

~29th 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)