

~3rd 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.