

~26th 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.