

~17th July 1995~

Good evening my friends.

(warm welcomes)

It is always good to join you here.

Les: We are pleased to hear that.

Let us thank that Divine Creator, for this gathering here. Let me speak please this time, on something that you all wonder upon.

Les: Yes please, we look forward to that.

So often I hear, 'What is the meaning of our lives here? What are we meant to do? Why are we here upon this earthly plane?' I have spoken briefly before and told you all, why you are here is *LOVE*. But too often I hear doubts, as to your abilities. You wonder if you should be involved in this *Spiritualism*, as you call it. It is one name for many ways of living. I would say to you all these few words my friends:

'Service' is the reason for your being here.

I hear you now say, 'Tell me what is service?' I feel you are a little confused upon this matter.

Les: I think I could ask for everybody, I believe we *all* are confused to a certain extent, from what we have been told previously, that we *choose* our lives when we come back. And I and I think my friends here will also have wondered, why we should choose an existence on this Earth, which often is full of pain suffering and misery. You would say no doubt, that it helps with our development, but to me the two don't always seem to coincide.

In what way my friend?

Les: Because, what is the reason for us deciding to choose a life which is uncomfortable, unhappy perhaps, and in the main full of disappointments and misery? Are we always responsible for choosing that sort of life?

Let me speak a little, let me deviate a little from what I was saying. *(Thank you.)*

Of course in your physical way of thinking, you would not accept discomfort, pain, unhappiness, whatever. Let me say, that is your *physical* brain thinking. When it comes to the *spiritual* aspect of yourself, it sees the *much greater picture*. So suffering, pain, discomfort, is not seen as anything to be pushed to one side, but it is seen as a way of your soul's *growth*. So although these aspects of your living are painful, you have to see the beauty within the soul. I know this is

difficult for you to understand fully, because no one on your Earth plane wants to suffer, but your Higher Self, your *Higher Self* knows that sometimes this is necessary. Can you see?

Les: Yes, we have to try and think more of our spiritual selves, rather than the physical self, I think this is what you are saying to us.

You have to raise that part of yourselves, to find a fuller explanation. You are not one unit my friends, I have explained this to you before. Try to see yourselves on a much wider scale. Think not only of this one lifetime, you see?

Les: Yes, I follow you. Of course, being physical, we do tend to look only at that particular part of our existence, forgetting the many facets of life, which we have had and will have.

When you return *HOME*, you can on 'hindsight,' you say, see for yourself what has been achieved through many sufferings. Do not look upon unhappiness, suffering, disappointments, as something to be sad about. That higher being knows so much more. It is difficult I know, but please accept my words as being **TRUTH.**

Les: We will of course, we wouldn't dream of querying it, but it answers the question which has been in my mind and I'm sure has been in my colleagues' minds also, the difficulty in understanding why we should voluntarily submit ourselves to a life of unpleasantness.

Let me say also, I have been speaking about service. Can you not see that by some suffering, you have given someone else the opportunity to serve? *(Yes—)* You must not look upon it as an isolated thing.

Les: No, I was talking to someone only this morning, about a similarity there. They were saying that people wish to give as well as receive—it gives them happiness to be able to give.

Yes, you must look so much further than just the one person. You are not single units. When you come to this life, you have chosen that pathway that is best for your growth. It may include suffering, it may not, it depends on what you have returned for.

Les: So when we choose our lifetime on this Earth, it is our spiritual self which is choosing it? ***(Of course.)*** Yes thank you. That does clarify for me, which leads me to another item: We often read of people in the East, wise men, gurus and so on, who do peculiar things in our estimation, such as keeping an arm raised aloft, until it

withers. I could never understand it and this, I imagine would be the spiritual awareness in them, taking suffering further in the physical body, for the benefit of their spiritual development?

They are exercising that *spiritual* part, which feels no suffering. They have become so attuned, that these things can be done, without discomfort. You *all* could achieve it, it is not unknown. These are the things you have lost down many ages of your earthly existences.

Les: I see, so you say it doesn't give them the discomfort we would imagine them to have?

Exactly. If they feel discomfort, that is the human part of them. What they are doing, is exercising that spiritual knowledge.

Mark: Could I ask a question? You said we've lost something through the ages. Some people talk of us clearing our 'Karmic Debt' at the moment and that the suffering has to be gone through, in order to clear that and that later there will be a much better time. I don't know if you can clarify that at all?

I am not happy with the phraseology, 'Karmic Debt.' What is karma, but the result of '*cause and effect*,' something you all have. As we have said, you go through many stages of knowledge, of wisdom; you return many times, if necessary, to learn those lessons which help with the soul's growth. So in respect of karmic debts, I would rather you do not look upon it that way, but rather that you '*return*,' to gain more knowledge. To say 'karmic Debt,' rather implies a hell upon your Earth and that is not what your lives are about, do you understand?

Mark: Yes thank you.

Les: Yes, that's a very clear explanation, thank you. I've always been suspicious of the phrase, because it seemed contradictory to other learning and teaching.

It is the growth of your spiritual being, that is the most important thing.

Les: So presumably when we come over to you from this life, we enter a spiritual world, as we know and we are more aware of our spiritual ancestry and future. Do we then wait until such time, as conditions on the Earth, some hundreds of years hence perhaps, are suitable for our return for the spiritual development of our spiritual self?

It—you can manifest yourself upon this Earth, within hours, days, years, centuries. Let me say this to you:

The decision on these matters lie solely with your Higher Selves; that part of you which knows *all*, when you return '*home*'.

You yourself, with council, will decide the most opportune moment to return, when conditions are right for you, when the people you have chosen to return with, when all are ready. It is again, not an individual thing. Always you look upon yourselves as one item.

Les: Yes, it's difficult not to.

I know and this is what you must move away from. All of you are intertwined, in some way. Those loved ones that you have spent some time upon this earthly plane with, so many before so many to come. It is not a decision made solely for yourself, it is much more complex.

Les: Yes, it must be a matter of absolute interdependence, from what you say.

Yes, yes if you can imagine the twine of rope intermingled together. Each one is strong, but together they are stronger, you see? Each one depends upon the other.

Les: I see, you mentioned a council a few moments ago. Does that mean we would discuss with this council the advisability of returning at a particular time?

There is wise council yes, but the *decision* rests with you.

Les: But we would have the benefit of their spiritual knowledge presumably, which would be much greater than ours.

Of course, there has to be that wisdom, otherwise you would flounder—

Les: We could make a lot of mistakes—

Yes, unfortunately and sometimes you make wrong decisions, but of course that is your option. That is why sometimes so many return again and again and still they do not learn those lessons, which were intended for them.

Les: Is that so, it's our own free will coming into play again then.

Do not underestimate your free will.

Les: No, so our return to the Earth, could be a comparatively short time, or it may be many, many years, according to the requirements of our spiritual selves?

Of course, sometimes the spirit sees within hours, that which has been left undone and seeks to rectify those problems. Or the soul may consider after council, that it would be best to wait. It is a matter for *many*.

Les: Thank you, one other thing which has puzzled me, accepting as I do and I imagine my friends do also, what you have told us, would we always return to this particular planet?

I would say you do. I know there are disparages of opinion, but yes you do return, you are earthlings, you do not learn from other planets. Until your time on Earth has been finished properly, then you cannot go elsewhere.

Les: So from that then, I would imagine that we are in some way part and parcel, of the very Earth upon which we live?

Yes, you are it's very structure.

Les: Yes, thank you. That certainly clears several queries I've had.

Mark: Could I ask a question? (Yes.) It just occurred to me, I wondered how the Earth learning differed from other kinds of learning?
I have to say and I have said previously, you beings on this earthly plane, are so young in the stepladder of knowledge, and I would reiterate it for you:

Although you think your knowledge has expanded, you do not see the much wider growth. Like a ladder, you are aware of what is below, what is on top, but you can see no further. It is never-ending.

Les: So would I be right in presuming that part of our destiny, is to remain on this Earth, time and again, until we reach a certain spiritual development, which will free us from the confines of this planet?

Until such time as those lessons you need to know, then you will remain upon this earthly planet. Yes you are correct, there comes a stage when you throw *off* those bonds and move forward. Then and only then, would you be permitted to travel to other places. But we are speaking many aeons of your time.

Les: Yes, of course, yes I do appreciate that and that's of course something we cannot imagine, we have no conception of the time factors involved.

My mission coming here, is to teach you what you must know.

Les: Yes, well we're very happy to be learning from you and that of course raises another question: We don't know how long the Earth is going to remain as a habitable planet. Is there any likelihood of the earthly planet finishing it's specified time in the universe, before we have finished our learning?

Of course this Earth planet *has* to have a time of learning. Let me say, your planet is a very tiny spec within one universe. Of course there is a time limit, it is a natural progression of law. But that will not happen while there are people who need to learn. There *will* come a time when it will be a natural progression of the planet, to disintegrate, but we are talking of *many* complex matters here.

Les: Yes of course we are, but it had occurred to me, that if we are effectively confined to this planet, until we had finished our required learning and that planet had it's own destiny mapped out for it—

Yes, which it has—

—were the two going to conflict? And if the planet disintegrated say, or finished it's allotted span within the universe and became a cold lifeless hulk, would there have been any people who had not finished their learning before that happened?

I understand your question. Let me reassure you: All life is '*energy*,' whether it is in the form of human flesh or whatever, all life exists and will remain so—please do not concern yourself. You my friend are thinking again in human terms. Try to see it as an advancement, as a growth of energy and then perhaps it will become acceptable to you.

Les: Yes, it is confusing to us with our limited human minds.

Always limited knowledge makes this concourse difficult.

Les: Though over-riding all that, I do accept the necessary growth of the spiritual being and that over-rides everything else, even if I can't understand the other. It is a peculiar feeling in myself.

Of course, because you have become so used to that human aspect. But remember it is not really you, remember it is a covering for that spiritual being, which will always exist. It matters not whether upon this earthly plane, another planet, wherever—it will continue and go forward.

Les: So it would be wise for us if possible then and this may sound very childish, but when we do a good deed for another person and find a physical pleasure in doing that however small the aspect of it, we all experience that happiness at having done something for another person; we should try and recognise that as a spiritual doing rather than a physical.

We come back again to what I was speaking of, 'Service.' What is service? And so many times I hear you say, 'I must do healing, perhaps I should develop this, develop that.' Let me say to you, my friends:

Service is a smile, it is creating happiness where there is unhappiness, turning sorrow to joy for another—so many small things; that is what your very existence is about.

Les: Yes, a lot of small physical things, isn't it? **That, that my friend, is service.**

Les: Yes, so basically then we could come back to the quote in the Bible, when it is said, 'Do unto others as you would have others do unto you.' **I say to you, 'Do unto others even when they do not do unto you.'**

Les: Yes, that takes it one step further, I agree. **That is true service. Where you require (no) thanks, where you require no joy no happiness for yourself, but you offer thanks to that Great Creator, who gives you life.**

Les: Yes I follow you. **I wish so that I could enrich your knowledge but of course being human, you will never attain perfection, whilst upon this imperfect Earth. I hope you can accept that and do not be too hard upon yourselves when you fail. But I say to you, recognise it and so it will dispel. You understand?**

Les: Yes, this is certainly a very interesting discussion with you Salumet, we appreciate it enormously. Does anybody else have questions? Don't forget what our friend said before? He smiles when all your questions come out when you come out of the meeting.

Margaret: Well I would say that it's given me new hope, what has been said this evening.

Les: Yes, anything you'd like to ask?

George: I would say that we have an expression, 'Service with a smile.' And it seems to me that service *is* a smile.

Yes, it is the many small everyday happenings in your lives.

Les: I have tried to explain to people who want knowledge of our work, that there is nothing euphoric about being a medium or an instrument, it is merely a channel for good intentions and good work. And even if you take the trouble to take a person across a busy thoroughfare, you are in effect a medium, you are a channel for service.

Yes, let me say there should be no false gratification in the work that you do for spirit. You are only endeavouring to do that which is normal, or *should* be to you.

Les: Quite. We have always tried to keep this in mind in healing and in our group meetings.

There are many people upon your Earth, who have no knowledge of what you call spiritual matters, but are in themselves the most *spiritual* of people. The people you speak of who are ready to offer a hand, a smile, even just to be there to listen, all of these things are spiritual growth.

Les: Yes, we are very pleased when we hear our patients and others say, we love going into that room, there is something different about it and I feel much better for having been there. That makes us feel that we are doing our work in the right way.

What is happening then, is not *physical* healing, but what healing should be, is that it *touches their very soul*. That is the *true* meaning of healing, that recognition of themselves, that *wonderment* of that *feeling* within. You see?

Les: Yes, we are very pleased when we hear it, because we feel we have done something worthwhile over the years.

Let me say something to you:

If only you touch *ONE* soul, *ONE* soul, whilst upon this Earth, then you can say: 'I have tried.'

But let me say to you, the person without the knowledge which you within this room have, can do the very same deed. Then indeed they have done more than tried, because then it has come from that innate spirit being, without the knowledge. That is indeed a great deed, can you see? (*general agreement*)

Too often I see people put down, as having no religions, no faith, so many things they are put down about, when in fact they *shine forth*, as *great Spirits*.

Les: Yes because you of course would be able to see that, wouldn't you?

Let me say my friends, the knowledge, this knowledge that you have, which you accept as truth, we are pleased to see you, to see that light grow. But upon you, it places an even greater burden, because in having that knowledge, you cannot turn around and say, 'I did not know.' So when you do a misdeed, or an unkindness to another, then your very heart should pull in shame. Can you see?

Les: Yes, the effect of that wrong-doing, is more so than it would be if done by a person without knowledge. **(Yes indeed.)** And of course with the law of cause and effect, it would rebound on us, to a greater degree.

You would have the rebound effect upon yourselves, of course. So you see, your responsibilities are great.

Les: Yes we accept that.

Now I think for this time, I have spoken enough, but I would say to you all, thank you for gathering, for making my work here so much easier and also I would say, (it) brings me much joy and happiness and I say to you my friends:

Let the Great Creator be with you all, in every aspect of your lives, until we meet again.

Les: We thank you for what you have told us and for your patience and your explanations. God bless you.

There then followed a jolly soul through Eileen who had a message for Mark.