

~6<sup>TH</sup> November 1995~

Good evening.

All: Good evening.

**I wish to thank you for your many thoughts, since last time.**

Les: Thank you.

**I think that you all are beginning to realise what your lives are about and as you go about those daily lives, I see how much better you all are coping with your difficulties. To you all, I say, be pleased with yourselves, because you have grown much, in a short time. (general thanks) That does not mean that your life patterns will not be without difficulties, but you will begin to put things into perspective.**

Les: Yes it's certainly helpful to be able to do that. **But I want to say to the lady, she still allows the troubles of others to weigh too heavily upon her shoulders.**

Les: Is that the lady Sara or Margaret?

**The younger of the two.**

Les: Sara, that's information for you dear.

**We have spoken about this before and she has improved, but still she allows too many problems to weigh her down. It is done, because of the innate love that she has for her fellow beings, but still it is something to be cautious about.**

Sara: Right, thank you, so detach a little more, **(Yes.)** if there isn't much purpose in the relationship.

**Allow your love to flow, but allow other people to deal with their own problems.**

Sara: Yes right—thank you.

Les: Any question you want to ask on that Sara?

Sara: Yes, it's obviously—I need to concentrate on my own development and perhaps not worry so much about other people's problems.

**It is not a matter of concentrating upon oneself—that is not what I mean. You must try to allow others to go forward in their lives—show your love and consideration, but allow them to work through their own problems. You cannot shoulder difficulties for others, you can offer help and love, but you must not try to solve all for other peoples. Do you understand?**

Sara: Yes I do, yes, don't be so concerned, yes.

**I hear you think, 'I make contradictions of what I have told you.' But indeed I do not. There is a difference between 'help' and 'interference.' It is**

**a subtle, but one that I would wish you all to acquire. You understand what I try to teach you?**

Les: Yes I think we all do, thank you. We have to recognise a point at which we can no longer offer assistance.

**You always can be available to others, but you cannot put upon yourselves *guilt* or *sorrow*, which does not belong to you.**

Sara: Yes I see, thank you.

Les: We have said before Sara, it's the difference between *compassion* and *emotion*. It would seem that you still get too emotionally involved.

**It is difficult for her—it is her nature. But we all have control of our lives. So you must recognise within yourself, that aspect which you must learn to let go. I am helping her.**

Sara: Thank you.

**I would like to say, before we continue, that I want you, if you will, to help the one who is absent here this night. We speak of the young lady. I think you know of whom I speak. She needs guidance, she needs someone to listen to her. I don't mean superficial talking, I mean to listen deeply, with the heart.**

Les: If she is willing to talk, I am willing to listen and to help in whatever way I can.

**She needs to be approached about it. Of course, it is her right to refuse, but she needs to have the approach made to her. Although I am with her, I am limited when it comes to making that communication physically, you understand what I mean?**

Les: Yes I do. Well I shall see what I can do for her then, beginning with myself.

**We are a little concerned with her. Now I will say, do you wish to ask me anything this time?**

Les: Yes please. I have been giving a great deal of consideration, to what you have told us about the power of thought. **(Yes.)** And I understand, of course, what you mean and what you are implying by that, but I think it would do us all good, to have a little clarity, as to the power of thought operating in the next world, when we go there. For instance, we know that because of the different style of living, we shall not need various physical organs, as they are used here. I have been wondering about breathing. Whether it is possible in the next world, to dispense with lungs as we know them and to breathe by the power of thought. And this arose in my mind, because of the wonders that we have been shown, below the surfaces of our oceans on this world. The

wonderful life that exists and the colours, which exist there also, we now know to be facts. In order to appreciate those, we have to use artificial means of course, to breathe underwater. Is it possible in the next world, to explore under the surface of the waters, without the need to breathe, as we know it here? Is the power of thought sufficient to keep us 'alive', I use that word in inverted commas, under the ocean's surface, so that we can enjoy the wonders which I'm sure are there?

**Firstly, let me clarify some of your points. You know, of course, that your physical make up is entirely different from that of what we will term, spirit. (Yes.) You know that the energies are much more refined. You also know, that when you pass from this existence, into those spiritual realms, that you leave behind your physical bodies. So, let us continue so far. It is not necessary that you take with you those organs, which you have become attuned to, whilst upon this Earth. But for many, they retain the 'need,' if you like, to function as they always have done, you understand?**

Les: Yes, I understand that.

**So for many who come to our side of life, the functioning of the lungs, as you call them, still becomes a necessity for them. So the power of the thought, is actually what maintains this reaction within the spirit body. You follow what I am saying? (Yes—) So although you have left the physical overcoats behind, you have a counterpart body, which functions in the ways you have been used to, for some considerable time. Sometimes it is less stressful for that soul, to continue to use the words, to use the functions of the body, although it is not as you would imagine. Although the lungs still function, the soul is breathing, it is not necessary. It is the mind power, the *mind power* of the soul, which makes it react to that very thought. Can you understand?**

Les: Yes, I understand, thank you.

**So you see, when you ask about breathing underwater, you are speaking about a physical thing, not spiritual. It is possible for those souls, to enter into seas, rivers, pools, ponds in our world and to think—and hear we come to the crux of the matter, they think they can breathe. You follow? (Yes.) When in fact it is the refined energy of *thought*, that is creating it for them.**

Les: Yes, this is what I thought must be able to happen.

**You do not have a physical lung, you do not have physical organs, when you come to our side of life. But depending on the state of the soul and their expectations of life, then it is the power of their *thought*, which creates all for them. You understand me?**

Les: Yes, I thought it must be like this, otherwise the power of thought would be, from what you have said, contradictory. I considered that the power of thought should enable us to explore underwater, without any discomfort.

**All is 'THOUGHT' in our world. It cannot be otherwise.**

Les: Well you have confirmed what I suspected, but I have never read anything about it, in that regard. So that is why I wanted to ask the question.

**It is difficult to explain to you, in physical terms, what thought is. It does not belong in your world, although you think you know what thought is. It is not something tangible, it cannot be. It belongs to that higher realm of existence, for which you all strive. But when first you come to our side of life, there is help by those who greet you. Although you would not know immediately, that their subtle thought energies are helping you along. It is only as the soul grows, that it recognises that it need not have these old patterns of living. You understand me?**

Les: Yes. Thinking about it, as I said I have been, to me it would seem, that since we are energy, it is merely one form of energy, penetrating another form of energy, which we would consider to be the sea or the ocean.

**You are in fact using energies of a much more subtle nature. All energies intermingle. I have spoken briefly on lighter and denser energies. This is what is taking place. Always the lighter energies will dissipate the denser, can you see? (Yes.) It is a complicated matter, to try to instruct you upon, but 'THOUGHT' is YOU. Can you see?**

Les: Yes I do. I appreciate that it's difficult to explain it. It's something that has to be experienced. (Yes.) So it is up to us all to enhance our own development as much as we can, so that when we come 'home,' as you call it so beautifully, we are in a fit state to take full

advantage, of all the differences, that we shall find awaiting us.

**If only you would allow yourselves to develop these 'gifts,' as you call them, what I term is your 'right,' what is truly you. If you would only allow yourselves to develop them whilst on this Earth, you would see things so much more clearly. You would be ready, when the time came, for you *all* to return home. You would have no need to retain these counterpart bodies for recognition, because you see, your thought patterns would have become so refined, that instantly you would be at home. Can you see?**

Les: Yes, thank you very, very much for that. I'm glad I brought the question up, because my thinking of course, doesn't give the information to my colleagues here. But you have put it very succinctly now and I'm sure everybody understands. Is there any question anybody would like to ask, to follow that up?

**I would like to say to you my friend, I have waited for your question, for a few weeks and have wondered why you have refrained from asking me.**

Les: I like to try and get these things clear in my mind first.

**I know you do, but sometimes you hesitate and think too deeply. If I can help, I will. So I am pleased that you have brought it forward.**

Les: Thank you. Yes, I shall certainly take advantage of your help with other questions like that.

**As I say, it is difficult to explain in your physical terms, but we are speaking about spiritual matters, which have to be gained in knowledge only.**

Les: Quite, because I had wondered about this in the past, in one of the books I read, by a very eminent writer, who was very closely attuned to your world. He experimented with photography and on one occasion it was seen that an arm was seen, with what appeared to be a cut on it. And the inference from that was that, *physical* damage could be sustained, by the spirit body. And this I could not accept, because if the power of thought is so prevalent as you say, then it would have healed that wound immediately.

**But you have to have that power of thought, it has to be used. It will not trigger-off by itself. I have spoken briefly upon the spirit body. I have told you briefly, that some of the illnesses upon your Earth plane are illnesses within the spirit**

**body. It is a mistaken idea amongst many of you upon this earthly plane. You have to realise that when we speak of spirit, the energies are intermingled. You are not separate units in that respect. Can you see? (Yes.) That is why we have our hospitals in our side of life. After all, you could say, 'Why do we need them?' You know the physical body has been disposed of, so why are you not immediately well and happy? Because the spirit suffers when your physical body is in pain—you cannot separate the two. I know this is something spoken upon much, upon your Earth plane and so many wrong words are used. If the spirit is in pain, then you have physical illness. There has to be the balance with all of you—your thoughts, your mind and the body. Can you not understand?**

Les: Yes I think we do. The difficulty we find of course, is achieving that balance. This is what we have to work at.

**Yes, and do not think of yourself as being separate from that spirit side of yourself—this is what I want you to fully understand**

Sara: Can I ask a question?

Les: Yes surely.

Sara: There is a lady in America called Louise Hay, who has written about the relationship between the spirit and the body. (Yes.) I wondered, do you think what she writes is true?

**All people who are in contact with our world, are being impressed to write. All of those people, who tread this Earth, are being inspired in many things. But what I will say and what I have said to you all, when first I came:**

**If there is anything which is said to you, which you find to insult your intelligence, or you cannot accept, then please do not accept it.**

**But I come here, to try to put right, many of the wrongs which have been spoken upon. And much in your world is contradictory, this we have spoken about too, have we not? (*general agreement*) Information given, can only be given by those who come and with the amount of knowledge which they too have gained. So I say to you this:**

**I ask you to heed my words, that body and spirit *are* one. Your physical being is only a house for the spirit, whilst you tread this Earth. But the spirit, whilst housed within this body, can be pained,**

can be affected by the illnesses caused by *physical thinking*.

Can you understand this? (*general agreement*)

Can you see the connection?

Les: Yes, if the two are one, then each must be affected by the other, of course.

Yes, too much is spoken that when the physical body leaves, then the spirit is perfect. This is not quite true; the spirit body should be and I stress the word **SHOULD** be, but in most cases it is not, because of the very fact of being housed within the physical being.

Les: That is the reason we have so many 'rescues' to deal with, I imagine. Because the spirit has been damaged and comes back in a damaged condition.

Of course, it has to make sense does it not, that if the physical body has been disposed of, what is causing the problems? Can you understand this? So again we come to how powerful is the thought. It is holding that spirit being to ransom if you like—I cannot think of another expression to give you. That is why your work is so important, to help to free these souls in troubled times. But of course they have no bodies, so why are they still in pain?

Les: Merely the power of thought operating in the wrong way again.

Yes, that is how powerful the energy of thought is.

Les: This is all extremely interesting for us, thank you very much. (*general agreement*)

I hope I have enlightened you a little, on this matter.

Les: More than a little I think, hasn't Salumet? (*general agreement*) Anybody have any particular query on what has been said? Anything not understood, because now is the time to get it understood.

I know it seems sometimes difficult for your brain to accept and take all in, but that is why I wanted to go slowly, slowly, with you all. Because of your different states of development, there are among you, people who will find this information a little more difficult than others. I want you all to understand all that I try to teach you.

Sara: So could I summarise by saying our greatest protection is in our purification of our thoughts?

Yes, the power of your 'Thoughts', I have said, is the most powerful thing that you

will ever possess. It is that part of you which is never-ending. As you continue, as the soul goes along it's pathway, in aeons of time to come, when your energy is so refined that no longer are you aware of a *Spirit being*—and there will come that time—then and only then, will you be recognised as a *thought pattern* within the cosmos. Can you look a little forward and see that this is what will take place? When you have finished treading these *earthly pathways*, when you have progressed throughout the *spirit realms*, then you are just a *thought pattern*. That energy will become *purier and purer and more refined*.

Les: Yes, as you say, it's difficult to accept, but I think we are beginning to understand.

Mark: I imagine it's like when we become pure enough, we grow like a tree, sort of thing, in the right way—it takes on it's own momentum.

There will come a time when all energy will flow together, so that none is recognisable as individual—but I am taking you too far, I must bring you back a little closer to your time.

(*pause*) Thank you for listening to me, because I know the words I speak are not easy. So I want to thank you, for giving me your listening time. Now I think I need to speak on other matters now.

Les: Please, thank you. (*pause*)

I will say to you, that even as I speak about refined energy thoughts, it is drawing me towards it, that is why I want to talk upon other things. This is something too, you probably would not realise, but I could feel myself being drawn away from you.

Les: Yes, thank you, I can fully understand that. Yes, so let us speak about other things.

Les: Thank you. (*longer pause*)

I think for the rest of this time, we will give to each one of you, let us see what the power of your thoughts, can achieve, for the rest of this time. I want to say to you, that shortly I will be bringing—if not next time, then our meeting after that, someone who will be of interest to you.

All: Thank you.

Now, I will say to you:

*May that universal love, which you all belong to, may it enfold you, may it keep you safe, until we come together once more.*

**I leave you all this time, with my blessing. I ask that you allow yourselves to use that thought, in allowing yourselves to open UP, to that which can be given to you. My dear friend, I will leave you to finish with these dear people.**

Les: Thank you and our love goes with you too. *(general agreement)*

**It helps to sustain me, whilst I remain within these conditions.**

Les: We do appreciate the effort you must have to make sometimes, to descend to such a heavy atmosphere, we love you for it. *(general agreement)*

**We are making good progress are we not?** *(gentle acknowledgements)* **And now, goodbye.** *(fond farewells)*

*There then followed one through Les, who gave instructions for meditation:*

Les: I have to ask you to do something which may seem stupid, but I want you please to do it.

*Les then breathes deeply and begins channelling:*

***I wish you to imagine from the top of your heads a blossom appearing with petals opening outwards, to what you would call your sunshine. And I wish you to concentrate upon a beam of light which will be sent down into that blossom upon your head. Do not try to imagine with your own brain what may come to you, but that the power of your thoughts will, that whatever is sent from us shall be received by you, within that blossom. Do you understand this?*** *(general agreements)* **Now I will leave it to you to begin what you would call this exercise.**

*There was then silence for 10 – 15 minutes before Les went around the room, asking each sitter what they had experienced. Sitters described flowers/colours/sensations of warmth.*