

~11th November 1996~

Good evening.

(general greetings)

I feel your warmth and love in your welcome to me; for this I thank you. This time I feel that with some of you, your energies are depleted. I wish to say some words please to lady here, and say to her, dear child, you cannot shoulder burdens of other people.

Les: This is you Dawn I think?

You cannot change their pathway in life, only they have the power to do that for themselves. In burdening yourself, you are allowing that vital energy which belongs to you, to become depleted and you must not allow this to happen.

Les: Is that clear Dawn?

Dawn: Yes thank you.

We understand that when there are love ties with those peoples whilst you tread this Earth, those ties become emotionally bound and it is difficult we know, for you all to separate these energies which surround you. I would hope that by now, each and every one of you has the knowledge and the power to protect themselves from energies of other peoples. I have spoken to you briefly about this matter before and if only you were aware of each other's energy patterns, you would see that each one of you is connected to each other and at times of difficulties and stress in your lives, it is all too easy to feed from another's vital energy. Do you understand this my friends? *(general agreement)* I think you say 'Yes,' when truly you do not fully understand, because you see, you can seek out energy, without fully realising what you are doing—this you must also remember. You will always seek out the energy which you lack most within yourself. Do you remember our discussion about this? *(hesitations—we didn't remember)* Did we not talk about positive and negative energies, did we not speak that each one of you seeks to balance that energy that is the whole you?

Les: Yes we did some time ago actually. *(Yes.)*

And I'm sorry if I might add to that a moment Salumet, I tried to explain at the time about two car batteries, one fully charged and one half-charged. If you connect them, the half-charged will drain from the fully-charged and this is what happens to us, if we don't govern our own energy output and intake, is that clear? *(general agreement)*

That is a good way to explain. Now, it is of concern that all of you become aware of your own *energy patterns*, because if you do, then you will see that all of *life's pattern*, can be connected to what is happening within your *own energy*. Can you see the connection?

Les: Yes I can, would anybody like to ask a question on that, I'm sure Salumet would take a question?

Sarah: I don't understand how you can recognise your own *energy pattern*?

Les: By thinking of yourself spiritually and not physically and recognising the awareness you have in the company of other people.

It is possible, but I know many here do not have the capability, but you should be able to look at any person, any form of life and see the *energy pattern* which comes forth from them. It is a matter of, shall we say, '*study*?' I cannot think of a better word to use, for you to achieve this. All of you have the capabilities and I'm sure many of you know of someone who can see such energies.

Sallie: In seeing the energy, can you see it through your feelings?

Of course that is how you would begin to perceive it. Can I perhaps give you an example to begin with:

You are with your partner here, when there are strong words between you, which is only part of the *human nature* that sometimes this happens. Then what is taking place, shall we say is a '*power struggle*.' You are aware of the words, but I do not say them in your earthly sense. You have a *power struggle* for the energies that create and shine forth from you both. If you were to be aware of each other's energies, you would see that the *stronger* of the two peoples, the stronger one would '*suck forth*,' shall we say, from the weaker one—this you must be careful of. All of you should know how to protect your own vital energy.

Dawn: How would you protect it?

By fully understanding what you are and what you consist of. You understand? *(pause)* No?

Dawn: So if someone takes your energy—**It is because you have *allowed* them to do so.**

Dawn: I see.

Les: We could have a discussion on that after *(general agreement)*

I think I said to you before, that is why you have people who prey upon your innocent children on

this earthly plane. It is not a *physical thing*, it is spiritually they are seeking *pure energy*. Can you understand? So what you seek from each other—I know you think always of physical problems, but try to see it as *energy* that is being sought after. You could solve many of your life's problems, if you could begin to understand yourself. I know this is a mammoth task for many of you, but it is one that is worth undertaking. I do not say to you it is easy, anything that is worth attaining, must come through work, through attainment and through *Love*. So I hope it helps you a little to know that firstly, come to know yourselves well. I have to repeat these words again, because it is important.

Les: We certainly will talk about it between ourselves.

If you have more questions on this subject, I will return to it and try to help you understand.

Les: Upon another occasion?

If you so desire.

Les: Yes, I think it would do us all good to have a discussion, (*Yes.*) and perhaps you would be kind enough to explain more fully, when we are clearer in our own minds.

Yes I think it would be good for you all to begin to open the door of understanding and then we can go further and explore it.

Les: Good. Yes, we shall look forward to that.

So I will leave it with you and we will return to it in greater detail, but it would be good to clarify in your own thinking, what this subject is about.

Les: I'm sure it'll do us all good to talk about it.

Thank you for what you have said.

Have we questions this time?

Les: Not exactly a question, it's a continuation of what we spoke about at our last meeting. You asked not to consider past, present and future, not in physical terms, but to think of it rather as a constant straight line of energy, which can never be broken. Well I have given a lot of thought to that and you gave an analogy of the 4 seasons, Spring, Summer, Autumn, Winter, though they will be renamed in the following year, they'll never be the same. (*Yes.*) And I had asked about the death of this planet and that led me to think along these lines, that each Spring has the same basic name covering the same period of time, (*Yes.*) But within that same Spring, every new vestige of growth, every leaf on every tree, every new blade of grass, is existing within the so-called

Springtime, but is new and different within itself, though it occupies the same apparent *time*. Does this also apply to the universe, that one planet may disappear, but there will be a resurrection, in another—I can only say '*time*,' when planets again will reappear, but in a different form?

I take your question dear friend. I have told you that all things are made from the same energy, that there has to be evolution, not only upon your own earthly planet, but upon many others. Of course there will come a time when your Earth will become extinct as you know it now, but will survive, because you cannot destroy what has always been. So I believe what you ask me is, '*Will the energy of each planet return in another form at another time?*' I would say to you, it will be *energy reformed*, at another time.

Whether it will take the shape of another planet, will be something to be discussed as time continues, because although I say all is known, there is constant change within the universe, as you know it. (*Yes.*) But the energy always exists; it has to, you cannot destroy what has always been. It will become *energy refined* and used as, shall we say perhaps another planet in a future time, or it may be that it returns to the form of energy which is always there and from whence it came. It happens also with you peoples, because you die, you are not extinct, you continue, but you continue in a different form. Can you understand this?

Les: Yes, our lives and deaths, like that of vegetation, each Spring and Autumn, is a minuscule reproduction of the universe?

It is a reproduction of all living energy.

Les: Thank you that does clarify.

You have to think not only of plant life, but of all life, of universal life, of cosmic life, of *much greater life*, if I may put it that way, because remember you are only a tiny minute dot, within the *energy pattern*. So if you can place yourself within that picture of energy, then you can see how relatively unimportant that point of energy becomes.

Les: Yes we agree, we are quite unimportant, (*chuckles*) but necessary to the overall.

Although all of these things seem of tantamount importance to you whilst you tread this Earth, let me tell you that it is only a very small, small portion of all existence. You have to accept that your planet as it exists now, is only a *hiccup* in the cosmos.

Les: Quite, it puts us in the right perspective!
(more chuckles)

Yes, I don't wish you to think that it makes you of any less importance, because that can never be true, but it is only to try to help you to understand the *vastness* of all existence.

Les: Yes we appreciate you telling us and it does us good to recognise our comparative unimportance in the scheme of things. It makes us think a lot more in the way we should be thinking, that there is much more to aim for.

I would only wish for you that I could gather you all and take you on a journey with me, but of course that would only bring you harm, but my desire is that perhaps spiritually you can grow in your thinking of it. (general thanks)

Now I must leave you for this time. I leave you with those thoughts that I have brought to you this evening. I know your discussions will be lively and we will return to the subject once more. Now I will allow others to come to you.

Les: Thank you very, very much again, God be with you, our love goes with you also.

There then followed one through Sue:

Les: Welcome to you.

Wish you good time—if that's the wrong expression, I apologise. It is many of your years since I have needed to use speech in this way.

Les: Is that so? Well we appreciate you coming.
I was told to speak to you about various forms of learning, but there's been an alteration in the plans. We feel that what I have to say, needs more time than we can have this time, so with your permission, I would ask if I may return to you and spend more time and will explain in greater detail, the work which I undertake and the students who are being trained in the work I do.

Les: Yes that would be very nice, we look forward to it.

I have listened to your conversation with the great one who has just left you and I have been asked to tell you that tonight's meeting will close a little earlier than planned, so that you may discuss amongst yourselves, that which you have learned from Salumet this time. Are you happy to accept this.

Les: Yes of course, we shall be quite happy with that and we look forward to you coming back on another occasion, to give us further information, as you say, about your work and those who study with you.

I will return to speak to you, but will wait until little one who is absent this time (Jo), is back in our fold. It is necessary for her to be here. We will bring my student through her (Jo) at the same time. We will both try to explain how wonderful the learning process can be and will give examples of what can be achieved. Is that acceptable to you?

Les: Yes quite acceptable thanks.

We are working to help little one overcome the problems.

Les: Yes thank you, we're very grateful to you for doing that.

We are in need of her power and energy, which is somewhat depleted, but we know that she will return and be of much help to you all.

Les: Good, that's comforting to us.

I will close now and allow you to partake of your refreshments and what I know will be a lively and open discussion.

Les: Yes I'm sure it will be, thank you very much for what you have said, God bless you, we look forward to speaking with you again some time.

It will be in not too distant future, we know when it will be, but cannot tell you just now.

Les: No of course not. Thank you again, our love goes with you.

And the Power and the Light of the Creator of all spiritual things, be with you all.

(general thanks + farewells)