

Sara: Can I ask a question? The artist who was known as Claude Monet, is he continuing to inspire with his paintings in spirit world?

I will speak a little. On the whole when people, no matter what their professions or their inclinations were, whilst they were in the physical bodies; if that love, that gift that they have is strong enough, then that very love will be carried forward into spirit. Those beings will then, if they so wish, continue on with what they have started with. We have spoken briefly on these matters. But I can tell you that this particular artist, is now involved in other things. he had expressed fully whilst on the Earth all that he wished. He has now moved forward to other things that involve people and helping others. *(Thank you.)*

Les: Any other questions for Salumet.

Debbie: Yes, can I ask one? Over the centuries there have been loads and loads of superstitions. Is there anything actually in these, or is it just like a myth?

I'm sorry can you elaborate a little.

Debbie: Well people say it's bad luck to walk under ladders and that if you break a mirror it's seven years bad luck, that type of thing, where do they come from?

Oh, who am I to say, how your minds work—

(laughter) Forgive me—yes, yes, yes, yes.

Please—people are so buried in their thinking, you see. I'm sorry if I seem amused, but so often we see these failings. And you see, basically superstition stems from fear. It is a fear of something, of the 'unknown' usually. But eventually these superstitions are dispelled. But I would say to you, FEAR NOT, fear *nothing* whilst in your physical bodies. After all, what is there to fear? You know life is eternal. Let go of all of your fear and you will find that your life plan *falls into place*. I hope that has satisfied you.

Debbie: Yes.

Yes, I beg your pardon if I should seem so amused.

Les: We could have a chat about it afterwards if you like Debbie, because there are some physical

reasons for all of them, if you want to know afterwards.

Debbie: Yes, it seems strange doesn't it?

I have to say to you, the human brain conjures up many, *many* of it's own devils, if you like to call them that. I know it is a term that is thrown around lightly and that is what it is, fear.

Les: For instance Debbie, to us black cats are lovely, aren't they? Whereas in other countries they're unlucky. So you see as Salumet says, it's purely our minds.

The power of the thought—always we will return to that statement. You have the power for good, you have the power for bad. It is all the same energy, but used in a different way, you see?

Les: We use black for morning. The Chinese use white for morning. So you pay your money and take your choice.

Debbie: It seems funny, where do they come from—

Les: Just as Salumet says, from fear of the unknown really.

Debbie: But I mean, walking under a ladder, it seems so—

Les: Well that's logical because supposing a chap's on it and drops a paint pot—that's why you don't walk under a ladder. It doesn't mean it's going to be unlucky. It might be unlucky for somebody, but not as a general rule. Why do you throw salt over your shoulder? Because the Devil was supposed to be looking over your shoulder and he was after the most expensive thing: salt.

Do you see how they derive? (Yes.) It's all physical. Sorry Salumet, I got carried away a bit.
Not at all. I am always pleased to listen. I come here, I speak many words, so it is good sometimes I listen. I wish to say to you this time, how grateful, how delighted were those who came last time. If only you could be aware of the joy that you have given to those who came. Indeed, you would be beaming.

Les: Very pleased to hear that, thank you. We're always very happy to welcome anybody as you know.

For the rest of this evening, we want to try to bring one other, through this one here. (Sue.) It may or may not happen, but be patient. I will work with this instrument I am using. I thank you for your love and your patience and I wish to say next time, I will bring someone who wishes to speak to you, on a particular subject.

Les: We look forward to that.

So my visit next time, will be very, very short.

Les: Well thank you for what you have told us tonight and for your teaching.

The love be with you all, until next time.

Les: Thank you, God bless you.

There then followed someone through Sue, who was connected to Les:

(faintly)—I am part of the spirit that you know as Lesley Bone. But I have been part of the spirit of different names, different earthly characters.

Les: This is incredible. So on a logical basis then, would it be correct for me to say I am speaking to part of myself?

Yes. It's difficult for you to comprehend, but that is the easiest interpretation of what I am. We are connected by such a thread of love, I have been with you, I am still with you, I will be with you in our future.

Les: Thank you very, very much. It is difficult to comprehend, from what you say, but I am effectively, my own guardian and councillor. It is something we cannot understand. But from what your friend Salumet, my friend Salumet has told us, when we do achieve higher development, we have many paths, many facets and can be in many places at one time. I presume that this is what you in fact have been confirming to me, during this speech.

Your understanding is greater than was first imagined. This is a lesson to everyone here. We are many, many facets.

Les: Thank you. I will tell them that. And that presumably is why we are all congregated together as one now, for these meetings. It was so written that it would happen.

Let me say that one person here, is just a small part of a large and amazing whole.

Les: Yes, I can see that now, from what you say and from what Salumet has said.

There is no such thing as 'one person.' Individuals are in the earthly plane, because it would not be possible to exist without one physical body. Do you understand me?

Les: Yes I think so.

But remove the physical and everything multiplies.

Les: Yes I understand what you mean: Removal of the physical gives freedom to the spiritual. To take it's particular place, among the myriad of parts, of which it is composed.

In speech I leave you, in thought I will always be with you. In thought I will speak with you, during your sleep time.

Les: Thank you I should be glad if you would. I shall look forward to that.

Now let everyone here ponder upon my words.

Les: I'm sure we all shall do that and try to come to a greater understanding of them. And we are all very grateful to you for having visited us tonight and for the words you have spoken to us. Could we hope that you might one time return to speak with us further?

It may be possible. I am constantly with you.

Les: Thank you. And we all give you our love and great appreciation once more, for having been with us this evening. God bless you.

Then a lively/lighter spirit came through Eileen to close. She had a message for Dawn about taking care with her ankle.