

~3rd April 1995~

My friends, I am happy to see so many of you gathered here once again.

Les: Yes unfortunately there are absentees which couldn't be helped.

I would ask you please, to lower light a little.

Les: Certainly.

Thank you. It is comfortable for you all this way? Because we lack some energies this time, it is more beneficial for communication.

Les: I follow thank you. Yes, any alteration you require at any time, please say. Of course our concern is that you should and all those from your world, be comfortable when you come here.

We are indeed grateful for all that you do to make us so welcome in your world.

Les: We can't know what an effort it must be, but we do appreciate your taking to trouble to visit us. So the least we can do is make conditions as favourable for you as possible.

Yes thank you. Before we continue this time, I want to tell you that next time, I will bring you another visitor.

Les: Good. Thank you, we look forward to that, because we know it will be very interesting again.

I hope it will be informative for you.

Les: I'm sure it will be, because everything has been so far.

I wish to say to you this time, that a few of you in the time since we last met, are a little depleted in their energies. I am sure some have felt this in their physical being.

Les: Has somebody felt depleted?

George: Yes I think I've probably been lacking in energy this last week.

Sara: I've had a throat problem, but that was two weeks ago really, I didn't come last week.

Mark: Yes I've been very tired, but I think that's been from work really.

Les: Yes you are quite right of course Salumet, you've heard the answers.

Yes I am grateful to them for the acknowledgement, but of course, whether they wish to say or not, I am aware. Let me say to you, at times in your physical lives, these happenings occur. It is not so much that it is a physical tiredness, but more of a spiritual tiredness.

Les: Is that so? And that is reflecting itself on the physical awareness, is it?

I have told you that the spiritual aspect of yourselves, will reflect onto your physical beings. So I will reiterate to you, that those who are feeling depleted, *must* devote more of their time, to that quietness please. They will then feel that upliftment, that is necessary for good health and growth.

Les: Thank you again for the advice.

Now I would like to speak on something common to you all. I speak upon judgement of others. You have many feelings, many thoughts on this matter. All of you are individuals in your thoughts. Let me speak to you on a wider scale. '*Judge not lest ye be judged.*' Those are words, I believe you are familiar with.

Les: Yes we are.

Why do you think that you judge others? Can you answer me?

Les: I think possibly it is because of the domination of our physical reactions, rather than us looking into our spiritual reactions to any given circumstance.

Yes my friend, you are right. You judge mainly on your emotional feelings. The emotions are so strong within you humans, that sometimes it clouds your true spiritual judgement.

Les: Yes I would agree and I expect everybody would agree with that, because I'm sure it has happened with me in the past and I'm sure it has happened with everybody else, that having formed a judgement against somebody, for whatever reason, we almost invariably wish we had not done so and regret having done so. I think most people would agree with that, would you not? (*general agreement*)

There is no need to feel shame that you feel these things, but all I would say to you is, next time you wish to judge another, place yourself within their shoes. See if your judgement would be the same. What you must do is look *deeper*, look *deeper* into each soul—look behind the *veneer*.

Les: I think it would be as well if we reintroduce the old saying which we all know: 'Count ten before you act.'

I think that would be very wise indeed. Look to your small children. Look to the forgiveness in those young hearts, watch them in play. They do not judge each other, they are much more accepting.

Les: That's true.

So I say to you all my friends, look first to your own failings, because in judging another, shows that within you, there lies that same failing. Can you understand that?

Les: Yes I think we all do. Does anybody have any query on that, or do you understand all that Salumet has said?

Paul: It's like the saying, *'The finger that points has three pointing back.'*

George: Yes and observing the error in others, may help us to observe the same error in ourselves.

Those are wise words, yes I do not expect any of you to become like saints, as you would say. That would not be possible, whilst you inhabit these bodies. But to have the realisation, that is what is important, you understand?

Les: Yes. I think too that many people do not recognise the importance of the various phrases in the lord's prayer, with which we finish each meeting. That is: *'Forgive us our trespasses as we forgive those who trespass against us.'* Many people I am sure, say the prayer in a rhetorical way without thinking of the importance of the phrase, *'As we forgive those who trespass against us.'* If we don't offer forgiveness, how can we expect forgiveness?

Of course. and what is forgiveness, if it is not love offered to your fellow man. It is simply put. I beg you all to think upon these words this time. And next time a situation arises, when you are aroused to judge others, step back, take a good look at yourself and then make your judgements.

Les: Yes, I'm sure we shall all do that, having heard what you have said on this occasion. Unfortunately we do succumb to the human emotions far too often. That is why I and I expect all my colleagues here, are grateful for the teaching we are receiving.

None of you are infallible, that is not expected. What I have come to try to make you aware of, is your own higher self, to look to that aspect of yourselves. Because in doing so, you become better people. I want you to express the *'innate love,'* that all of you possess, it is as simple as that.

Les: Can we acknowledge Salumet's talking to us, by all agreeing to that, everybody?
(general agreement.)

Paul: Yes, that's the way I want to go.

You will my son, don't be concerned upon that matter. You, as I have said previously, have far to go. There is a kindness about you, that few possess.

Paul: Thank you. Sometimes I don't know what to do though, or where to go. It's difficult to make decisions.

I cannot make them for you, you must choose your own path. But we have said before, take those quiet times and you will be guided.

Paul: Yes, thank you.

Les: That does mean quiet Paul, away from all other *distractions*.

Paul: Yes.

Too much noise in your world today. Too many people rushing through their lives, without ever becoming aware of that *'inner voice'*. It saddens me so, that such a thing should be. But it has to be accepted and that is why we are gathering at this time, so that these conditions can be changed.

Les: Yes. I have found Paul, continuing that, that I have personally—I relax completely lying on my back in bed and arms straight down—I find I completely relax and that is the time, when I do feel upliftment, there is no question about it. Because there is no extraneous noise, no phone call, no likelihood of anybody coming, so the mind is clear of expectation of interruption. And that is an important thing to remember. Often the mind, the brain, is anticipating interruption, you follow me? (Yes.) Will the phone ring, will so and so call, will this that and the other happen; well late at night it's unlikely that any of it is going to occur. So the mind is clear of expectation.

Paul: Right yeah.

Les: As I say, I find that work's for me, you may find it too for you.

Paul: Up until now I've found that last thing at night, or first thing in the morning is the best time. Definitely I'll have to find more time for it, I keep putting it off.

Les: I know the feeling.

Always you will find other things, but you must become a little more disciplined, I think. Of course the ultimate would be that contact could be made amidst the hustle and bustle of everyday life. But unfortunately very few people are capable of such a thing.

Les: It is unfortunate, isn't it.

If you were *skilled* shall I say, in all matters spiritual, your physical ears would be closed to

all that was around you. But we know that is difficult for most people. But it can be attained, if the desire is strong enough. That is why so often, you *have* to come to our side of life in your sleep state (*pause*) to grow, because you do not have the ability whilst clothed in the body, you see?

Les: Yes I do.

Now I think we have spoken enough on that subject this time.

Les: Well thank you very, very much for all you have said, it's more enlightenment for us all I'm sure, it is for me. (*general agreement*)

I want to SEE you all, as the '*shining beacons*', that I know you are. So with encouragement, I hope you will see yourselves also, in that way.

Les: What you say certainly does give us all encouragement and quite frankly, I think I speak for everybody on this, we would not know where to look, other than through your teaching. It is a great help to us all.

I am most humbled by your response. It makes my task all the more easy to bare.

Les: We would certainly miss you, if you didn't visit us now.

I will not be so easily rid of.

(*laughter*)

Les: Good! We are really happy to know that.

I have waited a long time and I have no intention just yet, of severing this connection.

Les: Good. We all feel very privileged, that though we don't know the reason for which we are all gathered here—that is something we can never understand—we are nevertheless privileged that we *do* have the ability to meet here, as we do each week and to have you join us.

There are more to join us here, a little way into future. They will make themselves known, but not yet.

Les: Well we shall look forward to it Salumet, as we look forward to every meeting now.

I don't like to speak too much of what has been, but I will tell you, this is not the first time that all within this group have met together.

Les: Is that so?

There has been a meeting of hearts *and* minds before.

Les: In a previous existence?

Yes in past times, but this time, there has been a culmination of love, which has bought you all

together and which has helped to bring me forth to you.

Les: That makes us very, very happy to know. And again, thank you for telling us.

Now, let me speak to you my friend, this time.

Les: To me?

Don't be surprised, yes to you. What has been this sadness within you?

Les: I really don't know.

Let me say to you: There is much still for you to achieve. You are not aware of these feelings in your waking state.

Les: No I must admit I'm not, it did rather surprise me.

Don't be surprised, because I will tell you, I have said to you before that you come to us to work.

Les: Yes you have.

Which you have done till now with a loving heart. But you have been feeling that the time has come for you to move on. I speak now, of your higher being. It has not filtered through to you physically and we cannot allow it to be so. Sometimes my friend, we cannot always have what we DESIRE. And you see, even in that higher state, there can be pain, there can be a grieving if you like, for things that cannot *be*, you understand?

Les: I do understand yes.

I have to say to you my friend, the work—and very good work it is indeed, must continue.

Les: I would accept that. I certainly would think of contradicting or arguing against it. If that is what's required, then yes I'm happy to continue. **If this feeling of dissatisfaction comes to you in your physical state, I say to you, brush it to one side, where it belongs. You cannot allow it to take hold.**

Les: No, I promise I shan't. There have been disappointments I agree.

The disappointments of your Earthly life matter little, compared to what you are feeling now, within your spirit being. But I am there to support and encourage you; to tell you that the time will come, when you can take the step forward that you so much desire. You my friend, are wishing to follow one, who is already there, you understand?

Les: Yes I do.

But it cannot be, it cannot be just yet. Now let us speak on other matters. Does anyone wish to speak to me?

Les: Yes I would like to ask a question which follows some information given us at our other meeting last week. A question was asked of a communicator from your world, about what are known here as 'black holes,' in the universe. The information given us by our scientists, is that black holes contain a tremendous crushing pressure of gravity and that it would be impossible for anybody to survive within one. The answer we got was that they were merely 'gateways' from one universe to another and those with the knowledge, are able to go through them as and when necessary. Would that be a correct answer?

Let me speak to you on this matter. I would say to you that no one could survive within the pressure, your scientists are correct in that respect. But perhaps there has been a misunderstanding on the statements made. Of course, there would be a taking, a leaving of a physical body, on anything or anyone who should enter these black holes, as you call them. I prefer to say, it is an abundance of energy, in a particular spot. It is not a gateway to other planets or universes. I have said before, you do not travel between, there is a Cosmic energy which is within the whole of the cosmos. So you see, you are speaking of these energy fields as though it were a physical tunnel. That *cannot be, it cannot be*. I think what was meant by the words spoken, was that of course, the physical being would be left behind and the spirit would travel to it's rightful home. You understand?

Les: Yes I do, that does clarify it somewhat for me.

You are tending to see it as a physical thing. You must go away from these thoughts, you must leave them behind. There are many energies, many mysteries upon your Earth, but remember, it is one spark in the great universe of life.

Les: True. So the scientists are right about there being excessive, undreamed of forces of gravity within those energy fields?

It is just so. They have it *almost* correct, but not quite, not quite. I believe I have heard said, that you can be encapsulated within these black holes. *Not so, not so*. We speak here again on many deep matters—matters I think you would find difficult to understand.

Les: I can imagine that.

But I don't say your communication was not correct. I think the interpretation was not quite correct.

Les: Thank you that does clarify it. I like to check these things, as you know, because it is important that we have the right information and not disseminate wrong theories or facts. So the excessive forces of energy, in what we call black holes, would be no bar to spiritual travelling, in any case?

Not at all, not at all. Let me just speak for a moment on communication. I told you when first I came, to accept only what you felt was right. When we speak of communicators, of course there are many, and many who use many channels. They can only impart to you the knowledge which they have gained themselves. Too oft times I hear, 'Why does one contradict another?' You must move away from that thought. They are only *giving* what they *know*.

Les: They are honest within their own limitations? **Yes, yes. So never feel that the communicator is not quite truthful, that is wrong.**

Les: No I have never thought that myself. But sometimes, like in the example we have just spoken of, it is as well to have confirmation. **Yes, there is nothing wrong in questioning what comes to you. I would say to you, always question, if you so desire.**

Les: Well we have always through to years, tried to run our groups on that basis, of questioning if in doubt and honesty in all things, when possible. **It is necessary that when you are making contact, that there must be the highest integrity. I could not stay here otherwise.**

Les: I was about to say, I doubt if you would be here, if we hadn't followed those paths. **But perhaps it explains to you, why sometimes there would seem to be apparent contradictions, from other sources, when in fact they are not contradictions at all. There is much knowledge to be learned, to be gained by all communication.**

Les: Thank you very, very much for that. I'm sure everybody has been most interested in hearing it. Are there any other questions for Salumet at this meeting?

George: Can I just add one more thing to the black hole question? The other thing that our scientists tell us, is that light does not escape from a black hole. This has always suggested to me that space itself is drawn into a black hole, at

the speed of light and this would sort of explain that.

When you speak of light, you are speaking of a different energy, than that which is contained within what you term your black holes. It is a different energy completely. We have spoken a little previously about the speed of light and what happens, have we not?

George: Yes.

Yes. All of space surrounding your Earth, you could probably term a black hole, on the immediate rim of your Earth. But it is not, for the simple reason that within those energies, there lies the energy of light, which makes a difference, can you see? Can you understand?

George: I see yes.

It changes the whole form of the energies. We have to speak sometime I think, on this matter of differing energy. It is a very complicated subject for you to understand, but I will attempt to do it for you.

George/Les: Thank you very much.

That is why I have said to you in the past, that your space travellers have much knowledge, that has been kept under *wraps*. Their knowledge is much more extended, fuller, than has been permitted to the ordinary people.

Les: It's annoying to think that it has been kept under wraps.

I will come back one time, to speak on energies I think.

Les: Thank you, because at the moment our minds stop positively, at the speed of light. We cannot imagine anything beyond that.

Yes. That is why it is difficult to explain. What you cannot comprehend, is that there is so much more that is not available to you, but of course is there—it is there. And although your scientists work hard, to try to explain many of these things, their knowledge is *too limited*, too limited.

Les: Yes, because they have limitations also, don't they? So they cannot explain beyond.

Their perspective is limited. They can only look so far. I wish I could take you *all* with me, on a 'Cosmic TRAVEL**'!**

(reactions of awe + delight)

Les: You wouldn't have to ask us twice, I can tell you that! *(laughter)*

Perhaps one day yes, but now I fear that is not so.

Les: It's a wonderful thought.

Perhaps it could be an exercise for you all: Try to picture the universe, the cosmos. And I'm sure if I asked you individually, each one would have a different perspective of it. But nevertheless, you are children of that very **cosmos. You are children of light and love.**

Les: Yes we must all try and recognise it more. I think that's one of our difficulties.

I think this time, it is becoming a little difficult to stay. So I say to you all my friends: Love be with you all, in all that you do.

Les: Thank you. Our love be with you too.

I will not speak to you next time, but I will be with your visitor, with help and encouragement.

Les: Thank you very much for that. We hope the week goes quickly. We already look forward to it.

My friend, you cannot wish your life away so easily.

Les: No, we mustn't do things like that I know. Each week has many things to be done within it. God bless you and thank you from us all.

Until we meet again, I will say goodbye.

All: Goodbye.

(A cheerful one then came through Eileen, for just a short while to lighten the atmosphere before closing the meeting.)