

~24th July 1995~

Good evening my friends.

All: Good evening.

Let me say to you, your love vibrations are strong this time.

Les: That's very pleasant to hear, we're glad that you can feel those vibrations from us.

Let me begin this time by saying I want you to know that *all* of you are channels. I have heard your thoughts, 'How can we serve, how can we be used?' I say to you all, *you are* being used in your own way.

Les: Yes, thank you for that assurance, for everybody. I do know some do doubt themselves.

The ways of being used, are as diverse as the races upon your Earth, so the very fact that you gather here, indicates you are being used. I want to say to the one here tonight, (she) is a perfect example of devotion to being used. The genuineness of that soul, is indeed so true to her spirit. But I wish to say to you please, that as time continues, there are some who will wish to come within this room, who may not be quite suitable. I will tell you of the time, when perhaps you will mention beforehand, so I can indicate to you, whether their presence is acceptable.

Les: Yes, I shall be pleased to have your advice on that.

I know you use wise judgement, I do not question you, please do not think I do.

Les: Oh I wouldn't think that for a minute, no I don't.

But there is coming a time when it is important that the harmony remain good and true to that purpose for which we come, you understand?

Les: Yes I do.

But it is a little time off just yet.

Les: Thank you, I shall certainly keep that in mind and I appreciate your advice.

I do not intend speaking too long this time, because as has been said before, it is important that many channels be used for the work needed. So we must allow those who wish to use others, their time to come. This is acceptable to you?

Les: Absolutely, thank you.

So now, if you have questions this time, I am happy to answer for you.

Les: Thank you. Does anybody have a question?

Mark: Could I ask a question. Mum's a bit worried about Emma our dog. She's not sure whether she should be put down. She's worried about her being in stress and wondered if you could give some advice.

Let me speak please. I understand your love of your animals, we know the feelings are good, when love is shown to those creatures of the Earth. But let me say, like you earthly people, so too do your animals reach a stage of their earthly lives, when it is time to go. We know the heartache it brings, but you would be kinder sometimes, to lovingly let them go. I will not say to you, do this/do that—that is part of your life decisions, you understand? But I say to you, look within your heart and you will know, what is done in love, what is the right thing to do. The animal is *suffering*, so I say *think deeply*.

Mark: Thank you.

Les: Any other question for Salumet?

Paul: Yes, I've heard of a place called Findhorn in Scotland grow lots of vegetables, they say they work with the Devas, the spirits of nature and it helps the vegetables to grow stronger.

Yes we have spoken upon nature spirits have we not before? (Yes.) Yes it is not only in certain places, the whole of your natural world is helped along by these nature spirits as you call them. We have spoken extensively I think upon this subject.

Les: Yes, I don't know whether you were here at that meeting, but Salumet told us that all of creation has a governing body, as it were, whose responsibility is to look after it, take care of it, nurture it in every way. This applies to water, to plants, to animals, the whole of nature.

Paul: So a good gardener or farmer can tune into this?

Les: They can do it anywhere, not only in Findhorn, if the acceptance of the power is there, in the person.

It matters not whether you accept or not, the very fact of nature being there, is enough for these creatures to be doing their work. You within this room are not sufficiently knowledgeable yet, to see. Those with the eye, can actually see these creatures at work.

Les: Is that so.

Of course, of course.

Les: I had wondered if they were visible to some people.

Can I say something to you, you may think it is a *fairytale*, I think you call them. Where do you think the stories originally came from? The small creatures which are seen with the eye of knowledge, that is where your stories come from, from people who have vision, who can see. They are only shown to those with great vision. That is why I say, you within this room, are not yet knowledgeable enough. Can you understand?

Les: Yes we can. That would probably then be the origin of the stories of the fairies and the leprechauns in Ireland and so on.

Yes, this is what I am saying to you.

Les: So they are in fact visible to some, in spite of what others say.

It is true, indeed it is.

Les: Well that's something you can practise Paul.

Paul: Yes, I'll try. Thank you.

Les: Thank you very much for that explanation Salumet.

Sara: I did see some Fairies once, a few years ago, when I was very stressed and I actually asked for help and I saw some fairies.

Here we come back to what I have always taught you, the power of your THOUGHT. Here we have an example of it. The depth of feeling of wanting help, creates not always what you wish, but help in some way.

Sara: It did help.

Les: Any more questions? No? Well thank you very much for that Salumet. Now if you wish us to continue other work, we will.

I will leave you with my love and my blessing, to each and every one of you. Now I say, allow those who wish to come, let them come with love and with peace within your hearts. Send out those thoughts to all in need, for surely there are many.

Les: There are many indeed. And our love goes with you, and our thanks once more.

There was then a short pause before a control came through Sue:

—I am here to mention a little about something that I believe is troubling you all at the present. I talk about your weather.

Les: Yes, it is quite a troublesome thing at the moment, because it's so hot and we are not used to it.

Yes, now you understand that in our world, these climatic changes do not occur in such force?

Les: We do understand that.

You understand that temperatures and conditions can be brought by individual spirit people, do you comprehend me?

Les: Yes I was going to ask you a question on that actually, that the temperature surrounding a person, can be adjusted according to that person's thoughts, I believe.

That is exactly right. Now, you do not have to be in spirit to achieve a certain amount of help with climatic temperature. It is possible in such conditions as you are having to face now, to have your own 'thermostat,' is that the correct expression?

Les: Absolutely correct, yes.

Now, as we have said so often, the power of thought is paramount, yes?

Les: Yes you have often told us that.

So, it is possible in your world, to adjust the temperature around your earthly frames. It is possible, but it does take considerable amount of your THOUGHTS, do you understand me?

Les: I imagine it would do, and of course you know that I'm going to ask you, how do we do it? Or at least, how do we attempt to do it?

If you are suffering from the heat, as I am led to believe you are at present, please to spare quiet moment in your busy lives to sit in quiet. Think and concentrate on the gentle breeze, yes you understand me. Imagine, imagine you are sat beside some flowing cool water. Concentrate on that water, concentrate on the breeze gently shifting the leaves in the trees above. Start at your feet, imagine that breeze slowly moving up your earthly frame, until it reaches the top of your head. Then ask that from the top of your head, the excess heat which is troubling you, can be removed. This should be of great benefit to you all, but please, it is not going to be as if you have walked into an icy condition, it is much more gradual than that. But in time and with much thought, you can quite easily adjust your own body heat. Please I ask you all, are you willing to try this, for your own benefits?

(general agreement) I would like to hear results of your experiments another time.

Les: Yes of course, we look forward to beginning that, I think it is what certain Buddhist sects already do, isn't it?

It is not a new formula, no. It has been known for many, many generations.

Les: I think it is part of a Tibetan initiation ceremony too isn't it, to create sufficient heat in

their body, to dry wet clothes placed on their body?

Yes, so many of these traditions and rituals, go back to the beginning of time itself.

Les: Yes and so often they are scorned and laughed at.

So many people think they have invented these things.

Les: Yes! (*chuckles*) It's merely there to be found out. We don't invent, we only discover.

Everything you see, everything you do, everything you know, has been known before. Let me say to you, that as you say, climatic conditions can be reversed. Therefore what I say to you now regarding the heat, can be reversed in your Winter season. So remember, when you are standing in the cold, start at your feet and think of the warmth of the fire, slowly moving to the top of your head. You do not need this advice at the moment, I appreciate you do not wish to think of fires just yet, but remember for the future.

Les: I'm certain we shall all remember it.

Please, in jest I say to you, we cannot teach you to stop the rain from falling on your head, but you can feel less discomfort, when you think of these things. We cannot prevent the snow, or the wind, but with careful **THOUGHT, the problems surrounding you, in these climatic conditions, can be lessened to a great degree.**

Les: Well we all look forward to beginning our experiments with thought on this.

Now I do hope it has been of some interest to you and please at your next meeting, I would be interested to hear any comments you may have on the matter. I may not speak, but I will be here.

Les: Good, so you will hear our reports anyway. **You would be quite amazed at what we do hear.** (*laughter*)

Les: Yes, I think our amazement is being tempered by the constant surprises we get.

Now I leave you. Enjoy your Summer months. They can bring much joy, if you know how to use them. God bless you all.

Les: Thank you. God bless you and thank you again.

Goodbye.

There were several further communications this evening, which though do not contain further teachings, have been included to show the range

of communications that can take place at these séance meetings.

The next one was a Chinese gentleman through Jo:

Mr Bone?

Les: Welcome to you again.

Do you know me?

Les: Yes I do, yes I know you. You have been here many times I am glad to say.

Yes, and I come tonight, with your permission and the agreement of the instrument, it is our wish to further develop instrument for important work, we have been with her for some time now.

Les: Yes of course we agree.

Yes, and if that is permissible.

Les: Yes I'm sure it is, I'm sure she would agree.

We are very happy that you say this. Over the next few weeks, we will be using her more, with hopefully very successful results.

Les: We look forward to it.

Thank you so much.

Les: We have always enjoyed the visits of you and your colleagues, in fact one of your colleagues used another instrument at our other meeting a short time ago, you know of that?

Yes, we know all that go on here. My last purpose Mr Bone, please hold out your hands. Please accept this power on behalf of all who come to this house from our side.

Les: Thank you very much indeed. I willingly accept and I am very grateful for it.

It is our pleasure. Thank you for allowing me here this evening, thank you all.

Les: It's been lovely to have you. God bless you, and we look forward to speaking with you again. Goodbye.

The next communicator was through Heather, a regular Wednesday group medium, who was a visitor at this meeting.

Les: Hello, sorry to have kept you waiting. Welcome to you.

Good evening Mr Bone. (voice strong/powerful)

Les: Thank you for joining us, a different meeting, but you are still welcome.

Sorry to interrupt. We would like to take this opportunity to thank you all for the work you do with us and although you have many sessions Mr Bone, they are all linked in our minds.

Les: Yes they are indeed. I'm sure my colleagues are very grateful for you to be speaking to them like this. They have heard of you, of your instrument rather.

There is much work to be done and although some of your friends do not appreciate the part that they all take in these matters, they are each and every one of them important to us.

Les: I do tell them this, but they don't always believe me.

There are some who do not listen.

Les: They each have their part to play.

Yes, they are all important to us.

Les: Quite, otherwise they wouldn't be here.

That is so. We thank you for the love that you bring to us and we thank you for allowing us to visit you on this occasion.

Les: It's a pleasure to have you.

We did not wish to intrude.

Les: There's no intrusion, but I knew you were going to use your instrument on this occasion.

It is more than she knew. (laughter) She came here for a rest I think. She should know! You are all very dear to us in your continued efforts.

Les: It's very nice to hear that and we are pleased that we are able to contribute to the work.

We thank you all for continuing to request help for those that are in need in your world. There are some very sorry souls around, on your planet. And at your Christmas time, you were asked to spare thoughts for them and this has continued to return.

Les: Good, there is one lady here I would like you to give some assurance to, if you would please. She is wondering why she is not more easily used, why she is not developing in this particular way. I am talking about this young lady of my right. Salumet has spoken to her several times, but I'm taking advantage of your visit now.

One moment please. (pause + deep breathing) One of you has their way of bringing joy to others, some have the healing in them to help others. Others bring information and guidance.

Les: Yes, the young lady knows that she is being given help in various ways and she knows that her busy life does preclude the calm and peace necessary for development sometimes, but she does wonder if ever she will develop in the future.

Her voice is her gift. It will bring joy to many. And her musical fingers. It may not be the way in which she anticipated. She must not belittle these gifts, they are not given to everyone.

Les: No, quite, just as her gifts are not given to everyone.

(laughter) Very wise Mr Bone. We will say to her please persevere. Give as much time and attention to these gifts as you can in your busy life. You will be rewarded by the joy that you bring to others. It is for the moment very small, not for everyone to be aware of these skills, but in time, there will be wider people for you to bring your talents to. Is there anything you wish to ask?

Sara: No I think that's fine thank you. Just to know that these are my gifts, these are the things I should work at.

Did you ever doubt it? (laughter)

Sara: I'm never sure sometimes, which things to work at most.

You have been told before have you not, that your self-doubt is your downfall my dear. One day you will learn the true purpose and the true joy that your gifts can bring. If you were really, one moment please, (pause/deep breathing), the time is not for me to tell you this. I can say to you that if you do not wish these gifts, if you strongly desire development in other ways, this can be possible, but it is not what was intended for you.

Sara: No, no, I love my gifts very much and I do want to pursue them.

Then please do make the most of them.

Sara: Yes I will, thank you.

Les: Put the other problems out of your mind, don't think about them. Thank you very much for that.

Please think of us kindly. Our love goes with you all.

Les: And ours love with you.

Please be gentle with yourselves. It is a very hard path that you all tread, whatever your way through life. These lessons will be the hardest any of you will ever have to learn. They are not idly given to you and you will all be well rewarded for your perseverance.

Les: Thank you, God bless you, goodbye.

There then followed a communicator through Eileen:

My dear friend.

Les: Hello, welcome to you.

I am overwhelmed to make this very, very brief return for one last time. You do not recognise me? I moved on, so to return this last time is very emotional for me.

Les: I'm sorry to hear it's the last time

You do not remember me, Sister Anna?

Les: Yes I do sister Anna, now you say your name, certainly I do, and your colleagues, Sister Roberta, Sister Margarita, yes I remember you all.

(spoken with much emotion/sadness—almost crying.) **We have all moved on, but my desire to return one more time, was overwhelming and I have been given permission, just this last time and I am so happy to see you, I am so happy so happy, I have seen your most beautiful wife, who I used many, many times and I was grateful to this one also, that my request was granted.**

Les: Yes and I can't tell you how grateful we are, that you should have considered us worth coming back to like this. We can't thank you enough Sister Anna.

I wanted to say farewell to you personally. Now I can go on with peace in my heart, to those many friends who wait for me.

Les: Thank you very much indeed, you certainly are an old friend. I'm sure you have a great deal of work to do on your next plane.

It is truly beautiful. It has been such a great joy for me.

Les: It has for us too, the many times you've been here and for the wonderful work you have done. We can only wish you every happiness in the future. We all join in doing that. Much love and a great happiness for you.

It is a word that is beyond expression.

Les: It is yes. You can feel our love for you, I'm sure.

I will go now. *(voice becomes faint)*

Les: God bless you and take care of you all, yes. Think of us sometimes as we shall think of you.

Eileen then had someone who wanted to give a message. They gave the name of Margaret and John and also Stephanie and mentioned bandages. It became clear that she wanted to speak to Sara about her forthcoming Wedding.

You do not always agree at times do you? she is telling me.

Sara: As a family? **(Yes.)** No we don't always.

No, but you are quite close nevertheless.

Sara: Yes we are.

There is a family occasion to come, not too far away, yes, it will be a good time, much laughter, much joy, much love and there is to be celebration next year also, quite unexpected, but she is telling me, she is looking out for you all and she wishes she had said more when she was on the Earth, but she was not one of many words. This is all she wants to tell you. She sends

all of you her love and she is giving you Lilies of the Valley. So will you please accept and take them?

Sara: Yes of course I think it's my Grandma. *(‘Lily of the Valley’ was her favourite flower)*

So I say thank you and I do beg your pardon if I have held you up, but she was insistent and I will now take my leave of you.

Sara: Thank you.

Les: We are grateful to you for what you have told. *(general thanks and farewells)*