

~3rd July 1995~

Good evening.

Les: Good evening.

My heart is glad to feel the love and peace from all of you this time.

Les: I think tonight has something special about it somehow; much more peaceful.

I am pleased that you feel it. I will speak to you for a short time this evening, before we go on with other things. But first I wish to say a little to you all.

I hear from you many times, ‘Will I be happy—will my wishes be fulfilled?’ So many questions. I want to say to you all, you do find it difficult to go within for those answers. I can tell you ALL, but I don’t want to do this.

Les: No, I understand that.

I would like you all to find your inner peace, your inner knowledge, that innate sense of love and Divine knowledge, which is within each and every one of you. So when you send your thoughts to me, may I ask you please, to consider that thing that you are asking for, because if only you would develop that inner awareness, then all answers will come to you. Some of you do find this difficult to accept, but I have to say, be a little more patient. I cannot promise you that your lives will travel smooth pathways; that is not why you are here. So when you come to these obstacles, stop and thank your Creator. Does this make sense to you?

Les: Does it make sense to everybody? (*general agreement*) Any questions you would like to ask, before Salumet goes on further? All quite happy with what has been explained so far? (*general agreement*) Right, thank you.

I smile a little, because so often these ones leave this room and so many questions come to them—but let me continue please. Do you wish to ask me anything?

Les: Yes, first I would like to thank you for your colleague’s appearance here last week. It was a delightful evening and most instructive and informative.

There is much that can be given to you and of course one visit is obviously not enough, but we have much time to develop these discussions.

Les: Good. And the other thing I would like to ask, I believe I’m right in saying, at the end of most sessions now, we have a communicator who’s quite light-hearted and often causes us a lot of

laughter. That is I believe to clear away any heavier influences that might be left?

It is mainly for the instrument’s sake that this is done, because although I am not fully in control yet and I do say ‘yet,’ she needs to be protected because she is taken some considerable way from her physical being, you understand?

Les: Yes I do. I thought this was the reason for the appearance of the light-hearted people and we much enjoy their being here too.

It is for you all to laugh. You know you beings do not laugh enough. So many times you are laden with everyday worries, which most of the time, is unnecessary fear. But that is part of your development and must be endured.

Les: Yes, you have explained that to us in the past. I think we now all accept it, even if we don’t understand it.

I will say again:

Thought is the most powerful thing—your fears are the most destructive.

Now, I will answer any questions, after which I will leave you to continue with work to be done with others, you understand?

Les: Yes I do. Thank you.

So, are there questions please?

Les: Anybody like to question?

George: I did have one question: We have talked already about flower energies, and this is a delightful area. I’d like to ask a question about the Bach Flower Remedies: Dr Bach describes one method of preparation which involves collecting flowers, floating them in a bowl of water in sunlight, and the energy of the flower is said to transfer to the water, and then the water is used as the remedy for helping people with fears and anxieties. (**Yes.**) Are you able to confirm that the energy will transfer in that way?

Yes, let me say this to you: You have been told of the energies which each and every one of you take from the Sun, through your auras, you remember?

Les: Yes we do, that was confirmed again last week.

In a similar way the flower is attracting the rays from the Sun, the energies, so you see, it is energised, so too is the water, that is how it works. Everything, you humans, flowers, animals, your Earth, all are surrounded by these energies. I will say of this Dr. Bach, he was a man of much awareness. He struggled in his lifetime to produce these remedies and although many

people scoffed at his ideas, in actual fact, he was unaware of the true energies he was involved with. But nevertheless, they were successful, for the very reasons I have stated. Is that acceptable to you?

George: Yes that's most helpful, thank you very much.

The flower whatever, whether it be in the ground, or placed in water, is reaching out for the living energies surrounding it, as you humans also are, even those you are as yet unaware of, yes?

George: Yes Lovely, thank you very much.

Les: So there would be many ways in which the flowers could be used, directly without being floated on water, I would think?

It is nature's way—his method was 'his' method and of course there would be other ways. But his awareness instructed him in this direction.

Les: I understand. Thank you, any other questions for Salumet? Paul? *(This was another Paul who was a guest this evening.)*

Paul: It's not actually a question, but I've found recently, that when I'm in the presence of an elderly person, I can almost feel the youth in that person, I can almost scan them and see them as a younger person and equally with a young baby I can almost imagine them older. Is this particularly strange? It could be my imagination.

It—no, no my son, it is not imagination, you have the gift of SIGHT, let me say this to you. What is happening, is an inner knowledge again, something you are not fully understanding, but let me explain a little further. Each individual, whether a young child or an older being, have energy patterns, which remain within your atmosphere, in your ether, you follow? What you are doing my son, is tuning into these energies, past and present, you understand me?

Paul: Yes I'm very happy with that, thank you very much.

This is something you could develop upon.

Paul: Thank you, I'm very pleased.

Les: Thank you. Any other question for Salumet before we go onto the other work?

(pause/silence) Right well thank you very much Salumet, once more. We are in your dept.

No, no my friend, please—you are not. I am honoured and happy to join you each time.

May the blessing of your Creator fill you with love, with peace, with all that you need to sustain you. May you go on your

way this time, showing that knowledge and that love to all that you meet in your daily lives.

Now I will say this to you before I leave: Tonight we are trying to do new work. Please give us silence and let us see what can be done. You will have the knowing of who to approach.

Les: Thank you. God bless you and our love goes with you once more.

A few minutes passed, and then a control came through Sue:

Les: Good evening to you.

I greet you all. May the love that I feel, you feel in return from our side. (short pause while Les adjusted microphone)—I know of your equipment, which of course is unnecessary in our world, but without sounding offensive, your life has much to learn now.

Les: Yes we unfortunately are still in a state of primitive requirements.

Yes, but regardless of that, much good work comes from such equipment, yes.

Les: Yes it does, many people are able to hear your voices and are pleased to be able to do so. ***Now, we wish each one here that is able, in turn, to leave their chairs and stand in the centre of your room, for a few seconds. In the centre we are attempting to send energy force for each one, energy force to uplift the spirit of each and to offer enlightenment and healing, where necessary. Do you understand?***

Les: We do and we thank you for it. You would like everyone to stand now, just for a few minutes?

Just for a few seconds, perhaps they will silently count slowly to ten.

Les: Thank you, we will do that now. ***(Thank you.)***

Les: Would everybody like to stand please.

Please, one at a time, in the centre of the room.

Les: Right, start with you Jo. Just count ten slowly and then go back.

Les: Next: Debbie—Paul—Margaret etc.

And yourself please. (Les) You may wonder why it was done so quickly, but please remember that 10 seconds in your world is not the same as the energy we sent from ours.

Les: We understand that thank you. It was highly concentrated coming from you and we know too that we would not be able to accept too much of it at one time.

Now, I leave. Please ask each one whether there was any change during the giving of energies.

Les: Yes I will do that before you leave. Jo did you experience any change?

Jo: No I didn't.

Les: Debbie:

Debbie: No not really.

Paul (Guest): I felt that as I closed my eyes it was darkness, but as I was standing there, there was an illuminated feeling, as though I was being sprinkled with light.

Les: Thank you. Margaret

Margaret: I felt a lot of energy, felt quite dizzy when I sat down.

Paul: Just a sort of upliftment.

George: I felt a warmth. I think 'bathing' is a good description.

Mark: I felt a lightness and when I sat down I almost lost my balance.

Les: Thank you. Dawn?

Dawn: No I didn't.

Lilian: Energy, which I'm still feeling.

Les: Thank you—I felt a great peace.

Those who say they experienced nothing, let me assure them that the energy is within and in their own time, they too will experience the feelings inside. Some require the concentration in their spirit body, over a longer period of time, do you understand? (Yes—) We are pleased we could bring such power to this room and will endeavour each time you meet here to do similar work, not necessarily from the centre of the room, but if the power permits, it will be directed to each sitter in turn.

Les: That's wonderful.

Please imagine the rays of the sun coming down from the top of your room and each ray laying on the head of each of your sitters.

Les: Yes we will do that.

Please if any one of you has the vision to see the rays, no matter how briefly, please to say so. We do appreciate knowing when our work is visible to you. Now, I send you God's blessing and the love and the light of the spirit within you all. God bless and keep you.

Les: God bless you and thank you to all your colleagues, who work so much for us.