

~8<sup>th</sup> January 1996—first meeting of new year~

**Good evening**

All: Good evening

Les: We're very pleased to have you back with us.

**I am happy to be amongst you once again.**

Les: Thank you very much. I expect you know that this is our first meeting in a new year and it's our custom to wish everybody a happy new year. It would be rather pointless to include you in that I think, I think we should say very happy new century, shouldn't we, from what you have told us?

**I see you have not lost your wit, whilst I have been gone.**

Les: We've thought of you a great deal.

**I too would like to bring you blessings, for this your new earthly year.**

Les: Thank you Salumet very much.

**I know that amongst some of you, *all* in your lives has not been smooth, or happy, but let me say, let me say this to you my friends:**

**Each step which seems a burden to you, is a **growth of Spirit**. Accept things as they come to you. Try to see what I have taught you. Look upon the wider scope of life—look beyond the days, the weeks, the months, the years, of your earthly time and you *will* go forward.**

Les: Yes, I think we have all grasped the need for that now, aren't I right everybody, in saying that we are aware of the need to look beyond time, as we consider it? (*general agreement*)

**I know my friends, that the lesson is being learned by you all—slowly, but it is beginning to shine forth from you, that my words to you are being ingested within. Forgive me, but I am feeling the love which comes from you all and for which I will be eternally grateful. My thanks to you all.**

Les: And our thanks to you, for your love and teaching to us. We value it enormously.

**There are those amongst you, who are not here within this room this time, but they are not excluded from this meeting of love.**

Les: Thank you.

**I have received some of the thoughts from you, feeling that my absence seemed long, yes?**  
(*general agreement*)

**But of course dear friends, it is but a moment in time and I have to tell you, that these times are much needed for me to retreat from whence I come.**

Les: Yes we quite understand the need for that.

**It is not done solely for my benefit, but because there is much that is going on within the cosmos.**

Les: Yes and you are involved in that too, I know.

**If it only was your earthly world, my task would be so much the easier, but time needs to be given to other matters sometimes.**

Les: Of course, yes we can't expect you to devote your time completely to us, we must accept that your experience, your knowledge, is very much in demand elsewhere, this we can understand.

**I wish that I could enlighten you *all* upon these other matters, but you would not fully comprehend them, therefore we will not waste precious time, in my trying to do so.**

Les: No, one day we may understand, if you are able to tell us, when we have more experience, but that's in the future, as you say, let us deal with the present.

**Yes, that is what we need to look to.**

**Now my friends, I will answer any questions this time and I will leave you to allow another to speak. But next time, I wish to, if it is acceptable to you all, to devote the evening to my teaching you?**

Les: We look forward to that yes, certainly.

**Now, do we have your questions?**

Les: Yes I have one, if I might as usual jump in first: You have told us, and we can understand to some degree, that everything that we know as physical, has in effect an etheric counterpart. I think you have also told us, that the world itself has an etheric counterpart. Does this mean therefore, that every individual upon this Earth, has an etheric counterpart, occupying his or her place upon that etheric Earth? In other words, are we duplicated?

**I understand your question. I have to say your summary is not quite correct, but I know why you would assume this to be.**

Les: Yes I had given it a lot of thought and I couldn't come to an answer myself.

**I have told you that you are composite, you are many, many parts, you are not single units. Indeed, in a sense you may say that if *all* things have an etheric counterpart, then there must be an existence there in the next stage of life. *Not quite so*—let me try to explain: If you look into your mirrors, what do you see? You see the image of your being. Although it looks like you, would you say it was an etheric counterpart?**

Les: No, it has no existence.

**No, but it can be *seen*. So try to imagine yourselves upon this earthly plane, that you have the *physical* existence. Although I have explained to you, that there is a counterpart of the Earth itself, it does not mean that everything *physical* must exist within that earthly counterpart, it is like a *mirror image*. Can you follow me?**

Les: Yes I believe I'm beginning to understand that. It answers the questions that were in my mind certainly.

**As you see auras around people, so you see these things around your planets, these energies. But it does not mean that *all things* exist in that next existence. Do you follow?**

Les: Yes and I also understand and I think my colleagues will agree, that we shall never understand it, because looking at myself in the mirror, I quite understand what you are saying to us—I would be inclined to say that that mirror image, that apparition that I can see, *MUST* exist by virtue of *MY* existence.

**Yes, you have got what I am trying to explain. By all accounts, that mirror image is real, is as solid as you yourself would feel—but of course it is not.**

Les: It has no existence in it's own right.

**No, although it can be seen with your physical eyes. We are speaking here on difficult topics.**

Les: Yes, it is difficult to understand.

**I don't think you will fully understand any explanation of energies, which you do not at this particular moment in time, understand upon your earthly plane. I can tell you that the knowledge *will* come, that your scientists will begin to understand more, on a Cosmic level, but at this particular time in your existence, they know nothing of these things. So you see, I am trying to explain subject to you, which you could not fully understand. But I do understand your question and I do understand the reasoning behind it.**

Les: To take it one step further, I said that the image in the mirror exists because I'm looking at it, but not in it's own right, but on the other hand one could say it does exist, even though we can't see it, until a mirror is brought in, to give us the vision.

**Let us take it a little further: If you had tunnel vision through many mirrors, how many images of yourself would you see?**

Les: Quite, it is unlimited.

**It is unlimited and that is how you must view your question. I hope that has been helpful to you.**

Les: It has yes thank you, I shall just have to leave it there, knowing that none of us can fully understand it, at this period of our lives.

**I have to say, you will not—it is too complicated for your *mind* to understand.**

Les: Yes, because we haven't access to those energy fields yet.

**Yes, it will come, it will come.**

Les: Good, that's interesting to look forward to. Thank you for your answers. Has anybody else any questions for Salumet?

Dawn: We've made a decision to put in for planning permission. Can you give me any suggestions for going forward at all?

**Yes, always these everyday decisions tire you, cause problems within your lives. I would say to you, to keep upon the desire which you have, to steadily pursue that which you so desire. It may not come about just as you would like it to, you may have to pursue it for some time to come. There will be obstacles, there will be obstructions, but finally you will succeed, if the desire is good and if the desire is great enough.**

Dawn: Thank you.

**I hope that is enough for you.**

Dawn: Yes thank you very much.

**But do pursue it, it will not be easy, there will be many obstacles to overcome.**

Les: Any more questions?

George: I have been reading recently, a lovely book by Swami Rama, about the Swamis' of the Himalayas. I think they understand life and death extremely well and they refer to two paths towards bliss, a path of *renunciation* and a path of *conquest* in the material world. I think the Swami's usually follow the path of renunciation, but I think here in the material west, we tend to follow a path of conquest. Is there anything you would like to tell us or teach us about the two paths?

**Yes I will speak upon this: Let me say you can put your lives upon this Earth, into many pathways, but I understand the peoples of whom you speak. They have indeed reached the top, I would say, of what living is all about. It is not beyond all of you, to reach these goals, whilst upon the Earth plane. There is nothing to stop you choosing your own pathways, whether it be conquest, whether it be renunciation, whether it be submitence to your own souls. You follow me thus?**

George: Yes.

**What I would say to you, that each one of you as an individual, must make that decision, must accept responsibility, for his own chosen pathway. I will not say one way is right, one way is wrong—that I will (not) and cannot do. But this I will say to you: If you give yourself up to that *Great One*, that *Great Creative Force*, I would say to you, from my hearts, that I would not choose the pathway of conquest. I am not trying to tell you which way you should go, but that is my own feelings upon this matter. I say to you all: *Stop, think, judge not* and *follow your hearts* and always you will tread the right pathway for your own soul's growth. The peoples you have spoken about, have devoted much time, in self-denial, in many aspects of daily living. They have developed those spiritual gifts, which are innate in you all. They have not attained anything which is outstanding, but they have given themselves time, to offer themselves, and that is why they have gone as far as they have done so. Is this helpful to you my friend?**

George: Yes, thank you for your words and that is a very nice teaching, thank you.

Les: If I could add to that, I have given thought to this quite a bit—I don't know anything about the Swami's, but I have come to the opinion over the years, that self-renunciation to be possible, is often dependent upon conquest. Because take the Buddhists for example, who go around with their begging bowls—if it were not for the farmers and their conquest of the land, and their determination to produce seed from it, which is a conquest, then the Buddhists would be unable to follow their path, of self-denial. So, which is best? Again I think it comes back to a question of motive. Why are we doing these things, or why are they doing these things? But those who achieve the higher attainment spiritually, must of necessity, rely upon those who are dealing in conquest, even if it is only the conquest of medical matters. Those who are seeking higher salvation, must at sometime no doubt, have need of a doctor's resources. **I would like to say one thing: You know I am not in favour of names, of religions, of any titles being given to people?**

Les: Quite, I appreciate that.

**You are all *ONE*, and belong to that spark of life, which is that *Creative Force*. I would say about self-renunciation only this: To be careful that it is not the result of your own pride, which creates the renunciation within yourselves. This I would say be warned upon, because too many see themselves as being great people, when in fact, when they are stripped of all human aspects, they stand naked before that *Great Creative Force*, all of these things are laid bare. And only then can you see the truth, of why all of these earthly—(Les begins to cough—Salumet pauses) I am sorry, are you okay?**

Les: Yes thank you I apologise for that I couldn't stop it—thank you.

**You need to look within.**

Les: Yes again as I said it's *motive*, isn't it?

**Always it will be the motive behind any action.**

Les: Quite, because the very thing those aspiring to higher levels of existence and *Thought*, could be basing it upon the wrong premise anyway.

**I would say only this: That they would not attain spiritual growth, as much as they had, if the motives were not good and genuine ones. So keep this also in mind, when comments are made, because they would not achieve the results, if the motives were not good.**

Les: I follow that, thank you. It's a constant examination isn't it? There is no *one* straightforward answer? **There will never be one answer to any question, never one answer. All of life on Earth, is a complex matter. You can only achieve that ultimately, which you deserve, because of course, you are not living just this one life. As I have told you, you must be responsible for what has gone and what is to come.**

Les: Yes, that is the basic thing we have to learn, isn't it?

**You must move away from this idea, of being just one single unit, within one lifetime. You will never, you will *never* reach the heights, if you try to stay with these fixed ideas. You must expand your minds, you must allow us to *help you, to broaden your horizons, to allow the mind, not the brain but the mind, to go beyond these earthly chains and then and only then, will you find the WIDER VIEW, of what life is about.***

Les: Yes, this has to be a fluid acceptance, of things we cannot understand.

**My dear friends, I must take my leave now and allow another to speak.**

*But as I leave you to travel on your earthly ways, I leave you with my blessing, my love, and my guidance, within your daily lives.*

*(general thanks)*

Les: And our love and thanks go with you too, we're really delighted to have you back with us.

**Always, when I leave you, my heart is full.**

Les: Thank you.

Paul: Our's too.

*There then followed one through Sue:*

***Another was to have come, but much more power was used than was expected with this one here, so it will now be left for another time. I have been here giving what help I could and so I will say to you all, that there has been much light here in this room. Each one has contributed to the love here, whether or not they have felt it, their contribution has been great.***

Les: Thank you for telling us, it's very comforting for us to know.

***Now, we will leave you until your next meeting here, when much will be told to you and hopefully it will bring you much enjoyment and discussion.***

Les: Thank you very much, we look forward to the next meeting.

***I leave you to end in your normal manner. I say to you all, look to a light, even if your days seem dark, there is light surrounding you and it should be visible to you, if you can only have faith. Even in dark days, you are never left alone.***

Les: No I think we all understand and feel that now.

***Now, please close as you would normally do.***

Les: Certainly *(general thanks + farewells)*

**~15<sup>th</sup> January 1996~**

**Good evening.**

*(general greetings)*

**I am happy to be with you once more.**

Les: We are very happy to have you back.

**I do trust that you were not too disappointed last time?**

*(referring to the expected guest, not being able to come through at the previous meeting)*

Les: Well we must be honest, we were disappointed, but quite understand the reason for your not doing as you'd wished.

**You fully understand that there is much work that goes on, on both sides of life, to achieve communication?**

Les: Of course, it's a great deal of effort.

**And it is not always possible for us to achieve what we would wish, if circumstances do not allow us, when energies are depleted on your side of life.**

Les: Of course, it is the law, one has to accept that.

**But do not despair my friends, I will bring the one I promised to you, but you realise that conditions must be right?**

Les: Absolutely, yes. Unfortunately there are three ladies absent tonight, though there is one new one who is here as a visitor, but it's still not the same as having all of the others.

**I have to say to you, that little lady (referring to Sue, who was absent) is used as a power unit and of course, any energies missing, does create a few problems for us.**

Les: Yes of course, I was under the impression that she did give a lot of power.

**She indeed does so. I find it easier now, because I am more attuned to your conditions, but when I bring peoples, who have not returned for aeons of time, then conditions must be just so.**

Les: Of course they must, and out of courtesy to them too.

**It is always that we must take care of *all* of you, but also those souls who return. And I must tell you, that it is not always as simple as it is sometimes assumed to be.**

Les: No, I don't think any of us assumed it would be simple. That is why we feel so privileged to have them come to us.

**But as I say, they will return and I hope, be of interest to you.**

Les: I'm sure they will.

**I will speak with the new one a little later, but if you do not mind, I wish to speak a little about 'energy', the energy of fear and anger.**

Les: Yes please do.

**So often we hear from you all: *Why is there so much fear on the Earth, in our daily lives, in the whole world in general?***

**Anger also creates fear within—let us speak about these energies, because indeed that is what fear and anger is. Let us return for a moment, to the *soul* who is encompassed in that *Eternal Consciousness*. Let us speak about the decision to incarnate into the physical being. We have spoken about the choices made by the soul, to reincarnate into the body, have we not?**

Les: Yes you have.

**As that soul's decision takes place and conception takes place within the physical being, then memory in most cases is obliterated. This then is when fear and anger first show themselves—it is a fear and the anger of being separated from that *Consciousness of Love*.**

**You understand?**

Les: Yes, so that fear of being separated does exist then within the soul, (*Yes.*) even though the physical isn't aware of the reason for the fear and anger?

**Yes—you have it. Can you imagine being encompassed by love, by being within that consciousness to which you all belong? Although the soul has made the decision to return for whatever reason for its growth, because of the wipe-out of the memory, the energy of fear and anger is there, because the soul really does not want to be separated from that which is *all-encompassing Love*. You follow?**

Les: Yes, it's difficult for us to follow, because you have told us that the soul makes its own decision to return and to choose the parents (*Yes.*) and the life which it will live in the physical world—that is so isn't it? (*Yes.*) But what we don't understand, is why the memory is completely obliterated. Would it not be helpful to the soul and the physical to have some recollection?

**But you see, my dear friend, to some the memory does remain, but the energy of fear and anger is still there and I would say, probably more so, because their awareness is greater of what they have left behind. You understand?**

Les: I see, yes.

**Your children are more in tune with their spiritual bodies, whilst of a tender age, but as the soul goes forward through life, so these fears become even greater. What I would say to you: *The energy of fear, destroys the vital forces.***

I would hear some of you say, that you would imagine *anger* to be more destructive. I say to you, this is not so. *Fear* is what keeps you jailed, whilst walking on this earthly plane—fear of so many things. It is *that* and *that* energy alone, which can destroy. That is why it is important to you *all*, and I will say it to you again:

**THE POWER OF YOUR THOUGHT, IS THE MOST POWERFUL ENERGY THAT YOU POSSESS.**

Les: And that power can work in both ways then? (*Yes.*) It can enhance the progress of our soul, at the same time by accepting fear, it can delay the progress of the soul, is that right?

**It can be destructive, but used properly, it can transmute all fear, anger and let me tell you that most of your problems, most of your disease, stems from fear, in some form or another—fear of losing loved ones, fear of not having enough to eat, fear of life in general—so many fears we see amongst you.**

Les: Yes I think we can accept that, but our natural reaction as human beings, would be to say that if we accepted that we need have no fear, that might develop into a complacency, which would prevent us from living this life properly, as it should be lived.

**To live without fear, is not being complacent. To live without fear, is to acknowledge the self—the *true* self. Whilst you live with fear, it is the emotional energy that is having the power over you, can you see?**

Les: Quite. Yes I think we all understand that, the difficulty for us of course, is to accept that we have to express within ourselves, a constant feeling that there should be no fear, that the future is going to be satisfactory.

**The only future you should be concentrating on, that your awareness should be reaching out to, is that of the **UNIVERSAL CONSCIOUSNESS**. Look *beyond* your beings—again we return to the fact that you are more than one. Remember that you will return to that consciousness from which you came.**

Les: Yes, that of course, is another aspect that we all find extremely difficult and I'm not denigrating the intelligence of my colleagues, but we all find it extremely difficult to understand.

**I fully accept that these concepts are difficult for you, but my wish and our desire, is that the more we discuss, the more your awareness will grow.**

Les: Quite, I'm sure it will.

**And please accept these words as truth, because you see, as you accept what I say, so the knowledge is being accepted by your higher beings—that soul within. And it is in that area, where the influence will begin to show itself in the physical, within the physical brain, within the physical everyday way of living. I know what I bring to you all is difficult, but I hope too, that these words bring you much to think upon—that these words bring to you, that the scope of your knowledge is unlimited.**

Les: Yes, we are very grateful to you, for what you say and we don't doubt anything you say in the least. But so far as I can see, what you are suggesting we should do to live properly, is to accept within ourselves, the discipline of those that shut themselves away in monasteries and so on, go into retreat, for the benefit of developing their own souls. We have to try and do that, whilst still in the physical world and with all the physical difficulties around us.

**There has to be a balance between your earthly life, and your spiritual knowledge—that innate knowledge that you bring with you. You *have* to be balanced, for your lives to be healthy.**

Les: Yes and of course, so far as I have thought, the reason for the soul being in the physical body at this time, is for it's own development. So it must observe the requirements of the physical body.

**Of course, you cannot neglect what houses the spirit, you must look after that vehicle, of course you must. Of course you must go about your daily duties in whatever manner this may be, it matters not. Sometimes we hear the thoughts, '*That person is so good, they do this they do that.*' Again I say to you my friends, do not judge so. Who are you to know who is better than another?**

Les: No, of course not.

**Is not the smile of a mother to children, is that not service? I say to you, it is. Is not the helping hand to an elderly person, from one who is young, is that not service? I say to you, it is.**

Les: So from what you tell us Salumet, whilst we are in this physical body, if we adopt the correct thought processes and try and disregard fear, we could presumably develop spiritually, to an extent that those who incarcerate themselves in monasteries and convents, and other similar buildings, we could equal the progress, even though we are not so incarcerated?

**I would say to you my good friend, that it is much better that you live your life to the full, to be amongst those brothers that can be helped and to be aware of that spiritual being also. Then indeed, you have reached that point, were you can say, I have done much.**

Les: So on that basis, it's better for us to be outside the walls of these other orders and do what we can for our fellow man outside, when the occasion demands that we should?

**I would say for most, this would be the case, but again do not judge, because some have come for solitude, they have their own reasons and you must not judge.**

Les: Yes, you did explain this when we spoke of it before.

**Yes, so I say to you, those of you who walk amongst others, go about your earthly duties, do what you must to the best of your abilities. But do not neglect that spiritual aspect of yourselves, because both are equally important. To have both sides of life on an even balance, can only be good for your development. You all are aware of these people who are seekers of material things in life, that they lose that spiritual aspect of themselves; they become seekers of material goods. This must not happen to you, you must find the balance between your earthly lives and your soul's growth.**

Les: Yes, I have often said that there is nothing wrong in having money, it is the way in which it is acquired and what you *do* with it, that can be wrong.

**I would say, there is no wrong in having money, it is the *lust* of money that is *wrong*, it is not having it, it is when, I think you would term it, 'when it becomes your God.' That would apply to all things in your lives. Of course you must maintain your physical well being, you *must* have these things and I say, there is nothing wrong in achieving such things, but always keep the *balance*.**

Les: Yes, and that leads me to another point I think, which we all have to recognise, we all suffer from it at times and that is self criticism, or the lack of doing something which we think we should have done. And I had to tell a person only a couple of days ago actually, to stop acting like God. I won't go into the details, but I have many times told beginners, that if they are using to the full, the abilities which exist here, that's all they can do.

**There is no point in trying to achieve that which you have not earned, because although I have told you previously, there is nothing you cannot achieve spiritually, you have to work for it. You understand what I say?**

Les: Yes, nothing is given freely, everything has to be earned. I think we all accept that.

**But of course, the ability is within you all, this there can be no doubt of. But you will not achieve these things without much work, without much expression of your love, because this cannot be, you could not achieve such things, if your outlook was purely materialistic. You understand what I say to you?**

Les: Yes, I think we do. Everybody understands that, don't they? (*general agreement*) And I think I'm probably right in saying, we all have felt a spiritual growth, since you began speaking to us. (*general agreement*)

**My dear friends, when first I came to you, perhaps I could say, you were seeds within a desert. But as time continues, as we speak together, I have seen your colours, your knowledge grow. And now I would say to you, that none of those seeds have fallen by the wayside, that all of you have grown so much more, within your own realisation and awareness and knowledge of spirit.**

Les: That's certainly very nice to know. We thank you for confirming what we feel.

**It makes my work so much easier, when I see such progress and although some of you are not aware of it, I know that there are those amongst you, who have become much more aware—that is true I think.**

Les: Yes, you would know that better than we do as individuals of course.

**Yes, I see you grow and grow and that is part of my endeavour whilst I come to you. But of course there is more to come and I will say to you again, 'slowly slowly.' I know I keep saying this to you, but it indeed is the best way forward.**

Les: Yes, we were told many years ago when I first began this work really seriously, that every step had to be taken slowly and thoroughly, otherwise one would have to return to take the step which one missed.

**Yes, is it not better to take *small, sure* steps, than to try to leap forward and to fall down, and return to whence you began?**

Les: Absolutely better.

**Now, I would wish to say a little something to this lady and then I will leave you for this time, unless you wish me to answer anything of importance.**

Les: Yes there is one question I would like to ask afterwards please.

**Perhaps we will do that first, because I don't think I will remain for the full time, this time.**

Les: Right, the question arose, because on two occasions at our other meeting night, we've had communicators who have asked us to express thoughts for the safety of the world and there seemed to be anxiety as to the destruction of this planet. That raised the question as to whether—you have told us incidentally, that the planet will not be destroyed. But assuming it *was*, would that effect the overall universe?

**I will say this to you and the reply is simple my good friend: What has been and always has *been*, cannot be destroyed. It may change form, as the universe does constantly, because *all things* are *energy* and energy is not static, it is ever-changing, ever-moving. So I say only this to you, that should any planet, anything within the universe be destroyed and I use your words, it will return only to another form of energy. Would you say, let me simplify it for you, when you die, are you destroyed?**

Les: No, it is merely a transmuting of energy, isn't it?

**It is indeed, that is all it is, what has been can never be destroyed. I hope that answers your question.**

Les: It does indeed, thank you Salumet, I'm sorry but I wanted to clear that point, for the sake of our other meeting.

**I know within these groups, there are many puzzling questions, but always I say to you, find the simple solution. Sometimes you try to find too complicated reasons.**

Les: Yes, you are making things quite simple for us.

**I try to make it simple for you. I use only simple words, because I feel there is no reason to elaborate with longer words of your earthly plane, because we are *simple peoples* and I mean that kindly, not in the way you would interpret it on your Earth.**

Les: No, we quite understand.

**Now, let me say this to this one: There is a child who is coming within the life of this one; I would say a special child. Because of the lady's growing awareness of spirit, the contact with this child, will indeed be a bond of love and strength. I here (*you*) say, 'No I don't know of this.' But I say, be patient and soon you will see my words are the truth.**

Guest: Thank you.

*My dear friends, I encompass you all within that great love of the cosmos,*

*I encompass you within the very being that is life itself,*

*I encompass you all within this great Love that I have to express to you.*

*May the Great Creator, be with you all. My blessings go with you.*

Les: And our love goes with you. We have no words to thank you, we know you don't want thanks, but our hearts are full. (*general agreement + thanks*)

**~22<sup>nd</sup> January 1996~**

**Good evening.**

All: Good evening.

**I am happy to see so many here.**

Les: It is nice isn't it, to have them here once more.

**To place their daily living to one side, to join together for this meeting, I am grateful to you all. I encompass you all within my love and my blessings. I would like to speak a little of your daily lives. All of you, *all of you* in your daily lives, are as diverse as the stars in your skies. And this must be so, because you tread your own pathways. So to be gathered as one, is indeed a blessing upon you all. I would like to say to you all, my dear friends, that no matter what problems life brings to you, I ask you to *rise* above them, to keep within your hearts, the knowledge that life continues, that you will grow, that you will expand in consciousness, that all of you will meet again in times to come and still you will be as individual as you are now. But that will not—(*pause*) that will not prevent your coming together in**

another time. We have spoken a little upon this matter and I can tell you now that your future at some point, will be destined to be together to work for good. In saying these words, I don't necessarily mean, that it will occur upon this earthly plane. So remember my dear friends, these words I have spoken to you now and when once again you are joined together, then we can gather and give praise to that **Almighty Power, who has all knowledge.**

Les: Does that mean that you again will be our tutor when we are together once more?

**My friend, once the connection is made, there cannot be a severance. I will not teach you, but you will know me.**

Les: Good, well that pleases us all. (*general agreement*)

**My teaching time is with you here, within this earthly realm. That is why it touches me so, that you all put your lives to one side, to allow us to gather together. I cannot express myself more fully, in telling you how much love you bring to me.**

Les: We are happy that you say that because I don't think I would be contradicted if I said that you are so part of us, that we can't imagine continuing without you.

**That is my endeavour in part, that all should feel that unity. We have indeed made many strides in that direction, whether you know it, or you do not, I can say to you, many steps have been gained.**

Les: That's very good news. I only wish that the feelings we have, each for the other and one for all, could be recorded, but that of course is impossible. It'd be wonderful of course if it were possible.

**It is recorded, as all things are, but not in the sense you mean. But these bonds can never be broken. Whether you leave and go separate directions, always there will be a bond that follows all of you, it cannot now be destroyed.**

Les: So it's ordained that we shall meet again at some time in that future?

**You will, and for the purpose of more work to come.**

Les: Good, I think I'm also right in saying, we're all pleased it won't be back on this Earth.

**Well, I will take that to mean, you will all be happy to come home. But I will tell you, do not anticipate it too soon.**

Les: No. (*little chuckle*)

**I know sometimes when days are dark, all of you wish for brighter/better futures. Can I tell you dear friends, your future will be bright. (*general thanks*) Take these lives as it comes, give praise to that Almighty Power, for all that you have been given—not only those things you consider to be good, but for the days of darkness and struggle, because then your soul is coming to the fore, is being strengthened, is doing work, which is innate to it's very being.**

**There is much coming to your earthly world. In time to come, you will see many changes, all around your world. There will be natural disasters, but there is coming a time of great love, within mankind. That is why we are gathering upon your Earth, at this time, to ensure that this time, Truth will come to many and that Truth will withstand all that is thrown within it's space. So be reassured, much goodness is coming to your Earth.**

Les: That's certainly very good news. It's what we are all hoping and working for.

**It may not be that it happens within some of your life spans, some of you within this room, will not see it happen, but be reassured that it is coming, for future generations.**

Les: That is the important thing.

**Now I would say to you all this time, we have many here who would like to use others and I am sure that is acceptable to you. (*general agreement*) I say only, keep your hearts and your minds open to what is here, you truly could be surprised, if only you could leave yourselves open to us. (*general thanks*) If you have question, I will answer quickly for you.**

Les: Yes thank you, I do have one I was hoping to ask last time, but you gave us so much information, I hadn't the heart to ask you to stay longer. Two ladies who come here for special development, have each been given gifts of crystals—white, coloured green, blue and gold. One lady has been told that she will use them much more than the other, but both have been given them, to assist with their development. A communicator speaking a little about the crystals said that the North American Indians, many hundreds of years ago, used to use crystals in the same way, but they sought them in the natural Earth and didn't

bother to cut them or polish them, but they were still just as effective. What is the actual strength of the crystals and do they vary to any degree according to colour?

**We have spoken before about crystal healing. I did say at that time, that all of these things, are merely tools, towards what can be done by yourself. If it is felt necessary to use them, then by all means do. The crystal, as I told you previously, as all things upon your Earth have their own vibrations, so do these natural Earth crystals. What is happening in your time now, is that man is interfering with these natural elements of the Earth. He is digging them forth from your Earth, and in actual fact, is destroying some of the strength within the crystal, merely by excavating it from the Earth. Can you see?**

Les: Yes, thank you.

**But no matter, whether it be large, small or indifferent, each of these crystals, do retain part of the energy of the Earth, as do all things. I would say that the lady who has been advised to use them more, may do so safely. But I would advise that she allows her own guidance to do this with her naturally. You follow what I say?**

Les: Yes I do indeed thank you.

**It is much better that guidance is given, by her own helpers and guidance.**

Les: Yes I follow, thank you very much. I'll give that information to them.

**As far as colours within the crystals go, you will not find any stronger than the pure clear crystal of the Earth. You see, when colour shows itself within crystal, it is almost a pillage of the stone, it has been robbed of *pure* energy. Are you following me?**

Les: Yes I am, it's most interesting.

**Colours look very beautiful, but I would say the clarity and the clearness of pure crystal, has more energy within.**

Les: So the colours really are unimportant and it is better to stick to the pure crystal?

**That is why I say be guided by those who are doing the healing. Really the colours and the crystals are immaterial to the healing energies. After all, pure healing does not come from a small stone of the Earth.**

Les: No of course not. I've always been of the opinion that it was merely an adjunct and not really necessary.

**If it helps to focus upon the problem, if the one being used, the 'instrument,' and the person who desires the healing feels the benefit, feels the energy from it, then this can only be good. But I say to you, it is not necessary for good healing.**

Les: Thank you very much, you've confirmed what I thought actually.

**There is much on your Earth which is healing. I have told you before, to stand upon your ground with your feet bare and feel what is pure energy. You too can become a crystal. Can you see? The energy is from within the Earth, plus the energy you yourselves are. Nothing is a single unit, always I will teach you this. You cannot isolate one thing, you are *all* intermingled, whether it be with the Earth, whether it be without, within the regions of space. Can you see? You cannot be isolated.**

Les: Yes, and am I right in thinking that standing on the Earth as you suggested, feeling that energy or being aware of it, there is also energy coming from around and above, feeding back into the Earth?

**You are all *intermingled*, this *has* to be so, this *has* to be so. You cannot—what you take you must return. Can you see this? (*Yes.*) You spoke earlier of those known as Indians, who lived close to nature, as have so many other cultures in your world. They had the knowledge and the understanding that what is taken, must be given back—that it is *on loan*, I believe you would say, these days.**

Les: Yes, but it is absolute truth, it is the law.

**Of course and this is why these peoples grew so in spirit, because their knowledge of the Earth, and all that sustained them in their daily living, they knew, *they knew* that this was TRUTH. That all around was that Divine Power, which they worshipped. You understand me?**

Les: Yes we do—fully.

**Now, I will say enough for this time.**

Les: Well thank you very much for what you've told us, it's enlightened all of us I'm sure. (*general agreement*)

**Now, let those who come, bring with them the love, give also yours to them and allow them to do and to use you as they will.**

*May the Great Creator of us all, travel with you on your journeys homeward.  
May you be kept safe,  
may you be happy in all your endeavours,  
may you give love to your fellow man and may we all meet once more within the love of this room.*

Les: Certainly hope so, and our love goes with you again, God bless you.

*There then followed a communicator through Sue:*

***—everyone here knows someone who needs some help, some healing process. There is always someone known to someone who requires some healing of the spirit, regardless of the fact that they may not even be aware of it. But I say again to you, each one here, knows of someone who needs some help.***

Les: Yes I've know doubt you're absolutely right.

***We know of your healing clinics here and others in your Earth planes, but it is not essential, as I'm sure you realise, for people to come to your clinics.***

Les: No, we are quite aware of the power of absent healing, as we call it, spiritual thought being projected to those, even if they don't know it.

***So I would ask each one here please, to assist in the healing process, for those who require it.***

Les: Yes I'm sure everybody would be pleased to do that.

***I ask please, that each person, spends a little time at the end of their day, thinking of a particular person who needs help. I ask please, that they sit quietly, or lie quietly; they can do this as they retire for the night. Think of this person, bathed in the healing colour, you understand?***

Les: Yes I do.

***Ask that the person by name, is surrounded with the healing colour and someone will hear and will do what they can to assist.***

Les: Thank you very much indeed.

***Can I also say, that this does not necessarily mean the person is suffering, from physical ailments, they can be ailments of the mind, which have no outward sign.***

Les: Quite, I understand what you mean and often him or herself doesn't know of it.

***I ask please that this is not done for once, but for a period of time. We do not expect you to remember perhaps every night. You all have busy times—but if you could surround these people with loving thoughts throughout different times of the day, this also helps in the healing process.***

Les: Thank you, I'm sure everyone here will be only too pleased to carry out those requests.

*(general agreement)*

***And also, we are aware of the physical ailments of the sitters here, regardless of whether they are aware of them themselves.***

Les: I think we do accept without question that you know more about us, than we know about ourselves.

***We look after the people here, as they look after others.***

Les: Thank you very much for that, I appreciate it.

*(general agreement)*

***And now, I leave you with my love and thank for the work you are doing on our behalf.***

Les: We thank you for having come and told us all that you have and I'm sure you won't be disappointed in the reaction you see here.

*(faintly/very gently spoken)—I leave you—surround you and protect you all.*

*There then followed a brief communication through Jo, just to say that all instruments were back to normal now.*

*Then one came through Eileen, with a message for Sarah. She asked why the lady was not being used as a medium. Leslie then went over and helped Sarah to try to develop.*

**~29<sup>th</sup> January 1996~**

**Good evening.**

All: Good evening.

Les: Nice full meeting once again.

**Forgive my delay in joining you my friends, but I am here with you now.**

Les: Good, thank you.

**I know there are questions, so shall we begin with those?**

Les: Yes certainly. It's more of a statement really, rather than a question, though there is a question at the end—rather lengthy I'm afraid. I have been reading recently about the various beliefs and cults and creeds, on the continent and the writers spoke of a Buddhist monk he'd met in a temple. The monk was emaciated, was filthy, dirt ingrained in his skin, his head was covered with sores, where he'd plucked out his hair. He had only a loin cloth. He slept where the writer found him, on the ground, without any cover, relying on begging completely for his food and he walked very slowly, brushing the Earth in front of him with a soft brush, so that he would not kill any insect inadvertently. When questioned on his extreme actions, he considered that it was gaining him merit when he goes over to the next world. But to me that is the direct opposite of what Buddhism teaches. It sounded awfully selfish and egocentric, if he was using this life, to build up credits for himself, instead of helping as he could have done and some of his brothers do, in helping humanity in some way. Would I be right in thinking that his actions are selfish, from a spiritual point of view?

**Let me speak on this matter please. His actions if well motivated, would not be selfish, because the very actions do not matter, it is what lies within, that is what counts. It matters not what religions, what creeds, what actions are taken. What matters is that the love within your hearts, is a pure and unselfish action. So in that sense his actions are not selfish. He was doing the deeds from an unselfish viewpoint of his own. Can you see?**

Les: Yes, but to me—I understand what you say, but it does seem to me to be selfish, if you are doing these things, to build up credit for yourself in the next world.

**Yes, I come to that point. I say he *felt* he was doing good, so the motivation behind the actions was good, but the deeds themselves will not earn him anything, he would be mistaken about that. But—so I tell you are many of you, whose beliefs are those of '*gaining points*,' as you put it, because you see, to even think about these matters, *then* it becomes a selfish act. Can you see the difference? Can you see what I am trying to explain?**

Les: Yes I do. It is a very difficult thing actually to sort out, isn't it?

**His motive was pure, from the heart, but the actions would not gain him more, than the thought he had already provoked.**

Les: No, so if he were doing good for others, and not denying himself so much, living what we would call a 'normal human life,' by doing his best to help others during the course of that life, then his 'credit rating' would be better than if he were doing it the other way?

**I don't like the term, 'credits and debits.' We speak rather on a purely physical matter when you use these words.**

Les: I don't quite know how else to put it.

**I understand my friend, but it goes much more deeply. You cannot judge on action alone, I have spoken to you all, you *must not judge another*, because you do not know what is within that soul.**

Les: No, it comes back to individual motivation again, doesn't it?

**Yes, the purity of the thought and the motive, *not* the actions; there is a difference, subtle as it may be, there is a difference. It is a difficult point to get across to you, but I would say his intentions were good, although from your viewpoint, you cannot see this. But, if he did it purely to gain '*points*' as you say, then not so, that does not happen. Is that helpful to you?**

Les: Yes thank you. There again, it opens up another vista, because if somebody was doing their utmost to help others during their life here, then he could say to himself, well if I do this—

**Yes, you see what I try to tell you, it is not the *actions* that count, it is the '*purity*' behind the action.**

Les: Yes, so that action would have to be done without any thought of reward (*Yes.*) at all, (*Yes.*) just as a blank-ended thing?

**Could I not smile and be pleasant to you and inwardly be rather wicked and be thinking evil thoughts?**

Les: Yes of course.

**Yes, that is why you must not judge. Please do not judge your fellow man, because unless you see that spirit within, you cannot judge them.**

Les: No we can't and we can never see the spirit within another, **(No.)** but it behoves us to judge ourselves, I imagine?

**I would say to you this: If you judge another, if you find discrepancies within another, look to yourself, to why you find it so. I would suggest the fault may lie within yourselves.**

Les: Quite likely.

**I think you would find that hard to accept, but—**

Les: No, I quite agree.

**Let me tell you, it is something for you *all* to think upon.**

Les: Well this is why I wanted to raise it tonight, because it is a very deep problem, **(Yes.)** that does need a lot of thought.

**But it has to be said, the actions of some, the *action* may seem to be selfish, but you do not know what that soul is striving for.**

Les: No, quite, so we come back to what you've told us in the past, 'don't be judgemental.'

**I would say always, *try*, try your best, because I know you can do no more. *Try* not to judge your fellows.**

Les: Thank you.

**In this way too, you can see yourselves grow, because by accepting others and allowing others to follow their own pathways, whether it insults you or not, it is a means of your own spiritual growth. You see? You understand?**

Les: Yes I do indeed. Another point which is not quite defamatory to me, but almost, we were asked last week by a colleague of yours, before we retired at night, to pray for those who were in need of help and think of them being in the blue healing rays. I must admit that I haven't done that for people whom I dislike and I thought I'd start doing it and to my astonishment I found it quite easy.

**My friend you have indeed grown. Let me tell you, you *will* find as time continues, that some of your own concepts of what is right and what should be done, will be changed.**

Les: Yes you are quite right they are changing.

**Do you not see how easy it is, to open your hearts, to ask for help for those folk that you think to be kindly, to be good. But how much better, to open up your hearts to those who *really* need your help. Those peoples within your world, that once again you have prejudged, and whom you find it difficult to draw towards yourselves. Truly your healing will be a wonderful thing, if you can do this, because my friend, in doing so, you are dispelling some of the darkness within your world, which to us mean so much more than helping *one* person who you *think*, and I stress that one word to you, to whom you *THINK* needs help, more than another. Do you see?**

Les: Yes, thank you very much.

**Please try to continue my friend, you will be repaid, many times more. By helping *one* person, one soul who you wish to draw back from, you are taking many steps forward. Can you see this?**

Les: Yes thank you.

**I hope you do not think that I am chiding you, because that is not my intention for any of you.**

Les: No we wouldn't think that for a minute.

**I bring only knowledge to you. I hope I bring to you, that greater bond of strength, of love, so that you may impart it to others.**

Les: Thank you. We are very, very grateful for it. Now I've taken enough time. Any questions from anybody else please?

George: Well yes there is one: We have had a question on 'spontaneous combustion,' and I've since read that it has been documented in the Sanskrit writings, and certain Holy men who are sufficiently in tune with their spirit-selves, to know their time of departure from this life, will actually use spontaneous combustion, through a method of contemplating the solar plexus and they will use it as a method of disposing of their body at the appropriate time of death. I'm not sure if this is a particularly useful thing to do, would you have any comment on that for us and could you say if those writings are correct?

**Yes my friend I will speak. I did tell you when we spoke upon this matter, that this combustion, this name you have given to this burning, this action is not understood by those of you on this Earth plane as**

yet. I told you then and I will tell you now, that it is only a change of energies within the body, which makes this happen. When you speak of these men, who I must say have gained such insight and knowledge about themselves, then they would be capable of changing energy patterns within their own bodies. We have spoken briefly I believe, about how these people can leave their physical bodies behind, have we not?

Les: We have indeed.

We have spoken about many things. I have to say to you, I do not think that to leave the physical body in this matter, in this *manner*, is very good or wise. I do understand the reason *why* they do it—they think they are sacrificing themselves, that they can leave the physical being more quickly and more neatly, by reducing it to ash, because you see, in ash they see purity. You understand?

Les: Yes, the purification of the fire.

Yes, yes, but I would not totally agree with them, but I do understand why. Providing they do not hurt others with their ideas, then it cannot be wrong for them. Does that satisfy you?

George: Yes thank you very much.

Les: That of course, is always supposing that they are absolutely right, in having picked that particular moment, for their departure from this Earth.

If they have the knowledge, then the awareness would be great enough, then yes most of them *do* know when their time has come.

Les: I see.

Yes, they do have a great awareness—some of them.

Les: Thank you. Any more questions?

How quiet you all are, shall we continue?

Les: Yes please, if there are no more questions.

George: Well could I just extend your question Leslie, about projected healing rays. Would a similar thing extend to political figures, who seem rather difficult in what they're doing? I would name Saddam Hussein. Would he qualify for some good healing rays?

Les: Well one would hope that they would be powerful enough—I do ask that our leaders shall be impressed to do the right thing for the world.

Imagine if you had for instance, a room full of light bulbs and one light bulb was causing problems. In utilising the better ones, you can do without the one that is causing trouble. But would it not be much better, that the whole circuit of lighting was remedied, so that the darkened bulb, could once again become light? Would not more light be given forth from it?

George: Yes indeed.

Yes, you see?

George: Yes, it does mean a certain element of judgement on our part, but—

I know my friends, it is difficult whilst you all remain within the physical being, to extend love to those peoples you know, have as you would term them, have been evil or hurt others, whatever you think they may have done. But remember, it is *not* the physical being you are trying to help, it is the *spirit self*, it is that eternal part that needs to be helped, so that in time, it may go forward. Can you not all see this?

George: Yes indeed. Yes thank you.

Those of us in our world, do not abandon those spirits who you would term, evil. I have spoken to you before, that each individual soul, has a spark of divinity within it, which can be helped along. It may take aeons of time, but it is not abandoned, it is showered with love, until such time as the recognition of it's own actions become known to it. It would be so much easier, if that love was given and expanded to all those peoples, whether politicians, whether ordinary peoples, who *need* help, to lighten your world. It would be much better that they received help, whilst within the physical body. So my friends, open up your hearts to all those, who I know some of you would find difficult to accept them into your prayers, but you would be blessed indeed, if you were so to do this.

Les: Yes, I'm sure colleagues of yours and perhaps even yourself, work through us in our rescue circle. We have had some very—and I have to use the word—you'll know what I mean—some very 'evil' people, over the years—multiple murderers and so on. And yet there has never been, while I've been dealing with them

and my colleagues who are now learning how to do it, there is never the slightest suggestion that they should not be helped. There seems to be always an overwhelming desire to be able to help them. And it's so strong, that I can only assume that we are being helped by those on your side, to bring that feeling to them.

**Yes my dear friend, those who work within these spheres of work, with these poor souls, and you must try to see them in that way. Again we come back to judging your fellow man. However evil they have been, they still are sparks of that Great Creative Divinity. All eventually must return to the Light—I am moving now into deep, deep matters. All, all energies must return from whence they came, if it takes aeons of time, so be it. But never, never, never, will one soul be left alone; it will be helped, it will be surrounded by love, until such time as the soul can move forward.**

Les: Yes, I have found that when I'm dealing with them, whatever they may have done, there's not the slightest feeling of judgement involved.

**When those who bring them to you use you in your work, you are surrounded by an energy of light, which protects you. I don't think you are fully aware of exactly what happens within the rescues, but each one of you working, would be surrounded by 'pure energy,' which cannot be penetrated, by the darker elements, because let me tell you, that some of them would try to invade your light. I have spoken briefly too, about pure energies, we need to speak about energy, rather than individuals, to fully understand what is happening. It is why, let me give you an example, why there are those in your world, who would prey upon young children, in a negative way. Try to forget the personalities, the age of the people, think wholly on energy. And what is happening is this: That young children are mainly 'pure white energy' and they are preying upon it. Those who have become darkened throughout their lives, are seeking the purity of the white energy. Are you understanding me?**

Les: But they don't realise that that's what they are seeking?

**No, it is not, it is not purely a physical action, it is an innate feeling, that energies must blend, must be whole. And so they are preying upon this pure energy, which is the child.**

Les: So that would be the spark, which you refer to as being in everybody, no matter how evil they may be. It would be that spark, which is trying to find the pure energy, is that so?

**Yes, all are striving towards being pure energy.**

Les: But the physical being is not aware of that?

**The physical being would not be aware.**

Les: That raises quite a different aspect on some of these things then.

**That is why it is wrong for you to judge others, without fully realising what lies behind it all.**

Les: Yes I must admit, that had never occurred to me in that way.

**We are all energy, but I am speaking about deep matters again, but I think that analogy, makes it a little clearer to you.**

Les: Yes it does, does anybody have any questions on that, anything you're not sure about? Now's the time to ask.

Sarah: I just wondered, if we are all going back into this pure energy, why did we break away from it in the first place?

**Now, we really do get to very deep matters here. I think that needs to be a whole session of time for explanation and if you will allow me, I will come back to that sometime. I do not believe that you will understand the explanation, but I will try to explain a little to you another time.**

Sarah: Thank you very much.

Les: Any more questions?

George: Going on from the previous one, some criminals, or child offenders, would during the course of imprisonment, find ways to improve themselves and become better beings. Others do not improve themselves. We could probably do all kinds of things to improve the way we treat criminals, so that they stand a better chance of improving themselves, while they are imprisoned?

**My friend, the best way of helping, is to do exactly that which has been spoken of. To send your healing thoughts, to allow those in our side of life to receive and to accept those genuine healing thoughts and to go about their work. If you can do this with a good and open heart, then not only do those in**

darkness, but also yourselves benefit so much from it. You may not fully recognise what good you have done, until you come to this side of life. Please continue to send those healing thoughts, to all in need.

Les: Yes we don't need specifically to mention names do we? If it's what we call a 'blanket thought,' to cover all those in need, irrespective of where they are, or why they are in need?

**Much is spoken about healing thoughts and how it is received by those on our side of life. There are varying degrees of healing thoughts, and if you can imagine your night skies, which of the stars do you notice first? Is it not the brightest one within the sky?**

Les: Yes we do, that's true.

**Therefore the *strength* of thought, of healing, the more *love* you can put forth from yourselves, those thoughts are the strongest ones. If only you could see them reach us, you would understand that all thoughts are different in their intensity. I do not know how you think your thoughts work. Would you like to tell me? I would be pleased to know?**

Les: Right well if I could answer for myself, I have never imagined them as tangible things. **(No.)** To me they are an extension of my energy, **(Yes.)** which is collected by your energies and transferred or transmitted to wherever it is required.

**Yes, so imagine the more intense the power of the thought, the quicker it travels to us. And so can you imagine if for instance, you say, 'Please help,' or if you say '*Please help,*' deep from within the heart, which one do you suppose would travel furthest?**

Les: I would say your second one, providing it is correctly motivated.

**Yes, yes all thoughts are known to us, but some—it is why some of you would say, 'Why are my prayers not answered?' All thoughts come to us—not all is given to you as you wish, but it is not because we do not hear. But as in all things, the *motive* behind the thought, the *intensity* of the thought, has to be looked at.**

Les: So it has to be a dedicated effort on each occasion and not a ritualistic thing?

**Yes. Now I will say to, I would like you to watch this one, as I leave you, we are trying to work through this one.**

Les: Thank you very much and thank you for all you have told us again.

**And I would like to say to the gentleman, that we have the child and I want to say to him, my dear friend, you will hold your son in your arms, in time to come.**

Mark: Thank you very much.

**Do not be concerned about those who are around you, we are helping you.**

**Now my friends, I thank you all, I thank you all, for being here this time.**

*May that Great Creator who dwells within us all, may you feel his power and Light.*

Les: Thank you very much again and God bless you. Our love of course goes with you once more.

*There then followed one through Sue, but there didn't seem to be enough power left for this one:*

**—I come far from your world. I am too far and not enough power I will return with Salumet next time.**

**Too far, too far from your world—I will wait and return—I bid you farewell for this time.**

Les: Thank you very, very much, God bless you.

*There was then a communication through Eileen, a bubbly lady who was one of Mark's helpers:*

Mark: Hello.

Analise: **Hello, I'm so excited and so happy to know you at last, I hope you recognise me sometimes.**

Mark: Thanks for coming.

Analise: **I hope you recognise me sometime, because I'm with you in your meditative moments.**

Mark: Ah right.

Analise: **Yes and you see beautiful colours sometimes, don't you?**

Mark: Yes.

Analise: **Yes you do, yes and you'll see me on the yellow colour.**

Mark: Ah right, yellow colour.

Analise: **Yes, and I'm Analise and I'm told I have a round smiling face, if that's any help.**

Mark: Ah—lovely.

Analise: **Yes and I'm so happy I've made the connection.**

Mark: Thank you very much. Cor—you've made me happy. *(laughter)*

Analise: ***Good and I tell you how happy you've made me too, thank you so much.***

Les: Well, now you both know each other, that's lovely.

Analise: ***Yes and now there's no excuse for him not to recognise me.***

Les: No excuse at all, is there.

Analise: ***Thank you so much for allowing me to come.***

Les: It's our pleasure to have you.

Analise: ***Yes, yes, I was going to tell you another helper, but I don't think I'm allowed, not just yet. No he's got to come to know him already—but*** Les: What, another helper for this gentleman?

Analise: ***Yes, yes. Oh he could do so much this one.***

Les: Could he?

Analise: ***Yes yes.***

Les: In what way? Healing or what?

Analise: ***No he's good with colours you know, yes he could do a lot with colours, he could express himself with colours. Have you tried painting?***

Mark: Yes a little bit.

Analise: ***Yes, why don't you? I would enjoy that too you know, yes I could be there.***

Les: You'd give him some inspiration would you Analise?

Analise: ***I would yes I would, I'd be so happy to.***

Mark: Ah, thank you very much.

Analise: ***Yes***

Les: Did you used to do it when you were here?

Analise: ***Yes I love colours, yes.***

Les: Watercolours, you did, didn't you?

Analise: ***Yes I did you know.***

Les: Yes I thought you did, so if he starts trying/practicing on watercolours, he may be surprised at what he can produce?

Analise: ***Yes you may end up with a beautiful yellow and then you'll know I've been there.***

Mark: Yes.

Les: Or round faces.

Analise: ***Yes, could try to paint me, I could try to impress him, couldn't I?***

Les: Yes do that, it would be an interesting exercise, wouldn't it Analise?

Analise: ***Yes, but he might not make me so pretty! (laughter)***

***Anyway, I'm told I must go. I'm so happy to have been here, made the connection.***

Mark: Thank you very much.

Analise: ***You're welcome.***

Mark: Do you think water colours are best to use, or any other?

Analise: ***Just use whatever you feel. Just ordinary paints to begin and then I'll help you along.***

Mark: Thank you very much.

Analise: ***Lets take one step at a time, shall we?—yes but he's very good with the colours, he's got vivid colours in his mind, but they're not being expressed at the moment.***

Les: He has a sister who is quite talented in that direction too.

Analise: ***Yes but her talents lie in another direction really, I know all about her, but this one should be doing the beautiful colours too.***

Les: Right well you keep at him now, to do it.

Analise: ***Well I must go, I'm so sorry to have kept you.***

Les: Goodbye to you and thank you very much for having been here. God bless you Analise.

Analise: ***Yes, please do use the colours dear friend.***

Mark: Yes, will do, thank you.

Analise: ***Goodbye to you all.***

*(general thanks and farewells)*

~5<sup>th</sup> February 1996~

**Good evening.**

Les: Good evening.

**How good it is that so many have gathered once more.**

Les: Yes it is nice that so many are here, isn't it. It's the least we can do, to acknowledge what you do for us, apart from us liking to be here.

**I will not speak long this time. We would wish that all of you be open to what we can bring to you. I ask only that you keep an open heart, an open mind, to those who come to you. It may be that there will be happenings that you have not come into contact with before.**

Les: I see.

**If so, I say to you, be calm, be true, be happy. So I say to you all, open up your minds and allow those here to work with you.**

Les: Certainly we shall, thank you. (*general agreement*)

**I will work quietly with this one this time, but there will be no words from me. So I will answer one question this time and then I would say to you all, please to lower light just a little and let us see what can be achieved.**

Les: Yes certainly, we look forward to doing that.

Right, as to a question, it follows on what you have told us last week, my friend asked the question about Spontaneous Combustion, and I quite accept of course the answer you gave, about those who have been tutored in that way, to dispose of themselves at the right time, but that doesn't account for some of the occasions, when a normal person, a rank and file person, has been found partly consumed by fire. I can't imagine that those particular people would have had any knowledge as the esoteric people had?

**No my good friend, I have spoken on this matter previously and I believe I told you then, that these cases that you put forward to me, are an abnormality of the energies within the body. They of course are not aware of this problem. We are speaking upon a much different subject, when we speak of these other peoples. Their awareness is not there, it is a fault within their energy bodies.**

Les: Is that so? (**Yes.**) Well it certainly manifests itself then.

**It is an overpowering of the energies within the human frame. It is caused by the soul itself.**

Les: Is that so?

**Yes, as all things must be accounted for, so too must the acceptance of this so called phenomenon, as you would say—it is *not*, when you understand the energy forces, that are your own make up.**

Les: I see. So effectively, the person who has been so consumed by fire, has been responsible for it happening? (**Yes.**) But without being aware of that?

**The awareness is not within them, it is something they will face, when they come to our side of life.**

Les: Is that so? (**Yes.**) So would it be classified as something evil, which causes it?

**I would not term it evil, I would call it 'misjudgement of the soul.'**

Les: I see.

**You understand?**

Les: Yes I do, so the soul itself is responsible for the happening?

**Yes, it is a misuse of energy.**

Les: So to understand that fully, we would have to go back through several previous lives of that soul, I imagine?

**Not always, but yes that could be part of the problem. We again touch upon the subject of energy, which is difficult to convey to you, in understandable terms.**

Les: Yes I quite appreciate the difficulty.

**But I assure you, it is caused, it is an all-consuming energy, that needs to release itself.**

Les: So though we don't understand it as human beings, it is understandable, with the right knowledge?

**Yes, you will understand more, perhaps one time I will devote more time in explanation of it.**

Les: Thank you very much indeed Salumet, I appreciate the answer. I quite thought that my friend might have thought the same thing as I did, what happens to those and now that answers it.

**We have discussed it briefly, but I know we touch upon difficult subjects. But I hope that has explained it a little more clearly.**

Les: Absolutely thank you, I'm perfectly happy with that.

**And now we must allow those waiting, to come forward.**

Les: Yes, I apologise if I've kept them. **(No.)** It just clears up that point.

*May the Great Creator, be with you all.*

*(general thanks)*

*There was then a rescue, before another communicator came through Sue, asking that this message be remembered:*

**Do you know me?**

Les: I don't know you no. That doesn't matter, you are a friend, quite welcome to be here. What can I do for you? Why have you come to see us?

**To tell you of a new star that will be discovered shortly.**

Les: A new star—has it any special significance?

**Yes, but it is not easy for you to understand as yet.**

Les: Oh well, we shall have to wait, shan't we.

**Please make note that you have been told.**

Les: Yes it is being recorded and we shall have a record of it.

**That is most important that you remember this conversation.**

Les: Right thank you—

**Many people will benefit from it's discovery.**

Les: Well that's nice to know.

**Especially the children born on the day it shows itself. It is too complicated for me to explain why at this time, but we will be influencing people in your world, who will have knowledge of it.**

Les: I see.

**They will be told of it's importance and they in turn, will explain in greater detail, to the masses of you who will see it.**

Les: Thank you. and those who do the explaining, will they receive their knowledge from your world?

**They will not realise it, but yes, the knowledge will come from a higher plane.**

Les: Thank you, so they will be impressed, without realising it?

**Yes, it would not be possible any other way.**

Les: No, well thank you very much for telling us that and we shall certainly remember it.

**Yes that is most important, that this conversation is remembered and the little children born on the day, will be influenced all of their lives. I will say that there will be some that will go on to great things. Now power here is fading. May the light of the stars visible in your heavens, light and guide your pathways. Now please we close.**

Les: Thank you, God bless you.

*There then followed one through Jo, recommending that one of the ladies should try 'automatic writing.' Finally Eileen channelled another, spoken with great strength and feeling:*

**I come to speak for my brothers. Make me happy to be here with you. We say all you peoples, good peoples, come here, work with you.**

Les: Yes they are good people aren't they—very good friends.

**I bring you all peoples peace and love from brothers here. I come see you, to say great thank you. Now we say goodbye (to) you all.**

Les: And we say goodbye to you and we all thank you for what you bring us, the love and affection we feel when you come and the pleasure you give us, in being able to work with you. *(general agreement)*

**I speak too many words this time, I only say goodbye to all peoples. *(general goodbyes)***

Les: And Great Spirit be with you at all times and thank you for the strength that you bring.

~12<sup>th</sup> February 1996~

**Good evening.**

All: Good evening.

**This time as last, I will speak to you for a short time. I wish to say to you some words about your lives here. Firstly my dear friend, I say to you, you have grown close to us in these past days.**

Les: Thank you, it's very nice to have verification of that.

**You are aware, but still a little doubtful of what is happening to you. Let me recall for you, one restless, sleepless night, when you travelled much within our world, but the physical being was rather restless, because you see as the awareness grows stronger, so too is the sensitivity of the physical being much stronger, in connection with the spirit. You understand my friend?**

Les: Yes I do thank you.

**I have been aware of many of your thoughts coming to me, since last we met.**

Les: Yes, I have deliberately giving time, more so these days.

**Yes, all of you have. So let me reiterate for you, some words that I have given to you previously: Always you wonder why life is difficult for you at times. You wonder because of this knowledge you have attained, why your lives are not made more easy. But let me say this to you: As the awareness grows stronger within you all, life my friends will become even more difficult, because your sensitivities are so much more, that life's problems seem to you to be magnified. You understand?**

Les: Yes it is paradoxical, I quite understand what you say and I think my colleagues would agree, that though the difficulties become magnified, the ability to cope with them, is much stronger.

**You are good, you see my words before I speak them. Of course this is what happens. The awareness is such that all, all of your senses are heightened so, that sometimes life seems even more difficult, rather than easier for you. But my dear friends, these are steps that take you forward. I have told you, I will endeavour to hear your cries for help, I have told you, I will always be there for you and so indeed I will. But I cannot change your life's pattern, only you my dear friends, can do this. We can uplift you, we can sustain you through life's troubles, life's hard times, but we cannot interfere—I cannot tell you this often enough. Oh, how I wish that I could look upon you all and free you from your troubled times, but my dear friends, I would be doing you all a great disservice.**

Les: Yes, I think we can all understand that.

**Remember always there are those close to you, those loved ones who have gone before you, also those who are bonded with you, and who you probably are not aware of at this particular time—always you are surrounded by their love and their influence, as I also will give you that influential help, to keep you upon your life's pathway. So my dear friends, if at times you feel I have not listened to your pleas, let me tell you, you would be incorrect in those assumptions, because always I will be there to help you, in the way that is best for you all.**

Les: Right, it's not what we *think* should be done, it's what you *know* should be done.

**Yes, because those of us with our wider vision, can see the fuller picture. I just wanted you all to hear these words again, because I know that sometimes you feel your words are not heard. I tell you now, always your thoughts are reaching us, at all times. So take heart dear friends and *know* that each and every one of you are being guided. (*general thanks expressed*) You all will succeed and I speak about you spiritually and you will see when the time comes for you, each and every one of you, to return home, just how much you have achieved and will achieve. So take heart dear friends and know, that the Great Creator surrounds you all, within that love, which is everything. I will answer one question this time, before we allow others to come.**

Les: Thank you. Yes I have one I'd like to ask. It comes from a couple of meetings ago. It's one I quite understand you may prefer not to answer and that I fully accept: You have told us that we have all had many lives—Two or three meeting's ago, (*Les then slips into deep breathing and his voice changes, as he channels the question*)—***I have an overwhelming feeling that one of your lives was that of the Master upon whom Christianity is based?***

**My dear friend, I will devote another time to tell you a little, because I know these thoughts come to me. I know all of you are curious as to my previous existences. I will say only this to you this time, that whatever form I have taken in previous times, always it has been one to teach. I have never trodden upon this Earth plane, as you all have done, always I have had and been granted a mission. May I say to you, your dear friend in the physical being and the one who wishes to speak through you, and I acknowledge him, I will reveal a little more, to give you a little more insight into that spirit being, that**

**now is within this physical body. I will endeavour to tell you more and I will instruct you beforehand, when I am about to do this.**

Les: That will be wonderful for us to hear.

**But not this time. I leave you now dear friends.**

Les: God bless you, all our love goes with you. *(general agreement)*

*There followed a communicator through Sue, explaining that there was a delay, because things on their side were not quite ready this time. She also mentioned one of the female sitters having much potential, but needed to be nurtured and gave us all her blessing.*

*Leslie then spent some time helping Sarah to channel one through and develop her ability.*

**~19<sup>th</sup> February 1996~**

*(This evening was Leslie's birthday)*

**Good evening.**

All: Good evening.

**How good it is to be welcomed, amidst the warmth, love and laughter this time.**

Les: We're glad you feel it from us.

**Many have come close, because of the energy being given out from you all.**

Les: Good. We are very happy to know that we are so closely associated with those in your world. I'm sure it helps us all in our daily lives.

**I would say to you my dear friend, that you are often surprised that you still remain and walk upon this earthly plane. But you were told many years ago, that your time was not close by, because there was much more work for you to do.**

Les: Yes you're absolutely right.

**I will say this to you, on this occasion of warmth and happiness, that that message is still appropriate to you. *(Thank you.)* So, continue onwards, continue with those works that are so important to you all, and to those of us who draw close to you.**

Les: I shall be very happy to be able to do it, and I'm sure all my colleagues will.

**I would say that because of the happiness and the love that is drawing those peoples close to you, that it would be appropriate to allow them to come forward, to join with you, in an evening of love.**

Les: That would be very nice, we would certainly welcome them to be with us.

**I wish always to bring goodness to this place, to bring you all knowledge, but sometimes to have some light relief, not only knowledge, love, but happiness, which helps to expand your hearts.**

Les: Yes it is of the utmost importance isn't it, happiness and laughter. There's so little of it in the world.

**So with your permission, we will continue this time and allow those to come. There will only be joy and happiness from them.**

Les: Good, we look forward to welcoming them and experiencing their happiness with them.

**I wish to say also that next time, I will bring to you someone of interest to you.**

Les: That's very nice, we shall look forward to it.

**So, next time be prepared for much talking please.**

Les: Yes indeed we shall and I'd like to thank you on behalf of everybody, for your understanding of the need for a light evening now and again and for your co-operation in bringing this about.

**Please do not give me credit, I do not bring it about, but those good and pure souls, also your own energies, bring these things about. All I do is step aside and allow them to come to you.**

Les: That's very nice, but we do think of you as somebody of very much more consequence than that. But if you prefer to be known just as energy, we *all* love the energy which you—which is displayed.

**I find it within myself, to feel that human element which brings me to you. I am joyful that you can find me to be that close to you. I would say to you only this: That the more we come together, the stronger the bond, the more the love and energy patterns grow.**

Les: Yes I would agree with that absolutely. I do feel the bond very much stronger myself and I'm sure everybody here does also, isn't that so? *(general agreement)*

I know too, that you feel *much time* in your lives have passed since first I came to you, but it is only a breath in the wind, as far as time goes.

Les: Yes, we are beginning to learn that now.

**So continue with your patience, allow me to come to you on the love energy and we will achieve much.**

Les: Good, we look forward to it with you.

**So now dear friends, I will leave you and I hope all of you will go about your separate lives this time, full of joy, full of love, full of upliftment, full of knowledge of those who wish to come. May the bonding of you all be a successful one, may it be a bonding that you hold within your hearts and minds, for many days to come.**

Les: Thank you very much (*farewells and thanks*)

*A communication soon followed through Sue:*

**Moon feather come this special day, for his brother. Bring greetings and from the lady who I served.**

Les: Yes, you did too, from Beatrice. You were very close when she was here, weren't you. And I know she loved you, just as I'm sure she loves you now.

**Great happiness for you this day, from our side.**

Les: Thank you very much indeed, I'm very happy that you tell me that. I always have great happiness in knowing you all and on a day like this, I think it's very, very nice of you to come so close to us all and share with everybody here.

**Too difficult to stay long.**

Les: Yes, thank you very, very much for making the effort. I know it must be very difficult in so small a frame and I do thank you.

**Much love, much (?) for you.**

Les: Thank you. May Great Spirit bless you and be with you at all times.

*There then followed one through Sarah, who Les worked with gently, to help develop the medium.*

*Then one came through Sue and another through Eileen simultaneously, having a light-hearted conversation, with plenty of laughter. The one through Sue relayed a message and a gift of flowers to Les. Other bright and bubbly guests followed, using the different mediums, in a constant flow of merriment, gentle leg-pulling and gifts for Les. Some had been before and were known to Les through his spiritual work over the many years.*

### ~26<sup>th</sup> February 1996~

*Salumet had said that he would bring someone of interest to us next time. However five of the sitters were away due to sickness/work, so the expected guest did not come. But we did get two communications through Eileen. We were instructed to open ourselves to what might be given to us individually this evening. We later began to describe the different impressions we were getting. Eileen had impressions of an Indian lady, who looked like her—she was dressed as a Native American Indian, but with Eileen's face. She had a delicate blue colour just above the fringes of the dress, almost like in triangular shapes. She also had the same colour blue, in beads. Her hair was in pig-tails—she was given the name 'Nahashiwah.'*

*Then a communicator linking with these impressions, came through Eileen:*

**I speak words with you this time. I come only to bring blessings.**

Les: Thank you, it's very kind of you. You are the one this lady was seeing, are you?

**We are ONE.**

Les: I know. I'm sure she'll be very happy to know that. It's one of the things of course, we don't understand, and the view the lady saw, I believe I'm right in saying, was an indication of your rank, whilst on this Earth, which of course you still retain, is that so?

**I will wait for her, when her time comes. I will be waiting.**

Les: That's very nice for her to know.

**I bring greetings from White Horse.**

Les: White Horse, thank White Horse for us will you? I believe you are White Feather, are you not?

**I have many pseudonyms.**

Les: You have many names do you? One is White Feather, and another is the one the lady mentioned?

***Not White Feather, I am Nahashiwah.***

Les: Thank you, that clears something in my mind. We do appreciate you coming to us tonight and the blessing you give.

***I must (return?—very faint)***

Les: That's a pity. I thank you on behalf of your lady, for what you've told us. May the Great Spirit be with you at all times.

***May you (?)—before I return, but I want to say to all of you, only this:***

***Be good to your Earth and you will be blessed many times.***

Les: Thank you, we shall hope that people will be good to the Earth. Unfortunately many are not good to it. But we hope that they will change their minds and become good to it, just as you were. (*general thanks + farewells*)

*Eileen then returned tearfully, saying it felt like she had lost someone.*

**~4<sup>th</sup> March 1996~**

**Good evening.**

All: Good evening.

Les: We thank you again for being here.

**Forgive my delay in speaking to you this time, it is not my intention to speak with you long this time.**

Les: That's a pity, we enjoyed your talking to us last week so much, but of course we accept what you say and are guided by you.

**It is important that *all of you* within this group be used to the very best of your capabilities, because the time will come, when each one will go forth as the branches of the trees, each taking with it the knowledge and the gifts, which they have attained here. It is important that in time to come, knowledge be spread to those who are awaiting it.**

Les: Yes I quite understand and I'm very happy to know that those in due course, *will* be taking the knowledge to take to others. It's very encouraging for them.

**There has to be *purpose* in the knowledge given. It is not given to be retained within *one room, one person, one group*. So what we bring to you, must go forward in time to come.**

Les: Good. I'm very happy to know that and I'm sure everybody here will be.

**So you understand that sometimes it is important that those from our side, come to work with you *all*.**

**They must be given the opportunity to work with the instruments available.**

Les: Yes we do understand that and we're very happy to agree to this being done.

**I have been aware of your many questions to me, since last we met. I have tried to inspire those who need such help. But this time I will leave it and will return to some of the questions within your minds, which have been placed before us. I will answer one question this time, before I leave you, and allow the others to come, to use these instruments.**

Les: Good. Thank you, we are all very happy to do that. I will ask the one question and if you prefer not to answer it on this occasion, I quite understand. It concerns the cloning which is being done by scientists nowadays and you will know what that is, I'm sure. It is said that *cloning* will result in absolutely identical animals or individuals and of course many people are concerned that cloning should not be applied to humans. But let us assume for a moment that it *is* applied in the future. How would that affect the spirituality of those persons, they can't be spiritually identical, I'm sure?

**You are quite correct. They can never attain perfection, as far as identical people are concerned—it is impossible. They have achieved and it has been coming for some time, where your scientists and your doctors have knowledge, which has brought them to this point. But misuse of knowledge given, cannot be right. So I will say to you: This should not take place. But of course again, we come to *free will*. Whilst the knowledge exists, it is at risk of being used wrongly.**

Les: Just as so many things have been in the course of mankind's history.

**Sadly, yes. We are restrained from many things and I say it saddens us so to see this knowledge so misused. But let me say only this, and we will return to the subject if you so desire, on another occasion, when time will permit me to speak more broadly upon the subject.**

Les: Yes, we would like that please.

**But, I will say to you, the achievements cannot be fully guaranteed. It cannot, because all of you are individuals, you are sparks of the Great Divine and that individuality cannot be usurped in any way.**

Les: Of course not. The scientists are obviously purely thinking in physical terms once more.

**Of course and in that respect they can achieve what they will call success. But I tell you here and now, it is a success which will be short-lived.**

Les: Thank you very much for that information.

**But we will return, because I know upon your earthly plane, that it has created disturbance for many.**

Les: Yes it has indeed Salumet.

**I thank you for your question, I hope that you are happy to continue this time and allow these good and gentle people, to allow those who love and want to use them, to come to you.**

Les: Yes, thank you very much for your courtesy in answering and now we would be very happy to do, what the others wish us to. God bless you, thank you for coming and our greetings to you also.

*There then followed one through Sue, who needed to sit cross-legged on the floor before she was comfortable. Information was given concerning Joy, who was to receive much through 'automatic writing.' It was also mentioned that Salumet would go down in the realms of history, though it was stressed that 'Salumet' was not a single entity. A special reference was made to five of the sitters, Eileen, Sue, Jo, Joy and Les, who formed an important interconnection of some kind.*

*There then followed one through Jo, who brought a gift of power for us all. There was later a control through Eileen, who suggested that Les spend some time with Paul, who had not been used much before, as a medium. Les talked gently and someone came through, who had not lived on Earth, but had inhabited another planet, beyond our galaxy.*

*Les then returned to Eileen, who was still being used and who closed the meeting:*

***I will end this meeting this time. I say, isn't it encouraging, I hope I do not disturb this one too much. (Eileen coughed a few times)—to see the metamorphoses of communication, taking place here this evening. Indeed one (cough) I apologise, I am sure she will not mind.***

Les: No she won't. I'm just going to wet her voice and throat, with some of our water.

***I had hoped that I had taken control properly, but it may be necessary for her to moisten her lips.***

Les: Yes certainly. You certainly have a very strong control with her. *(voice was loud)*

***Yes, we have waited some time to speak.***

Les: Thank you for the patience.

***Can you now see, what can be achieved within this room?***

Les: Yes, we can indeed.

***I hope that the young gentleman will continue with the progress (Paul)***

Les: I hope so too.

***As have all the other instruments within the room.***

Les: It was very interesting that he should have come from another planet.

***It is always strange to you Earth—(cough) I apologise, I hope this one will be fine when I leave.***

Les: I'm sure she will.

***We bring you many things and much more to come. But it is good to see so much being accepted now.***

Les: Yes it is and we are very happy with what is happening and we do appreciate the effort you make, in making us aware of the possibilities.

***Your Earth planet has much to offer from all of us, within the universe. Not only the spiritual world as you know, but even further ahead.***

Les: Is that so, we are very pleased to hear that, and we hope that we shall be able to make further contributions to what it can offer.

***I must withdraw this time, because I feel the instrument is becoming distressed. So I'll bid you all farewell this time and perhaps we can return.***

Les: We shall all be pleased if you could do that and thank you very much for having been here tonight.

***May the universal Love be with you all.***

Les: And our love with you.

~11<sup>TH</sup> March 1996~

**Good evening.**

All: Good evening.

Les: Thank you again for joining us.

**I am happy to see so many gathered this time.**

Les: Yes, it is a very nice full meeting, isn't it. Our holiday season's over now and we are almost back to normal.

**I know that in your busy daily lives, sometimes you find it difficult to come, when you have worked physically hard, each are tired, but still you come; for this I am grateful to you all.**

Les: We love being with you.

**Before I speak to you all, I want to say to you please, your energies are depleted, therefore will you please before you retire, seek for me and I will be of help to you.**

Les: Thank you that applies to all of us I take it?

**No, I speak to you.**

Les: Just to me? oh thank you.

**You will be aware.**

Les: Thank you. Yes you are quite right, I have been feeling less energetic than usual.

**I do not speak about your physical being, always when I speak to you, I am speaking on a spiritual level. So please do as I ask, and you will feel better for it.**

Les: I certainly will do, I appreciate your help. Can I ask, what has been the cause of the depletion?

**You have been using your energies to excess, and like the physical being, so too can the spirit too become depleted. This is something not well known or discussed amongst you Earth beings.**

Les: No I must say, I wasn't aware of it, I wasn't aware of having used so much; perhaps it's been while I was asleep, is it?

**I have told you that you come to us in our world and you come to work, you understand?**

Les: Yes, I remember that.

**When you enter our world, you do not have the same capacity of recuperation as you would, if you were with us always. It is nothing to concern yourself about, it is how can I say, a little over-eagerness on your part.**

Les: I see, I must try and control that.

**The intentions are good, we would not wish to change the, but as you know, when the spirit is a little depleted, it manifests itself upon the physical being.**

Les: Yes you are quite right, that accounts for several things recently. Thank you for telling me.

**Therefore we must slow you down just a little. I know it would probably, how would you say, 'go against your grain,' yes?**

Les: (laughter) Yes—I must be advised by those who know better than I do and I'll take the advice.

**I hope so my dear friend, because we love you and we wish to take care of you all.**

**Now I wish to address a question that comes to us so many times. You understand why you are within your physical bodies, you know that beyond this clothing, life continues. But so often comes the question, 'What are we really striving for?' I have said to you all, in the time gone past, that what you are about is Love. We have spoken a little about the refinement of matter, have we not?**

Les: Yes we have indeed.

**When you join us in our world, in your spirit form, so often we hear, 'How do you know when we are ready for the next stage of existence?' Again I instruct you that there are many, many planes, this I have told you about also. So, how can you know when it is time to move forward? I have to say that awareness is innate within each soul. It is not something that happens in one particular stage of your growth. I have told you, *ALL of existence* belongs to yesterday, today and tomorrow. So can you see that the transition to go forward, has to be so smooth, that you would not be aware of it. Do you understand what I am trying to say?**

Les: Yes, I think we understand that.

**I don't think you do.**

Les: Not completely, but I was just going to suggest, it is rather akin to what we say here, *‘What time is the Present? When does the Future become the Past?’* That is impossible to define and I would imagine our progress, is rather in the same state—there is no definite division point.

**There is no steps of progress, it is a smooth moving forward, that is what I am trying to express to you.**

Les: Quite, I think we all understand that don't we? *(general agreement)*

**Ultimately what you are searching for and what each one of you knows and desires, is to return to the Light, to that refinement of energy, that unsullied energy, which you call God—that is what each of us strive towards. But let me continue—at each step of your progress, so the soul, the energy that is the soul, becomes more and more refined, until you come to the stage of *non-being*. We have not touched upon this matter before, but I wish to try to explain to you if you wish me to, to explain a little more deeply into this subject.**

Les: I think we would all wish that, wouldn't we?

*(general agreement)*

**You all fully understand that the soul's growth is an ever-developing one? *(general agreement)* That we all strive towards that pure energy, which you here on Earth call Light, but which is matter so refined, that is to you *invisible*. It is something that as far as I too am aware, always seems to be unattainable and I speak only from my heart upon this matter. We are speaking of aeons of your time, to reach the stage of *non-existence* and by this I mean where matter can be *defined*. You follow?**

Les: Yes I think we do.

**To reach this stage, I will tell you there would be no returning to earthly matter, under any circumstance, because the state you have reached is purity itself. Where you have shed your layers of learning, where you have attained the power to express pure Love, where you have reached the point of *non-existence* as you would know it. Now I will answer questions in your mind, *‘Am I one of non-existence?’* I would say to you, YES I AM. When this state is reached, much can be achieved in the workings of the cosmos, in the workings within the universe, in the workings of that *Pure Light*. Would you like to ask me any questions upon this?**

Les: Yes I do have a question, not directly related, but before that I think I *(Les then began to channel briefly)* **I am compelled to say that we are even more privileged to have you here.**

**I feel and understand what you say and ask not for thanks, because you see my dear friends, all of you are responsible for growth within my soul too. I have accepted many tasks. I have to say to you, this one has been quite difficult for me. I don't say this lightly, but to return to such dense matter, is indeed a task, which I have to say to you, was not one that I took readily.**

Les: Well we can't tell you how much we appreciate it. We can never understand what it has cost you to do so.

**It has cost me a little discomfort only, compared to *(voice changes/becomes stronger)* the love that abounds here within this room. *(pause of about ½ minute)***

**Do you know that I would consider all of you within this room, to be jewels in the night sky? That is how I see you my dear friends.**

Les: That is certainly a lovely description, which we do appreciate. We must try and live up to that.

**I would like to say also, that I hear questions of, *‘Why is it possible for some upon your Earth plane, to be able to utilise those spiritual gifts, whilst some do not?’* I would say only this to you, my friends:**

**Remember that it is a culmination of the soul's growth; always this is important, when it comes to displaying these gifts. I have told you, that you all possess many, *many* gifts of the spirit world. It is *awareness*, it is *dedication*, it is *help* from our world; there are so many aspects to it. I do not want anybody here, to doubt what you are capable of. I want you to become strong in the knowledge of the strength that you all possess. I want you to know, and again I do not say this lightly, that this one here, speaks many true words. *(referring to Les)* You will not be mislead, as so many have been, by words, by egotistical people, by those who choose pathways which they should not be treading. I say to you:**

**Thank that Diving Light that you have chosen this dear friend to guide your footsteps well. You will not know until the time has come when you join our side of life, you will not fully appreciate the guidance you have received.**

I think each one of you should be feeling strength and the *Power of Love*, which encircles this meeting place. Those of you who can, should look to one another and feel the *Power of Love*. I would like you sometime if you will, to touch each other, to feel the energy from each one of you, to recognise the difference in the energies of each one. I know you have not tried this before, have you? (No.) But if you are willing, please try it and you will be amazed at what you feel.

Les: We shall certainly try it. Is there any particular energy point on the body that we should touch?

I would suggest only to use the palms of your hands. You may find that some will not be able to even touch hands—there will be no need, because the exchange of energy will be greater amongst some than others. If I place my hand towards you, you should feel the energy from me.

Les: Yes I can.

Now slowly take it back, until you feel the energy no more. Focus on the light of the energy. You should eventually, if you practice this, be able to pick up the energy, from across the room. Would you like to try now? If you focus on the energy of the light coming from me, you should. You are capable of it my friend, but as in all matters, it is the practice of these gifts. You must focus. In fact, if each one of you focused, you may even see the energy within the room. (pause of about ½ minute)

Tell me what you feel my son?

Les: I feel that it's penetrating this one hand and I can feel it with the other too, through the hand.

Yes, that is good. Now allow it to travel throughout your being.

Les: It's blue energy, surrounded with white.

If you focus it should become *Pure Energy*, without colour. You are doing well.

Les: Yes you're quite right, the colour's disappearing. It is just a thin shaft now.

You should feel the healing of it also. I hope that this small thing, has demonstrated to you, a little of what energy exists.

Les: It has indeed for me.

I would say to you, that you would find it difficult to come close to these hands now. Please do not touch; you can feel it, can you not?

Les: Yes I can—I wouldn't be able to come closer.

No you would not.

Les: There is quite a barrier there.

This is what I would like all of you to become aware of. To leave behind those physical limitations, to know yourself as you truly are, that you are *energy* striving towards that purity, which you term '*LOVE*.' Now I think I have spoken enough upon this, this time.

Les: It's a wonderful teaching, I can't tell you how grateful we are. I'm sure we all regard it as a great complement, that you've called us your friends.

I will leave you this time. But we must close slowly this time, to allow the one I use to return without any harm and I know she is protected well, but any withdrawal after the use of such energy, would not be good.

Les: No, we shall do it very slowly and carefully.

We may use someone to speak, to come back slowly.

*May you all thank that Great Divine Spirit, for all that you have, for all that you wish, for all that you do. Give thanks for your very being and in time your lives will become enriched and (full-blended?—voice very faint) My blessings go with you as always.*

Les: Our love goes with you. Our words are not sufficient, so I am not going to attempt to say what we feel. There then followed a 10 minute pause, before another speaker came through Eileen. She chatted gently about her life, which helped Eileen return.

~18<sup>th</sup> March 1996~

Les: Good evening and we welcome you once more and once more thank you for joining us.

**Good evening.**

All: Good evening.

**I am glad to see so many of you.**

Les: Yes it's a nice full meeting tonight isn't it. Only one absent due to illness unfortunately.

**Each one brings with them, their own individual glow, which contributes to the light within this place.**

Les: Good, that's nice to hear.

**So it gladdens me, when I see so many of you together. Let me say to you, a few words to begin this time. I know that much of what I bring to you, sometimes confuses your minds.**

Les: Yes, we have to agree with that, it does.

**But when first I came, I said that we would be talking on many deep matters.**

Les: You did and we are very, very glad that you have been doing that.

**I ask you my good friends, to accept these confusing thoughts, because you see, it opens up your minds to many thoughts and provokes much discussion amongst you.**

Les: Yes you are quite right, it does.

**It is good that you analyse what I bring. It is good in the sense that it is opening you up, that it creates unfoldment within you, by the very fact of being confusing thoughts to you. You understand?**

Les: Yes, it certainly makes us exercise our mental abilities.

**And this is what we try to achieve with you. You must not allow your thoughts to become stagnant, you must allow these thoughts to expand. Although I say to you, accept what I give you, I fully understand that some of you find it a little difficult sometimes. And so I say to you, if you reject anything that I tell you, do not be disappointed with yourselves, because my dear friends, we in our side of life, are glad to see what you are achieving.**

Les: It's comforting to know that we are progressing, even though sometimes we think we are stumbling about, without understanding.

**That is why I say, do not be disappointed with yourselves. The realisation and the awareness will come to you all, when the time is right and proper for you all, because you know fully, that you are all at differing stages of your developments. So I know some within the room are a little disappointed that more does not happen with them. But do not concern yourselves about this matter, because as I have said, you belong together and each and every one, has their individual tasks to perform. Although you differ greatly in your stages of developments, each one of you is as important as the other. Please always bare this in mind, see yourselves as the whole unit working together, each one contributing, although you are not always aware of what it is you give. I tell you my dear friends, your energies are increasing, each and every time we come together.**

Les: Splendid.

**So, know and accept that your Love energy and bond, is issuing forth great love, that provides us the energy needed for us to come to you. Without you all, I would not be speaking to you now. So with those words, I want to thank each and every one of you here. Know that you are looked after, know that we cosset you, we try to support you and we try to influence you daily.**

Les: Thank you. So would I be right in assuming that the dissension that was present in the previous life, in which we were all of a 'Closed Order,' that dissension has now been disposed of?

**I would not say fully, because firstly, the life I have told you about, is only one part of your existence. It really is not necessary information, but I provided it for you, to give you the feeling of the unity amongst you. It matters not whether there is slight dissension amongst you, because after all, your lives are not so entwined, that you live each moment together. What is important, that whilst you are in this place that your thoughts be pure, that your thoughts to one another be good, so that the work that is necessary for us to bring, can take place. You understand?**

Les: Yes we follow, thank you.

**We are aware that your lifestyles are different—that matters not. It matters that you come here together, that you work and bring your pure energies for the work—that is what is important now. Your energies from times past, have become much finer, but each one of you has a long way to go, before I could say they were pure energies without problems. You understand?**

Les: Yes, we quite accept we have an awful long way to go.

**Yes, but it is the unity here amongst you, whilst you gather here each time, which must remain pure. That is why it is important that each one of you understand how important you are to each other, if the**

work that is to come is to be *good*. We want only what is *Truth*, we want only that mankind be told of what is happening within your world and to provide some *knowledge* which until now, has been **unknown**.

Les: Well we are quite happy to spread that knowledge of course, once we are in the position to make mankind accept it, or begin to accept what we give them. We can't make them accept it completely, we can only ask them to accept what we are able to give.

**You can only extend yourselves and offer what you know, you cannot make them take it. But as you know, like I have begun this time, the more you listen to something, then the avenue of thought is opened, you understand? (Yes.) The similarity is there, all you can do is stretch out and offer what you know. If it is rejected, then so be it, that is the pathway of each soul, for their free will to decide.**

Les: So from what you say Salumet, we are going to be in a position to broadcast what we have been learning here, are we?

**The time will come if you so desire, that this will take place. I have said to you from the beginning, that you have the possibilities of doing much good work. It is something that needs to be spoken about, it is something that needs to be accepted and the opportunities will be given, when the time is right.**

Les: Fine, thank you, that's all I wanted to know, that it will be coming. I'm not impatient to do it.

**No, I have always said, 'Please learn patience.' After all, your earthly years are few, in comparison to all of existence.**

Les: Quite, well it is nice to know that our efforts jointly, are going to be available to others. It gives us something to look forward to.

**My dear friends, you are already spreading what you know. I see your words go far and wide, even now. It makes my heart full, to hear your words of encouragement, of wonderment, at the pleasure which you retain from our speaking together; I cannot ask more of you at this particular time. If you continue this way, you cannot do more.**

Les: Good. As I say, it does give us something to look forward to and to aim at, to know that we are not retaining this information only for our own use.

**I would desire for you all, that firstly we try to develop what is innate within you all, that you develop what you already know, but in this lifetime, most of you have suppressed, until the past few years. But we have waited long and we have gathered together. So do not be impatient my dear friends, but *know* that all is possible. Now I think, do you have questions this time?**

Les: Yes I do, following on from what you've said and I'm not going to embarrass you with this I hope, but a communicator who gave quite a lengthy talk through the other lady, said your name would be going down in history. Well I could only see that happening, by virtue of what we are able to pass on, acknowledging your teaching, in the passing of that information, then it would be going down in history.

**I will say only this: If the knowledge I bring is given to others, if that is what you would interpret as 'going down in history,' then I will go along with you. But I would say this to you: That is not my purpose, that is not why I come to you. If you so desire, in time to come, when more knowledge is given to you, if you so desire to use this name I have given to you, then I do not object, but it will not change or alter, what we need to give to mankind. What is in a name?**

Les: Yes, I know it wouldn't bother you one way or the other, but I know that any information that we do pass on, must be acknowledged as coming from you.

**If each one of you *gains* a little in knowledge, *grows* in spirit, *feels* that my time with you has been useful, then I am happy to go along with whatever you feel. There will come the day, I know, when the gentlemen who writes across the room, will wish to use the name.**

Les: This is for you George.

George: Yes.

**I do give you all of my blessing, provided that the words written, are indeed what comes from us all. You understand?**

George: Yes, that has been on my mind, thank you.

**I know that is why I speak, but my dear friend, your patience will be rewarded. I know sometimes your mind has questioned what has been given. That is why I say, do not chastise yourself, for your negative thoughts, because of course you *all* are human and I know that sometimes it is difficult to be positive.**

You know that I teach you always, the power of your thoughts will become reality. Therefore, put them to good use. You understand what I tell you.

George/Les: Yes we do.

**If you are so desiring to have more of what you call ‘*proofs that can be shown to others,*’ make it a reality. Help us with what we are trying to achieve.**

Les: Yes we are hoping for what you might call additional proof, at our other meeting.

**Make it reality, use the power of your thoughts, you would be amazed, at what you could achieve. But unfortunately while doubts remain, you are turning those positive energies, into negative ones. Do you understand?**

Les: Yes we quite understand, because the power is still there, but in the negative instead of the positive. **Yes, you can achieve much, but you have to accept the responsibilities that each one of you hold, you follow?**

Les: Oh yes, we do accept that any further proof, does bring it’s own responsibility, for the proper usage of that proof.

**That is why it is good that we devote some of these meetings to helping the others to bring forward, what they have within. They may not think they achieve much, but you all shine beautifully.**

Les: Good, that’s very pleasant news. Now if I might ask a positive question: A communicator last week through one of the other ladies here, gave a most interesting talk and it said that five of us were all one and there seemed to be an emphasis on the number five, because he said that the five here, and if I heard him correctly, he said that there are many other five’s. Does that number five have any special significance?

**No, none that I can speak to you of. I think what was meant, if you can understand when we speak of energies, it did not mean that five were more important. You have to understand how energy works, to fully understand the concept of the saying. Five of you together creates the positive energies.**

Les: That’s what was meant was it?

**Yes. You must not accept it as five individual peoples as being one, that is *not* what was meant. You must return again to what life is about—that *all* is energy, that energy can change form, that energy can split, that energy can rejoin to create. And when we spoke of five, it was referring to energy mass. *I know* you are confused, it is a difficult subject, but we are limited by your earthly words.**

Les: Yes I understand.

**So when you are told five peoples, you are again thinking of the *physicality’s* of the words, not the *spiritual* sense, which you must try to do.**

Les: Yes, I see where our thoughts, or my thoughts were going wrong on that.

**Yes and once you allow your thoughts to be shortened/curtailed, then you have problems. You must always allow your awareness to stretch, to grow, to *accept* life as spirit. I am trying to teach you to see things *spiritually* and not *physically*. It is difficult when you are encased within these physical bodies, but you can expand your minds, if you so wish. Has that helped you a little? Would you like further explanation?**

Les: I was just about to say, I begin to see why some people go into closed orders and the silence of monasteries now, in an effort to bring that spirituality nearer to their own physical mind.

**It helps some, to close themselves from *the world*, as you call it, for that reason. That is why I have told you not to judge. For some, they need the opportunity, they need the silence to grow. Do you understand?**

Les: Yes we do.

**But do you not see, by your confusion and your thinking along another pathway, how your tolerance and understanding has grown? (Yes.)**

**You see, one small step leads to another, one small thought leads to another, it can only be good for you. So being in your states of confusion, is not so bad after all.**

Les: No, it’s certainly one thing we do excel at, being confused.

**You are all doing very well. I will use one of your earthly terms this time and say, ‘*I am proud of you all.*’ And I don’t use that word to give you, how would you say, ‘*bigger heads?*’ (laughter)**

Les: No, we do accept it as a genuine and sincere complement and we thank you for it.

**And that is what I am trying to say. Your sincerity is indeed something to behold. Now, I think this time I will withdraw and allow some others to be worked with and let us see what can be achieved.**

Les: Yes thank you very much indeed and God bless you once again, for your patience with us.

*(general thanks)*

*There then followed a control through Sue. She had advice for Paul about his aching neck and also for Les. She then addressed the whole group:*

**—We are aware of what has happened in your world this time. We offer no explanations at this time, but say to you that those little ones will be well protected. Now perhaps you could all think of those little ones for just a moment, as I leave you with my love. (This probably concerned the ‘Dunblane massacre,’ which occurred five days previously, resulting in the death of sixteen children and one adult.)**

Les: Yes we will and thank you for your visit. God be with you.

*One through Eileen then brought news of a little girl connected to Lilian. She described a man with an apron, (a baker) who was the grandfather of a child who died in the womb. The child was now about 3 years old and known as Jennifer. She said she was very happy. She said she is very fond of a blue toy and that she is very pleased to have a little brother. (she has a little sister too, but she was particularly connected to the boy)—She joins with this little one you know, this little one would be aware of this child. She’s pointing to the older gentleman’s shoes, she tells me she likes to stand on his feet, because his children used to do that. She’s a beautiful child, she wants you to know her as Jennifer, she’s very pleased with that name.*

Lilian: She must have changed her name because I think she was given the name of Emily to begin with, so perhaps she prefers the name of Jennifer.

***This is the name she likes, this is the name she has chosen for herself. Now let me see what else she says to you. She says sometimes your back itches—she’s been to your house.***

Lilian: Sometimes.

***Yes. She tries to scratch it for you, but you don’t feel it. She’s speaking now about a dog. Not a little dog, she says you had a little dog, but this one’s a big dog.***

Lilian: She’s got that one has she?

***She’s been with this animal yes.***

Lilian: Lovely!

***Yes, she likes the bigger one. Not so fond of the littler one. she is now taking hold of your husband’s hand and saying she’ll come again and she’ll let grand daddy talk to you. So I am pleased we found you and they are going now, but please know that she is around you.***

Lilian: Lovely, thank you very much.

***And the old gentleman is saying—yes, he still makes good bread. I leave you with that and God bless you.***

Lilian: Thank you very much.

Les: Thank you and God bless you too.

**~25<sup>th</sup> March 1996~**

**Good evening.**

All: Good evening.

*(longer than usual pause)* **I thank you for your waiting, I too embrace you all.**

Les: Thank you.

**I know that within your hearts and your thoughts, lies much confusion on earthly matters, which are occurring on your Earth plane.**

Les: Yes you’re quite right, there is a lot of confusion and concern.

**I do not wish to enter into any one subject, but to speak to you generally about these thoughts that you all have. I know that you find it so difficult to look at your lives on a wider scale. I keep telling you these words, but I want you to understand that until you can *discard* the *emotional energy bonds* which tie you, then you cannot see the full picture.**

Les: Yes, I think we understand that, that emotion created by our physical thoughts, does create a blockage, to our understanding of our spiritual needs.

*(some coughing)* **yes—forgive me, the instrument has trouble, but let me continue, we have spoken on previous occasions—the emotional body, is the one closest to your physical beings. I know you fully understand this. But I have to tell you, to allow that emotional energy to release itself into greater consciousness, in that way only then will you begin to understand what is happening within your world. You almost my good friends, are your own worst enemies, when it comes to emotions.**

Les: Yes, I understand that.

**I spoke briefly last time, about energy and the need that you have, to return to that *Divine Light*—you understood me then. What happens, is this, that *separation* to you humans, you find to be unacceptable. Always you seek *companionship* in one way or another. Whether it be the joining of *man and wife*, whether it be the closeness of *brother and sister*, it does not matter what the union (is), but all of you seek for it, and the greater meaning of this is, that you seek to return to the *Divine Source of Consciousness*. So because of these emotional bonds, you are confining yourselves, within knowledge, that needs to be broken apart and freed. We have said that each one of you within this room, is joined with each other. But my good friends, until you achieve that level of consciousness, which makes you *one unite*, which is capable of *love to all, without ties, without demands*, then and only then, can you go forward. Can you see what I am saying to you?**

Les: Well, I don't think we do at the moment, because it would seem that whilst we're here, in order to fulfil our lives and enjoy them in any sense, companionship is necessary, in the physical sense.

**Yes, it belongs to the *physical*. But what you need to achieve, is the spiritual understanding of why you feel the need. Do you see what I mean?**

Les: Yes, we have to accept, that the physical companionship, is only second best to the spiritual requirements that we are seeking. Is that what you are saying?

**It is the *spiritual seeking* that creates the *physical need*. Too often we see with peoples—let me perhaps give you an example: If you take a man and a woman and the man is dominant within the relationship, too often it would be said, '*He is wrong to be so.*' What I am trying to tell you is that because you come to this Earth plane with full knowledge of what you have to achieve, then the woman in the situation we are speaking of, would be *fully aware spiritually*, of what the man is trying to achieve. Sometimes, because of the energies, *powerful energies within you all*, it creates life's problems for you, only because you cannot open yourselves to the fuller knowledge. Now can you begin to understand what I say to you?**

Les: Yes, I thank what you are saying, is we concentrate too much upon the physical desire for companionship and happiness, without looking inwardly, *(Yes.)* and finding that happiness in silence if necessary and being one self only.

**To be *one*, to be thankful to the one, who creates what you would term, '*problems.*' They may well have come to this Earth, to help you. Try not to see them as physical problems, because it is love which helps those peoples to help you. Do you follow?**

Les: I think we do, but again it's confusing and difficult to understand, so long as we are in the physical envelope. I see what you mean and I fully accept it, but it doesn't make it any easier.

**No, I know, but I have to tell you, because I want you all to open up to that greater knowledge within. I want you all to look at relationships you have with each person in this lifetime. I want you to see, to look deeply, for the *reason behind* the association. You can do it, you all can, if you so desire.**

Les: We do suffer from problems currently, which are not necessarily between two companions, but are national problems. So what you are suggesting, if I am right, is that we've got to look beyond those problems, and to the reasons for which those problems were sent. Now are you further suggesting, that if we do that, we shall be better able to cope with the physical problems?

**My dear friend, that is precisely what I am trying to tell you. I know your hearts are full, whenever tragedies strike. Too often too, when you have your disasters do we hear, '*Why, why, why?*' When in fact, if you allowed yourself the time to look inwards, you would be aware of what is happening. I know because of your very make-ups, it is difficult for you to see the wider scheme of life, but we have spoken many times, about what you do, what you sow, have we not? *(Yes.)* Let me say, there are reasons for *all***

**things. I know you will be dismayed to hear such things, but there will always be some distress caused, whilst you wear these earthly overcoats, because you do not fully understand what is happening.**

Les: So would I be right in thinking then Salumet, that if we were able to look beyond the physical concepts and accept that these things, even with a national tragedy, that if we look beyond the physical, would your companions—those who wish to help us, would they be better able to impress us, in the way in which we should react, to solve the physical problems, if we are accepting that they are basically of a spiritual nature?

**Yes, because whilst you doubt, whilst you say: ‘Why why, why,’ you are creating *negative energies*, which will keep you *jailed* to the *thought forms* that you have.**

Les: Yes, so it would seem that you are suggesting that if we said, ‘Okay, this is a bad problem that’s got to be resolved, for the sake of the nation and the people, who’ll be penalised if it is not resolved—’

**They must pay for what has taken place. You must look, not to us for the knowledge to change, but *each one of you* who tread this Earth, must look inward to *himself*, to find the answers, to inspire each other.**

Les: And I think I’m right in saying, the answers are *in* each of us—we have to dig them out, is that so?

**Yes, I would wish to see all of you expand your own consciousness, to look at your lives as they are this time, to look to your *relationships firstly*, to see what each person brings to you, or you to them. Do not look on a *physical level*, but look *deeply within* and all of you would find, that problems would be transmuted, would dissipate into *true love and unity*, on whichever level it is needed. *Then* and only *then*, can you expand your thoughts, to all of your world, do you see?**

Les: Yes, but how can our few thoughts here, affect our ministers and leaders, who are the ones who have to make the decisions and take the road to the physical solutions, that are going to be needed? How does one influence them?

**You must use the *Power of your Thoughts*. Again you use the spiritual energy of the thoughts, not the physical thoughts, you understand? (Yes.)**

**In that way, can they be influenced, in that way by using positive thoughts, can we then reach out and use them.**

Les: So you would take our thoughts, as an avenue towards altering the thoughts of the others, would you?

**Yes, we need the *energy*. That is why I say to you, do not say, ‘Why, why, why, why?’**

Les: Just say, well it’s here, let’s get on altering it. I have been doing that myself, I hope that all my colleagues now, will do it each night.

**You must accept, that the law will continue, it cannot be altered, it cannot be changed and mankind must reap what he sows.**

Les: Yes, I fully agree and accept that we are responsible for all the problems that do affect us now upon this Earth, apart from natural disasters, but the others, we obviously have been responsible for, in the beginnings, such as the deforestation which is going on, the feeding of animal products to animals who are normally only grazing animals; it is foreign to their nature to eat such stuff.

**I have told you man throughout his history, has been destructive in many ways. But always we look for the spark of Light, which will change things. And although we speak on dark matters, I want you to realise that there is Light, there will be no disaster of this Earth, of this we have spoken. Rather I am concerned with your individual avenues of **THOUGHT**. That no matter what happens on your earthly plane, that no matter what happens in your daily lives, no matter what comes to you before you return home, I want you to look at all things from the spiritual viewpoint. I want you all, each day to look inwards, each day to thank that *Divine Consciousness*, to which you all belong and of which you have *all knowledge*, if only you would seek it. I want you to become the shining beings that you are.**

Les: I think you can be assured that we all of us shall be putting our thoughts in the direction that you have suggested, so that you can use them.

**There must not be any negative thoughts, if you are to achieve that raised consciousness. You cannot, you must not allow those *negative emotional energies*, to keep you jailed forever. You have to be freed from them, and I hope my words will encourage you all, to do just that.**

Les: I’m sure they will. So now it’s up to us to start things going in that direction.

**But first, look to yourselves. That is what you must do first. You will not heal your world, in such a short span of your time. But much is happening and much has happened, to cause this transformation to**

begin. And although you look upon them as ‘disasters,’ look inwards and find it within yourselves to say, ***‘If that is how it must be, for all of consciousness to grow, then I will accept and work towards this.’***

Les: And so if we began even more, looking within ourselves, to try and discover the faults and correct them, and use our thoughts that others may be guided, to work for *humanity*, instead of *profit and politics*, you would be able to use our thoughts, to assist *them*, to look within themselves, is that how it will all work?

There are many already working to influence your world leaders. *(Good.)* I have told you this, in times past. But when we have positive energies coming to us, they can be utilised in a much stronger manner. This is something you would not fully understand, but something that must be discussed, when we speak more about the energies. It may enlighten you a little more, when—and I have said we will speak one time, about the different energies, that exist here amongst you.

Les: Yes, we look forward to that.

I know I bring you something each time which is difficult, but I see you beginning to accept, to provide those thoughts within yourselves, that begins to make sense of it. Now, I think if you have questions this time, I will be happy to speak about them.

Les: Thank you, yes we do. We have occasions here, when people have suffered head injuries perhaps, of various causes and go into very deep coma, so that they are in effect, in the state of a vegetable and unable to communicate in any way. What happens to the spirit during those years of coma? Does it remain within that physical body, or is it taken to your world, and *cocooned* in some way, because the original body is still alive physically?

Yes, much has been spoken about this subject too. I will say to you, that the spirit body cannot fully leave the physical being, but you are aware that the spirit and physical, are joined by what I know you term, as a *silver chord*. When the physical being is *shocked*, which it is when there is *head injuries*, which you speak of, of *accidents*, anything which shocks the spirit from the physical being, then what happens is that the spirit will remove itself from the body, but *still* attached by the chord. It will remain in *‘limbo,’* I believe you would say, until such time as the soul decides whether it wishes to remain or to return home. Remember always, that the soul has made the decision before coming to the Earth, the pathway it has to tread. On occasions such as you speak, when memories are erased of the soul’s desires, then the soul is in a state of confusion. That is why it remains in limbo, until such decisions are reached. You understand?

Les: And it would be in close proximity, to the physical body, would it stay there in limbo?

Not necessarily. The chord—if you can imagine a strong piece of elastic, which can stretch and stretch and stretch, the soul can move some distance from the physical being, but at the same time, is attached.

Les: But it cannot enter your world?

Of course not. Only once the chord is severed, will the soul go forward. But as you know, when the soul departs the body, even then, if they have no knowledge, they remain for some considerable time, in confusion. We bring them back to you for help. *(Yes.)* It is the same, except the soul is still attached to the physical being, and that soul must make the decision, when the time is right. It is the *soul’s* decision, please always remember this. If the time had come for the soul to depart the physical body, the chord would have been severed. But as you know, sometimes when the soul leaves the physical being, it does not always want to return and when it is in the state of confusion, it is a problem to reach that soul, to help it. Remember always we cannot interfere; we can guide, we can influence, but we cannot make the decision for that soul.

Les: And that soul would have been responsible then, for the confusion in which it finds itself, *(Yes.)* because it would have predetermined that, before it came back to Earth, is that so?

Yes, remember always the soul—each one of you has chosen your pathways, before you come.

Les: Yes and so the soul would have been aware of the accident that was going to cause that confusion, *(Yes.)* before it inhabited a physical body? *(Yes.)* This of course, we do find difficult to understand, why it should give itself that problem and that unhappiness and confusion.

I cannot tell you how to understand these things, I can only tell you to go *inwards*, to understand many things. You have the answers within yourselves, but unfortunately very few of you do so. I know you find it difficult and again, here we come to *‘Why, why, why?’* *(Yes.)* *‘Why should this young person suffer*

**so?’ You do not know it does not suffer. The soul is in full command of it’s own existence. It has pre-knowledge of what *HAS TO BE*.**

Les: That answers another question that I have been asked. A lady here, had a daughter who in our terms had a *miscarriage* and we know that the child has been nurtured in your world and has returned to say she is quite happy now. She would have liked to have grown up a little on this Earth, but knew that she would not be able to. So the answer is then that that soul *knew*, that she would not be able to stay, in spite of the physical wanting to?

**That child—you have to again look at the spiritual aspect, the wider knowledge. The child who came had reached the point of knowledge, of the child-parent relationship, there was no need for the child to be born. You *have to* understand, do not think of the soul as a child, try to see it as the *soul*, as that very aspect of *life itself*. It needed the experience only, of being within the *womb* of the mother, *to have* that union with the parents. And so, the experience was what was needed. In this case, it was for the soul of the *child*.**

Les: So again, we come back to thinking of the spiritual, rather than the physical?

**You have to remember the *contract* would have been made between *all three souls*, at one time. They may not remember it, but that is what would have happened.**

Les: Between the child and the two parents?

**Yes. It would have been a contract made between the three of them. Nothing in your world happens accidentally. The soul always knows the pathway which is ahead of it.**

Les: Thank you, so that answers that one then. It may not be within the province of your teaching, but it is something which is of very great concern to this Earth now and that is what is called ‘*Mad Cow Disease*,’ where the animal’s brain is infected, and in turn results in the limbs being effected and the death of the animal. It is now thought that that virus, can be transmitted to humans and there is a lot of argument for and against. Are you able to say whether in fact it can be transmitted to humans?

**I will say only this: When you speak of virus’s, you are speaking of something which belongs to your earthly plane. It is not something which stands apart from all other things. As you humans belong to the Earth, as do the trees, the flowers, the seas, the lands, *so too* do your virus’s, so do all things belong as *ONE*. I will say to you only this: Mankind for too long, has interfered with the Laws of Nature. For too long, has mankind presumed to be on a higher level of knowledge. Let me say to you, my good friends, that is not so. So I will say this to you: This virus you speak of within your country at this time, is capable of being—(pause—voice alters, like another aspect of *Salumet* is taking over.) There are within all of you, within your physiological structures, many aspects that you do not fully understand. A virus is not something to be placed low within your list of what is important, it is part of your earthly *plan*, that it belongs to the structure of all life. It can be transmitted to you humans, but I will say this to you, we do not see that it will be as great a problem, as you seem to think it will be. In those peoples it has created illness, there has been a susceptibility to it. But of course, when mankind has interfered, there has to be reactions to it.**

Les: Thank you very much for that answer. I apologise for having asked you, be I know it’s not within your province of teaching, but it is of such great concern to so many people.

**I will say, your scientists, *your scientists* are responsible for too much that is happening within your world. They must make the decisions to forgo whatever they find. (pause/very faint) Mankind will not be allowed to destroy, he will not be allowed to continue in the pattern that he has created within your world. (voice fading—lots of deeper breathing) This disease is one of many which will afflict mankind, until such time, as mankind realises his folly.**

Les: Thank you very much.

*The Love of the universe stays with you.*

Les: And our love to you.

*A lovely cheeky one followed through Eileen, bringing a connection to Leslie, from someone called Agnes, to finish the evening on a light note.*

~1<sup>st</sup> April 1996~

Les: Hello to you again, I'm very pleased to say we have a full complement of peoples for you tonight.

**Good evening.**

All: Good evening

**I thank you for your words.**

Les: Well we do look upon ourselves as pupils.

**I am honoured that you should feel this.**

Les: I think we all agree on that don't we? (*enthusiastic agreement*)

**But of course, although I come to you, to try to instruct you on many things, I firstly feel that we have become close, close enough for us to become friends.** (*more enthusiastic agreements*)

Les: We are indeed friends and we're honoured to call you ours.

**It is good that all have gathered this time. I know because of your lifestyles, that it is not always possible. So when we have all together, it brings so much more to these meetings.**

Les: Yes, it's much more energy you're able to use, isn't it too?

**The energies can be utilised more. I know this is something you do not fully understand, the usage of what we term *energy*.**

Les: Know we don't fully understand it.

**But if you can imagine yourselves as individual beacons of light, to come together produces such huge light; that is simplifying what happens, when you all gather together, you understand?**

Les: Yes, it's a coalescence of all the lights, isn't it?

**Yes, so as the light collects together, so it can be used and can shine forth further, within the universe.**

**Because there is much gathering of energy here this time, it would seem sensible that we make use of it, do you not agree?** (*general agreement*)

Les: Whatever you feel desirable.

**Therefore I will speak for a short time only, thus enabling those others who stand close by, to come to use others and to see what they can achieve amongst you, because you know there is much more that has to be achieved within this group of people.**

Les: Yes we are all very glad to know that and we look forward to helping in whichever way you advise.

**I come only to help you all. Therefore we must take the opportunity when presented to us. But let me say this time only a few words to you: I know that there are amongst you, some who would desire to do more. I have spoken about it before, I tell you once more, that each and every one of you is so important to these meetings. All of you are producing your own energies, your own *Divine Sparks*, which create reality. Therefore in joining together, you make happen what we are trying to achieve. So my friends, I would like each of you, to find that importance within yourselves, to say I am contributing to the whole; in that way, truly you will become as *ONE*. You understand?**

Les: Yes, yes it will be a unified effort, won't it?

**It has to be so. We do not want separateness, because that would not achieve what is needed here; it would nullify the work that we have already done. So all of you must *feel*, I hope I use the correct term, '*important*.' By that I do not mean that the ego must come forward.**

Les: No, we quite understand.

**But you are important to the work here.**

Les: Yes I have said before that I consider myself to be extremely lucky, that I'm able to be in such a unified group, because ALL work for *each other*.

**Of course, it is natural that there will be doubts sometimes amongst you. Here again we speak about your *Thoughts*, and how you must *train them*, to achieve all within your lives, because you see, by doing so you are achieving what you have come here for. I hear so often from you, '*What is it about?*' '*What is it about?*' My dear friends, if still that question is within your mind, then the time has come to change the thought patterns. You understand?**

Les: Yes, I don't think any of us ought to be wondering, only accepting now.

**I have to say there are a few doubts, I will not individualise now, but there are a few amongst you, but it is of not too great a concern, it will alter, but I wanted to verbalise and bring it into the open.**

Les: Yes, a very good idea.

So that they can understand how important they also are, to the whole scheme, the whole plan, of what is to come.

Les: So it behoves us all just to have complete and absolute acceptance, without wanting to know the *reason* for why these things are happening?

**I would not say 'absolute acceptance,' I would differ with your words. What I would say is this: Question, question if you must, find what suits you, but when you have analysed those doubts, then put them where they belong and go forward, there is a slight difference.**

Les: Oh I would agree absolutely; I quoted merely because that is where I have arrived now, after having gone through the period of doubting and questioning.

**Yes, it is not something to be ashamed of, in fact I would encourage questions, but not serious *self-doubt*, that is the problem, self-doubt, that is what I speak of. So dear friends, know that we are close by, know that we uphold you, uplift you, that we are in your daily lives, to encourage and sustain you. (Thank you.) Now I would say to you, let us see what can be achieved.**

Les: Yes certainly and before you withdraw, I'd like to thank you for your visit the other evening, if it was in fact you, using the other instrument?

**I have to say no—Please speak, please speak—**

Les: The other evening, when I had two instruments here, it was thought by one of them, that you were speaking through her.

**I have to say no.**

Les: Yes I rather suspected that, which is why I questioned.

**Ah—Let us talk a little, because this troubles me so. What was said please?**

Les: I don't think much was said at all, it was just thought that it was you—whether it was wishful thinking?

**Let me say this to you dear friend: For long time I have waited to come to the correct peoples, to be within this group. I have told you from the beginning, that I was not *one unit*. But in saying this, *only one aspect of me returns*. I would say to you now, please take heed, that outside of these meetings, *I will not speak*. I may use instruments within this group, but not outside, not yet anyway.**

Les: No, I was a bit concerned about it, that's why I questioned, thank you for answering.

**I hope it will not dismay instruments being used, but sometimes the subconscious mind can interfere.**

Les: This is what I thought it might be.

**I hope this has helped you?**

Les: Yes it has, I shan't mention it.

**No, no need, but please be assured that I will not speak outside of this group.**

Les: Thank you, now I shall know how to deal with it, if it should occur again. I don't think it was any wish to *deceive*, but as you say the subconscious probably was operating on a wishful nature.

**It is not something that you should be harsh about, because all instruments sometimes have doubts and allow the subconscious to raise to the surface unknowingly, *unknowingly*. They do not mean harm and of course it would be *nothing sinister* of course, because here within these walls, you may well know, all are protected. Do not be concerned about it, but accept that I was not here.**

Les: Thank you, that is all I wanted to know really, I shall not raise the subject at all, thank you.

*(thanks + farewells)*

*The rest of the evening was devoted to the development of other mediums. An attempt was made via one through Sue, to help with Joy's automatic writing. There was also a blacksmith from 1890, through Sarah, with a lengthy chat about life then and what they are doing now.*

**~8<sup>th</sup> April 1996~**

**Good evening.**

All: Good evening.

**This time, I will speak for a short time, because there are other things do to this time.**

Les: Yes thank you, we have been told, you wish a candle to be lit and all people to group around it.

**As I leave you, there will be one who comes to tell you how this evening will be directed.**

Les: Thank you very much. It will be interesting.

Now, if I may, I would like to address some of your thoughts and fears, that have come to me. I hear sometimes, *'Why are there not more names, more times given, when peoples communicate with you?'* I know this is a question which is addressed throughout your world, to many instruments that we use. Let me say this to you, my dear friends: Dates and names, the significance of them, is usually *ephemeral*. Therefore they do not become well remembered within the personality, amongst the personal components of that personality. That is why so many cannot remember. It is insignificant to what they try to bring back to you, do you understand?

Les: Yes I agree the name is insignificant. I use it merely as a courtesy matter to address them, that's all, when I ask for it.

**Of course, in some cases names and dates have some importance, only in as much that an impact has been made upon the personality, as they leave this Earth plane. Then you will be given dates and names, not because they are important, but because it is part of the memory that has been retained. You understand?**

Les: I see, yes I do thank you.

**Now I wish to say just a few words about some of your fears. I say to you dear friends:**

**Do not fear solitude, because you are never friendless. Do not fear becoming old, because each experience in age, brings wisdom. Do not fear death, because you see, yonder the great divide between this world and ours, because your love and your memory of home, becomes so much more vivid. Do not fear these things, because always you gain much from them. You understand?**

Les: Yes I think everybody understands, don't they? (*general agreement*)

**I know these fears sometimes take hold, but you must use your thoughts to stop this happening and push them to one side. Do not allow your fears to become destructive, because you see my good friends, what is there to fear? After all, when you know that life continues—**

Les: I agree there is nothing to fear, it is just the retarding of the *physical brain* all the time, which has to be got rid of.

**Your own physical brain clings to in this lifetime, as in many others, to the very fears, to the thing that you fear most. You need, and I hope you will this time, break free of *all* of these fears, that when the time comes that you join us on this side of life, that you will let go with love in your hearts, that you accept that the time is right for you to return home. I will endeavour to help you all when your time comes, and you know that the time is far distant for you. But I feel that sometimes you allow negative these thoughts to creep into your consciousness.**

Les: I think perhaps sometimes our thoughts might be not so much that we fear dying, possibly we fear a *painful* death.

**Yes, I understand, but again I say to you, with the power of your thought, there should be no fear of pain. You can *dissipate* your own pain. I know you find this hard to believe, but we have spoken briefly about this.**

Les: Yes we have.

**How do you think the peoples in your world who tread upon the fires, can do so without pain? How do you imagine this to be achieved?**

Les: By thought, I imagine.

**So I say to you, *now* is the time for you all to concentrate on your physical being. Develop that power of thought. Next time you have small pain, try, try to see it, to allow it to go with love. Please try it my friends, you will be amazed what practice can do. I will not say you will achieve it instantly, but within you all, you have the power of the spirit, which will in this lifetime, become more powerful from within. You understand? (*very faint recording*)**

Les: Yes, thank you for that, I think we all shall be trying hard.

**Mankind really should know—(*of these things?—recording very faint*)**

Les: Yes, so you have said in the past.

**It is not good to have fear, but because there has been much travelling down from your side throughout time, it seems that within your world, it almost has become the expected thing and it should *not* be so.**

Les: It's encouraging anyway for us to work upon and we thank you for it.

**Now I think, unless you have question, I will leave you, to allow those who wish to work with you this time, to come forward. Each one of you should experience something this time, if only you will open up your hearts and minds.**

Les: Yes, I do have one question if I might? It is a question which was put to me. I answered it I think correctly, but I would like your information on it: On this Earth as you well know, there are many people with psychic ability, who use that ability to tell the future or '*tell fortunes,*' as it is said here and charge often quite a lot of money for it. My questioner couldn't understand why information from your world is allowed to be given to such people here? Why it is not stopped and prevented, because it appears that it is being used in the wrong way.

**I understand the question, thank you. We know that you all have what you call in this world, '*psychic ability.*' You all are capable of it, but some to a greater degree. Let me say this to you: Because they use these abilities, that is not wrong, it is an inherent part of their being. They cannot change it, any more than you can change the stage of development at which you are at. You understand?**

Les: Yes we do.

**We come again to your free will. All of you have been endowed with it. How you use these gifts, as you call them, how you deal with them and use them, *must* be accounted for when the time comes for them to come to our world. If they have been misused and abused, then of course, the consequences must follow here; it is as simple as that. You cannot say, '*Why is this allowed, why is that not allowed?*' You begin to personify that *Great Divine Creator*, you begin to personify that *Great Universal Love*, which after all is *not* a person. You do not have someone who says, '*You can do this, you cannot do this.*' That is not how the information is given. It is an *inherent ability*, within each of you, to be used as you so desire. You understand?**

Les: Yes, and I thank you for the answer. It is the answer I gave to the questioner actually, that the misuse would have to be paid for or compensated for, in due course.

**All of you understand within your *spiritual selves*, what is right and what is not. Whether you use it for right or for wrong, is entirely up to you.**

Les: Yes, I did explain to the questioner, that if it was a case of having to drop something else, in order to do the work, then it is justifiable to charge a certain amount of money, just to support the physical being, but not to charge in excess. Again it is a case of using free will honestly.

**It has to do with the motive behind the thought, that is what is important, *the motive*. I would not say that it matters too much, when it comes to monetary things, if the motive behind is good, provided they are not trying to cheat their fellow man, then there is nothing wrong with making a charge.**

Les: No, thank you.

**You must always look deeper into these matters. It saddens me so sometimes, when we hear people say, we know it comes from ignorance, when people say, '*Why does God allow this, why does God not do that?*' You must move away from these restrictive ways of thinking.**

Les: Yes of course.

**I know it is hard for you to grasp sometimes, but to work upon it, to allow your minds to expand—  
(recording inaudible)**

Les: Yes one has to look to motive all the time, as you have said before. Thank you very much.

**Now I will leave you this time—**

*Salumet then gave a blessing, but the recording was unclear.*

*One then came through Sue explaining that this evening was a sort of practice/experiment for next week, when conditions would be better. We started by lighting a candle and placed it in the middle of the room and two ladies and two gentlemen held hands (fingertips) around it, opening hearts and minds, to whatever came. One later came through Eileen and gave further instructions/guidance, as to what they should be feeling/experiencing. Much of the discussion focused on what was seen, regarding the flame.*

**~29<sup>th</sup> April 1996~**

*Salumet arranged a guest speaker to come through Eileen this time—a former monarch, known in the history books as *Catherine the Great*:*

***Your silence and expectation is commendable. I am so pleased to be here with you.***

Les: We're certainly very pleased to welcome you and we appreciate your coming to talk to us.

***I have to admit to you that all at this particular moment in time does seem confusing. But hopefully it should clear and I will be able to give you the information that I intended to give. I was not prepared for this confusion of thought, on entering this life.***

Les: No I understand that it is very confusing for the first few moments, when one returns to the physical. I'm also told that it does clear itself, as the voice continues to be used.

***Yes, I am happy with the instrument, but it is like swimming through a sea of fog, at this moment.***

Les: Yes, it must be very difficult for you—

***But I will try to recall, if you will bare with me.***

Les: Certainly. I was going to ask if there was anything in particular you would like each of us to concentrate on, to assist you, to clear the confusion?

***I ask only for your love please.***

Les: Right, well we can certainly give you that.

***It is strange to be touching such rough material.***

Les: Yes I suppose it must be rough to you now.

***Yes, it is not unpleasant, but strange. I was not prepared for it, so please bear with me and we will begin our conversations shortly.***

Les: Yes, we are quite happy to go along with whatever you wish.

***I am also trying to adjust the voice, because I know it is not how I would wish it to be.***

Les: No, it is quite clear, incidentally.

***If you are happy with it, then we could continue.***

Les: Yes we are quite happy, you're speaking very clearly.

***Then do you know why I have been sent to you?***

Les: No we don't. Salumet said that we would have somebody coming, who we would find to be very interesting. That's all he did say.

***I am deeply touched that those words should have been used about me. But of course the reason behind my returning is the teaching that you have received—that I am in fact a 'cut of,' of the personality, of the whole, which is returning in different time and different body.***

Les: Yes Salumet has explained something of that to us.

***It is not that we wish to impress, but that we wish to give details. We do not need to give you evidence, of life after your so-called death. That is not why we return, because you have gone further than that. So the reason behind this return visit, is to show you that the personality can cut itself off from the whole, and make a return.***

Les: Yes, thank you.

***I will try to bring forward some facts, as you may bring to memory and help you to recognise who I am.***

Les: Good. You probably are aware that we do record everything that is said?

***I am not familiar with your recording machines, but I have been told of this.***

Les: It means that we can listen to it as many times as we wish afterwards and this is why we so appreciate you and your colleagues, taking the trouble to talk to us, because it's of great interest to us and assists enormously in our learning.

***Let me say to you all it is good to be amongst an audience once again. This happened many times, in the lifetime, which I have come to speak to you about. It was quite normal for me and I accepted it too easily, as being the norm. So once again to be amongst a group of people, does indeed seem strange, because of course, as I have gone on in this side of life, I know how unnecessary this was. But of course, it was my life's plane, at that particular time and I do accept it now.***

Les: I understand.

***Firstly, I would like to give you my name, although I do realise that you probably will not recognise it. I was known as Sophie Auguste Friederike.***

Les: Really, thank you, I DO recognise it.

***You do?***

Les: Yes I've heard it.

***But of course to others throughout the world, I would have been better known as Catherine. But I have to say here and now, I always objected to changing my name. And always I was known as Sophia, when I came to this side of life. I rather resented the intrusion on my birth name, but being a young woman, I had no say in these matters of state.***

***Les:*** No unfortunately in your time, that was so, wasn't it?

***Indeed it was and of course I was a young snip-of-a-girl, and did not dare to speak out.***

***Les:*** No, I imagine you do very differently now, where you are now?

***This is what I come to tell you. All of your life's troubles does not mean so much, when you come to the larger side of life. Everything comes into perspective; you see your life's plan, you see the pitfalls and you see the good points of it all and of course you learn from your many lives. You understand this of course.***

***Les:*** Yes we do.

***I have been instructed that you have been told much. So an evening of this kind I believe, is light-hearted for you?***

***Les:*** I find it very interesting nevertheless, particularly when somebody such as yourself comes to speak to us.

***I had much to regret when I left this life, or at least the life I am speaking of, because in your yearly terms, many years have gone by. But I speak only of this time, in order that you can make recognition, for yourselves and to understand that time is of the least importance, when it comes to the continuity of your lives.***

***Les:*** Yes, this we are beginning to understand. Incidentally, if I might say, your voice is now very much clearer, I hope the confusion has lessened?

***It is clearing. We were hoping that the control would have been greater this time, but we must always work with what we have.***

***Les:*** Yes I understand, thank you.

***It is strange how these things become misty. You would assume that all would be natural in memory, but it is not so. I am recalling just a few times, of this lifetime, which I can tell you about. They obviously made a great impact in my life, when I lived here. So may I tell you a little?***

***Les:*** Please do!—You undoubtedly are aware of the intense silence—everybody's anxious to hear you.

***My childhood was mainly uneventful. I believe I was a loved child, but my mother had great promises made for me. Her ideal was to see me married well. So this is how my name came to be changed, much to my annoyance at the time. The decision in my life, was made firstly in 1744—this is the time we go back to, because this is my first strong memory. When I was taken from my homeland, small duchy from Germany, influenced I might say, by Frederic, who was a strong powerful man at the time—I was transported by my mother to Russia. I have to tell you, I was terrified at the prospect. I was a petite young woman, aged only 15 of her years. Can you imagine what it must have felt like, to be transported from one's homeland and bosom of your family, to be confronted by a woman so strong, so powerful, that not one word was uttered in her presence?***

***Les:*** That was Irena?

***The empress. I have to tell you, she was not unkind to me, but also she did not show affection either. To one so young, it was indeed disturbing, and distressing.***

***Les:*** I can imagine. Why did they take you there?

***Because I was to become betrothed to the empress's nephew.***

***Les:*** I see, thank you. It must have been a ghastly experience for you.

***I was instructed in Russian language, which I have to say at that time distressed me. I was instructed in the orthodox religion, I was instructed in the court ways—in so many things in such a short space of time. Also my name was changed to Catherine and I was betrothed to Peter. He was a thin gangly pock-marked young boy, only one year older than I, but I would happily have joined him with love, if only he could have shown me some affection, but that was never to be. The memory now distresses me, when I think back to the love I left behind, within my own family background.***

***Les:*** Were you never able to visit your family?

***My mother stayed with me and frequently wrote back to my father all progress made, but I was so unhappy. But I could never show it, because of course I was constantly told how great an honour was***

*being bestowed upon me, that one day I would become a great lady. I never wanted that, but fate and circumstances were due to bring me just that. I am speaking to you now, about the human element of this woman; I am speaking to you about the feelings within her heart that were never spoken aloud at the time, because she was a woman so young in age, she was terrified to say one word out of place. (Yes.) The next memory that comes to me, is of the marriage ceremony. I was taken to the empress's home, where she took charge to dress me, to bejewel me, to instruct me. And so both Peter and I were transported to the great cathedral, to the 'Virgin of Kassam.' I remember thinking how appropriate that name was and how terrified I was to become the wife of this 17 year old boy.*

Les: We can quite understand it must have been a terrible experience for you.

*The cathedral was beautiful, and will always be imprinted on my memory. It took several hours, of course I don't know how much you know of the Russian courts in those days, but such a wedding, was indeed spectacular. We returned to banquet and feast. Can you imagine SO much food, but the worst part for me, was the obligation to dance with so many old noblemen.*

Les: Really?

*I was horrified. Even now I can feel myself quake from this old memory.*

Les: Are you not able to clear these old memories and give yourself peace of mind?

*Of course, they have been gone through, it is only the return to this physical world, which brings with it, not only the memories, but the pain of them.*

Les: I see.

*Of course they have gone, when I leave here they will be gone forever. (voice faint)*

Les: They'll be gone forever? Good.

*I only bring them to you, to bring some authenticity to my memory.*

Les: Thank you.

*I am not in pain now, you understand?*

Les: We're pleased to hear that.

*But the memory is so strong.*

Les: I asked the question, because we did have a communicator, from an earlier age than yours even, who told us that her visit enabled her to clear her mind completely, of the traumas she had suffered, and we were hoping that this might be the case with you as well?

*No, I have none of those problems, I fully accepted when I came to this side of life, I knew what I had done, what I had done wrong and I knew what had to be done. There are many memories within a lifetime, which have to be faced up to.*

Les: I see.

*And I will tell you now, because it took me many, many of your years time, to fully accept what I had done. Although I did not actually raise my own hand, I was responsible for Peter's death.*

Les: Were you?

*Of course, those in court circles saw me distressed when the news came, but I knew in my heart that is what his fate would be. You see by then, I had become a worshipped lady throughout the lands. The people wanted me to rule, because Peter was a weak and infantile man and I have to say his mind was not fully there. He was subject to many stormy outbursts and he did not please the people, because he was in favour of Frederick, who was a powerful—in Peter's mind, 'ally.' And all the Russian people, they could see that he could not be a good and strong ruler. Do you see, the power came to me, without even my soul wishing or desiring it to begin with? (Yes.) But once, ONCE you have the adrenaline flowing through your veins, once you have the feel of the POWER and the adoration of your peoples, then your life can take a turn for the worse.*

Les: Yes, I quite follow you.

*This I had to face up to. I had MUCH to face up to.*

Les: I'm sure you did.

*But he was an unfeeling and unloving young man, but I was a warm-hearted, pretty young woman, who desired the love of a man. I do not deny this, neither do I feel grief about it, because circumstance you see, dictated always that I find love. I have to say and I must say to you, that it is not well known or understood, that Peter fully accepted our child as his own. In fact, my three children belonged to*

*different men, this I am not sorry for, because I loved each and every one of them. But I have to say, if life could have been different, I would have chosen another pathway.*

Les: Yes. You didn't wish for the power that was thrust on you.

*I did not and when I looked back over that lifetime, I could see I had done much good. For the people close by, I had fond memories and not least my own son. And that was my parting memory and one which caused me continuous grief for a long time, because although my peoples called me, 'Catherine the Great,' to my own son I was neither a good mother, nor heroine. He despised me, because you see he always believed Peter to be his true father. So on my death, he instructed that Peter's remains be dug up and that both of us would go together. And he instructed (spoken with tears and was unclear/faint on recording) Alex's father to carry both of us also—if only he had known that Alexis was the father (of my loved one?) he would indeed have been shocked. You cannot imagine what it was like to watch this from this side of life and to be unable to comfort him?*

Les: It must have been a terrible time for you.

*It was, but it opened my eyes to what I had to accept.*

Les: But I believe I am right in saying that though you didn't wish to have the power that you did have, in the main you used it for the benefit of your people?

*My peoples were so glad, because as I have said, Peter would have sided with Frederick of Prussia and he (Frederick) would have eventually turned against us, but he could not see this. He was a simple man, with little strength, little true knowledge, and so I had to take control, not only for the peoples, but for the future of Russia. I have since spoken with Peter, who has told me he also was afraid and we were both so young. He also was like a little boy. All he wanted to do was to play with his soldiers, in his gardens, with his toys. He was not ready for manhood, to rule a great country, or to take a wife. These things also came to him—you have to understand that in those times, you had no say in what your fate was to be.*

Les: No, but it would seem it was necessary for you to take the part you did in that life, because of Peter's short-comings.

*I understand that now, it is the one thing I have accepted. I reigned for 34 years, of your time and I do say to you, most of them were good. I developed from a petite soft young woman, into a woman of strength, of knowledge, capable of great love. And to say I truly loved the first man, I had my first child with—there was no one to match him, but he was sent away, for diplomatic purposes, because of the rumours it caused.*

Les: I see, so that happiness was taken from you also?

*I know now, it was this that made me strong. I then looked to guiding my son and to trying to influence Peter, who ignored me and had no love for me at all. And he also could see that he too was at fault, but he was simple in his mind and at times very destructive with his words, though all was forgiven at the time. And I have to say that since that lifetime, my heart has been heavy, not only for what has happened in Russia, but in my homeland of Germany. But I think I would be right in telling you that the nations of your world, are becoming much more sensible, that they are beginning to recognise that love for all mankind.*

Les: Yes they are beginning to realise that, it's a slow process, but it's beginning, and for that we must be grateful.

*I do believe I must depart now. I think there will be someone else to speak to you, via another. I thank you for allowing this time, I thank you for the opportunity of memory, I thank you and I say to you all: Love one another as you would those closest to you. Know that all in your lives can be good, if you so desire.*

Les: We all hope that you can attain happiness, or retain happiness now, isn't that possible for you?

*I am happy, I am happy. I do this only because it is instructive for you. All my memories have disappeared in the life that I now lead. I am only a small fragment of that life which exists now.*

Les: Well we do thank you for having come here tonight and for what you've told us. We can only say that our full love goes with you.

*very faint—as she withdraws, she seems to refer to her first love once more:*

*I did love Sergey, I did. I loved him from the very first part of my being—he was a truly great man and he deserved the title 'great,' not Peter, not Peter, not Peter.*

Les: Thank you very much, God bless you.

*A control came through Eileen briefly, a humorous one, probably helping Eileen to return, before another came through Sue:*

***Forgive the delay here, but this one was connected with the one who has spoken here and the channel is not quite clear. I come just now to close for you and to ask whether this evening was a pleasure for you all? (enthusiastic agreement)***

Les: It was a wonderful experience!

***I would suggest for those of an enquiring mind, that they read some of the books available to them and that they corroborate some of the information which was forthcoming this time.***

Les: Yes I'm sure that will be done. I for one will do it.

***Please, there may be small errors in time, but this you can imagine. The memory sometimes falters, but let me say to you, that you have been honoured to have part of the Great Spirit amongst you this evening.***

Les: Thank you very much. Yes we do feel honoured every time someone like her comes to speak to us, because we can imagine how difficult it can be for them, which is why we appreciate it so much.

***This one has been waiting for the opportunity to tell part of her life of that time.***

Les: And does it hurt them, when they have told it like that?

***Yes, it was said to you the memories were returned for you and not to cleanse the soul, that part had been achieved many, many of your years ago.***

Les: I'm glad of that.

***She came purely to speak and bring you information which you would have found of interest.***

*—Instructions were then given regarding another guest who wished to come next week, but who needed absolute darkness. Finally one through Eileen gave a brief message for Sarah, before the evening came to a close.*

~6<sup>th</sup> May 1996~

**Good evening.**

All: Good evening.

**It gladdens me to be amongst you once more.**

Les: Thank you. I should say that last week we were asked if we would sit in the dark. I said yes we are quite prepared to do that, but since we are short in numbers tonight, because we have another annoying holiday period, I wondered whether you'd want that done or not? I can quite easily extinguish all the light, if you wish?

**It would be much better, if you will wait until we have all of you together.**

Les: I thought that might be so, thank you.

**It always benefits the work to be done, if all are present.**

Les: Yes, you have explained that to us several times. That's why I thought it might be so tonight.

**Yes, you see the instrument who uses words, must be present for that occasion. It is unnecessary for me to go into details about this, but it would be better.**

Les: Yes, we quite accept that, thank you.

**I would like to begin this time, by speaking to the lady that we know as Margaret. I hope that she has been aware of my presence with her,**

Margaret: Yes I have.

**Because she has been in need of some help and upliftment. (Thank you.) I am happy that she has felt this to be so. Don't be concerned, happier days will be with you soon.**

Margaret: Thank you very much.

**Now, I know you all probably want some questions this time, but I wish to speak to you dear friend and say also, that there is one with us, who has the desire to use you for speaking. You should have been aware of him around you sometimes. But because he comes to you in your sleep state, you possibly do not remember.**

Les: I must say I don't remember particularly.

**It would be our desire, if you agree, that he try to use you for words this time. You will be fully protected and we will ask the lady who sits close by, to help with your return. Are you happy to do this?**

Les: Certainly, yes of course, quite happy.

**His desire and need is great, but he fully understands, if you do not wish to be used.**

Les: No I wouldn't dream of refusing, I should be very pleased if he does wish to use me, I shall be very pleased to help in any way I can.

**Can we then say, that a little later, you retire to the chair and allow him to come to you? (Yes.) We thank you for this.**

Les: It's my pleasure to be able to help.

**This one can bring you great knowledge also. (Thank you.) I want to say I little about the subject of *energy*, which I mentioned to you last time.**

Les: Yes we shall be very pleased to hear about that.

**I think that this subject is so important to you all, that it too would be beneficial if all of your members were present together. For that reason, we will leave it until then.**

Les: Yes of course, we are always quite happy to be guided by you in these matters.

**Now, do we have questions this time?**

Les: Yes, if I might begin as usual: I have always been concerned about evolution in the animal kingdom—mainly the animal kingdom. You have told us that there are intelligences, who have the responsibility for overseeing all aspects of natural life. I've often been puzzled, when we consider the theory of evolution, how it is that species have evolved, because there must be a time, particularly when there is a considerable evolving, when the animal in question is neither one thing, nor another—I think that is fairly self-explanatory, if we think about it. An animal that took to the seas from land; there must have been a time, when it was neither sea animal nor land animal. Does that evolution extend over many centuries, or do those intelligences responsible for that particular animal, are they able to in effect, make an instant change in it's characteristics? Or do they decide what is going to happen to it, in respect of it's evolution? I'm sorry it's such a long question, I think you'll understand it.

**I understand fully my friend. It is a complex issue, of that you know. But I have said there are intelligences, for all forms of life. *Nature 'provides,'* this has to be so. When you speak of 'intelligences,' and can they bring forward evolution as you put it, in a way this could be interference, so we cannot allow this to be so. Evolution takes place, within the *natural order* of life. So you talk of much time, *much time* of evolvment. The intelligence that we speak of, involved with all forms of life, are there for support, not to interfere in change or growth. I think you will know more, when we speak of *energy*, I think the explanation will become clearer to you, because of course, this subject is encased within the *world of energy*.**

Les: Yes of course.

**I have to say about evolution, as a mass subject, that much has been spoken, but not always quite correct. Although your scientists have been moving in the right direction, within the last few hundred years, but not quite so. But hopefully all will be explained more clearly to you, when we speak about the subject of *energy*, because after all, *all life-form is energy*. You understand?**

Les: Yes I can quite understand that.

**So you see, each—how can we put it, each *stage of evolution*, is in fact a *change of energy*.**

Les: So a change could be immediate, could it?

**No, no, no.**

Les: No, this is what puzzles me.

**Yes, no, that would be a form, a form of interference—that cannot be so.**

Les: Yes I can understand that.

**It does not follow the natural laws to do so. But we will return to that when we speak about energy.**

Les: Good, thank you I'd like to have clarification of it.

**Yes, it is a complex issue, which can be clarified to you, in simplistic terms.**

Les: Thank you very much. I've puzzled about it for a very long time.

**That is why it has taken so long for the subject to come to the fore, because it is a puzzlement to mankind.**

Les: Yes and as I say, some of the concepts which have been published, are far too glib, for me to accept them.

**Remember always, that throughout your earthly history, mankind has changed what he finds to be—and changes his mind so often, to suit himself.**

Les: Yes, you're right there. (*chuckles*)

**But that is not to say it is a fault of mankind. It is part of his seeking, part of his search for knowledge. So, there is nothing wrong with that, but we will return my friend and we will clarify this situation.**

Les: Thank you that would be most interesting.

**But it does fall within the *energy*, which we wish to speak about.**

Les: But you have cleared one major point, which bothered me, that is the intelligences responsible for these particular aspects of life, *have to* be confined by the natural laws in any case, and can't interfere. So they can't make a decision, which would alter an animal, bird or fish.

**It has to be within the *natural law*, that cannot be altered.**

Les: That certainly clarifies that question in my mind, thank you very much. We all look forward to hearing about energy, when it's convenient for you to do so.

**Yes, we will return, it is an important issue, an issue which we must (?) to go, to try to clear some of the facts, that have been placed before you.**

Les: That would be very interesting. Thank you Salumet.

**All I will say about energy, it is the basic life-force, of all things.**

Les: Yes I think we all accept that much more realistically now, than we could do, when you first began speaking to us.

**Yes it will help you to understand, how this evolution has taken place, in your world, not only in your world, but in others.**

Les: Yes, that's another subject which interests us all, the existence of other worlds. We hope to have more information about that in due course too. (*Yes.*) We're very greedy for information. (*chuckle*)

**I fully understand and I thank you all dear friends, for your patience, in waiting for the knowledge that is coming to you. But don't you say upon your Earth, that all good things come to those who wait?**

(*cheerful agreement*) **I believe that is one of your earthly sayings?**

Les: Yes you're perfectly right in that.

**So, bare this in mind please and we will take many steps forward together.**

Les: Good that's lovely to know and we do all thank you. Now, other questions anybody? George: Can I add to that, one our modern philosophers David Bohm, he talks in relation to changes in animal species. He talks about what he calls an '*Implicit Order*,' as being a non-material realm, which is in resonance with the forms in our material world and he talks of the changes in species, as arising from that energy resonance. Would that line of thought, shed any light on our understanding?

**Yes, that will be encompassed within the talk about energy. This one you speak about, is on the right tracks I must tell you, when he speaks about this subject and yes we will encompass is within our talk. But yes, I would say he is mostly correct, in what I would say is his theorising, at this particular time. But he certainly is taking the right steps forward in his thinking.**

George: Thank you I'm pleased to hear that. I felt he might be on the right track. (*Yes.*)

Les: Another question anybody?

George: I have one more: We have talked about stone circles and about energy to some extent, but I have been studying lately, the place 'Avebury,' which is rather more than a *stone circle*. I rather think it might be an ancient temple, built into the landscape and it seems to be surrounded by *white horses* cut into the hillside and many *tumuli*. It seems quite a remarkable place and it is almost at the centre of a large *ley-line*, which runs right across the country. You have said before that the *stone circles* connect with energy. I fancy that this is a rather special place, can you enlarge on that at all?

**I will my friend. I would not term it a 'special place,' because throughout your world, there are many of these places. Some as yet unknown, as I have previously told you. But of course, these *energy lines*, as you call them, '*ley-lines*' are part of the Earth's energy pattern. This is well known within your world now, so I do not wish to term any one particular place as '*special*,' because you see, it is part of your**

Earth's pattern. There is no one particular spot upon your Earth, which is so *special*. Can you understand?

George: Yes I follow.

Although I see your meaning in saying about it being on these ley-lines, as you call them. There was meaning within the minds of the people of the times, when these stones were erected and we have spoken of them before. (Yes.) But again I will say your understanding will be a little fuller, when we discuss energy.

George: I see. That place was 'thought' to be special at the time—

I know many of these places are within your human minds, thought of as special, but I can tell you now, please do not think of them as special places, they are natural occurrences within your world. I hope that has helped you.

George: Thank you, yes it has.

Les: On the subject of resonance's and energies, I think I'd be right in saying that in the times when the Bible was written, approximately 2000 years ago, there were many wise people, who knew much more about fields of energy, that we do nowadays and it was that knowledge that enabled the walls of Jericho to be demolished. It wasn't just the blowing of trumpets I believe, it was a particular resonance produced by those trumpets, that produced the collapse of the walls, would I be right?

I think here we speak of stories within your Christian Bible, which in fact you should not take literally. I would disagree slightly in what you deem to be *Truth*, in this particular aspect of your history. But we will come back to that. You cannot associate *all things* as being used by peoples of knowledge, and this is one of them. Are you happy with that answer?

Les: Oh yes quite happy thanks, again it was something which puzzled me and in trying to find a logical answer, that was the only one I could presume to be the case—

Many of your ancient civilisations had greater knowledge—this also we have touched upon I believe. And their knowledge was far superior to that which you retain today; it has been lost through the civilisation and it is something that could be regained if you wish, but I'm afraid mankind has lost so much, which should be natural to him. It is not something strange, it is not something you that should pray for—it is something, all of these energies are within each and every one of you; they are there if you so desire to use them. All they need is your time and your development of them, to be able to be used. You understand?

Les: Yes we begin to understand. I think we can understand more, once we accept that though we don't understand energy, or the forces of energy, if we accept energy as being *life*, or the *essence of life*, if you wish to put it that way, we might get nearer to an understanding of energy.

I will say this to you, before I leave you to continue with other things, that your physicists today have made the analogy of the perfect form of energy, which my dear friends, is the human body. They have made the analogy with the cosmos, the universe—because you see, your body continues (*to develop? tape faint/inaudible*)—so also does the cosmos continue (?) the planets, all activated by energy. So you see how simple and yet so complex is this energy?

Les: Most certainly.

But we will come to more explanations for you, as I have said.

Les: Thank you we look forward to that.

Now, if you wish, we will see if anyone would like to speak and then I would ask you dear friend, to sit quietly and allow the one, who wishes to use you—(*to do so?*)

Les: Certainly, thank you once again and God be with you.

*There then followed one through Sarah, who Lilian talked with, while Les sat down in readiness to be used. There was then a pause for several minutes, before Les felt that the person attempting to use him was not for some reason able to do so.*

*Eileen was then used for clairvoyance, giving several names and some information about those wishing to communicate with us. Unfortunately no one could connect with them. The person using Eileen explained that he had not been doing this work for long. (So as Les pointed out afterwards, it is a two-way relationship, in the sense that we were helping his training, just as they help us.)*

*At the end of the meeting, while we were drinking tea and the recording equipment had been switched off, a powerful control came through Leslie, who advised us to try to forget the difference between physical and spirit. We should think rather of the two apparent conditions, being only ONE—one cannot exist without the other, the other cannot exist without the one. We should try to think of ourselves as just energy and this should eventually lead to us having a better understanding of the energies which encompass us and which are a part of us, as we are a part of those energies. In answer to a question from Eileen, as to whether the Great Creator, (that was the control's expression, during his talk) was energy, the answer was 'Yes,' the Great Creator is energy. The control then admitted that even he did not have a complete understanding of the complexities. Remember that the energy of the Great Creator, also was created by energy.*

**~13<sup>TH</sup> MAY 1996~**

**Good evening.**

All: Good evening.

Les: Welcome once again and thank you for being with us.

**It is good that I come when so many bring friendship and love. It helps my task no end.**

Les: We are very pleased to know that. There always is love for you.

**I hope that you have—all of you, felt in days gone by since last we met, an upliftment for you all.**

Les: Yes I know I have. Have others felt it?

Margaret: Yes.

Les: Good, anybody else? Perhaps they don't recognise it, when they feel it.

George: I have felt it, yes.

**The changes are subtle, so do not be concerned if it is not apparent to you. We know that we have given them and that you all have accepted.**

Les: Yes, that's the important thing, thank you for telling us. It might make us more aware of the fact that we do receive it.

**I wish to say to you, as your Spring time turns to Summer time, then we can see the comparison with you all, that as new growth breaks forth, so too are each one of you, breaking new ground.**

Les: Good, that's very pleasant news, thank you.

**I came in on a vibration of love and I wish to say to you that the young lady who provided the music, which was playing and helped me on my arrival here, I wish to say just a few words about that one. (Sara was not present on this occasion)**

Les: Yes please do.

**There is much happening in her world at this present time and there is much to come, but she needs to slow down just a little. I would ask that those close to her, give her those words.**

George: Yes I will, thank you.

**Her energies, if she is not careful, can become depleted and we would not wish that, at this particular time in her life. So it is important that she take heed of my words.**

Les: I'm sure she will, because she has, in addition to love for you, a great respect for what you tell us. I'm sure she will take heed of your words.

**Let me say this: Although she does not join us here, she belongs with us here; she is one of you, whether she be here in body or not, I wish you to know this.**

Les: Good, I'm sure she will be pleased to know it.

George: I'm sure she feels that.

**Her life will be good, there is much coming to her, but she must take care of herself.**

Les: Yes, we shall certainly make sure she has a copy of the words you've said, not by hearsay, but by listening to them.

**That is good, because words do not always convey what I try to give. I also my friend, wish to say just a few words to you: We thank you for your continued work on our side of life, and since we met last, you have indeed been very busy.**

Les: Yes I have been very busy here I know.

**I do not speak of the earthly work, I speak of your work with us, on our side of life.**

Les: Well I'm very pleased to know that.

**Your awareness of this task will grow, I know you have felt it sometimes, but the knowledge will become stronger, the awareness will be greater and the opportunities become more.**

Les: Thank you very much.

**You do good work my friend, for the needy. You will not and cannot know how much, whilst you remain within these earthly clothes. But let me tell you, your work is admired by many in our world, your work is sought after by many in our world, who are not allowed to do it, because they do not have the spirituality necessary. So my dear friend, you can justly feel proud of yourself.**

Les: That's certainly very gratifying.

**I do not say the words for the (those) reasons, but I have to tell you it is so, because I want you to understand that you belong in our side of life, as much as you belong here. You understand?**

Les: I do, I've been telling people recently precisely that.

**And as you gain earthly years, so the adjustment becomes much more—you spend a great deal of time on our side helping others, in a manner familiar to you on this side of life, but the capabilities are much more when you are with us.**

Les: Yes I quite understand they would be and I'm very pleased that I'm able to be used like that in your world. I do look on it as a privilege.

**Dear friend I say to you, remember you are an *old soul*. I cannot and would not say that to all or to many, but remember you have trodden many pathways, you have attained much and your achievements are *good*. And in this earthly frame now, we hope that your achievements will be rewarded, by work which should happen here and which you have waited long for.**

Les: Thank you that really would be pleasant to have that.

**Now because we have many, there is one with me who wishes to speak, who asked that you spend some time in darkness and they will explain to you why.**

Les: Yes certainly.

**Again, it is important that you all develop in your own individual styles. So we will take the opportunity presented to us.**

Les: And one will be speaking through your instrument, in the darkness?

**I wish to use this one quietly, there will be speech through another, who will instruct you as to why the darkness is needed.**

Les: Thank you, right. There is just one thing I would like to speak to you about before you go. (*Yes.*) I have had two ladies here, who both have had rather unpleasant childhoods and adolescence, and they have both in their own way, as they put it, been looking for 'The Truth.' Both I'm sure are very good people and have quite a lot of psychic ability. But one of them in particular has had her mind filled with nonsense, which has made her afraid of many things. I spent two hours talking with her a few evenings ago and I took the liberty to tell her to stop meditating as she has been, and to sit quietly and ask for your name to be of help to her. It was a liberty, because I hadn't asked you, but I hope it is permissible.

**I am aware and I will do what I can and please do not feel as you do; I know that what you *DO*, is for good. When the intention is *good*, there can be nothing to say, you understand?**

Les: Yes I do, I appreciate your agreement, because I was sure that if anyone could give her strength to overcome the fears that have been generated in her, you could do it.

**There has to be a wiping clean of the slate with this one. We will help, but we ask that you continue with your words, because she also needs the *physical contact*, the physical reassurances, that *all* can be *well*.**

Les: Yes they are both coming again, so I shall do whatever is necessary for them.

**It may be that you need to be firm, your words need to be strong, but at the same time gentle, you understand?**

Les: Yes I do understand.

**We have here a child who is confused.**

Les: She's very confused, you're quite right.

**So although you must be strong, you must be gentle with her.**

Les: Yes I'm sure we'll be that.

**I will do what I can, but she has great potential that one.**

Les: I thought she had, which was why I was anxious to give her the time, and clear her mind for her.  
**If she can purify the energies surrounding her, then she could be used for many things. But first we must take one step at a time.**

Les: Absolutely. Well thank you very much for your help and I shall give her all the physical help possible and be gentle with her. Thank you very much again, may the Great Creator be with you, with our love too.  
*There then followed the expected guest through Sue:*

***I wish to speak to you.***

Les: Yes thank you, we're all waiting for you to do just that. Our friend Salumet, told us to be in darkness.

***Can you understand my words?***

Les: Yes we can thank you.

***I ask because this is not a tongue I am familiar with.***

Les: No, you do use another channel regularly, do you?

***Excuse me, I am referring to the language.***

Les: I see, well thank you for using ours.

***It is not possible to explain, but these words are being given to me, from another party on our side of life.***

Les: Yes, we do understand this and we appreciate the great trouble you take, in order to speak to us. Am I right in thinking that the language that you used to use, or may still use, is not of our current usage, or even of our civilisation?

***It is a tongue which has disappeared from your Earth, for many hundreds, even thousands of years. I will address you as 'Iyamedonga,' which means leader of men. You are indeed leader of men, indeed you are—'Avacanadiva.' I requested the darkness, because I cannot use the energies available, when there is light.***

Les: Yes we quite understand that the physical destroys those energies which you must use. So we are quite happy to be in the darkness, so that we may hear you speak.

***Normally we can adapt and use your instruments quite well in your light. We can use different power, different channels, and there are no ill effects. But myself coming from the realms that I do, it would be a problem to use this one.***

Les: Yes we do understand.

***I am led to believe that you are conversant with energy, you are aware of its importance, yes?***

Les: Yes that is so. We don't know enough about it of course, but we do know that there are many forms of energy, of which we have no knowledge yet; many forms which are used by you in your world beyond ours, which one day we shall be able to understand we hope. In the meantime, we accept that you are using these energies for our benefit and for our learning and we do thank you for that.

***I am not going to speak of energy this time, but I was just making certain, you were aware of what surrounds you at this time.***

Les: Yes we have learned a great deal about energy and that it encompasses *all*, day and night, every moment of living.

***Living—Living is what I wish to speak to you briefly about this time; living, BREATHING the air that surrounds you, FEELING the air, FEELING the POWER. It is vital, VITAL for your existence in the coming life, that you can appreciate what is surrounding you. When you BREATHE, you are taking in the ESSENCE of LIFE. Can you understand?***

Les: Yes we can, I think we are all quite aware of that, that though we don't usually think of our breathing, if we do consider it, then it is in that respect, that the very air we breathe, contains the essence of all life.

***And you must learn to BREATHE.***

Les: We must learn to breathe?

***You must learn to breathe; you hear me now, you hear the way I breathe? This is because I have come back into the physical realm, the physical air. But any one of us that returns, you can hear the breath they take, am I right? You understand?***

Les: Yes you're right, we do understand you.

***In your healing, you can hear the LIFE being taken in by the healer, yes?***

Les: Yes, you're quite right.

***I want you all to learn to BREATHE MORE, MORE than you do now. You are not going to take in as much as someone from my world does; I do not expect that and I neither expect to hear the breathing. But I want you all now to BREATHE IN MUCH MORE DEEPLY than you normally do, and at the same time, those that are able, that are not being controlled, I would like you to place your hands against your chest. Please do not question why, I just ask that you do this.***

Les: Can everybody do that please, place a hand or hands against your chest, all right everybody?  
(general agreement)

***And in your own time, breathe out—make sure that every piece of the air is expelled from your lungs. Place your feet firmly on the ground and press down, down into the Earth. Please to take another breath and feel the life force coming up through your feet, through into the top of your legs and up through your torsos. Feel the energy coming, straighten up the back, lift the head, feel the energy surrounding your face; please concentrate on the energy around your faces, feel it—feel it, as it gently caresses your skin. You need this energy, it is your LIFE FORCE. Can you understand me?***

Les: Yes we can.

***Slowly, slowly relax and let the energy flow back from whence it came. This is the essence of your life. I would recommend that in your quiet times, in your busy lives, you find time to do this as often as you can.***

Les: Yes I'm sure we shall all do that and what you say I find particularly interesting, because when I'm in my garden, I'm frequently being aware of the energy passing up through my feet, into my body, without consciously thinking of it—I'm aware of it happening.

***I think you will find that if you ask the others here, those that are used as a channel, normally feel the energy coming through, from the ground. You should now feel at one, with the darkness here tonight.***

Les: Thank you. That could be an answer to one of my colleagues' questions a little while ago, about *Divine Darkness*, because the darkness tonight, can be considered Divine.

***Let me say to you, when there are discussions about our side of life, we always hear you talking about the light and we ourselves tell you about the light and the light of love, am I correct?***

Les: You are correct.

***Let me say to you now, that although you are sitting in BLACKNESS, you are sitting in the WHITEST, PUREST LIGHT, that you could possibly imagine.***

Les: Yes we are only physically aware of the darkness, it is a *spiritual light*.

***Divine darkness, spiritual love and light, all are One, all are interwoven through all Eternity. You understand my words?***

Les: Yes I do, I think we all do.

***When you tread your final paths and come through the Light into our world, the Darkness which you have been accustomed to, your nights, your storm clouds, all will fade from memory. There will always surround you, a brightness, a luminous brightness, which as you know, is not harmful to your eyes, but will bathe and caress your spirit with Love.***

Les: Yes we all look forward to those days, whenever it is our time to begin to enjoy them.

***My purpose here this time, is to ask you to prepare yourselves for this Light. I do not wish to alarm you, it does not indicate that you are due to come to our side, but too few of you from this Earth are ready or able to appreciate the Love which this world is built from, do you understand?***

Les: Yes, that's the purpose of our meeting here, to try and generate love, not only within ourselves, but to pass it onto others, who may be interested enough to listen to what we try to teach them.

***I wonder if I could ask you all, to spare some time once more in your busy lives, to concentrate, concentrate please, on the WHITE, ROUND, SHINING LIGHT. It will not be physical to your naked eyes, but will be in your mind's eye. Let it start in your mind, as a small pinprick of light, keep it there, in your mind's eye; slowly, slowly let it built to another CIRCLE of LIGHT surrounding the pinprick. Let that radiate outwards slowly, so slowly, until it is a SHINING ORB in your mind's eye. Let there be RAYS of LIGHT from this orb and at the end of each ray, I ask you to place a figure of someone important in your lives, or known to you in your lives, or a loved one, who is loved in our realms. Do you understand me?***

Les: Yes we do.

**Concentrate on those people, send out thoughts to those people and in turn those people will have the sense of well-being, coming from the LIGHT. Can you understand?**

Les: Yes, that's a most interesting thing for us to do and we shall all be trying it. Your words shall certainly not be wasted.

**It is an exercise to prepare you for the time—the light will surround and the light is Love and the rays will touch those you are thinking of and sending love to—**

Les: Yes we shall certainly follow your instructions in that.

**Then spare a little time in your busy lives, just to concentrate on LIGHT and LOVE and not dark thoughts.**

**This I know is not knew to you, it is something that has been told you for generations, am I right?**

Les: Yes it has been told that we should not think dark thoughts.

**I am not teaching you anything new in that.**

Les: No you are merely confirming that it should be done.

**Now, the energy which we discussed, is not enough for me to stay.**

Les: No I thought your voice was getting weaker. Well thank you very, very much from all of us, I'm sure you feel the love we have for you and the gratitude we have for you having come to visit us at this meeting. We are truly grateful for all you've said.

**You could understand me?**

Les: Very, very well indeed yes.

**That in itself, is good. I also have learned a lesson this time. I say to you all, in my own tongue:**

**'Suffano jakuthai, suffano cha ekoot suffana ja deeska.' I send you in your tongue, love, health, and happiness.**

Les: Thank you very much indeed. (general agreement) What was your tongue known as, are you able to tell us?

**I can only say in your tongue, it was the tongue of the Fire Bird.**

Les: Right, thank you very, very much.

**Please leave this one in darkness for a little longer.**

Les: Yes certainly, we shall only introduce light very gradually.

**I cannot say if more will come, the power is much depleted. I say to you all, 'Suwakanawa.'**

Les: Goodbye to you, God bless you.

*Finally a control came through Eileen to help make sure Sue returned safely, before we closed.*

~20<sup>th</sup> May 1996~

**Good evening.**

All: Good evening.

**Thank you once more, for these meetings. I wish to say to you this time, that I am well aware of your thoughts to me, but I want to say to you all once more, a little about the awareness you have gained, whilst we have met in this way, so many times previously. Let me say this to you my friends, there are so many of your helpers and your loved ones, who would wish to help you in so many ways. I want to say to you, that for many of you, the worst things that could happen to you, would be to have your prayers answered. We have spoken of the pathway of the soul—I have told you that life's troubles and problems help you along this pathway.**

Les: Yes you have.

**And so it is. My dear friends, do not be dismayed when life's troubles seem to burden you down.**

**Remember as your awareness and your knowledge grow, so too comes responsibility with it.**

Les: Yes, we understand that.

**I would say to you all, that since we have come together, your awareness has grown so much, that you should consider yourselves to be emissaries, to go forth and speak of the knowledge you have gained. Do not be fearful of the response that you may receive. Fear is a negative energy, this I have told you, but if you wish your soul's growth to continue, accept the responsibility of your awareness and knowledge. So why do I speak these words to you? Because I wish you to realise that your thoughts**

reach me, but I *cannot* always provide what you desire. It would be so easy to give you what you wish, but it would be a negative action, it would not help you. After all, why have you come to this earthly plane, if it is not for your own soul's growth? Now I think I will leave it there with you, to ponder upon my words.

Les: Thank you, yes we certainly shall, we do understand what you mean, but at the same time, I think we all understand that by you *not* giving what we wish, even though it might be easy, you are setting us an example by accepting *your own* responsibilities.

**Yes, that also is a factor in this, but it is one of less importance. But it is important that you understand that your thoughts, your feelings do reach us, but it is not always possible to fulfil your desires—neither would it be good or acceptable to do so.**

Les: I can quite see that. We understand the reason, even though we might not want those reasons. That is part of the growth we must experience.

**Yes you all will understand more, as life progresses, because my dear friends, all of you will become *better, stronger* human beings, because of it. Life's troubles will bring you *strength and growth*, even if you do not understand why. It is part of your life's journeys. I know I am repeating words, but I feel it is essential to do so, to remind you all, that your life's journey should not be expected to be easy, just because of the knowledge you have attained. If anything, it may be that at times, life seems even more difficult and that is where your responsibility comes into play. You understand?**

Les: Yes indeed, does everybody understand that? (*general agreement*)

**Now I know we have some questions this time, so let us continue.**

Les: Yes thank you, if I may start again, there is something, which has puzzled me for a long time. We accept that the Great Creator created universe, not only this one but others, but we'll deal with this one—created the universe with Love and for Love and that Love exists throughout it. We've also been told that for every force, there is an opposite counter force. Now if the Great Creator was responsible for the universe, then he also—I say 'he' but I know it's just energy, it's a convenience term that's all—'he' must have been responsible also for the counter force of '*evil*,' and that seems paradoxical, that he should create *love and evil*, unless the creation of evil, which must be so as a counter force to the force of love, was designed to test our free will, within the parameters of evil. Now, would the Creator have been responsible for evil, or is evil a function of man's attitude to life?

**Yes my dear friend, I understand your question and we come again to explanations of your understanding. Let me say this to you: *Love and evil* are human terms. Of course the *Creative Power*, is responsible for all things, this world and many throughout the cosmos. When you speak of *Love and evil* as two separate things, in fact you are quite wrong in that assumption, because you see, *Love and evil*, are of the ONE energy. Again we come to this question of energies, upon which we will speak in deeper context of it, at a later stage. I know it is difficult for you to fully understand the meaning of energy, but let me continue: What is Love, if it is not Creation itself? What is evil? You would term evil to be the opposite of love.**

Les: Yes that's right, we do.

**It is in fact an *aberration* of what you term Love. Are you following me so far?**

Les: Yes, everybody following? (*general agreement*)

**I will stop if you so desire me to do so.**

Les: No please go on, we all understand so far.

**Good. When you speak of Love, you are humanising the Creative Force, the Creative Energy, which is ALL of existence. When you speak of evil, you are *trying* to make the opposite of love. In the same way you do *despair* against happiness, *fear* against trust, so many things, you follow?**

Les: Yes, we apply human terms to the intangibles and the indefinable.

**Yes exactly and it is in a way mistaken identities, to give to these energies. But it is something you need to try to explain to yourselves.**

Les: Yes I'm sure I'm not the only one who's queried this in the past.

**I fully understand and accept your query, but you must try to understand, that it is one form of the *Creative Energy*.**

Les: And we have merely named it, to suit our convenience, or inconvenience, in that case.

**And for your own downfalls. All should be created with Love, it is you humanoids who have changed. It is your own fears, your own anger, your own greed, which has created this 'evil,' as you call it.**

Les: Yes I couldn't imagine that the Creator (**No!**) would in fact have developed such a source of energy, as we imagine evil to be, as we *know* evil to be.

**Evil is a creation of mankind.**

Les: I thought it must be, thank you for that.

**I find it difficult to put the words into your human language, but it is in fact Love, which has been malformed, if you like, by you peoples upon the Earth plane, you understand?**

Les: Yes we do. I could not and I think my colleagues, had I spoken about it, could not understand that The Creator, would have been responsible for the two things; it was ludicrous to assume it to be so.

**There is only—let me explain a little more to you this time: There is only one *Creative Energy*, but in many forms—It is streamlined. You understand me? (Yes.) It takes many shapes, but it is energy refined in many ways. In all areas of the cosmos, you may say there are different energies, they are not, it all returns to **ONE ENERGY**.**

Les: And all is Love.

**ALL comes together to form the whole, in the same way as you as spirit, will return to the **ONE UNIT**. Can you see the diversity of you all? But you return to the one energy, you understand?**

Les: Yes we do, thank you and thank you for answering us. I noticed your term, '*humanoids*.' That bares out what you've told us once before, that you have never lived upon our Earth.

**I dear friends, am a *conglomerate of beings*, as I have told you when first I came. When the time is right, there will be more explanation.**

Les: Yes, I wasn't asking for an explanation just now thank you, it merely confirmed what you had mentioned once before and we discussed after you had gone. And we thought it a privilege that you should be coming to teach us as you do and to put up with these earthly conditions.

**I know there are many questions within your minds, but we must have patience. I know I tell you this often, but I will not say it is a fault with you, it is understandable, but your time-span upon this Earth plane, is so short, in eternity. So I understand, but again I say to you, be patient and much will come.**

Les: Yes, we must ask your forgiveness, if we seem impatient.

**No, I am always limited by many conditions, many factors, in what I am able to bring you. After all, there are those amongst you, who are quite new to this knowledge and it is better that we go slowly and be sure that all fully understand.**

Les: I agree absolutely.

**It would be simple to bring much and for you all to be confused and we do not wish this.**

Les: No, we would rather not be more confused than we are. (*chuckles*) We do understand what you say to us and we appreciate your consideration.

**But I hope I have helped with your question, although for you it is a difficult one, so far as understanding goes.**

Les: You certainly have clarified it in my mind. I must say I hadn't looked upon it in the way that you have put it to us and probably my colleagues here, would have been in the same thinking. They must have thought that the two were paradoxical and it's cleared a lot of doubts I'm sure.

**I think confusion comes, when we use words like '*Creator*.' It seems to imply that something is *made*, and *energy* has *always been*, *always will be* and *cannot alter* to any great degree, in the way that you may imagine.**

Les: No and that's another thing we can't quite understand, that it has always been, because our limited intelligences must apply a beginning to everything.

**I have said it can be *transmuted*, it can be *formed* in many different ways, but not radically changed, as you may assume. So we are on difficult ground here. I do not think your understanding, even your scientists, your physicists, all of those peoples on your earthly plane who study such things, cannot clarify these energies. And let me say, their numbers which they have discovered, are *minute* compared to what exists.**

Les: Is that so?

**Of course, how else do you think we have our *space travellers*? They use energies unknown as yet, to your earthly sciences.**

Les: Yes, we quite understand that.

**So you see, their knowledge is limited as yet, but I will tell you that many discoveries even now, are being looked into upon this Earth. Knowledge is expanding and much more awareness will be made known to all of you on this Earth, as to what has been discovered.**

Les: And is that knowledge—I know you're—how shall I say, *authorities* from your realms can *limit* our knowledge, according to our spiritual development. And is our understanding of other energies going to be limited, until such time as mankind's spiritual development is such that it can be allowed to use that other knowledge?

**There are those who are influencing for the good. All around your world, people in power are being influenced of course. Too often in your Earth's history, has knowledge been abused. You know and fully understand this. We do not wish that these things continue to happen. Again we come to interference of *free will*. We can *influence*, but we cannot *stop* the actions, once the knowledge has been accepted, you know and understand this. (Yes—) But there have been many of us who have gathered together, to prevent the disasters which have been happening upon your Earth. We cannot allow it to continue. So there are *many* from our side of life, who are working, who are instructing, who are influencing for the good, because as I have previously told you, there have been civilisations upon your Earth, who destroyed themselves; they had the knowledge, but they destroyed what they had.**

Les: Yes, we come again to the difference between knowledge and wisdom. I have said to many people over the years that knowledge is one thing, but wisdom is the ability to use that knowledge properly.

**I would agree with those words. Knowledge does not always mean *good*. Knowledge, like energy, can be abused.**

Les: It can and it has been unfortunately.

**Unfortunately mankind has a long history, not only of abusing knowledge, energy, but even in these days of your so-called '*enlightenment*,' is man abusing himself. We cannot allow it to continue. I think you will even now have noticed that there is an '*upsurge*,' I believe that is the term, of spirituality throughout your world.**

Les: Yes, you're right.

**It is beginning to happen and it will continue.**

Les: Good, well we're certainly very, very pleased to know that and we have been aware of it happening. Again, we have to exercise our patience, because all of us here and many others like us of similar thought, want it to happen and want it to happen quickly, which of course we know is not possible. But we can still hope for it to happen quickly.

**Around your world, there are many groups like this one, who are being given the same information. All could clarify what has been said, if you could all get together, but I don't think that will happen, but many opportunities will arise, when what is being told, and taught throughout your world, will come to the fore and peoples will know, that what we bring is the **TRUTH** and is brought with that **GREAT CREATIVE LOVE**, of which we opened this discussion.**

Les: Good, and in the meantime, if *all* those groups utilise the power of their thoughts from each group, that I am sure, will be a help in the scheme of things.

**My dear friend, you speak of my favourite topic, '*power of your thought*.' Yes of course it is powerful and should be used by you all and I know that you *here* do not fully use the *power of your thought*. You try it when we speak about it, and then it seems to disappear from the forefront of your minds. So dear friends, always keep it in mind, that you can achieve so much, with the *power of thought*.**

Les: Yes, now perhaps you can help us in this Salumet. In order to achieve what you and your colleagues are attempting to achieve, what would be the best way for our thoughts to be directed? What mental words should we use and what direction should we try and spread them?

**My dear friends, I would say you need no words. Go deep within, go to the *spiritual* aspect of yourself, to send out that **Universal Love**. It is not necessary to use words to make connection, after all what is **THOUGHT**?**

Les: Energy again. (Yes.) And of course it's our human failing to have to put everything into words.

If you so desire, then of course you can use your words, but it is not necessary. I could perhaps suggest to you, to make it a little easier for you: **If you imagine the most powerful feeling of Love that you have ever felt—and I don't mean physical love in the way you would imagine, but deep Love that comes from within. If you can recall that feeling and send it travelling, then you would be achieving the contact that you desire.**

That is all you need to do. But firstly recognise that feeling and you all have experienced it, at some point in your lives. Seek it out and remember how it felt, then utilise it and practice with it and you will find that you become more adept in its usage.

Les: Thank you, we'll certainly try and do that, because we're all anxious to give whatever help we can, in whatever direction is most desirable, for the overall good.

**If you like, you could focus on your earthly world—you all have seen photographs of it, you all know what it looks like from a distance. If that would help, then focus upon it, envelope it with that love, which I have spoken of.**

Les: That's a very good suggestion, we thank you for it.

**Imagine it being bombarded with this love and you can achieve much.**

Les: Yes thank you, because that gives our human aspect, something to focus upon.

**Yes, it—I almost said 'a failing,' and I apologise for that word, it is not a failing, it is just a part of your human existence. But try it if you will, and you may be amazed at what can be achieved.**

Les: We shall certainly try, it does give us some focal point, which as humans, we all seem to need. Thank you for that.

**Now I will leave you this time.**

*I envelope you all within my Love; I thank you again, for your gathering, I thank you for your attention and until we meet once more, I know you will be comforted throughout your daily chores, and may that **Great Creative Love**, of which we speak, keep you (?) enfold you all.*

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

*There then followed a message from a Chinese control through Jo, for the one about to make a journey (Paul was off to Thailand/Malaysia)*

***There is a man here whose name is John brother, he has with him a soul who is experienced in the sort of activity you are about to undertake. When on this Earth he was an Aborigine and walked many hundreds of miles alone and was entirely happy in his own company and this man will be with you for your entire journey.***

Paul: That'll be wonderful!

***When you have the opportunity, please sit quietly and think of this friend who is with you and hopefully you may feel his presence—***

*(much thanks expressed)*

*There was then one through Sue to bring healing to a member of the group. (Joy)*

*Then one came through Eileen, who called herself Maggie, with a light-hearted chat, which rounded off the evening on a light note. She said she would try to help and heal Debbie's horse.*

*NB: Les states at the end that the Chinese control through Jo, mentions John brother and that this is almost certainly meant as Brother John, who was a Glastonbury monk of long ago and who had visited before on a number of occasions. (In Chinese, fore and surnames are often reversed.)*

~3<sup>rd</sup> June 1996~

**Good evening.**

All: Good evening.

Les: I apologise for us being short on numbers again.

**Those of you who are not with us, are here in spirit, it will always be so.**

Les: Good, that's nice to know. I'm sure they miss being here, but they do have their holidays and other circumstances prevent them coming sometimes, as you know—but it's not from choice.

It is important that your lives continue upon earthly matters sometimes and as I have said, they are *here with us in spirit*.

Les: Yes, that's the important thing I know.

**So the absence of the physical being is not so important, although from my point of view, it is good to see you all together in the physical sense, because in coming together within the physical bodies, it produces the *Shining Light*, which helps me so to join you. (Good.) Before I continue, I would like to say just a few words to the lady you call Jo. I want to say to her, I am aware of the difficulty of some decisions that are in her life at the moment and I say to her, I will try to influence her along the right pathway. There is no need to say more about it, she should understand.**

Jo: Thank you.

Les: Thank you very much for that.

**We have to say to you also dear friend, there are problems surrounding you also, not personal problems, but problems around this area, which are being sorted out. It will be done, so be patient.**

Les: Thank you yes, I didn't know of personal problems, but there are problems in the area.

**Yes, we understand and we are working with it.**

Les: Thank you, yes I must admit I have found very difficult to be charitable in my thoughts, because of those problems, which arise.

**My dear friend, remember what I have told you, you must not judge, you cannot see the full picture and although life presents these problems to you, you cannot judge another.**

Les: No, I do accept what you say.

**I fully understand that within your daily lives, all of you find troubles of many kinds, troubles which you find difficult to be kindly about. But always towards people, you must give love. You can condemn conditions, but I say to you, do not condemn another being.**

Les: No, I try to do that, I try to live by that precept and I condemn the *noise* I have to put up with sometimes.

**Yes, that is fine, but never, *never* condemn another human being. I know all of you find these words difficult, but let me tell you, you can only grow from being charitable towards each other. After all, that is why you are here, to express your love for one another, to express that spiritual aspect of yourselves, which knows only love. You see?**

Les: Yes. As you say, it's not easy, but we must try.

**But it will be sorted for you.**

Les: Oh thank you very much for that, it's comforting. Yes I had been wondering how long it was going to continue, particularly now as I try to envelope myself more in the silence and meditation.

**Yes my dear friend, you are growing are you not? In the silence when you sit in your meditative state, you are growing so. And I believe you feel this to be so as time continues, that your expansion of knowledge grows greater.**

Les: Yes you're quite right Salumet.

**You are now beginning to feel the expansion of your spirit, whilst within this physical being. It is the part of you which needs to grow, to expand, to stretch forward to newer and higher things. And dear friend, you are achieving this.**

Les: Good, thank you.

**Now I will take questions this time and then I will give time for others to speak to you.**

Les: Thank you, yes I have a question, I don't know whether it is answerable even, but it all hinges again on energy. We have spoken about those who are responsible for the *flora and fauna* on this Earth and presumably other planets. You did tell us that they cannot alter what is decreed by the process of evolution. I have been thinking a lot about what you said, and of course it is quite incomprehensible to me and I expect my colleagues too, but am I right in thinking that the essence of life is in itself an intelligence and energy of some sort? It must be intelligent surely, to create the marvels on Earth here, in the animal and vegetable kingdoms—the incredible complexity that exists. I cannot think that it can be anything but intelligence, operating behind that. Is that an energy?

**My dear friend, I know this is a subject of much difficulty for you in your understanding. Let us speak a little upon this: All life-forms are energy. I have said we will discuss it more fully and we will. When you**

speak of the essence of life as an intelligence, in a way you are correct. But I have to say all forms of life are one aspect of *The Creative Force*, if you wish to call it *intelligence*, then so be it, but we would need to define the word '*intelligence*.' It is a difficult word to describe to you. Of course all intelligence I would presume you would say, comes from the mind—the mind belongs to the spirit, the spirit belongs to *the Creative Force*, of all life's form, you follow? (Yes—) So in that respect, there is intelligence behind evolution of all kinds. But I would say to you only this: Energy itself, you cannot define as intelligence. There is a comparison there, but there is also contradiction. It is a difficult topic for me to discuss with you, because I cannot explain to you in earthly terms, that which you need to know, to fully understand.

Les: No. I can accept that, because I suppose in some future state, we shall acquire what I can only put as an *awareness*, rather than a physical knowledge of these things. And that awareness, when it develops, will lead us to have a more comprehensive acceptance, of these things which now puzzle us.

**Yes, the time will come, as it does whilst you walk upon this Earth, when awareness comes to you, so does wisdom and knowledge—this you can accept. (Yes—) It does not belong to the word intelligence. Wisdom and knowledge are innate things, within the spirit body, you follow? (Yes—) So when you speak of intelligence, you are using a word that belongs to the earthly body, so you see where the contradiction comes into play, you understand?**

Les: Yes, I suppose it's right to say that one cannot quantify intelligence, any more than one can quantify love?

**You are now beginning to understand dear friend, these words are only words. When awareness comes to you, when you leave these bodies behind, you see so much more, your understanding becomes greater and many things fall into place, where previously they were misunderstood. It is a difficult topic and one we can return to, as your awareness does grow, as your knowledge grows. But I don't truly believe that you will fully understand, whilst you tread this earthly plane.**

Les: I can accept that.

**There is so much you need to learn first, so much awareness within yourselves that will be exposed, when the spirit self of you comes to life, if I may use that expression. Even so, there are many in our world, who would not be able to fully understand the question that you have put to me. It is a difficult one to answer.**

Les: Yes, I'm almost inclined to say, there is no, what we would call, '*rational answer*.' There is an answer somewhere—or does it need an answer?

**It does not need an answer, it always has been, so it cannot be changed. The answer is always there, but you need the awareness, for the *acceptance* of the answer, you see? (Yes—) It is difficult to put an answer into physical words.**

Les: And it's just as difficult to find words, to give the experience and understanding which is necessary, for the awareness.

**We are speaking about ethereal matters, and in that sense you would need to be in a more raised state of consciousness, to even to tread the first step of the ladder towards understanding.**

Les: Quite. I accept these things and I quite understand what you say and I agree that there must be an awareness and ultimately we shall get it, but my physical brain, not my mind, my physical brain still ponders these things sometimes.

**Of course, and there is no reason why you should not. It shows that you are seeking *Truth*, it shows that you are seeking that part of you, that spiritual aspect of you, that belongs to another time.**

Les: Yes and it was a silly little thing which prompted me to think this actually. I feed blackbirds each day, I love the song and I feed them regularly and I was watching one as it was looking at me and I was feeding it, and I put myself in it's position. Quite unable as it is to say thank you, or show any appreciation of what is being given to it, not even an understanding of why I do it, but an acceptance of what is coming it's way. And I thought to myself then, how like living here that is—we can't understand why these things are being given, but we must *accept* then, as coming to us.

**If you can do that, then I say dear friend, you tread the right pathway. When you come to the point of acceptance and I mean *true acceptance*, in the knowledge that all that lies before you, is not an accident, but is your life's pathway, then you truly are beginning to be aware of the greatness in front of you. You**

should not dispute it, you should accept it with love, you should *know*, that all that comes before you in the form of what you term '*Nature*,' is that *Creative Force*, helping you to develop your own spirituality.

Les: Yes, I see your point.

**In the same way, you speak of the birds of the air, they too have what you might term '*intelligence*,' but not in the form that you would term intelligence, in your human beings. But let me say this to you all, that intelligence belongs to the one energy, whether it be you human beings, whether it be the birds of the air, the animals in the field, it stems from the *One Creative Force*. So now can you see that you cannot distinguish intelligence, as just one energy? It is impossible.**

Les: I agree, once again one comes to the difficulty in accessing intelligence or instinct.

**Yes, you cannot. You can try, you can try, you can put words to it, but it is too much for your physical brains to fully understand. But it is good that you think upon these matters, because as I have said, it shows your awareness is growing and that can only be good.**

Les: It's very interesting to think along these things.

***Creative Force* belongs not only to this planet, but to *all* of the universe, to the cosmos—it is much bigger than you could possibly know or possibly imagine.**

Les: I think we have no conception of it at all.

**I think we all seek and search towards it, that it is like a *magnet* to us all, that we continue to *seek* and in doing so, we find the *expansion of love* grows and as it grows, it produces more and more energy. And we come to that point of Creation, where no longer is it necessary to search, to seek, or to question. There is a time in development, when you are as *One*, with the *energies*, with the *Creative Force* of all the cosmos, and when that time comes, then all will fall into place.**

Les: Yes, yes I'm sure it will.

**But dear friends, for you all here, that is aeons of time away, but the time will come, I can assure you, when all will be gathered as one—one in *energy*, one in *knowledge*, one in *Love*, one in *understanding*.**

Les: That certainly is something to look forward to, even though it may be aeons of time away. We shall still keep it in our sights and doing that serves to offset the difficulties, disappointments and unpleasantness of this physical life—not that it's all unpleasant of course, but it helps us to tolerate the unpleasant aspects that we come up against.

**If you look upon your lives here, as a stepping stone to knowledge and wisdom, then your tread would be lighter.**

**Now dear friend, I think I must allow others to speak this time.**

Les: Thank you, I hope I haven't taken too much time, or interrupted what you wanted to do, thank you for your answer.

**I know it is not perhaps what you expected, but I will say my answers to you, will not always be what you want to hear.**

Les: No, I can quite understand that; it is the purpose of our learning, isn't it, after all?

**I hope that what I teach you, is with love.**

Les: Thank you again and God bless you.

*There then followed one through Sue, called Francesca, who gave further information of interest:*

**—I am here to speak about one of those paths that we tread. It sounds as if I'm going to lecture, but please, please do not think—**

Les: We don't think that for a minute Francesca, or do you prefer to be called Sister?

**No, no. Francesca is perfectly acceptable.**

Les: Thank you. No, no we don't think you're lecturing at all, we're always interested to hear from those on your side, who take the trouble to come to talk to us.

**It was said earlier by the great one here, that you must not condemn your fellow man, and I know how difficult a task that must be.**

Les: Yes I have to agree, it is difficult.

**We are all human, even those who have passed into spirit, were human once, and have the human frailties, yes. But let me try to tell you this: When you feel a thought coming into your mind, which is less than charitable, and believe me I have had many of those myself—Stop and take control, calm down**

**thoughts inside your mind, and think how you would feel, if those thoughts were turned against you. Does that make sense to you?**

Les: Yes it does.

**It is a hard and difficult road to tread, and there are many, many times, when you are likely to stumble.**

Les: I'm sure there are.

**But stop, take control, think of how they would feel and then see if you cannot turn that thought into kindness. Think of something that is favourite to you, perhaps a colour, perhaps a favourite scent, a Spring day, a cold day—something that is pleasurable to yourself—and try to imagine the thing that you have got a problem with, in the centre of this, in the centre of a colour, in the centre of a scent, the centre of a bright sunny day. Turn your thoughts towards your favourite things and try to dispel the anger. I know you pause then and you think to yourself, 'No, we cannot do this,' but—**

Les: No, no I didn't, excuse me for interrupting, I was just thinking of the various things that you said and it seems a very feasible thing to do, if we can remember to do it.

**Yes, it takes time, it takes time not to say the hasty word and I'm sure in the fullness of your years, many hasty words have been spoken by you all. Many times you have stubbed your toe and thought more or less uncharitable things, have you not?**

Les: Yes I'm sure we have. If we haven't said them, then I'm sure we've thought them.

**Not that I'm expecting you to, if you stub your toe, to think of a pretty colour, no I'm not, no, unless of course it is purple. (laughter)**

Les: No, we do understand what you say and appreciate it.

**I am trying to make light of the subject, because I know how difficult it is to be charitable all the time. It can only come with love, and the more love you give out, the more love you will bring back in, is that not so?**

Les: That's absolutely—we agree with that yes, it feeds upon itself, does love.

**And it grows, and it is nurtured and it spreads. If just once you can turn a bad thought to good, it makes it so much easier for the next time. I know you have heard all this before, I am not telling you anything you do not already know.**

Les: Oh yes, you're giving us a different *angle* on it, as we say.

**That is what I have come to do—no lectures, just a different idea.**

Les: That's right, a very good idea, we appreciate it and I'm going to ask you a very personal question: Do you find it difficult in your new life, to always have thoughts which are charitable? Do you find it any easier to do that in the spirit world, than it was on Earth?

**My friend, it is not—**

Les: I'm not probing—

**Not at all, I didn't think you were. There is no magic formula in the spirit world. You tread a path there, as you would have done on this Earth. You make mistakes, you are told of these mistakes and you try to correct them, just as you did here.**

Les: You do have teachers telling you of your mistakes?

**Of course!**

Les: Yes I thought you did.

**Of course.**

Les: I thought you DO, rather.

**Oh, we have all sinned in spirit, do you understand?**

Les: Yes, but you still find you have to work at it, to do the right thing.

**Of course, we do not get our little halos, the moment we pass through the door. (laughter)**

Les: No, you still have to earn them.

**We are not on fluffy clouds, no.**

Les: No, I didn't know whether there was any mystique, in the atmosphere there, which enabled you to be more charitable more easily.

**I understand what you are saying and yes, the environment is so different, of course it is. There are no black clouds of doubt and uncertainty pressing down, as there are on this Earth, you understand? (Yes.) There are problems, but those problems are inside and have to be brought out, and broken down. Do you**

***understand what I am saying? (Yes—) and so YES, there ARE problems in our realms, but YES we ARE surrounded by a much brighter light than you and there IS more love surrounding us, so the path is not as rocky. You understand me?***

***Les:*** I do, this answers a question that was in my mind, I thought it must be easier, to some degree, when you get over there.

***But problems ARE still there, they do not just dissolve. We all have to learn and we all go on learning, every step of the way. Even the great one who speaks with you, is still learning. He is just one facet of the being and needs to learn from the other facets. I cannot say more than that, because unfortunately I know no more than that about it. He—I say ‘He,’ you understand? (Yes.) He and I are many planes apart, you understand me? I’m on the very bottom rung of the ladder.***

***Les:*** Like us?

***Yes, we are on different ladders, but on a similar level. Whereas the great one there, has gone up and beyond the top.***

***Les:*** Yes. What do you do mostly now, in your work?

***When I am not being taught, I teach.***

***Les:*** And what do you teach, what you’ve been teaching to us?

***No, I do take classes for the younger ones. We do much reading, there are certain books that we are allowed to use and I spend a lot of my time reading these texts, with the younger ones. It is learning about love, and forgiveness and the paths of good.***

***Les:*** Yes, but without any particular orthodox religious bias.

***No, religion as you know it, does not exist in our realms.***

***Les:*** Good, I’m glad to hear that.

***We have more separate creeds, all paths although different from Earth, all reach the same end. We are now at that end and join together in bringing Love from the Creator.***

***Les:*** Yes, but there those who still try to adhere to their earthly religions, I believe?

***That my friend is human nature. When you have spent a lifetime following one path, and then you are told that path has been leading you in entirely the wrong direction, are you not tired, when you have to turn around and start again?***

***Les:*** Quite.

***It takes time, with many rests and much teaching, to get back on the right road. So we must not condemn those that still hanker after the old paths.***

***Les:*** No we don’t condemn, we have many through for ‘rescues,’ and we have to explain to them that they cannot follow the orthodox religions that they used to follow when they were here.

***Of course—others come back to you for teaching, others are able to be taught, without the need to return. Some obviously find it more difficult than others, especially those who when they were teaching on this Earth, were at the top of their ladder. How hard it is when they find they have fallen to the bottom.***

***Les:*** They must find it very difficult and I sympathise with them—that’s not patronising.

***No I didn’t think—some of course realise they had taken many with them, on that wrong path, and have to try to undo the wrong that they feel they have done others. But they must not condemn themselves, each one has free will and not all are forced onto the wrong road—some took the step, of their own volition.***

***Les:*** True. Well thank you for what you’ve told us Francesca.

***I hope it has been of interest.***

***Les:*** I’m sure it has, it has to me and I’m sure it has to everyone else here.

***As I say, I haven’t told you anything very new, I have just put I different perspective to some of it.***

***Les:*** You certainly have done that.

***And now, I leave you with my love and the love of the Sisters that are in this room with me now. Each one sat with you tonight, has had a Sister by their side, whilst I have been speaking. They have been sending out love and healing thoughts, for those that require it.***

***Les:*** That’s nice, we do appreciate their kindness.

***If you do not mind, they will stay quietly until the end of your meeting.***

Les: Yes of course they may.

**There will be no speech from any, they will just send out their love to you all.** (general farewells)  
There then followed a rescue through Sarah, whilst a control came through Sue, talking about making preparations for someone to come on a future visit.

~10<sup>th</sup> June 1996~

Salumet did not come through this week, so the evening began with discussion about one of the rescues which happened at the Wednesday circle. It had been a difficult one, involving a Chernobyl victim. The man had gone into the area with a team, knowing they would never come out. Suddenly/unexpectedly one came through Les:

**I say to you my friends, though you did not witness what this one has just spoken of, you can be assured that it all stems from the work you and your colleagues do, in this Temple of Love. It was a tremendous experience for the lady concerned. (Heather) We cannot express sufficiently, our gratitude, and even our admiration for her, taking on such a task. We know that it left her somewhat depleted, but that was taken care of. But I wish to tell you, as I shall tell the others at the next meeting, that the group who's representative came here and was dealt with as usual, are now well on their way, to accepting the new conditions, in which they find themselves. (general thanks) I thought it was only fair that I should come to tell you this, to confirm once again, that you cannot possibly ever know, whilst you are in this physical plane, the tremendous work that you all do, to help those just to cross the border. We can only ask that you continue to give your time, your energy and your love, in these matters. For this we thank you in advance, for all that still remains to be done.**

George: We thank you, God bless you.

**We ask Gods blessing upon you all. Never fear that you will be left with any definite reaction after such a rescue, as you call it; all will be resolved. God be with you all my friends and thank you.** (general thanks)  
**Thank you.**

There then followed a control through Sue, giving instructions to improve conditions within the room. We were instructed to bring our palms upwards and breathe long/deep breaths as instructed at a previous meeting. There then followed a period of silence for about 15 minutes, before both Sue and Jo were used simultaneously. (Jo's communicator only spoke for a very short time and the words are shown in **CAPITALS**)  
**Are you prepared to speak? Is there power here for you?**

**POWER HERE.**

**Yes, yes thank you, you are here for short time to speak to gentleman, as was discussed earlier. I am here for you, but please to speak to this one here. Please to take seat.**

Les: Good evening to you and welcome. Our love is with you.

**VERY SORRY. POWER IS NOT ENOUGH FOR ME TO SPEAK TO YOU THIS TIME, BUT PLEASE TO ASK INSTRUMENT FOR FEELINGS. IT GIVE YOU SOME INDICATION OF WHAT MY WORK IS.**

The communicator through Sue stayed a little longer, explaining a little about what the one through Jo hoped to be bringing to the group. The conversation then moved on to talk about COLOUR:

**—You have had many discussions in the past, about colour I know, and I say to you, when it is your turn to pass into our realms, the very first thing that will surprise, astound, and make you feel at one with the spirit, will be the colours that your new eyes can see. It will be magnificent for you all.**

Les: We shall certainly look forward to that time coming, when it is due. We've heard that there are beautiful happenings in your world and that gives us more of an indication of what there can be, to look forward to.

**I say to you also, that you could all see greater colour than you do, if only you would open your spiritual eyes.**

Les: Yes I think we all try to do that, but of course we are sadly limited by the physical requirements every day. That's not an excuse, it's just a fact; they are difficult to overcome.

**I am aware of the problems on this plane.**

Les: But we can still try nevertheless.

***If you can just appreciate one colour every day and concentrate on it, you will be amazed at how vibrant it would become. I suggest you attempt this exercise, if you have the time.***

Les: It would be a very interesting exercise for us to do. Thank you for the information.

*The communicator then mentioned that much power had been used and the evening was brought to a close after the usual thanks and farewells.*

**~17<sup>th</sup> June 1996~**

**Good evening.**

*(general greetings)*

Les: And a very warm welcome once again. I hope your instrument's voice, has recovered sufficiently for you to use her this time.

**I intend that we speak only part of the time, this time, because although the instrument thinks all is well, it would be wiser for us to shorten speech time.**

Les: I understand, thank you.

**Although I did not use words last time, it was not wasted. Every opportunity is used, as you well know.**

Les: I do indeed.

**So we always allow others to come and I know that you were most interested last time.**

Les: We certainly were and it was very useful information which was given to us.

**I would like to begin this time, by saying a little about the evolvment of this planet Earth.**

Les: That's interesting, yes please.

**We have spoken much, have answered questions, about what will happen to this planet. I would like to go just a little further this time with you, because I think your understanding, is fuller. So many of you within this planet, are concerned about its destruction.**

Les: Yes, that is so.

**When first I came to you, I told you that man would not be allowed to destroy it and so this still stands; man will not be the cause of the Earth's demise. But we go further in time, to when this Earth will come to a natural end, not an end of destruction, you understand?**

Les: No, but a gradual ceasing of the life within it?

**An evolutionary plan will take place, this is natural and nothing to do with destructive forces.**

Les: Quite, we do understand that, thank you.

**So you will say within your own minds, what will happen to human beings?**

Les: Yes we have questioned that, quite often.

**As you know, everything *has been, is, will be.* There is no beginning and there is no end.**

Les: Yes we accept that too, you have told us several times and it have been quoted in other places. So we can't do anything but accept it, even though we still of course, don't understand it.

**As human beings have evolved, so too will they come to an end and we have spoken briefly that although the physical form will no longer remain, of course you exist in another form of energy. So do you begin to see and understand, what the evolvment of this planet will be? It is too far ahead, but I feel at this time, that it is something I would wish you to know and understand.**

Les: Yes we would like to hear more about it please.

**As this planet Earth was formed, what you term as '*low-life,*' first began. But I say to you, that form of *low-life,* and again I do not like the term, but it is one I use for your understanding—it all evolves from the one energy; again we return to the subject of energy. So humans evolved and so the time must come, when human beings have played their part within the cosmos. So they must move on, to higher and better things, you understand? (Yes.) Do you have questions?**

Les: Yes, when you say they must move on, when the time comes for the Earth to cease as it is now, presumably that will take many, many years in our time to happen; it won't be a sudden catastrophe. **(No!)** It will gradually cool, I imagine.

**It will be a natural process, yes.**

Les: And so humanity will cease to exist, because of the lack of facilities, to enable then to continue living, is that so?

**Mankind as you know it now, will have ceased to exist before such time.**

Les: Is that so? **(Yes.)** So evolution in another form will have taken place *on* the planet, before the planet ceases to exist?

**Yes, I want you to understand this.**

Les: Yes, that's certainly a very new outlook, a new concept altogether I'm sure. I'd certainly never considered that.

**No, because mankind is set upon the idea that you have the power to destroy. I say, although you can destroy much upon your Earth, you do not have such power. You are one group of energy, which has evolved and will finish too, you understand?**

Les: Yes, so whatever we do, we cannot destroy evolution, as planned?

**No, you cannot, man does not have that power.**

Les: No, well that's a very interesting concept, that humanity as we know it now, will *cease* and become another form of life upon this planet, is that what you're telling us?

**No, mankind will never be another species, mankind will filter out naturally, as you have your dinosaurs and other species, you understand?**

Les: Yes, but the spiritual aspect of man, will live elsewhere?

**It will—there are other areas of existence, which belong to a higher energy and mankind will upgrade to such places.**

Les: So it's going to be the dissolution of mankind as we know it, **(Yes.)** will be a gradual thing?

**It will be, but understand I speak of much time to come.**

Les: Oh I do understand that, it's far beyond our ability to understand.

**But it should give you thoughts of what is happening upon your Earth.**

Les: Yes, it certainly does that.

**Man has an unreasonable expectation of his own power, and he must not.**

Les: So to sum it up then, mankind as we know it, will evolve into something different, over aeons of time, and when the Earth finally ceases to exist as it is now, it will no longer be a calamity for mankind, because mankind will not exist, but will have progressed to another form of energy, unknown to us upon this Earth, at this time.

**When the time comes, mankind's raised consciousness, will move him forward. Yes, there will be no *big bang* as we have spoken, it will not happen that way.**

Les: So it's going to be another form of evolution, to a higher degree of perception and living?

**Yes, as you see in nature, you have strains of whatever flower, vegetable, mankind himself, where they become stronger, more aware of their surroundings—their consciousness is raised in many different ways and that must happen, before the things I tell you of can happen, and they will.**

Les: So would I be right in saying then, that by the time the Earth begins to disappear, there will be no such animal as man, upon the Earth, but spiritually they will have progressed, into another plane of existence?

**Yes, I told you when first I came, that many of us have gathered and that is our task, that man's consciousness should be raised, that the innate knowledge that you all have, should come to the surface, that eventually mankind return to spirituality, to that knowledge that is within, to that part of their being which is the real them—it must come forward.**

Les: So that confirms what you told us a little time ago, that we should cease to think in physical terms and try to control our lives more, in a spiritual way and think of spiritual development, rather than physical futures?

**My dear friends, always I will teach you that, always I want you to know the power of your *Thoughts*—always I will return to that. I want you to know yourselves as you truly are. Look not at each with those physical eyes, look upon each other, as *spiritual brothers*, look within the physical body and see that *Light shine forth*, from each one of you. And then and only then, will you begin to have an inkling of what each and every one of you is about.**

Les: And I think knowledge I would be right in saying, that you've opened a very wide doorway for us all tonight, giving us much to think about in future.

**I know what I bring to you is a difficult subject, but I ask you dear friends to think upon it deeply.**

Les: I'm sure we shall.

**You do have the understanding, all of you, to begin, to begin to realise just a little, what you are about.**

Les: For myself, I must say I find what you've told us tonight, eminently reassuring in some way and I've no doubt my colleagues will also have that reassurance.

**It is good and it is necessary, because you see, if you return again to the *Power of Thought*, these negative aspects of thinking, can create what the thought is, can you see? (Yes.) It is much better that you have clarity of vision, that you can see forward, to dispel the clouds of doubt.**

Les: Although it will be far beyond our lifetimes, (Yes.) I'm quite sure that it does give us a comprehensive feeling of the future, if I can put it that way.

**Yes, and that is all that I require of you, that you look forward and not backwards and not *negatively*. That is all I desire from you and I hope that all of you dear friends, can achieve such.**

Les: I think it would be nice for you to have individual answers on this for you Salumet tonight? Does everybody feel as I feel, that it has opened a vastly different insight, into the future of mankind, do you feel that? (*general agreement*)

George: Yes, this is a positive view for the future.

Les: Thank you, so you have the answer my friend.

**I am happy to receive such positive responses. Now I want to say only one more thing, before I allow the instrument to rest the voice and others are waiting to come also. I wish to say to the lady with us this evening and I know is no stranger to this work, but I wish to say just a few words to her: You, my dear child, have trodden a difficult pathway this time, but I want to say to you, that your future years will be much brighter, than those gone by.**

Doreen: Thank you very much.

**You will achieve much in your future years, you will look back with some satisfaction and you can only do that, if you have been able, and I will use one of your earthly sayings here, '*When you have sorted the wheat from the chaff.*' Only then can you recognise the success of a life and you my dear, will achieve it. But you have a way to go just yet.**

Doreen: Thank you very much indeed Salumet.

**I want you to recognise one of the things in your life, which '*trips you up,*' I think you say. You do not look squarely in the eyes, situations before you and you must look closely and accept your part in all situations. You cannot always look at others, and say it is their problem, you understand? (Yes—) That is all I wish to say this time.**

Doreen: Thank you very much Salumet, I shall remember your words.

**Now my dear friends, as I leave you this time, remember I am with you, remember always I hear your thoughts, remember always that the great love of the cosmos surrounds you all, that each and every one of you here, is important to each other, as you are to all of mankind.**

Les: Thank you very much for all you have given us tonight, in the way of love and information. We are grateful. God be with you.

*There then followed one through Sue with a message for Debbie, that she was making good progress, even though at times she may not feel this to be so. There was then a rescue through Sarah, before we closed.*

~24<sup>th</sup> June 1996~

**Good evening.**

(*general greetings*)

**Thank you dear friends for gathering once more.**

Les: It's a very great pleasure to be with you here.

**Conditions this time, are not good. Therefore I will speak with you for a short time only.**

Les: Is it anything we have done or not done that make the conditions not good?

**No, it is *nothing* that you can change. I thank you for what you do each time. But the conditions surrounding us, are not as good as we would wish. Therefore, whilst we have the opportunity of speech, I will answer questions this time. But before we do, I wish to ask you that the next few meetings, that the instrument be left quietly, while I work with her. There will be others to speak to you, so it will not be quiet.**

Les: I see, well we shall be very happy to go along with that and do whatever is wanted of us.

**It is necessary sometimes, that we should work together in this way.**

Les: Yes, I quite understand.

**Now, do we have any questions?**

Les: Yes I do actually. Last time you were here you spoke to us, very rewardingly, on the physical platitudes. There is a question I've been wanting to ask for some time. You have told us in the past, that when we come back to this life—which is done, not only on our own volition, but after consultation with councillors in your world—we know what we are coming to. I must confess this puzzles me. Does that expression mean that we are fully aware of the life we shall have when we come back here? Or are other conditions likely to interfere with what might happen, when we do come back? I ask this question, because I think we are all puzzled, as to why we should want to come back into a life, in a body that is perhaps *deformed*, not complete in some way, or suffering other traumas, which make life almost unbearable on Earth. This is, I'm sure a puzzle to us, as to why we should choose that. I understand that our choice is not physical, but is for the progress of the soul. But it still puzzles us, as to why we should choose that sort of life, with all its problems and complexities.

**My dear friend, again we are speaking about difficult matters of your understanding. Of course each soul fully understands, what his task is about, before he reincarnates. Of course he has put forward that aspect of the spirit, which is ready for growth, that aspect of the spirit that needs to go forward.**

**Therefore let me say this to you: The soul knows *fully* what lies before him, in the lifetime to come. He *chooses*—we have spoken—he chooses what sex he will be, and I use the word '*he*,' loosely. He chooses which *sex*, he chooses which *people* he will return to as his *parents*, he will choose the *country* etc. What he is choosing, are *conditions*, which will place him in the most *apt* conditions, for the lessons he needs to learn. It is not for you to say, '*Why should the soul suffer?*' How can you say that? You cannot—you are speaking of physical conditions, which after all, is only one aspect of your living whilst on the Earth. There is so much more to the human being, other than physical conditions, the physical body, would you not agree?**

Les: Yes, I would indeed.

**Have you not seen examples upon your Earth, of people who you would term '*physically disabled*,' but who shine forth of the spirit.**

Les: Yes, I have and I'm sure my friends have.

**Yes, therefore we return again to the fact that you must not judge. You cannot judge my friend. You are thinking with your *physical brain* again. **You cannot say that person is *suffering*, if ultimately, the soul has *grown*.****

**Only when you return home, will you fully understand, what your lifetime has achieved. So often do we hear, '*Why do you suffer? Why do the children suffer?*' Always you feel it is an injustice. There cannot be injustice in a perfect existence. It is your *physical brain*, which puts these words together. I know you find it difficult. I have tried to simplify it, with simple words, but I cannot express enough, that you must move away, from this way of thinking.**

Les: Yes, you have told us this before.

**I know it is difficult, while you are entrapped within these *physical cloaks*. Always you must look to the wider scope of things—you must, if you are to begin to understand a little.**

Les: Yes, I think we all know of a least one case, where a person is physically incapacitated to a great degree, nevertheless radiates cheerfulness, which is very apparent to those who go to visit him or her.

**And that is the spirit within that shines forth. The physical impairments matter not to that soul, because they have fully accepted that that is how they will grow in that lifetime. Whether they are aware of it or not, the *soul* understands.**

Les: So it's the *soul* we have to think of.

**You *must* my friend, you must.**

Les: Even if we have no *physical memory* of what we have chosen to take on.

**Yes. I have to return again and say to you, that which I have stated to you in the past:**

**That each and every one of you, are responsible for any illness, that is created, whilst you are within these physical bodies.**

I know these words are hard to accept and so often we hear, *'But they were good people, why do they suffer?'* You cannot see what has gone on, within their minds. You cannot see the *Thought Patterns*, which have created the **disease**. I do not mean, when I speak these words, that peoples are *'bad'*—no, they are *misguided* in their *thinking*. Have I not said to you, **THOUGHT** is the most powerful thing you possess?

Les: You have many times yes.

**Can you take *ANGER* as a thought? Can you see that if the '*ANGER THOUGHT*' is used daily, how destructive, it must be, in the time to come? It is the Power of the Thought, which you must control.**

Les: Yes, what you are saying is that if the person issues thoughts which are of anger, then the person is suffering because of those thoughts.

**Yes—*anger, resentment, fear*—there are so many things that you human beings suffer from. You do not always fully understand, that *what you think today, is your creation tomorrow*. That is why it is so important that you change your *thought patterns*, to become *aware* of them. Can you understand?**

Les: Yes, I think you've given us all a great understanding, in what you've said.

**Let me give you an example: The child who is born and is resentful of returning—not *the soul* you understand, but the *physical birth*, the returning to these denser conditions, builds resentment, builds fear, builds anger. And so all of these things change the *finer patterns* within the physical body. After all, to remain *well*, all must be balanced. I know you understand this, but can you not see, that all these negative thoughts, are your creation tomorrow?**

Les: Yes, it's *cause and effect* again, as you have told us before.

**I cannot stress to you enough dear friends, how powerful the energy of thought is. You will never, whilst you tread this earthly plane, possess more power, than that of your thinking.**

**Has this helped a little, in your understanding?**

Les: I'm sure it has, it's helped us all I have no doubt. So, man's free will, does it come into it at all, in connection with what is chosen by us, in this life?

**Of course man's free will must be allowed, but it cannot alter the structure of what has been chosen. You can deviate from the pathway, but you cannot change it. You understand?**

Les: Yes, this does answer the problem I had in my own mind, as to whether it was man's interference, altering the predetermined existence, or whether the predetermined existence, was sacrosanct.

**You must always allow for man's *free will*. It is not a straightforward path that he walks, otherwise it would be too easy for him. That is not the purpose of your lives.**

Les: No, the basic *life pattern* remains unaltered, apart from the small deviations caused by man's free will?

**Man's free will can change and alter, but it does not alter what was planned. If he fails in his plan, then he must return again and perhaps again, until he has achieved what he desires. You understand me?**

Les: Yes I do.

**It seems complex, when it is put into physical words. But dear friends, when you return home, all will become simplified.**

Les: Good. Well thank you very much for what you have told us Salumet.

**Are you satisfied?**

Les: Yes I am, is everybody else satisfied with what has been said? Or any questions on it?

George: Yes, there is one that might connect. Some people—there are records of this, have dreamed their own death in advance. An example of this is the British Prime Minister, Spencer Percival. Now he dreamt that he would be shot by a man in a green coat, the next day. He was indeed shot the next day. It was an accident, he was not the intended victim. Would it be the Higher self trying to give a warning, in a case like that?

**In what respect do you mean?**

George: An accident that would deviate away from the chosen life path.

There are ***no accidents***, dear friend. I do not like the term, '*accident*.' If your term has come, then nothing will alter that. Can you see?

George: Yes, I see. Would there be a reason for dreaming the end before it happens?

We have spoken briefly I believe, if all ***has always been and always will be***, then ***past, present, future*** coexists. I know this is a difficult topic also, but how can you see what is to happen, unless it is written there? You see, you cannot foresee what has not happened. We go into deep matters here, when we speak of past, present, future. All coexist. (*Yes.*) I do not feel that as a group, you are ready yet, for fuller explanations on this, but I am sure the time will come, when we can probe deeper into the subject. It is one subject that confuses and puzzles most of you humans. But he foresaw the event, because it was '*bound*' to happen, if I could put it that way. You understand? So therefore you cannot term it '*accident*.'

George: Thank you.

Les: You said Salumet, that nothing can prevent us coming home, when the time is right. Now some time ago I got the information—I don't think it was from you—that if the predetermined time for death was hastened by an accident, causing them to leave earlier than had been planned, that soul would come over to you, but would be '*cocooned*,' until the time came when it would have come to you, naturally.

**Yes, either the soul will be returned and sent back, or it will as you put it, be '*cocooned*,' until such time as the return home was foreseen, if you like.**

Les: Yes, so death before it is planned, would be one of the deviations caused by man? (*Yes.*) Thank you, that confirms what I was told.

**I hope it clarifies puzzlements in your minds.**

Les: Yes it does. It appeared to be contradictory at first, but now you've clarified it, thank you very much. **I would say many things would seem to be contradictory; when you look into them, there is always explanations.** (*Yes—*) **Nothing would seem to be to your physical brains, to be so simple, but they are, when you are free from this bondage of the physical overcoats. It entraps you all, it stunts your growth, shall we say—growth of spirit sometimes, when in fact, you should be looking further afield, wider, wider, wider.**

Les: You are certainly teaching us how to do that.

**If I can teach you all just one thing, one thing of acceptance, then indeed I am filled with joy.**

Les: You certainly do that.

Sarah: Could I just clarify one point? When you say that the soul is '*sent back again*,' do you mean it comes back then as somebody else?

**No—I must be quick with this one please—I must go. I am sure that some of you are aware of peoples, who have said they have died and returned; that is what I meant. They believe they have died, when in fact they have only temporarily been removed from the physical body. But you all know that you are attached, until there is a complete severance of the chord. You understand?**

Sarah: Yes thank you.

**That is what I meant.**

Les: Well we know you must go now. I've had to alter our lighting arrangements a little. Are you quite comfortable with the light as it is?

**I am quite happy dear friend, it creates no problem and should there be any, of course I will let you know. But it has not created any, this time. I apologise that I cannot speak longer, but I must go.**

*I leave you all with my love, my blessing and the knowledge that I am ever near.*

*(general thanks)*

Les: God be with you too.

~22<sup>nd</sup> July 1996~

**Good evening.**

*(general greetings)*

Les: I'm sorry numbers are few again.

**Again, it matters not. The welcome you give me could not be better. I thank you all for your persistence, dedication, and your love.**

Les: We're very pleased to have you back with us, we have missed you. We understand that it is necessary, but nevertheless, we do miss you.

**I understand that you feel comforted by words that I use through this one. But let me say, I have not been gone, I have truly been amongst you. Because speech is missing, does not mean I am not close to you.**

Les: I see, we did think you were working particularly with your instrument.

**Of course, that was the reason that no speech was used. But again I say to you all, remember that I am more than one and therefore am not confined to one vessel, you understand?**

Les: Yes we do and your instrument had a marvellous experience at the last meeting. As she described it, an arch of light, radiating light, intense light. But to her astonishment, she saw herself, looking at herself, which confirms what you say, about being more than one.

**Yes, and I have to say that while I blend with this one, then she will experience many things. It is not so much her own spiritual capacity, as mine, you understand? (Yes—) But because of the blending of the spirit, then she will of course experience much more.**

Les: I'm sure she's going to be delighted to know that and I am very pleased for her too.

**You will all eventually be able to give yourselves more, to be used more, by those who surround us, who are close by to you all, under these conditions. Do not assume because I speak only through this one at your meetings, that much is not being done elsewhere, because I assure you that it is, and that each one of you contributes to the whole.**

Les: Yes it's nice to know that, even though we don't understand it. It follows on what you were saying, because at our Wednesday meeting, we had been discussing the difficulty of understanding what you tell us and what others tell us, and somebody very strong came through me and was very vehement, that we should not even try to understand. As he said, your little *speck of brain*, is such a small thing, that you never will understand; learn to have acceptance, rather than try to have understanding and as a contradiction, you will then *begin* to understand.

**We have spoken briefly about your incapacity to understand fully, those things taught to you. But I believe I explained, that as *all* of you at your own differing stages of development, as the consciousness is raised, then the understanding becomes greater.**

Les: Yes you're quite right, you have and it was interesting to have the confirmation of what you had said previously.

**Yes, you will not any one of you, have the same experiences, because of the fact that you are all at different stages of development. I know that will raise the question, '*But if we are all together, why do we not all get the same spectrum of experience?*' But this cannot be so. Not *one* of you in this room, can place yourself within the footsteps of another.**

Les: I think we all understand that and have no difficulty in accepting it.

**I ask you only, and this I told you when first I came, I wish only that you accept what you can, to take what you can accept and to hold onto it. Of course you must raise questions, but try not to have too many doubts. I cannot say more on this subject, I cannot say to you, you will always understand what I tell you, because I know you will not. But that does not mean, that the knowledge of Truth, should not be given. You agree with me?**

Les: Yes I do and I think we all do.

**How else would your children learn, if you did not teach them new things? Things they do not understand to begin with, but with experience and use, they come to know and understand.**

Les: Yes quite true and that confirms what was said by the communicator through me, that if we *accept*, then we shall *begin* to understand.

**That is why it is good, when one such as you, who has more experience and knowledge, can communicate your thoughts and feelings to others. It is good to discuss amongst yourselves; by doing so, you help one-another. Before we continue this time, I wish to say to the gentleman across the room, that he should have some healing, if he would accept it. He is becoming physically and mentally tired**

and we do not wish that to happen. So dear friend be wise and have some healing. I too will help all I can, but I would suggest that mentally you slow down just a little.

George: Yes thank you for the advice—yes I will.

**Do not be too concerned, I know when peoples are told they need healing, that your human imaginations go into, how would you say, 'fast play?' They imagine all kinds of problems, when in fact they do not exist. Now this time, I will take questions and then allow others to come.**

Les: Thank you, yes I have a question, I don't know if you want to answer, because it doesn't relate specifically to the work we are doing, but there is a lot of concern in our world at the moment, about the phenomenon of *global warming*. I expect you've heard it being discussed, and I wondered if you are able to say, if there is going to be an increase in the height of the sea, because of the melting of the ice-cap, or whether the fears are unfounded?

**I will respond to this, but firstly let me say that my mission to you, is to teach you about spiritual matters and not so much about concerns of your Earth.**

Les: Yes I apologise if the question's out of order.

**No, no please do not. I will respond:**

**Mankind has abused this earthly plane, I know all of you accept this fact. I told you when first I came, that many had gathered from our world to help you, that there were many around your world, who were being given the same information. (Yes—) There has been some changes to the Earth's structure, the Earth's climate—many factors have changed. But all I will say on this matter is this:**

**The fears are not unfounded, but are not as great as you suspect. Climatic changes will take place, many things about your world will change, but it will never cause destruction of the Earth. I believe I went into more detail before and told you, that there will be a natural progression of your earthly plane.**

Les: Yes you did indeed.

**But like many things, there will be alterations, mainly man who as caused them. But I can tell you that man has realised, *has realised*, that what he does, and much is being done to help in that matter. But you cannot undo damage, which has already been done. It cannot be changed, but it is not as great as has been said. I hope that satisfies your question.**

Les: Yes it does and I shall not ask any more questions, unless they are of a spiritual nature.

**No, please do not apologise, I don't mind, but it is important, that what I come to teach you, is of the *spirit*.**

Les: Yes of course. We do accept that and appreciate it.

**Do not be afraid for your world. There is too much *doom and gloom* in your world now. Please do not add to it, by any *negative thinking*. It is an opportunity for you all, to use the power of your thoughts.**

**You see again we return to the **Power of Thought**. Are there more questions this time.**

Les: Yes, this one is of a spiritual nature. Someone came through one of our ladies, on our Wednesday evening, who said that he had never been upon this Earth. I say '*he*,' because I can't use any other term, but he was very surprised to be able to *touch* the physical body and he said, that he was THOUGHT only. Now that has happened in another way before. This communicator was very confused. He said that he was a messenger and had no name and no form. His communication with others in his sphere, wherever that might be, was by thought alone and each *entity*, had his or her own thought pattern, which was recognised as much as a name. This puzzles me a great deal. Are you able to confirm that such matters do exist, that the universe has places, where THOUGHT only, is predominant in communicating, and is understandable?

**I have told you that *Thought is energy*, all is energy and again, it is a subject we will return to more deeply. It is a subject we must discuss, to clarify many points. You know as you progress in the spirit world, that physical speech no longer exists; it becomes extinct, if you like, because the higher spiritual nature takes over. So the *Power of Thought* is all that is needed. As you see and feel so many energies around you, the thought patterns used vary greatly, within the spirit world. It depends on the expertise of the spirit involved. As in all matters, it must be practised to perfect. You understand? (Yes—) But I do not understand what you tell me about it being a language between some. It is a language for *all*, you understand? (Yes.) There would be no separate groups of peoples, who would understand, it would *be* an understanding for all, because it is of the *One Energy*.**

Les: Yes I thought it must be so. This is what puzzled me and why I asked you the question, **(Yes.)** because I wanted to be sure that what I had been telling people who are brought back to us as rescues, that they continue to live in the next plane of life and have a body, and have a body, which to them is physical, etc etc—communicating mentally. It seemed to me, by what was said to be, that that would be obliterated, and I couldn't understand that at all.

**I will have to say this to you dear friend, that it sounds like the communicator who was using the instrument, was indeed in a *confused state*.**

Les: Yes he did admit that.

**Yes, it would be the explanation for it. But I tell you now, all *thought communication*, is understood by all. After all, why would you have separation, when what we are going forward to, is Unity and Love. You cannot go forward to separate. You understand?**

Les: Yes, so I am right then, if I accept that the communicator was confused and not properly instructed in what was going to happen, when he came to speak to us?

**Yes, I would say to you, as someone who is in charge, always to question if you have doubts; do not be afraid to do so. It would be helpful to the communicator also, to realise that not all that they see as reality, is so. Please understand that because you become spirit, all does not become perfect. There are those in our world who still, although they have progressed to the use of Thought, they are not perfect beings—**NONE OF US ARE**. You understand?**

Les: Yes certainly not in the next immediate planes of life.

**There must always be refinements, you see?**

Les: Yes and equally, there must continue to be imperfections, until we learn to discard them?

**Yes, all spirit in whatever degree, whatever state of progression they are at, there are always those who come from higher realms, to guide and to help them forward. You understand?**

Les: Yes well thank you very much for what you've told us, that's comforted my mind that we have been doing the right things anyway, over these years. **(Yes.)** Thank you very much Salumet.

**Now if you are happy, I will allow others to come.**

*I leave you all with my love, I leave you all with my thanks and I ask you all, to offer yourselves, in great humility, to that Great Creative Force, to which we all belong.*

*(general thanks)*

*There then followed one through Sue, giving a technique for when we are feeling too hot and need to cool down:*

*To sit in middle of room, in a firm chair.*

*—Keep legs about 15 inches apart, shoes and socks off.*

*—Place hands on top of stomach.*

*—Breathe from bottom of stomach, slow as possible, whilst thinking of cool breeze. Bring hands up with breathe. Then open out hands as you breathe nice big breathe out again.*

*—At same time as thinking of nice cool breeze, ask for help.*

*After 5 minutes, there should be cool feeling coming up through feet and up legs—keeping that slow breathing going all the time, until feel more comfortable. It was suggested to do it once a day, until can control body heat, just by the breathing.*

*There was then a little girl through Eileen, who came and told us she liked to bake bread. She went on to talk a bit about her life in the spirit realms.*

*~29<sup>th</sup> July 1996~*

**Good evening.**

*(general greetings)*

Les: We'd like to thank you for taking the trouble to come and accepting the difficulties, when there's only a small group again, I know it must be more difficult for you.

**I thank you for your concern, but always I will endeavour to come amongst you, whenever the opportunities present themselves.**

Les: We do appreciate that very much. Hopefully only one more time and then we should be back to full strength again.

**It will be—and then we will have much to speak upon. (Good.) All of you this time, are much more uplifted in spirit. I am happy to see this and to tell you how glad I am, that you are attaining much within your physical lives. As time continues, I know questions arise, ‘Why sometimes are our lives more difficult, when we know more about spiritual matters?’ But I say to you, this must be so. Nothing can be achieved without effort and without striving towards that great goal, that oneness which we all seek. Fear not, because always I will be by your sides, to help and encourage you.**

Les: Thank you very much again, it’s—

**I’m sorry to interrupt you, but I wish to speak some words: There is, not amongst these peoples, but others who come here; they have expressed doubts within themselves about the truth of my words. They would not always admit to this, but of course I can see a little further than you.**

Les: I’m sure you can.

**But this does not concern me greatly, but I would say to those peoples who have doubts, that that is fine, but I would say to them, to express them openly, because dear friends, to withhold within yourselves, doubts and negative thoughts, create that much—I am lost for your word, I am seeking to say that it creates *fear* amongst you, which should not be there, you understand? (Yes.) But I say it should not matter, but I wish you to know that it exists.**

Les: Yes thank you, that’s in our other meeting? (Yes.) Well I shall try and deal with it, if it does come into the open of course.

**They must be entitled to what they feel, to what can be accepted by themselves, but it is not good to withhold their feelings within.**

Les: No, it only causes festering, doesn’t it?

**Yes. I hope that by now, you all fully understand the *Power of your Thinking* and how it *rebounds* from each one of you, to another. You see now how important it is? (Yes.) If I have taught you nothing else, I wish that you hold onto this one issue. Now please to speak.**

Les: Thank you. I have been using your teaching in order to deal with other problems which have come to me. I had two ladies here a few nights ago, for three hours. One of them is hopelessly confused; she has had so many different directives as to how, and I quote her words, ‘*To be nearer my God,*’ that she just doesn’t know what to do. And she started finally, about illusion and reality. Then I had to stop her and said she must realise—and this is where your teaching has been used—that it is necessary for her to accept that she has to use the physical body, even though the soul may be resenting it, for the benefit of the soul’s further progress. I don’t think she quite understood it, but I had to leave it there because of time. But that did raise in my mind, certain other points. I have thought a great deal about what you have told us about the Power of Thought and sometimes when people speak from the next plane, it seems that there are differing feelings, different acceptances, of what is there and this does puzzle me a little. For instance, we accept that thought is creative and in the next plane it’s creativeness is much more effective. Now if I can quote an example: Supposing somebody living on this Earth, loved pictures, finally goes over to the next plane, finds that his Power of Thought can produce for him the pictures that he loves and he chooses to live in a place with walls, where he can adorn those pictures, formed by his own thoughts—accepting that this is a possibility. Now is it only *he* who can see those pictures, or are others able to see them also, even though they were subjects of *his* thoughts, because it seems sometimes that some people there can see a specific article or view, others cannot see that. Does this all stem from individual thinking, or is there an overall thought, creating the world we are told is there—and our own personal thoughts, can pick up parts of it. It sounds very complicated, I hope you understand what I mean?

**No dear friend, I understand fully and I will try to simplify matters for you. Let us speak of *illusion and reality*: What is illusion and what is reality?**

Les: Well I would say that illusion, if all is illusion, it must by definition, become reality.

**But whose illusion, whose reality?**

Les: Of course, this is the problem.

**Yes, let me say this to you: If I give you a topic for each one of you to visualise in your minds, to use the Power of your Thought, to describe in physical words afterwards, do you suppose that each of you will**

see the same? *(No.)* No, exactly. So when you come to spirit, nothing changes drastically, but there comes a time when the Power of the Thought unifies and becomes as one. In such cases and I speak of much time ahead, then *all* can see the thoughts of each other. But again it comes to the raising of each individual consciousness. You understand? *(Yes.)* So if you have passed to our side of life, you create your own habitation as you have put it, then only you have created that thing. It does not belong to another, except those who have, how can I say, *'graduated'* to higher things. They would have the power of knowing your thought. You understand, it is like a *stepping stone*, you must go gradually, but what is the *Great Creative Force*, if it is not but *One Thought*. You understand?

Les: Yes, if I can put a question in there: Let us presume that a person in there, created a marvellous garden, by his own thinking. *(Yes.)* He would be creating that within the confines of the overall thought? Of course, but he would be creating his thought within the confines of what he is able to do, within the area of his thoughts. Remember there is much that can be done, but always there has to be, how would you term it, *'block'* from others who would not be entitled to see.

Les: I see, this is what I was going to ask. If he then said to some friends, *'I have managed to get myself a marvellous garden, I'd like you to come and see it.'* *(Yes.)* Would they be able to see it, because he wished them to do so?

**If the desire is there, then they can see.**

Les: I see, so they too would have to have the desire to see it.

**He would need to be generous in his thinking, for them to receive, you understand? *(Yes.)* It sounds complicated to you, but in fact it is very simple. But once you have grown in consciousness and in the power of using thought—after all that is what we all strive for—you need not speech but only thought in our world, then and only then, will thoughts rebound from one to another.**

Les: I see, also what made me think of it and ask the question, was that after your visit last time, we had a charming little girl through, who quite voluntarily described how the flowers *spoke* to her and *sang* to her and how the *water* changes colour and other very *beautiful comments* on the land, generally. Now she I imagine could not understand having to THINK those things, so am I right in presuming that they exist for her to see and anybody else to see?

**There are areas in our world, which are open to all. As you would expect in your world, to go to water, to go to mountains, to go to fields, wherever; so too can this happen in our world. It is open to all who wish to seek. You understand?**

Les: Yes, so our thoughts would be homing into the Creator's thoughts, which had already produced that particular scene, to which we wanted to travel. Is that so?

**The thought always exists, let me put it that way. You will travel along the energy of thought, when you are capable of doing so. Again it is a matter of how much you have learned.**

Les: Yes, which brings me to yet a further question if I may: Those who go over to your world and are not particularly conversant with what is going to happen, they surely would find a pleasant place, to arrive at, before they learned how to produce it by their own thoughts?

**All of you who come to our side of life, arrive at where you *belong*, to where you have *earned*. It matters not, whether you say what they know on this Earth, as far as spirit matters go, you dear friend cannot know what they have achieved. You cannot *judge* and say, this one/that one does not deserve this, because only they and the *Great Creator*, knows what has happened in this lifetime.**

Les: Quite. I wouldn't presume to judge them, but I would want to know that I am doing the right thing when we have rescues through, in telling them that it is a happy place for them to go to.

**Of course, let me say this dear friends to you: Most of you upon this earthly plane, with have no problems at all, when you return home. Even those you think do not know much. But that is not what is important, it is what they have done, what they have achieved within their lifetimes here. Because they do not speak about what you term spiritual matters, does not mean they are not spiritual.**

Les: No I would accept that absolutely, because we have no way of knowing.

**Yes, so you cannot say this one/that one will go there, will not have this, because only that spirit will know. And let me say, the knowledge is there open to them; whether they accept it or not, is entirely up to them. So you see dear friend, there are many factors surrounding this.**

Les: Yes, so I am right in telling people who come here for guidance knowing nothing about the next world at all, I am right in telling them that during their physical life here, they are knowingly or unknowingly, fitting themselves for the place they will occupy, when they come over to you?

**You are correct to say that to them, because indeed that is why we are here. All are here to learn, whether they are aware of the knowledge or not, *that* is what is happening in their daily lives.**

Les: Yes, because it is the soul, which is progressing anyway, and the physical needn't necessarily know of the progress of the soul?

**The physical being houses the soul, that is the only reason for it. So I would say to you, look after this *physical being*, because too many times I hear people say, '*spirit is important*,' and they neglect their physical duties. Your lives upon this Earth, should be well balanced between the two, you understand?**

Les: Yes, it's a question of taking the middle path all the time, isn't it?

**Yes, you must attend to your physical duties, but always look to that *Higher Self*. I would say to these people who seek for such higher things, firstly to go silently within, because *there* within lies all; all knowledge, all Love, all Unity, all seeking of that consciousness, which is around.**

Les: Yes, I had to tell this lady finally, that she should stop worrying about wondering where to get closer to God, since he was with her all the time; this is what she doesn't realise.

**I think you have to explain, we come again to the difficulties of using your physical words, of *God*. I know it is a word used, but it is confusing to so many. Rather I would say to you, look for the *goodness of all*, look for the *goodness within yourself*, before you seek outward on any pathway. You understand that?**

Les: Yes I told her to look within herself and realise how much she had done with her life that was good and worth repeating and don't worry so much about the external all the time, because the opportunities are within her.

**Let me say this to you, dear friends:**

**If firstly you cannot accept yourselves as you *truly are*—and that is an exercise you all should do, firstly come to *know yourselves*. And there is only one way to achieve this and that is to go into the *quietness of yourselves* and all will be revealed; all problems will fall to one side and all knowledge can be achieved. If you do *not* do this, then you create hardships within your daily lives, which are so unnecessary. That is your reality, that is the reality of each and every one of you. So I say to you all, seek not *without*, but seek *within*.**

Les: Quite. Yes it is difficult for us, but we must try I agree. I personally do so now, much more than I did, since we've had the pleasure of your teaching.

**I know dear friend, but it would be desirable, if each one here did so. I know that you all have busy lives to lead, but you must give time for the growth of your soul. It is important.**

Les: Yes, to continue that if I may, is it all right for me to continue questioning on this subject?

**Yes, please do.**

Les: I said that I have been trying to do that, but I must admit, and I don't like admitting it, but I start trying to go within myself each morning before I start the day's work, but unfortunately I always seem to go to sleep, after a few minutes. How can I avoid doing it, or if I can't avoid doing it, does it matter? Is it achieving it's object, even though I go to sleep?

**It matters not dear friend, it is important that you have *offered yourself to the silence*, but perhaps I could suggest to you, that you are too soon after your sleep state; perhaps you could find another time, during your busy day?**

Les: Yes that's a point, I'll try it.

**I will try to help you and see what we can achieve.**

Les: Thank you, because also I was condemning myself for falling asleep, even though I can't help it, because it seemed rather insulting to those who are trying to help me and that I don't want.

**You will not insult those helpers who come to you. Let me say this to you all, that we help when all of you are within your sleep-state as you call it, but in fact you are coming home, in those few hours of your time. So don't be concerned about this, but let me say this to you: It is an opportunity for you to**

state that **Power of Thought, to practice it, to say, 'I wish to remember all which is taking place.'** You understand? (Yes.) Try it dear friend and I will see what I can do with you.

Les: Thank you. Yes I have done that quite a lot at night and tried to, before I go to sleep, convince myself that I *am* going to remember what happens, when I go *home*. And sometimes I feel, at least in part, I do remember the experience, because I awake feeling quite happy.

**Yes, as in all matters, you *must continue*, you must *practice* the event, you cannot expect it to happen just so. After all, when first you learn to ride your tricycles, did you manage to do so first time?**

Les: No, probably not.

**When you were taught your alphabets and your figures, did you learn all first time? No, so why do you think that on spiritual matters, it should be any easier?**

Les: I think it's wishful thinking.

**Yes, I think too, but continue, because you are capable of much, you can achieve whatever you wish; what you desire becomes then your reality, you understand?**

Les: Yes, thank you. Thank you very much for that, I hope I haven't taken too much of your time?

**No, I am happy to try to help you all with these questions, but I will leave you this time with a few words and continue this time and see what is available to you.**

*I say to you all dear friends, that you all are surrounded by many. I wish you could see how much love is extended to each and every one of you, that when you return home, there will be no doubts, there will be no hesitating—there will only be joy, there will only be Love.*

**And now I leave you this time.**

Les: Thank you very, very much from all of us.

~5<sup>TH</sup> August 1996~

**Good evening.**

*(general greetings)*

Les: And thank you again for being with us.

**I thank you for your welcome once more.**

Les: It's our pleasure to have you.

**It is good to see friends old and new.**

Les: Yes, we really look forward to these meetings.

**It is good that so many of you, have gathered once more. I wish to say to you this time, that all of you are children of Truth, that you leave this room and you spread the Light of Truth. It brings to this room, many people who seek Truth, who seek Light, who seek Knowledge. I say to you dear friends, that your own spiritual lights grow daily, as you become accustomed to that Light and Truth yourselves. We welcome back the young gentleman, who I must say, is a child of the Earth. His feet have always sought after *distant lands* and that will not change in future years. But always he will return to this spiritual band of people.**

Paul: That's nice to know.

**I believe dear friend, your awareness of us was great, whilst pondering upon flowers of distant lands.**

Paul: Well, not great enough.

**Do not put yourself down, your awareness is indeed growing. There is much for you to learn and much for you to do, in future years. You are indeed a child of the Earth.**

Paul: Thanks. It's a beautiful Earth.

**It is beautiful only through the eyes of those who behold beauty. To others it is an Earth plane of misery, destruction and misuse. But to you all dear friends, you now should see your earthly plane, as a planet of beauty with much potential and much good to give forth to human kind. Would you not agree with me?**

*(general agreement)* **I know when first I came to speak to you, your doubts about your planet were uppermost in your minds. I hope that my teachings—the Truth of all things, has helped to lighten those fears. And now you are aware of the beauty, rather than the darkness.**

Les: I certainly am, everybody else have a greater appreciation of the beauties of the world? (*general agreement*)

**Not only of your planet, but you see the beauty within human kind, your fellow man; peoples who come within your daily lives.**

Les: Yes, that also is true.

**It will become stronger, the more you use your positive thoughts. And always dear friends, this is what we will strive towards. Now, I am happy to take your questions this time.**

Les: Thank you. Yes, I have been puzzling quite a bit, about some of your teachings. You have told us that the soul chooses it's body for this Earth sojourn, it even chooses it's sex and it's parents. So presumably it knows what is going to happen to that physical body during that lifetime. What puzzles me, is that if a soul has progressed to a certain degree spiritually, why would it choose a body, which is going to be disliked, vindictive, selfish and a reservoir of all the worst things?

**We will speak about this. I have said to you many times, that what the soul decides, is a puzzlement to your human minds. It may not necessarily be, that a disruptive human life, is initially what has been chosen. Remember you have *free will*, that there are many pathways in your lives and people do choose the wrong way; remember this. But I say to you, those souls who choose difficult lifetimes, are sometimes greater souls, than you may at first imagine. *Do not judge a human life*, because you cannot see the fuller picture.**

Les: No, this is what puzzles me, this is why I asked the question, hoping that you might be able to make it a little clearer for us.

**It may be, that the soul has placed itself, within that human situation, of creating what you may term '*disruptive living*,' but is in fact providing spiritual growth for those people who surround it. You understand? (*Yes—*) It may be that the souls who are around, are here to learn specific lessons. For example, let us take '*tolerance*,' or '*good thoughts*,' even. How else will you learn *tolerance*, unless you are faced with *intolerance*? You understand? (*Yes.*) There always has to be the opposite in life, you can see this dear friend, can you? (*Yes.*) So do not always assume that the people you call, '*living bad lives*,' it may not be so, *you cannot judge*, you cannot judge unless you know the full picture. But that is not to say, that everyone who comes is not doing it for '*good*' purposes. There are those who tread your Earth, who have indeed chosen the wrong path and may be using disruptive influences for the wrong reason. For example, the drunken father who beats a child, may not be doing that for the child's good or the spirit's growth, but because he has left the right road of life.**

Les: Yes, these are the things that puzzled me, you see?

**Yes, I would say to you friend, *you cannot judge*. You cannot place two peoples in the same situation and say that both are right or both are wrong.**

Les: This is clarifying it a bit for me—

**I know you find life difficult to understand, all of you do. You think that life's strife's and troubles are wrong, but I have to tell you once more, that is not always the case.**

Les: No, there is a reason for them, you've told us.

**In most lifetimes, the soul has chosen it's life's journey and mostly I would say, they would stay on that pathway. But always remember that *free will* comes into play.**

Les: Yes, so going to the first example again, a soul presumably could have chosen to inhabit a '*disruptive body*,' knowing that it was going to be of help to other humans around it, during its lifetime (*Yes.*) and it would choose to accept the vicissitudes of that life, by so doing, would be enhancing its own soul's growth. Is that right?

**Of course. remember too my son, that not only is it the soul, but *all* who are concerned with it, that before they leave our world, that a *pact* is made between them. No *one* human being, enters this lifetime, not knowing what their life's pathway will be. But we have spoken before, about the loss of the memory of the lifetime. (*Yes—*) So you see, *you must not*, *you cannot*, *you should not judge*. I know you all, *all* within the confines of this room, find this one of the most difficult things to do.**

Les: Yes, I certainly have.

***All* of you do, all of you do and it takes many, many times of living, to begin to see, that there is indeed a pattern to spiritual growth. You understand?**

Les: Yes, that is why I put the question tonight, because I've been thinking a great deal about it, as you may know and I have thought that clarification might be good for us all, because I'm sure my colleagues here, would have thought along the same lines and puzzled about these things.

**Yes, it is difficult for you; we accept that these things are and that you will never fully understand. After all, that is why you are clothed within these bodies. There are restrictions and of course, you cannot know until these garments are left behind and you all return home.**

Les: Yes, I can better understand now, an author I read many years ago, and a character in one part of the book is a Catholic priest, who said that an intellectual approach to God, is *madness*, it must be *faith*.

**I would say, no, not only *faith*, but what you have today, is *Knowledge and Light and Truth*. That is why all of you are emissaries of spiritual Truth. You go forth *all* of you and in your own ways, you spread what you know is not *blind faith*, not a *belief*, but what you know to be *True*.**

Les: Quite. In the back of my mind, I thought that author was lacking something and what he was lacking was *knowledge*.

**You cannot put pen to paper, on subjects you do not know about. So you cannot *judge* the author of the words, because he only writes about what he knows.**

Les: Of course, I've always pointed out to people, remember that you are reading into any book, the bias of the author.

**I have spoken too previously, about the many contradictions, that seem to come from our world. But I have told you, that all who come, can only supply you with what they know. So again accept if you truly can and do *not judge*. I know this is a difficult lesson, but a lesson it is:**

**To judge not anyone who walks this earthly plane.**

**It is hard and we accept it.**

Les: Yes it is, but I'm sure we shall be forgiven a little slip along the way in that direction, now and again?  
(said smiling)

**My dear friend, there is no need for forgiveness. It gladdens my heart to see that you think deeply upon these matters, that your awareness, your consciousness, always is being raised, in the right directions. I am happy for you all that you question these things, because there is no harm in questions.**

Les: No, well thank you very, very much, for clearing that up for me and I'm not going to grab any more time, I always do that. Would anybody else like to put a question to Salumet?

Sarah: Yes could I just ask, when does the spirit actually enter the human body? Is it as soon as the baby is conceived, or once the child is born?

**I believe I have answered that question before.**

Les: Yes you have.

**Yes, there is much controversy from our world on the subject, but I tell you that the spirit enters the body on conception. There is much talk on this and I am aware of the differences of opinion, but I have said to you, that the moment of conception is when the spirit enters, because after all, it has been waiting for such time to occur.**

Sarah: Thank you.

Les: If I could follow from that, I think the lady's question was prompted by the fact that many embryos have just been destroyed, embryos that have been frozen by our medical scientists. So, yes Sarah, they have been *killed*. That was what was bothering you I think?

Sarah: Well that was part of what was on my mind and also this twin, that is going to be aborted too.

**I have to tell you, that it is always up to the human being, what '*way*' they take in life. But I say to you, that on the *whole*, abortion is *wrong*.**

Sarah: Thank you.

Les: Those embryos that have just been destroyed, they of course would return to your world, wouldn't they, to await a further birth period here?

**Let me say a little about this subject. I am aware of what you speak about, and I believe I have told you also in earlier days, that we have what is called, '*spirit pool*,' because I remember dear friend, you questioned me on that also. (Yes.) When spirit is forced back to our world, and that is the only word I can find that is appropriate for now, they return to the *pool of spirit*, to await what happens to them next time. Spirit waits to be born and you may say, '*Well why did the soul not know that this would happen?*'**

**It is a case of man interfering, you have to remember this. And man does abuse and man does destroy and man does interfere with nature. I hope this is clear to you. (general agreement)**

Les: If I could ask one extra question on that: The 'pool of spirits' as you call it, we understand that and can accept the inference, would those spirits have any knowledge in their own right, whilst they're in the pool, or are they in a dormant stage?

**Whilst in spirit pool, they are buffeted from all things, for a period of time. I believe you might call it, a recovery period, when then they will be guided and helped to know what to do next.**

Les: I see, so they do become, in effect, a living entity again, in your world?

**Of course, but they need that recovery time, because they have been expelled from this world, under difficult circumstances.**

Les: Yes, they've been forcibly expelled haven't they? **(Yes.)**

Mark: Can an aborted child later come back through the mother it was aborted through originally?

**Of course this can happen, but it is not something that happens generally. There would have to be a very good reason for this to occur. It would depend upon why the abortion took place. It depends on all aspects of things—what was in the mother's mind and why the soul was aborted. It's a complicated issue, but I would say, generally, no.**

Les: And you would always condemn abortion, in any shape at all, and for any reason at all?

**No, you cannot make it black or white, it is not so simple. Sometimes the mother aborts for what she would consider very good reasons, health reasons. She does not get rid of the child for selfish motives. You understand?**

Les: Yes, that's back to considering the motive, rather than the action.

**Always it is cause and effect, remember, and remember also, that generally most peoples do not have the knowledge that you all have. You understand?**

Les: Yes, to them it's purely a physical thing, isn't it?

**Of course. To most peoples, a foetus in the womb, is not a child, but I have to tell you, those of you here who have greater knowledge, that they are ridding themselves, of another soul. They are breaking their contracts, perhaps you can understand those terms?**

Les: Yes, when you use those words, we can understand that they are breaking a contract, but as you say, those who create that action, are not aware of the spiritual nature.

**They do it unwittingly, so again you have to make allowances and you must not judge.**

Les: Yes, that remark is going to occur to us many, many times, about not having to judge, because so many things are open to misjudgement, aren't they?

**Yes. You will see, when you return to Spirit, all those times within your lifetime here, the times when you have misjudged others and let me say to you dear friends, those are painful times for most souls. When they see the power of their thoughts against another. And remember, it is your thought which you are sending forth, when you make judgement upon another human being.**

Les: So if we made a misjudgement upon another human being and even if that person wasn't aware of our thoughts, could those thoughts influence that person?

**Of course, it would depend on the power of the thought. We have spoken of this before.**

Les: Yes, so it's not the physical person who would understand it, but the soul.

**The soul will pick up—it depends upon the intensity of the thought.**

Les: Yes, but in any case, it would be the soul, which would react and not the physical being.

**And let me tell you that these thoughts always will rebound back to the sender.**

Les: Yes, I quite accept that.

**Good or bad, these thoughts are energy and we have said energy is not static. So it cannot be retained, so it will rebound back to the sender. So please think upon these words and again, I have returned, have I not, to the Power of your Thought? (general agreement) You see dear friends, no matter what subjects we discuss, which subjects we bring forward in these meetings, that always it returns to the Power of Thought, in one way or another.**

Les: It's inseparable from everything, isn't it?

**Of course, and once you fully understand and realise this, then I would say to you, you have opened up yourselves, to that Great Creation which pervades all things and then and only then, will you become a small part of the *Whole*.**

Les: Yes, from what you tell us, it's almost frightening for us to realise what power we do have, without realising it.

**I hope I do not bring fear into your hearts, that is not my purpose.**

Les: No of course not, don't misunderstand me please. But it *could* be frightening, (**Yes.**) when we realise the Power of Thought.

**Yes, but it is *crucial* to you all, to your consciousness, to your understanding of living, that you do begin to try to see, what **THOUGHT** is.**

Les: Yes, we know that you would never bring fear to us, but that's indicative of our little tiny physical mind's interpretation.

**Yes, remember always that you need to grow and to grow sometimes, you need to take one step backwards. But know always, that you tread sure-footedly, onwards and upwards and that you are surrounded by many, who come to help, to uplift you and to bring you that Truth, Light, Knowledge, Wisdom—whatever words you wish to use. They surround you all, to help you and to help you to further the Truth of our world.**

Les: Yes, I think I can speak for everyone when I say, that since you began teaching us, we have all become much more aware of those who are around us.

**I hope so, because you cannot see all of them, I know, but as time continues, as your knowledge increases, you attract to you, those higher and greater in spirit, because they are attracted to your spiritual lights.**

Les: Yes, that's something we have to keep in mind all the time. As we've said before, think less of the physical, and more of the spiritual.

**Yes, I have said you must keep a fine balance. After all, you have come to this life to learn much, but you must look after your human frames and your human duties. But do not neglect your spirits, because dear friends, that is the real YOU, which will be carried forward, as you know. And the more you can learn whilst here in these human frames, the better it is for you, when you return *home*. I think I must leave you this time. But I will say this to you dear friends, that:**

*You all are part of the Great Creative Force, which is responsible for all things. It belongs in all that you see, all that you touch, all that you do. It belongs to you and you to it. I leave you now, with much Love. I thank you once more, for your coming and joining together. For creating this spiritual union for a short time, within this room.*

Les: We thank you. This month is a small anniversary, it's two years since you began teaching us and I'm sure we've learned more in those two years, thanks to you, than ever we have learned before, on the same basis, and we do appreciate it.

**I do not need your thanks, but I will accept it graciously, thank you.**

*(general thanks)*

**~12<sup>th</sup> August 1996~**

**Good evening.**

*(general welcomes)*

**As always, your welcome is graciously accepted, but of course this need not be put into words, because without your love and help, I could not come to you.**

Les: No I understand that, nevertheless we do greatly appreciate you doing so. We can *sense* the love that you bring with you.

**I hope that you can, because it *enfolds* you all.**

Les: Yes, I mustn't take the liberty of answering for everybody all of the time, everybody feels it I think?

*(general agreement + thanks)*

I know it brings you upliftment for your daily tasks. I know that it sustains you through your *week*, when we are not gathered here together and in doing so, it brings *joy* to my heart. I would like to say this time, that I fully believed that this time, we would have had the instrument in *full control*, but it is not to be this time.

Les: I see, never mind we still look forward to it and we'd hoped we would be a full meeting, but unfortunately one lady is still ill and the other is nursing her.

**I am aware of the situation there and I will do what I can to help.**

Les: Thank you very much indeed.

**But I would like to speak to you a little about some of your physical ailments. (Yes.) You spoke about the lady's problems. I would like you to think about this problem, as an example in comparison to the spirit. 'What is the comparison?' you say. I say to you, the physical workings of the body, must be compared to the whole sustenance of your lives. It means that somewhere, the lady—*lack of life*, disturbance of the *energy of life*, has become unbalanced. Do you follow my meanings?**

Les: Yes I do, she has had a lot of emotional problems I know and I have wondered whether this is contributory.

**Yes you see, without the *sustenance of life*, all goes *haywire* within your physical being. As in all conditions, there must be *balance* within your life. So until she confronts the *true meaning* of what she is about, there can be no true healing. You understand?**

Les: Yes, it stems from what you told us last week, that we have to understand the soul, rather than the physical body and look for the reason for which the soul is doing this.

**Yes, because you see, this is another hard lesson for you all to understand. When I tell you that you create your own illnesses I too often hear your gasps of disbelief.**

**Dear friends I tell you, whatever illnesses come to you within your lifetimes whilst on this earthly plane, is *DONE* by yourselves, whether it be *emotional*, whether it be that you place yourselves within conditions—*physical conditions* I speak of now. *YOU* are responsible for the state of your *physical being*.**

**This is indeed a hard lesson for you *all* to accept, but accept it you must.**

Les: We do accept it, but as you say, it is a hard lesson.

**But once you can accept, then you have the power to put it right. The problems lie in your lives, that you do not fully accept.**

**If you have the power to create the illness, you have the power to become well.**

Les: Of course, it's a logical thing, isn't it?

**You call it '*logic*,' I dear friend call it '*natural*.' But I will help that one.**

Les: Thank you very much. You may be interested to know that since we last met, I've tried to explain to the best of my ability, your explanation about the *soul-body* composition to people and I must admit I was quite surprised at the way they accepted it, quite willingly.

**Do not be surprised when there is acceptance of what you tell people, because when you do the work of the spirit, then you are receiving help, to *GIVE forth* that knowledge. The people who accept, do *know* and *understand* on a *spiritual level*; whether they are aware on a physical level, is another matter. But do not be surprised dear friend, the work that you do, is great indeed. But always we stand behind you, because at this time in your evolution, the Truth must stand fast this time, because too many times in times gone past, have the *Truth of spirit* fallen by the wayside. It has always existed, but has been rejected, but I said when first I came, that many of us have gathered this time and we will ensure that the Truth becomes widespread and this time, it will be accepted.**

Les: Good, splendid news.

**Too many times have people turned their back, with the Truth of Knowledge behind them. We cannot allow this to continue and although mankind is endowed with freewill, when we gather in the strength that we have this time, then the Truth cannot be denied.**

Les: We are certainly pleased to hear that and when I was speaking to those two people, I remembered what you have told us also, that the information is given to us and to others, *when* we are ready to receive it.

**Yes, that is why you should never attempt to force your concepts, your ideas, your ideals, the Truth, upon one who is not ready. Because you see, it is not that they doubt you, it is because the soul is not ready to accept. You understand?**

Les: Yes, I think we are all beginning to understand the concept of soul, rather than physical, aren't we? Does anyone have a question on that? Or do we all understand it clearly?

**No they don't quite, there are some who have not fully reached the understanding, but we are working on them! So don't be concerned about these peoples here, we will work hard, they will not be allowed to go free. (chuckles) And I don't say that to make you afraid, I say it with tenderness and with love.**

*(agreement + thanks)*

Les: I know you say it for our own interest.

**Yes, but we are getting *there*. Whilst they are having *thinking times*, then that can only be good and that is when I will always be one step behind them, to make them understand. Now, do we have questions this time, because we wish this time, to allow the others to be influenced by those who stand beside them.**

Les: I see. Yes I did have a question, but it's a rather lengthy one, so if you'd prefer us to remain in the silence, so the others may do as they wish, then I'm quite happy for that.

**It would perhaps be best, to wait until we have more power, if it is a question of long length, then I would prefer dear friend to leave it this time.**

Les: Yes of course I do understand and it does follow on from your teachings about the power of thought and the existence of the soul in various conditions, so I'm quite content to leave it for a future time.

**We have much time to discuss much, but I think for this time, it would be good for all sitters, to be allowed to feel the energies of those around them. It is imperative that they *feel*, that they begin to sense those who stand close by, if only it is to bring *peace* into their lives, if only it is to raise their awareness for one moment, then our task is successful. It may help if you dear friend, quietly discuss amongst yourselves something you find of interest. It would help to raise the consciousness of those sitters here, who find it difficult to sit in the silence for too long.**

Les: Yes, well if it's agreeable, I suggest that we discuss what I was going to ask you anyway, so that we can have pre-knowledge of the question next time, or when you agree to it.

**I will be happy when we have the lady who sits next to this one, when she is present. I hope you understand?**

Les: Yes I do and we will discuss it then between ourselves quietly and hope that those who are with us, will be able to let us know that they are there.

*I will leave you now dear friends, with the knowledge that always whilst you tread this Earth, that I will remain with each one of you, until such time as the last one of you returns to us.*

*(general thanks)*

Les: Our love be with you.

*We then sat quietly and our discussion began, about ghosts, power of thought, the imprinting of energies on the ether—*

*Finally one briefly came through Eileen to help in her own return to normal consciousness.*

**~19<sup>th</sup> August 1996~**

**Good evening.**

*(general welcomes)*

Les: I'm sorry we have to give an apology again, that our two sources of power are not with us, because of sickness, it's a bit unfortunate.

**I thank you for your welcome this time. I would say to you, do not be concerned for these two peoples, all will be well. I have said, it matters not when you have absences amongst you, but of course we realise and understand that the one who is here gives much in helping me to come to you.**

Les: Yes we do know that, which is why we are disappointed she's not here tonight, but it can't be helped.

**I would like to say to you all that some of you are in need of comfort since last we met. I will help when I can and I say to those concerned, do not allow your lives to pull you down.**

**Now I will say greeting to those who normally would not be with us, but have joined us this time.**

Les: Yes, they are interested in what you tell us and they do come to our other meeting, as you probably know.

**I am aware. I would like to say to you, there will be in time to come, many who will wish to speak in this room with us at these meetings, but I say to you this: Please do choose those who come carefully, as I know you do. But there will come a time when there will be those who seek not Truth, but who come for their own benefits. You understand?**

Les: Yes I do and those I shall attempt always to keep away.

**I know you will do that, but I wish to reinforce my words to you.**

Les: Thank you, yes I shall hope for your help in doing so.

**Now, before we have any questions this time, I wish to say to this new gentleman who joins us this time, why has it taken so long?**

Jack: I haven't really known which way to go about it to be honest, I'm slightly confused with it all to be quite honest with you.

**Yes I know and understand, but let me say dear friend these words to you: Throughout your life, opportunities have come to you, to move forward in the right direction of your life. Unfortunately, you have a *critical mind*, do you not?**

Jack: I do yes.

**Yes, this dear friend has held you back. I tell you this, this one has within his hands, the capability to do good for others, if he should so desire, but as it stands at this present time, he does not have the awareness to open up his consciousness to all that is available to him. But I am sure that if you continue to come amongst these peoples, that which you have been doing, you will begin to see and to understand the power of Truth. Here we have in this good friend, a teacher of much Truth. This gentleman (*Les*) who has given himself to spirit, for so many of his earthly years, can be your guidance and your light. But you must make yourself available to him, you understand?**

Jack: I do, I'll do that, thank you.

**I will say only this to you both, that life has been difficult along your life's pathway, but let me say to you both, that you have stepped out into a new era of time, in understanding, in knowledge, in fulfilling your earthly pathway. So take heart dear ones, lift up your hearts, open your minds to all that surrounds you and you will find *Light*.**

Les: Thank you very much. Any question you would like to ask on that either of you? (*Sallie + Jack*)

**They have much in their minds, but do not know how to broach the questions. It would be good for them to think quietly, just the two of them and discuss what they truly feel, not what they *know*, not what they do not *understand*, but truly what they *feel*. You understand my meaning? (*Yes.*) You must place to one side all physical emotions, because you see these emotions belong to your earthly life. You need to dig deep, to find that spiritual light within yourselves and only then, will you begin to understand who and what you are. I will leave you with those words.**

Sallie + Jack: Thank you.

Les: Thank you very much.

**Now, I know we have questions this time.**

Les: Yes, there is one I haven't asked the lady's permission, I don't know if you'll regard it as permissible, but she has visited a *psychic doctor* and has had an operation on her back, but she's not very happy about it at the moment as to whether it's been as successful as she'd hoped. Are you able to give her any reassurance on this please, I can understand if you don't want to answer the question?

**I am happy to speak to the lady, if she does not mind my doing so.**

Debbie: No, that's fine thank you.

**I have spoken about spiritual healing on previous occasions and I do believe that now you understand that what I tell you, is that you *all* are responsible for illnesses within the physical being. You know and you accept this do you not? (*general agreement*)**

Spiritual healing will only take place when all aspects of your being are in balance. We can speak of *energies*, we can speak of *cause and effect*, but to simplify matters, I will answer the question you put to me directly, that the time is not right for *full healing*; not because the spirit doctors have not done their work, they have, but you understand that they too have limitations to what they would be allowed to do. Do you understand this? (Yes.) So therefore we come to the aspect within your life which needs to be dealt with. You need to look at the emotional body, you need to look at the spiritual aspect of that emotional body and find what the true route of the problem is. I do not wish to discuss that amongst the peoples, but if you like I can tell you privately.

Debbie: Yes please.

I will arrange that some time perhaps next meeting, to be allowed time to speak with you privately.

Debbie: Yes thank you.

Can this be arranged?

Les: Yes it can indeed.

I can then give you some light on what is the true problem.

Debbie: Thank you.

But of course no matter what advice I give you, if you are not prepared to carry out what you know to be the Truth, then there will be no *physical healing*. These concepts apply to all; we have spoken extensively I think, about what you must accept as being *your doing*, when it comes to *physical illnesses*. You have to, if you do not, then you create more illness within the physical body. You understand? (Yes.) I hope that will be enough for you this time, (Yes—) but I will try to do what I can to help you put the problems right. (Thank you.)

Only when the Spirit is *touched*, can there be healing and it has not happened yet. No one you see, can undo what *you* have done, you see?

Debbie: Yes. (Yes.)

Les: We shall arrange that private sitting at the next meeting, if that's agreeable to you?

I am happy to do so, I think it would be best, I know all are friends within the room, but when we speak about these private matters, I would rather speak directly to the person concerned.

Les: Of course, yes everybody here is quite happy to go along with that I know, including myself, so before we start our proper meeting, we will arrange for the lady to have a private session with you.

I thank you.

Les: Thank you very much.

I am sure she will be helped, provided she wants to be and let me say just a few words about this: That sometimes people say, '*I want to be well, I want to be better,*' but in fact the spirit self is reacting against these wishes. Can you understand this? You may find that difficult, but it is so. We need to go deeply into the matter. Now I will leave that there with you.

Les: Thank you. Right now if I might ask a further question, it's part of the one I'm waiting to put when our other two friends are back, but it does fully on your teaching about the Power of Thought. We were discussing last week apparitions, visitations, ghosts, whatever you want to call them and I wonder if it's possible for those on your side of life, to project their thoughts into our atmosphere and create those phantoms, which are not infrequently seen, by a number of people, such as phantom cars, coaches and horses and other aspects of ghostly visitations. Are they created by *Thought* from your world, or are they remnants of a power which *did* exist and is still fluid?

Yes, I take your question and I will say this to you: There would be no purpose in thoughts of that nature, coming from our world. Remember that we move on a much higher frequency than you do here on the Earth plane. I will go into this further, but I would rather devote the time, to an evening of *energy*, which I have promised you beforehand. But I will say this to you, I will try to simplify it for you:

*What is energy?* It is only *Light in Motion* and it is not a simple topic to discuss, there are many complexities, but I will say to you, these '*phantom sightings*', as you call them, are *energy* which has stuck within the denser matter of your Earth, in the same way as your *body energies* become stuck, or blocked, as you like to say, you follow? (Yes—) It is an *imprint*, it is energy which has become *almost motionless* and is triggered at some point in time, to reproduce itself to be seen by others; that is all. It is almost like the negative of a photograph, which has been captured in time.

Les: I see and what is it that triggers it?

**It may be that certain energies around your Earth, gather at certain times, it may be—remember too, that energy—and this is what we need to discuss—as in all things, *Energy has Memory*. I hear the stunned silence, but this is something that we need to discuss fully, before we can discuss these topics.**

Les: It's certainly an entirely new concept to me.

**Why? Why not?**

Les: I agree, but I'd never thought of it in that way.

**Are you not energy, are you not vibration that moves? Do you not retain memory, do you not bring memories from times past?**

Les: Of course.

**So if you are *energy with memory*, why should not all other energies have memory?**

Les: Because I've been looking at it from an entirely wrong angle then—as usual. (*chuckles*)

**Yes, dear friend, again I say, your earthly brains limit you so! So now I leave with that thought only and we will come to the very complex issue of energy, which I hope and I do believe it will confuse you for some time, but eventually I hope the understanding will come to you. Does this help you?**

Les: We look forward to hearing more about it.

**I see your brain is working now.**

Les: (*chuckle*) Yes, they're churning madly aren't they? Well, thank you again for that.

**Now, as I say it is a complex subject, one which cannot have just one answer. There are so many different fields, which have to be touched upon. I could speak of molecules, electricity, atoms, it would only confuse you and after all, these things are earthly items of knowledge, they do not belong to the spirit. You understand?**

Les: Yes we do.

**So why would I speak about subjects you already know? I will try to bring to you knowledge, which thus far has not been spoken about too much.**

Les: That would be excellent if you do, we would appreciate it.

**But I would prefer to leave it until we have our powerhouse of help.**

Les: Yes of course I do understand.

**Or at least, not that when I have full control of this one. But do not be concerned, the time will be chosen wisely and I say to you that all the other subjects which I have promised you, will come to pass to you. (*general thanks*)**

Les: We certainly look forward to them.

**Again you must be patient, because as you know, our time-states differ and what you consider to be a long time, is no more than a blink of your eyes. You understand?**

Les: I think we can all say we have learned that thing, if nothing else—*patience!*

**I do believe you are on the beginnings, but I would not say that you have learned it. I would say we all have a long way to travel.**

Les: Yes I'm sure, but at least we've started, thank you.

**Now, have we more questions this time?**

Les: Has anybody a question they'd like to ask Salumet?

George: Yes, I wonder if I could ask some more details about what happens at the close of one of the Earth's great civilisations, taking perhaps Atlantis as an example. The picture that I have in my mind, is that many souls will continue their progression elsewhere, some will reincarnate in new civilisations on Earth, some beings may survive the deluge or whatever, and retain their superior knowledge and others might regard them as gods, so that what myth and legend we have today, may have arisen from that source. If I'm wrong in that picture, would you please correct me?

**Firstly, let me say this, I have told you that many civilisations have been upon this earthly plane. Many have become extinct, because of their own foolishness. Also I have told you, that all souls have more than one aspect to them. In answering this question, you must remember this. When you talk of souls retaining their great knowledge and being revered for that knowledge, being classified as gods by many, this indeed happens, but it should not. There is only *one* Great Creative Force, there is only *one* Source of**

Knowledge, there is only *one* form of Love and goodness, and all others who have trodden, whether they retain much earthly knowledge or not, does not matter. All of these earthly events and happenings are lost in the greater scheme of things. So what you want me to tell you dear friend, really does not matter too much, because you see, all souls who return to the spirit world, take with them their knowledge, however great or small, to join with that Great Creative Force of knowledge, for better and higher things in the world of spirit. You understand? (*Yes.*) I do not mean to say that these civilisations which have existed upon your Earth, matter not. Of course all of your Earth's history has created what you have today, or at least *some* of it has. But each stage of development upon your Earth, is not what is important. Knowledge is only worth retaining, if it is spiritual knowledge. You understand? (*Yes—*) Of course there are those peoples, who have trodden this Earth, who would influence others. You know all of this, I do not wish to retrace what I have spoken about before. But you should be thinking dear friend, on the knowledge which you have gained, which those of you around you, have gained and in what way can you further your soul's growth; because after all, each individual here upon this earthly plane, returns *home* and contributes to the whole aspect of themselves. You are but a splinter in a piece of wood, you understand?

George: Yes that does clarify greatly, thank you very much.

**Too much is placed I think, upon your history of past events. We have said, what is past is the future, the present and the past, all as *One*. So you should not distinguish one from another. I hope this helps you.**

George: Yes it does, thank you.

Les: Thank you very much.

**I wish to say to the gentlemen, whom I have spoken to, that he has gained much in his own understanding and there are those, who come close to you, who are proud, if I may use an earthly term, they are proud of your development, in quite a short space of time. So dear friend, be happy and contented with what you are achieving.**

George: Thank you.

**I will take one more short question this time, before I leave you.**

Les: Would anybody like to put a short question?

**No—I will answer when they ask me, in their quiet moments.**

Les: Right, well thank you very much again for you company and your wisdom, which as usual has been extremely enjoyable and instructive.

**If it brings you knowledge, if I bring you peace, if I bring upliftment, then truly I have been working well and I say to you all, that my Love goes with you all, whichever way your paths lead, whichever way you wish to travel, always I am by your side.**

Les: Yes I don't think any of us doubt that now.

*May all of you feel the Love of that Great Creative Force from whence we came.*

Les: And we hope you feel ours for you. God be with you.

*There then followed a bubbly light soul through Eileen, who got us all laughing, before we closed.*

~26<sup>th</sup> August 1996~

*Salumet gave a private session to one member (Debbie) at the beginning of the meeting, which is why the meeting was shorter this time:*

**Thank you dear friends, for your patience and understanding.**

Les: Thank you for your consideration for the lady.

**I did feel that on this occasion, that it was important that I speak with her. I know that she will find my words to be both of comfort and should she use those words wisely, she can free herself from pain. But as in all of you, I can only advise and you must play your parts, you understand? (*general agreement*) And I believe that the lady now, has full knowledge of her pain.**

Les: That's splendid news and we do appreciate you helping us and I assure you it's absolutely private, as our recording device was switched off.

**I do thank you. I am sure that if she so desired to discuss it with you then she will. But of course the choice is hers. This is not something I would do often and again I say to you, thank you for your tolerance and your patience.**

Les: I thank you for your concern for one of our group, we do appreciate it.

**I think this time, I will answer one short question and then allow others to come to you all this time and may I ask please, that when the lady who normally works with me here, is not available, that the one named as Lilian, please to sit here, if she does not mind?**

Les: You'd be quite happy to do that, wouldn't you Lilian?

Lilian: Yes of course.

**She provides much in the way of support, this one.**

Les: Good, that's also very nice to know. Yes we'll arrange that in future. I have one question, if I might, when you said that I should rest more, did you mean physically, or from the psychic work?

**No, this time I mean your physical being. I know that time is important and there is little enough of it, I'm sure. But you do need to rest a little more.**

Les: It's quite permissible to carry on with the meetings, as I do then, but I will not take on any more of the extra evenings, that I have been doing.

**Yes, you must look after yourself, because you see, as you grow older in your earthly years, so the body depletes its energies and you must allow sufficient rest for that physical being.**

Les: Right, I will see to that, once my present commitments are met, I shan't take on any more.

**But I don't give you permission to stop.**

*(laughter)*

Les: I'm pleased about that, I'd hate to have to.

**I'm not ready for that yet.**

Les: No, nor am I, I'm very pleased to hear you say so, but I will cut out the others, I probably have been taking on too much for people who want help and I do understand and appreciate your concern.

**Yes you cannot help others, if you do not recognise when you also need to rest.**

Les: Yes I shall do that in future, thank you for telling me. But I was delighted to hear that you won't let me stop.

**I do not have complete control over that one, but there are many who are behind you and will help you all they can.**

Les: Thank you and thank you again for all you've done tonight.

**I am happy to say that this time, there is more peace and contentment amongst you. It is wonderful for me, when I feel that this is so, because you give out so much more, when your lives are happy.**

Les: Yes it's interesting you should say that, because I was just about to say to you, that you've been away from human concepts so long, you might not realise our reaction tonight, for what you've done for one of our colleagues. I think I could say for everybody, that it's brought us much closer to you. Isn't that so?

*(general agreement)*

**Thank you and you are kind with your words, you are kind with your love and I will accept them from you, most graciously.**

Les: Thank you, we're pleased that you do.

**I sometimes wish that as I leave you, I could gather you all together and take you with me, on a journey, but as of yet, this is not possible.**

*(enthusiastic responses)*

Les: But it's a lovely thought and we thank you for it.

**Now, I think I must leave you and I leave you with all that I can give.**

*(general thanks)*

Les: And our love goes with you of course and we look forward to our next meeting and again thank you for tonight, God be with you.

~2<sup>nd</sup> September 1996~

Good evening.

*(general welcomes)*

Les: Thank you for joining us once more.

**Forgive my lack of words, but I wish to embrace you all in my love.**

Les: Thank you.

**I bring with me this time, the love of many who surround each one of you. They stand by you at all times and for this one time, they wish to stand close by for short time this time.**

Les: That's lovely to know. Would that be the reason that I thought there was an usual amount of peace and love here tonight, when I sat down?

**Yes, I would ask all of you, if you will be willing to sit quietly for a few moments and allow the blending of spirit with spirit.**

Les: Yes of course.

**There is of course good reason for this; it is essential that you all feel Power of Love. Shall we do so now please?**

Les: Certainly.

*We all then sat in silence for about five minutes and then Salumet continued:*

**Dear friends, I would be most surprised if you do not feel upliftment, when you leave this room. It should sustain you for hours and maybe days.**

Les: Thank you and thank everybody who has been good enough to be with us to do that.

**They ask not for thanks; they are always close by you, these who have been near to you this time, are those who truly have a spiritual bond with you all. So for them, there must be no thanks. Now, I want to say to you that for this time, I will speak a little to you.**

Les: Thank you, we're pleased at that.

**So if you have questions for me, please ask now.**

Les: Yes I will. Recently we have had on our TV screens, programmes about the '*supernormal*,' and the other day there was one where massages, which had no apparent human origin, were shown on our computer screens. The language was that of about 400 years ago and the communicator referred to the computer, as his '*box of light*.' They were quite lucid expressions given and everybody who saw it is puzzled. But I thought back to what you told us a long time ago, that your colleagues who have gathered in strength, to prevent the vandalising of this Earth anymore and you said that they would be using every sort of communication possible. I wondered whether what we saw recently, is coincidence, or whether it is part of your plan, to use every possible means of communication?

**Yes I understand your question and yes I did tell you that there would be many new forms of communication. (Yes—) It should not be strange to you, after all it is the same energies being used, as the energy from which you are made. It is only now being utilised by those who have attained the knowledge to use them. I will say this to you and I am aware of what you speak about, that your *box of light*, as you refer to it, is the newest form of communication known to man. (Yes—) But it has been known in our world, for some considerable time. And also, it was meant to be used in this way, because of the fact of being widely used, by all peoples in your world. It can reach many people when it becomes more widely used. It is not communication with one person, as we have had in the past, but many peoples will not be able to dispute what they see and what they hear.**

Les: Good, so will it be happening again then?

**It is already happening throughout your world, you will hear of it more and more, beside other forms of communication, which we are now working with.**

Les: That's most interesting.

**It has to go forward. Although communication has always existed, there has always been areas of doubt. (Yes—) You are aware of it, so to continue to reach peoples, we have to use what is most acceptable to them.**

Les: Well I must say, I'm delighted to hear it.

**You do not find it odd, that the medium that you call *computers*, is now so widely used. After all, it had to come, there always will be new technology within your world. There is much still to come, there are many who have gathered together in our world, to ensure that this time, peoples will listen, peoples will**

**not deny the Truth. The Truth must become known by *all*, if this world of yours is to continue its true pathway.**

Les: Yes, when I was watching the programme, my mind immediately went back to what you've told us about it and those very words you've just used.

**It will all come to pass; what I tell you will happen and it will not happen only within your own country, but in many countries throughout your world—it is happening now.**

Les: Good, and are there special conditions necessary, before these messages can be given on a computer screen?

**It is only the use of the *energies*. It is helpful if the person using the computers, is attuned with us in spirit. As with all forms of communication, those of us in our world, will seek the right conditions, wherever they appear.**

Les: Good, so it might happen to anybody, if they are in tune with you?

**You are all spirit, so there is no reason why you should not be receivers.**

Les: That's something I look forward to with interest.

**That is our intention, that a wider field of peoples upon your Earth plane, see and hear for themselves, the **Truth**, the evidence, which they cannot dispute.**

Les: That's interesting, because recently there has been developed what is called the *Internet*, which means instant communication, through those screens, to any part of the world and this no doubt you are aware of, and this is what you'll be using then?

**That is why this form of communication has been chosen.**

Les: Splendid! A lot of people are going to have a lot of surprises, aren't they?

**But we hear with amusement sometimes, '*Are mediums as singular people, will they become extinct?*' I say never!**

Les: No I can't imagine that happening.

**So accept this new form of communication with the love, with which it comes. You will hear more of it and you will continue to hear of new ways of communication.**

Les: Good thank you very much indeed, an interesting future to look forward to in that field then.

**I did tell you when I first came to you, that what I told you, would be verified by others throughout your world.**

Les: Yes you did indeed.

**And this is only one example of those words.**

Les: Good, well they're certainly escalating then and the spreading of the knowledge is obviously going to be of great importance.

**It gladdens my heart and those with whom I come to this earthly plane with, that there are many more who are interested in what we term '**The Truth**'. They will withhold the knowledge for only a little time, those in power who know; they cannot withhold it forever and the *young people* now, are beginning to use their emotions, to know when something is **The Truth**.**

Les: Yes they are, you're quite right.

**And it gladdens me so!**

Les: It certainly makes us here very pleased and many groups like this are going to be pleased about it.

**It is also good, that communication will be open to so many—to sceptics, to believers. After all you all are spirit first and foremost and what is good for one, should be available to all.**

Les: Yes, I thought of you again today and some of your past statements, because I heard on our radio, a comment from a bishop, saying that if they throw away all their regalia, they're going to be much more human and I thought that was a very apt remark for him to make.

**Let me tell you dear friend, that these people of *power* and I have just used the words, they also belong within your *churches*, these people who have withheld Truth, for many of your centuries. At this time in your evolution, they are laying down those misdeeds of Truth. At last they realise that the populace of the Earth, will no longer be fooled, that**

**they will accept, only what *they* truly believe. So they have to move forward, if they are not to remain in ridicule, by the mass of the peoples.**

Les: Yes, actually that occurred to me when I heard it, and I wondered what had been prompting them to make this statement. They must have been having a little nudge.

**I think I best say, a rather *large nudge*, as you call it.**

Les: (*chuckles*) Yes, though it was lovely to hear it.

**We are working within many fields and those peoples upon your Earth, who are in positions to teach others, to have the power over many peoples, the time has come to expose themselves to only the Truth; and it is beginning to happen.**

Les: Good, well that certainly is wonderful news.

**I would end my words by saying that the peoples who inhabit this earthly plane at this time, will never know so much development of spiritual truths, as are happening in your world at this present time. There is a gathering of us all, many from our world who are working now, for even greater truth, than has been known previously.**

It is happening dear friends, and I am pleased that you are here, whilst it is beginning.

Les: Good. Yes, it's certainly going to be very, very interesting to see it developing, because I feel that once it really begins and gets hold of the peoples thoughts, then escalation is going to be very, very rapid.

**Yes, it is what we work towards. We cannot allow The Truth to go under, as it has in your centuries past. The Truth has presented itself many, many times, only to be put under, by those peoples in positions of power, who have downtrodden peoples, who have not allowed freedom of speech. In many areas of your world, has there been injustice in this field and we cannot and will not allow it to happen this time.**

Les: Good, well that's wonderful news for future generations also.

**Now, if you are happy, I will finish my words this time and perhaps allow others to speak.**

Les: Yes certainly. Thank you very much for that answer, it's very enlightening.

**Are you happy with it, are you left with doubts?**

Les: No I've no doubts at all, no I believe implicitly what you tell us.

*Then I will leave you all with my love and know that when you leave this room, you will be surrounded by the love given to you this time. I say good night to you all, may that Great Creative Force shine from within you.*

Les: Thank you for your blessing and our love goes with you and to all those who've been with us tonight.  
(*general thanks*)

*There then followed a communication through Sue who gave messages to two of the sitters. (Mark and Les)*

### ~9<sup>th</sup> September 1996~

*The early section of this recording fades in and out and is difficult to hear at first:*

**Good evening.**

(*general welcomes*)

**It brings me much joy to be with you.**

Les: We certainly have a lot of joy with your company

**As my control becomes stronger with instrument, it takes longer for speech.**

Les: Yes I understand.

**But time will come when speech will be instantaneous, but only when full control is achieved.**

Les: We do thank you for all your patience with what you're doing. I'm sure it'll be so worthwhile when it does occur.

**I thank you again for the patience you show, because I know our time together is short in your earthly time, but as long as we continue to make progress, then it is worthwhile.**

Les: I agree absolutely. After all, you taught us what patience should be.

**I have to say you have not fully achieved it yet.**

Les: Oh dear. (*chuckles*)

**But I know your welcome and your love, are based on such patience. Because conditions this time are good to be working with this one, I will speak to you for short time only. We have another who wishes to come to you here.**

Les: I see, we are in your hands, we'll do whatever's required.

**I want to say to you this time, that much is happening in your world. We are gathering again in our world, to try to bring more Love and power, to those who can create Love within your Earthly world. There is at this time, unease and unrest in many areas of your world and we must do what we can to help in those areas of unrest.**

Les: We certainly shall be everlastingly grateful, because things certainly are getting worse in our world. **But fear not, I have told you, you must not live in fear, because it is destructive. You must use your thoughts wisely to disband all negativity within your world. You must dissipate all fear within yourselves, if you are to be of use, to others.**

Les: Yes we do understand that.

**So you can help, each one of you, in your own way. But I tell you, there is a concerted effort at this time, within our world, to do all that we must. I do not tell you this, to create more fear within you, but to help you to fully understand, that not all peoples are of similar spirituality, like your own. I want you to know, that your thoughts can create much love, much good for others, you understand? (*Yes.*) So, if I may, I ask that each one of you, sends out loving thoughts for your world.**

Les: Yes we will do that.

**Always I hold you dear. Now if you have questions this time, I will answer briefly.**

Les: Thank you. Yes, you have told us that many other planets exist in the universe and these planets, of which we have no knowledge, you have said that there are life forms upon them. Is it right to presume that those life forms, would be governed by the same laws that govern us here, in that each life form would have its own soul, which would have to go through the process of living the continuity of life, as we have to go through the process?

**Yes, if we simplify words, then I say all within, not only this universe, but throughout the cosmos, have to abide by those laws, which govern us all. There can be no differentiation between them; how can there be?**

Les: No I thought that would be the answer.

**Love is eternal, Love is the law, which must be abided by all who come within it's scope. You understand?**

Les: Yes I do, I thought it must be so, but I wanted confirmation.

**Of course, you understand the great diversity of planets, of peoples, of course you all would seem to be different from each other, but you all originate, from that eternal spark of Love. Does this answer your question?**

Les: It does thank you very much. Do you have time for one more?

**I will take only one more this time.**

Les: Thank you, we had recently a rescue from somebody who said the year was 1302. Now you have told us that until the soul shows signs of wanting to progress, those people are in *limbo*, until that time, then they are brought back to us if need be, for the final clearance, as it were. To me it seems rather a waste of time and energy, if that soul is *cocooned* somewhere, in this case for nearly 700 years. Are they in fact cocooned for that length of time, or do they live in some other *sphere*, for that time, until they return to their earthly counterpart here?

**I understand your question. I have spoken briefly about this of course, but again we are speaking about complex issues. Let me reiterate some of the information I have given to you previously. I have told you, you are not one being, that there are many aspects to you. Let us take the soul, who has left this planet Earth and should have returned to spirit, in knowledge and Love. But you know that some are left close to this plane of existence for many reasons. Some who come to us are *cocooned*, but I use that word reservedly, because—let me explain a little further, because now I believe you will begin to understand:**

**When the soul is ready, it will move on. If it is not, it can only be *cocooned* and offered support, but the part that remains, is only *one aspect* of the soul. You follow me?**

Les: Yes I see what you mean.

**The spirit will always return to where it belongs, it will only be the one aspect of the soul, which remains as you say, *cocooned*. So the other aspects of the soul return to where they belong, to await that aspect to awaken to life, if you like, before it joins us. I am speaking in terms, as if there are many peoples, but you must understand, that many aspects make the whole. Do you follow me?**

Les: Yes we follow you, but I don't think we fully understand it yet.

**That is why the explanation previously, I kept simple for you, because I do think your understanding, truly realises what is involved.**

Les: No I don't think it can at the moment, it's something we shall have to think about very carefully, in order to try and understand it.

**If you will, then you may have the understanding beginning to break through. But not all of the spirit will be left suspended for those number of years.**

Les: I couldn't understand that that would be so, because there comes the question of regeneration of its energy, during that time.

**That is why only the earthly aspect of it is *locked in time*, if you like—whilst the other aspects of the spirit, or *Energy*, as you now begin to term it, and of which I am pleased, because it shows at last you are beginning to understand, that you are much, much more.**

Les: So, those other aspects would in fact, if I can use the expression, be doing useful work elsewhere, so the time is not wasted?

**No, *never is energy wasted, never is energy static, never is one part of the soul lost*; it cannot be so.**

Les: And when that Earth-bound part comes back, as it did the other day, would all parts of the soul be reunited?

**It would be uplifted by other aspects of it's being, to make the return, for help.**

Les: The return would be of the whole?

**The return would be of the whole, only to help that aspect of itself, to be free.**

Les: I see that certainly clarifies for me, I hope it does for my colleagues.

**You understand?**

Les: Yes I understand much better now, I certainly hadn't considered the multiplicity of parts.

**And also, please to remember that *Time* is of little consequence, when you speak of our side of life.**

Les: Yes I understood that, but it did seem such a *waste*, if all that time, however unimportant it may seem, was being not utilised in some way.

**Again dear friend, you are using the *physical brain*, to try to understand matters *spiritual*. So it explains the confusion within your own thinking.**

Les: It certainly does, you've given us more to think about now and to reach a little more understanding, of the complexity of it. Thank you for the answer.

**I would say one last thing to you all, that it is *good* to see that you ponder about these many subjects, which I know are difficult for you. But it shows that you are willing to open yourselves to that greater Light.**

Les: Yes, that's certainly what we are trying to do, with your great help.

**And now dear friends, I will leave you in the knowledge that always you are within my love and those who come close to you. Always you will be surrounded with much help and upliftment; but not always are you aware of this, but the time will come, when you will feel our closeness, much, much more.**

Les: That's very nice to know, because the more we begin to learn, the more we realise we are going to need that help, in order to understand fully.

**You cannot ever, whilst you are clothed within these bodies, fully understand all that is awaiting you, but you can try to expand your knowledge to the greatest abilities, that you all possess.**

Les: Thank you very, very much, our love goes with you again and God bless you.

~16<sup>th</sup> September 1996~

**Good evening.**

*(general welcomes)*

Les: We thank you again for being with us. I know you don't want thanks or expect them, but we do like to say it.

**I wish again to thank you for your patience.**

Les: It's a pleasure to wait for you.

**I am with you from early in your meeting, but it is little known of the intricacies of blending with instruments. It is essential that blending of energies should take place correctly, in order that no harm comes to this one.**

Les: Yes I think I understand what you mean and we appreciate your consideration.

**So although I am with you, it is essential that I take more time, to be sure that all is correct and that we have attained the best conditions possible.**

Les: Yes, we are quite prepared to wait, I do know how complex the matter is.

**I know that some of you wonder why it is easy for some to come so much more quickly and easily, but there to be considered many changes within the energy fields when one such as I return to you. It is more difficult and it is essential that the instrument being used, is in a good condition also. That is why it is necessary to work always closely with her. But now that the connection is made, I am happy to continue this time. You may find that it sounds different this time, only because I am working with different energy patterns. It is too complex to explain this time, but I hope you will accept it so and we will continue.**

Les: Yes of course we accept it, we're only too pleased that it's happening.

**We have someone waiting to speak this time with you, who you will find of interest, but before then, I will take your questions please.**

Les: Thank you. I would like to continue on your subject of last week, if I may, about the many parts of the soul. We can accept what you say of course, that there are many facets of it, which are existing at the same time. But when they have achieved the purpose for which they came, does each and every individual part, become coalescing into a whole once more—do they all have to progress together?

**No, not necessarily so. You can have the division separately, although they belong to that one spark of existence. It is not possible for all facets to progress at the same time. Of course when each, shall we say 'facet,' or 'aspect of personality,' has attained it's purpose, then it will return to that *whole* and then it will be decided which element will go forward, to improve the knowledge and the structure of the *whole*.**

Les: So putting it simply then, all the various personalities, do gather together once more at some unknown time in the future and then again split and the procedure continues?

**Of course. Now dear friend, you are beginning to understand just a little. Yes, it is a complex subject, which I don't feel you will truly understand, whilst you are clothed in these bodies.**

Les: No, I can accept that, but it does give a little clearer picture of the progress of the parts of the soul. **If you take a bowl of water, if you take one bubble from it, it does not effect the water as a whole, but when the bubble returns in greater magnitude, it is accepted into that pond of water, without causing any disruption. If you can imagine yourselves in this way, it may make it simpler for you to understand the process.**

Les: Yes I think it will.

**You, dear friend, belong to a much greater energy pattern.**

*There was then some noise from a neighbour's house, causing a brief interruption before Salumet continued:*

**When you separate from that greater energy, you are in a sense set free for just a short time. But always you remain attached to that greater pool of energy. So in a sense, you are never truly separated. Is this clear for you?**

Les: Yes, I suppose an analogy would be the silver chord between the physical and the spiritual body.

**Yes, you always will remain connected to the soul, you understand?**

Les: Yes, because the source would be necessary for the continuation of the energy required by each particular part.

**Yes, it is like a child on *reins*, who feels the power of movement and yet is controlled by the parent, you understand?**

Les: Yes I do, I think everybody understands that.

**(Good.)** Thank you for the explanations. I'm afraid we do seem rather dim at times in understanding these things, but of course they are foreign to our conception up till now.

**They are complex matters and I fully understand that your comprehension of them is limited.**

Les: Yes very limited indeed.

**But no matter, just enquiring about these things, lends itself to a greater knowledge of them. For that, I am pleased for you, because it tells me that I am completing my task much more fully, than I had at first hoped.**

Les: Oh that's nice to know, at least we're learning something.

**I have to tell you dear friends, that the opening of your hearts to me has been considerable, in such a short space of time.**

Les: Thank you, that's a complement to us all.

**Now, I will take one more question before I give you over to those who wait.**

Les: Thank you. Yes it's partly question, partly comment: At our last meeting, we had two people come, I didn't deal with them at the beginning, but I believe that I'm right in saying that they are from somewhere, not of this world. One instrument was speaking almost precisely the words that *you* have used, saying that they are part of the gathering, to prevent us from destroying this Earth and ourselves. The speech was very slow and I wondered if I was right in presuming that the words were being fed to that person via the spiritual aspect of the instrument, so that her brain could utter them?

**We return again to the subject of *communication*. There are easier methods of communication with those from our world, who are closer to you on the Earth plane, you understand? (Yes—) But the further away—and I use that term loosely, because you understand that it is not *distance* which we speak of, because all is *intermingled*. When we speak of communications, there are many ways of achieving this. Sometimes the blending of the energies are not suitable for the communicator to use the instrument's voice. So sometimes help and information is given and although it would seem to come from the communicator, you are correct in your assumptions, that there are more than one involved. This happens sometimes, not only for the protection of the instrument, but the spirit in question. We speak again about many complex issues of how communication takes place.**

Les: Yes there must be many, many more aspects to it, than we have even considered.

**It takes many of your earthly years, for communicators to work at ease with their instruments. It does not happen in an instant, because you see and you know, *I know*, that as you leave your earthly bodies, the energies become so much finer, and as you continue throughout your spiritual lives, they should become even finer, which makes it more difficult to have a communicator return to this Earth plane. But we have many who have achieved such and I don't feel it is wrong to say that I too, must be included in that band of peoples. It of course becomes much easier when all conditioned are refined and the instrument is willing to give themselves to us.**

Les: Yes, it's a co-operative effort then, isn't it?

**Always, always but this is why now, we are finding new ways of communication, so that we have a much more valid way of communication.**

Les: It would be marvellous if you do achieve what you want, because the average person then, can have a much more comprehensive idea of the importance of the communication and the fact of it too.

**Yes, there is so much going on within our worlds, to make this communication easier for all, but we have spoken about this last time.**

Les: Yes I won't keep you anymore, but just to say that we were very interested to hear the words, were almost precisely what you have been saying to us.

**Yes, it will be verified by many, not always here, but from other sources and I want to say to you dear friends, that I do not always say too much on what will happen in your world, but there are coming to your world geological changes, important changes, which will affect the structure of your lands, but this is a natural evolution of your Earth and should**

**not cause distress to any of you. But remember I have told you this and we can speak when it comes to pass.**

**Now I leave you all with my love this time and thank you for your attention and for your great patience with me.**

Les: We thank you for your patience with us and the teaching you have given us, God be with you.  
(general thanks)

*There then followed one through Sue, who gave instruction about working with the moon:*

***Little one this one, little one for me.***

Les: Thank you for making the effort, sorry if it's uncomfortable for you.

***Not for me, we try not to harm little one either.***

Les: No I'm sure you won't do that—

***Will not stay long here, but wish to say to you, do you appreciate how spiritual your moon and it's light can be?***

Les: Yes I think we do.

***But we feel it is going to be important in your lives, to be more aware of the light coming from the moon in your skies. It is full of great energy, as is the sun planet. You are aware that the light you see comes from the sun, but of course it is not possible to turn your gaze upon it, as you can the moon.***

Les: We know that it's reflected light from the sun.

***Of course you do, I apologise if I make it sound as if you are not aware, of course you are.***

Les: No apology needed—and the moon has been the subject throughout many, many years on this Earth, the subject of song, of poetry, romance, so it does have a great affect upon humanity.

***Romance comes from the physical heart, I am speaking of the spiritual love which comes from the light.***

Les: Yes I personally have always been aware of it.

***That is good. I say to you before I leave this one, I say to each of you here, at the next full moon, if physical problems, such as the cloud formations are not a hindrance and if your daily toils allow it, I would ask you all to turn your gaze upon it and to open up the spiritual channel which is in you all and feel the light travelling into the very depth of your being. Can you do this please?***

(general agreement)

Les: We'll certainly try, yes, just as you used to in your ceremonies?

***I say to you, the benefits you will find, will be many. I ask you to try to feel the energy of the light of the moon, as it travels to the edges of your fingers, and ask at the same time, that this energy you are feeling, can be put to good use.***

Les: Yes we shall do that.

***You will be guided along the correct path, to suit each one of you and this new form of energy, will be used through your channels. This may sound a little confusing to you, but I ask you please to put your trust in those who love you.***

Les: Yes we do, we accept absolutely what you say about this, because after all, it is merely attempting to absorb the diffused energy of the sun, isn't it?

***Technically speaking yes, that is one form of the power available.***

Les: Because it all comes from the sun, so we should be absorbing that, indirectly, spiritually and physically.

***I thank you for this experiment and I say to you on a lighter note, we do not expect you to go gambling around your gardens at midnight, chanting and waving feathers in the air, no.***

(chuckles) ***It is not essential for you even to leave the confines of your homes, but I say it probably would be more beneficial if you could view the light from outside and not through glass. But please I say to you, do not catch cold, we do not want you to suffer in our experiments.***

Les: No we shall try and avoid that, thank you for the instructions.

***Our requests do tend to get stranger do they not, but you know you can trust us.***

Les: We know there's always a very good reason for these things.

***Yes, we only wish to enhance the bonds between physical and spiritual matters. In time, it is the endeavour of the great and almighty power, which we are all striving to work for, to encompass the physical, so that it is merely a breath away from the spirit and everyone will be aware of the next realm.***

Les: Good, thank you very much.

***Time as you know, means nothing, what is past is present, is future. Now I will depart from this one. Energies in the room are now much depleted and we thank you for giving us the opportunity to come and put our suggestions.***

Les: Thank you very much for having been with us tonight. Goodbye and God bless you.

***I say to you, the love and light of the great power surrounds you all.***

*(general thanks)*

### **~23<sup>rd</sup> September 1996~**

*No Salumet this time, but there was another communicator of interest through Sue:*

***I am having a little difficulty, but will soon be able to converse I think.***

Les: Good, yes it usually clears up in a short while.

***I think we can do a little now.***

Les: Good, thank you for coming.

***I am sorry that your normal conversations with our great one, cannot take place this time, but you are aware that we like to use the same channel at the moment and not use another.***

Les: We quite understand that, we didn't expect that he would be speaking with us tonight.

***We have told you that he will converse with you through another and he will keep that promise, but the time is not quite ready for him to transgress to another. I will tell you though, that when the time comes, he will speak with this one and his normal channel of energy and he will use both channels at the same time. You are aware I know, that the one you call Salumet, is only part of a whole and he intends that a piece of the whole, will be used simultaneously with the one you are already familiar with.***

Les: Is that so? That's going to be extremely interesting.

***We anticipate that it will be somewhat different to anything you have experienced here before.***

Les: You are certainly right, if that happens, it will be quite different.

***I have been aware that as the time has passed, this particular circle, has experienced some what you would call 'incredible things,' am I right?***

Les: You're quite right, we have.

***Let me say to you that it could not be achieved, without yourselves. We are nothing without the energy and power, that you produce here.***

Les: We are nothing without yours, it has to be a complementary effort, each time, doesn't it?

***Indeed, and that is what—that is what is wrong with the world, that you inhabit at this time. There are no unions of souls, you must agree that each one fights the other, can you agree please? (strong agreement) You are aware I know, through the teachings of Salumet, that we are not permitting this to continue. Do not ask please, how these things will change, because there are circumstances which, due to the impossibility of communication, we cannot tell you. But it IS to happen and there are people such as yourselves in all parts and I say ALL parts of your universe and I say that, not just including this planet—but are doing everything in their power to bring such changes to you, that you cannot imagine.***

Les: That's very comforting news, especially for our children.

***You may say that you have been informed that a life that is upon you, is decided previously and are we right to interfere, as we have always told you, that the spirit cannot interfere? Yes you have heard this, have you not?***

Les: We have, but you won't be interfering with individuals?

***That is right. We are endeavouring to change the very ether of the planet.***

Les: Yes, we shall still have our free will, within the new parameters, which you will introduce, I know.

***You all have the inner voice, you all are aware of what we call the inner voice, yes? (general agreement) I know that when you hear the voice most times, you heed what is being said to you. This is the only way we can put you on the right paths, the paths of your destiny. But your free will, is the over-riding factor of all your lives.***

Les: Yes, and we haven't used it very wisely have we, in the years that have past?

***You can say that and you can go back to the beginning of your universe and every time, every time, when there is what you would call disaster, things then suddenly begin to change for the better. Yes, you***

*agree? (general agreement) Going to the Roman empire, that you have read in your history books, they were magnificent times for them, but no they were not content with what they had, were they? Greed, greed destroyed them.*

Les: As it has destroyed prior civilisations.

*And so, we had to intervene and start the process all over again. And now, as you say, through greed another civilisation, is beginning to crumble at the very roots.*

Les: Yes, it's in a very (?) condition, the world, or the population of the world, at the moment. I certainly hope you all are able to do all you wish, to prevent the calamities that are hovering over us.

*As I said to you, there are peoples such as yourselves, all over this universe. And when the time is right and with the permission of you all, because we do nothing, nothing without asking for your permission; we will be drawing on the energies of all those like yourselves, have opened your minds, to a greater power. We will draw upon these energies and create an enormous and powerful beam, of spiritual light and love, which, although I cannot explain to you in words you would comprehend, this light will completely alter, the way of life as you know it now.*

Les: Yes, that's certainly something for our children to look forward to, even if it doesn't happen in our time.

*I say to you, you will not see the conclusion, in your earthly lifetime. But you, all of you here, will see the beginning, that I can promise you. I promise you that, all of you will see the beginning of the end.*

*(general thanks)*

Les: It's worth all the time spent with you, though that time spent with you, has been a pleasure as well.

*By spending time, spending time here, you are building up something you are totally unaware of, but it is being stored and every time a little more of this power comes available. Let me explain it to you like a mountain, yes a mountain of good, good, strong, love. If you cut into it like—let me say to you, not a mountain, but the trunk of a tree—you can see the rings showing the age, can you not? (general agreement)*

*Imagine then, imagine these rings and every time, the power of love clings to the edge and more and more and more.*

Les: It's building all the time, for future use?

*Building, building, building. And we are slowly now, beginning to take the power of love, from the centre, but nothing is being lost, because it is coming and coming and coming. For every puff of power—I'm sorry I cannot describe it properly to you—for every puff of power that we use, it is replenished a hundred fold. We are ready shortly, to extract more from this storeroom, and start the regeneration of your planet and it's people and it's black and sometimes wicked times.*

Les: And so that energy of love, is able to feed upon itself and be self-increasing, I think that's what you're saying?

*Yes, it is far more than that, but yes, that is an explanation, which is sufficient for this time and I want you all to know, that you are responsible for the rings, as they extend. Every thought of love, that you give out, finds it's way, not only to the recipient of your thoughts, but into our storehouse. Do you understand a little of what I say please?*

Les: Yes I think we do.

*It is most difficult for me to explain this in words, because I have not the right language, or the right words.*

Les: And we haven't the right understanding.

*We are both confused, are we not?*

Les: Yes, but we do begin to get the gist of what you are trying to tell us, of the immensity of it all.

*I think you have a saying, I think I am right when I say, 'I will put it to you in a nutshell', am I right?*

Les: Yes, we do have that saying.

*I will say to you before I leave you, keep your thoughts towards the Light, that you know surrounds you and you will have no small part, in the resurrection of your world.*

Les: Good, we're very pleased to hear that and we shall certainly keep on doing as we are now, for just so long as we are able. Thank you very much for what you've told us.

***We are also expanding the work of the healers, both physical and spiritual, in your world. We intend that the spiritual healing of physical and mental problems, which face you in your earthly lives, will be greatly increased, over this period of time. I say to you, your hospitals, which we are aware are in need of—how shall I put it, a facelift and a shake up, yes? (general agreement)***

***This will happen. More people will go into your medical profession, there will be more resources and more people that go into this profession, will go into it, knowing that they are being guided in their healing, by the spiritual doctors, that have surrounded them.***

***Les:*** Good, yes I was hoping that that might be part of the plan.

***I say this now, before I leave you, there is one here, who will take up and continue with the work which has been started. They are unaware that the path is ahead of them, but when they place their foot on this path and start to walk across it, in words you understand, there will be no stopping them.***

***Les:*** Good, I'm sure all of them will be very pleased to know that.

***This one, this person I speak of, whose name I shall not divulge, will bring much needed earthly publicity to the work they do. Can you understand what I say?***

***Les:*** Yes, yes I'm very pleased to hear it and I'm sure she will be.

***Do not say 'she.' I did not say she, nor did I say 'he.' I tell you this person, will shortly start a course of action, that will open the eyes of many.***

***Les:*** You are referring to the instrument you're using, I imagine?

***No, no.***

***Les:*** No? I misunderstood what you meant.

***There is one here in this room, I say it may be the instrument here, but it may easily be anyone sat in this room—we are aware and will help the one, who has been chosen. But for reasons of which I cannot explain, I cannot say who that one is at present.***

***Les:*** No, I can understand that. It's nice to know that one will be used.

***Please do not think that the rest are of no importance; each one of you here, as I have said to you this time, is to play a vital role, in changing the course of your world. But there is one, who will bring the word, to many others.***

***Les:*** I follow you now, thank you for that.

***The power here is exhausted. I will leave you with much love and such grateful thanks, for all you are doing, to enable us, to bring love back into a dark place.***

***Les:*** We thank you for your teaching and instructions and companionship in this work and our love goes with you all.

***I will speak again at another time and perhaps it will be when Salumet returns to the other one. We may, between us, be able to give you a better description of what we hope is to occur, when the love and the boundless energy we are storing, is put to use.***

***Les:*** Good, thank you again.

***May I ask that you sit quietly now and send out thoughts to spirit, that we might begin the process?***

***I leave you now, God bless you and keep you all.***

***There then followed a final control through Sue, to lighten things before we closed.***

***~30<sup>th</sup> September 1996~***

***Good evening.***

***(general greetings)***

***Before we begin this time, I want to offer thanks to the Great Creative Force which brings us together once more, who showers us with love, who brings to us many truths, much knowledge and the opportunity to serve mankind.***

***Les:*** We would like to join with you in those thoughts.

***Words are not necessary for these words of thankfulness, but I say them only for your benefit . Before I answer questions this time, I would like to speak to you about some truths of your world and how you view them, from the human stance of understanding.***

So often we hear, 'What really are the truths of spirit? What are the truths that we need to know and to work upon?' Down so many of your centuries has this question been asked. *Truth* has always been—still it is unchanged. Man has tried to alter those basic truths to his own ends, but you cannot change those *natural truths*, those *spiritual laws*; they cannot be changed by man. So I say to you, what you must know as truths, are those thoughts and feelings which belong to your spiritual selves.

**The Truth of Love—love for your fellow man—this I would say, is the most important truth you can ever understand.** You must love your fellow human beings as you would yourselves. I think most of you would agree with this one? (*general agreement*) I would say to you that you must put to one side all thoughts of *material gain*, which is *useless* for your *spiritual growth*. By that I mean not that material worth is of no value, but the *love* of material gain is wrong. It is the *love* of these things which you must temper. You understand? (*general agreement*)

**The Truth that life continues**—that is one truth all of you here already know and understand, but that so many in your world still deny. But it is the basic truth and one which we will continue to express to all who will listen. They are but a few of the truths which must survive all of mankind, while he treads this Earth. I will return to others at a later time, because I know you have questions for me.

Les: Well thank you for telling us that.

It is good to have these truths continually spoken about, because too often mankind treats them as he would his own form of understanding; he treats them as his own form of truth and he must not do that.

Les: No, we understand what you mean. Unfortunately we do have to be constantly reminded; you are quite right we do.

It does you no harm to be told, especially to love one another.

Les: Yes that is one of the basic principals in the Bible, isn't it?

I do not want to be concerned with any particular religion, any creed or dogma, only TRUTH and truth belongs to all, no matter which race, which colour, which country; all peoples upon your Earth plane, are subject to these truths. You understand?

Les: Yes, it is the law, we can't escape it.

But unfortunately man has taken these basic truths and moulded them to suit himself, not only in one form of religion, but throughout your world. So I want you to dismiss all dogma attached to these truths and accept them for what they truly are:

**Teachings to help you progress—**

**Teachings to help you evolve whilst upon this earthly plane.**

Truth always is simple and you must not complicate it, by adding man's intelligence, which I have to say, is abrasive to it. You understand?

Les: Yes I think we all understand that. I merely mentioned the Bible, because that is what Jesus taught, wasn't it?

We have had *many* peoples who have come this world and I know I repeat myself when I tell you: **All have brought to mankind basic truth. Many sages, seers, poets, politicians—many kinds of people throughout the existence of this world; only, only to have them abused by man. Mankind always seems to turn, I think you would say, 'deaf ears,' to the truth.**

Les: Yes he only wants to hear what suits him, what suits his purpose at that time—

**But I have told you that the *tide is turning* and mankind will know his heart. There is a steady progression in the right direction and it fills my heart so, to tell you this.**

Les: Splendid, we are delighted to know it.

**Now I will answer one question this time, before others speak.**

Les: Thank you. Yes, I would like if I may, to continue our talks about the soul. You have told us of course that animals have souls and this we accept and I've been very interested in reading of the relationship between plants, some of which develop certain characteristics, which would appear to be solely for the animals feeding upon those plants—it would seem that there is an interrelationship. Since all are part of the universe, then obviously the energy of the universe is within those plants as within us and the animals. Would it be fair to ascribe the principals of the soul to plants? I know it might sound ridiculous, but I think you will see what I mean. If they are part of the whole in co-existing apparently in that intelligent

relationship, then it would seem that they must have some awareness within them, which could be regarded as a soul.

**I understand your question, let me try to explain it to you a little. All energy all life is of course the same, but when you speak of animals, plants, what you would term, 'lesser existences,' then we are speaking of slightly different energy. Of course all energies *intermingle*, this I have explained to you; after all, we come from the same Creative Force. That Creative Force allows much to come from it. Human beings have their own form of energy, as do the plant and animal kingdoms. I understand what you say—one without the other cannot exist, there has to be co-existence, with all forms of energy, whether it be in the material world, or in our world of spirit. It becomes so much more intense when you speak of life in our world, because they are not, how should I say, 'clothed' within the earthly matter, which dulls all energies, as you are aware. I would go further and say to you that the energy of the ground that the plant is within, provides that energy which succours the plant, which in turn feeds the animals; the animals in turn provide energy for human beings as you term them. But I say to you, we are speaking of the one energy in different degrees of vibration. You understand?**

Les: Yes I understand that, but what I don't understand is how a plant can have the apparent intelligence to adapt itself to the needs of the animal.

**Because all life in intelligence. The Creative Force, if you speak of the sparks which come from the Creative Force, then you have different degrees of intelligence. That is how plant life—not intelligence as you would understand, but a giving off of radiating vibration, *LIFE*, an intelligence which is understood by all who exist in all forms.**

Les: And would that intelligence of the plant be initiated by those who you have told us are in charge of such things, or is it a natural occurrence?

**It—I understand your questions, I understand that your understanding is limited and I know you understand that there are with our world, peoples who tend plants. You understand that the power of thought creates that very thinking; I know you understand this. But what you do not fully understand, is that intelligence is *life itself*—it reaches the stage where intelligence is understanding. Do you follow me?**

Les: Yes, but beyond our comprehension.

**Yes, we have to go further than what you know at this present time. *Intelligence* takes its own place within the *WHOLE*—again we must speak of the whole; you cannot individualise, this is the problem.**

Les: No, the other thing which prompted my question is that I know there are certain types of trees which sometimes are invaded by parasites which cause them damage and trees in the same group who have not yet been invaded, will begin to produce of themselves, a toxin which makes their leaves unpalatable to the parasite; so they are exempt from damage.

**All I can only say to you dear friend that the very *intelligence of nature*, and you are speaking of trees within your world, it becomes a whole different concept when you speak of *spirit life*. But yes, the intelligence is within all living things, down to the very minutest form of life, which you on your Earth still are not aware of.**

Les: No, I was about to say that I think we should just have to accept that we shall never understand it whilst we are here.

**It is too complex for you, it is too complex to explain to you, because without some iota of knowledge, you would find what I tell you too difficult to accept. But believe me when I tell you, all life forms share that same energy, that same Creative Force within them. And remember what I tell you, that all goes back together at some stage far beyond your years of understanding and knowledge. I cannot explain fully to you, I hope it has helped a little, but I know we speak again on difficult matters.**

Les: Yes they are difficult, but you have helped a lot as far as I'm concerned and I hope everyone else here has benefited from the understanding of the relationship of one to the other. (Yes.) Thank you very much. **You could perhaps compare it to illness within your human bodies. What is the intelligence of the make-up of the body, which makes things go wrong? It is the power of the thought and the intelligence of that energy; it is the combination. But the cell energy, of whatever you speak of within the body, is what triggers off the illness.**

Les: That certainly gives us a lot more to think about.

**You understand? The power of the thought is the trigger, but the intelligence of the cells within the body, are what activate the illness.**

Les: It's the cells themselves that have the intelligence.

**They have the intelligence, either to remain healthy, or to grow unhealthy. You understand?**

Les: Yes and that would apply to the plants also then?

**Also, we speak of the same energies.**

Les: Thank you, that certainly does clarify it.

**Although plant life/animal life, are, I would say on a lower scale to that of human kind. But after all, it is the same energy.**

Les: Thank you, and I'll be quite brief now, does that mean that plants being of a lower scale of energy, would not suffer pain, as some people think, when they are cut in any way?

**I have to tell you, all energy *feels*.**

Les: Does it?

**Yes, that is a misconception of human kind. I am aware of what is said, but I would have to tell you, if there is intelligence, there has to be some form of *feeling*, but not as you understand it of course. But the plant would be *aware*, perhaps, that is a better word.**

Les: Yes it would be, thank you, but it would have an awareness.

**There would be an awareness.**

Les: Thank you very, very much, that's very interesting to us all.

*Now I leave you all this time with my love. May you go forward in your daily lives, may you be uplifted, may you be guided, may you find love with one another.*

Les: Thank you very much indeed, and our love goes with you too and God bless you again.

*There then followed a control through Sue who suggested the rest of the time to be spent in silent meditation, encouraging us to mention any impressions we were given.*

~7<sup>th</sup> October 1996~

**Good evening.**

*(general greetings)*

*Thank you once more for each joining together, in this meeting place. Let us give thanks to that Great Creative Force, to which we all belong. Thanks once more for joining together in service and in Love. I say to you all, let your hearts be open this time—let in that love which surrounds you all this time, let yourselves feel the upliftment and the closeness of those who come to you. For all these things, we give our thanks.*

**This time I would ask that you allow those who are near to come close, after I have spoken to you.**

Les: Certainly.

**So we will begin with your questions please.**

Les: Yes I think I should ask if anybody else has a question they would like to put to you.

George: Perhaps I could ask a question about language in between-worlds communication. We have spirits who come through who have had life in other countries and sometimes they appear to be helped with our language, sometimes language seems quite automatic. Can you tell us something of this?

**Yes I understand your question. Firstly let me say that all communications are based on the level of the communicator and receiver. This is of the utmost importance, because without the blending of the energies, there can be no communication. There has to be a *raising* of the vibration on your earthly plane, as there has to be a *lowering* from our side of life. Therefore those from our world, always will seek the one who blends closely with them; language does not matter, only in so much as the words are necessary for you peoples in this world. Without the language of *words*, communication with you peoples are difficult. So shall we take an example of one who is fluent in many languages, whilst walking your earthly plane? When that one passes to our side of life, then communication creates no problems, as far as the earthly language goes. You understand?**

George: Yes.

The problems arise when you have who has left this earthly plane, with only one knowledge of one language. Let us take your own as an example. You would only understand a communicator who would speak to you with your own words, unless you were able to use other languages. So in our side of life, you have to understand that it is not just one communicator, but a group of peoples who are working. So the best way of communication is chosen; the communicator himself will choose the vehicle, because of the blending. But sometimes we have people, that you know as *'gate keepers,'* who will take charge, who will be fed information from others. That is because their energies are more subtle and blend more easily, do you follow me? (Yes—) You see dear friend, language in our world is not a problem, it is only when we wish to return, that we need to use words. So all help is available to those who need to speak in foreign tongues. I know it is something discussed in your world as to why—shall we take an example, why one of a foreign tongue, should choose a British medium, who cannot understand the language. It is the blending of the vibrations, which are important. After all, you belong to the one school of spirit, you understand?

George: Yes, thank you.

It is not a problem in our side of life, but I know many peoples reflect upon it here. What does it matter after all, if the evidence is given and accepted. What does it matter who gives the information, who speaks in the tongue of knowledge, provided it is accepted and the Truth is known? It is not so important then, you understand?

Les: Yes, that is the main thing isn't it, the Truth of the communication.

**Yes, if the evidence is accepted, it is given with Love, accepted with Love, then all barriers of language are dissolved; it is not a great concern.**

George: Yes thank you.

Les: Anybody else? If not I have a question.

Sarah: I do have one quick question: We were told that our illnesses are caused by dis-ease within ourselves. Small children who get say leukaemia, are the children really causing it themselves or are they coming back to perhaps suffer for something they did in a previous life?

**I have to say, remember that illnesses are so varied, so when we speak of young children, of course their lifespan upon this earthly plane, is too short for them to have caused illness. So in the main I have to tell you, it is something which has carried over from previous time.**

Sarah: Right, thank you.

Les: Right, if I might put a question following on our talk about souls, it's been known through the years, that there have been many cases of *'doubles'* appearing on the Earth. Recently there have been more verified instances of people literally facing a *replica* of themselves. The other day somebody asked me if I had a double, because they had seen me in their town, even to this type of glasses being worn. And that set me thinking, that if those people are in fact doubles, are two parts of that soul existing here together, for a specific reason and would their spiritual development be parallel, because having chosen different parents as you have told us, they would therefore have different characteristics, which would prevent them from being doubles, and yet that doesn't seem to apply and this puzzles me.

**Yes I understand your question dear friend. When you speak of *'doubles,'* in the sense that you have described, of course they cannot be. They are two separate souls, with similarities—similarities with human *likeness*, that is all. And there are many of those within your world, but they do not belong to the same soul aspect. The *only* time you can have true doubles, and I understand what you say and I relate to you the only true double is a part of your spirit being, which can exist apart from you. If you so wished, you can leave this physical being, allow the spiritual aspect, which is a *'double'*—as you have used the word, I will continue to use. That *double* can travel much distance and be seen elsewhere—that is a true double. But the *doubles* you speak of, who belong to different parents, are not souls of the one.**

Les: So it's really a coincidence?

**If you wish to use the word, there are many peoples throughout your Earth plane. You have to remember that human beings have many characteristics which are similar. So it is not impossible that you can see two peoples who look alike, but be totally different. I speak now spiritually, I speak of the soul, not of the human characteristics.**

Les: Quite, well this is what was puzzling me.

**But of course you can create your *double*, because when first I came to you all, I told you that there were many parts to you, as there are to all souls.**

Les: What confused me was the fact that long ago you told us that soul-mates exist and their spiritual attraction takes effect, even though the physical may be quite dissimilar.

**Yes, yes it is a misconception to assume that soul-mates are so similar that they must be alike, that is a total misconception, which travels your Earth plane and should be put to rest.**

Les: Yes I remembered you telling us that and this is where the confusion in my mind arose about doubles. Well thank you very much for having clarified that.

**But let me say one more thing to you: I am sure that some of you will be aware that on your Earth, people have seen peoples in front of them, when in fact they know they are somewhere far away. That is the *true double*, because it is the aspect of the soul which has left and gone forward, to another place. Now that truly is the double of the human aspect of the soul. You understand? (Yes—) I hope that clarifies it for you.**

Les: Yes it certainly does. Thank you.

George: Yes I could say that a particular known one, would be Sai Barber, who is a Master, who treads the Earth. I know he is particularly known to have appeared to people in different places.

**Yes, but let me tell you this my friend, that you do not need to be a Master, you all have these capabilities, I have told you this before, you all are spirit, therefore you are capable of all these things, but as in all aspects of your daily living, *practice does make perfect*. Sometimes it happens without your knowledge, when there is great distress, great love, great affinity between two peoples. This is a case of it happening without prior knowledge. So you see dear ones, you do not need to be a *Master*.**

Les: You've answered a question before I put it, I was about to say, quoting only myself, if *my* spiritual double went somewhere for a specific purpose, would I as a physical being have knowledge of that—but you've just said no, it could happen without my knowing.

**You do dear friend, you heal in your sleep; you do travel I assure you, but as of yet, are not aware of this aspect of yourself. Did you know I have been around you this day? Have you been aware of me?**

Les: Yes I have.

**Yes, well you see you are beginning. I say to you all, you grow much. Although our time spent together may seem some considerable time to you, in the element of time, it is but a blink of the eye. But in that time I see you all grow, I see your minds expand, I see your thoughts go forward, go upward and I see your questions become much more spiritual.**

Les: It's very nice to know that we *are* progressing like that.

**It is important that I tell you so, because I am grateful for the time that you devote to these evenings, to give your ear to listen to the Truth, to know that you will be emissaries of that Truth and that as each day continues, you grow and seek further; that indeed that spiritual aspect of yourselves, comes forward and shines brighter.**

Les: Well we would like to thank you, for what you teach us, but you won't accept our thanks, so—I ask not thanks, my thanks to you is being here with you. Without you, I could not spread the knowledge and the Truth that I bring. So for these times, my heart grows fuller with each meeting, my love for you grows, it enfolds you and gathers you to me. And for this I thank you all. I think just one more question this time, before we let you continue and if you feel you need to quietly discuss amongst yourselves, I will be happy for that, provided it is done quietly. Otherwise let those who stand close by and I tell you there are so many, too many to count, but the eagerness has to be put to one side, to allow them to join you.

Les: Thank you, any questions from anybody?

Jack: Yes, just carrying on from the last thing, how do identical twins, where they look the same, act the same and appear to have a spiritual bond, how does that work?

**Yes, we have discussed this before, but I will answer quickly for you. They are *one soul*, which in a sense has created the *double*, but created the *double* in two human personalities, but they belong to the *one soul*, that is why they are identical and inhabit the *one egg* in the mother, to be born as *two personalities*. Although in saying this, they are two different aspects of that *one soul*, do you follow?**

Jack: I do indeed yes, thank you.

**Does that answer your question?**

Jack: It does, thank you.

Les: We appreciate all that you have done again, I won't say 'thank you,' but you do go with our love once more.

**I will leave you, but always know that I am with you.**

All: Thank you.

There was then quite a long pause followed by an unexpected 'rescue' through Eileen, you may be able to listened to using this link:

[http://www.salumetandfriends.org/resources/1996\\_10\\_07+rescue.s.mp3](http://www.salumetandfriends.org/resources/1996_10_07+rescue.s.mp3)

**~14<sup>th</sup> October 1996~**

**Good evening.**

*(general greetings)*

**I am happy to say to you how pleased I am to see so many of your male gender here this time.**

Les: Yes it is good, isn't it.

**For too long, have the male species in your world, denied knowledge.**

Les: Yes, you're quite right.

**But now we are finding that the balance is being corrected, as it should be. We have with us here this time, one who joins us in interest, but who has for some time, been lost spiritually. I take this opportunity, to welcome him and to say, that these first steps are important. I speak of the new gentleman.**

Les: The one who's here for the first time tonight?

**Yes. Although he expresses much interest, for too long, his mind has been in darkness, but at last he comes forward and is ready to listen. I do not say, fully accept, but to listen, because he is a gentleman, who is not easily led by other's words.**

Les: I'm sure you're right in that.

**He accepts my words, I believe.**

Barry: I do.

**Yes, inside there lies a gentleness, which for too long, has lain dormant, within you. But now is the time, to express this side of you, to the world, to allow yourself to learn, to accept truth and to go forward in your life. There have been problems in the past, but you can now if you so desire, leave them all behind and you know of what I speak. *(Yes.)* There has been a turmoil within you, which has created many problems for you in the past, but now is your opportunity to lay them to rest.**

**I know that many of you would wish that I give more guidance in your lives. But I have to tell you, that as I have said to you before, I cannot interfere. Of course I could take each one of you and show you the pathways you should tread, but what purpose would this serve you? I will always guide, I will always uplift you, I will do my utmost to show you the right pathway, but I cannot place your feet upon it. You, dear friends have those decisions in your life to make. All I will say to you, is that when the physical being is at its lowest, then the spirit soars. I know some of you find that difficult to accept, but it is true. So you see, I cannot save you from life's troubles, but I can only help you to understand and accept that your pathways are there for you to learn from. I hope that you accept this more as time continues and that you know what I try to teach you, is *Truth*.**

Les: Yes we accept that fully.

**I wish sometimes I could lift you from your troubles, but I would be doing you a disservice. So always look upon life as a road to travel, a road which gives you knowledge, a road which carries you forward spiritually, a road which ultimately will lead you *home*. Now, I would say to you, are there questions this time?**

Les: Yes I would like to follow on what you've said Salumet, about our spirits soaring when we are despondent physically. I believe I'm right in saying that you *do* and *are able* and *permitted*, to give us spiritual upliftment in those times and that is not classified as interference?

No, that is what I say to you. I can help you, I can influence you, I can give you the *thinking patterns*, to encourage you to make the *decisions*, which go forward into the physical aspects of your living. But of course, my influence is more concerned with your *spiritual growth*, rather than the *pathways* you tread, whilst in these bodies. Of course, to see you grow spiritually, is *my complete aim*, whilst I remain with you.

Les: Yes, and the strength you give us spiritually, on the occasions when physically we are at low ebb, does enable us of course, to better cope with the physical disabilities and physical disappointments and stresses we have.

**It should do, but I have to say that not all accept that upliftment in the way that they should; they block what encouragement and help we offer. It is possible because of your free will, to refuse the help that we give and I speak now of the physical matter. But you cannot see that the help given to the spirit, is always accepted. You understand?**

Les: Yes, everybody understands that do they?

*(general agreement)*

**If the physical being would listen to that *inner voice*, then they would feel much more, the help that we bring to you. But that is always the problem with man's *free will*, that we cannot force ourselves on you.**

Les: I don't know if you've been aware of it recently, but as far as I'm concerned, my desire for spiritual help, to cope with physical conditions—not that they are very bad, but to accept them constantly as a help in the physical living, my door has been wide open for spirit assistance.

**Yes, I would say a few words about this: I believe that few of you fully understand that as your earthly years follow you, as you grow old in years, that the spirit lifts itself closer to our world, and therefore is enabling that part of you, to accept more—or it should be so. It does not happen to all, because those peoples in your world who have no knowledge, cannot allow the spirit to lift. They continually keep it close to this earthly plane, not because they fully understand what they are doing, but because they are ignorant in their knowledge of spiritual matters. So dear friend, the reason why you know and accept that you are growing spiritually, is a combination of your physical age and that the spirit has grown, over many earthly years and is, shall I say, *more prepared* for life in our world; so finds it easier, to accept the help that is given. Do you follow?**

Les: *I do*, because I *am* getting older! *(chuckles)*

**But you see, as you grow older in years, and the spiritual knowledge and growth follows those earthly years, then the help that we give, is more readily accepted. You understand?**

Les: Yes, I must admit that I've apologised to you a couple of times recently—apologised mentally, because I have called on you rather frequently for help.

**I will not accept apologies. *(chuckles)* I have told you, always I stand near when you feel the need for me—there will be part of me around you all, in times of need. So you see, the calling of my name, does not require apologies.**

Les: Thank you very much. *(general thanks)*

**I would not have spoken such words, if I had not meant them.**

Les: I know you wouldn't do. I have been very much aware of you recently.

**I know, but I don't need to tell you. I know that all of you have called to me and I know some of you as yet, are still not aware of my presence, but do not be concerned about this, it will come in time. But let me say to you dear friends, that all of you, whether you know it or not, are treading life's true pathways, *pathways* which were meant for you. So when you ponder your everyday troubles, think upon these words. Remember that I have said you travel the right road and perhaps your burdens and your woes, will feel *lighter* to you. *(general thanks)***

Les: Thank you very much, we're very pleased to hear that. Does anyone have any question on what Salumet has said, if not I'll ask another, if I may? Are you able to accept another question?

**I will take one more this time and then allow another to come—give the opportunity to each one to feel the love here this time.**

Les: Yes it follows on from what you've told us last week, about language and the simplicity of it, so far as you and your world are concerned. I wondered if everybody fully realised exactly what happens, because we all know that there is a group working in your world, and it is a corporate effort every time. But when

we hear our own language spoken by somebody who didn't know it on this Earth, are the words being fed to that communicator, by someone who is interpreting, or is the person speaking to us, the actual person who knew the other language, when on this Earth and only *appears* to be the person who has been suffering in various ways? I hope that's clear?

**Yes I *think* I understand your question. It is a difficult subject I know, but let me tell you, there is never complete *black or white conditions*. Let me say that there are many in my world, who have the love of learning, the love to learn languages of *all* planets; firstly you must accept this. The love of the knowledge of learning, is great to them, so these people become the *emissaries of translation*. You follow me?**

Les: Yes I do.

**There are many of these peoples, but it takes some time in our world, before this can be accomplished. After all, those of you who are learning in your world, do not achieve such things over night. So in our world, time must be given to those who wish to learn. So we have the group who are capable of the knowledge of *all* language, it matters not which one. They are filled with the knowledge of *language*, so they are able to transmit that knowledge to another, who you would know as the *door keeper*. I believe this is the question you are asking?**

Les: That's right.

**But again, you have to understand that it is the *vibration* of the medium, which attracts us in our world; it is the *best* form of communication which can be achieved that is important. So sometimes, it is better for those who communicate, to learn the language of the one upon the Earth. You understand?**

Les: I see yes, so there are variables then?

**Yes, you cannot say, '*That is correct, that is not,*' it is not so *black or white*.**

Les: No, I thought it must be, because of the experiences I have had over many years, in different ways with the communicators. I thought there must be differences in the way in which it is done.

**Yes, remember in your world, communication is thought, but the Power of the Thought creates the words, you understand? (*Yes.*) It is not so simple to explain to you, but from our side of life, there are no such complications, all runs smoothly and remember always, that communications are known beforehand. So with our wider knowledge, we know what is to be said, you understand?**

Les: Yes, so you're aware of the questions and the way the conversation will go, before even we know of it?

**Yes, you must remember, there are many areas of communication, which you do not understand. It is not as simple as using a medium, just to speak the words. There is much that goes on, within our world beforehand. (*Yes—*) But the important area of communication, is in the best *frequency, vibration*, of the two who have to intermingle. You understand?**

Les: Yes, thank you very much, that does clarify quite a lot and confirms what I have suspected, for a long time and I appreciate the information. Right that finishes my questions, thank you. Is there somebody else to use your instrument tonight?

**We would wish this time, because conditions are good, I have to tell you, that it is possible, that some not previously used, could feel the power of the loved ones around them. So I will leave it to your *capable hands*—I believe that is the term. And I will withdraw from you this time.**

***I leave you all, clothed in the Love and Light of that Great Creative Force.***

Les: And our love goes with you again and we are most grateful for what you've told us. (*general thanks*) There then followed one through Sarah expressing gratitude for the help received on a previous visit and to tell us a little about how they were planning to make amends for a previous life and return in a new life as a professor. Then a humorous gatekeeper came through Eileen, which lightened the atmosphere, before closing.

**~21<sup>st</sup> October 1996~**

**Good evening.**

(*general welcomes*)

Once again, you have brought me here on a wave of your love. I thank you all and hope that what we bring to you this time, will be fruitful for you all.

*(general thanks)*

I would like if you permit, to speak a little about *forgiveness* this time.

Les: We would very much like you to.

I have said to you, that it is important that you be non-judgemental to your fellow man. *(Yes—)* You must offer love to all, you must have forgiveness in your heart. But I want you to know and to understand that you must *also* forgive yourselves, because dear friends, without love and forgiveness of your *own self*, you cannot express these things to others.

Les: Of course not.

But most peoples on your Earth, seem to feel some *shame* in wanting this for themselves. I tell you, there is nothing to be ashamed of, because by creating these things in your own lives, you are also helping those others in whom you find problems and in whom you find it difficult to have compassion for. Do you dear friends, understand what I say to you? *(general agreement)*

Les: Yes we do. I think part of the trouble with us humans, is that we feel that to do as you say, '*forgive ourselves*,' is a form of conceit. And I'm sure it troubles some people, to be able to strike a balance between that conceit and the necessity for doing as you say.

Yes, I think we need to interpret the word '*forgiveness*.' I think your earthly term usually means, '*To put right what one has done wrong*.' But I do not mean it in that sense. Forgiving yourself, means expressing fully the love that is within your hearts. I know you seem puzzled by these words—let me try to explain a little to you. The love within each one of you, comes from that *Higher Source*, that part of you, you know as *spirit*—that all-encompassing part of you, which is pure Love. You peoples on this Earth, have only a *spark* of that *Divine Love* within you, so it is important that this be cultivated to it's greatest extent, in order that you fully know and understand yourselves, whilst in these bodies. Only then can you accept and understand life's needs. By that, *that* is true *forgiveness*. True forgiveness is an *acceptance*, an acceptance of love of that *Higher Self* within you—that is what I mean by *forgiveness*.

Les: Yes, we shall have to think very carefully over your words. I do understand what you are telling us, but there is another factor which I'm sure occurs to us, if we are being honest with ourselves. Quite frequently—I quote an example: We do a charitable act, whether it be a physical act, or giving money, and I'm sure that others like myself have sometimes wondered at the *motive* behind our giving or doing. And it's difficult sometimes to accept that we are doing it, from love and forgiveness and not for furtherance of our own selfishness, in so doing. Do you understand?

Yes dear friend I understand fully and I would have to say to you, that sometimes we do see that what would appear to be an act of generosity, is indeed an *ego trip* for that individual.

Les: This is what worries people and has worried me in the past, I admit.

That is *why* I have said to you in the past, that to gain knowledge and understanding as you do, as you grow spiritually, then the road becomes so much *harder*. Maybe not within your physical lives, but spiritually, because you have the knowledge, you must be aware and be more careful of the *deeds* and the *actions*, which you do. But if you have any doubts of any action or any deed, in which you take part, then I say to you, *stop* and *listen*, because if there is doubt, then there *has* to be a reason for it.

Remember power of your *Thought*; if the thought has come to you, then there is reasoning behind it. You understand? *(Yes.)* To give spontaneously, is the best way to give, because when there has been previous thinking about these gifts or deeds, then there is always the possibility, that the act is not genuine. You understand?

Les: Yes we do understand.

I do not wish these words to seem hard, because after all, *all* acts of goodness, cannot be put to one side. If the person receiving takes the deed, or the money, or whatever you do with good heart, then of course something good has come from it. But I understand your concern; the concern is for the giver. And I have to say, too often, peoples when they come to our side of life, when they are faced with all their deeds upon this Earth, are *shocked* by their own motives. But I would say to you, do not be too concerned. To *give* is mainly an act of Love. You understand? *(Quite!)* I do not wish you to take these words as being harsh.

Les: No of course we don't. No, we appreciate your concern, that we should be *doing* and *thinking* in the right way.

**It is harder when you do have knowledge, but any spontaneous act of help, or love, or forgiveness, can only be good. It has to come instantly from that heart, full of love. You understand?**

Les: Yes I do. Following on that, I have in the past, spoken to people, who have said to me, '*I wish so and so wouldn't give me so much, or do so much for me.*' And I had to explain to them, that they must permit the giving and permit the doing, in order to allow the *giver* to develop spiritually.

**Yes I take your words, but I would say only this, that there needs to be a *balance*. The giver cannot *push* himself onto the *taker*, (in) the same way the *taker* cannot deny the *giver*.**

Les: It's a very delicate balance, isn't it?

**It is. Both must *know and understand* what each are about, to allow the full potential of the love to grow. You understand?**

Les: Yes I do, it is a very difficult decision quite often. But as you say, *spontaneity* really is the only answer.

**Yes, I think you can all perhaps find times within your lives, when a spontaneous act of giving, of love, of a gentle word, has been accepted in the manner that you would wish. Even more so than these '*planned*' acts of love, as you think they are, but are not always. I hope I have not caused you to be despondent, but I know I always seem to *put down* what you try to achieve, but my aim always is to try to *teach you*, in the ways of *spirit*.**

Les: Of course, we do accept and appreciate it and I'm sure none of us would ever think of criticising what you tell us, because we *know* it is for our own spiritual good.

**Yes, I would think—(amused/smiles) I would *advise* you not to criticise, because you see, we are coming back to that sense of *forgiveness*, for yourselves. You get my point?**

Les: Yes I do.

**Yes, thank you.**

Les: We are grateful for all you tell us. We look forward to it.

**Now, if you have no questions this time, I would like others to speak to you and allow the time spent with this instrument this time, in quietness. She I have to tell you, has been going through a metamorphosis within herself. Nothing that she is aware of, but of which I can tell you, we are so happy to see.**

Les: That's wonderful.

**So, the time is important that I be allowed to continue to work with her this time, for the rest of your meeting.**

Les: Certainly. There is just one question if I may, a quick one I promised to ask on behalf of somebody. I'm sure you're aware that on some of our Sunday evenings, there's a lady with whom I sit and gives remarkably good evidence. **(Yes.)** I know you're aware of that, but on the last two occasions, there's been no response from your side of life and she's a bit concerned about that.

**No, please advise her to—I will explain to you quickly. When we have '*development*' taking place, sometimes it is good from your side and also from ours, that the lesson of *patience* be taught. I don't mean that glibly. You understand? (Yes—) It is *not* that she will not be used, of course she will. We do not allow anyone to escape. (chuckles) You understand?**

Les: I do yes, this is what puzzled us both.

**But without sounding again, *harsh* in words, I wish to say to you, that for her own development, it is essential that she knows of these quiet times.**

Les: Thank you very much indeed.

**But do not be concerned.**

Les: No, I will explain to her and I do appreciate you answering the question, thank you very much.

**I know you will do it with kindly words.**

Les: Of course.

*Now I leave you all cloaked in that shining Love, which follows you all.*

*(general thanks/farewells)*

*There then followed one through Sue:*

***It is with great honour that I greet you. I thank you for allowing me to come into your home.***

Les: We're very pleased to have you here.

***I am a stranger to you, but you are happy to have me here and I thank you for that.***

Les: We're very happy to have you with us.

***I am aware that through the times of your meetings, which I know have been many, you have been visited on several occasions, by the Sisters and the 'Seeking Sisters,' have you not?***

Les: We have indeed.

***I ask you, have you ever been visited by the male equivalent of these Sisters?***

Les: Yes we have on one or two occasions.

***I am pleased to say to you that this evening you are visited by another.***

Les: Good, we welcome you and are pleased to have you.

***You are aware I know, that when you leave your earthly body, you do not take with you the life you left behind, unless you choose to do so. But some of us wish to continue the work we did on this Earth, but on a Higher Plane.***

Les: Yes I do understand that.

***But of course we had many lessons to learn, we had to find the correct path, we had walked along difficult and stony roads and we were lost. All of us—I speak here of the people that followed the RELIGIOUS PATH; all of us had our inner voices, all of us were guided, NOT all of us LISTENED. Do you understand?***

Les: I do indeed and that caused a lot of problems, when you went over, didn't it, because you had to deny a lot of what you had been teaching, while you were on this Earth.

***Indeed, it came as a revelation to many and it was like being reborn as a tiny baby. We had to learn to walk each step at a time, in the correct way.***

Les: Yes. It must have been pretty catastrophic for some of you to realise that you had been spending a whole lifetime, teaching the wrong things, or in many cases the wrong things.

***I say to you, not everything, not everything.***

Les: Oh no not everything, I agree.

***And there are some of us, who are still trying to find the correct route for their spiritual life.***

Les: It's a difficult thing to do, isn't it?

***It is most difficult to shed the teachings of one's earthly lifetime; it is not possible to drop it on the wayside. You cannot discard everything you believed to be true.***

Les: Of course not. Well you'd been conditioned into that belief, so you can't just dispose of it, like a piece of waste rag.

***I say this to you: It is good to question, question—every piece of knowledge you acquire, question. Even if it is only to satisfy a small doubt, question. Even if you have no doubts about something you have been told, think about it, think about it most carefully and ONLY, only if you are quite sure it is the correct and right thing, then—***

Les:—And then of course we learn something else, which makes us wonder if we were quite sure!  
(chuckles)

***Indeed. But it is a lesson that I bring to you this time and I ask you all if you will do this, as the next step along your spiritual pathway. QUESTION, question, even silently and mentally, question. It will make it SO much easier, when the time comes, if you can carefully sift through the information you acquire in this lifetime, and discard that which you know to be false.***

Les: And that for which we have not had positive evidence.

***Sometimes, sometimes it is not always possible to have that evidence, but there are always ways of finding out more.***

Les: There are and that is when one has to rely on one's spiritual affinity, in order to know that the question has been answered.

***Indeed. I have a number of my brothers here with me this evening, all of whom are standing with your friends here this time.***

Les: That's nice to know.

**And I have a boon to ask of them all. They are—the word I cannot tell you, but if I say 'Noviciate,' you would understand, would you? They are novices in their new lives. (Yes.) They wish to bring guidance to each one here in various matters.**

Les: I'm sure everybody here will be most grateful for the guidance.

**It will be given mentally, at a time when your earthly bodies are at rest. I say to you, hopefully in your sleep state, you may be aware of them, as in a dream. Please if you are aware of them, make contact and say they are welcome. (Yes.) And even if in the waking state, you are not aware of their teachings, let me say to you that the spirit inside yourself, will be aware of what they have taught and it will be fulfilled in time. Should you be aware of what you have been told, perhaps they would be kind enough to mention it to each other, at the next of your meetings.**

Les: Yes, that would be interesting to do.

**If you permit, I will come to you in sleep. May I do that?**

Les: Yes please do, you'd always be welcome.

**I am aware of who you are, so I will say to you, that my name is brother Copernicus and if you permit, I will spend some time with you, both in sleep state and when you are awake. (Yes—) If you become aware of me, please I would be honoured if you could call my name and tell me you know I am with you.**

Les: Yes, it would be interesting for both of us, wouldn't it? And I do appreciate that it is necessary to have that expression, for you to know that we are aware of you.

**It gives a great lift, when we KNOW that we have reached out and communicated. It makes such a difference to the way we can work.**

Les: I'm sure it must do, because the gratification of knowing that you have reached us spiritually, must be a big boost to your being able to continue that.

**Indeed. It is something that you cannot be fully aware of. It is like plugging into your electricity supply, you plug in and there is power; without supply, there is no power.**

Les: Quite. Would it have been you who's with me first thing at this meeting, as soon as I'd sat down? I know somebody was with me.

**It was not me personally, but if you were aware of someone, then yes, it would have been one of our brethren.**

Les: Yes I was very much aware, thank you, or thank him, please.

**I shall pass on your wishes. Now I say to everyone here:**

**Open your minds to your new friends, for they ARE friends to you and will give you all the love, guidance and teachings that they can. I appreciate you understand, that time in our two worlds varies considerably, so I will say to you, to make it a little easier for you to understand, that your new friends will be with you, into what you call your next millennium. (surprise + gratitude expressed) It may be difficult for you to understand that someone can be with you constantly, or for what you consider to be several years, but it is NOT that time in our world.**

Les: No of course not.

**When I say constantly, I do not mean every minute of your day, you understand that? (Yes.) But these friends will be with you at different times of your life, for several of your years to come.**

Les: Thank you. I do understand that they will be with us, when they are aware that we would benefit by their presence.

**Indeed. They are all well-equipped in the role of healer also, so will be able to give comfort and strength, through difficult periods of your lives.**

Les: Well, we look forward to them being with us—

**I now will leave you and ask please for just a few moments before you close your meeting, that each one of you gives out silent welcome to their new friends. I apologise that I cannot give you individual names for each one of your friends, but that is not possible.**

Les: No I quite understand.

**If they are able, they hopefully will impress upon each one of you, who they are and if that happens, you will be able to communicate by name, mentally. You of course, are aware of my name, but I cannot I am sorry, divulge the others. Now I ask that you sit quietly for just a few moments. There will be no more speech here this time, or in the room, other than your closing, which I would be honoured to do for you.**

Les: Yes, please do. I shall go back to my seat and you can close, whenever you are ready.

*We sat in silence for several minutes, before the closing prayer:*

*Great Creator of all Love and Light,*

*Look after these your precious children.*

*Give them the strength to continue with their daily lives, and when the path they tread begins difficult, give them the strength to find a smoother way.*

*And let the lessons learned each day of their lives, Light the way to their **spiritual home**.*

*Until we meet again, I say to you, may the Love and the Light which surrounds you all, glow brighter and stronger, with every passing day. Amen*

All: Amen

***May I just say before I leave, that the friends we spoke about, will also be with your friends, from your other meeting, if you could please tell them when you see them next. (Certainly—) It will be for everyone that comes here.***

Les: We are very honoured that they should be doing that for us all.

***I wish you farewell and will come to you in your sleep and through your waking days.***

Les: Thank you again very much. God be with you.

*Les then shared some clairvoyance with us:*

Les: If you want to visualise them with their habits, of blue-grey, with a gold coloured belt (*chord?*) in the middle; but not leather sandals, they are all wearing rope sandals—it might give you an idea of how to think of them. The gold chord they are permitted to wear, because of their particular degree of spiritual knowledge.

### **~28<sup>th</sup> October 1996~**

*Eileen, Sue and Jo were all away this week. However our unseen friends were still able to bring us useful teachings via Les. The tape begins a little way into our discussion:*

George: The light that you radiate during meditation, is this the same as the aura?

Les: It's a much more brilliant light, the aura is—*Les then begins to breathe very deeply and he begins to channel:*

***Good evening to you my friends.***

*(general welcomes)*

***I am very pleased to have the opportunity of speaking with you again, though it was not expected. I am, I believe this expression is understood by you, I am a 'stop gap.' I hope you will accept me.***

*(strong agreement)*

***Now sir, your question as to light. May I suggest that you are examining, or trying to examine phenomena, in the light of a physical understanding, instead of a spiritual understanding. You must not try to compare your own individual aura, to a spiritual light, which is, shall I say, 'distributed,' on occasions such as this and also by you as individuals when you are in, what you would call, 'the right frame of mind.' You are exercising the right thought processes, to enable us to draw nearer to you, upon the physical plane. You have been told many times, about the energies which exist, and many types of energies, which are utilised within our realms of existence, of which you have no knowledge. (Yes.) It is difficult for you to understand what energy is. It is difficult for us to try to give you descriptions, which your physical awareness's can absorb and understand, but I will try. When we speak of energy, do not your thoughts immediately clothe energy in a physical garb, so that you are able to understand it more clearly, with your physical senses. You presume that it has Light, of different colours perhaps; you do not realise that true pure energy, requires no attributes, such as you are inclined to give to it. It exists of itself, by itself, within itself, because of itself. Can you understand that?***

George: Yes, I think we're all beginning to accept this and feel it.

***When you say 'feel it,' my friend, could you please, for the sake of your colleagues and for our understanding of your description, could you please be a little more precise?***

George: Some of us have had training as scientists and we think of energy as *wave motion* and we have diagrams to help us visualise what we think we mean. But we are beginning to understand or just become aware of many forms of energy that are not in our scientific text books and are of a much less, I was going to say, 'less material form,' but a 'non-material form.'

**May we say please, a 'greater spiritual form.'**

George: Greater spiritual form, yes.

**Thank you. Once again, though you are beginning to have an appreciation of energy, you still seek to clothe it in physical garments, you might say.**

George: Yes, I follow that.

**You say, 'wave form.' Wave form is only a physical description, of something you have discovered, as part of energy, part of energy. And what of the energy which itself creates those wave patterns of which you speak?**

**Does it have form, does it have shape? You do not know.**

George: Yes, we do not know.

**Well sir, I would suggest if I may, with all due respect for your knowledge, which I know to be of considerable importance in your physical world, I would suggest if I may, that you do attempt to depart from always trying to give physical explanation for something that is so purely and definitely spiritual, in it's characteristics.**

George: Yes, I do follow and thank you for putting it clearly like that.

**May I please suggest also, to all who are listening, that you will better come to an understanding, of complexities that one day you will have to face when you visit us, if from now on, you understand that you will never understand, whilst you are upon this Earth. (general agreement) If you can achieve that degree of acceptance, then you will begin to have a much better conception, of what you would term, 'miracles' that surround you, every moment of your living on this plane, miracles of which you have little knowledge, miracles which I cannot explain, because they are beyond physical comprehension. They are only miracles, because to you they are uncommon. To us, who have greater knowledge of these things, they are not miracles, they are normal conditions of living. Can you understand this? (general agreement) Have I perhaps made a little clearer, the light or energy, of which we were speaking earlier, of which you were speaking, I should say and about which I came, to interfere! (laughter)**

George: Yes, we're very grateful and I'm sure it has helped enormously.

**Is there any other question you would like to ask me, whilst I am with you? If I can be of assistance in any way, please ask—you ladies, may I say, are unusually quiet. (laughter)**

Jack: Going back on what you were just saying, basically, you're saying that we're not going to understand this, purely because we are in the physical world and you are talking about a different dimension basically. So we can't understand what we can't see, yes?

**Basically that is so my friend. You cannot understand, because with respect, neither you nor anybody here, has the spiritual development yet, to enable them to begin to understand, what are purely spiritual concepts of life. It is no reflection upon your physical living, merely a fact that just as a child within the womb, cannot understand the mechanics of walking, because it has no conception of such a feat, so you in your physical envelopes, have no conception of the power which exists, beyond those physical elements. Does this satisfy you?**

Jack: Yes, thank you.

**I'm sorry that we cannot be more specific in our answers to your questions. We try within our abilities, to understand your physical 'examination,' let me say, of the things beyond your physical environment, beyond your mental capabilities to appreciate fully. But we cannot always unfortunately, enter into the realm of description, because there is not the awareness apparent, within the physical being. Do you understand? (general agreement) We sometimes feel ourselves frustrated, because we are not able to give you clearer descriptions, greater comprehension, of what is to come to you, in due course. I can only repeat: If you accept that you will never understand so long as you are in the human frame, at least that assists us, because you do not constantly churn your minds into a maelstrom of wondering, to prevent our 'getting into you,' if I might use that expression, to give you spiritual awareness, rather than physical**

**conceptions. Is this understandable to you? (general agreement) Good, thank you. Now do you have more questions?**

George: Well I'm sure it would be nice to probe more, or have more awareness of the—I imagine there are numerous energies of which we are quite ignorant and there would be energies which underpin the physical creation itself. In the Australian Aboriginal culture, they talk of 'Dreamtime,' the *Dreamtime* that underpinned the physical creation. Is this another type of energy, of which we are ignorant?

**May I ask you my friend, why it is so important that you wish to have an understanding of these energies? What would you do with that understanding?**

George: It is not important that we have an understanding, but I can just say it's very nice to know that the *Creation* is underpinned in that sort of way.

**Can you tell me please, what good it would do you to know such a thing?**

George: No, I guess it's just a love of understanding, or partial understanding.

**And what would you do with that understanding, if you were given it?**

George: Just enjoy it, I guess.

**Physically again. You would enjoy the ability of your brain, to absorb what it has been told. Would it have advanced your spiritual progress?**

George: No, I suppose not.

**Then why bother? I trust I have not offended you sir?**

George: No, not at all.

**We find it very strange, that so often your physical minds are devoted to what, to all intents and purposes, is useless information.**

George: Yes, perhaps I'm just naturally inquisitive and perhaps this a defect in my character.

**I believe you have an expression, 'you said it, I did not.' (chuckles) I'm aware of your modern idiom, you see. Frequently we watch you, we watch your minds, turning over these things, ploughing through a morass of events of bits and pieces of inconsequential matters, that have no relationship to actual living at all. Much better would it be, if the time you spent upon such inconsequential philandering mentally, were devoted to an inward examination of your own spiritual progress. And to achieve spiritual progress my friends, it is quite unnecessary to consider every aspect of physical living. Think rather of an investigation into the spiritual self and whether your spiritual self, is still walking the path which it should be treading. There is nothing wrong in questing for information of a physical nature, but please do keep it in perspective. And the time you spend on searching for things, which merely satisfy a desire for knowledge and would not appear to have any practical advantage in developing your own spiritual selves—why do so? You have free wills, we cannot make you use them in the way which we can see would be most beneficial to your progress, not only upon this Earth, but in the lives to come. But we are sometimes a little disappointed, that you do not spend more time, in that way. Please consider this.**

George: Yes, I'm sure we will, thank you.

**Is there more I can tell you? Or more I can say to discourage you? (chuckles)**

Sallie: I find what you say very encouraging.

**Thank you madam. I feel my visit has not been wasted then.**

*(strong agreement)*

Sarah: Being *human beings*, we need putting on the right tracks, because as we're human beings, that's why we do all these things, because we are humans, and unless someone helps us onto the right tracks, we're not going to progress.

**Madam, you are still walking into the same trap In considering yourself as a human being, instead of as a spiritual person. To say that you are a human being and therefore you do this, that and the other, is no excuse for departing from a spiritual conception of the guidance, which should be given to that human body. Is this clear?**

Sarah: Um—Sort of. I think on my path, I'm only just beginning to realise, that I am a *spiritual person* and not just a human, and it's difficult to—

**It is good, it is good that you should recognise, that you are a spiritual person. And of course always, you should keep that in the front of your mind, that you are spiritual and not physical. The physical is merely a necessary envelope, for the spiritual, while it has to sojourn upon this planet. Try always to look**

**beyond the physical requirements. I know they have to be accepted, they have to be acknowledged and they have to govern your living here—that I understand. But underneath it all, remember that you are a spiritual person and that must, whenever possible, take presidents over the physical requirements. It is not easy, it is difficult, very difficult—we do understand this; this is why we attempt, at these times, to give encouragements, small, as it may seem, to ensure that you do always recognise your spiritual being, rather than the physical.**

Sarah: Thank you.

Lilian: I suppose the very fact that we are sitting here, is encouraging, because we are curious about the spirit.

**The very fact that you are here madam, is in itself, an advertisement for your spiritual development; otherwise you would not be sitting here, listening to me rambling on like this. Were you more concerned with your physical being, you would probably, if you do such a thing, be sitting with your feet up in front of the fire, which would be much more comfortable, than going out in such weather as you have now. I am told it was very bad for you this night.**

Margaret: It's very windy.

**So the fact that you are here, is an indication that your spiritual self, is superseding your physical self, you follow? (general agreement) This of course does apply to you all. The very fact that you are here, is your spiritual self convincing your physical, though you are not aware of that, that it is the correct thing to do, for your spiritual progress. (general thanks)**

Sallie: It also helps you physically though doesn't it? Well as you develop spiritually, physically there is almost like a reward in comfort within your physical being.

**You are quite right and I am pleased if you are already experiencing this, because we have on many occasions said, not only here, but elsewhere also, that the awareness of the spiritual development, must of necessity, be shown in the physical improvement of the body and the physical mind's activity also. It cannot be anything else, since the physical is dependent upon the spiritual, whilst you are here—of necessity, it must benefit, from the advantages of the spiritual development. And you will find, as you progress in your learning madam, that you will begin quite subconsciously, to radiate the feeling of serenity, calm and almost a self- satisfaction, other than a physical one. This will be radiated to other people in your vicinity, without them being aware of what it is, making them liking to be in your company, without you being aware of what you are radiating; but believe me, it will happen.**

All: Thank you.

Sarah: Does that mean that people who are very depressed, they are lacking a lot spiritually, they are totally unaware of their spiritual—

**Yes, usually it is so. There are exceptions, but people who constantly suffer from depression unfortunately, have not been very aware of their spiritual abilities, in order to overcome the depressions of their physical mind. It is a great pity that it is so, but it is.**

Sarah: Thank you.

**Now I believe, I am being told that the energy is depleting and I must ask you if there are any further questions, before I have to leave you?**

George: I think we have all benefited very much from what you have told us and I'm sure we'll all think about this and we all thank you very much.

**Thank you for your very kind expressions my friends, I have enjoyed being with you and I hope I shall get the pleasure of speaking to you at some future date.**

George: That will be our pleasure.

(general thanks)

*I bid you farewell, God be with you, may the Great Spirit encompass you with his love at all times.*

(general thanks + farewells)

~4<sup>th</sup> November 1996~

**Good evening.**

*(general welcomes)*

**I embrace you all within my Love and Light this time.**

Les: Thank you.

**I would like to speak this time, a little about awareness within you all.**

Les: Thank you.

**I have said to you dear friends, that I am pleased with your spiritual growth since first we came together. But I would like to talk to you a little, about your judgement on such matters. I wish in particular to speak to the young gentleman, that you name as Paul and I would say this to him: When you are in your quiet moments, you have grown so much over this passed few months, but your physical thinking impedes that growth, because sometimes you are not sure of what you receive. Am I not correct?**

Paul: Yes, that's very true.

**Yes, I want you to know dear friend, that all you receive should be accepted with love, because you have opened up to us, a very great deal, in these past few months.**

Paul: That's very encouraging.

**I can tell you, there are some who have waited many of your earthly years, to come so close to you. So dear friend, do not close them out, with your physical thinking and doubts. I know you are aware of these happenings and I say to you, there is much that you can do, if you would only allow yourself the privilege of joining with those from my world, who wish to use you.**

Paul: I'll certainly make a great effort.

**Do not struggle with effort, all I say to you, is allow yourself to be open in times of quietness. You see, in these quiet times, when you allow the doubts to creep in, then you are creating barriers for those who wish to come near, you understand?**

Paul: I think I do yes.

**I know sometimes you feel as if there is someone standing close by you. You do, don't you?**

Paul: Sometimes yes.

**No, not sometimes, but often and it is in these times, that your doubts creep in. Try to be more open and you will be surprised what you will learn.**

**I would say this to all of you dear friends, that *unless* you allow those from our world to come close to you, to use you in the way that is best for both *you* and the *communicators*, then you are not allowing all the work that can be done, to take place. So, I say to you *all*, when you sit in your quiet times, send out those thoughts to that ***Great Creative Force***, to which we all belong and ask that you come closer to our world, without *doubts*, without *physical thinking*, but only with *harmony* and with *Love*.**

Les: Thank you.

Paul: Thank you.

Les: We shall certainly try that.

**I don't wish you to think that you are not going in the right direction dear friends, because you are. I wish only to advise those of you, who sometimes bring forward these seeds of doubt. So accept my words with love and all will go well with you.**

Les: Yes we certainly do accept them and we thank you for them.

**Now, do we have questions this time?**

Les: Yes, it's a rather complicated one I'm afraid. I have been giving a lot of thought to your teaching, particularly when you have said more than once that the *past*, *present* and *future* are all *one*. So in effect, all that has happened will happen again. Now, is it logical to presume that that '*recycling*,' to use our modern term, is going to happen to the universe as a whole?

**I understand your question and let me say:**

***All of life, all that exists, all past/present/future is as one. But you cannot say what is past, will happen again, in those words. Of course, all past/present/future energy, I stress, 'energy,' is intermingled. So you cannot say an event which has taken place in the past, will reoccur in time to come. Do not think upon it in that sense, otherwise you will confuse your thinking. Rather, I would have you think about past/present/future, as a line of continuous energy, which cannot be broken. It will occur again, but in different form. Do you follow?***

Les: Yes I think so. Am I right then in thinking, we are using physical attributes, when we should be thinking in *spiritual* and *energy* terms, is that right?

**We come to complex matters again and I apologise if I seem to use these phrases so often, but if you start to think about these matters *physically*, you will never begin to understand. We are speaking of that *Creative Force*, that *Creative Energy*, to which we all belong. If you think of, let me say, the seasons of your time here. If you think of your Spring, your Summer, your Autumn, your Winter. You know that this will continue, it is a '*cycle of happening*.' You can foresee what will happen, when you say the next season is about to happen, can you not? (Yes.) But it does not mean *all form of time* will happen as it has, in the previous season. Do you follow?**

Les: Yes, I'm beginning to, I think we all are, aren't we now? (*some agreement*)

**I try to simplify it for you, but it is difficult. Of course, when you speak of *intermingling energy*, it is a difficult topic. I have to tell you, it is not something that you would truly and fully understand. But I hope that in a little way, you can appreciate the complexities of the matter.**

Les: Yes, because another thing I couldn't understand is in the days of, '*Primitive man*,' I imagine there were *Masters* upon the Earth, as there are now, to assist in man's spiritual development. And I couldn't imagine all that reoccurring—I couldn't see the logic of it, of having to recur in those elementary conditions.

**No, dear friend, you have to allow for the physical evolution of your Earth. Although we speak of spiritual matters, you have to place it, *hand-in-hand*, with the physical happening—you cannot separate the two. Your Earth is going through a physical evolution also, you understand?**

Les: Yes I do and this is what puzzled me, because I couldn't see a reproduction of primitive man, happening continuously upon the Earth, because there is going to come a time, when the Earth is no longer able to support life.

**You have to look back through your earthly history of time and see how much man has grown, how much those energies, those *primitive energies* which you speak of—and after all, man is *energy*, remember; all of you are *energy*. But whilst you tread this earthly plane, there has to be a refinement of the energies. How else can you go back to that *Source* who created you, without that refinement of spirit?**

Les: No, of course not.

**You understand? I hope I am clarifying some of your queries.**

Les: Yes, you are thank you. It really comes down to what we were told recently, that we much understand that so long as we are in the physical envelope, we shall never understand.

**No, in a way that you are spirit here and now, it does not alter the fact that within the physical being, your spirit is growing and developing, even though you at times are not aware of it. The existence of it is there and so it is with refinement of energies within your earthly world—it has to be. You cannot change and you will not stop that *evolutionary law*, the *Creative Force*, which is behind all these happenings. You cannot stop what is in *motion*, you cannot make it *static*, as you cannot deny that you all are *spirit*, you understand? (Yes—) Does it help you a little? I know it is a difficult subject and it is difficult to put into earthly words for you, but let me say this to you: There has to be an understanding that all that happens upon your earthly plane, is gradually understood over *time*. And as your awareness grows, so too does the understanding of the *spirit* and all that goes with it.**

Les: Yes perhaps I and maybe others have been wrong, in thinking that this *recycling* and reconstitution of the world and all in it, in *physical terms*, when we should be thinking of *variation* in *energy patterns*.

**Yes, if you begin to think along those lines, then you will begin to see. If you use those *spiritual eyes*, which you all possess, you may begin to see the beginnings of *Truth*. Nothing has altered, nothing has changed, since all *Creation* began. We all belong to *one energy*, we all belong to that *Creative Force*, to which we all return. But there are varying degrees of the energy, as I have told you before. It is difficult for you and I do believe that we must go slowly and produce this knowledge that I give you slowly. When I feel your understanding is greater, then I can give you more.**

Les: We look forward to that in due course.

**I hope it has helped.**

Les: It certainly has helped me, I hope it's helped others, has it? (*general agreement*) Good, thank you very much.

**Now, I would say to you, I would like to work with this one, this time, for a short space of time. So I leave you this time. I leave you in the knowledge that always I am close to you and I ask that you allow others to come and that they are given the same love and welcome, to which you all give to me.**

Les: Yes, we certainly shall and thank you again for what you've said and God bless you. Our love goes with you.

*There then followed an amusing/light-hearted one through Sue, giving Les a message about rushing too much and that he should slow down a bit. Then came a rescue through Sarah (not on tape) followed by another through Sue, who closed the meeting.*

## ~11<sup>th</sup> November 1996~

**Good evening.**

*(general greetings)*

**I feel your warmth and love in your welcome to me; for this I thank you. This time I feel that with some of you, your energies are depleted. I wish to say some words please to lady here, and say to her, dear child, you cannot shoulder burdens of other people.**

Les: This is you Dawn I think?

**You cannot change their pathway in life, only they have the power to do that for themselves. In burdening yourself, you are allowing that vital energy which belongs to you, to become depleted and you must not allow this to happen.**

Les: Is that clear Dawn?

Dawn: Yes thank you.

**We understand that when there are love ties with those peoples whilst you tread this Earth, those ties become emotionally bound and it is difficult we know, for you all to separate these energies which surround you. I would hope that by now, each and every one of you has the knowledge and the power to protect themselves from energies of other peoples. I have spoken to you briefly about this matter before and if only you were aware of each other's energy patterns, you would see that each one of you is connected to each other and at times of difficulties and stress in your lives, it is all too easy to feed from another's vital energy. Do you understand this my friends? (*general agreement*) I think you say 'Yes,' when truly you do not fully understand, because you see, you can seek out energy, without fully realising what you are doing—this you must also remember. You will always seek out the energy which you lack most within yourself. Do you remember our discussion about this? (*hesitations—we didn't remember*) Did we not talk about positive and negative energies, did we not speak that each one of you seeks to balance that energy that is the whole you?**

Les: Yes we did some time ago actually. (**Yes.**) And I'm sorry if I might add to that a moment Salumet, I tried to explain at the time about two car batteries, one fully charged and one half-charged. If you connect them, the half-charged will drain from the fully-charged and this is what happens to us, if we don't govern our own energy output and intake, is that clear? (*general agreement*)

**That is a good way to explain. Now, it is of concern that all of you become aware of your own *energy patterns*, because if you do, then you will see that all of *life's pattern*, can be connected to what is happening within your *own energy*. Can you see the connection?**

Les: Yes I can, would anybody like to ask a question on that, I'm sure Salumet would take a question?

Sarah: I don't understand how you can recognise your own *energy pattern*?

Les: By thinking of yourself spiritually and not physically and recognising the awareness you have in the company of other people.

**It is possible, but I know many here do not have the capability, but you should be able to look at any person, any form of life and see the *energy pattern* which comes forth from them. It is a matter of, shall we say, '*study*?' I cannot think of a better word to use, for you to achieve this. All of you have the capabilities and I'm sure many of you know of someone who can see such energies.**

Sallie: In seeing the energy, can you see it through your feelings?

Of course that is how you would begin to perceive it. Can I perhaps give you an example to begin with: You are with your partner here, when there are strong words between you, which is only part of the *human nature* that sometimes this happens. Then what is taking place, shall we say is a '*power struggle*.' You are aware of the words, but I do not say them in your earthly sense. You have a *power struggle* for the energies that create and shine forth from you both. If you were to be aware of each other's energies, you would see that the *stronger* of the two peoples, the stronger one would '*suck forth*,' shall we say, from the weaker one—this you must be careful of. All of you should know how to protect your own vital energy.

Dawn: How would you protect it?

**By fully understanding what you are and what you consist of. You understand? (pause) No?**

Dawn: So if someone takes your energy—

**It is because you have *allowed* them to do so.**

Dawn: I see.

Les: We could have a discussion on that after (*general agreement*)

**I think I said to you before, that is why you have people who prey upon your innocent children on this earthly plane. It is not a *physical thing*, it is spiritually they are seeking *pure energy*. Can you understand? So what you seek from each other—I know you think always of physical problems, but try to see it as *energy* that is being sought after. You could solve many of your life's problems, if you could begin to understand yourself. I know this is a mammoth task for many of you, but it is one that is worth undertaking. I do not say to you it is easy, anything that is worth attaining, must come through work, through attainment and through *Love*. So I hope it helps you a little to know that firstly, come to know yourselves well. I have to repeat these words again, because it is important.**

Les: We certainly will talk about it between ourselves.

**If you have more questions on this subject, I will return to it and try to help you understand.**

Les: Upon another occasion?

**If you so desire.**

Les: Yes, I think it would do us all good to have a discussion, (*Yes.*) and perhaps you would be kind enough to explain more fully, when we are clearer in our own minds.

**Yes I think it would be good for you all to begin to open the door of understanding and then we can go further and explore it.**

Les: Good. Yes, we shall look forward to that.

**So I will leave it with you and we will return to it in greater detail, but it would be good to clarify in your own thinking, what this subject is about.**

Les: I'm sure it'll do us all good to talk about it. Thank you for what you have said.

**Have we questions this time?**

Les: Not exactly a question, it's a continuation of what we spoke about at our last meeting. You asked not to consider past, present and future, not in physical terms, but to think of it rather as a constant straight line of energy, which can never be broken. Well I have given a lot of thought to that and you gave an analogy of the 4 seasons, Spring, Summer, Autumn, Winter, though they will be renamed in the following year, they'll never be the same. (*Yes.*) And I had asked about the death of this planet and that led me to think along these lines, that each Spring has the same basic name covering the same period of time, (*Yes.*) But within that same Spring, every new vestige of growth, every leaf on every tree, every new blade of grass, is existing within the so-called *Springtime*, but is new and different within itself, though it occupies the same apparent *time*. Does this also apply to the universe, that one planet may disappear, but there will be a resurrection, in another—I can only say '*time*,' when planets again will reappear, but in a different form?

**I take your question dear friend. I have told you that all things are made from the same energy, that there has to be evolution, not only upon your own earthly planet, but upon many others. Of course there will come a time when your Earth will become extinct as you know it now, but will survive, because you cannot destroy what has always been. So I believe what you ask me is, '*Will the energy of each planet return in another form at another time?*' I would say to you, it will be *energy reformed*, at another time. Whether it will take the shape of another planet, will be something to be discussed as**

time continues, because although I say all is known, there is constant change within the universe, as you know it. (Yes.) But the energy always exists; it has to, you cannot destroy what has always been. It will become *energy refined* and used as, shall we say perhaps another planet in a future time, or it may be that it returns to the form of energy which is always there and from whence it came. It happens also with you peoples, because you die, you are not extinct, you continue, but you continue in a different form. Can you understand this?

Les: Yes, our lives and deaths, like that of vegetation, each Spring and Autumn, is a minuscule reproduction of the universe?

It is a reproduction of all living energy.

Les: Thank you that does clarify.

You have to think not only of plant life, but of all life, of universal life, of cosmic life, of *much greater life*, if I may put it that way, because remember you are only a tiny minute dot, within the *energy pattern*. So if you can place yourself within that picture of energy, then you can see how relatively unimportant that point of energy becomes.

Les: Yes we agree, we are quite unimportant, (*chuckles*) but necessary to the overall.

Although all of these things seem of tantamount importance to you whilst you tread this Earth, let me tell you that it is only a very small, small portion of all existence. You have to accept that your planet as it exists now, is only a *hiccup* in the cosmos.

Les: Quite, it puts us in the right perspective!

(*more chuckles*)

Yes, I don't wish you to think that it makes you of any less importance, because that can never be true, but it is only to try to help you to understand the *vastness* of all *existence*.

Les: Yes we appreciate you telling us and it does us good to recognise our comparative unimportance in the scheme of things. It makes us think a lot more in the way we should be thinking, that there is much more to aim for.

I would only wish for you that I could gather you all and take you on a journey with me, but of course that would only bring you harm, but my desire is that perhaps spiritually you can grow in your thinking of it. (*general thanks*)

Now I must leave you for this time. I leave you with those thoughts that I have brought to you this evening. I know your discussions will be lively and we will return to the subject once more. Now I will allow others to come to you.

Les: Thank you very, very much again, God be with you, our love goes with you also.

*There then followed one through Sue:*

Les: Welcome to you.

*Wish you good time—if that's the wrong expression, I apologise. It is many of your years since I have needed to use speech in this way.*

Les: Is that so? Well we appreciate you coming.

*I was told to speak to you about various forms of learning, but there's been an alteration in the plans. We feel that what I have to say, needs more time than we can have this time, so with your permission, I would ask if I may return to you and spend more time and will explain in greater detail, the work which I undertake and the students who are being trained in the work I do.*

Les: Yes that would be very nice, we look forward to it.

*I have listened to your conversation with the great one who has just left you and I have been asked to tell you that tonight's meeting will close a little earlier than planned, so that you may discuss amongst yourselves, that which you have learned from Salumet this time. Are you happy to accept this.*

Les: Yes of course, we shall be quite happy with that and we look forward to you coming back on another occasion, to give us further information, as you say, about your work and those who study with you.

*I will return to speak to you, but will wait until little one who is absent this time (Jo), is back in our fold. It is necessary for her to be here. We will bring my student through her (Jo) at the same time. We will both try to explain how wonderful the learning process can be and will give examples of what can be achieved. Is that acceptable to you?*

Les: Yes quite acceptable thanks.

***We are working to help little one overcome the problems.***

Les: Yes thank you, we're very grateful to you for doing that.

***We are in need of her power and energy, which is somewhat depleted, but we know that she will return and be of much help to you all.***

Les: Good, that's comforting to us.

***I will close now and allow you to partake of your refreshments and what I know will be a lively and open discussion.***

Les: Yes I'm sure it will be, thank you very much for what you have said, God bless you, we look forward to speaking with you again some time.

***It will be in not too distant future, we know when it will be, but cannot tell you just now.***

Les: No of course not. Thank you again, our love goes with you.

***And the Power and the Light of the Creator of all spiritual things, be with you all.***

*(general thanks + farewells)*

## ~18<sup>th</sup> November 1996~

**Good evening.**

*(general greetings)*

***Dear friends, let us offer ourselves to that Higher Force, that we may be enfolded within that greater force of Love and understanding.***

**I would ask your patience this time, as the power is building to enable me to speak with you.**

Les: Yes of course.

**I can say that the time is coming, when my words to you will come more easily. We cannot rush these things, as well you know.**

Les: No of course not. We're quite happy to wait.

**Now let us begin this time.**

Les: Good. We didn't have our discussion last week as intended, because a colleague of yours, at least I assume he was a colleague of yours, came through and spoke through me. I don't recall what was said and unfortunately it wasn't recorded, but I think my companions here enjoyed what was said, is that so?

*(general agreement)* So we're not able to continue on the topic of last week, so would you like to speak to us about *energy* again, or would you take a question?

**Let us wait this time until more peoples are present, to discuss what I would say is a most important subject, 'Energy.' So with your permission this time, we will talk on other matters, yes?**

Les: Yes certainly. Right, I have given a great deal of thought of course, as have my companions I know, to all that you have taught us, but I find it difficult, possibly because of my own lack of spiritual development, to reconcile the overall love of which you speak, and which of course, we accept, with the calamities which occur in some of *Nature's* wildest times. It is very difficult to understand how an overall concept of love, which I know must exist within the universe and should exist within us, I cannot understand why that concept of love, does not operate to prevent some of these terrible calamities. You could say to me of course, that it's man's own decision, as you've said before, to choose his life, or that his free will, causes him to be in the wrong place, at the wrong time, and so cause him to die, in one of those cyclones, tornadoes, floods, whatever. Am I wrong in thinking that love *could* have prevented some of those calamities?

**I understand your question dear friend. Let me say this to you:**

**Let us first analyse what you mean by the word 'Love.' I do think the human concept of *Love*, if you may forgive my saying so, is entirely wrong. What is *Love* but the very highest form of *energy*—*creative energy*, which is the whole pulse, the whole being, of your existence. Let me say, your *ideal* of human love, is not the true meaning of *Love* from our world. We must clear that here and now, you understand what I am leading to?**

Les: I do quite understand and we are grateful to you, for the description and the clarifying.

When you human beings speak about *Love*, you speak of *emotion*, emotion that belongs to human kind. Of course you will say there is love between the animal kingdoms and mankind. Of course I would agree to some extent, but *Love* is not how you should express it. Rather the word, '*gentleness*,' would be a better one. When you speak of *love in nature*, you are speaking about an entirely different subject from *human love*. You cannot group all things under one title of *Love*. Love in your terms is an *emotion*. Do you follow me so far?

Les: Absolutely, it is definitely an emotion, a very high-powered emotion, but nevertheless we would agree, an *emotion*.

When you speak of *spiritual love*, you speak of that *higher vibration* that is your very being, that from which you come. Love in the spiritual sense is all things, all goodness. It encompasses *all*, ALL of the cosmos, not only mankind and his world. You understand?

Les: Yes we do thank you.

Therefore I would say to you, *Love* is not only goodness, *Love* is all of existence in its many forms. We have spoken a little on *energy* and we must touch upon it now. To have the balance, you must have *positive* and you must have *negative energies*. Are you beginning to follow me?

Les: Yes, everybody clear so far? (*general agreement*)

Therefore when you speak of calamities upon your earthly world, we are speaking about *negative energy*. I want you all to try to understand all of your lives, as a spiritual, a *SPIRITUAL* happening, not one in the *physical* sense. If you can take each problem, no matter what it is, take each problem and analyse it *spiritually*, you will get a better answer.

Les: I see yes, I must admit I hadn't thought of it in that way.

Sallie: May I ask you something? With disasters and chaos, if I understand correctly, it's to do with *negative energy*. Are we therefore in some way responsible for creating that scenario, with our own negativity?

We have touched also upon that subject and always I have told you, the *Power of Thought*, is responsible for *negative thoughts*, therefore it is in part, and I say *part*, partly responsible for some of your earthly calamities; yes, I would agree with you.

Les: That's an entirely new outlook, which we shall have to keep in mind.

Yes, you have to look at life's problems in the wider sense. You cannot channel one problem and say it is because of a *lack of love* or whatever term you wish to use. You will never find your answers that way.

Les: No, I've probably been looking for an easy answer.

Yes, you have to understand that the whole of your planet is *energy* in many forms. We have to return to this subject, but I do not feel that at this time, all of you are ready to fully understand my words. So we will *touch* upon it, as we have this time and hopefully, we can give you a little more understanding, as time continues. Is that helpful to you?

(*general agreement + thanks*)

Try to see all that happens upon your planet, as not *good and bad* in the sense you understand, but in (*terms of*) *energies*, which have always been and *energies* which are being misused by man sometimes. You have to see the *wider sphere* of it all.

Les: Yes, it's going to be difficult, but we do follow what you say.

Yes I hope I have clarified it a little for you. I know it is difficult, but you have to begin to accept, that the word you use as *Love*, is only an emotion. It is not a *spiritual word* in that sense.

Les: True. It certainly does give us a great deal of food for thought.

I know you have had many instances of that. Are there questions?

Les: So it would mean then, that if there is a calamity, we must dispense with the word, '*lack of love*,' in that involvement. It would seem, it comes to another question, that those who suffer, because of that calamity, whatever it might be, *chose* to be there at that particular time, as they *chose* their life upon this Earth. Or is that a too broad a concept?

You cannot dear friend, make all of life to be either *black or white*, there is more than that. Of course there will be those instances, when the *soul* is fully aware of the life in front of it and *will* be aware that the passing of the earthly life, will be involved in how you would term a *calamity*, but to the soul, is the opportunity for its *growth*. So you see, what you sometimes term a calamity, is nothing more than *opportunity*. I know these words seem harsh to you, but in the wider scope of life, it is not.

Les: No, you have touched on that in the past, when we were talking about individuals and you said that we must not be judgemental, because an individual who apparently is suffering from complaints and diseases, which the average person would be horrified at, **(Yes.)** that is a chance for that person's own soul to grow and give opportunity for those around him, for their soul's development.

**Yes, you cannot judge another. No one here, or no one upon your earthly planet, should judge another. You do not have the wisdom, you do not have the knowledge, you do not have that *extended foresight*, which shows why these things happen.**

Les: No, so that lack or need to be judgemental, must also apply to nature's aspects as well.

**Yes, now dear friend, you are beginning to have a little understanding.**

Les: Yes, I'm getting just a glimpse. Does everyone else feel happier about their attitude to these things now? *(general agreement)* It's been a very clear description as far as I'm concerned, I hope it has been to everyone else, has it? *(general agreement)* Because I'm sure you must have had the same doubts and wonders, as I have had on this matter. So we thank you very, very much for the description Salumet.

**I would like to erase some of your earthly words, but of course once they are formed, they cannot be dispelled. But one of your words I would like to see abolished, would be the word, 'Evil.' I do not like the word, because the word itself, invites all manner of peoples to *judge* and this I do not see to be good. You understand?**

*(general agreement)*

Les: Yes and I have discussed this with people in the past and to me the word *evil* has very unpleasant vibrations. It is a hard and harsh word.

**And just the thought dwelling upon the word, creates more of the *negative energies*, of which I have just spoken. So you see, it can become almost like, how shall we say, someone who *leeches* from another and *creates* more and more of this so called *evil*. You understand?**

*(general agreement)*

Les: So it's incumbent upon us all then, to try not only to not use the word, but not even to think of it, but find another expression to replace it.

**Yes, yes I must say I do not like the word. Always you should channel your thinking to *good* thoughts and by that you create more and more of the *positive energy* that surrounds you all.**

Les: Yes we follow you. So if we use the remark, and I quote: '*He is an evil person,*' we ourselves are conditioning the surroundings to be *evil*, by using the word.

**And remember also that as I have taught you, your *powerful thoughts* are apt to *rebound*.**

Les: And would the use of that word attract *evil entities*, if they were listening?

**It could be said, that this could happen, but you would have to be—how should I say, *spiritually lacking*, for that to happen.**

Les: Yes thank you, I was coming to that, because last meeting you told us we should have learned how to protect ourselves from these things.

**Yes, yes, and I know you all are aware and you should practise this, because within your lives, and I know it is difficult when you are troubled to always have the *good vibrations* around you. But it is imperative that you try to *cultivate good thoughts at all times*.**

Les: Yes I think we can understand the reason for that.

**It is only when you begin to have an iota of understanding that you will begin to see your lives' transformed. You should be able to travel this lifetime, without troubles, without problems, if you use that knowledge which is innate within you all.**

Les: Well I say and I think I speak for everybody when I say, I think we've learned a great deal tonight. *(general agreement)* And we do thank you for it.

**I know my words are difficult—always I have told you this. I do not come here to tell you what you want to hear. I come to help you all, to enable you to grow, to enable you to understand a little more, of what your own *spiritual growth* is about. And unless you can begin to understand a little more fully, that all of life does not revolve around this planet, then you will never grow, more than you have now. You understand? *(general agreement)***

Les: And that is an awful thought!

**I do not say these words to cause you to be depressed, but rather to try to uplift you all.**

Les: Yes, I would say in all sincerity and again, I'm sure I speak for everybody, that we are extremely grateful for all you have taught us during your visits. It's given us a completely new outlook on life and *Creation* as a whole. *(general agreement)*

**If I can make each one of you stop in your daily task and think to yourselves—'Yes, I understand a little more.' Then indeed I am grateful to you. To know that what I bring to you is indeed what I have come to do.**

Les: You certainly do that—there is no question at all.

**Now, do we have more questions this time?**

George: Well, I do have a question, which is really about terminology. I think we're very happy about our term, '*God the Creator,*' and '*The Source of all.*' There was one Amanda Valiant, who was said to channel the *Lord God*. He was described as a being in charge of a *Higher Spirit realm*. I wonder if you could give some clarification as to the use of the term, '*God*' and '*Lord,*' in that context.

**Yes, I do believe that many peoples throughout your world claim to have *God* speak through them. Let me say this to you—I have touched upon this also before. Remember always that peoples are influenced by their own forms of religions, their own knowledge, and their own understanding. Of course most of your world accepts the word of *God*, in many other forms. There have been many teachers who have trodden this earthly plane, this we have discussed. Let me say only this to you: Those teachers as you call them, who come from *Higher Realms*—and in this I would say, *I* probably would be classed as one. When you speak of higher realms, all that means is that we have much wider knowledge, much wider understanding, much greater fulfilment of spiritual tasks, than many who would come to you. Let me tell you this: The words '*Lord,*' the words '*God,*' belong to your Earth. So how can the *Great Creative Force*, which is the creative part of us all; all that has been, all that *is*, all that is to come—you cannot encompass earthly words to something so *vast*. So I have to say to you, those channels who believe they are in touch with the *Creative Force*, I say to you, you must leave an avenue of doubt. The *Great Creative Force* belongs to the cosmos, not only to the Earth planet, where the word '*Lord*', where the word '*God*,' has been created. You understand?**

George: Yes. Yes I would say this particular one, did not describe the *God* as '*God the Creator.*'

**No—'*God*' I would say, and I believe I have said to you that '*God*' from my knowledge has been derived from the word '*Good*,' which you could term *God*. In the same way as I do believe '*evil*' has derived and become '*devil*,' in your language. So you see the connection, you can see how words can deceive.**

*(general agreement)*

*(voice becoming fainter)* **Dear friends, let me tell you that the *Creative Force*, from which we all belong and from which we come, is *vibration*, vibration so *high*, that it is invisible, is unknown, but '*is*,' '*is*'—I cannot tell you more.**

Les: Thank you. I've always thought and said to others here, that for someone else to use that expression, '*being used by God*,' or similar terms, is the ultimate egocentricity, because it would be an impossibility for such power to come through a mortal.

**I would say to you, that I have to agree that at times, it is fanciful and wishful thinking, on the parts of many.**

Les: Yes, I have always thought that.

**But in using those words, do not let us *judge*, because if it brings good to another, then we can dispense of the earthly words and accept only the *good* that it brings. Look always at it in the *spiritual light* and you will become much more aware, not of the negative aspects, but of the positive. Again, we return to my earlier words, can you see, can you see what I am trying to teach you?**

Les: Quite.

**Even in speaking of these situations, always you must find the good.**

Les: And if necessary dispense with the earthly descriptions.

**If possible yes, but to some, for some reason, they need to cling to the concepts and ideas that are known to them. You understand?**

Les: Yes and I think your power is depleting now is it not? *(Salumet's voice was fading)*

**I find that at times it is difficult to continue, but I say to you all, if you so desire me to continue, then I would ask you for a few minutes silence, in order that I may replete some energy.**

Les: Certainly, yes.

*We sat in silence for a few minutes while this was being done.*

**Thank you.**

Les: Thank you very much. (*general thanks*) I'm sorry if we seem greedy, but we hate letting you go. (*laughter + agreement*)

**I am happy to be with you all. The time spent with you is short, but until later time, it cannot be helped, so shall we continue this time?**

Les: Yes surely. So basically what we have to do and recognise is that we must begin to think in other than purely physical terms, when we are trying to unravel all these mysteries of life. Would that be a fair summary?

**Yes—Dear friend you must always strive to the best of the ability, which you have. Let me say this to you: The knowledge that you have gained in this lifetime, in no way denotes the spiritual growth that you have attained. I have said to you before, that there are peoples upon your Earth, who are spiritually *grown*, but who have no knowledge in this lifetime. So you see, you cannot *judge*, you cannot judge another person, another action, another deed on your planet. So you see, you must continue to *think spiritually*, if you want to begin to understand all of life's troubles, if you so desire. But I would say to you, rather than contemplate the *strife* and *troubles* upon this planet, *think of the good*, which you can do instead.**

Les: Yes, that's very good advice.

**If all of you *strive* to use those energies, which you know you all possess, for the *betterment* of mankind, then of course you would see a change in this planet, in quite a short time. But in saying that, I am being rather too optimistic about mankind.**

Les: Yes I would think so too; it's unfortunate, but you're quite right.

**But that is why many of us have come at this time, to gather forces, so that mankind this time will accept the *Truth*, will go forward and will not allow these doubts to creep in. This situation happened in past times and we cannot allow it to happen again. Your planet *is* going on the correct *spiritual pathway*, let no one upon your earthly plane say otherwise. Do not dwell on your calamities and disasters, as you term them, but *KNOW* that we all have come to uphold and uplift you all, to see that this planet stays on the course for which it was meant to go.**

Les: Good, that's certainly comforting and that leads me to ask another question. I'm sure that we all suffer sometimes from a *guilt complex*, that we can't or are not doing more, when we think we should be able to. So in the main I think we would be wrong in nurturing those feelings of *guilt*, wouldn't we, if we are doing all we can, in our own way?

**Dear friend, let me say this to you:**

**Besides having too many negative emotions, mankind is too hard upon himself. If you spend *one moment of every day* in your lifetime, in sending good thoughts, you cannot ask more from yourself. That *one moment of goodness* exists forever; you cannot destroy what you would term '*Love*' and which we have spoken of, but which in fact is '*goodness and Light*.' You cannot destroy that positive energy. In so doing, you are creating a planet, which is capable of all goodness. So do not denigrate yourself, do not be too harsh; accept that you can only do so much and do not allow negativity to creep in.**

Les: What you now say, confirms what you have told us previously, that we must learn to forgive ourselves. **You must. If you do not forgive yourselves, it means you do not love yourselves and in doing so, how can you extend that goodness to others?**

Les: No, again it comes back to what you've taught previously, a question of *balance* all the time.

**I do not say your lives are easy, they were not meant to be. Again we come to positive and negative energies. But what I say to you is this: It is *how* you use those energies which matters. Do you understand?**

Les: Yes I think we do. Everybody understand that?

Sallie: I don't quite understand how we use them.

Les: Well, just with ordinary physical decent living, we are using energies.

**Yes, the lady has many questions and at times, many doubts that what she feels is correct, but that is humankind. Do not become concerned about these doubts, it is part of your progress in life. I am not**

saying to you, that your life will be easy, but you must always keep the balance, you must know that life is positive and negative energies, which have to be recognised. I think she is finding difficulty with this.

Sallie: Yes I am yes.

Yes, her understanding at the moment will not encompass what we say. So for now I would say to you, leave it as it is and the understanding will come to you, yes—it will come to you, as all aspects of understanding do. How many of you here can say that of yesteryears, you did not understand and now today you do? *(general agreement)*

Les: I think that applies to all of us.

All of you, I am sure. Now dear friends, I must leave you this time. I thank you for your attention, I thank you for your questions this time.

Les: We thank you for your time with us.

*(general agreement)* We can never thank you enough, though we know you don't want thanks, but you've got to accept them from us. *(laughter)*

I will accept this, I thank you all.

George: It's a wonderful experience for us.

And I say to you, that the experience is truly mine and I come to you only with my Love and my knowledge, so that you all can join with me, in being as one, to join together, to feel that Love and that Light. Until we come together once more, I say to you all, send out those *positive thoughts*, look deeply within your hearts, look to one another and may you in that name of Light, be as *one*.

~25<sup>th</sup> November 1996~

Good evening.

*(general greetings)*

Again it is good to be with you.

Les: Thank you very much, it's certainly good to have you with us once more.

The feeling of the love you give is greater this.

Les: Good. I think there was someone from your realms adding to that love this evening, before you came.

There is much work being done that is unseen. I want to say to you this time, just a few words and then if I may continue to work with this one.

Les: Certainly

I wish to say to you all dear friends, as you come together each time, that much is happening within your lives. As your seasons change on this planet, so to do you dear friends change also. I say this to you, that each and every one of you who have come this time to this earthly life, has brought with you special gifts of the spirit. You possess many gifts, but in this lifetime, there should be one that comes to the fore. My gift to you dear friends, is to say that before too much longer of your earthly years pass, you will become aware of the gift of spirit that is to be used. Each one of you has that special gift to use and we hope to help you in bringing this forward over the coming time. In order that you grow not only individually, but that each of you can give to the other within this group. I will say that there will be some who will go forward in other directions, but it matters not, that is their pathway. But for each one, there is a helper available to you, who will see that each one of you develops in the ways of spirit that should be used here on this Earth.

Les: Thank you very much for that information, we look forward to it.

I would say to you that not all of you go into that *oneness* with that *Great Creative Force* often enough. I would wish that each one of you devoted some of your daily lives to that *oneness* of spirit, in order that you can be used and help more—*(last few words faint/unclear on tape)*

Les: Thank you.

I hear some say I am not aware of what I have to do. Do not concern yourselves with any *one* aspect to be used, it will become apparent to you.

Les: Thank you very much.

Each one of you will blossom, each one of you will grow, each one of you will become aware of all those *higher senses*, all those *higher vibrations*, which although they already surround you, you are not always

fully conscious of. The time is coming dear friends, when each and every one of you must play your parts upon the stage of life. We have not gathered you together without good reason and although I know my words bring comfort to you, the time is coming when you must become the players on the stage. Do you understand?

Les: Yes, I'm sure we're all quite ready to do that when the opportunity is made apparent to us; I don't think anybody would object.

**It will—you may dispute what you see, what you feel, what you know, but it cannot be denied. It will come to you all with such force, that you will not have any doubts that what you feel comes from something greater than what you now know of.**

Les: Thank you very much again and everybody please—*(voice changes as Les begins to channel)*

***I have to ask you to answer, are you willing to accept this responsibility? (general agreement)***

***Each one please answer individually. (each sitter then answered 'Yes' in turn around the circle)***

***Thank you, you are committed, understand this. You have accepted the responsibility, which will be great. God bless and be with you all. (general thanks)***

***I ask your pardon Master for the interruption which had to be.***

Salumet then begins again:

I thank you dear one for your consideration. I thank you all, because these words given to you tonight, have presented you all with a mammoth task, which my dear friend here, has asked you to accept, has asked you that you give forth of yourselves. Let me tell you this dear friends: What we have to give to you is not given to many on this earthly plain, as a group of people. Of course we have many individuals blessed by those in our world who come to them, but to be given the opportunity as a group of people like yourselves, I have to say to you dear ones, accept it with love, accept it with humility, accept it with kindness and love from our world. When first I came to you, I said that we all were many facets of a diamond. Together we are going to form the unity and strength of one facet of that diamond.

Les: Yes, thank you very, very much.

I leave you this time, with my words, in order that you can think upon them, that you can look into your hearts, you can think about what you are about. At last you have been given the opportunity to know yourselves and to do good work. I leave you now encompassed in my love, held within this heart, enclosed by those who wish to help you, and there are many here this time. I hope you can feel the power and the love which is surrounding you at this time, because dear friends, you should feel energised, you should feel love, you should feel that inner spirit burst forth from you.

Les: I think we are all feeling somewhat overwhelmed and to say appreciative, would be just understating it—there are no words. We feel it a great honour to be able to work with you and those from your realms. **I have no other words for you this time. I leave you, I leave you and say: Go into that oneness with your Creator and allow each one of you to know and feel those who are with you. I would hope that each individual here, has something to tell you of how they are feeling this time.**

Les: Thank you very, very much again and our love goes with you.

*Les then spoke with Sue, who felt she had someone with her, someone who wanted to 'acclimatise' with her. Les helped her to stand up and there was a brief message about preparations and work being done and hopes that Jo, Sue's sister, would be back with the group soon. We then closed with our usual prayer.*

~2<sup>nd</sup> December 1996~

Good evening.

*(general greetings)*

**It is good to see so many here this time.**

Les: It is nice isn't it, to have everybody back with us.

**We wish the lady to know that we look after her. Do not be concerned.**

Les: Thank you very much—yes I'm sure you will.

**I have to tell you dear friends, how good it is to see that all of you have been uplifted in these days, from our last meeting. Many words were said to you last time and I know many of you have pondered upon these words deeply.**

Les: We certainly have.

**Dear friends there is much happiness to come to you all. Do not doubt that each one of you will travel life's pathway this time, with hope, with joy, with knowledge and with love.**

Les: That's very nice to hear.

**These things do not come without a price, but I say to you all dear friends, that what you earn and achieve, has been earned by yourselves and what you give to others. This time I will not speak on any one subject, because although this one is comfortable, we do not wish distress to the physical throat this time.**

Les: No we were wondering about that and so was your instrument.

**It is fine now, but we have others who will speak to you. So it is best that my words remain short this time.**

Les: Yes we do understand.

**Have you questions please?**

Les: No, I was only going to ask if this time you wished to speak on energy, but I appreciate you'll not be able to now, because that will be a lengthy subject.

**Yes, do not be concerned, we have many meetings to come and many opportunities to speak upon that subject.**

Les: That's very nice to know, we look forward to it some time.

**Let me perhaps say to you, that each one could perhaps become more aware of their own individual energy patterns. Perhaps when I speak to you more fully, perhaps we could speak individually and see what your consciousness brings to you.**

Les: That would be interesting.

**So I give you quite a task.**

Les: (chuckles) You do indeed!

**So now let me answer any questions before I leave you this time.**

Les: Does anybody have a question they would like to put?

**No, let me say only to this group, who belong to one family, of the joy and happiness around them, and it will grow and grow. I speak of the gentleman and his family.**

George: Thank you.

**There is much coming to them.**

Les: That's nice for him and for them. You heard that George did you?

George: Yes thank you that's lovely.

**Now, this time I will withdraw from you and allow others to come.**

Les: Right, well thank you very much for your company; God be with you and our love goes with you, as you know.

**I am aware and I say to you that always your *Light* becomes lighter.**

Les: Good, we're very pleased and thank you.

*There then followed one through Sue who talked about new helpers who would be working with the healers at Leslie's healing clinic and the importance of the healers to discuss if they felt any differences that occurred during their healing sessions. This could be done while they were having their tea at the end. Those helpers from spirit would listen and it was the best way for them to get feedback on how things were progressing.*

*There then followed a brief one through Jo, (Sue's sister) who'd returned to the group after some absence:*  
**Hello Mr Bone.**

Les: Hello to you once more, you're happy to be here again, aren't you?

**I would say, I come this time because this one is 'doubtful Thomas,' (said with light/caring laughter) she say, nobody come tonight, because she was away too long. (laughter)**

Les: It shows how little she knows, doesn't it, about your determination?

***I here many time always she has not been here, but I now speak, because we are trying to speak together only.***

Les: That's very nice, because you've got used to her now, haven't you?

***And she is used to me.***

Les: That's right, she is indeed and I'm sure she's very, very close to you now.

***At first it seem very strange, me speaking through her mouth, but she more used to it now.***

Les: Yes, you're doing it very, very well.

***It takes practice.***

Les: Of course it does, but we would recognise you any time. *(laughter)*

***I enjoy my time here, especially when I can speak to you all.***

Les: Yes, it's nice to know that you can do it with us still.

***I have no special purpose this time, only to (?) when you are all here again, with her***

Les: Yes and to let her know that when you choose to come, you will come, because she is a doubting Thomas. *(laughter)*

***Yes! (?) doubting her this time.***

Les: I'm sure, but she'll be delighted that you've used her again.

***I hope so.***

Les: It's a very nice welcome back for her, we've all missed her and we've missed you.

***Thank you, Mr Bone. I go now may your meeting end well.***

Les: Right, thank you very much for coming and I say again, we thoroughly enjoyed your company and we're very pleased to have to speak with us once more.

***Thank you Mr Bone, good tonight.***

Les: Good night to you and God bless you.

**~9<sup>th</sup> December 1996~**

**Good evening.**

*(general greetings)*

Les: Thank you for being with us. I'm sorry we are some members short tonight, it is unfortunate.

**Always dear friends, I am happy to see anyone who wishes to join us upon these evenings. I know how busy you all are in your daily living and therefore my thanks always go to you. I say to you dear friend, are you comfortable to continue?**

Les: Yes I am I think we all are, aren't we?

*(general agreement)* I hope my coughing didn't disturb you, it's not serious, just a tickle in the throat.

**No, it causes no discomfort to me. I wish to say to you this time, a few words about *forgiveness*. We have spoken briefly about this before, but I feel that you did not fully understand what I was trying to tell you.**

Les: That was when you spoke about forgiving ourselves, also?

**Yes, I know that for some, these words are difficult to interpret, because you say of course I can forgive others. Are you comfortable friend?**

*(Les was coughing)*

Les: Yes, thank you very much, I hope it's not disturbing you.

**No. What is forgiving oneself? To forgive oneself, there needs to be the awareness and recognition, of who and what you are. Without this, you cannot learn the discipline of forgiveness. *Forgiveness*, is that awareness of self, it is the wisdom of knowledge, it is the seeking of the spiritual aspect of oneself. And only when these things come together, will you know true forgiveness of the self. Only then dear friends, will you begin to understand what it is to forgive another human being, because when you feel the necessity to forgive another, what you see before you, is a fault that lies within your spiritual being—an aspect of yourself, which you cannot come to terms with. That is why I say, the awareness of your own being, is so important. Do you understand dear friends? *(general agreement)***

**When you feel the need for forgiveness to another, firstly look within. You understand I hope? *(general agreement)* If you do not, please let us clarify it now.**

Mark: So we look within ourselves, when we need to forgive somebody—we're looking to see if we've done something similar, are we? Or that we can do something similar?

**You need to look within, to find the reason why it disturbs you so, that you need to forgive another for it. You understand? (Yes.)**

Sarah: Surely there will be times when you need to forgive and in fact if you've looked inside yourself and maybe can't find the answer, then maybe it is the other person, that you really do need to forgive, is that right? **(No.)**

Sarah: No?

**No, no, you must always look within, because in *true forgiveness*, you understand, you are aware of all. In fully understanding yourself, then there is no need for your human forgiveness of another. Is that clear to you?**

Sarah: Yes, thank you.

Sallie: Excuse me, when you're learning to *forgive*, how should we look at criticism of ourselves?

**Yes, if you find criticism to be too harsh, if you react badly to it, then again I say look within, because what you present to the world as your '*outer face*' may I say, is how people will understand you. You give out the vibrations of what you are, to others. You understand? (Yes.) Always dear friends, become more aware of your own spiritual needs and always you will find, the answers to all questions and problems, will become fully known to you. It is not difficult, once you realise that all that you present to this world, comes from *within*. Remember what I taught you earlier, *all is cause and effect*—what you give out, *rebounds* back to you. So if you are offended, or you find it necessary in your earthly terms, to *forgive* another, then I say to you dear friends, the fault lies within *yourself*. Can you understand? (general agreement) You do—I think therefore, we need not return to this subject. Are you all now happy with *forgiveness*, as I teach it to you?**

Les: Everybody happy? (general agreement) Nobody is not happy?

George: I think I can visualise an extreme, where if we are all *beacons of love*, then we will only receive love back.

**Yes, there will be no need for forgiveness, you understand?**

Les: Quite, that is the essence of it, isn't it? So there should be no *need*.

**Yes, if you are *pure Love*, then what you perceive from others, will also be *Love*. That is the very essence of all being; *Love* is the most important thing you will ever hold dear to you.**

Les: Yes I think some of us possibly, not necessarily in this room, but some of mankind, has still to understand the sort of love of which you speak.

**It is not easy to achieve whilst you tread this Earth, but I would say to you, it *should* be something within your sight, it should be something, that all of you work toward. It—if you like, and I may use one of your earthly terms, it should be your *goal in life*. You understand? (general agreement)**

Les: I think we're all striving towards that and I think we all are pretty sure that we're not going to achieve it in this life, however much we may try.

**No, but your understanding and your awareness will grow and will shine forth, to the very best of your ability, if you are aware of what you are trying to achieve.**

Les: Yes, that would confirm something that was said a long time ago in this room—I forget the details, they don't matter, but often the *effort* to achieve something, is more worthy of consideration, **(Yes.)** than the achieving itself.

**We know that you cannot achieve what is in fact *spiritual natures*, whilst clothed in these bodies. But what you *can* achieve, is the knowledge and awareness and the *trying* to achieve; that dear friends would earn you shall I say, *many good points*. You understand? (general agreement)**

**Think of yourselves as children in the classroom—those who *try*, earn themselves merit; those who know what to do and yet *decline to try*, earn no merits at all. You see what I try to say to you, it is the *trying* and the *awareness* and the *seeking out* of that *spiritual part of yourself*, which is important. You may have the knowledge, all of you, but with your freewill again, you can either go forward, or you can stand still.**

Les: Yes, I recall what you said to us quite a time ago, that we do have a *great* responsibility.

Responsibility, once you have the knowledge, becomes greater, because to have the knowledge and do nothing with it, is *foolish* to say the least. To have the knowledge and stand still, can if I might say so, become a burden to you, when you pass to our side of life, and to this end you must avoid standing still. Dear friends you have the opportunity, you have the growth and awareness, you have the knowledge, you have the *Love*; you have the friendship of each other. So you see, there should be no reason why each one of you should not go forward, in your own individual development of spirit. (*Quite!*)

Now, I would like to say a few words before I answer questions this time. As we approach your season of much joy and happiness, throughout your Earth in many of your countries, I say to you, that I will withdraw from you this time, for a number of your meetings. I have said to you, that sometimes this would be necessary (*Yes—*) and I said I would tell you in advance. I will return to you, when you have your new earthly calendar year. And I wish when I return, to bring with me, one of interest, to speak to you. It has been sometime, since this has happened, but I feel that you have reached a point, when a little more knowledge, will be more acceptable to you. (*general thanks*)

Les: We shall look forward to that. We quite understand why you have to go, because you did explain some time before, nevertheless we are going to miss you. (*much agreement*)

The opportunity is good at this time, because in many areas of your world, there is much *goodwill* and *happiness*. This gladdens our heart, in my world. So you see, the time is apt for some of us to withdraw from you and to go to those realms, where our work is needed and where we can recharge ourselves, if I may use that expression.

Les: Yes, we do understand it, but our loss is somebody else's gain, we must look at it like that.

There will be no speech to others. It will be a congregation of all of us, who have come to this earthly plane, in order that we might bring forth knowledge. We need to return, we need to congregate ourselves and see what we too, have achieved. You understand?

Les: Yes, I quite understand that too and we take this opportunity all of us, to wish you very great success in what you're doing.

Again, it is the opportunity of *effort*, which is important.

Les: Of course.

But you need not concern yourselves about my journey from you. I anticipate that all is going well and I look forward to returning '*home*' for a short time and then to return to you all refreshed.

Les: We shall certainly look forward to that.

Now, do we have questions this time?

Les: Yes, with your permission, I'd like to ask my colleagues something first. You remember Salumet said that we should be becoming aware of our own energy patterns? (*general agreement*) (**Yes.**) Has anybody had that experience? Nobody particularly aware of their energy patterns?

George: I have a feeling of more '*outward-ness*,' but I can't describe any configuration in that.

Les: No, right if nobody else has, I want to ask you Salumet, I had a most peculiar experience—I use the word *peculiar*, I don't know quite in what sense it was peculiar, but not unpleasantly. I was thinking about *energy patterns* one day, in my quiet time, and I was standing outside as it were, looking at myself and I could see a *cone of light*, above my body, with white light coming into it and there seemed to be a translucent—I can only say, sort of *hose pipe*, running *spiral-like*, round my body, between my body and the aura, which I could see quite plainly also. This spiral didn't return to the source of power, as I would have imagined it to, it seemed to be going straight into the ground. I can't think how I could have imagined anything like that, because the *cone of light* above me, is also indicated by one of our members at another meeting we have, when sometimes the arms are lifted in the form of a cone, with the palms together, just as though they were forming the same shape as I could see. Now, was I *imagining*, or was it an *energy pattern*?

Yes, let me reply to you dear friend. All of you within this room, I suggested should become more aware of their *energy pattern*. Let me tell you, your energies have increased, as time together goes forward. More of you will become aware in different ways. You will not all be aware of the same thing, because you are all developing at different rates. Now let me return to you dear friend. I say to you this: When peoples on your Earth speak about *energy*, they seem always to refer to energy, as above and around the body. Remember that from *top-to-toe*, you are indeed a *whole energy pattern*, you are connected to

the *Source of Energy*, from both top and bottom. There is as much energy in the feet, as there is in the top of the head, but because people see the 'auras,' as you call them, around the head area mostly, they assume and assume *wrongly*, that that is the only energy field that exists. I have to tell you dear friend, that from the very *core* of your Earth, also lies that energy, which you all belong to; it is *all around you*, it is not in one specific area. So if you were aware of energy being *grounded*, perhaps you would term it that way, that is nothing unusual. Do you follow me?

Les: I see yes, that explains that part of it certainly, thank you. So I wasn't imagining what I saw?

**No—energy as you sit now, if you can all sit quietly, you should be aware of the energy rising through the bottom of your feet. Can I suggest that we spend a minute or two of your time, in visualising this energy through the feet, to give you some understanding that energy is everywhere. It is not only in your atmosphere, it is everywhere, you are connected in all areas of your body, to that living energy.**

**Remember always, that *energy is living*. You understand?**

Les: Yes, so what I saw could be symbolism, for energy which is flowing around us all the time?

**Of course, of course. When your awareness becomes more acute, you will see energy patterns change in all things, whether it be above, or below, in front or behind you. There are many shapes and sizes to energy, it is not static, it is a *living, moving energy*. Can you understand?**

Les: Yes and am I right in thinking, that energy which surrounds us, can be moulded by our thoughts?

**Of course! You dear friend are energy, that is all you are. *You are energy!***

Les: So our energy can have its effect on the energy surrounding?

**Of course.**

Les: And other people would become aware of those changes?

**By your words, by your thoughts, by your actions, of course your thinking—again we return to the *Power of the Thought*, can change the *energy pattern*, which surrounds you.**

Les: So that also would account for the feeling that two people can have, either of attraction to each other—I don't mean a *physical attraction*, but an attraction which they feel, or a revulsion from each other. That would be their effect on the energy surrounding them, (*Yes.*) which is being interpreted, by each of the people?

**Yes, it is interpreted only because you have a physical brain, but it is all the same energy, but used differently, moulded differently, by the thoughts of each of you humans.**

Les: Yes, so as I have said in the past, the auras of two people can attract or repel? (*Yes.*) So that is the energy, exercising those options?

**If we were for instance, to have someone within this room, who was full of *negativity and hatred* shall we say, you would be repelled, each one of you, because whilst you sit within this room, whilst we talk, your energy levels and awareness is raised. And to become confronted by this type of negativity, would be too much of a shock, that each energy would rebound from each other. You understand? (*Yes.*) We have to talk more deeply about energy, I keep saying this to you, but it is a subject, which is immense, for your understanding. But I will try to clear some points, as we go along.**

Les: Yes, thank you very much.

**But dear friend, you were not imagining. What you achieved, was indeed a greater awareness of the *energy*, which is both yourself, *within and without*.**

Les: That's nice to know, thank you. It was such a wonderful experience, I hope my colleagues here, will be able to have it also?

**I would perhaps say to you, that the cone above you, was perhaps pulling you from the earthly vibration, but reaching down through the ground, was the steadying influence, which has to keep you here. And standing back and watching such energy work, has given you the awareness a little of what happens within.**

Les: Yes it was very vivid, I shall never forget it.

**You have so much more to experience, but take it for what it was, another step in your knowledge, of awareness of all that you are.**

Les: Yes, thank you, I'm glad to have that answer. Anybody else have questions? (*brief pause*)

**I think this time, that I will leave you:**

*I leave you all with much love, I leave you all attached to that Great Creative Force, to which we all belong. I ask that you continue to love and to serve others, as you do. I give you all my blessing, in your season of goodwill, which is coming to your earthly plane and I say to you dear friends, until we meet here again, may all that is good, be with you.*

*(general thanks + very fond farewells)*

*There then immediately followed another through Eileen, who came to say hello and to be with us, at this time of year, because they had always felt lonely and sad at **Christmas time** and just wanted to come back and share a little of the Christmas spirit with us, even though they were now very happy. She asked us to try and find time/a few kind words, for anyone old and lonely and who was 'bound' in their own homes. She also said that thinking/sending out the **loving thoughts** to these people, can be just as important. Les also said she was welcome to visit and share in the Christmas festivities, with us individually, which she said she would be very happy to do.*

### ~16<sup>th</sup> December 1996~

*No Salumet this time of course, but our work continued in other ways. Our first visitor through Eileen, was a lady, who'd had a speech impediment whilst on Earth. This had been largely removed once in spirit, but traces of the impediment lingered still in her mind and therefore still affected speech, albeit to a much smaller degree. Her voice sounded croaky and a little strained:*

**—This is the ultimate session for me, just to know that I can be understood, when using physical voice.**

Les: Yes it can be understood, but it could be even clearer than it is.

**Could it?**

Les: Yes, would you like to hear it even clearer?

**(Yes.)** All right. It will now be removed, because that physical disability was with your physical body, and when your physical body is disposed of, the disability was also disposed of. **(Yes.)** But you haven't cleared it from your mind, you expect it still to be there, to some degree. Your determination got rid of it quite a lot, but you haven't quite cleared it, because you didn't anticipate that you could do so fully.

*(a few seconds later)*

Would you like to speak now—your voice will sound different now. **(Yes, yes.)** Keep talking and you'll find all that harshness has gone, because you don't need to have it within your voice.

**I think that's wonderful, it's just wonderful**

*(voice much softer/smoothen + clear)*

Les: Happy?

**I'm not happy with it, I'm overjoyed, overjoyed.**

Les: That's lovely, that's our Christmas present to you.

**It is the giving of love.**

Les: The giving of love as a Christmas present, from all of us here.

**I didn't know it would be so special for me.**

Les: You're quite happy about it?

**Overjoyed, overjoyed.**

Les: Well, now you can talk to us, as much as you like. Would you like to say hello to all my friends here, you can do so.

**I fear if I begin, you won't be rid of me.**

Les: We don't mind, we like your company and are very pleased that we've been able to help you.

**I'm overwhelmed, overwhelmed, I don't know what else to say to you. I'm just overwhelmed.**

Les: That's very nice for you. You'll soon get used to it. And you'll be able to enjoy your singing now, won't you?

**How did you know?**

Les: That was your greatest disappointment, when your voice went, wasn't it?

**Yes, I do feel the desire—**

Les: Nothing to prevent you from doing it now.

**Well, perhaps if you listen closely all of you, you may hear singing and if you do, please remember me.**

Les: Good, that's fine.

**May I give you my name?**

Les: Yes please do.

**I'm known, or was known as Annabel.**

*Annabel chatted happily a little while longer, before another came through Eileen, saying some of us needed cheering up. We chatted and had much laughter—best appreciated on audio:*

<http://www.salumetandfriends.org/resources/16thdec9613+mins+cheeryup.mp3>

*Another followed through Eileen, who'd been before, when she'd been attracted by the sound of the church bells, which were not actually sounding on this occasion, or maybe the wind was not blowing in the right direction for us to hear them. She also gave a message:*

**—you should not be sad in your everyday lives, because there is so much happiness to come.**

Les: That's very nice to hear, thank you for telling us.

**I'm sure you already know, but it is nice to be reminded, is it not? (general agreement)**

*She reflected briefly, on past times, and some of the pointless religious practices, she used to perform whilst on Earth. But she did love the sound of the bells.*

*A child then came through Eileen, who wanted us to sing a carol. He asked for 'Oh little town of Bethlehem,' which we all sang for him and he then requested 'Away in a Manger.' He seemed very happy as he left and we then closed with our usual prayer, (see below) which was written by Leslie Bone and which we still say at the end of our weekly meetings:*

*For all that we are given we thank the Great Creator known to us as God.*

*We ask that we shall always receive help, in our efforts to become more aware of the tremendous Love and Light, which encompasses us at all times.*

*We also thank our unseen friends and helpers, for all the knowledge and Love they bring and for this we ask God's blessing shall be always with them, until we meet again, Amen.*