

~26th June 1995~

This week Salumet arranged a guest to speak on the subject of 'COLOUR'.

I have been asked to join you to speak about colour.

Les: That is so. Our mutual friend Salumet said that you would be speaking to us at this meeting about colour.

I am not the one you would have expected, but I have been asked to join you, because this time I blend best with you all.

Les: Thank you very much indeed for taking the trouble to do so.

Thank you—then let me continue with the work I have come to do. I have been told that you have been given some information on colour already.

Les: Just very brief information.

Let me tell you this area is indeed a great one. I will try to enlighten you all a little more.

Let us begin with what is colour as you would define it. Let me tell you colour is no more than the interaction of light with darkness. It is indeed an energy. This you are aware of I know.

Les: Yes we are.

Yes, you speak much on your Earth plane of colours as if they were solidified items, which they are not. They are not static, how can energy be so? It is ever-moving, ever-changing. So, let us begin with the information I believe all of you could acknowledge. You speak of 'chakras,' you speak of 'auras,' all within this colour range, from the densest vibration of red to the very purest of light. Let me say this to you please: I hear so often people speak on your colours.

'What are these so-called 'chakras,' within you?' You all I feel, know that they are energy points within your human form.

Les: Yes that's all we do understand of them.

I believe you have been informed that there are many, many within your body. Perhaps I can tell you that these main chakra points that you speak of, let us make an analogy if we may.

They would be in the universe, in a galaxy, they would be the main planets, while all the other points of energy and colour, would be the smaller stars. For instance in the galaxy of the Milky Way, shall we say. Can you understand?

Les: Yes that's a very good analogy—

So when you have people who make 'readings,' I believe you call them, of the colours of your

aura, who predict the state of being of bodies, they are being a little inaccurate. Because you see, there are so many influences, which create colour. Let us take one colour, which is familiar to you, the colour of red, which you all know to be a baser colour, one of the denser energies. These colours within you, are influenced by many factors. Not only the state of your health, your emotions, your circumstances, your surroundings, but also what you take in from the cosmos—this is the part little understood by most. So let us continue. When you wake as beings in the morning, subconsciously you know what colour you are. Instinctively you know which colour within your being, is the most forthright. And let me say, your auras extend one colour more strongly than the others, each and every day of your lives. When people read your auras, your colours, they are mistaken in their understanding of the colours meaning one thing or another. Can you see?

Les: Yes I do understand that. I've always suspected they're inaccurate, because am I right in believing as I do, that the aura is constantly changing in the density of it's colours?

Yes, it cannot be static, it is ever-changing. It changes from minute to minute.

Les: So even as they are reading—
It is changing. And what they fail to understand, is the interaction between their own aura and the person who sits in front of them. You must understand, you can be influenced by a person in front, a person behind you. In fact, each and every one of you now, is being changed to a degree, by every other single person within the room.

Les: That we understand too.

You understand—good.

Les: That is the reason I believe, for us physically feeling repulsed by some people and not understanding why. I've always said it's because the two auras are incompatible and they are figuratively turning away from each other—they cannot combine.

It is—You cannot combine—it would depend I think on the awareness of the person; this very much comes into play. The baser the less knowledge a person has, the denser their colours. Let me say to you, each colour has such a range of degree of different hues and densities. Shall we take the colour blue? If you take the blue spectrum, there are dozens,

dozens, dozens of different hues and colours, within that one basic colour. So you see, the readers of your colours upon the Earth, cannot have it right. They are not accurate in their descriptions.

Les: So one can only say that an aura is just a very, very general indication of a person.

Of course. I do not say this is wrong. Any development in knowledge can only be good, of course it must be. But it depends. Let me tell you also a little bit about colours may I, and how you accept colour within your lives. You SEE colour, but do any of you FEEL colour?

Les: We wouldn't use that expression—Has anybody ever been aware consciously of actually feeling colour?

George: Well I would say I've tried to sense colour sometimes, in connection with other people's auras, which I cannot actually see as colour. There's a certain degree of sensing I feel.

Sara: Yes I do too.

Let me tell you something of interest I feel you would like. When people look at auras, what they should do, they should be FEELING the colour. That is much more accurate.

Les: So it would be a spiritual awareness of the values of the colour.

It is the feel. Colour gives off energy, which can be felt. You should be able you know, to place colours under your feet and feel the differences. All of you should be able to do this. I can tell you that some of your ancient civilisations were aware of these facts and in fact I believe one of the Egyptian civilisations, your ancient civilisations, built temples upon these known facts.

Les: That's certainly interesting. Would you know which civilisation that was?

There was one known as Biroxiya (Byrocksyna?) An ancient civilisation of Egypt, very well 'informed,' shall I say, of colour. It is why people like all Red Indians, were so much more spiritually aware, not so much like the Egyptian culture, but because they lived by nature. That is why they could feel the energies of the Earth, the green, the blue of the sky, the yellow of the Sun. They were truly aware of colour.

Les: That's certainly very interesting. Something I never knew and I don't think anybody else here will have done—not the reason for painting themselves—

It is why so many of you feel so much better when you go by the blueness of your seas, the blueness of the sky, the green of the Earth. You are subconsciously seeking the colours that you most need.

Les: We have been told on a previous occasion by Salumet I think, that we are not aware of the fact that our spiritual inclination dominates the physical selection of the colour of our clothing. **You will instinctively go or communicate with people who have the colour of which you seek. Let me give you an example. If you are lacking in the blue, which is—how will I say to you, it is described to you as the 'forehead chakra,' can I say, (often described in books as indigo) which means that it is the mind, it is the thinking, there is a lack of the blue colour. So you will seek out the colour blue. Subconsciously you probably will not be aware of it, unless your awareness is raised to the degree of understanding. It is why, when people of base natures, crave for the lighter energies, they will always seek out that which they most need, without any understanding of it.**

Les: I follow. So they are not physically aware of the reasons.

They are not physically aware. There are very few people who tread your Earth now, who fully understand the meaning of colour.

Les: I can quite believe you on that.

You are always drawing from the cosmos. You take light from the Sun, you take energy from the moon, all of which have their own colours. Let me tell you the more spiritually aware you are, then the lighter colours you will seek, either in what you wear, in your surroundings, or within your own meditation. Let me say to you, there is no reason why all of you, consciously, consciously, should not be able to heal and balance yourself with colour.

Les: That's certainly a most interesting thing for us to begin to develop in ourselves.

I will tell you a little of my work within the spirit realms, may I?

Les: Please do.

I work within areas of colour, where we take those who are spiritually unwell. The colours within these rooms, these temples I prefer to call them, change each moment. As a person enters, then the whole vibration and colour changes. My task is to keep the balance, to change those ever-changing colours, to be balanced and to be

loving and to be useful for the work in hand. Can you understand me?

Les: Yes, so am I right in saying that the colours, the energy within those colours, are aware of the requirements of the people who enter the temple?

Yes, you would be correct. The higher the vibration, the colour, the more translucent it becomes. The more translucent it becomes, the more aware it becomes of other energies.

Les: I see, so it needs no assistance to determine what is required by that person, who is spiritually in need of attention?

That is it. This is a very little-known fact amongst you.

Les: I certainly didn't know that.

We speak of great things, when we speak of energy, especially energy where colour is almost translucent, because you see, we are beginning to reach, to search, to seek for that very highest realm.

Les: So in our own language, the only way we could express this to each other, would be to say it would seem, and I emphasise 'seem,' that energy has the power of thought and distinction?

Thought is energy. Thought is positive energy.

That is why I have to say to you, many of you become ill. Negative thoughts, which is the darker denser colours, as I have said, will only attract MORE negative thoughts, which in turn, creates more denser, denser colour. So you would then need to seek out the lighter colours, the lighter energies, to transmute that. You understand?

Les: Yes and I think it was Salumet who suggested we could benefit ourselves, by spending a short time, each of our days, in a blue light.

Blue is very good. Indigo is the colour they give you for the forehead, the top of the head. So, it is a higher colour. That is why he would have suggested to you, to bathe yourselves within.

But I would say to you, think too of PURE WHITE LIGHT. If you are thinking from the top of your being, you must go for the higher colours. You see, let me say to you, all the colours within your being, can interact with each other and have an effect upon each part of your body.

Les: I see, so by thinking of the pure white light, we are in effect attracting all the colours, which can be of benefit to us.

Within the PURE WHITE LIGHT, is all the spectrum of the colours.

Les: So you would advise I suspect then, that when we meditate, we should concentrate on a pure white light.

Yes, but more than that, you must see yourself as the focus of all energy. Do not focus only on those you know as chakras, because I tell you, you are one mass of energy. You understand?

Les: Yes I do. I have never accepted the need to develop in the knowledge of those (chakras). In any case, it all seemed unnecessary, because our very existence is composed of so many variants, that we can't possibly understand them all.

Of course. Would you like to question me on anything I have said?

Les: I expect there will be questions? (Les went round the group, giving everyone the opportunity to put a question to our guest)

Lilian: Would it account for people in this earthly life, wearing black at funerals, because they're feeling black?

Let me say to you, you will wear black, because the thoughts you are extending are negative ones. I know you feel they are usually thoughts of love and thinking and feeling, but indeed they are negative thoughts.

Lilian: That was one instance, if we go to weddings, the colours again are gay.

Because of the happiness, the positive thinking, the positive thought and it will attract all those positive energies around you.

Les: That's why the Chinese wear white at funerals. They are aware of the difference.

Can I speak a little on the colour of black? I would assume most of you think black is the most negative of colours. In fact I would say to you grey is the colour to avoid if possible.

Les: Grey?

Yes, because it is neither black nor white, it is in an area of confusion. So you see, it would be better to wear black, because grey is a colour of depression, confusion and so many other things.

Les: That's certainly worth knowing, thank you.

I say to you all, wear the colour that comes naturally to you, because it means you are lacking in that. You need these colours, all of them, the base colours, the lighter colours, to keep that balance within your bodies. There is nothing wrong with wearing black, grey, brown, whatever, if it is needed to balance you.

**Can you understand this? (general agreement)
When I speak of the baser colours, I don't wish to impose upon you, that these colours are wrong. What you must seek for, is the balance within your physical beings.**

Debbie: I find it interesting that my house is decorated in blues, yellows and greens, all natural shades.

Let me speak upon yellow, the greens and the blues. The yellow denotes activity. You have an active mind, do you not? (Yes.) That is why you are attracted to yellow. It is the balance you need. The green is the love of the heart. Any depletion in any of these colour areas, need to be rectified. So you need the combination of all these three colours. It is the need within you, you see. (Thank you.)

George: It occurs to me, we have a saying where people are concerned, that opposites attract. Perhaps this would relate well to aura colour? **It relates not to the colour, but to the emotions. Does that help? It seems rather a curt reply, but it really is not connected with the colours. It is another need that has to be fulfilled. (Thank you.)**

Margaret: Well I'm wearing black, but I haven't been to a funeral today, so I must be feeling sad, but I'm not—(smiling) The other thing is, I've recently had my kitchen done in white and blue and I find I'm so happy in there, I could work in there all day.

Exactly, well you have chosen the colours that are needed for yourself. And this is what you must all try to do. To keep yourselves balanced, you must be aware of the colours that are needed within you to keep balanced. But I will say to you all, to be perfectly balanced whilst upon this Earth plane is indeed a difficult task. (chuckles + agreement!) All—because you see, if you were all so well balanced, your lives would continue, continue. There would be no illness, no depressions, no broken hearts. Can you see? It is difficult while you are here and unaware of what you have within your grasps.

Sara: So what you're saying is we are meant to have these experiences anyway. They're part of life.

Part of life is to go towards the Light. That is what all of you, whether you know of it or not, you are striving for awareness, for greater love, for knowledge. That is what your life is about.

Sara: I like lilac and pink very much and white and blue.

Pink is the colour of childhood. It is another colour, where there are so many misconceptions. We hear so often people say it is the colour of friendship, of loving people. Let me tell you pink belongs to childhood days, of happiness, of freedom, of unconditional love. So if you are partial to the pink colour, you seek still somewhere the need for that childhood love, that probably long has gone.

Sara: Ah—(giggles)

You understand?

Sara: Yes I do. The lilac, is that—

The lilac is a much-loved colour, depending on the shades, as I have said. When you say 'lilac,' do you mean the lighter, the darker, somewhere between?

Sara: The lighter.

Well that is the colour going towards your spirituality, your growth, your awareness.

Sara: Would you say it is good for me to use these two colours? I like them very much.

You must use the colours that you feel are good for you. I cannot tell you what you need. I could, but the awareness should come from you. You see?

Sara: Yes I understand. Thank you.

Sometimes you are out of balance in the forehead area. You tend to suffer from colds, from headaches, do you not?

Sara: Colds, yes.

Yes, yes. You need to balance yourself more. That energy is depleted too often. I suggest you use your blue range of colours more to help yourself. (Thank you.)

Mark: Can you tell me if the photographs taken of auras, are accurate representations of the colour taken at that time?

It would depend how far the person is from the one who is being photographed. I have said, people standing close have interactions on your aura, so unless you have very high awareness, and know how to feel, rather than see auras, then there are inaccuracies.

Mark: So there isn't very much, I mean you couldn't say for example, say this is a dense colour in a photograph, and say this is actually a dense—

It would be better to be with someone of awareness, who can see and fully understands

the nature of the colours and sees them for what they are—not this static colour range, but that so many things can change. And you are changing every minute. As each of you sits in this room, all of your colours are changing. Your thoughts each moment are changing, are having that interaction with your auras and within your bodies. Can you understand, am I making sense to you?

(enthusiastic agreement)

Les: There are 8 of us here. How do you see us, as human bodies, or as colours?

*Oh my friend, no! (gently amused) I do not see you as human bodies. I am seeing you by your lights and let me tell you, that is why I was chosen to come, because the blend of your colours suited what I was going to say to you. We have the awareness of how the words I would say to you, would have an effect upon you. No I do not see you as bodies. And let me say whilst we sit here, I thank you for the colours you are exuding out to me, because I feel the **green** colour strongly from all of you, the love within your hearts. And to me, this is so good to see. Does that help you?*

(emphatic agreement)

Les: I thought you must see us as colours.

Yes always. That is why as you asked earlier, that is why you tend to back away from other people, if their colours are negative and yours are positive, then there is a clash and you cannot go too closely together.

Les: Well I'm very pleased that you do feel our love for you.

I hope I have made myself clear to you. I hope the voice has been clear. It has been wonderful for me to return to speak to you all. I cannot tell you how deeply honoured—it has caused me great joy, great joy. I cannot express it more than that. And I will say to you all, if one day I am allowed to come back to you, I hope I can bring you more information. It is indeed a vast topic and one as I have said, so misinterpreted within your world.

Les: You have certainly clarified a tremendous amount for us tonight. There has been a great deal of misconception about colours, but I personally have not had the knowledge to correct a lot of those misconceptions. But you have done it for me. **(Good.)** And we do appreciate you having been here.

I hope I have given you all something to think upon and I will leave you now. I don't know if your evening is ended, but may I say to you, may the colours you draw from the cosmos, be those of light and love.

(general thanks)

Les: And your voice has been recorded and everything you've said will be sent to other people, to give them comfort and knowledge.

If it brings comfort and knowledge, then indeed my task has been worthwhile.

(general thanks)

There then followed an amusing one also through Eileen, (Timothy) briefly reminiscing and helping to clear the energies, after the serious work.