

~9th December 1996~

Good evening.

(general greetings)

Les: Thank you for being with us. I'm sorry we are some members short tonight, it is unfortunate.

Always dear friends, I am happy to see anyone who wishes to join us upon these evenings. I know how busy you all are in your daily living and therefore my thanks always go to you. I say to you dear friend, are you comfortable to continue?

Les: Yes I am I think we all are, aren't we?

(general agreement) I hope my coughing didn't disturb you, it's not serious, just a tickle in the throat.

No, it causes no discomfort to me. I wish to say to you this time, a few words about *forgiveness*. We have spoken briefly about this before, but I feel that you did not fully understand what I was trying to tell you.

Les: That was when you spoke about forgiving ourselves, also?

Yes, I know that for some, these words are difficult to interpret, because you say of course I can forgive others. Are you comfortable friend?
(Les was coughing)

Les: Yes, thank you very much, I hope it's not disturbing you.

No. What is forgiving oneself? To forgive oneself, there needs to be the awareness and recognition, of who and what you are. Without this, you cannot learn the discipline of forgiveness. *Forgiveness*, is that awareness of self, it is the wisdom of knowledge, it is the seeking of the spiritual aspect of oneself. And only when these things come together, will you know true forgiveness of the self. Only then dear friends, will you begin to understand what it is to forgive another human being, because when you feel the necessity to forgive another, what you see before you, is a fault that lies within your spiritual being—an aspect of yourself, which you cannot come to terms with. That is why I say, the awareness of your own being, is so important. Do you understand dear friends?
(general agreement)

When you feel the need for forgiveness to another, firstly look within. You understand I hope?
(general agreement) **If you do not, please let us clarify it now.**

Mark: So we look within ourselves, when we need to forgive somebody—we're looking to see if we've done something similar, are we? Or that we can do something similar?

You need to look within, to find the reason why it disturbs you so, that you need to forgive another for it. You understand?
(Yes.)

Sarah: Surely there will be times when you need to forgive and in fact if you've looked inside yourself and maybe can't find the answer, then maybe it is the other person, that you really do need to forgive, is that right?
(No.)

Sarah: No?

No, no, you must always look within, because in *true forgiveness*, you understand, you are aware of all. In fully understanding yourself, then there is no need for your human forgiveness of another. Is that clear to you?

Sarah: Yes, thank you.

Sallie: Excuse me, when you're learning to *forgive*, how should we look at criticism of ourselves?

Yes, if you find criticism to be too harsh, if you react badly to it, then again I say look within, because what you present to the world as your '*outer face*' may I say, is how people will understand you. You give out the vibrations of what you are, to others. You understand?
(Yes.)
Always dear friends, become more aware of your own spiritual needs and always you will find, the answers to all questions and problems, will become fully known to you. It is not difficult, once you realise that all that you present to this world, comes from *within*. Remember what I taught you earlier, *all is cause and effect*—what you give out, *rebounds* back to you. So if you are offended, or you find it necessary in your earthly terms, to *forgive* another, then I say to you dear friends, the fault lies within *yourself*. Can you understand?
(general agreement) **You do—I think therefore, we need not return to this subject. Are you all now happy with *forgiveness*, as I teach it to you?**

Les: Everybody happy?
(general agreement)
Nobody is not happy?

George: I think I can visualise an extreme, where if we are all *beacons of love*, then we will only receive love back.

Yes, there will be no need for forgiveness, you understand?

Les: Quite, that is the essence of it, isn't it? So there should be no *need*.

Yes, if you are *pure Love*, then what you perceive from others, will also be *Love*. That is the very essence of all being; *Love* is the most important thing you will ever hold dear to you.

Les: Yes I think some of us possibly, not necessarily in this room, but some of mankind, has still to understand the sort of love of which you speak.

It is not easy to achieve whilst you tread this Earth, but I would say to you, it *should* be something within your sight, it should be something, that all of you work toward. It—if you like, and I may use one of your earthly terms, it should be your *goal in life*. You understand? (*general agreement*)

Les: I think we're all striving towards that and I think we all are pretty sure that we're not going to achieve it in this life, however much we may try.

No, but your understanding and your awareness will grow and will shine forth, to the very best of your ability, if you are aware of what you are trying to achieve.

Les: Yes, that would confirm something that was said a long time ago in this room—I forget the details, they don't matter, but often the *effort* to achieve something, is more worthy of consideration, (*Yes.*) than the achieving itself.

We know that you cannot achieve what is in fact *spiritual natures*, whilst clothed in these bodies. But what you *can* achieve, is the knowledge and awareness and the *trying* to achieve; that dear friends would earn you shall I say, *many good points*. You understand? (*general agreement*)

Think of yourselves as children in the classroom—those who *try*, earn themselves merit; those who know what to do and yet *decline to try*, earn no merits at all. You see what I try to say to you, it is the *trying* and the *awareness* and the *seeking out of that spiritual part of yourself*, which is important. You may have the knowledge, all of you, but with your freewill again, you can either go forward, or you can stand still.

Les: Yes, I recall what you said to us quite a time ago, that we do have a *great* responsibility.

Responsibility, once you have the knowledge, becomes greater, because to have the knowledge and do nothing with it, is *foolish* to say the least. To have the knowledge and stand still, can if I might say so, become a burden to you, when you pass to our side of life, and to

this end you must avoid standing still. Dear friends you have the opportunity, you have the growth and awareness, you have the knowledge, you have the *Love*; you have the friendship of each other. So you see, there should be no reason why each one of you should not go forward, in your own individual development of spirit. (*Quite!*)

Now, I would like to say a few words before I answer questions this time. As we approach your season of much joy and happiness, throughout your Earth in many of your countries, I say to you, that I will withdraw from you this time, for a number of your meetings. I have said to you, that sometimes this would be necessary (*Yes—*) and I said I would tell you in advance. I will return to you, when you have your new earthly calendar year. And I wish when I return, to bring with me, one of interest, to speak to you. It has been sometime, since this has happened, but I feel that you have reached a point, when a little more knowledge, will be more acceptable to you. (*general thanks*)

Les: We shall look forward to that. We quite understand why you have to go, because you did explain some time before, nevertheless we are going to miss you. (*much agreement*)

The opportunity is good at this time, because in many areas of your world, there is much *goodwill* and *happiness*. This gladdens our heart, in my world. So you see, the time is apt for some of us to withdraw from you and to go to those realms, where our work is needed and where we can recharge ourselves, if I may use that expression.

Les: Yes, we do understand it, but our loss is somebody else's gain, we must look at it like that. There will be no speech to others. It will be a congregation of all of us, who have come to this earthly plane, in order that we might bring forth knowledge. We need to return, we need to congregate ourselves and see what we too, have achieved. You understand?

Les: Yes, I quite understand that too and we take this opportunity all of us, to wish you very great success in what you're doing.

Again, it is the opportunity of *effort*, which is important.

Les: Of course.

But you need not concern yourselves about my journey from you. I anticipate that all is going well and I look forward to returning '*home*' for a

short time and then to return to you all refreshed.

Les: We shall certainly look forward to that.

Now, do we have questions this time?

Les: Yes, with your permission, I'd like to ask my colleagues something first. You remember Salumet said that we should be becoming aware of our own energy patterns? (*general agreement*) (**Yes.**) Has anybody had that experience? Nobody particularly aware of their energy patterns?

George: I have a feeling of more 'outward-ness,' but I can't describe any configuration in that.

Les: No, right if nobody else has, I want to ask you Salumet, I had a most peculiar experience—I use the word *peculiar*, I don't know quite in what sense it was peculiar, but not unpleasantly. I was thinking about *energy patterns* one day, in my quiet time, and I was standing outside as it were, looking at myself and I could see a *cone of light*, above my body, with white light coming into it and there seemed to be a translucent—I can only say, sort of *hose pipe*, running *spiral-like*, round my body, between my body and the aura, which I could see quite plainly also. This spiral didn't return to the source of power, as I would have imagined it to, it seemed to be going straight into the ground. I can't think how I could have imagined anything like that, because the *cone of light* above me, is also indicated by one of our members at another meeting we have, when sometimes the arms are lifted in the form of a cone, with the palms together, just as though they were forming the same shape as I could see. Now, was I *imagining*, or was it an *energy pattern*?

Yes, let me reply to you dear friend. All of you within this room, I suggested should become more aware of their *energy pattern*. Let me tell you, your energies have increased, as time together goes forward. More of you will become aware in different ways. You will not all be aware of the same thing, because you are all developing at different rates. Now let me return to you dear friend. I say to you this: When peoples on your Earth speak about *energy*, they seem always to refer to energy, as above and around the body. Remember that from *top-to-toe*, you are indeed a *whole energy pattern*, you are connected to the *Source of Energy*, from both top and bottom. There is as much energy in the feet, as there is in the top of the head, but because people see the 'auras,' as you call them,

around the head area mostly, they assume and assume *wrongly*, that that is the only energy field that exists. I have to tell you dear friend, that from the very *core* of your Earth, also lies that energy, which you all belong to; it is *all around you*, it is not in one specific area. So if you were aware of energy being *grounded*, perhaps you would term it that way, that is **nothing unusual. Do you follow me?**

Les: I see yes, that explains that part of it certainly, thank you. So I wasn't imagining what I saw?

No—energy as you sit now, if you can all sit quietly, you should be aware of the energy rising through the bottom of your feet. Can I suggest that we spend a minute or two of your time, in visualising this energy through the feet, to give you some understanding that energy is everywhere. It is not only in your atmosphere, it is everywhere, you are connected in all areas of your body, to that living energy. Remember always, that *energy is living*. You understand?

Les: Yes, so what I saw could be symbolism, for energy which is flowing around us all the time?

Of course, of course. When your awareness becomes more acute, you will see energy patterns change in all things, whether it be above, or below, in front or behind you. There are many shapes and sizes to energy, it is not static, it is a *living, moving energy*. Can you understand?

Les: Yes and am I right in thinking, that energy which surrounds us, can be moulded by our thoughts?

Of course! You dear friend are energy, that is all you are. *You are energy!*

Les: So our energy can have its effect on the energy surrounding?

Of course.

Les: And other people would become aware of those changes?

By your words, by your thoughts, by your actions, of course your thinking—again we return to the *Power of the Thought*, can change the *energy pattern*, which surrounds you.

Les: So that also would account for the feeling that two people can have, either of attraction to each other—I don't mean a *physical attraction*, but an attraction which they feel, or a revulsion from each other. That would be their effect on the energy surrounding them, (**Yes.**) which is being interpreted, by each of the people?

Yes, it is interpreted only because you have a physical brain, but it is all the same energy, but used differently, moulded differently, by the thoughts of each of you humans.

Les: Yes, so as I have said in the past, the auras of two people can attract or repel? **(Yes.)** So that is the energy, exercising those options?

If we were for instance, to have someone within this room, who was full of *negativity and hatred* shall we say, you would be repelled, each one of you, because whilst you sit within this room, whilst we talk, your energy levels and awareness is raised. And to become confronted by this type of negativity, would be too much of a shock, that each energy would rebound from each other. You understand? *(Yes.)* We have to talk more deeply about energy, I keep saying this to you, but it is a subject, which is immense, for your understanding. But I will try to clear some points, as we go along.

Les: Yes, thank you very much.

But dear friend, you were not imagining. What you achieved, was indeed a greater awareness of the *energy*, which is both yourself, *within and without*.

Les: That's nice to know, thank you. It was such a wonderful experience, I hope my colleagues here, will be able to have it also?

I would perhaps say to you, that the cone above you, was perhaps pulling you from the earthly vibration, but reaching down through the ground, was the steadying influence, which has to keep you here. And standing back and watching such energy work, has given you the awareness a little of what happens within.

Les: Yes it was very vivid, I shall never forget it. **You have so much more to experience, but take it for what it was, another step in your knowledge, of awareness of all that you are.**

Les: Yes, thank you, I'm glad to have that answer. Anybody else have questions? *(brief pause)*

I think this time, that I will leave you:

I leave you all with much love, I leave you all attached to that Great Creative Force, to which we all belong. I ask that you continue to love and to serve others, as you do. I give you all my blessing, in your season of goodwill, which is coming to your earthly plane and I say to you dear friends, until we meet here again, may all that is good, be with you.

(general thanks + very fond farewells)

*There then immediately followed another through Eileen, who came to say hello and to be with us, at this time of year, because they had always felt lonely and sad at **Christmas time** and just wanted to come back and share a little of the Christmas spirit with us, even though they were now very happy. She asked us to try and find time/a few kind words, for anyone old and lonely and who was 'bound' in their own homes. She also said that thinking/sending out the *loving thoughts* to these people, can be just as important. Les also said she was welcome to visit and share in the Christmas festivities, with us individually, which she said she would be very happy to do.*