

~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.*