

~28<sup>th</sup> March 1995~

Good evening my friends.

Les: Good evening once more.

I am happy to be with you once again. My joining with the instrument this time is not easy, because she is a little physically and mentally tired. She of course, presents a face to the world that all is well, but she must recognise that sometimes she needs to rest a little more. I will work with her this evening, when we have spoken. So because of this I will bring at the end of this meeting, others to speak with you. It will not be rescues this time, but people who will be of interest to you.

Les: Good. Thank you very much indeed and I am very grateful to you for taking care of your instrument in this way.

I have said I will look after you all and I will do this. So when I need to stop I will let you continue and I will do what I can. This time I would like to speak to you on some matters that are often spoken upon in your world, but which are in fact not quite true. There are some myths about the work that your groups do. For example, we here many times your groups say, we must have one man one lady, one man one lady. You are aware of this?

Les: Yes and I've ignored it, because I didn't think it was necessary.

You are correct in your thinking. let me speak a little on this matter. The misconceptions lie, when we speak about the energies. These people think male energy, female energy, as if each are an individualised thing. Let me tell you, male and female energy is within you *all*, you understand?

Les: Yes, you have touched on this earlier.

Yes, you *all* possess these many energies within you. It is nothing to do with your gender. You see, these people are fooling themselves about these matters.

Les: Yes, unfortunately there are many who do that and still adhere to those misconceptions.

Yes. I know that you do not, but I think you should know that it is wrong, in any case.

Les: Yes, it adds weight to our arguments, if ever they do develop into arguments, about procedures at groups.

Yes, it is good that *all* of you, who will one day go in their own direction, should remember these things.

Les: Of course, it is very important, to avoid falling into the same trap of misconception.

**Of course. Are there questions upon matters of his subject, that anyone would wish to discuss with me? Or shall I continue?**

Les: Please continue, unless there are questions, are there?

Mark: Could I ask about what the *real* difference is between male and female energy?

**You are speaking as human beings?**

Mark: Yes.

**There is no difference. I have just said, each person possesses male and female energy within them.**

Mark: So it's in the same balance?

**It should be. But in certain persons, this is not so. But that is another subject that perhaps we could go into another time.**

Les: Yes, I have questions branching off onto that, but not this time.

**We can devote more time to the subject.**

Les: Yes, please continue then, if you will.

**Of course. Let me speak on another matter, where there lies many misconceptions. Let me take the groups that feel they must hold their hands together. Of course it is the same thing, they feel that their energies are linked. In very few cases, this does help, but on the whole, it is unnecessary, because you see, we do not draw the energy from your hands.**

Les: I have never wanted that to happen, because I've always been of the opinion that it could be a distraction.

Yes, it is. You see, we draw the energies from the spiritual aspect of each sitter. So whether they be holding hands or not, really does not make the difference—I say this to you. Of course I would say to those groups who do this, if they feel better for it, if it helps them in their quietness and their meditation, then do it. But do not become obsessive about it. Do not bar anyone who feels it is not right, because then you see, they start to build negative energies themselves.

Les: Yes, I can understand that.

**I wish you could all be more open in your pursuit of spiritual matters.**

Les: Another peculiar thing I have come across in the past, in groups, is the placing of a glass of water, under each sitter's chair, on the rather to me, peculiar assumption, that it will condense

power into that water and it can then be consumed afterwards.

**I have to say there are a multitude of happenings, which are so unnecessary. Look to those people who have trodden your Earth planes. You do not see them practice these things, because it is so unnecessary. Take them as your examples, if you please. Try to approach these matters, only with an open heart and an open mind. That is all I would ask of you.**

Les: So basically, we are following the correct requirements in the way we approach these meetings?

**I have been happy with the way you have conducted yourself, over these many years. I have said to you, when I first approached you, that I have waited a long time to come and I would not have said those words, had they not been true.**

Les: Thank you. I am pleased to know that we are following the right principals.

**Let me say, too many of these groups, are too urgent in their needs, too urgent in their ego, too urgent in what they desire, rather than what should be the needs of the whole. You my friend, have stood back on many occasions and for this you will be rewarded. I don't wish the word 'reward,' to seem a huge thing in your eyes, but it is the only word I can find this time. And I want to say before I go, because this time must be short, because of the explanation given to you, I want to welcome back the young gentleman to the fold, shall I say.**

Paul: Thank you.

**Let me say this to him: This one is a seeker of Truth. He is a seeker of what is life all about. He will find in his own time, his own answer. He is not so easily convinced, are you my friend? But let me say, there is much more travel ahead of you. Not only in your physical person, but in your consciousness. There are many, many roads for you to travel, you understand what I am telling you?**

Paul: Yes—umm.

**You will never find *all* of the truth, *all* of the reasons for life as you would wish to know it. But along your life's journey, you will discover much. And that, my young friend, is no mean matter. There are many within many lifetimes, who discover very little.**

Paul: So I'm not going to be like a tree and put down roots, I'm going to be on the move—

**I did not say that. I said you would travel far and wide. But yes, you will one day find your roots, you will be stable in your life, but you will travel many, many roads.**

Paul: Right. I'll have to find what the next road is. **Your future my young friend, is 'rosy.'** I don't often say that to many people, but to you, I can say these words.

Les: That's nice for you Paul.

Paul: Yeah, Thanks. That's a nice word to use! **Now my friend, before I depart, I want you to take a little more care of yourself please. You must because there is much work still for you to do.**

Les: Right. I thought I was taking reasonable care, not over-working.

**Yes, but you must remember, you are not always the best judge of what is best for you.**

Les: Quite. I accept your recommendation. And I shall do something about it.

**Do what I have told you all previously. Listen to your bodies, listen to that quiet voice within you and you will not go far wrong.**

Les: Thank you. I shall take head of your comments. Thank you for them.

**Now I will leave you this time, to continue. My love goes with you all, until we meet again next time.**

Les: Thank you very much indeed. And our love goes with you. God Bless you.

*There then followed one known as Moon Feather, through Sue; one of several native American Indian speakers/friends, who had been before:*

***Come to say 'Moon Feather' come to look after brother.***

Les: Thank you very much Moon Feather, I appreciate it. It's a long time since you visited us.

***Will take care of my friend.***

Les: Thank you. Yes, I do try to take care of myself, but I'm always grateful for any extra help.

***Cannot stay here now. Too difficult for Moon Feather. But brother know Moon Feather here to help him.***

Les: Yes, I shall keep that in mind, thank you. And I'm sure I shall feel you nearer me. And I very much appreciate you coming to give me strength.

*Then another followed through Sue:*

***Was that a happy reunion for you?***

Les: It was a very happy reunion. It's a long time since I spoke with him and I'm very happy to know he's still with me.

***These links always have a purpose. Now this time, we will not prolong speech. Our teacher is requiring energy for his instrument. I was to speak on subject, but have been advised that we will concentrate power as a healing time. I ask all friends here, to give love into the room, do you understand?***

Les: Yes I do indeed and I'm sure we will.

***Thank you. you will know when the evening will come to a close.***

Les: Thank you. We shall sit quietly, while the healing goes on.

***Please to lower the light.***

Les: Yes, I will.

If we could all concentrate on Salumet's name please, it will assist him to help Eileen.