

~19th 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.